

Principal's Message

Dear Parents,

In less than five (5) weeks the second semester will come to an end and school will close for the summer break. To this end, again we employ you to encourage your child/children to prepare well for the upcoming **Second Semester Final Examinations** which begin **June 4, 2018**.

For your easy perusal an exam schedule is attached.

Please note the following important dates:

May 8	Senior Awards Day Final PTA Meeting and Fine Arts Concert
May 18	Jazz Evening
June 1	Labour Day
June 4-8	BJC Exams
June 4-8	Second Semester Exams
June 8	School closes for Summer Break @ 10:15a.m.
June 12	Graduation Mass- St. Anselm's parish
June 14	Graduation- Loyola Hall
June 18	Distribution of Second Semester Reports 9:00a.m.-4p.m. in the Ferguson Gallery
June 27-July 8	Summer School
June 30	First Term Fees for the 2018-2019 Academic Year is due First payment for Parents on the payment plan is due
August 29-31	Senior Class Seminar
August 27	School reopens for the 2018-2019 Academic Year (Noon Dismissal)

Parents, please note that all financial obligations with the school **MUST** be met in order for your child/children to sit Second Semester Final Exams. Failure to comply will result in child/children receiving an incomplete grade for the semester. These financial obligations include the following: **late fees on tuition, small balances on tuition, outstanding SAT payments and outstanding Library fees.** Please ensure that your financial account is current.

On behalf of the Faculty and Staff of Aquinas College, we wish you a safe, creative and enjoyable summer.

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Newsletter Date
April - May 2018

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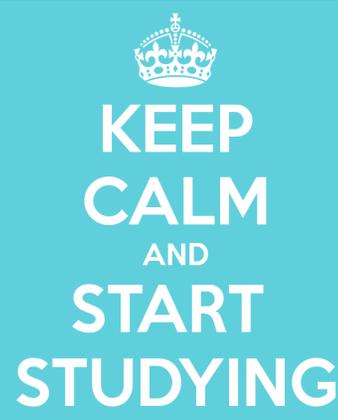
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Things to Remember



SUMMER READING LIST

[Click here for complete list . . .](#)



WILL YOU FINISH STRONG?



Building Good Study Habits

Studying is about finding a right balance between concentration, understanding, retention, and rest. Just like any task that takes a toll on your energy—whether physical or mental—it is often just as difficult to get started as it is to engage in the task itself. However, a proper approach will help ease the way and keep your studying strong for years to come.

To lay a healthy study foundation and avoid last minute cramming and undue stress, it's necessary to build (and maintain!) a proper study habit. Just like with exercise, the task will become easier and more manageable the more you are able to get into a routine. You will be far less likely to lapse back into bad study habits once you've made studying an inflexible part of your daily life.

Stick to Set Schedule

Your brain builds pathways and habits over time, and studying is about building those mental muscles and endurance. **Getting into a fixed habit of studying will help you improve your concentration and mental stamina over time. Set yourself a schedule and stick to it no matter how you're feeling at the moment.**

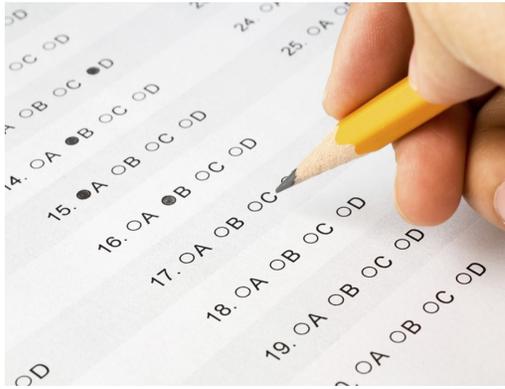
Schedule Your Studying in Smaller Increments Over a Long Period of Time

By committing 50 to 75 minutes to study every day (and sticking to your schedule!), **you'll avoid both burning out your mental energy and being stuck cramming** for hours and hours at a time the night before a test. Sticking to a schedule of studying for a reasonable amount of time over the entire semester or term, **you'll be able to better store and recall the information you need**, and thereby reduce some of the stress that comes from schoolwork, tests, and studying.

Stick to the Same Study Spaces

A stable environment for a particular activity can help put you in the right mood and mind frame to complete the task at hand. The same applies for engaging in studying. **It is helpful to have one or two dedicated locations for schoolwork**—separate from any "free time" areas—that you use to study in each and every study session. **Experiment with different environments and spaces until you find the one you seem to work in best and then stick to it as your dedicated "study zone."**





WILL YOU FINISH STRONG?

Rewrite or Rephrase the Material in Your Own Words

It can be easy to get lost in a textbook and look back over a page, only to realize you don't remember what you just read. But luckily, that can be remedied. For classes that require you to read large bodies of text, such as History, English, or Science, make sure to stop periodically as you read. Pause at the end of a paragraph or a section and—without looking!—think about what the text just stated. Rewrite it in your own words. Now glance back over the material to make sure you summarized the information accurately and remembered the relevant details. Make a mental note of whatever you missed and then move on to the next section.

Quiz Yourself with Flashcards

Making flashcards is an oft-used study tool and for very good reason! Making your own flash cards can not only help you retain information just through the sheer act of writing it down, but will also help you connect pertinent pieces of information together. So for any subjects in which you must remember the connections between terms and information, such as formulas, vocabulary, equations, or historical dates, flashcards are the way to go.

Make Your Own Diagrams, Formula Sheets and Charts

Reconstituting information into pictures can help you see and understand the material in new and different ways. For math and science classes, you may want to make yourself a formula sheet in addition to making flashcards. Flashcards will help you to remember each formula in isolation, but making one catch-all formula sheet will give you a handy study reference tool. And making one will, again, help you to retain your information just through the process of writing it down. The bonus is that if you're more of a visual/picture learner, a formula sheet can help you to remember your formulas by recalling how they're situated with one another.

Give Yourself Rewards

To make studying a little more fun, give yourself a small reward whenever you hit a study mile stone. For instance, give yourself a gold star sticker for every 25 flash cards you test yourself on or for every three paragraphs you read (and re-word) in your textbook. Whatever your particular incentive, let yourself have that small reward-boost to help see you through the days when studying seems particularly strenuous.

Effective Test-Taking Strategies

Do you sweat, chew your pencil, and feel butterflies in your stomach as your teacher hands out a test? It's natural to feel some stress about taking tests. In fact, sometimes a little adrenaline (a hormone made by your body during times of excitement or stress) is a good thing to jump-start you. Here are some tips for taking tests:

First, be sure you've studied properly. It sounds like a no-brainer, but if you're sure of the information, you'll have less reason to be worried.

Get enough sleep the night before the test. Your memory recall will be much better if you've had enough rest.

Listen closely to any instructions. As the teacher hands out the test, be sure you know what's expected of you.

Read the test through first. Once you have the test paper in front of you, read over the entire test, checking out how long it is and all the parts that you are expected to complete. This will let you estimate how much time you have for each section and ask the teacher any questions. If something seems unclear before you start, don't panic: ask.

Focus on addressing each question individually. As you take the test, if you don't know an answer, don't obsess over it. Instead, answer the best way you can or skip over the question and come back to it after you've answered other questions.

Relax. If you're so nervous that you blank out, you might need a mini-break. **Of course you can't get up and move around in the middle of a test, but you can wiggle your fingers and toes, take four or five deep breaths, or picture yourself on a beach or some other calm place.** As we all know, it can be easy to forget things we know well. During a test, if you blank out on something and start to get tense, it suddenly becomes much more difficult to remember.

Finished already? Although most teachers will let you hand a test in early, it's usually a good idea to spend any extra time checking over your work. You also can add details that you may not have thought you'd have time for. On the other hand, if you have 5 minutes until the bell rings and you're still writing, wind up whatever you're working on without panicking.



**ACES
KEEP
CALM
AND
STUDY FOR
YOUR EXAMS**

SOARING HIGH... TEAM ACES



2018 KPMG ACCOUNTING BRAIN BOWL FIRST PLACE WINNER

Kevanique Stubbs, Brianna James and Trayias Bowe
Ms. Heather Iphill (Coach)



MOCK UNITED NATIONS SESSION (MUNS) SECOND PLACE WINNER

Danae Morrison & Cierra Sweeting
Mrs. Elizabeth Morrison (Coach)

WORLD SCHOLARS CUP WINNERS





NATIONAL WORLD LANGUAGES AWARENESS WEEK



GIRLS ON ICT

SOARING HIGH... TEAM ACES



**NATIONAL HIGH SCHOOL
SOCCER COMPETITION
TEAM ACES (Senior Girls)
FOURTH PLACE WINNER**



**FUTURE TEACHER
POSTER COMPETITION
THIRD PLACE WINNER
Azia McKenzie**



**FUTURE TEACHER
SONG COMPETITION
THIRD PLACE WINNER
Brenique Taylor**



**ZONTA CLUB
CUP ESSAY WINNERS
Jeniyah Mckenzie and K'Gia Turnquest**



**DISTRICT GOVERNOR
KEY CLUB INTERNATIONAL
Jenay Jones**



**LEUTENANT GOVERNOR
DIVISION 2
KEY CLUB INTERNATIONAL
Sonique Duncombe**



ZONTA CLUB INSTALLATION



MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY



Dariq Chase (Grade 9)
FINALIST
2018 Bahamas Poetry
Competition



Jenniyah Delancy (Grade 10)
FINALIST
2018 Bahamas Poetry Competition
First Winner
2018 Water and Sewerage Essay
Competition



Aretha McDonald
(Grade 11)
SECOND PLACE
2018 Water and Sewerage
Essay Competition



SPRING TEA PARTY in honour of DR. VIENNA CLARKE



This year's Spring Tea Party was especially meaningful as we honored our dear Dr. Vienna Clarke, who will retire at the end of this school year. It was a glorious afternoon filled with warm accolades and camaraderie as those near and dear to Dr. Clarke celebrated this momentous occasion with her.

The Aquinas College family expresses sincere gratitude and appreciation to Dr. Clarke for her outstanding service during these past 11 years. Dr. Clarke's contributions at Aquinas College have been marked by unsurpassed efficiency and excellence. She has been an inspiration to us all. Congratulations on a job well done and a retirement well deserved.



Happy Retirement Dr. Clarke!

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