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Volume 6, Issue 6 Series of 2018-2019

## Principal's Message



My Dear Aquinas College Family and Friends,

The 2018-2019 school year is quickly coming to an end. It has been a fantastic year filled with events that have brought us closer together. Thank you for your support, prayers and words of encouragement. We could not offer such a rich education to our students without the effort and support that you give. Our partnership is a testament that **"It Takes a Village"**. Our school community remains resilient in our continuing quest towards excellence.

As we continue our progression with these remaining weeks, you are reminded that **May and June are examination months. BGCSE and BJC examinations have commenced. Our school's end-of-year examinations will begin on Monday, June 3, 2019 and end on Thursday, June 6, 2019.** Please encourage your sons and daughters to prepare daily so that they will perform well.

I take this opportunity to extend sincere congratulations to our **Class of 2019** on the successful completion of their secondary educational journey. You are scholars, athletes, orators, engineers, counselors, teachers, musicians, mathematicians, explorers, comedians, and politicians. When I think of all that has been instilled in you at this fine institution, I have hope for our future. As you say farewell to your alma mater, I want you to carry the Holy Spirit and everything that you have learned at Aquinas College in your hearts. Your departure will certainly leave a void in our school. It is my hope that your future endeavors will embrace the Eight Expectations of the Profile of The Bahamas Catholic Board of Education Graduate. I am proud of you. May God bless you with abundant Grace and Mercy!



[Click here to visit Class of 2019 Website . . .](#)

Newsletter Date  
 May – June 2019

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### Dates to Remember

- SECOND TERM FINAL EXAMINATION**  
 June 3–6, 2019
- FINAL DAY for STUDENTS**  
 June 6, 2019
- GRADUATION MASS**  
 June 11, 2019
- GRADUATION CEREMONY**  
 June 13, 2019
- STAFF SOCIAL**  
*(Office will be CLOSED)*  
 June 14, 2019
- DISTRIBUTION OF REPORT CARDS**  
*(9:00 am - 3:00 pm)*  
 June 18, 2019
- SCHOOL YEAR 2019-2020 FIRST TERM FEES DUE**  
 June 30, 2019
- NEW STUDENTS' ORIENTATION**  
 August 12–14, 2019
- CLASS OF 2020 SEMINAR**  
 August 19–21, 2019
- SCHOOL RE-OPENS FOR 2019-2020**  
*(12 Noon Dismissal)*  
 August 28, 2019
- FULL DAY OF CLASSES (Day 1)**  
 August 29, 2019

I express heartfelt gratitude to our hard working and caring teachers and staff members who have made a huge difference to our students. Your commitment is outstanding and undoubtedly our students are the beneficiaries. Thank you for providing substantial, engaging and well-rounded experiences for our students. It warms my heart that you share the same knowledge that education is about joy, wonder, and fostering curiosity, along with the development of social skills, which are some of the main components that our students need to be successful. For these, and a million other things, I am truly grateful.

In closing, I congratulate all the students of Aquinas College for being a part of the **ACES** family. I wish you all a very happy, safe and enjoyable summer. Please be sure to take time as family to talk, play, read and pray together.

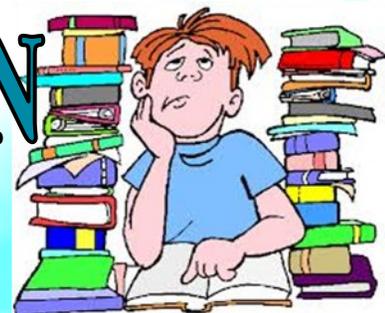
I look forward to seeing you all in September. To those of you who are leaving us for new places, I wish you all the best and you will continue to be in my prayers.

*In Christ's Love and Peace,*

**Mrs. Shona M. Knowles - Prinicpal**

# EXAMINATION PREPARATION

## Steps to Smarter Studying



### 1. Pay Attention: Good Studying Starts in Class

Here's a riddle for you: Did you know that before you even begin studying, you've already started? Huh? Here's what I mean. When you pay attention in class and take good notes, you are starting the process of learning and studying. Tell your teacher or parents about any problems that are preventing you from paying attention and taking good notes.

### 2. Good Notes = Easier Studying

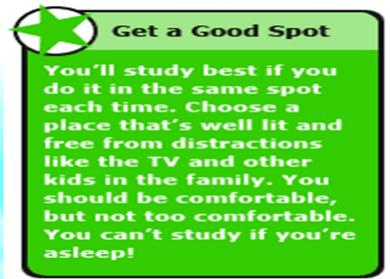
Not sure how to take notes? Start by writing down facts that your teacher mentions or writes on the board during class. Try your best to use good handwriting so you can read your notes later. It's also a good idea to keep your notes, quizzes, and papers organized by subject.

### 3. Plan Ahead and You'll be Glad You Did

Waiting until Thursday night to study for Friday's test will make for a homework night that's no fun! It also makes it hard to do your best. Always use your student planner to write down your test and assignment due dates. Create a study plan so that you can study three subjects each night for 20 minutes each. Take short breaks to stretch and walk around the house during studying. ***Your study times do not include your homework time.*** Keep these times separate. Have supplies handy to help with studying such as books, pens/pencils/highlighters, a light snack and a glass of water.

#### 4. Break It Up!

When there's a lot to study, it can help to break things into chunks. Let's say you have a test on 20 spelling words. Instead of thinking about all of the words at once, try breaking them down into five-word chunks and working on one or two different chunks each night. Don't worry if you can't remember something on the first try.



#### 5. Lose the Confusion — Ask for Help

You can't study effectively if you don't understand the material. Be sure to ask your teacher for help if you're confused about something. You can also check yourself by reading through your notes. Does it all make sense? If not, ask your teacher to go over it with you. If you're at home when the confusion occurs, your mom or dad might be able to help.

#### 6. Sleep Tight!

So the test is tomorrow and you've followed your study plan — but suddenly you can't remember anything, not even  $2+2$ ! Don't panic. Your brain needs time to digest all the information you've given it. Try to get a good night's sleep and you'll be surprised by what comes back to you in the morning.



# Test Taking Tips

When you take a test, you are demonstrating your ability, to understand course material or perform certain tasks. Successful test taking avoids carelessness.

#### 1. Analyze how you did on a similar test in the past.

Keep separate folders of all tests from each subject so that you can use them during review or study times. Each test you take prepares you for the next one!

#### 2. Arrive early for tests.

Ensure that you have all materials needed for the test beforehand to avoid panic. Good preparation prepares you for the task at hand.

#### 3. Be comfortable but alert.

Don't slouch; maintain good posture.

#### 4. Stay relaxed and confident.

Keep a good attitude and remind yourself that you are going to do your best. If you find yourself panicking, take a few deep breaths to settle your mind and body. Don't talk to other students before taking the test: stress can be contagious.

# Test Taking Tips



**KEEP  
CALM  
AND  
ACE YOUR  
FINAL EXAMS**

## 5. Read directions carefully!

When you read and follow the directions, you will avoid making careless errors. If you don't understand the instructions, raise your hand and ask the teacher to explain them to you.

## 6. Answer questions in a strategic order.

Answer easy questions first to build confidence.

Move onto those with the most point value.

With objective tests questions (*multiple choice/true or false/fill-in-the-blank*), eliminate the obvious incorrect answers.

On essay tests, always use complete sentences. The trick is to assume the reader has no prior knowledge about what you are going to explain. So, give some background, rephrase the question to start your answer and write as though you're telling a new story.

## 7. Know how much time you have and pace yourself!

The goal isn't to be the first one to finish, it's to do as well as you are able to. Pacing yourself gives you enough time to be thoughtful about each question and make sure you're done in time.

## 8. I'm Stuck!

Those tricky problems can knock you off balance. Don't get worried or frustrated. Reread the question to make sure you understand it, and then try to solve it the best way you know how. If you're still stuck, circle it and move on. You can come back to it later.

## 9. Review Your Answer! If you have time.

If your test-taking time has not expired, resist the urge to give your teacher your exam paper when you have finished. Check that you have answered all the questions, that you have followed instructions and that you have not made any errors or mis-marked any answers.

## 10. Change answers to questions if you erred, or misread the question!

You may also find information in the test that will correct a previous answer.

# Test Taking Tips



## 11. Eat breakfast.

If you're tired, hungry or sick to your stomach, you're not going to do well on the test. So, even if you don't like to eat in the morning, try to put some protein in your stomach to give your brain a fighting chance.

***Have a Positive Attitude. It might be tough, but you can do it!***



We congratulate **Zyhria Curry** of Grade 11, who received honorable mention at the Bahamas Poetry Competition in the High School Division. Zyhria will be honored at the Award Ceremony, which will be held in July.



**Canaan Cooper**  
1st Place Winner

Water and Sewerage Essay Competition 2019



## Agri-Business Expo Speech Competition

**Dariq Chase**  
4th Place

**Canaan Cooper**  
2nd Place

**Mrs. Pauline Bain**  
Coach





**Tristan Ferguson**  
Swim Team Member



**Christian Deveaux, Wesley Ingraham  
& Logan Carey**  
Water Polo Team Members

## Congratulations to our Senior Boys' Soccer Team



The Aquinas College Senior Boys' Soccer Team captured the **Bronze** win in the **Bahamas National High School Soccer Championship** by defeating Tabernacle High School. This was indeed a memorable season for our soccer team as they were also the Silver Place winners in the BAISS Championship. We salute our hardworking and committed Soccer Coach, Mr. Raymond Knight, for leading this dynamic team.





# AGRI-EXPO

# GRADE 10 BUSINESS STUDENTS



# Spring Tea and Fashion Show



# Jazz Night 2019



# VIBES

CLASS OF



VERSATILE. INTELLIGENT. BENEVOLENT. EDUCATED. SCHOLARS.



# VIBES

CLASS OF 2019

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# VIBES

CLASS OF



# 2019

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# END OF SCHOOL YEAR PRAYER

*Jesus Christ, Teacher and Lord,  
Bless all in this school as we seek to end our year  
with the grace You so generously provide.*

*We give thanks for the students, the faculty, the administrators,  
and all who have contributed to this year of nurturing and growth.*

*We affirm all the positive moments:*

*Of insight, of the excitement of learning,*

*Of accomplishment, of creativity,*

*Of laughter and of a sense of community.*

*We recognize the times of struggle, of difficult work,  
of misunderstanding,  
even of failure.*

*We give these to You for transformation,  
So they can become seeds that will find fertile soil.*

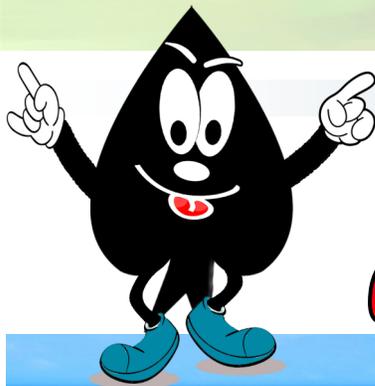
*As we leave for the summer,*

*May we take with us the knowledge  
that You will keep us all in Your embrace*

*so we may rest and be restored,*

*And so we can continue in the ongoing discovery of Your Love.*

*Amen.*



**Have a SAFE**  
**and HEALTHY** **SUMMER**  
**BREAK**

**relax.read.rest.**

**#summerbreak2019**

