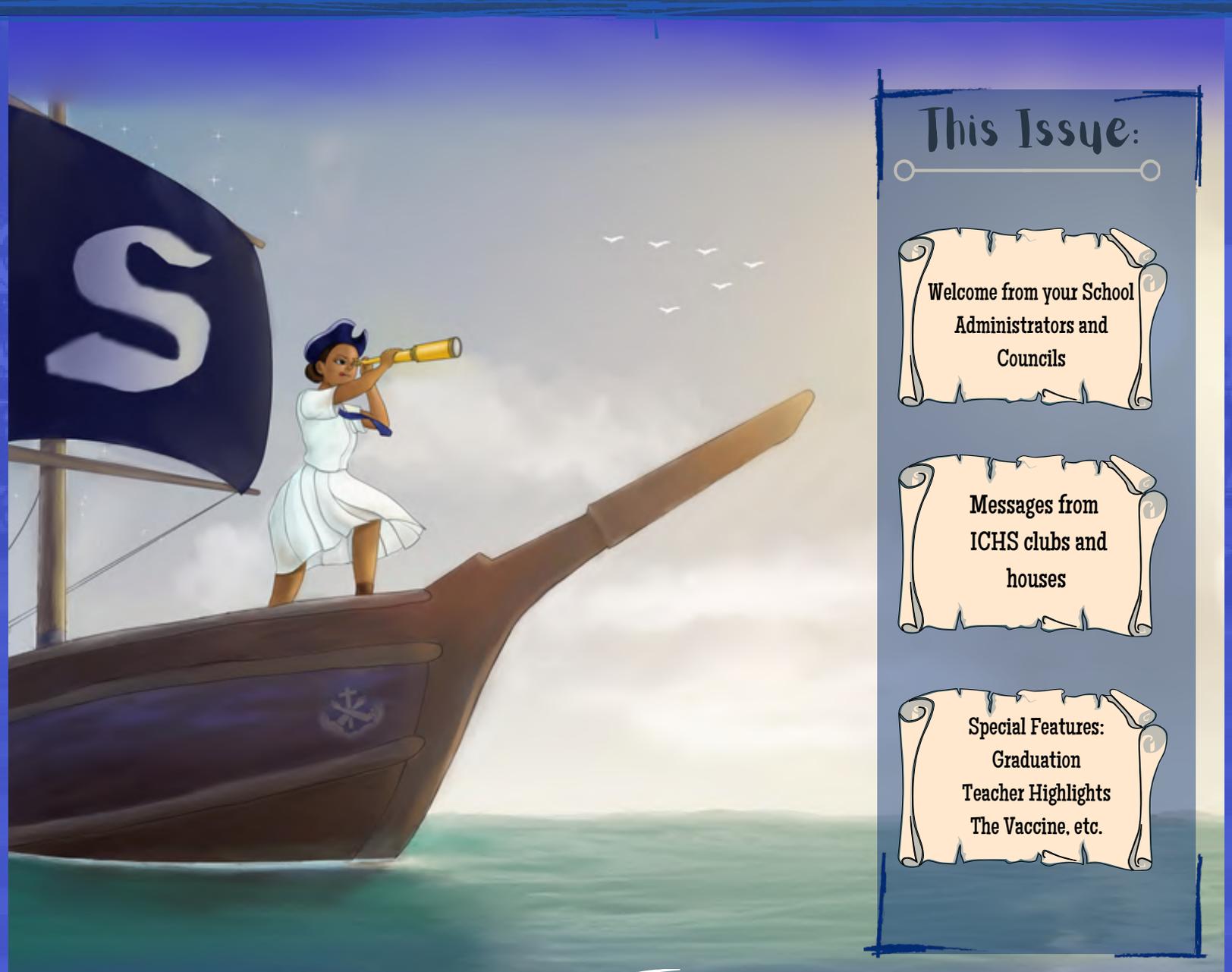


Simply Immaculate

The official E - Newsletter of the Immaculate Conception High School
powered by the I.C.H.S Journalism Club and Prefect Council

Keep Simple Things Simple
Sr. Angella Harris



This Issue:

Welcome from your School
Administrators and
Councils

Messages from
ICHS clubs and
houses

Special Features:
Graduation
Teacher Highlights
The Vaccine, etc.

"Commit to the Lord whatever you do, and He will establish
your plans."

~Proverbs 16:3

Message from the Editors

Ahoy Mateys,

Welcome to a new school and a new adventure. Today's newsletter focuses on strategy, the first letter of SAILS in our school theme:

Adjusting our SAILS to the winds of change.

This newsletter will focus on how our students and staff manned their boats in the sea called the 'Immaculate Conception High School'.

How did they plan, strategize and improvise? How did they keep aplomb and decorum in such difficult times?

The last school year was certainly one that led the school body to adjust their sails several times to stay afloat, and the articles in this newsletter reflect the courage and strength of the Immaculate Conception High School. Enjoy reading crewmates and remember that with God at the forefront, all storms can turn into bright, sun-lit skies!

It may be a bumpy ride but I'm sure, with each other's help, we will arrive at our final destination.

*Nuff Love,
Your Editors*

Editor-in-Chiefs:



Daniella Webley 13D



Justine Hope 13B



Britney Patterson 13C



A Message from Our Principal

Mrs. Stacey Reynolds

Welcome ...

It is my pleasure to welcome you all to the new academic year. I am certain it will be a great one! Let me extend a very special welcome to our grade 7 ladies who would not have had a regular school year since they were in Grade 4.

It is difficult to believe that it was more than a year and a half ago that we closed schools and went online for what many of us anticipated would be a much shorter disruption to schooling and to our lives. However, here we are again, in virtual school.

When I joined the Immaculate family in September 2020, I expected that I would face challenges in my role – problems to solve, new initiatives to get off the ground, planning for the school’s future. I certainly did not anticipate one of those challenges to be contending with a pandemic up to the start of my second year in the post of Principal! I know that you are also contending with new challenges and doing your best to navigate the current circumstances in which we all find ourselves. Even though you are currently learning at home, our mission remains the same: To challenge and inspire each student to develop the knowledge, skills, and character needed to reach their full potential in life. Here is wishing you an AMAZING year as we strive to “Adjust our S.A.I.L.S. to the Winds of Change” while always remembering the words:

Through Difficulties to Excellence
(Ad Astra Per Aspera)



YOUR VICE PRINCIPALS WELCOME YOU

The start of every school year is always an exciting, exhilarating, hopeful, yet fearful time.

Exciting because there is always an element of 'newness': New school, new students, new teachers, new friendships, new syllabi, new activities, new rules, new goals to work towards, even a new vision!

This year is no different. The 'newness', which is underpinned by the lingering Covid-19 pandemic, will excite and challenge us. It

will energize and push us. As we adjust our respective and collective S.A.I.L.S (Strategies, Approaches, Initiatives, Leadership and Synergies), to paraphrase our theme for the year, let me encourage all of us to plan, prepare, and produce. To be ready to be creative, to chart new ways of seeing and doing; to promise ourselves that no matter the challenge, we have it within us to

RISE, CONQUER, and ACHIEVE!



Ms. Brigette Pinto, Vice Principal



Mrs. A. Hitchener, Vice Principal

Welcome to a new school year!

Our theme, "Adjusting our SAILS to the winds of change" encourages us to think about different strategies we can use to deal with the many changes that are being thrust upon us, especially during this pandemic. Change in life is inevitable, but how we deal with change is important. Let us see "the winds of change" as opportunities for us to grow, to continue to work hard, to be strong, courageous and resilient, to work together and keep strong our faith in God so that we can navigate "the winds of change" successfully.

Ad Astra Per Aspera

A New Year; A New Adventure

Welcome from the Home and School Association

We take the opportunity to remind our students to adjust their S.A.I.L.S, as we navigate this new school year to the winds of change surrounding us. Whilst we are unfortunately still virtual amid the pandemic, we are hoping that we will be able to allow at least some in-person interaction as soon as allowed. Remember that to navigate this new hybrid path ahead of us we will need to use Strategy, Approach, Initiative, Leadership and Synergy (our SAILS) and once we do, we will get through whatever the pandemic may throw in our path. We wish every one of our girls' success in this new academic year – remember to stay safe and keep our motto in mind. Ad Astra per Aspera – through Difficulties to Excellence has never been truer than it is now.



Mrs. Ava Blake,
Home and School Association President

A Special Welcome to Grade 7

Welcome class of 2026 to the esteemed halls of ICHS! You are joining the ranks of phenomenal women poised to make significant contributions to our communities, our country, our world. The next 5-7 years will challenge you academically, socially, and emotionally. Although far away, our association is here to support you. This year, we will continue to participate in the Big sister program and look forward to sharing more of who we are and what we do for you and our alma mater. It's our hope that your years will prove enjoyable and that you will forge friendships to last a lifetime.



Karen N. Wilson-Robinson, Esq.
President, ICHSAA New York Chapter

Prefect Council

**Sailing towards success:
Uncover your potential, discover the possibilities**

A Message from your Head Girl:

Hello ladies, it is my pleasure to welcome you all to the Immaculate Newsletter. I'm Alyssa and I have been given this amazing opportunity to be your Head girl for this academic school year. We have been online for the past year and with this, we have learnt what to do and what not to do. So now it is my duty to ensure, you ladies, have the best experience at Immaculate while following all rules. The prefect council has a lot in store for this year as we look forward to making new memories and starting new traditions. The road will not be easy but teamwork makes the dream work. I look forward to communicating and engaging with all you, phenomenal ladies, throughout the year.



Alyssa Maye

A Message from your First Deputy Head Girl:

I just want to remind the ladies to keep going and that nothing can stop them from achieving their goals. My favorite Jamaican saying is “what is for you cyah be un for you” and it’s my favorite because it reminds me that whatever is mine to achieve I will achieve it, it’s just a matter of putting in the work. In Jeremiah 29, God reminds us that he has a plan for us before we were even conceived which therefore means that your ‘for you’ is there waiting for you to come and get it. So don’t be discouraged. Work hard and trust the Lord, if he said it’s there for you follow him to go get.



Tianne Brown

A Message from your Second Deputy Head Girl

Welcome to the new school year ladies! I wish for everyone a fulfilling year. As we venture into this new school year, with God at the center, let us conquer this year as 1 John 4:4 reminds us, “Greater is he that is in you, than he that is in the world.” Even as we adjust our own SAILS to the wind of change let us help our sisters adjust their sails too as we all sail towards success together. I look forward to having a great year with you all as we overcome the challenges, smile in the face of adversity, give everything our best shot and make this school year 2021-2022 one to remember!

AD ASTRA PER ASPERA



Zaria Ferguson

STUDENT *Council*

Breanna Bisnott
Student Council President

On behalf of the ICHS' Students' Council Body, I would like to extend a warm welcome to the Immaculate family to another school year! It is no surprise this past year has been anything but normal. However, I encourage you to turn your experiences, into opportunities to exceed your own expectations. Don't let the 'mistakes' you've made discourage you from your goals, but instead be a catalyst to surpass them.

The Students' Council is here to ensure the students' voices have a meaningful place in the decisions that affect them. As such, we look forward to working with you to ensure each and every young lady has a part in helping us create the most comfortable environment for our ladies to do phenomenal things!

"Responsible Students Make the Difference"



Breanna Bisnott
Student Council President



Shantay Kellyman- 1st Vice President (Left)
Zahra Powell- 2nd Vice President (Right)

PEER COUNSELLING

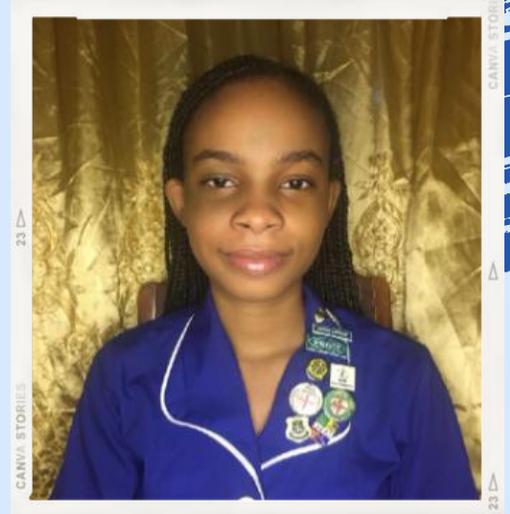
Society

"We are geared towards maintaining the wellbeing of all ICBS students"

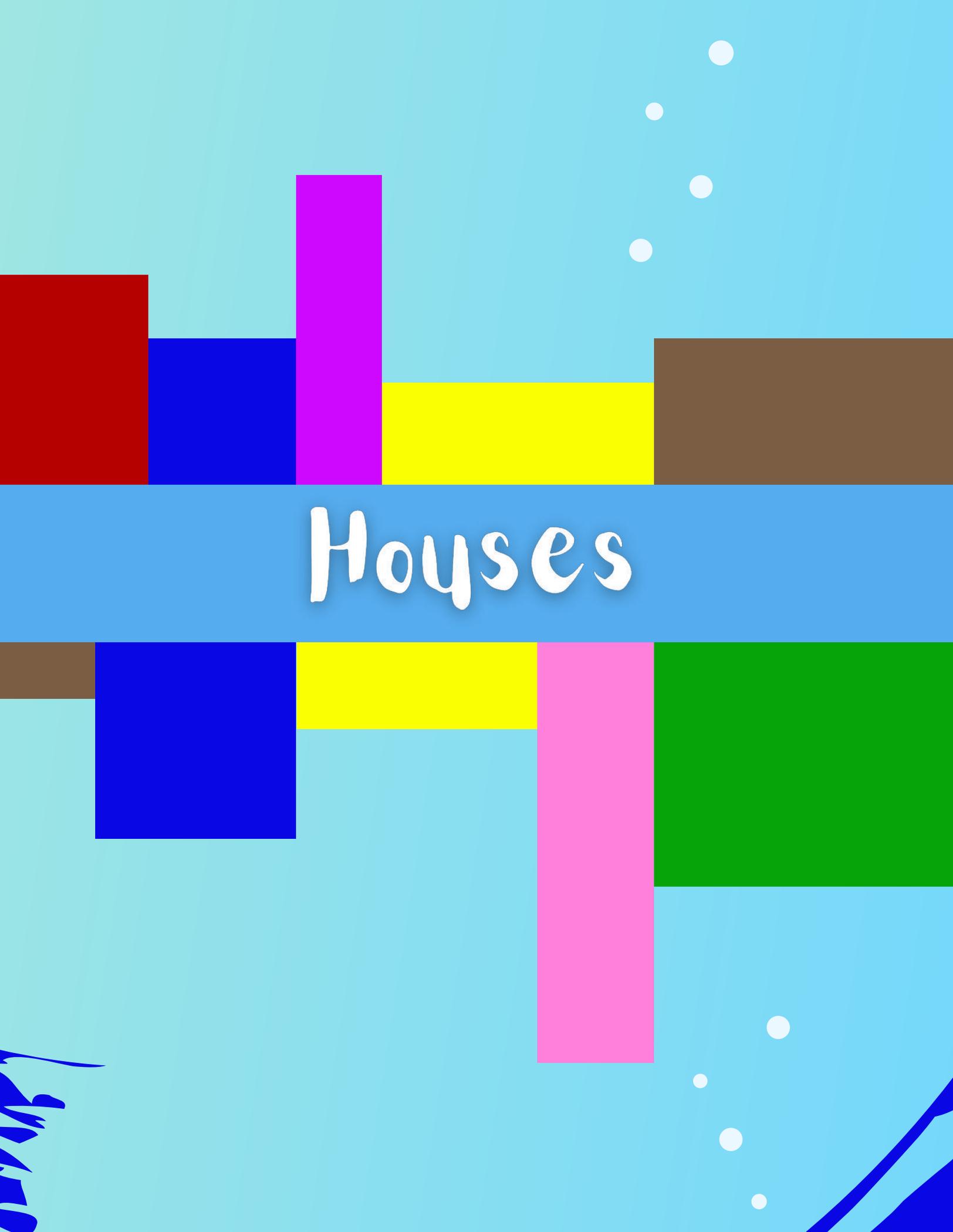
I would like to extend a warm welcome to all members of the I.C.H.S. family. It cannot be denied that this school year and the last have been characterized by a need to adapt and to be resilient. Through it all, God has been faithful to our school body and as such, He truly deserves all the honour and glory. It is with a great sense of gratitude that I have once again, accepted the task of serving as president of the I.C.H.S. Peer Counselling Society.

The Society's aim for the 2020-2021 academic year, was to improve its internal operations so as to increase the likelihood of being effective upon expanding to accommodate new Peer Counsellors. This goal was achieved, regardless of the fact that all operations of the Society were spearheaded by a small team of eleven executive members and our faculty advisor, Mrs. Holmes.

Not only was a firm internal foundation created; projects such as anti-bullying sessions with grade 7, self-management sessions with grade 8, mock examination revision sessions with grade 11, and online campaigns, were also executed. Our aim for the 2021 - 2022 academic year then, is to take advantage of the structure created so as to successfully re-open the Society to welcome new Peer Counsellors. Peer Counsellors are a group of students who are trained to address a wide range of topics by providing one on one, confidential support to fellow students. We offer an encouraging atmosphere in which challenges, accompanying feelings, and concerns may be expressed and tended to. "We are geared towards maintaining the wellbeing of all ICBS students." We urge the student body to stay in touch with us by sending an email to immacpeercounselling@gmail.com or by visiting our Instagram page: [@ichs_peer_counsel](https://www.instagram.com/ichs_peer_counsel). We always look forward to hearing from you!



Candice Garwood
Peer Counselling Society President



Houses

Rose of Lima

Rose ladies are dedicated,
passionate and creative. Despite
being small, we manage to rise to
the top. We are a house of quality
not quantity.

GO ROSE!



Joan of Arc

The Joan Of Arc house was named after the national heroine and patron Saint of France. The sunshine girls of Joan of Arc house are equally as impressive as the saint, as they excel in everything they put their minds to. Joan ladies are nothing short of resilient and perseverant. Regardless of the outcome, Joan of Arc has never and will never give up. Our ladies have always put their one hundred and ninety-nine percent into everything we do and every event we take part in. Welcome to the best house grade sevens, you're in for a fun ride!



St. Clare



The St. Clare House is represented by the colour green, signifying growth and hope. For St. Clare we are not just a house but a family who knows that alone we can do so little but together we can do so much. Therefore, this year we WILL be on the top, and leave our mark as we chant the real St. Clare's anthem!!



'Clare' the tracks
for the winners



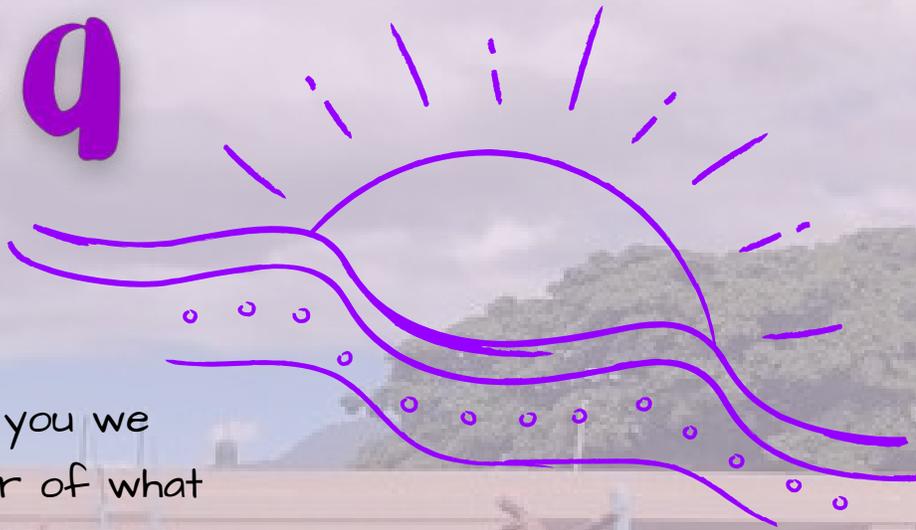
Immaculata

"Oh we're the MACS oh hail us, hail us, hail us!"
That's right ladies, we are the Immaculata house and we welcome you all to the new school year. Last year was a great year for us, coming 3rd overall in our first digital championships, and this year we are only going higher. Under the guidance of Mr. Nembhard and Mrs. Jones along with the executive body for this year, our house is destined for greatness and we look forward to achieving our goals with all Immaculatans

#GoSharks



Davidica



Hello ladies! To bring optimism to you we have decided to share a reminder of what Davidica, more specifically the color purple, represents: strength, perseverance, and bravery as well as royalty. We encourage you all to emulate these qualities as we navigate this school year and that we all are queens; so lift your crowns and be proud of who you are and you're school. Have a great school year ladies.

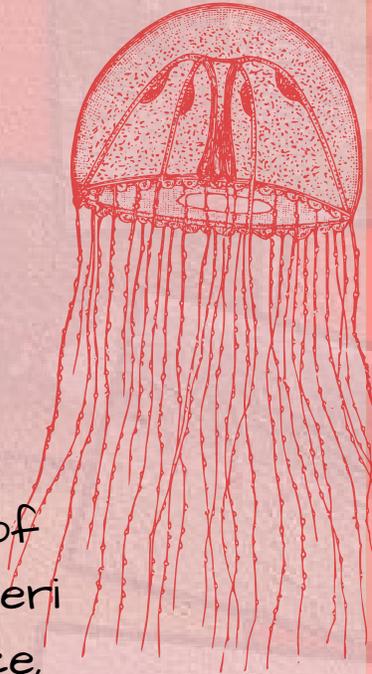


可也成三六景 神奈川中 依更

少女素描



TEKAKWITHA



The house of St. Tekakwitha is a house of Champions. Named after the late Saint Kateri Tekakwitha who was a beacon of diligence, strength and bravery; qualities in which our house boldly represents.

Whether it's on the field or the Mario Kart track when you see the red and black 'Don't ramp with the champ cause the champ don't ramp!'



#TektheLead

HOUSE OF CHAMPIONS

**ST.
TEKAKWITHA**

Tekakwitha number 1!

A screenshot of a Mario Kart results screen. The background shows Mario in a kart. The text lists the names of the participants and their scores.

RESULTS	
TEKAKWITHA	66 points
DAVIDICA	61 points
FRANCISCAN	49 points
ROSE OF LIMA	35 points
JOAN OF ARC	34 points
ST. CLARE'S	26 points



Franciscan

Welcome to the home of the hot chocolate girls !

Franciscan house is a very special house because even though we are small "W! TALAWA!" and we move with strength and unity...epitome of sisterhood. The members of the Franciscan house are also very determined and hardworking ladies. We might be very competitive but we know when to show good sportsmanship. Overall, the Franciscan House is a vibrant group that consists of an energetic set of young ladies who are passionate about making their house the best that it can be.



Special Features

News and Feature Articles
produced by ICHS Journalists



AGAINST ALL ODDS

Sitting CSEC and CAPE in a Pandemic

A stately and royal ship sails upon the great open sea. Suddenly, ominous clouds disperse and tumble above her. Deep, heavy thunder rumbles from the sky's gut. A mocking shock of lightning strikes her mast, splitting it apart. The waves rock her harshly to and fro; they rise and crash. Fear tightly grips her passengers, and they cry in agony and frustration.

Students who sat the 2021 Caribbean Examination Council (CXC) Examinations can perhaps relate to such emotions of fear and anxiety felt by the passengers as they faced the upcoming exams. Though many students would describe their experience as daunting, they expected the results to be worthwhile.

The beginning of the year was the 'calm before the storm'. As students of grades ten through twelve assimilated into another level of their high school journey, their classrooms shifted to accommodate the modern way of learning. Generally, the students of the upper-school cohort expected the year 2020-2021 to be "a bag a stress." The impending exams sat weightily on many minds. As it stood, transitioning to online learning would either make their year easier or more challenging to master. And so, the CXC Examination Countdown began.

With fully-charged devices and determined minds, students and teachers delved into the sea of PowerPoints. Sadly, this approach was not seamless for all. Complaints of a lack of information retention circulated on social media from students island wide. Many expressed that they felt as though they were thrown into the deep end and ordered to learn how to swim.

During the first term, young women of ICBS were fighting battles of self-discipline; paying attention in online classes and avoiding distractions. In addition, students still faced the unyielding effects of the COVID-19 pandemic. Adjusting to virtual platforms proved more difficult than some may have imagined. Additionally, due to the quarantine, an increasingly shared feeling of loneliness suffocated many individuals.

During an interview with members of the ICBS student body, one individual expressed her struggle to stay focused in classes, especially in those of subjects she disliked.

In early 2021, a new term greeted the students, and somewhere on the school campus, the Poui tree bloomed. Not quite at the fall of its first petal, the CXC Examination preparation process began.

Despite the challenges faced thus far, interviewees reported that preparing for the examination was not as stressful as they had presumed. Many candidates had friends, families, and teachers who supported them in their studies and made the experience less taxing.

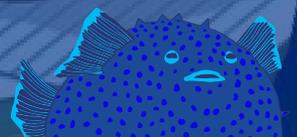
One student described the preparation process as manageable, accrediting its ease to the efforts of her supportive friends who kept her accountable while studying.

On June 28, 2021, after a few setbacks, the period of testing finally began. The time arrived when all efforts of CXC candidates: practising past papers, attending extra classes, and late-night studying, would bear fruit. They had sown seeds of time and vitality— it was time to reap.

Days passed by in a flurry of booklets, hand sanitisers, and candidate receipts. Gradually, the waves of stress and anxiety passed by. On the 30th of July, 2021, all CXC examinations came to a close. A final wave of relief passed through our valiant candidates. Quiet triumph resonated in their hearts.

The storm was over.

Tanania Reid,
Section Editor- Stories to Glory



Graduation

"A Chapter Ends: Highlights of the 2021 Graduation Ceremony"

Can you picture it? Various shades of elegance arriving at the Immaculate Conception High School campus? Girls beautifully dressed in white caps, gowns, and heels? The resilient Class of 2021 made history as they walked down the pathway of the first graduation ceremony to take place since the Covid-19 pandemic.

With glam and prestige, the Immaculate Conception High School family royally waved its fifth-form students farewell at the 2021 Graduation Ceremony. The event took place on August 3, 2021, under the theme "Adapting to Change: Success Through Difficulties", two weeks after the ladies sat the Caribbean Secondary Education Certificate (CSEC) exams in June.

"... I am glad I even got the opportunity to have a graduation ceremony as a lot of schools didn't. I really really enjoyed having a graduation ceremony, especially in these trying times." — Debra-Kaye Smith

Within the week prior to the ceremony, the general atmosphere of the graduating class buzzed with school-girl excitement. The procurement of white shoes, arrangement of make-up and hair appointments, and professional pedicures were all a part of the preparations in place for the anticipated day.

"Practice was a bit hard because... it was happening during the exam period. People weren't really into it at the time 'cause you know you have to go home and study and then some ... [had to] take public transportation .. in the evening ... But we wanted it for ourselves. You had to see it through, my boy. But [the format of] it was nice." — Ayana Scott



Upon entering the school campus on August 3, 2021, the ambiance was nothing but immaculate. Royal blue and white drapes, grass unexpectedly polished by rain, delicate bamboo chairs, an overhanging white frame through which sunlight beamed, the red carpet upon which the graduates walked, and a stylishly decorated stage all posed in a picture-perfect setting for the ceremony. This framework of simplicity and class did not appear overnight. The strenuous effort put in behind the scenes proved the finished work nothing less than remarkable.

From the intricate design of its surroundings to the speeches given by student valedictorian, Samantha Stines, student salutatorian, Alexis Leyow, and guest speaker Emprezz, the graduation ceremony was truly a success. (As ordered by The Ministry of Education of Jamaica (MOEJ), all protocols of public gatherings pertaining to the COVID-19 pandemic were observed. The positive feedback of enjoyment from the graduates and well-wishers made for a lovely afternoon. This commemorative event marked the hard work and challenges endured to reach this significant moment.

"The most memorable moment for me would have to be .. when we walked up to collect our diplomas and were announced as ... the graduated Class of 2021," Debra-Kaye Smith reflected.

"It was not an easy road, I tell you, it was not," Ayana Scott told the Journalism Club. She assured us that if she could caption a Graduation Day photo, it would say the school's motto: "Ad Astra Per Aspera, Through Difficulties to Excellence".

In the high school chapter that closed with the grand 2021 Graduation Ceremony, the Class of 2021 indubitably had the "time of their lives".

Tanania Reid
Section Editor- Stories to Glory



The Beginning of a New Journey

The 2021 Grade 7 Orientation

As the famous author, Lao Tzu once said “A journey of a thousand miles begins with one single step”, so it was for grade seven students. On the 19th of August 2021, the seventh-grade students were welcomed to their new home, Immaculate Conception High School, where a new journey would begin; the first step would be to attend orientation.

The grade seven orientation was split into two parts one being face-to-face and the other online. Phase one of the orientation was where these new adventurers would go to school physically to collect their packages and take their ID photos.

For most of the students, this was their first time seeing the school and it surely did leave a lasting impression on them as the majority thought that the school was huge and beyond beautiful. Even though they were unable to have a tour they were in high spirits beaming with gratitude that they were able to set foot on the grounds of their dream school knowing that this would be their home for the next seven (7) years.

Phase two of the orientation later took place on the 7th of September 2021 where the girls were finally given the opportunity to meet each other, their teachers, principals, and head girls. Phase two took place online and the girls loved how organized the whole program was, but, as we all know, an amazing journey can start with a few bumps in the road. Phase two of orientation was interrupted by technological difficulties, however, the ICHS tech team worked quickly to smooth out all the rough patches and everything went back to normal. Overall, the seventh-grade students had a very informative session as they also received a visit from their sisters in grade eight (8) who gave testimonials of how they survived online schooling in a new environment. The girls praised the head girls, teachers, and prefects for being kind, welcoming, and responsible, leading them to conclude that the orientation was amazing. Let us now seek to welcome our little sisters and strive to continue creating a space for them where they can grow gracefully.

**Ameila Ulett,
Section Editor- Events**





Teacher Highlights

In this series, we acknowledge teachers who are no longer working at Immaculate Conception High School.

Ms. Jody- Ann Ho- Sue

With a seemingly stern attitude and firm face, she quickly transforms for being a tad bit scary to the life of any Chemistry class she teaches. She'd been at Immaculate for 5 years, imparting her knowledge on students but unexpectedly and sadly left our school community for a second time, the first, as a student, this time, as an impeccable teacher. If you're an upper school Chemistry student, then you'd most likely know the teacher described as being the fun, smart and compassionate Jody- Ann Ho- Sue.

Upon learning about Miss Ho- Sue's departure, the ICHS Journalism club just knew we could not allow her to leave the school body without a few final words, so we asked her a paucity of questions before she said goodbye for the last time.

Her Fondest Immaculate Memories

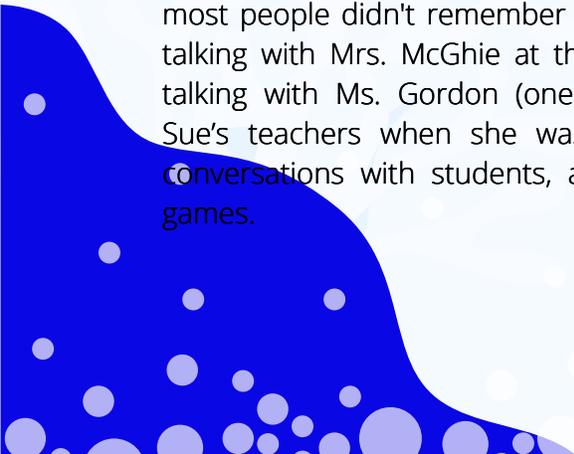
When asked about her favourite memories while being a teacher at the Immaculate Conception High School, Mrs. Ho-Sue listed a series of moments such as witnessing Mrs. Thorpe at Christmas time, the teacher's race during Sports Day, 'Lia' packing her lab coat with toilet paper from the bathroom because most people didn't remember the lab cloth, talking with Mrs. McGhie at the bookroom, talking with Ms. Gordon (one of Mrs. Ho-Sue's teachers when she was a student), conversations with students, and LaCrosse games.

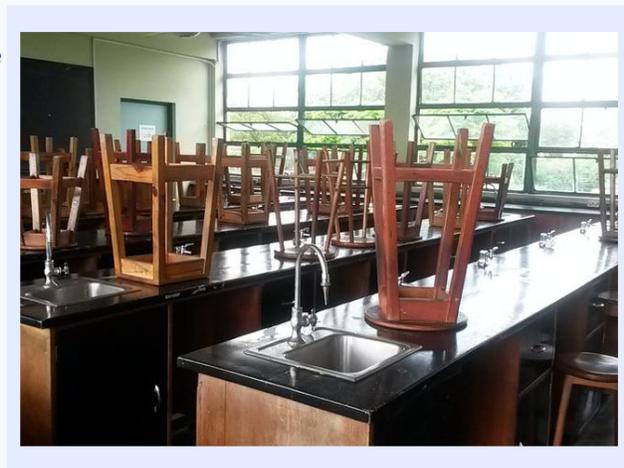


Ms. Jody- Ann Ho- Sue

Miss Ho- Sue also expressed love for her students' academic success, especially when they struggled with a topic. She admired watching her students graduate from Immaculate Conception High and moving on to make a positive impact in their communities.

As a curious student, Mrs. Hoe-Sue always wondered about the lives of her teachers. When she finally received the chance to experience it, she revealed that her greatest shock was that the staffroom was not air-conditioned.





Ms. Ho- Sue's unique perspective on her students, attained from once being in the same brown shoes, led her to view them as younger sisters. She knew the importance of being an Immaculate lady, as well as presenting yourself as such. This led to her being a smidge harder on students when behavioral issues arose. She also felt as if it were her responsibility to attempt to inculcate the values and attitudes she had learned whilst being a student.

Miss Ho- Sue gleefully shared:
"I loved the experiments. Watching people doing crazy things like titration without an indicator. I enjoy the interaction, love how the students work .Hanging out with a couple of my colleagues, Lapathon but I like the fair better. Mrs Castriotta's presentations. My favourite part is the students".

Her final message to the student body is, "Follow your heart but keep your eyes and ears open. Do not ever let someone make you doubt your own self-worth. Be respectful, work hard, be patient, and be kind. Love what you do. Miss you guys."

Justine Hope
Editor-in-Chief

Nikaela McCarthy
Director of Outreach- Upper School, Secretary



Back-to-School Affirmations

Strategize for this school term in adjusting your S.A.I.L.S to the wind of change

This school year is all about adjusting our proverbial sails to the “winds of change”.

Any successful ‘voyage’ requires a map, a necessary course of action to negate possible hardships on our path. Being prepared is the superpower of any phenomenal woman of Immaculate. In this case, such preparations include ‘Back-to-school’ affirmations, a strategy that acts as the bridge over troubled waters throughout the course of a student’s life and will knowingly carry them through difficulties to excellence.

Make a personal declaration for yourself and set the tone for your desired state of mind.

Write down realistic and measurable personal goals. Keep this list in a place anywhere that you may look at frequently or in a meaningful spot. Having a physical list of our resolutions makes them harder to forget. It also promotes unwavering focus that wards off the possibility of an incomplete goal.

If you are having trouble coming up with a list of resolutions, here is some inspiration:

1. Set aside some time in your busy schedule for creative projects, making fond memories with friends and family, or personal downtime. Prioritize moments of rest as it boosts your cognitive functions.

2. Know what works best for you. Do not carelessly subscribe to a “hustle” culture that may only promote premature burnout. Explore alternatives and lifestyle habits that will help accomplish your ambitions (eg. starting the fight against procrastination).

3. Lastly, do not let the pursuit of perfection limit you. For those who struggle with perfectionism, try to reduce that “all-or-nothing” attitude. Acknowledge every good performance. Do not treat yourself like an enemy, with constant and harsh criticism on minor things.

~Avast ye!

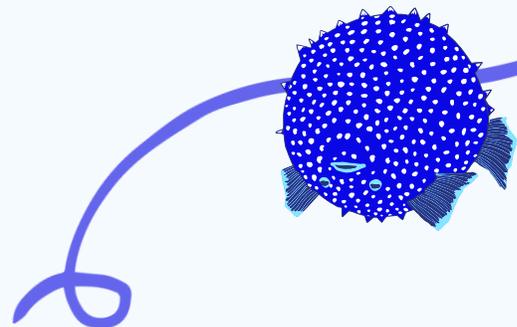
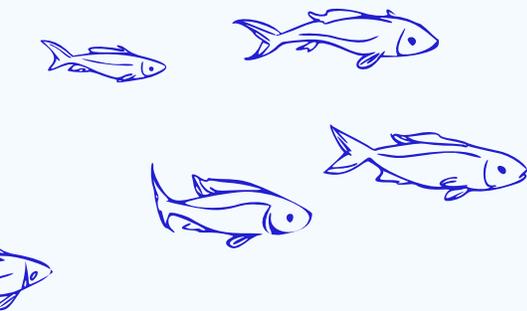


This year, try to set your priorities straight. Know what is important to you and what you desire to get done. American author Richard Carlson reminds us that Whether you are alive or not, your workload will always be full, so don't sweat the small stuff. As a student, or even just as an individual, you will always have tasks that borrow our time and crowd our calendars. Therefore, remember what is important and do not lose the 'game' in a frivolous side-quest.



Maintaining goals and standards for yourself is a significant part of success. However, comparing your goals to the achievements of others can be detrimental to your mental health and overall happiness. Focusing on our shortcomings or where others are in life is never going to make you feel accomplished in any of your successes. Always be grateful for who you are, and keep in mind what makes you special. Be compassionate to yourself and confident in what you do and work for. Funnily enough, the last bit of advice for back-to-school affirmations is not to take every single piece of advice given to you as "gospel". Everyone is different in many aspects of his or her life, therefore any tips or advice directed at you whether it is backed by science or is anecdotal is simply for you to, "try on for size". There is no one-size-fits-all cure to any of your problems nor is there a magical resolve for any change you would like to make in your life.

Marceline Moodie
Lifestyles and Advice
Section Editor



#STRESSFREE

Marceline Moodie
Lifestyles and Advice
Section Editor

Deadlines, responsibilities, and the upcoming sixth week tests! Are all these responsibilities driving you crazy?

This feeling of stress is not a stranger to the ICBS cohort, it can leave us exhausted, irritable and harassed by our own thoughts. How can we possibly manage our increasing levels of stress? Mrs Pyke-Claire, the Head of the Guidance Department of the Immaculate Conception High School has a message to the student body on this topic that will share some important insight on the issue of stress, and how to mitigate its negative effects in our daily lives.



Stress is a feeling of emotional or physical tension and has many varied triggers. It is our body's reaction to challenges that can be considered positive and sometimes negative.



Managing stress has been a topical issue since before the pandemic but it remains relevant especially now . Luckily there are many ways to alleviate the effects of stress as suggested by experts. Some techniques are exercise, deep breathing, eating well, taking frequent breaks, making time for hobbies/fun, and talking about your problems.

"After reflecting on the life of the young ladies of ICBS and stress management. I feel strongly that there are three sources of stress: poor time management, relationships issues stemming from poor or lack of communication, and dealing with changes and uncertainty."

#sklnahmadmee!!



- **Poor Time Management**

It is no secret that the ladies of ICHS carry a large workload and desire to achieve excellence. This is a recipe for stress. It goes without saying therefore that our students need to practice good time management skills if they're to achieve excellence.

Fortunately this is where your resolutions come into play. Use the acronym **P.O.G** to remember this time-management approach. **Prioritization** by assessing responsibilities, start this by getting short tasks out of the way and reserve more time for longer projects. **Organization** of documents, materials and tasks, in addition to maintaining a neater workspace either virtually or physically. Lastly, pair those two with **Goal-setting**, keeping in mind what your long-term and short term goals are will help allow for easier prioritization of work and inspire organization.

- **Relationships**

Secondly, having good relationships and along with it, good communication helps to release stress. Especially relationships with significant others e.g. peers, friends, families, teachers, and our Lord. In adolescent relationships, one of the main triggers of stress is not being able to express themselves or not being heard. Good communication is a tool that minimizes this stress.

- **Dealing with Changes**

Finally, life changes most notably puberty, emotional changes, and the pandemic are real triggers of stress for adolescents. Life changes are always going to be present, and often without warning. On that account, our students need to arm themselves with the necessary healthy coping mechanisms even if it may mean asking for help.

On a final note, managing stress really means reducing and coping with stress. The ladies of Immaculate have always done well in managing stress however with the increased challenges of life they need to be more deliberate in owning the skills necessary to manage stress.

With these tips in mind, achieving that #stressfree life will no longer be a fantasy. Integrating substantial lifestyle changes to prevent stress will allow us to keep our heads above the water when the adversities in life come rushing in like a flood.



The VACCINE

Getting to the Facts: Part I

Many individuals, including those among the Immaculate body, have expressed their concerns regarding the Covid-19 vaccines. Are these vaccines safe? Can the organizations and industries that developed this unorthodox instrument be trusted? What exactly is the Covid-19 vaccine?

For decades, scientists have been developing a medical technology that could revolutionize the way of medicine: the mRNA vaccine.

mRNA stands for Messenger Ribonucleic acid. It is a molecule found naturally in every cell of your body and is responsible for encoding instructions that tell your cells to produce a specific protein. Hence it is given the name messenger RNA as it sends a message or instruction to the body's cells. How exactly does the mRNA vaccine work?

When an mRNA molecule enters a human cell, a component of that cell- called ribosomes- translates and follows the instructions received to build the requested protein. The mRNA vaccines, Pfizer-BioNTech and Moderna, operate in the same way. Their mRNA molecules, which carry instructions for the production of a specific viral protein called a 'spike protein', are injected into a nanoparticle (an extremely small particle) made of lipids (fatty material).

This protein is one of the spikes found on the virus' surface but remains harmless. After you have been injected with one of these vaccines, the nanoparticle fuses with the outer layer of a cell and releases the mRNA molecules. The ribosomes then receive their instructions and begin constructing the spike protein. This viral protein will alert the immune system that a foreign organism has entered the body and needs to be eliminated. This immune response will allow antibodies to be produced that will fight off the intruder and protect you from danger. When this is happening, you may experience uncomfortable side effects such as pain and/or swelling in the arm where you were injected, as well as fatigue, muscle pain, and/or a fever throughout your body. Some individuals do not experience any side effects, but if you do, it means the body is working to expel the viral organism from your system. Any side effects should go away in a few days.

Unlike mRNA vaccines, which tell the cells to make the spike protein that will trigger an immune response, traditional vaccines- like those for measles and the flu- simply use a piece of, or a weakened version of, the virus that causes the illness.



Reference: TEDEducation. "How the COVID-19 Vaccines Were Created so Quickly - Kaitlyn Sadtler and Elizabeth Wayne." YouTube, TED-Ed, 17 Aug. 2021, <https://www.youtube.com/watch?v=v-NEr3KCug8>.

Question sent to ICHS Journalism

1. **Can I get the Delta variant even if I have been vaccinated?**

- “The COVID-19 vaccines approved or authorized in the United States are highly effective at preventing severe disease and death, including against the Delta variant. But they are not 100% effective, and some fully vaccinated people will become infected (called a breakthrough infection) and experience illness. For all people, the vaccine provides the best protection against serious illness and death.”

2. **Can Covid 19 vaccines cause variants?**

- No. COVID-19 vaccines do not create or cause variants of the virus that causes COVID-19. New variants of a virus happen because the virus that causes COVID-19 constantly changes through a natural ongoing process of mutation (change).

3. **Does the Covid 19 vaccine make you magnetic?**

- No. Receiving a COVID-19 vaccine will not make you magnetic, including at the site of vaccination which is usually your arm. COVID-19 vaccines do not contain ingredients that can produce an electromagnetic field at the site of your injection. All COVID-19 vaccines are free from metals.

4. **Will a Covid 19 vaccine alter my DNA?**

- No. COVID-19 vaccines do not change or interact with your DNA in any way. Both mRNA and viral vector COVID-19 vaccines deliver instructions (genetic material) to our cells to start building protection against the virus that causes COVID-19. However, the material never enters the nucleus of the cell, which is where our DNA is kept.

5. **What ingredients are in the Covid-19 vaccine?**

- The basic ingredients found in the Covid 19 vaccines are:
- The mRNA sequence that carries the instructions for the production of the viral protein
- Lipids (fatty material) that protect the nanoparticles during their journey to the cells.
- Salts and Sugars that help to keep the nanoparticle intact until it reaches its destination.

All information in the Q&A section has been cited from CDC, the Centers for Disease Control and Prevention, website.

Check the CDC Website <https://www.cdc.gov/> for more information

What of Johnson & Johnson Janssen and AstraZeneca vaccines? Look out for part 2 of the vaccine series in our next issue.

IMMAC

101

- **The Patio**

A place where scorching yellow expresses its hate; yet blue and white still congregate

- **The Cafeteria**

3, 2, 1, they're gone! Quick! Get there first before line get long

- **The Sunken Garden**

Where flowers bloom and parrots revel; flora and fauna below ground level.

- **The Convent**

Where women, living under one roof, took an oath for chastity, obedience, and truth.

- **The Gazebos**

A place of comfort: neat and fine, but only blue can sit here and dine

- **The Lawn**

Beautiful landscape, perfectly clean; we often play games on its smooth verdant green.

- **The Swimming Pool**

A place where the sun can no longer prey and being here will give points for Sports Day!

**Daniella Webley,
Editor-in-Chief**





ICHS

**Extracurricular
Activities**





CAREER AND SCIENCE



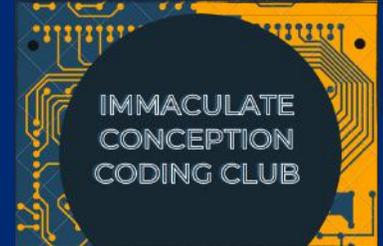
Computer Club

Ahh!! Computer Club, the club where you learn all things, well...computers. This year we plan to add Animation and Editing, as well as, Game/App Development into what we explore in the computer lair. We will have fun games and surprises, wink wink, and you won't want to miss the fun. See you there.



I.C.E

I.C.E (Immaculate Conception Environmentalists) is a club dedicated to learning about and preserving the environment. Our meetings span a wide range of activities; from discussions and debates about climate policy, to exciting games, to community projects. With the friendly exec body and the informal energy of our meetings we're sure you'll feel right at home!



Coding Club

The Immaculate Conception Coding Club is Immaculate High's very first coding club that aims to create a community for girls where we teach not only coding skills, but also life skills and provide them with the necessary resources and opportunities to excel in the field of coding.



Robotics

The ICHS Robotics Club Aka Blue Flames, were the 2nd place winners in the FIRST Tech Challenge and 2nd place winners in the Red Spring Robotics Competition. In our club meeting we focus on teaching our tech enthusiasts about designing robots to solve problems, building robots, programming them to carry out tasks and testing and driving them.



M.E.D Club

The Medical Educational Development Club is a student-led effort to educate and sensitize other students about everything related to medical education and development, whether or not they will be venturing into the medical field. Our key aim is to find fun and innovative ways to bring across anything and everything that will help grow a student's knowledge on the medical field.



Aviation Club

The Aviation Club is about educating curious minds and future aviators about the vast field called aviation. Our general meetings consist of meeting pilots, air traffic controllers and much more to get you started on your aviation journey

CAREER AND SCIENCE



I-SUM

Immaculate's Society of United Mathematicians (I-SUM) is not just a club full of people who are good at math; you don't even have to like math to join us! We do fun, math-related activities every week and have discussions for those who want to pursue a math-related career. Most importantly, we try to give everyone a break from boring or stressful schoolwork and a more positive outlook on mathematics.

Engineering Society

Fascinated by engineering and ready to learn more? Well, the Engineering Society is just for you! More than just a club, we provide a fun and interactive community where girls can learn more about the various disciplines of engineering, careers in the field and participate in many fun activities. Join us every Friday from 3:30-4:30 pm.



Visual & Performing Arts



Art Club

The Immaculate Art Club is dedicated to teaching our members how to express their creative side, teach them new skills and techniques. Students don't need to be artists, we'll show them the ropes. Our goal is that by the end of a student's time in Art Club, they would have gained the confidence to share their art with the world.



Immaculate Dance Troupe

The Immaculate Dance Troupe is a group of selected individuals who are skilled in the art of dance. IDT is a creative and enjoyable space for students to express themselves through the art form. We not only participate in school-related activities like Tree Lighting Ceremony and Heritage Day, but also represent the school at external competitions like the annual JCDC Festival, where we win numerous awards! Eat Sleep Dance Repeat!

Audition for IDT today!



ICBS Symphony Orchestra

The ICBS Symphony Orchestra brings together students who may or may not have experience playing instruments. Under the instruction of our conductor, Mr. Steven Woodham O.D., we put together various pieces of different genres, and perform at our annual concerts. Practice is a priority and we strive to portray emotions through music.



Photography Club

Photography Club, is a club centered around teaching young aspiring photographers the art of photography through interactive lessons, activities, special guests and more. As a club our main mission is to expose the girls to a new hobby, life skill, career or even a way to spice up their pictures!



ICBS Drama Club

The Immaculate Highschool drama club gives students an outlet for interests that go beyond acting and lead to friendships across grades. Our club gives students an opportunity to participate in supervised creative dramatic activities which include performances in front of an audience. Members will be exposed to different aspects of theatre in a safe space where students can express their inner creativity and be comfortable.



Film Club

LIGHTS, CAMERA, ACTION!

At film club we make films and make change by encouraging the creativity of our members, teaching them about the Jamaican industry, and engaging in fun discussions and film challenges.

EDUCATION AND SKILL



Tutoring Club

The Tutoring Club is in charge of assigning tutors to students to help them better their understanding in any and all subject areas. This club is not only for educational purposes, but it also serves as a space where students can relieve their stress by playing fun games. This club reflects the sisterhood and unity of this institution and reinforces the bonds between the students!



Model United Nations

Model United Nations is an inclusive, interactive, informative and fun student led club which seeks to educate and inform the ladies of ICBS of global issues and challenge them on how they could solve them through speeches, presentations, discussions and games while upholding the formation and values of the United Nations.

MUN is FUN!



JAA Junior Club

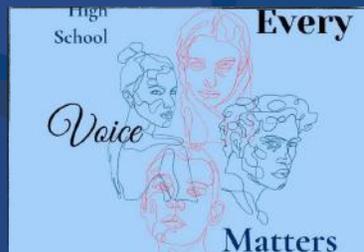
If you are a car fanatic or have a general interest in road safety then Jamaica Automobile Association (JAA) Junior Club is definitely for you! In this club, our goal is to educate students about the importance of road safety and the road code, and to discover facts about cars all in an intriguing way! Remember to come out to our meetings every Tuesday and stay safe.



ICBS Chess Club

At the ICBS chess club we teach strategies and tactics used in chess. If you do not know how to play, no worries! We also teach the basics. All are welcome. We meet on Tuesdays 1pm-2pm.

Instagram: @ichschessclub

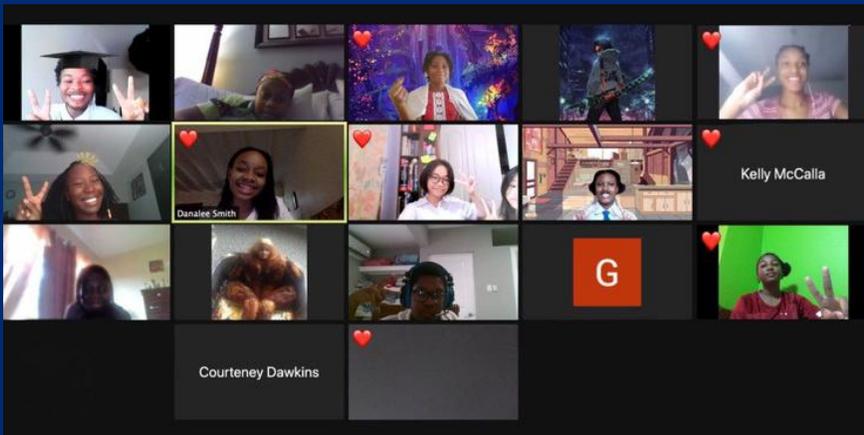


Debate Society

We meet every Monday and hone our debating skills. Here we tackle controversial topics from incentives to women's rights and frequently compete in mock debates and other activities. We also take pride in dominating other schools in competitions and taking home awards. What we value most at debate is the satisfaction that comes from it and we want all our members to experience it.

EDUCATION AND SKILL

Japanese Culture Club



Japanese Culture club is a group that explores different cultural aspects of Japan. In the club we learn about Japanese food, dress, animation, how to read and write the language, their history and we also practice different forms of Japanese art. Our club celebrates all forms of Japanese Culture and we are always welcoming new members.

I-Enter

Motto:
Raising the ICBS banner Near and Far

I-Enter is club dedicated to informing the school body about various beneficial competitions, scholarships and events available both local and international in the hope that they will participate and continue "Raising the ICBS banner Near and Far". You will be notified about various events, workshops, and seminars, where you can experience new things, new people and expand your overall knowledge.



I-ENTER CLUB

Sports



Lacrosse Team and Squad

The sport Lacrosse is a mixture of basketball, football and hockey. We are a competitive and high spirited team with immaculate team leaders and an intimidating presence on the field. Our squad is always welcomes new members to our family. Go Jaguars!



Hockey Team

We're the I.C.H.S. Blue Panthers and we represent the school in field hockey, which is played with curved wooden sticks and a solid plastic ball on natural grass or artificial turf. Our Under 16 and Under 19 teams take part in competitions, rallies, and Christmas training or matches. We hustle, hit, and never quit.



ICHS Football Team

The ichts football team is all about teamwork and hardworking players. We learn together, grow together, motivate each other and work as one to succeed. We are a family that pushes through our trials and errors while still being able to have fun on the field.



Tennis Team

The ICHS Tennis Team is comprised of phenomenal women striving for excellence in tennis. We train as a team three times a week, every week and it has paid off as ICHS is the first school to win the National Schools Tennis Championship for six (6) consecutive years and have been ranked number one in Schools Tennis in Jamaica!

The ICHS Student Council

Drive-in Movie Night

featuring



Hold on to your tickets! Movie night is just around the corner

THE ICHS STUDENTS' COUNCIL PRESENTS A

DRIVE-IN MOVIE NIGHT

FEATURING

ETERNALS

TICKET COST PER CAR
REGULAR: \$4,500 JMD

'AN UPPER SCHOOL ONLY EVENT'

3 ADULTS PER CAR	ADULTS ARE 12+	ONLY AGES 14+ WILL BE ADMITTED
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GATES OPEN 6:00 PM

THURSDAY NOVEMBER 18, 2021

SHOW TIME 6:30 PM

NEW KINGSTON DRIVE-IN CINEMA
18 DOMINICA DRIVE, KINGSTON

Service



Red Cross Society

Did you know that there is a Red Cross Society right here at our beloved school? Well if you didn't, now you do. For all who love to give back to the unfortunate and lend a helping hand, this club is for you. We meet every Tuesday from 1-2 pm and promise to have fun, informative and interacting meetings. Can't wait to see you there.



P.A.W.S

Protection of Animal Welfare Society is a club that prioritizes animal knowledge, habitat, and way of life, as well as helping the greater good by protecting and assisting them. Humans have gradually impacted animals, and as a result, we try to defend those who are unable to defend themselves.



Interact Club

Interact Club was founded on November 5, 1962. Interact Club is a service club for Grade 10 to 13 high school students that comes under Rotary International. The main focus of Interact Club is raising funds to assist in the research and eradication of poliomyelitis. However, Interact seeks to be of service to ALL who are in need.



O.H.T.P

Operation: Help the People affectionately called OHTP is a service club that started at ICHS in 2019.

Operation Help The People aids in self development as you gain awareness on social and environmental issues, while learning the value of volunteerism and community building. We engage in fun and innovative ways to give back to our community. It's also a safe space to share your thoughts and relax.

Announcement:

New Club!

Citizens Action For Free and Fair Elections, CAFFE, has noticed that over the years, voter turnout in national elections has declined substantially.

And so, with support and encouragement from CAFFE, Immaculate would like to introduce "Democracy Club".

This club aims to address this issue by engaging youths in activities that would allow for a better understanding of democracy and civic responsibility.



Democracy Club

The club will work towards helping students understand aspects of the constitutional system and democratic process. Club activities may include invigorating and relevant discussions, visits to locations such as Kings House and other historic sites, and much more!

The 2nd and 4th Mondays of every month @3:30pm

Service



Girls With A Cause

Do you love helping people? Do you like seeing a smile on someone's face? Are you a girl with a Cause? If yes, sign up for Girls With A Cause right now.

What is Girls With A Cause?

Girls With A Cause is a service club geared towards shedding light & bringing awareness about diseases, illnesses & issues surrounding women.



Girl Guides

Guiding is a remarkable experience that serves to transform the lives of girls, supporting and empowering them to achieve their fullest potential and become responsible citizens of the world. The guide program encourages girls to take lead and become active within their groups, to develop their independence and explore new interests in diverse areas all while having fun!



JOI (Octagon) Club

This club gives young people the opportunity to serve their communities. Students who are involved in JOI learn about and practise good citizenship, teamwork, communication and money management. Membership in JOI also helps develop friendships with others who share the same interests. It exposes members to OPTIMISM as a philosophy of life, provides members with an improved sense of kindness and increased awareness for those in need.

Self Development



E.G.L.J

The Emerging Global Leaders of Jamaica Club is a Youth Leadership organization, with a mission to identify and train persons who possess the potential to instigate change through leadership and ultimately become Global Leaders. We also aim to develop leadership skills amongst students and improve their level of leadership. standing by our motto: 'Leaders of Jamaica, Leaders of the world'.



Business & Self-Development

The Business & Self Development Club is all about creating a safe place for each member to share her goals and any obstacles she's facing. It also teaches its members about the achievements and hardships of being a woman in the corporate world. Female empowerment is at the root of every activity we do. 'Empowered women empower women'.



Christians in Action (CIA)

The Christians in Action club also known as CIA is a tight knit club where we grow closer to God every meeting and each day by developing our relationship with Him. In this club we will develop our faith and explore our interests through faith, friends and lastly loads of fun! Let your light shine today and forevermore



I.S.C.F

The Inter-School Christian Fellowship (I.S.C.F.) is a youth ministry that is also present at many other Jamaican high schools. Our aim is "To Know Christ and to Make Him Known", via various means such as ISCF Week, 'interclubbings', Games, testimony, prayer and ministry meetings. While the format of these meetings will be restructured this year, we promise to maintain the friendly and interactive atmosphere of traditional I.S.C.F. events.



ICBS Saving Society

The ICBS Saving Society is a club dedicated to teaching the phenomenal ladies of Immaculate about financial literacy. We are committed to ensuring that the members of our club are equipped with the necessary tools to navigate the adult world and make sound financial decisions in the future that will not only benefit them, but their future families as well.

ICHS Journalism

Did you enjoy reading this newsletter?
Did you appreciate its layout and design?
Is there a certain topic you would love to write about and have published in Immaculate's newsletter?

Then ICHS Journalism is the ideal destination for you. Our club is comprised of avid writers, editors, and publishers who all contribute to the overall production of the newsletter. We meet every other Thursday from 3:30 pm to 4:30 pm.



ICHS Journalism not only produces the school's newsletter. We aim to be a medium in which students and staff of the Immaculate body can connect with each other, especially during this period where we have been physically separated.

Do you have something to share with the Immaculate family? ICHS Journalism would be happy to advertise it for you!

Contact Us:

@ichsjournalismclub@gmail.com 

[@ichsjournalism](https://www.instagram.com/@ichsjournalism) 

The ICHS Home School Association (HSA) is thrilled to support this new initiative of a Newsletter from the Journalism Club and is happy to welcome you to this their first newsletter. It is indeed a wonderful undertaking that will draw us closer together as community in this time of pandemic which threatens to keep us apart. A newsletter unites the school by providing regular updates and communication about what others in our community are doing, helps to celebrate our achievements and supports us in our losses. We look forward to the 2021- 2022 school year and congratulate the club for this endeavour.

-Mrs. Ava Blake, Home and School Association President

Club Directory

Club Name	Google Classroom Code
Art Club.....	vd2n3d2
Aviation Club.....	4l5lt73
Business & Self Development.....	titruj3
Chess Club.....	shda2lf
Christians in Action.....	c4n5vnh
Coding Club.....	lidn7sn
Computer Club.....	jxouil
Dance Troupe.....	ykhjhjb
Debate Society.....	73o4xtk
Drama Club.....	rwsw7rw
E.G.L.J.....	m343e5y
Engineering Club.....	dwmplys
Film Club.....	cda37bi
Football Team.....	flwabqh
Girl Guides.....	c25ajgp
Girls With A Cause.....	64cmt4s
Hockey.....	dlmsxij
ICE.....	l4upamr
I-Enter.....	6rntu2g
Interact Club.....	vbt4oml
ISCF.....	mrwlt4u
ISUM.....	ojq37xw
JAA.....	dvjadqj
Japanese Culture Club.....	74sp535
Journalism Club.....	b63lkho
Lacrosse.....	ey5oq34
MED Club.....	qkkyeph
Model United Nations.....	mzrcrna

Club Name	Google Classroom Code
Modern Languages Club.....	tvomy2n
Netball.....	7ffepy6
Octagon Club (JOI).....	cfysqld
Operation Help The People.....	ksauvfo
PAWS.....	osl3jjg
Photography Club.....	xpuuc2e
Pop Band.....	nlme4c4
Red Cross Society.....	crttqul
Robotics Club.....	n2jfsxu
Savings Society.....	gyew4li
SETH Club.....	kqe2vmn
Sign Language Club.....	5zzd24e
Sixth Form Association.....	e2h3dr3
Sixth Form Fitness.....	3ono25g
Spanish Club.....	qywcqrz
Steel Band.....	r6d7sm2
STEM CCT.....	s3f3pic
Swimming.....	r7zj45r
Symphony Orchestra.....	2i272cr
Tennis Team.....	ngc3b3a
Tourism Action Club.....	rt4upta
Tutoring Programme.....	j5xjc5d
Waterpolo.....	gqn23lm
Youth Empowerment.....	4ywa7da



Thank you

We honour our beloved Sr. Angella Harris, who inspired the creation of the ICHS Newsletter.

Thank you to all faculty members and groups who contributed to this month's issue:

Mrs. Reynolds

Ms. Pinto

Mrs. Hitchener

The Prefect Council

The Student Council

The Peer Counselling Society

The Photography Club

Club Presidents and Executive Bodies

A Special Thanks to:

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The Section Editors

The Executive Team

Abigail Tomlinson

All Interviewees

and Our Viewers