

# The Provi Press

## Student Newsletter

Jan-Feb 2025

Issue 1

### NEW BEGINNINGS

#### SETTING INTENTIONS

Anjali Khan

Intentions empower you to take control of your life by giving meaning to your everyday actions. They're like stepping stones you consciously place to pave your way forward. Clear intentions help you focus on your goals and give you the confidence to achieve them. As we delve into 2025, it is imperative to set meaningful intentions. To create lasting intentions you must be perspicuous about what you want, focus on the positive, keep it simple, remind yourself of your intentions regularly, and turn your intentions into actions. Along the way of acting out your intentions, practice patience and persistence, reflect and adjust as needed, and incorporate mindfulness and meditation.

Your intentions, beautifully constructed and passionately pursued, are like seeds. The initial planting is fundamental, however, the continued watering, sunlight, and nurturing that follow determine whether they blossom into a flourishing reality. In addition, it is important to always grow your faith. Faith must be nurtured to grow as an individual. This process is not merely about intellectual assent to doctrines, but about cultivating a deeper, more personal relationship with the divine. Ultimately, be alive in 2025! Embrace change, leave the worrying in 2024 and savour the joy in each moment.

#### New beginnings by Mary Daisley

A new beginning, a fresh start—  
Not a rewind or a sister to my troubled past.  
Where seeds sprout from my dark soil,  
To bear fruit from relaxation and toil.

How the sun paints a fresh canvas at dawn,  
After luminous night splatters were born.  
Why we shake dice harder after continuous threes,  
To prove a point to mocking laughter—  
That there's a six to be.

What they talk about in 2 Corinthians 5:17:  
"The old is gone, the new is here."  
And when we realize that,  
we metamorphosize like winged creatures,  
when we expose our lives  
To the unfamiliar features we fear.



*Celebrating 165 years of Excellence in Education*

# FOR ABIGAIL

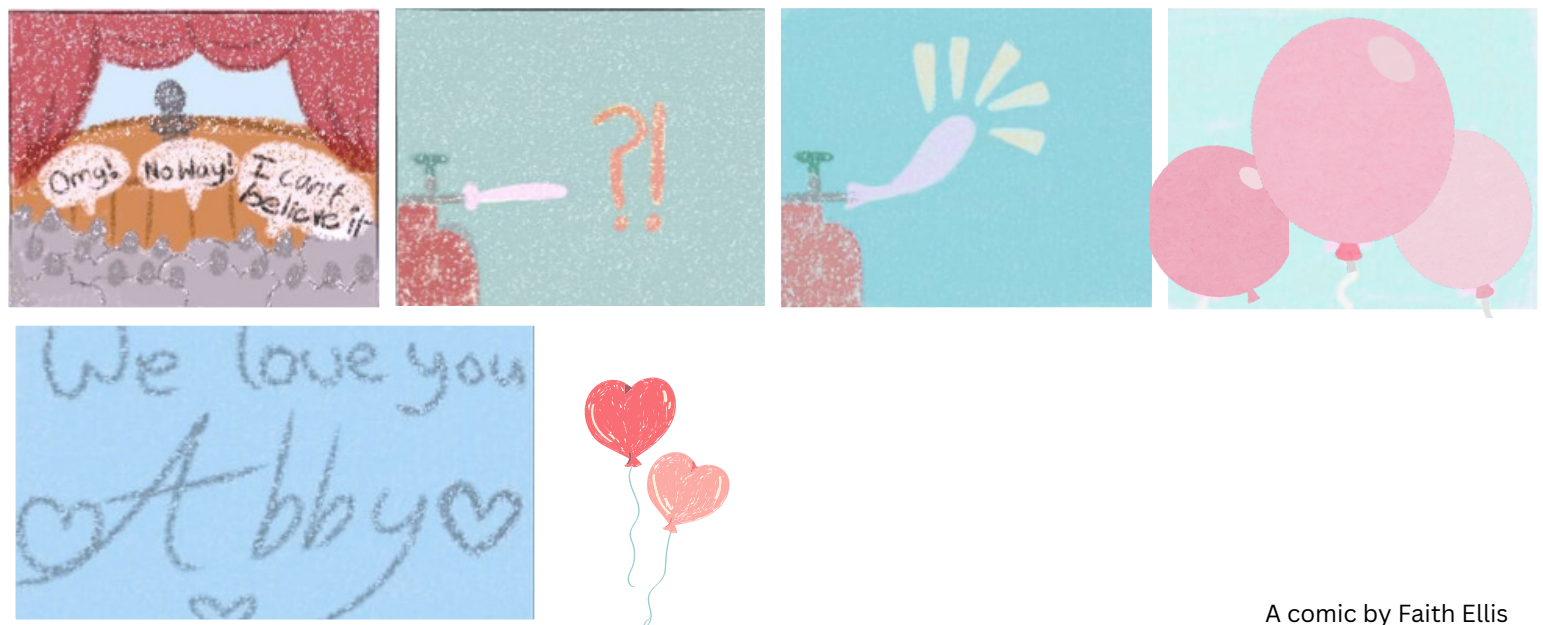
## TRIBUTE TO ABIGAIL

At just twelve years old, Abigail Le Gendre had only begun her journey in Form 1L last September, bringing with her a bright spirit, laughter, and an energy that touched the lives of those around her.

She was more than a student—she was a light in our halls, a cherished friend, and a talented member of the drama club, where she expressed her creativity with joy and passion. Her warmth and humor endeared her to all who knew her, and the depth of her absence is immeasurable.

As we mourn this profound loss, we hold Abigail in our hearts, remembering her not for how she left us, but for the joy, kindness, and laughter she brought into our lives.

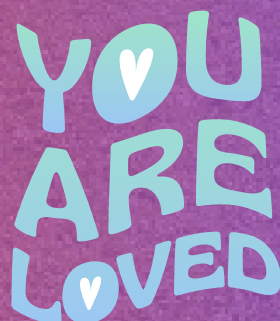
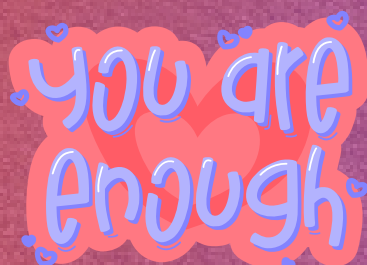
May she rest in eternal peace, forever loved and never forgotten.



A comic by Faith Ellis



You don't have to suffer in silence. If you or someone you know is having thoughts of suicide, reach out to someone you trust for help.





# PROVI GIRL SHINE!

## PAST PUPIL SPOTLIGHT Dr. Sharifa Bacchus



Dr. Sharifa Bacchus, age 25, is a recently oathed medical doctor preparing to embark on her internship. A proud alumna of Providence Girls' Catholic School in the years 2011–2016. She credits her foundation in service and leadership to her time there—volunteering at the geriatric home, assisting in the library, and participating in school assemblies and music festivals.

During medical school, Sharifa balanced academics with various responsibilities, including , to name a few, running her own business, SAB Medical Student Supplies, and serving as the Public Relations Officer for the Intervarsity Christian Fellowship. She was also an active volunteer with the UWI Blood Donor Foundation, contributing to its efforts in promoting voluntary non-remunerated blood donation, nation-wide, even addressing the country's Minister of Health on the topic, more than once. Additionally, she wrote an article for The Pulse, the official medical school newsletter, on the importance of maintaining service through medical school and the career that follows.

Now, as she steps into the world of clinical practice, Sharifa is particularly drawn to internal medicine, where she hopes to make a meaningful impact.

Reflecting on her time at Providence, she noted that,

“When asked about a favorite Providence memory, it's hard to choose just one. To this day, I still say that my five years at Providence Girls' Catholic School were some of the best of my life. I was blessed with a class that truly felt like sisters and teachers who, on many occasions, treated us like their own children.

From playing piano and steel pan with Mr. Chin to transposing Shakespeare's plays into colloquial Trini dialogue with Ms. Mohammed, every moment was special. I remember "Crix parties" at lunchtime to celebrate birthdays, singing at the geriatric home for Christmas, and receiving personalized emails from Mrs. Oblington, who had watched our class grow from forms 1 to 5, even being scolded by all the aforementioned teachers . There are countless memories I could expand on and many other great teachers that are unnamed, but if I had to choose just one, it would be graduation day.

Standing among my classmates as we sang the school song one last time, I'll never forget how proud and full my heart felt. As the final words—"We'll sing of Providence, dear old Providence, Providence Girlllss, Hoorah!!"—echoed through the auditorium, it was a moment that encapsulated all the small and great, beautiful memories of my years at Provi. I can only hope that the girls who came after me felt, and continue to feel, that same deep pride for our little school on the little hill.”

## WHAT DOES IT MEAN TO BE A PROVI GIRL?

### Kayen Branche & Anaiah Morgan

A Provi girl is not only kind but dedicated. Dedicated to God, herself, her family and her studies and more importantly her future. To be a Provi girl is to not only be compassionate but to be discerning. Discernment is key in everything that you do and I believe that part of being a Provi girl, is knowing when to do something and when not to do something. Bullying is NOT what it means to be a Provi girl. A Provi girl is not something to be ashamed of, rather it's something to step into and take full pride in. Providence is a sister hood, so we as girls need to be our sister's keeper while we are here and when we go on. So be kind, be loving and be gentle. Be understanding, Provi girls.



# Standing Ovation for Celeste Madoo



On Wednesday 22 nd January 2025, Celeste Madoo of Form 4L received a well-deserved standing ovation at the Ministry of National Security's Counter Trafficking Unit (CTU), in collaboration with Trinity Dance Theatre of Trinidad and Tobago's screening of "Silenced: A Short Film to Combat Human Trafficking" held at the Government Campus Plaza Auditorium, Port of Spain. This was in recognition of her stellar performance of her spoken word piece entitled "Corrupted Demands". According to the Ministry of National Security's official Press Release, "Her words gave voice to the struggles of victims of trafficking and the importance of collective action." Celeste is no stranger to the spoken word genre, having performed on the Providence stage before. However, this was quite a noteworthy occasion, and Celeste had the honour of being the only student chosen to perform at the event. Congratulations, Celeste!



# PAN, SWEET PAN!



## SCHOOL PANORAMA 2025

**Megan Lucio**

Culture, music, and a rich heritage is undoubtedly what Panorama is all about. Panorama is a competition where we celebrate and honour our national instrument, the steelpan, through a competition at the start of Carnival every year. Primary and Secondary schools have their own dedicated Panorama competitions and Providence Girls' Catholic School and Queen's Royal College united to form the Provi-QRC Steel Orchestra in November 2013 and has participated in this magnificent competition every year to show our dedication to our Trinbagonian cultural traditions.



This great year of 2025 was no different, with the Provi-QRC Steel Orchestra vying for the top spot in the competition. The tune of choice for this year was "How Ah Livin". This song was composed by De Red Boyz, composed by Mical Teja Williams and sung by Farmer Nappy. The arranger for the Provi-QRC Steel Orchestra was none other the talented, Ms. Kimberli St. Clair. The preliminary round took place at the Proman Starlift Steel Orchestra's panyard, who for a second year assisted the Provi-QRC Steel Orchestra by allowing them to use their pans and panyard for practice.

The Provi-QRC Steel Orchestra displayed a breathtaking performance that was enjoyed by all as the arrangement by Ms. St.Clair brought smiles to the faces of the audience as the players portrayed the beauty of the arrangement. School and cultural spirit was uplifted as parents, students and teachers felt great pride for their school's orchestra, and the talent each player graced the audience with. The Provi-QRC Steel Orchestra placed 7th in the preliminary round of the National Secondary Schools category of Panorama.



The school's performance on the 20th of January in Starlift's panyard was beautiful, but was nothing compared to the outstanding performance for the final round that took place on the grand stage at Queen's Park Savannah on the 2nd of February. There with their absolute talent and execution displayed a wonderful performance and placed 7th in the final round of the competition. Congratulations and well done to the arranger, Ms. St.Clair, Mrs. Gorin, Mr.Simon, principal of QRC and the members of Provi-QRC Steel Orchestra for their marvelous performance on Sunday.



# Carnival Collab: Parding with QRC

On Thursday 27th February, Provi and QRC collaborated for the first time on a spectacular Carnival show for their students. The competition, held on QRC soil, included categories such as Original Calypso/Soca, Soca Covers, Traditional Mas with a sustainability theme, and Pretty Mas. There were also musical interludes by the PGCS Steel Ensemble, QRC Steel Ensemble and the Provi-QRC Steel Orchestra. It was clear that a great time was had by all in attendance.





# Carnival Collab: Parding with QRC





# **Carnival Collab: Parding with QRC**

## **QRC-PROVI CARNIVAL SHOW 2025 RESULTS**

### **ORIGINAL SOCA/CALYPSO**

1st Place- Kacique Wilson 1R QRC Calypso titled “Legacy”

2nd Place- Sarayah Pierre 3M PGCS Calypso titled “Family Life in Danger”

3rd Place- Lennard Baptiste 3O QRC Soca titled “Bacchanal”

### **COVER-SOCA**

1st Place- Sarayah Pierre 3M

Farmer Nappy’s “How ah livin”

2nd Place- Raishauna Elwin 4L & Soraya Taylor

### **Traditional Mas**

1st Place- Sabala Lucas 1Y Jab Jab QRC

2nd Place- Caelan Howard 1Y Bookman QRC

3rd Place- Jordan Canning 1O Cow Band QRC

Best Band- Blue Devils QRC Form 6 & PGCS Forms 2-5

Special Prize

Best Original Costume- Sabeena George News paper Baby Doll  
(Sustainable theme)

### **Pretty Mas**

Best Individual Costume-Zeva Lopez

“Sunset Stunna”

### **House Band Masquerade**

Naipaul Murray (QRC)



# Calling All Collaborators!



Do you have important/exciting news or a creative piece that you would like to share with the school? Then send your art, pictures, information, and /or articles to Mrs.Oblington on Teams or [doblington@gmail.com](mailto:doblington@gmail.com)

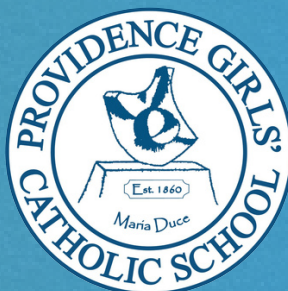
## Acknowledgements

This newsletter was brought to you by the Provi Writers' Club

Senior Editor: Mrs. Oblington

Graphic design and layout: Ms.Hatt

Images courtesy of Mrs.Steele, Ms. Vasquez, Ms.Persad, Megan Lucio, Sharifa Bachus and the Ministry of National Security.



*Celebrating 165 years of Excellence in Education*