

The Provi Press

Student Newsletter

May - July 2025

Issue # 3

TAKE A STAND!

Honoring Mary in May

Chloe Persad

Every May, Catholic schools honour the Blessed Virgin Mary through a tradition known as “May Procession.” It is a moment of beauty and reverence: walking in silence, singing hymns, and offering flowers. For many teenage girls, it can also be a personal and powerful experience. On Monday 26th May, 2025, Providence held its annual May Procession. Though we were unable to process as we usually do due to environmental constraints, we gathered in the hall to honour our Blessed Mother through the rosary, reflections, and hymns.

Mary is more than a religious figure. She is a symbol of strength, grace, and courage. She is someone who trusted God fully, even when her path was uncertain. As young women facing the pressures of school, friendships, and growing up, we can look to Mary as a reminder that faith does not make us weak, it can ground us.

May Procession gives us a chance to pause and reflect. It is not just about tradition; it can also be about connection. This connection can be to our faith, to each other, and to the future women we are becoming. Through this simple but meaningful act, we can honour Mary with flowers and open hearts.



Celebrating 165 years of Excellence in Education

BIODIVERSITY DAY

Kaley Pollidore

On Tuesday 27th of May 2025, the Providence family celebrated Biodiversity Day. What is Biodiversity? Biodiversity refers to the variety of life on earth, like different plants, animals, and microorganisms and their habitats. On this day, we dressed up as different plants and animals native to Trinidad and other countries. The best dressed person got a prize. Some were dressed as fierce felines like ocelots or jaguars. Others were dressed as cuter animals. Face painting was also an activity that was done; plants were sold to students and teachers to help them have a reminder of biodiversity day as well.



**Face Painting Competition winner
Ariella Dass**

OPEN DAY



On Wednesday 11th of May 2025, Providence held its annual Open Day. Open Day is the perfect opportunity for our students to put their talent, intelligence, and creativity on display. Several primary schools were invited and were treated to a tour of our facilities and they also learned about the various extra-curricular clubs and initiatives we have at Providence. This year saw many students showcasing their entrepreneurial skills with their businesses that sold food, or handcrafted items.

OPEN DAY



Take a Stand Against Bullying:

Anti-bullying Workshop

Megan Lucio

“On the 28th of May 2025, our newly introduced prefects, as well as the class representatives of the three Form Four classes, accompanied by their Dean, Ms. Hitlal attended an anti-bullying program held at NAPA. In this event, the students from multiple schools participated in several activities with trained professionals. This event, hosted by Caribbean Colour Splash and sponsored by Popeyes, Oasis Premium Purified Water, and Fruitopia provided the students with the following key information:

What is Bullying?

Bullying refers to repeated aggressive behaviour that causes harm, injury, or discomfort to someone.

Types of Bullying:

- Cyberbullying
- Psychological/Emotional Bullying
- Physical Bullying
- Verbal Bullying
- Social Bullying

Why do people bully?

Though bullying is a cruel and intolerable act of cruelty, persons may bully others as a way of projecting or coping with internal issues such as low self-esteem, depression, or certain environmental factors at home.

How to deal with a bully:

- Ensure that you make it clear that you do not like the behaviour of the bully and you would like them to stop.
- Ensure that you report incidents to a trusted adult like a teacher or parent.
- Keep a record of the dates, times, and details of the incidents so when you do report you can be specific and clear.
- Build a strong core support system made up of your friend group, family, and professionals like a counsellor if necessary to help you through the situation.

Take a Stand with Words, Not War

Anjali Khan

On June 5th, seven Provi girls engaged in a lively debate against St. Joseph's Convent, Port of Spain, hosted on their home ground. The motion was "The Cuban Revolution was for the better of the people," with Providence opposing and SJC proposing. Both teams presented well-researched and compelling arguments, with points ranging from social influence to political implications.



The atmosphere was truly riveting, filled with energy, anticipation, and passion. The room buzzed with excitement as each team took their turn, and every question was met with swift, thoughtful rebuttals that kept the audience on the edge of their seats. The audience was fully engaged, reacting with enthusiasm to strong points. There was a sense of respectful competition in the air, with both teams pushing each other to perform their best. Two of our very own teachers, Miss Hatt and Miss Deokie served as judges, and effectively considered the confidence, clarity, and determination shown by both teams



Ultimately, SJC was declared the winner. The experience was not just about winning, but also about learning to think critically, speak confidently, and appreciate respectful disagreement. Win or lose, the debate reminded us that every voice matters, and with passion and preparation, students can shape the conversations of tomorrow.

They say 52% to 65% of women
experience period poverty in Trinidad
that's 1 in every 2 women!
1 in every 2 women!
calculate the math
one in every two...

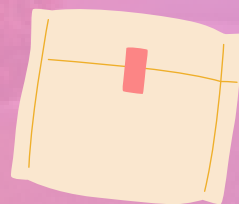


That's not just a number,
that's a sister beside you,
a classmate, a stranger,
a mother in struggle,
a girl too young to place her finger on the ache,
which one? the ache of her period? or the ache of the price?

She folds herself small,
not just from the cramps,
but from shame stitched
into every makeshift pad
it's no longer being resourceful,
it's the conditions of the world making things forceful.



Pads cost more than dignity,
and silence is cheaper than asking for help.
So, she bleeds in the shadows
of opinions made in classrooms,
and waits in washrooms
with nothing to change into.
The world says,
"Stay clean. Stay quiet."
But how do you stay clean
when poverty makes blood a burden?



One in every two—
but we act like it's no one.
Invisible flow, have you talked to your sister beside you?
it's only water under a bridge,
but we never built a bridge for her.
Yet she walks anyway,
head high, soul tired,
carrying a truth
so common it's ignored.

Let us not pretend
that the world made menstruation a luxury.

though it should be a luxury for all,
cause after all, being a girl shouldn't be a problem
Let us not forget
that dignity should never be
a cost too high
for simply being born
a girl.

**PAST PUPIL
SPOTLIGHT**

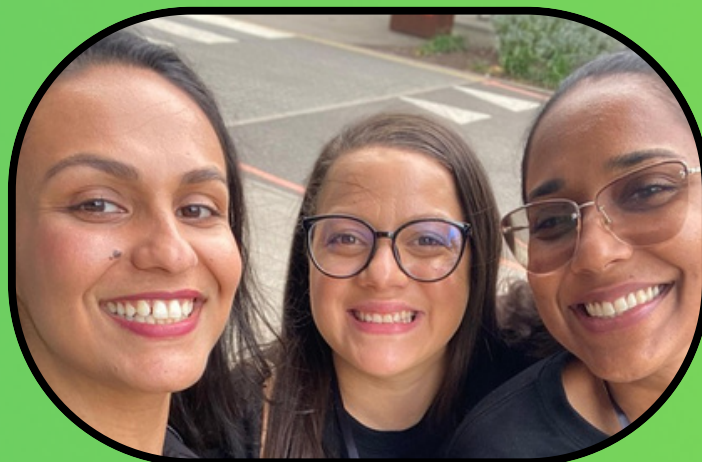
HELPING HER FOUNDATION



Helping Her Foundation is a local non-profit organization committed to menstrual equity in Trinidad and Tobago. Founded in 2015, we believe that everyone deserves access to basic menstrual products, regardless of their circumstances. Our mission is to promote health, dignity, and empowerment by distributing menstrual products and providing education to individuals, shelters, schools, and community organizations. In 2024, we supported over 1,168 individuals across the country, including eight shelters: Sophia House for Girls, St. Dominic's Children's Home, Swah Vishok Bhavan Children's Home, St. Mary's Children's Home, Raffa House for Girls, Christ Child Convalescent Home, The Lady Hochoy Home (Gasparillo), and Serenity Place.

In a society where menstruation is still treated as a taboo, many face unnecessary barriers to accessing essential hygiene products. We are committed to breaking these stigmas and ensuring that menstruation does not hinder anyone's ability to thrive.

MEET THE DIRECTORS!



Favourite Memories

Screaming our school song every time we sung in the Hall and spending lunchtime with Mrs Lezama in the Clothing and Textiles Lab!

Achievements

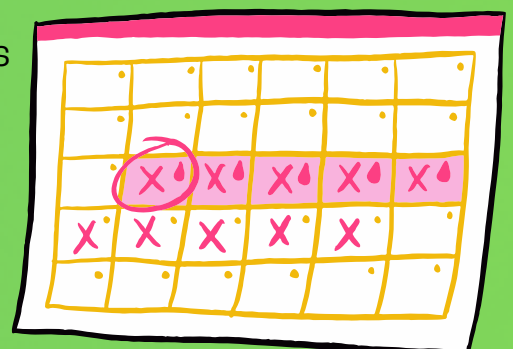
- After graduating in 2009, I graduated in 2015 - Cum Laude - BSC in Hotel Restaurant and Tourism Management with a minor in Business from State University of Plattsburgh. I worked at the Top Marriott in USA for a year before returning to Trinidad. Now I am a Kia Sales Representative, Real Estate Agent and Vice President of Helping Her Foundation! I love being part of my clients “big moments” in life and helping them achieve their dreams!



CELESTE SIMPSON
CLASS OF 2009

Advice

Don't rush life! Enjoy the time as a student- do all the things you love to do, explore and travel if you can - while being an adult has its perks- you will never have the same freedom as when you are a student. Pursue a career - you love! Enjoying what you do is an easy way to make life “easier”!



Favourite Memories

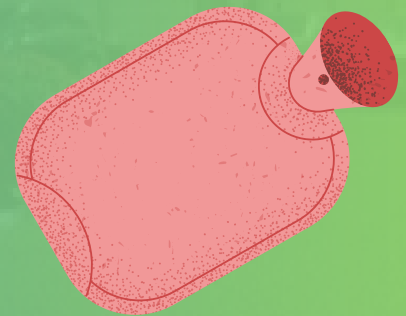
I loved watching shows/movies for French & English Literature, meditating in the chapel, when my class was assigned the morning skit for assembly, singing our school song with the most passion I can find each time and of course I loved heading to the canteen to get tomato balls.

Achievements

After graduating in 2009, I went to SJC POS for Form 6, then to UWI St. Augustine for my BSc in Physics and ENRM. During Form 6 and UWI I developed a strong curiosity for understanding what sustainability truly means and before graduating, founded Helping Her Foundation @helpinghertt. I went on to do my Masters in Environmental Science Management in UTT O'Meara and then many shorter courses online including my Diploma in Human Resource Practice. Today, I am not only focused on HHF but my job is being the Flight Operations HR Generalist for interCaribbean Airways.



SAMANTHA DUNCAN
CLASS OF 2009



Advice

Stay curious, keep your creativity alive and try to learn something new every week, big or small. You never know what amazing things you'll discover, sometimes even about yourself!





SARA ILKHTCHOU
CLASS OF 2010

Favourite Memories

It's hard to choose just one favourite memory from my time at Providence, but what stands out most are the people and the strong bonds we created. I especially enjoyed group projects – whether it was performing Literature plays or getting creative with class assignments. One of the most memorable was a Solar System Physics project in Form 3, where my group decided to take a different approach by creating a pre-recorded video presentation.

Achievements

- Class Representative in Form 2
- Most Outstanding Student in Chemistry
- MEng & BEng in Chemical Engineering (First Class Honours) – University of Leeds
- Director of Strategic Operations at Helping Her Foundation
- Currently based in Toronto, working as an Operations Manager at Three Ships, a natural skincare brand. I oversee global supply chain and fulfilment operations.

Advice

Don't wait for the perfect moment to start, just start with what you have and where you are. You don't need a big title or a huge following to make an impact. Some of the most powerful change comes from small, consistent actions and working together with others who share your passion.

**End Period
Poverty**

FORM ONE REGISTRATION 2025

Welcome TO Providence!

On July 15th, Providence officially welcomed a new cohort of Form Ones into our community. The day commenced with a warm and inspiring address from our principal, Mrs. Gorin, encouraging the students to approach their secondary school journey with enthusiasm and commitment. Our talented steel orchestra added to the celebratory atmosphere, filling the compound with music that embodied the elation of the occasion. Various clubs such as the Book, Drama and Writers' Club, sporting teams like Volleyball and Houses were also present to introduce themselves and extend invitations to join their activities. They excellently showcased the wide range of opportunities available at Providence.



The air was filled with smiles, laughter, and the unmistakable energy of Provi school spirit, reminding us of the pride and unity we share as a community. The success of the day was made possible through the unwavering support of parents, teachers, and alumni. Their contributions ensured that the event was executed smoothly, leaving our newest students feeling truly welcomed. Looking ahead, we are excited to see our new Form Ones embrace these opportunities, grow in confidence, and carry on the traditions of excellence that define Providence.

CLUB IN FOCUS: WATER POLO

PROVIDENCE PANTHERS WATER POLO



TRAINING SCHEDULE

TUESDAY: 5:30PM - 7:00PM

FRIDAY: 3:15PM - 4:30PM

SATURDAYS: 4:30PM - 6:00PM

COST

TERM FEE - \$500

MONTHLY FEE - \$185

PER SESSION - \$65

PROGRAM FEATURES

✓ EXPERIENCED COACHING

✓ PLAYER DEVELOPMENT

✓ DISCIPLINE-FOCUSED

✓ DYNAMIC FUN

For More Details to Register

📞 Coach Callender: (868) 475 - 8218



Calling All Collaborators!



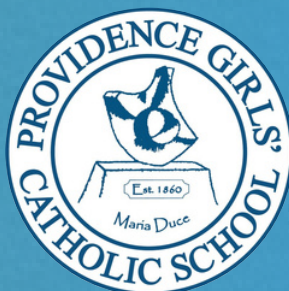
Do you have important/exciting news or a creative piece that you would like to share with the school? Then send your art, pictures, information, and /or articles to Mrs.Oblington on Teams or doblington@gmail.com

Acknowledgements

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Celebrating 165 years of Excellence in Education