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# Student Council President's Message



## Greetings Students.

I am Tiffany, your newly elected Student Council President! I wish to express sincere gratitude to all of you for choosing me and my fellow execs to represent you. I am both honoured and excited to embark on this journey with all of you.

My team and I are committed to amplifying your voices and addressing your concerns. We aim to create a supportive environment where every student feels valued and empowered to contribute. Whether it's improving campus facilities, opening up the canteen (*'cuz yk food haffi eat'*), or organizing engaging events, our goal is to foster a sense of community that reflects our collective spirit.

I encourage everyone to get involved - your ideas and suggestions are critical. We want to hear your thoughts on what is most important to you. Please feel free to express your concerns and submit requests for improvements, as long as they are reasonable and attainable. We wish to foster a family environment, and please be reminded that nothing will be accomplished without cooperation.

We intend to cultivate a campus culture that is inclusive, innovative, and inspiring. We look forward to connecting with many of you in the coming weeks. Let's work together to make this school year a memorable one!



*Tiffany Williams*  
Student Council President



**October 8, 2024**

**Ministry of Education and Youth Launches Service Excellence Branch to Transform Customer Experience**

*Kingston, Jamaica* – The Ministry of Education and Youth (MoEY) has taken a bold step toward enhancing the quality of service delivery with the official media launch of its Service Excellence and Customer Service Branch, held at the Jamaica Pegasus Hotel in Kingston on Tuesday, October 8, 2024. This initiative marks a significant milestone in the Ministry's commitment to creating a customer-centric culture across the education sector.

The launch outlined key principles and minimum standards for customer service, as well as the strategic mechanisms through which service excellence will be institutionalized across all units, divisions, departments, and agencies within the Ministry. These efforts are part of the Ministry's broader goal of ensuring that services consistently meet and exceed the expectations of both internal and external stakeholders.

In her keynote address, the Honourable Fayval Williams, Minister of Education and Youth, emphasized the Ministry's dedication to putting customers first. "Service excellence is not just an aspiration; it is a necessity. Our aim is to create a culture where service quality is embedded in every interaction, every policy, and every decision we make. We are committed to transforming the behaviour of our staff, ensuring that every member of the Ministry understands the value of a customer-focused approach," Minister Williams said.

The new Customer Service Branch has established performance standards to improve capacity, promote excellence, and develop effective systems of management and accountability across the Ministry. This initiative is aligned with the Ministry's broader Transforming Education for National Development (TREND) programme, which seeks to drive the overall modernization and transformation of the education system.

Dr. Kasan Troupe, Permanent Secretary in the Ministry of Education and Youth, highlighted the long-term impact of this initiative. "While we recognize that cultural change doesn't happen overnight, we are committed to making the necessary investments and adopting the best practices that will deliver improved experiences for all our stakeholders. This is about building trust, enhancing responsiveness, and ensuring that we uphold the highest standards of professionalism in every aspect of our work," Dr. Troupe said.

# Updates MOE

Measures to enhance service delivery have already been implemented, with ongoing efforts to ensure that the policy framework set by the Service Excellence Policy, launched by Prime Minister Dr Andrew Holness on July 13, 2022, becomes fully operational within the Ministry. This policy provides a comprehensive framework to ensure customer satisfaction through responsive, integrated, and accessible services delivered by capable, respectful, and accountable professionals.

The Ministry's Service Excellence and Customer Service Branch, led by Miss Anita Sutherland, stands as a testament to the Government's vision of a more efficient and responsive public sector where citizens' needs are met with integrity and professionalism.



Permanent Secretary in the Ministry of Education and Youth, Dr Kasan Troupe (centre), is joined by members of the Ministry's Service Excellence and Customer Service Branch during a photo op at the official launch event, held at the Pegasus Hotel.

For further information, please contact:

Mrs. Sheryl Bromfield  
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Email: [sheryl.bromfield@moe.gov.jm](mailto:sheryl.bromfield@moe.gov.jm)  
Telephone: 876-279-8990



# WELCOME TO THE KCC TEAM

Mr Japheth Onywere



Post: Science Laboratory Technician  
Campuses: Spalding/Mandeville

# CONGRATULATIONS

Judicia Nembhard



*Congrats!*

**Judicia Nembhard**  
Masters in Mathematics Education  
University of the West Indies, 2024

Well done! Your hard work and  
dedication have truly paid off.  
Congratulations!

## Drought Season!

Contributed by Mr. Deno Daley - Department of Agriculture & Environmental Studies

The Caribbean region is no stranger to droughts, which can have devastating impacts on agriculture, water resources, and livelihoods. Climate change is exacerbating drought conditions, making it essential for Caribbean countries to adopt effective mitigation strategies. Jamaica lost over 30% of revenue in agriculture in 2013, which amounted to over one billion dollars, as posited by Rahman, Buizer, and Guido (2016).

Droughts in the Caribbean are primarily caused by climate variability which gives rise to extremely prolonged periods of time without rain. The Metrological Service of Jamaica has hinted to Jamaicans that hotter days are ahead, with evidence showing that the period January to May 2024 recorded an all-time low percentage of rainfall in most parishes (Jamaica Observer 2024). As a nation we must accept that our very actions have played a significant part in the realities we now face, as deforestation and land degradation are directly linked to lower rain totals. According to Duku, & Hein (2021) deforestation and degradation of lands affect the formation of rain through lower precipitation rates, which leads to drought conditions.





# Drought Season!

Contributed by Mr. Deno Daley - Department of Agriculture & Environmental Studies

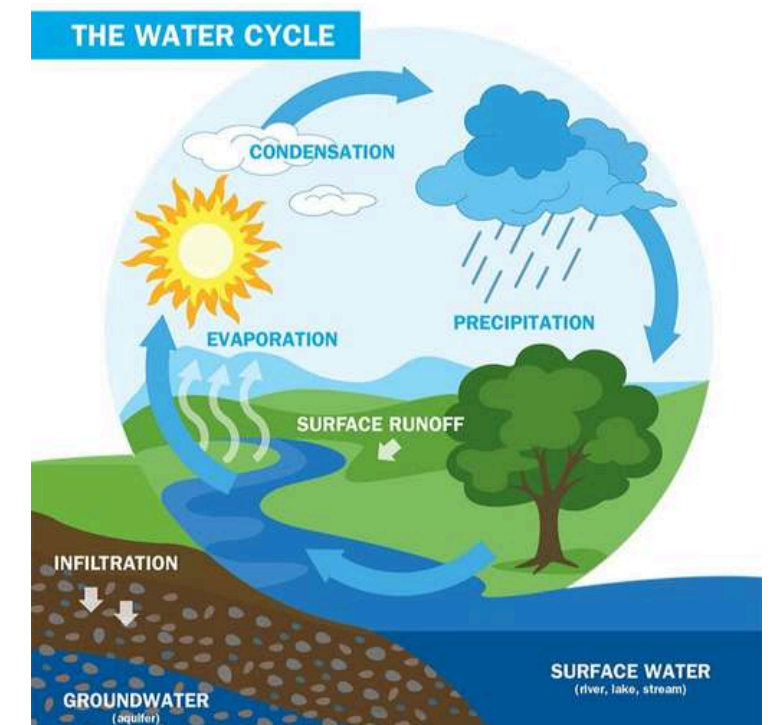
Inadequate water management practices and storage are also another consideration to the overall cause of drought conditions. Not that we can directly produce rain but there are myriads of management practices that can be employed to manage the use and distribution of water. The Climate Studies Group, Mona (CSGM, 2012) posited that the peak of the hurricane season (August to October) produces approximately 70% of the total rainfall in the country. With this statistic in mind, it is essential that the necessary infrastructure be introduced, in order to have better storage and management of water once it becomes available.

Drought has significant and far-reaching impacts on the environment, society, and the economy. Understanding these impacts is crucial for developing effective drought mitigation and adaptation strategies.

## Drought Mitigation Strategies

### *Short-term Strategies:*

- **Water Conservation:** Implement water-saving measures, such as efficient irrigation systems and rainwater harvesting.
- **Drought-Tolerant Crops:** Promote cultivation of drought-resistant crops, like cassava and sweet potatoes.
- **Emergency Water Supply:** Establish emergency water supply systems, including water trucks and tanks.
- **Livestock Management:** Implement strategic livestock management practices, such as rotational grazing.



## *Long-term Strategies:*

- **Water Storage Infrastructure:** Develop and maintain water storage facilities, like reservoirs and dams.
- **Watershed Management:** Protect and restore watersheds through reforestation and sustainable land use practices.
- **Climate-Smart Agriculture:** Adopt climate-resilient agricultural practices, including agroforestry and conservation agriculture.
- **Early Warning Systems:** Establish drought early warning systems, utilizing climate modelling and monitoring.

## Conclusion

Drought mitigation in the Caribbean requires a multi-faceted approach, involving short-term emergency measures and long-term sustainable strategies. Regional cooperation, climate-resilient infrastructure, and climate-smart agriculture are crucial for building resilience. By implementing these strategies, Caribbean countries can reduce the impacts of droughts and ensure a more secure future.

### References:

Climate Studies Group, Mona (CSGM), 2012: State of the Jamaican Climate 2012: Information for Resilience Building (Summary for Policymakers). Planning Institute of Jamaica (PIOJ), Kingston, Jamaica.

Duku, C., & Hein, L. (2021). The impact of deforestation on rainfall in Africa: a data-driven assessment. Environmental Research Letters, 16(6), 064044.

T. Rahman, J. Buizer, and Z. Guido (2016). The Economic Impact of Seasonal Drought Forecast Information Service in Jamaica, 2014-15. [https://www.climatelinks.org/sites/default/files/asset/document/Economic-Impact-of-Drought\\_Information\\_Service\\_FINAL.pdf](https://www.climatelinks.org/sites/default/files/asset/document/Economic-Impact-of-Drought_Information_Service_FINAL.pdf)

The Jamaica Observer, 2024. Warmer days and nights expected Met Service. <https://www.jamaicaobserver.com/2024/08/18/warmer-days-nights-expected-met-service/>



# Breast Cancer

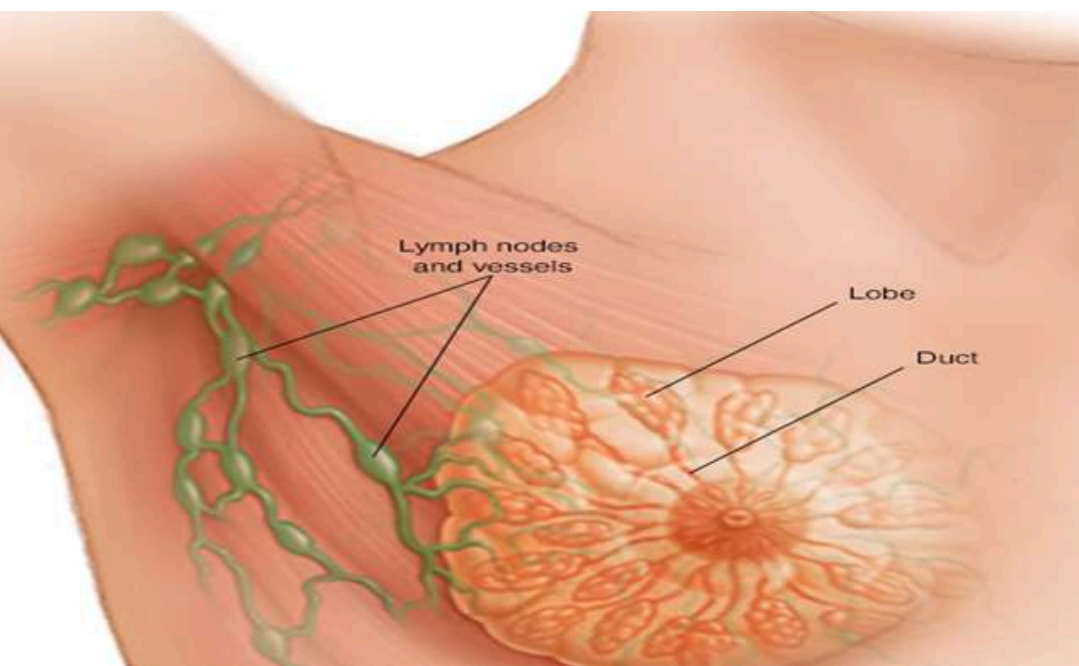
Articles contributed by Nurse Graham, Department of Health and Wellness



## What is Breast Cancer?

Breast cancer is a kind of cancer that begins as a growth of cells in the breast tissue.

After skin cancer, breast cancer is the most common cancer diagnosed in women. But breast cancer doesn't just happen in women. Everyone is born with some breast tissue, so **anyone** can get breast cancer.



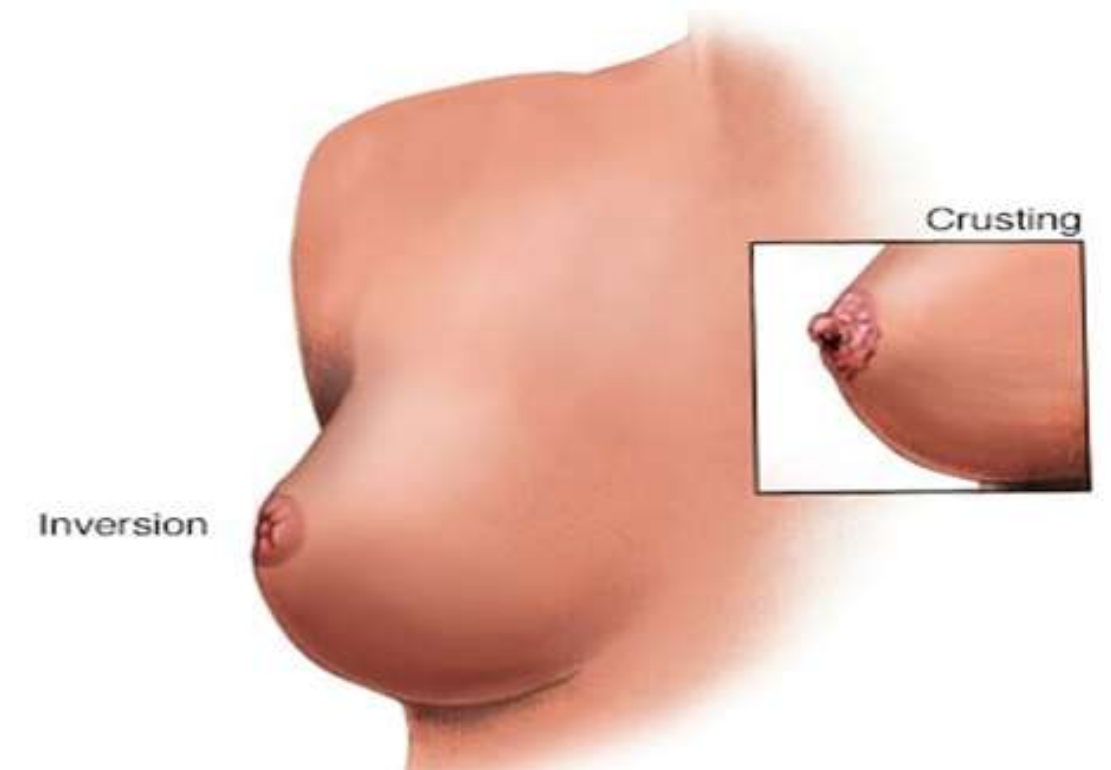
# Breast Cancer

Articles contributed by Nurse Graham, Department of Health and Wellness

## What are the Signs and Symptoms?

Signs and symptoms of breast cancer may include:

- A breast lump or thickened area of skin that feels different from the surrounding tissue.
- A nipple that looks flattened or turns inward.
- Changes in the color of the breast skin. In fair skin people, the breast skin may look pink or red. In people with dark skin, the breast skin may look darker than the other skin on the chest or it may look red or purple.
- Change in the size, shape or appearance of a breast.
- Changes to the skin over the breast, such as skin that looks dimpled or looks like an orange peel.
- Peeling, scaling, crusting or flaking of the skin on the breast.







## When to See a Doctor?

If you find a lump or other change in your breast, make an appointment with a doctor.

Don't wait for your next mammogram to see if the change you found is breast cancer.

Report any changes in your breasts even if a recent mammogram showed there was no breast cancer



# BREAST CANCER RISK FACTORS



GENDER



AGE



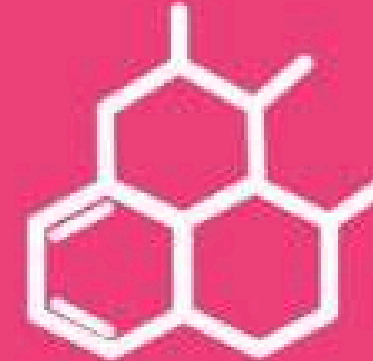
ALCOHOL



RADIATION



GENETIC



HORMONE



OBESITY



# Breast Cancer

Articles contributed by Nurse Graham, Department of Health and Wellness

Factors that may increase the risk of breast cancer include:

- A **family history** of breast cancer. If a parent, sibling or child had breast cancer, your risk of breast cancer is increased. The risk is higher if your family has a history of getting breast cancer at a young age. The risk also is higher if you have multiple family members with breast cancer. Still, most people diagnosed with breast cancer don't have a family history of the disease.
- **Being female.** Women are much more likely than men are to get breast cancer. Everyone is born with some breast tissue, so anyone can get breast cancer.
- **Drinking alcohol.** Drinking alcohol increases the risk of breast cancer.
- **Having never been pregnant.** Having been pregnant one or more times lowers the risk of breast cancer. Never having been pregnant increases the risk.
- **Increasing age.** The risk of breast cancer goes up as you get older.

# Be Breast Aware

## How to reduce your risk of breast cancer

A number of changes to your lifestyle can significantly reduce your risk of breast cancer including:



Having children, especially at a younger age, and breastfeeding



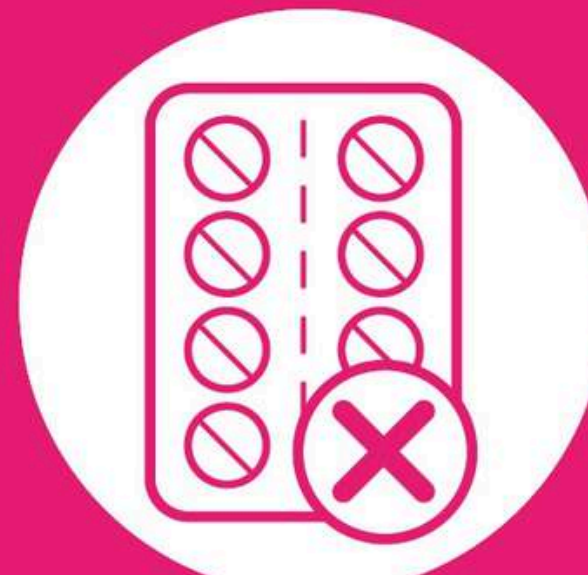
Reducing your weight if overweight or obese



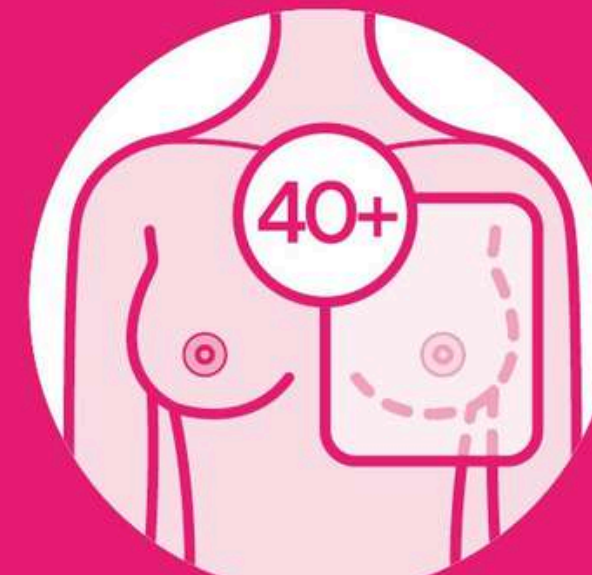
Increasing your physical activity



Reducing your alcohol intake



Avoiding HRT or oral contraception where possible



Having regular breast cancer screening from age 40+, depending on your risk



# Breast Self Examination

(BSE)

Breast Self-examination is a common screening method which is done by the patient herself as an effort to detect the presence of breast cancer in its earliest stages by physically examining both the breasts for the possibility of any lumps, distortions, or swelling.



Click on the link below to learn more:

<https://www.youtube.com/watch?v=nkPR4ar1EQ4>



mammolog



ultrasonography



mammography



biopsy

# BREAST CANCER DIAGNOSIS



# Breast Cancer

Articles contributed by Nurse Graham, Department of Health and Wellness

## Diagnosis

Breast cancer diagnosis often begins with an exam and a discussion of your symptoms.

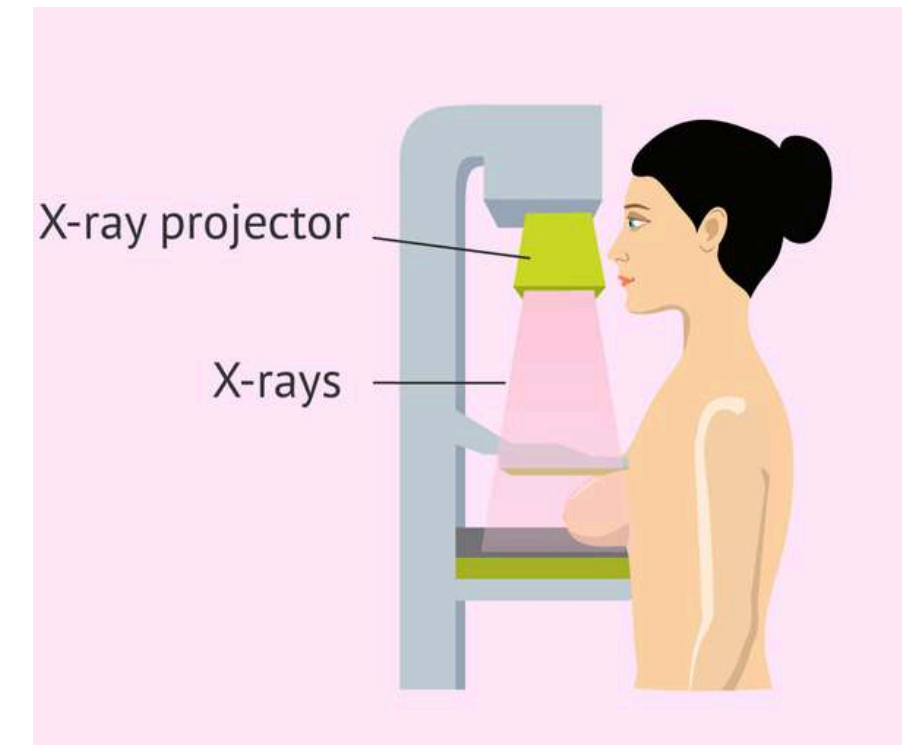
To confirm whether there is cancer or not, a sample of tissue is removed from the breast for testing.

### Breast Exam

- During a clinical breast exam, a healthcare professional looks at the breasts for anything that's not typical. This might include changes in the skin or to the nipple. Then the health professional feels the breasts for lumps. The health professional also feels along the collarbones and around the armpits for lumps.

### Mammogram

- A mammogram is an X-ray of the breast tissue. If a screening mammogram finds something concerning, you might have another mammogram to look at the area more closely.

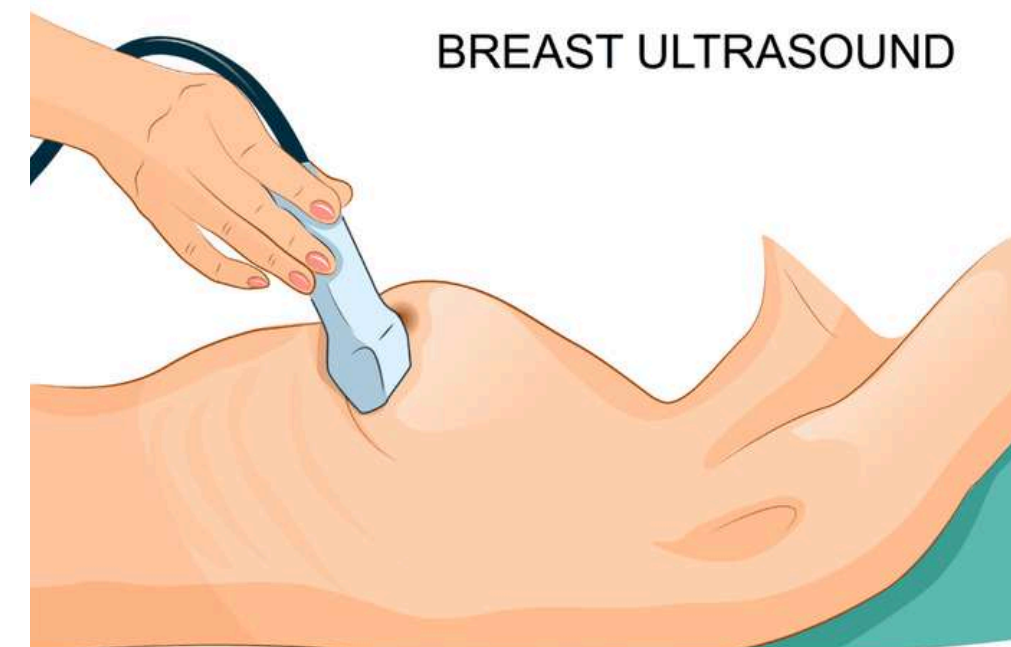


# Breast Cancer

Articles contributed by Nurse Graham, Department of Health and Wellness

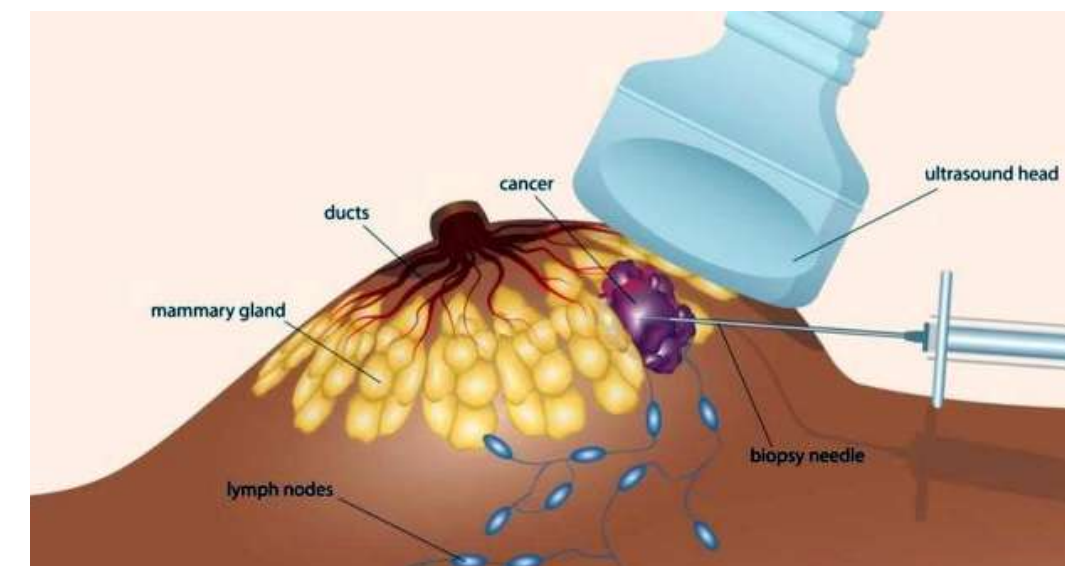
## Breast Ultrasound

- Ultrasound uses sound waves to make pictures of structures inside the body. A breast ultrasound may give your healthcare team more information about a breast lump. For example, an ultrasound might show whether the lump is a solid mass or a fluid-filled cyst.



## Breast Biopsy

- A biopsy is a procedure to remove a sample of tissue for testing in a lab. To get the sample, a healthcare professional puts a needle through the skin and into the breast tissue.





# Breast cancer treatment options



Surgery



Targeted  
therapy



Radiation



Chemotherapy



Hormonal  
therapy



# Turning my Struggles into Strength...

*An Encounter with Breast Cancer*



Shared by  
Mrs. Lesline Thomas, Vice Principal, Academic Affairs

## **When were you diagnosed?**

I was medically diagnosed in September 2023 after the tissue sample from the biopsy performed on my breast in August 2023 was clinically tested.

## **How was the cancer initially detected? (i.e. through a BSE, a CBE or an annual mammogram)**

Typically, I do my BSE every month; however, because I have fibrocystic breast, it was always difficult to detect abnormality. So, I usually laugh at myself and wonder why I go through the routine. One morning in the latter part of June 2022, during my routine check, I decided to raise my arms above my head and examine my breast in front of a mirror; that's when I noticed that my left breast looked differently from the way it usually does. It didn't have the typical rounded shape in the area close to the rib cage- it was ruler-straight! Somehow, I didn't panic. In July, I visited my primary care doctor and was referred for a mammogram and breast ultrasound.





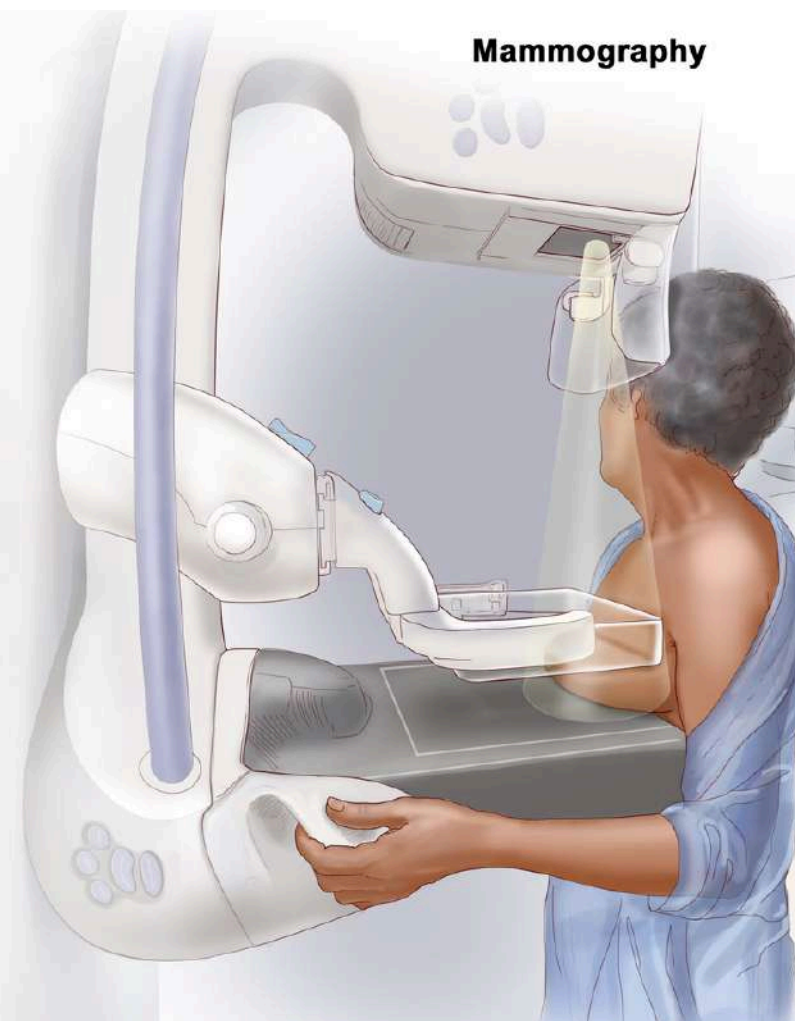
# Turning my Struggles into Strength...

*An Encounter with Breast Cancer*

## How did you feel when you first received the news?

I am unsure how to respond to that question except to say that having completed the mammogram, the technician told me, *"Don't dress up, Mrs. Thomas; I need to consult with the doctor."* At that point, all I remember saying was, *"Lord, you know what that is all about. You are in control, and I leave it in your hands."* The wait to hear the next step seemed like forever. Suffice it to say I was recommended for the breast ultrasound. Nothing was said to me because the technicians are trained not to share details with the clients. The results confirmed what was detected by the mammogram. Despite that, there was still no confirmation that the lumps were cancerous. We just knew these were lumps- it is only after a biopsy and the necessary tests that one knows if the cells are malignant or benign.

There's so much more detail, but I'll just say I didn't know how to feel from discovery to confirmation. I was NUMB; this is not the news anyone wants to hear, but I knew I had to remain positive. I wasn't thinking about me at the time. I was thinking about my other family members, and my children, especially my daughter, who was abroad at university, and how they would handle the news.



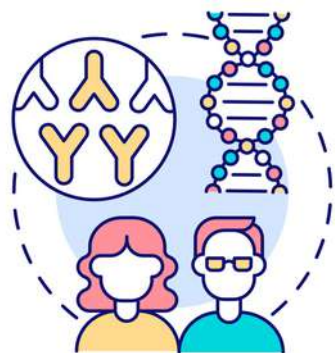


# Turning my Struggles into Strength...

*An Encounter with Breast Cancer*

## Is there a family history of breast cancer?

No, as far as I am aware. I did my research on both sides of the family history. My father passed from cancer of the bile duct, and his mom, my grandma, passed from lung cancer - she was a smoker.



## Tell me about your treatment process.

My doctor recommended chemotherapy and surgery, followed by radiation. It was hard, but I had to beat it. Sixteen weeks of chemotherapy brought me down to size 2. If there was anything positive about chemo (and this might sound fickle), it was that my skin was flawless! I love myself without all the hair- there was none anywhere *(laugh)!*



## Tell me about your treatment process.

I never looked forward to the compulsory weekly blood work to ensure I would be able to continue with the treatment. That caused me some anxiety as I anticipated that the white counts would remain at the required weekly level.

I thank God for family support, as there were times during chemo when even performing basic hygiene processes and getting dressed were difficult. I had developed chemo-induced neuropathy (high sensitivity in the fingertips and toes). That was when I had a great sense of the beautiful creation we are and how much we take for granted.







# Turning my Struggles into Strength...

*An Encounter with Breast Cancer*

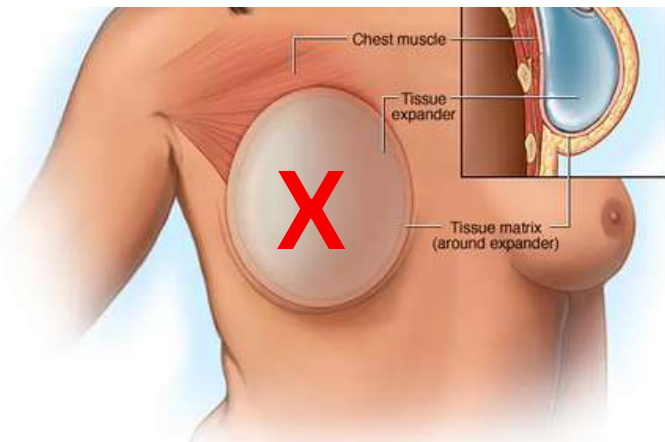
**Tell me about your treatment process.**

I loved having green juice in the mornings. Once I had that, I was full for most of the day. I had to stop having this. Any fruit or vegetable that could not be peeled or cooked, I couldn't have, much to my dismay, because I loved having lettuce and salads.

The surgery went well. My surgeon placed a big X on my chest to indicate the breast to be removed to eliminate any chance of them removing the wrong breast. That would have been a disaster (laughter), although I harboured thoughts of removing both breasts.

Radiation didn't treat me well at all: eating was challenging; even taking liquids was difficult. There were days when I bawled living eye water; as even swallowing my saliva was tough. When I thought the treatment was over, there came lymphedema, which I, along with my medical team, are trying to manage.

The journey continues with medication for the next four years; I have already completed one.





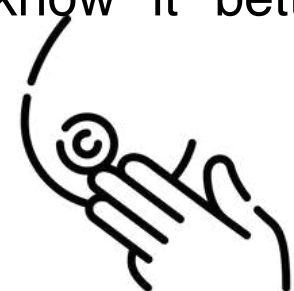
# Turning my Struggles into Strength...

*An Encounter with Breast Cancer*



**What message would you like to provide women/men who have breast cancer?**

It is essential to examine our bodies and to do **breast self-examinations** frequently; age does not exempt anyone, so it is necessary to learn to do it. I hope we as a people are getting away from the idea of looking at our bodies as taboo. The woman will often pick up on any peculiarity sooner than the doctor. You live in your body and (should) know it better than anyone else.



**Remain Positive.** Should you be diagnosed, it can be scary. The mind will take you anywhere you want to go, so be positive, eliminate negative thinking, put hostile people on pause or remove them totally for your sanity and recovery. I had to do that. Be mindful, however, that there will be persons whom you expect to reach out to you, but may never: some simply do not know what to say or how to say it or approach you, but they mean you well. So please don't hold it against them!

**Lean on your faith community.** The prayerful support of my church family, friends, and people of faith whom I don't even know undergirded. God is faithful and remains the source of my strength! My testimonies are tremendous.



**Share with others.** People can't empathize or help if they don't know you have an issue. The support from my work family was tremendous and helped me endure every day at work. I received encouragement and prayerful support from all categories of staff, the administration, and the board of management. It was simply tremendous!

It is an expensive illness, but support is available from local private and government agencies. Do the research. You can get help.

Whether it's you, a family member or a friend, do know that breast cancer is **not** a death sentence!



# STUDENTS' CORNER

## Are you having trouble concentrating on your studies?

Well, don't worry — it happens to the best of students.

To concentrate on your studies, you may just need to change up your study patterns, study in a quieter place free of distraction, try a new technique, or simply come up with a really *effective study plan* that allows your mind breaks as often as you need.

Experiment until you find what works for **you**.  
Yes... You can do it.



Feel free to share any other tips that work for you  
by emailing [eduknox09@gmail.com](mailto:eduknox09@gmail.com)



# Students In Training

Department of Engineering  
2nd Year Students







# Students In Training

Department of Hospitality &  
Tourism Management  
1st Year Students



# Pictorial Highlights

**CCCJ hosted the World Federation of Colleges and Polytechnics 2024 World Congress and Youth Congress in Montego Bay Jamaica**





# Save the Dates



Epilepsy Awareness Month

*Wear Purple*

On Friday, November 15, 2024

Join us for a presentation on Epilepsy on  
Monday, November 11, 2024  
at Assembly

9:00 a.m.



FOUNDERS' DAY  
&  
SPIRITUAL EMPHASIS  
*Week*

Theme: "Building on the Solid Foundation"

**NOVEMBER 11-15, 2024**  
TIME: 9 AM - 10 AM

Click to join  
<https://us06web.zoom.us/j/88041264634>  
Meeting ID: 880 4126 4634





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# Happenings Around the Globe

*Source: Aljazeera ~ 17 October 2024*

## **UN REPORT SAYS 1.1 BILLION PEOPLE LIVING IN ACUTE POVERTY**

Index shows that 83.2 percent of the world's poorest people live in sub-Saharan Africa and South Asia.

More than one billion people live in acute poverty, with nearly half of them in countries experiencing conflict, according to a new United Nations report.

Countries at war have higher levels of deprivation across all indicators of “multidimensional poverty”, according to an index published on October 17, 2024 by the UN Development Programme (UNDP), reporting “markedly more severe” disparities in nutrition, access to electricity, and access to water and sanitation.



# Thought of the Day

Believe in yourself and  
all that you are. Know  
that there is something  
inside you that is  
greater than any  
obstacle.



## KNOX COMMUNITY COLLEGE



### Mission Statement

KCC as a coeducational institution founded on Christian principles, provides quality educational and training opportunities that empower individuals to become successful citizens in a global community.

## KNOX COMMUNITY COLLEGE



### Vision Statement

Innovating the provision of tertiary education and workforce training opportunities that transform lives and communities.



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