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KCC Lecturer's Son Shines! Jamaican Actor Sule Thelwell Joins Netflix

Articles published in the Jamaica Observer, 10 September 2025 & The Gleaner 05 August 2025

Who is Sule Thelwell? Mrs. Sophia-Lee Dawkins-Levy, Senior Lecturer in the Department of Business, is the proud mother of Sule. The Jamaican-born actor has joined season three of the cast of Netflix original series **XO, Kitty**. The revelation was made by Netflix, as the outfit confirmed that production in Seoul, South Korea, was complete. The Glenmuir High School alum, who earned a Bachelor of Arts in Acting (honours) at the Royal Central School of Speech and Drama, University of London, plays the role of Marius.

Thelwell is no stranger to major roles. Since the advent of his conservatoire training, he has been cast in a Disney+/Hulu Original show titled **SAINT X**. That psychological thriller takes place on a fictional Caribbean island, where he played a young earnest tour guide.

Meanwhile, the 24 year-old explained that he arrived on South Korea on May 5, after concluding two independent projects in Jamaica. He managed to assimilate his character seamlessly.

[See Full Story on Page 3](#)



Jamaican actor joins cast of XO, Kitty



Message from the Principal



Colleagues

We are excited to announce our upcoming annual celebration, Spiritual Emphasis Week, scheduled to take place 13 -17 October 2025. This special week is dedicated to reflecting on our journey of faith, growth, and excellence over the past 50 years.

This year's theme is: Celebrating 50 Years of Excellence: God.Goals.Growth.

Throughout the week, we will engage in inspiring activities, worship, and reflection to honour God's guidance in our accomplishments and to renew our commitment to our shared mission. As Proverbs 3:5-6 reminds us, "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." Let us trust in God's sovereignty as we move forward.

In addition, we will be recognizing Jamaica's rich heritage through our celebrations, highlighting Jamaica's Heritage Week in educational institutions. This observance honours our national heroes and community champions who have made significant contributions to our society. It's a meaningful opportunity to reflect on our roots, celebrate our cultural identity, and inspire our students and you, our staff and Board members to continue building a legacy of service and excellence. As Psalm 138:8 affirms, "The Lord will fulfil his purpose for me," reminding us that our efforts are part of His divine plan.

Your participation and support are vital in making this week meaningful for our community. We look forward to celebrating this milestone together and seeing how God continues to lead us forward.

Blessings,

DB Ramgeet
DAVIA RAMGEET

Principal Ramgeet

Jamaican actor, Sule Thelwell, joins cast of Netflix's 'XO, Kitty'



"I auditioned for the role, much like many of my contemporaries did, but there's one particularly funny story that happened during that process. Whilst in the off-season [which is just a term for when you aren't actively engaged in a project] I was auditioning a lot, and for a variety of different castings, a very good friend and colleague of mine received an audition for this very role. And, as I'm a good actor, I'm a good person to audition with," Thelwell told the Jamaica Observer.

XO, Kitty is a romantic comedy spin-off of the **To All the Boys I've Loved Before** franchise about teen matchmaker Katherine "*Kitty*" Song Covey (Anna Cathcart) moving to Seoul, South Korea, to attend the same international boarding school as her late mother, her long-distance boyfriend Dae, and experience her own complex romantic dramas at first hand. The series follows Kitty as she navigates high school, love, and her mother's past while trying to find her own true love.

"Marius is the rock star fourth man. He oozes confidence, and is generally used to life bending a knee to him. He's the missing piece to Minho, Dae, and Q's dorm room antics. He's a filthy-rich high school charmer, whose favourite pastime is partying. He's often the most stylish in the room, but is definitely the most calculated. When he wants something he gets it and he never loses his cool. But, at his core, he's only just discovered love, and is chasing it the only way he knows how," he told the Observer in explaining his character. Despite a new country, culture, and people, the Jamaican talent touted his talented castmates for an unforgettable experience on set.

It is no surprise that Thelwell, a creative, has coined his own words of inspiration. This has included original poetry such as *We All Win One Day Or Another*. He is currently working on releasing a body of music, following the release of *WOMAN DEMON* featuring *JIA Beatz*.

For the full articles, click on the links below:

<https://www.jamaicaobserver.com/2025/09/10/jcan-actor-joins-cast-xo-kitty/>

<https://jamaica-gleaner.com/article/entertainment/20250803/jcan-actor-sule-thelwell-joins-cast-netflixs-xo-kitty>



My Journey: 🌱 Shaping a Greener Future 🌱

Sean Hylton Scholarship Awardee in Environmental Studies

By Deandrea Simpson, Year 3 Student, BSc. Environmental Studies

My name is Deandrea Simpson, and I am proud to share my journey as a recipient of the *Sean Hylton Scholarship for Academic Excellence*. I am now a third year student in Environmental Studies. This scholarship has been a vital part of my educational path, and I am honored to tell my story.

From an early age, I was drawn to the beauty and complexity of the natural environment around me. Growing up, I became increasingly aware of the challenges we face: climate change, pollution, deforestation, and the urgent need for sustainable solutions. These concerns fueled my decision to pursue studies in Environmental Science, as I have always intended to make a meaningful impact on both my community and the wider world.



My Journey: 🌱 Shaping a Greener Future 🌱

Sean Hylton Scholarship Awardee in Environmental Studies

By Deandrea Simpson, Year 3 student, BSc. Environmental Studies



The scholarship gave me the opportunity to complete my Associate Degree in Environmental Studies, relieving the financial burden that often limits students like me. With this support, I was able to focus wholeheartedly on my studies, research, and community projects without worrying constantly about tuition fees.

I am thrilled to share that I am now continuing my academic journey by pursuing a Bachelor's Degree in Environmental Studies. I aim to deepen my knowledge and develop the skills needed to contribute to sustainable development, conservation, and environmental education. I hope to inspire others, especially young people, to recognize that we all have a role in protecting our planet.

This scholarship is more than financial support; it is an investment in my dreams and in a greener future. I am truly grateful to the donors, mentors, and everyone who believes in the power of education and environmental stewardship. Together, we can shape a healthier, more sustainable world.

The Importance of Planning: Built Environment

By Alwayne Smith, Year 3 Student, BSc. Environmental Studies

As a purpose-driven Jamaican who is committed to sustainable development and community upliftment, I believe land ownership should empower individuals to pursue economic freedom. Nevertheless, I have come to recognize that planning regulations, while often frustrating, serve a broader societal purpose. In the Jamaican context, where communities are increasingly vulnerable to climate-related disasters and public health challenges, planning emerges as a critical pillar of resilient development.

Strategic planning and infrastructure development are essential to reduce vulnerability and build resilience against natural hazards such as hurricanes, floods, and droughts (Ministry of Agriculture and Fisheries, 2020, p. 8). Therefore, strategic planning plays a vital role in guiding the placement of buildings, drainage systems, and emergency access routes.

Without proper planning, informal settlements and poorly sited developments can become epicentres of disasters, amplifying human and economic losses (Planning Institute of Jamaica [PIOJ], 2019). In its investigation and analysis of this subject matter, the Ministry of Health & Wellness (2020) asserted that “Proper planning and development control are essential to ensure that residential and commercial developments are not located in areas that pose health risks due to poor sanitation, inadequate waste disposal, or proximity to industrial pollutants” (p. 13).

In other words, planning plays a vital role in preventing health care issues and outbreaks by regulating sanitation standards, waste disposal, and proximity to industrial pollutants. Planning ensures that residential areas are not exposed to hazardous activities and that public facilities such as clinics and water sources are safely and equitably distributed.



The Importance of Planning: Built Environment

Planning - Our partner in sustainable development, not a gatekeeper to wealth

By Alwayne Smith, Year 3 Student, BSc. Environmental Studies

Furthermore, zoning laws, environmental permits, and development controls are not merely bureaucratic hurdles; they are mechanisms designed to protect public health, ecological integrity, and community cohesion. While it may seem unjust that a town council or planning agency can restrict how I use my own land, whether to build a home, operate a garage, or develop an apartment complex, these decisions are rooted in the need to balance private ambition with collective wellbeing. Without such frameworks, we risk urban disorder, environmental degradation, and social conflict. Planning from my perspective, then, is not the enemy of progress but a tool that, when applied equitably, can guide responsible growth.



“The system must evolve to reflect the realities of grassroots entrepreneurship and local innovation.”

Having said that, I also believe the system must evolve to reflect the realities of grassroots entrepreneurship and local innovation. In Jamaica, where land is often the most tangible asset a person owns, planning authorities like NEPA must engage more transparently and inclusively with citizens. Denying a permit should not be perceived as denying a dream, especially when that dream is rooted in community upliftment, economic resilience, and environmental stewardship. I advocate for a planning culture that empowers rather than exploits, one that sees potential in local visionaries and supports them with clear guidelines, technical assistance, and fair review processes. My stance is not anti-regulation; it is pro-equity, pro-transparency, and pro-development. We must build a Jamaica where planning is not a gatekeeper to wealth, but a partner in unlocking it.

Your Dental Health Hygiene & You

By Nurse Monique Anglin, Department of Health & Wellness

Your dental health is more important than you might realize.

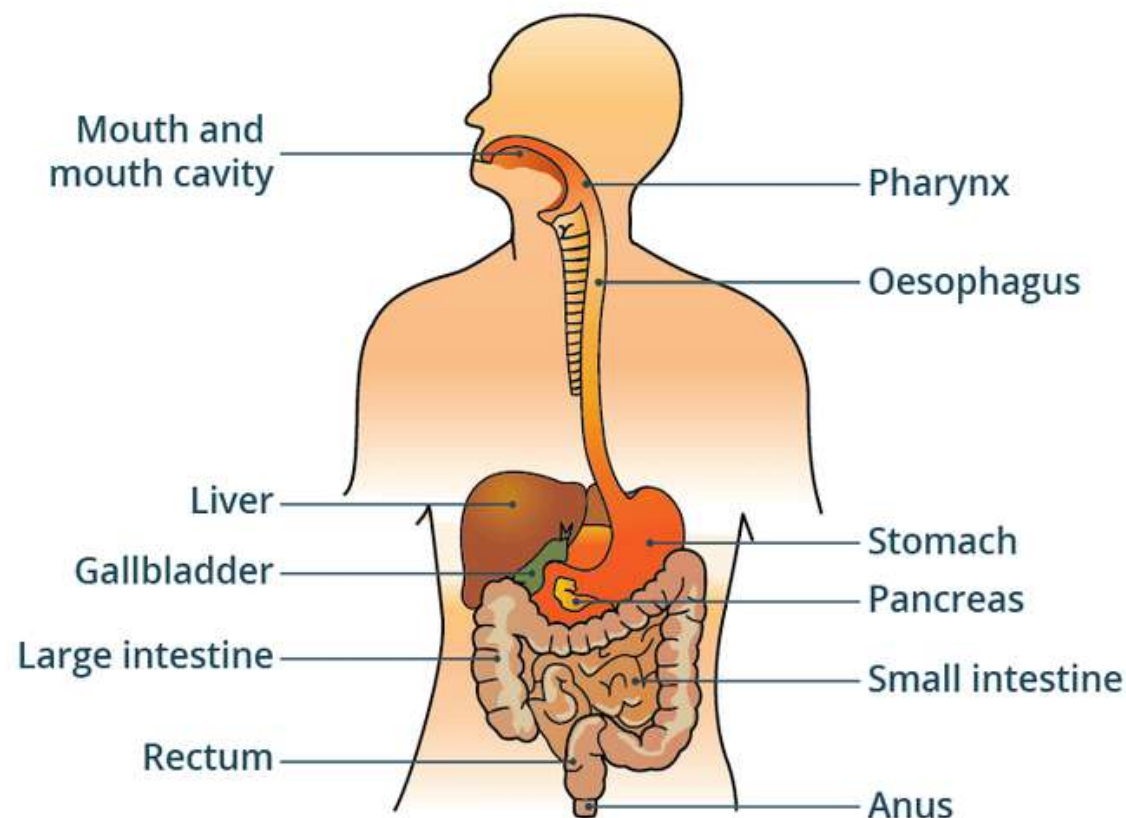
Did you know that your dental and oral health offers clues about your overall health? Did you know that problems in the mouth can affect the rest of the body?

Protect yourself by learning more about the link between your oral health and overall health.



What is the link between oral and dental health and overall health?

By Nurse Monique Anglin, Department of Health & Wellness



Like other areas of the body, the mouth is full of germs. Those germs are mostly harmless. The mouth is the entry to the digestive tract. That's the long tube of organs from the mouth to the anus that food travels through. The mouth also is the entry to the organs that allow breathing, called the respiratory tracts. So sometimes germs in the mouth can lead to disease throughout the body.



Most often the body's defenses and good oral care keep germs under control. Good oral care includes daily brushing and flossing. Without good oral and dental hygiene, germs can reach levels that might lead to infections, such as tooth decay and gum disease.

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Also, certain medicines can lower the flow of spit, called **saliva**. Those medicines include decongestants, antihistamines, painkillers, water pills and antidepressants. Saliva washes away food and keeps the acids germs made in the mouth in balance. This helps keep germs from spreading and causing disease.

Oral germs and oral swelling and irritation, called **inflammation**, are linked to a severe form of gum disease, called **periodontitis**. Studies suggest that these germs and inflammation might play a role in some diseases. And certain diseases, such as diabetes and HIV/AIDS, can lower the body's ability to fight infection. That can make oral health problems worse.



What conditions can be linked to oral health?

By Nurse Monique Anglin, Department of Health & Wellness

Your oral health might play a part in conditions such as:

- **Endocarditis** - This is an infection of the inner lining of the heart chambers or valves, called endocardium. It most often happens when germs from another part of the body, such as the mouth, spread through the blood and attach to certain areas in the heart. Infection of the endocardium is rare. But it can be fatal.
- **Cardiovascular disease** - Some research suggests that heart disease, clogged arteries and stroke might be linked to the inflammation and infections that oral germs can cause.
- **Pregnancy and birth complications** - Gum disease called periodontitis has been linked to premature birth and low birth weight.
- **Pneumonia** - Certain germs in the mouth can go into the lungs. This may cause pneumonia and other respiratory diseases.

How can I protect my oral health?

By Nurse Monique Anglin, Department of Health & Wellness



To protect your oral health, take care of your mouth every day.

- Brush your teeth at least twice a day for two minutes each time. Use a brush with soft bristles and fluoride toothpaste. Brush your tongue too!
- Clean between your teeth daily with floss.
- Eat a healthy diet and limit sugary food and drinks.
- Replace your toothbrush every 3 to 4 months. Do it sooner if bristles are worn or flared out.
- See a dentist at least once a year for checkups and cleanings. Your dentist may suggest visits or cleanings more often, depending on your situation.
- Do not use tobacco.

New Student Council Body Induction Ceremony

“Stepping Up, Serving Proud!”



Leniesha Green, President, with Principal Ramgeet



Tamoya McLeod, Vice President, with Principal Ramgeet



Delono Palmer , Secretary, with Princpal Ramgeet



Zamar Slowely, Treasurer, with Principal Ramgeet



Delano Palmer, Secretary (L), Leniesha Green, President, Tamoya McLeod, Vice President, Zamar Slowely, Treasurer

M.V.M

midline

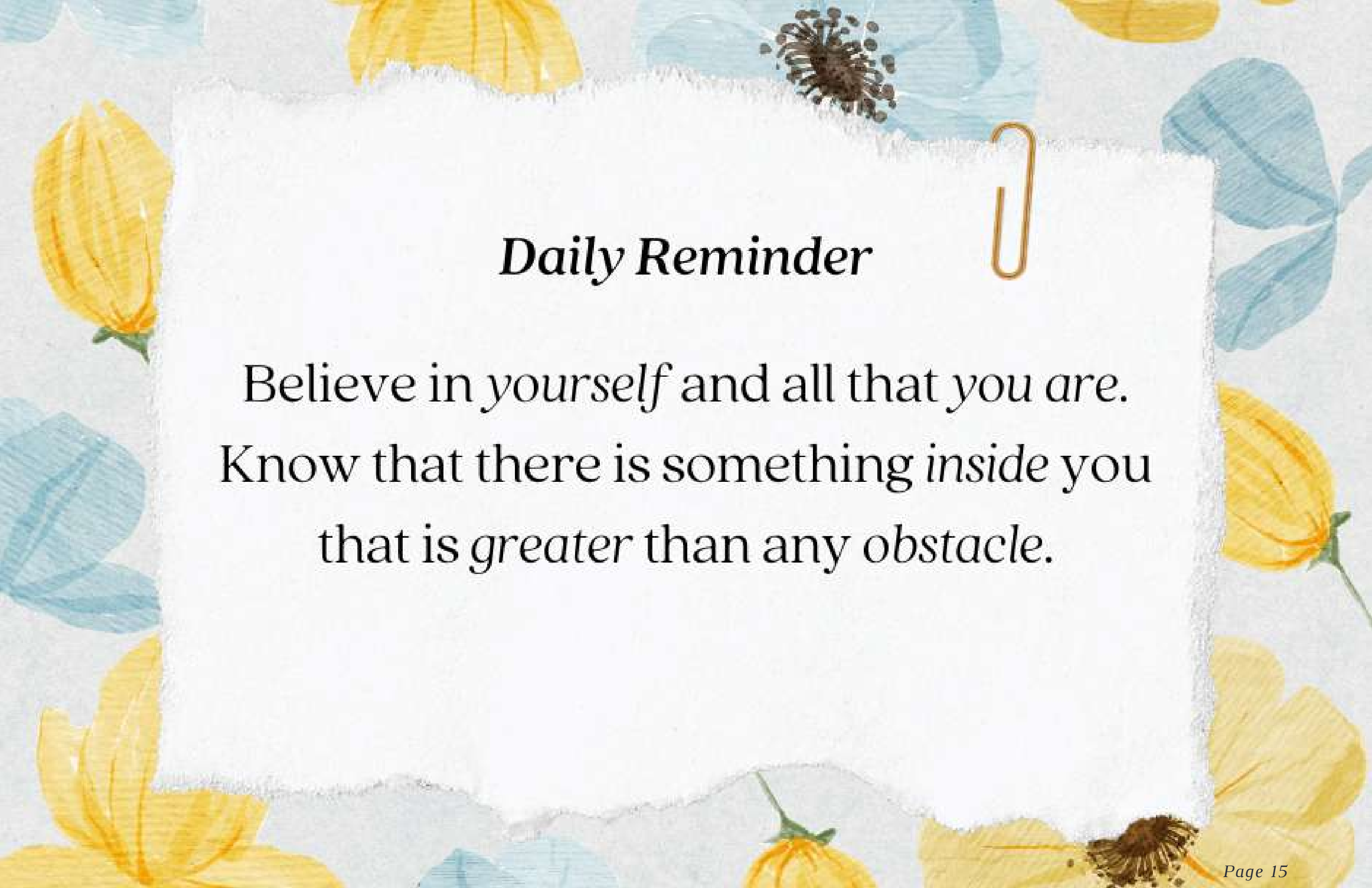
RESTAURANT & CATERING

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Daily Reminder

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

Save the Dates

FREE ADMISSION

KNOX COMMUNITY COLLEGE
invites you to

Jubilee

GOSPEL CONCERT

FEATURING
TREZE-GAYE SMITH



FRIDAY OCT. 17
2025 2-5:00 PM

KNOX COMMUNITY COLLEGE
Cobbla Campus, Manchester



Knox Community College
Department of Health & Wellness

Presents

ONLINE DENTAL FORUM

Topic:
Prevention is better than extraction;
healthy mouth, healthy body

Thursday, 23 October 2025
Time: 2:00 p.m.- 2:45 p.m.
Venue: 

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

Special Guest:
Dr. Fillipa Hall
Dental Surgeon

Learn how to protect your smile and boost your overall dental health!
Live Q&A | Expert Tips | Health Insights



50th Anniversary

"God. Goals. Growth"

02 November 2025
Church Service at Ridgemount United Church, Mandeville at 9 a.m.

05 November 2025
Founders' Day Activities
Spalding Campus at 11 a.m.

21 November 2025
Health & Social Services Fair
Cobbla Campus at 10 a.m.

27 November 2025
Graduation
Cobbla Campus at 2 p.m.



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Entrance on Ward Avenue

Cobbla Campus
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Manchester
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876-310-9635

May Pen Campus
Lot 30 Anderson Street
Denbigh, Clarendon
876-786-2244
876-312-3859