



September 2025 VOLUME 4 ISSUE 4

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## "Double the Dream: Mother and Daughter Study at KCC"

*Article contributed by Tricia-Gay Henry Wright, Senior Library Assistant - Mandeville Campus*

Yes! Here we are at Knox Community College - both on a journey of higher learning. Currently, in my third year, I am pursuing the Bachelor's Degree in Education (Primary). My daughter, who wants to become a nurse is a first year student in the Bachelor's of Science in Nursing (UWI) programme.

### How it Began?

When I first held my daughter in my arms, I dreamed of giving her the best opportunities life could offer. As a young mother, I wanted to see her grow, learn, and one day step into a bright future to become what her heart desires. What I never imagined, however, was that we would both become students together at Knox Community College (KCC). [See Full Story on Page 5](#)



*Tricia-Gay Henry Wright (L) with daughter, Anthoneal (R)*



# Message from the Principal



## *Colleagues*

As we stand at the threshold of the 2025-2026 academic year, I want to take a moment to reflect on the journey ahead, grounded in faith, hope, and purpose. This year's theme, *"God, Goals, Growth"* reminds us of the divine guidance that illuminates our path, the clarity of our shared goals, and the continuous growth we aspire to achieve together. With God's grace, we embark on this new chapter in our 50<sup>th</sup> year, confident that our efforts are part of a greater plan.

Let us approach this year with compassion and patience for our students, colleagues, and ourselves. Each challenge we may experience is an opportunity for growth and each success a testament to our dedication and faith. As we nurture minds and hearts, may we do so with kindness, humility, and unwavering trust in God's purpose for us.

Together, let's create an environment where faith inspires excellence, where goals are driven by purpose, and where growth is both a journey and a blessing. Thank you for your passion, resilience, and commitment to shaping not only academic success but also lives infused with hope and love.

Wishing you all a blessed and transformative year ahead.

With faith and gratitude,

*DB Ramgeet*  
DAVIA RAMGEET





# Updates from the Principal's Desk



## Staff Updates – September 2025

Miss Natoya Thompson (Lecturer) lost her mother. The thanksgiving service was held on Monday, 25 August 2025. We regret that the staff were not advised appropriately.

The funeral Service for the late Oral Fearon, Watchman, May Pen Campus will be held on Saturday, 27 September 2025, at the Denbigh Gospel Assembly Church, Anderson Street, Denbigh, May Pen.

## RESIGNATION

- Mr. Akeem Beckett (Watchman-contract) effective 12 August 2025.
- Mrs. Sophia McKenzie-Knight (Lecturer, Nursing Department) effective 31 August 2025.
- Miss Tracia Williams (Lecturer) effective 31 August 2025.
- Mrs. Veneisha Vassell-Dunkley (Cleaner, May Pen Campus) effective 31 August 2025.

## SEPARATION

- Dr. Rosemarie Wilson (Senior Lecturer/HoD Science department) proceeded on secondment to the UWI, Mona effective 01 August 2025 – 31 July 2026.
- Mrs. Rose Marie Freckleton (Senior Lecturer) proceeded on her retirement with effect from 03 September 2025.
- Mr. Dudley Powell (Principal Lecturer) – will proceed on pre-retirement leave effective 11 September 2025 – 26 January 2026 and retirement with effect from 27 January 2026.

## VACATION LEAVE 2025/2026 (8 months)

- Mrs. Carlene Walcott-Smith – Nurse Educator
- Mrs. Denise Jackson-Ramsay - Nurse Educator
- Mr. Clive Dunkley – Principal Lecturer
- Mr. Uriel Perriel – Senior Lecturer
- Mr. Jeffrey Bowen – Senior Lecturer

Mrs. Shauneal Llewellyn-Johnson – Nurse Educator (4 months)



# ≡Welcome≡

*Welcome to Team KCC — where we build success through teamwork. We are happy to have you on board.*



*Andrea Clarke-Myrie  
Senior Internal Auditor*



*Anakay Allen  
Registered Nurse*



*Christopher Forbes  
Clerical Assistant, Principal's Office*



*Kemeisha Howard  
Clerical Assistant, SRHM*



*Kwesi Richards  
Watchman/Security Officer*



*Roderick Johnson  
Watchman/Security Officer*



*Balsome Williams  
Groundsman*



# A Mother's Dream, A Daughter's Future: Walking the Same Path

Article contributed by Tricia-Gay Henry Wright, Senior Library Assistant - Mandeville Campus

## Triple Roles: Mom, Student, and Employee

Balancing life as a mom is already a full-time job, but add student and staff member into the mix and the fun really begins! I decided to enroll in the Bachelor's Degree in Education (Primary) in 2023 when it was first offered on a part-time basis. I said to myself *"Back to school - why not?"* With my coworkers at Mandeville Campus encouraging and cheering me on, I submitted my application. Then, I said *"Oh wait? How am I going to afford all of four years of college, while sending my two children to school"*.



“You can do this! It’s never too late to chase your dreams”

-Tricia-Gay Henry Wright-



# A Mother's Dream, A Daughter's Future: Walking the Same Path

Article contributed by Tricia-Gay Henry Wright, Senior Library Assistant - Mandeville Campus



## A Dream Rekindled

For many years, the idea of returning to school felt like a “dream on pause”. My life was already all about family, work, church and the daily demands as a mother and wife. These were my top priorities. But as I began to think more about my future, I felt a nudge within me: *“Go for it Trish! You can do this! It’s never too late to chase your dreams!”*

After discussing it with my husband, he too encouraged me to take a leap of faith. With some nervousness, but even more determination, I started my classes. This was not easy, but my late nights paid off as I began seeing the results. My grades were good, my lecturers were very supportive and I realized this was way easier than I thought. Fast forward to the present, I am more than half way through and just like that - I am moving into 3<sup>rd</sup> year!

## Walking the Journey Together in 2025

It is a surreal and beautiful thing to watch my daughter thrive as a young adult and now as a Nursing student ready to navigate her own path. We will share in the struggles together as students - late-nights, endless assignments, and the pressure of exams. One thing for sure, we will share the victories together - passing the tough coursework assignments/exams, completing the many portfolios, or simply surviving another long week.



# A Mother's Dream, A Daughter's Future: Walking the Same Path

*Article contributed by Tricia-Gay Henry Wright, Senior Library Assistant - Mandeville Campus*

## **The Message in the Lesson!**

Our story is not just about us - it is a reminder to the others that education has no age limit, and that dreams deferred can still be realized. Whether you are 18 or 68, stepping back into the classroom is a powerful act of courage and hope.

I share this story to encourage parents, guardians, and anyone who has put aside their dreams: It's never too late. Your children are watching, and sometimes the best lesson we can teach them is by living the example ourselves.

## **Looking Ahead**

As my daughter and I take this journey, I feel grateful and thankful to everyone who has helped along the way as this has made all the difference. I am extremely grateful to my family, coworkers and classmates for the chance to learn, to grow and to walk this path together with my daughter. I am very appreciative to Knox Community College, an institution that values education and supports learners of every age. On graduation day, this will be not just be a personal achievement, but it will also be a family celebration along with my fellow classmates, and proof that here at Knox Community College, dreams come true, no matter your age, your role, or your title.

At KCC, we are not just classmates - we are family.



# ***Celebrating 50 Years of Excellence***

*"God, Goals, Growth"*



**Established:** Knox Community College (KCC), established in November 1975, is a co-educational institution located in Spalding, Jamaica. It operates four campuses: Spalding, Cobbla, May Pen, and Mandeville.



**First Milestone:** Opened with three pioneering programmes and a small student body.



**Growth Over Time:** More than fifty programmes across a range of disciplines, leading to the award of NCTVET certificates, accredited associate and bachelor's degrees. At present, approximately 1,300 students are enrolled.



**Community Impact:** Thousands of KCC graduates since 1975 contributing to Jamaica and beyond.

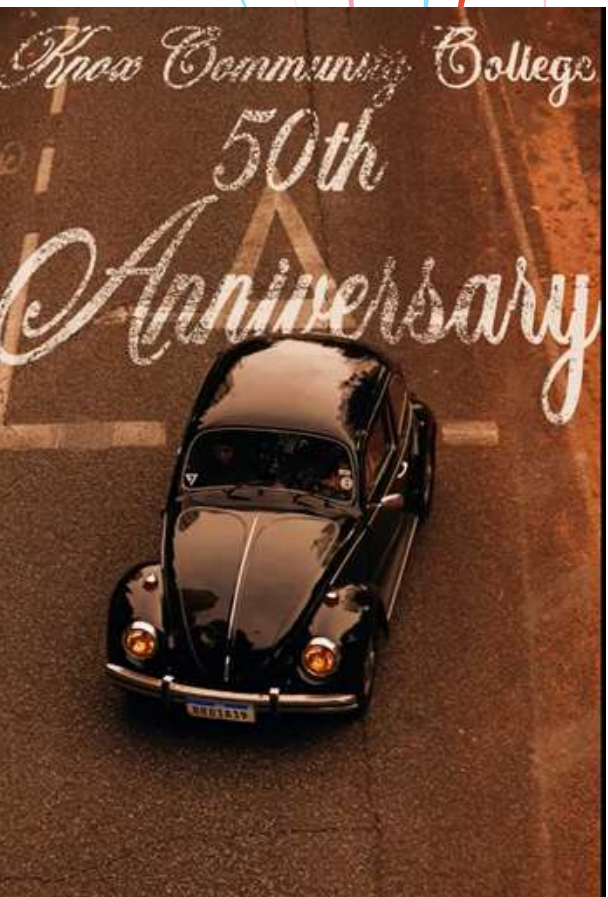


**Infrastructure:** New lab equipment and upgraded buildings, as well as, offering students blended learning opportunities. The College, in responding to emerging needs and national strategic priorities, seeks to maintain relevance within the regional and local landscape, thereby positioning itself to be a premier institution.



# ***Celebrating 50 Years of Excellence***

*“God, Goals, Growth”*



Meet Mrs. Leslie Thomas, our Vice Principal, Academic Affairs. As we commemorate our 50<sup>th</sup> Anniversary under the theme **God, Goals, Growth**, we proudly honour the pillars of KCC whose unwavering commitment have shaped our legacy.

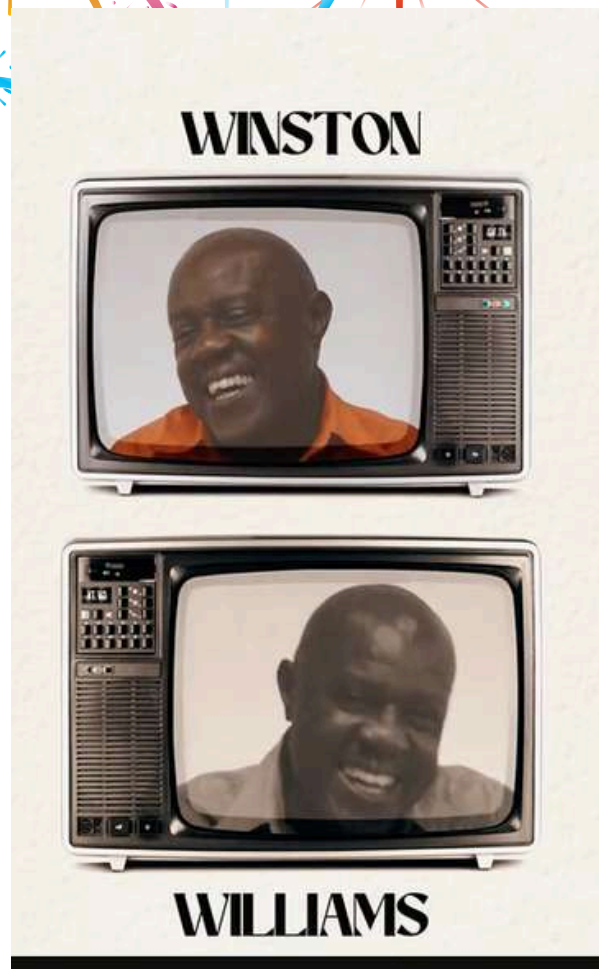
Click on the link below or see attached interview with Mrs. Lesline Thomas:

**<https://video-link-generator.replit.app/v/1oxbecxd9tspjsf1pkru7>**



# *Celebrating 50 Years of Excellence*

## *“God, Goals, Growth”*



*Meet Mr. Winston Williams, our longest-serving member of the academic staff who joined us in 1987.*

*Click on the link below or see attached interview with Mr. Winston Williams.*

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# ***Celebrating 50 Years of Excellence***

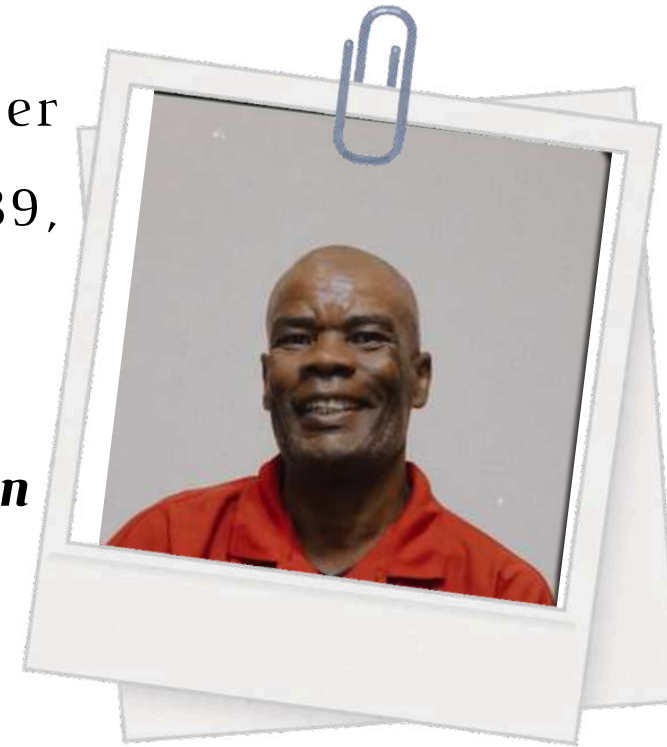
***“God, Goals, Growth”***



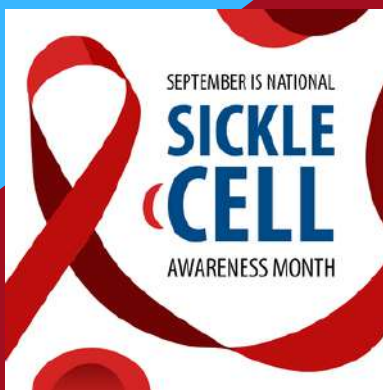
Meet Mr. John “Johnny” McLeod, our longest-serving member of the General Support Staff (GSS). Since joining us in 1989, he has dedicated an outstanding 36 years of service.

*Click on the link below or see attached interview with **Mr. John “Johnny” McLeod:***

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# September is Sickle Cell Month

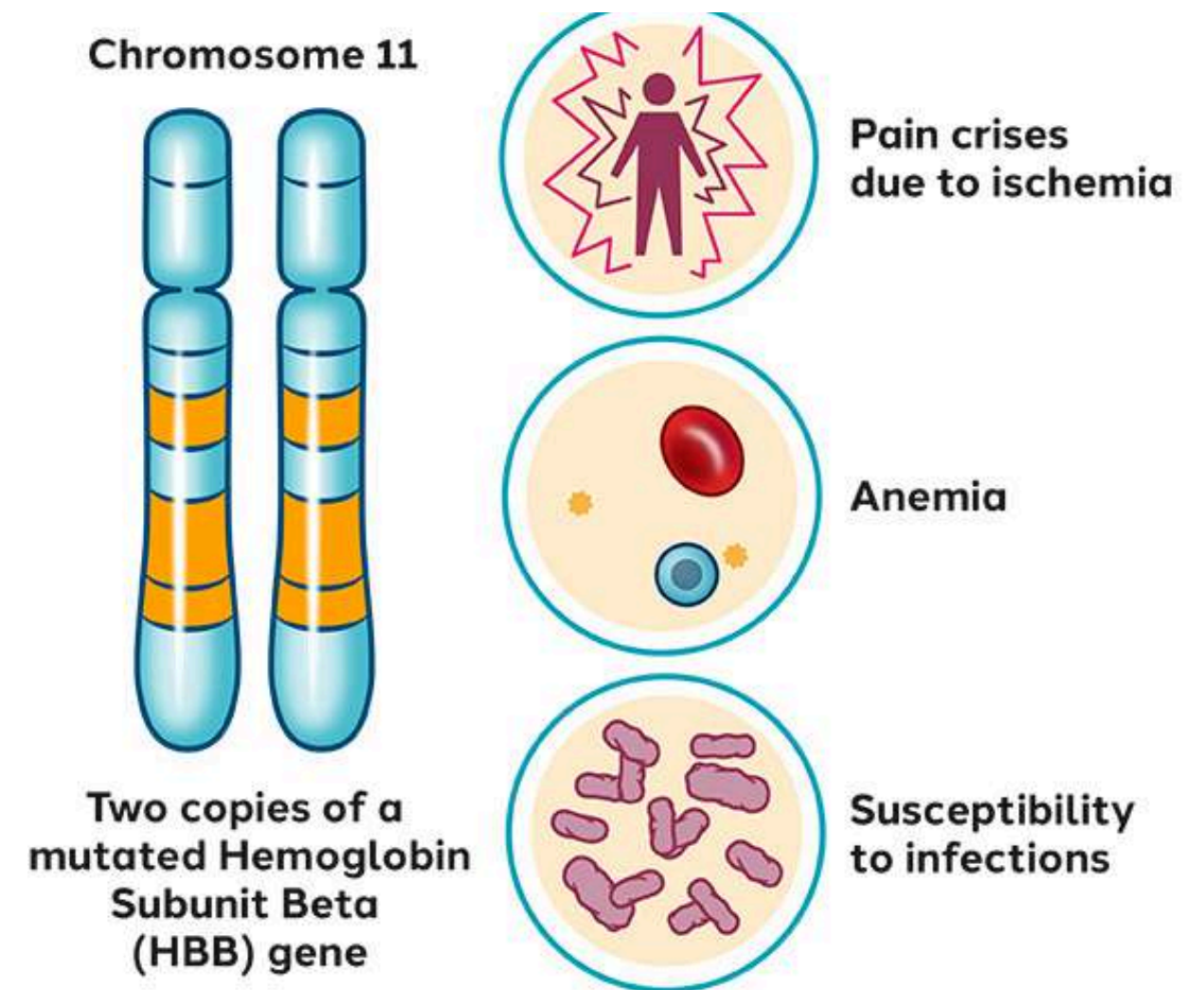
*By Nurse Sydoney Graham, Department of Health & Wellness*

## What is Sickle Cell Disease?

Sickle cell disease (SCD) is a genetic blood disorder. It causes your red blood cells to form into a “C” shape — like a crescent moon, or a farm tool called a sickle. These sickled blood cells can stick together and keep oxygen from getting to your tissues and organs. This can cause episodes of pain and life-threatening complications.

You get sickle cell disease by inheriting two copies of a gene that makes a version of haemoglobin that doesn't work properly. This causes sickling. Haemoglobin is the part of your blood that carries oxygen.

The symptoms and complications of sickle cell disease can start at any age. Babies can start having symptoms at 5 or 6 months old. Young kids can have frequent pain, anaemia, blood clots and strokes.



# September is Sickle Cell Month

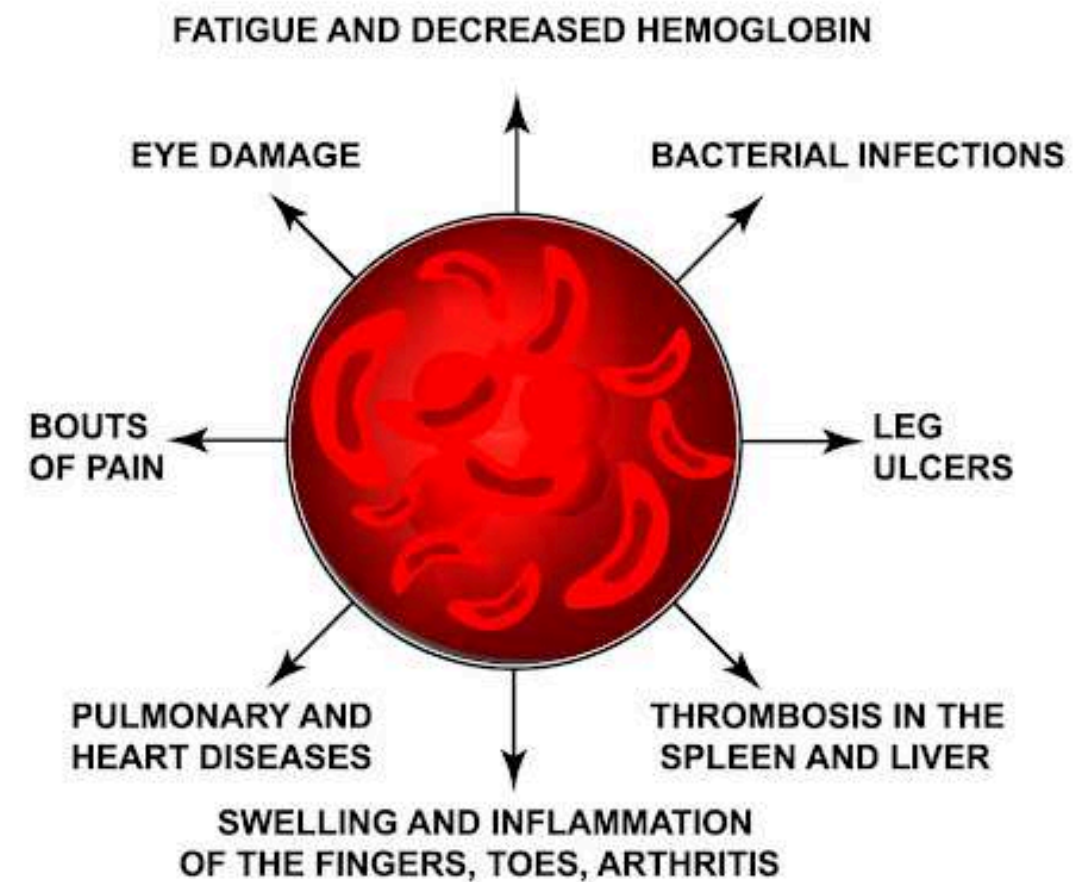
*By Nurse Sydoney Graham, Department of Health & Wellness*

## Symptoms of Sickle Cell Disease

Symptoms of sickle cell could include:

- Episodes of severe pain - most often in your back, legs, arms and sometimes in your chest
- Fatigue
- Paleness
- Weakness
- Yellowish skin and whites of your eyes (jaundice)
- Swollen joints
- Painful, swollen hands and feet
- Stroke

Signs and symptoms of SCD can be different for each person, they can be mild or severe.



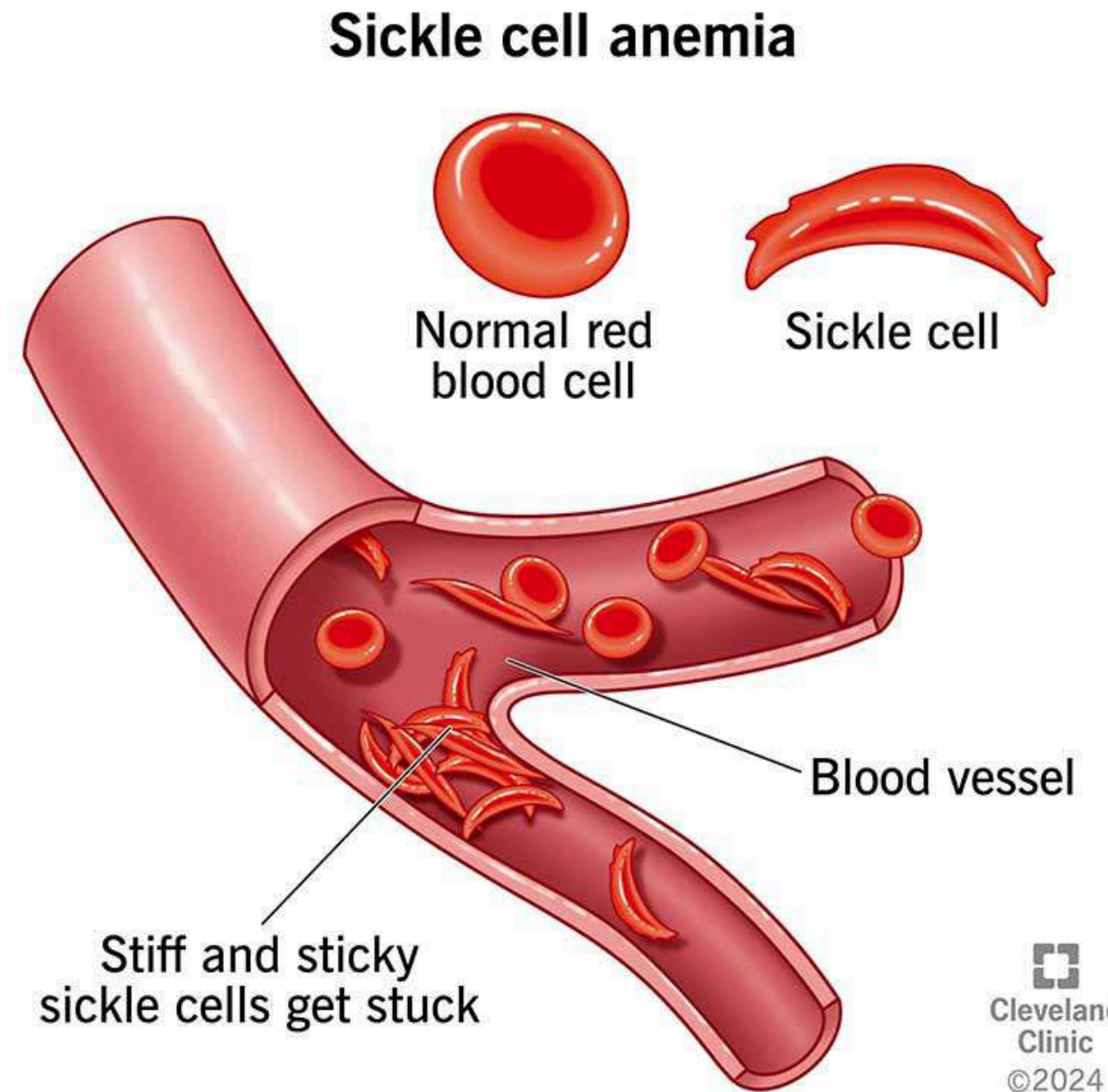
# September is Sickle Cell Month

*By Nurse Sydoney Graham, Department of Health & Wellness*

## Sickle Cell Disease Causes

A genetic variation in the HBB gene causes sickle cell disease. The HBB gene has the instructions for making haemoglobin, a part of your red blood cells that carries oxygen. Changes in this gene can make abnormal versions of haemoglobin, called haemoglobin S.

Normal red blood cells are donut-shape. They're flexible enough to move around the twists and turns of your blood vessels. This helps them bring oxygen to your organs and tissues. Red blood cells with haemoglobin S can become C-shaped and stick together. They can get stuck as they travel through your body. They also don't last as long as normal red blood cells. All of this means your tissues and organs may not get enough oxygen to work properly.





# September is Sickle Cell Month

*By Nurse Sydoney Graham, Department of Health & Wellness*

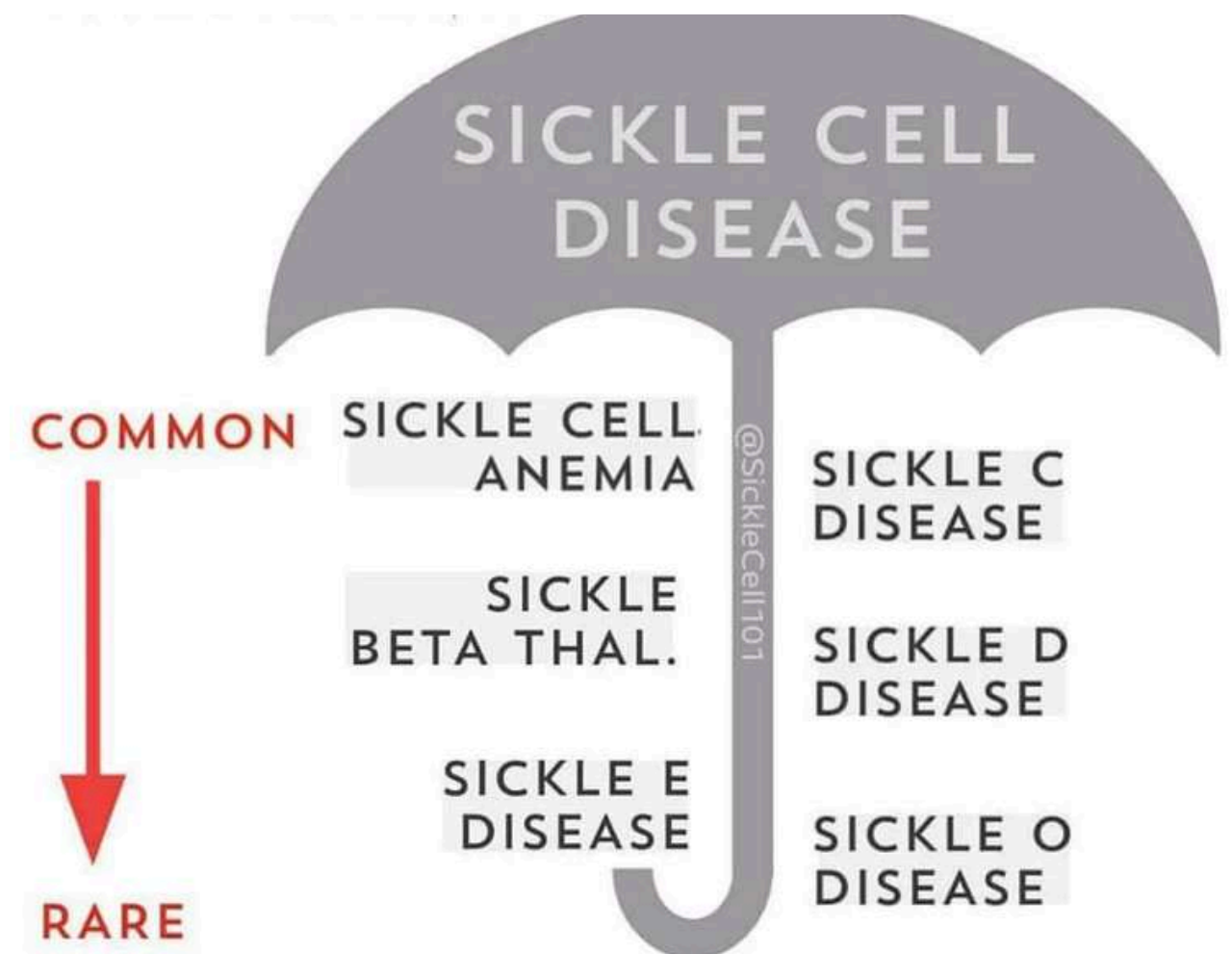
## Types of Sickle Cell Diseases

Types of sickle cell disease include:

**Haemoglobin SS (HbSS).** If you have HbSS, both copies of your HBB gene make haemoglobin S. It's the most common and severe form of SCD. It's also called **sickle cell anaemia**.

**Haemoglobin SC (HbSC).** If you have HbSC, one copy of your HBB gene makes haemoglobin S and the other makes another abnormal type, haemoglobin C. HbSC usually causes mild to moderate symptoms.

**Sickle cell beta thalassemia (HbS/beta-thal).** If you have HbS/beta-thal (also called haemoglobin S beta thalassemia), you have one haemoglobin S gene. Your other HBB gene has a beta thalassemia variation that causes low levels of haemoglobin.



# September is Sickle Cell Month

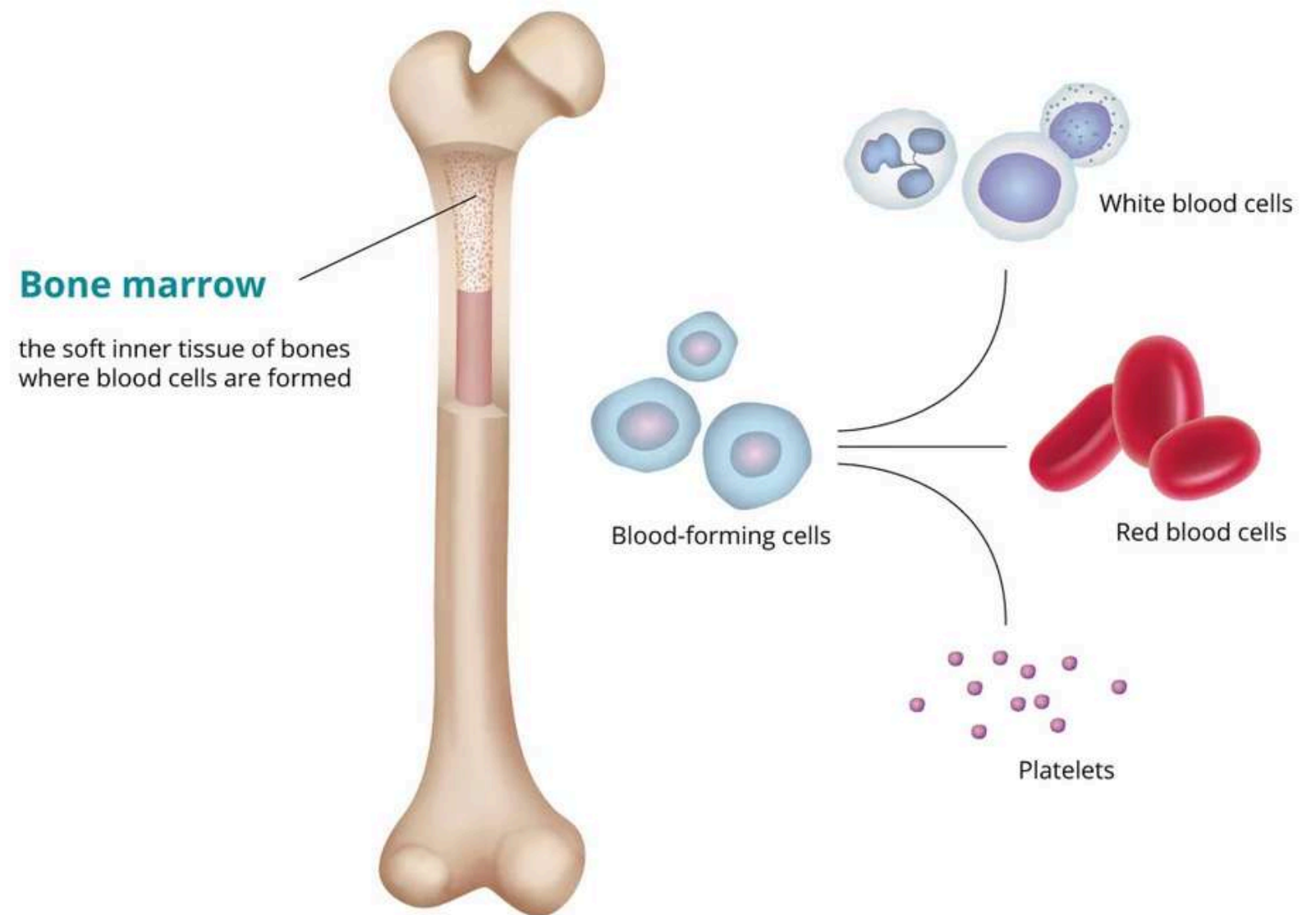
*By Nurse Sydoney Graham, Department of Health & Wellness*

## Management & Treatment of Sickle Cell Disease

*Is there a cure for sickle cell disease?*

The only potential cure for sickle cell disease is a **bone marrow transplant**. This procedure replaces your bone marrow (where red blood cells are made) with a donor's. But you must find a donor who's a good match (often a close family member, like a sibling). It's also a risky procedure.

Treatments that help manage sickle cell disease include supportive care, disease-modifying agents and curative intent treatments



## Supportive care includes:

*Antibiotics:* Your provider may give you antibiotics to prevent serious infections.

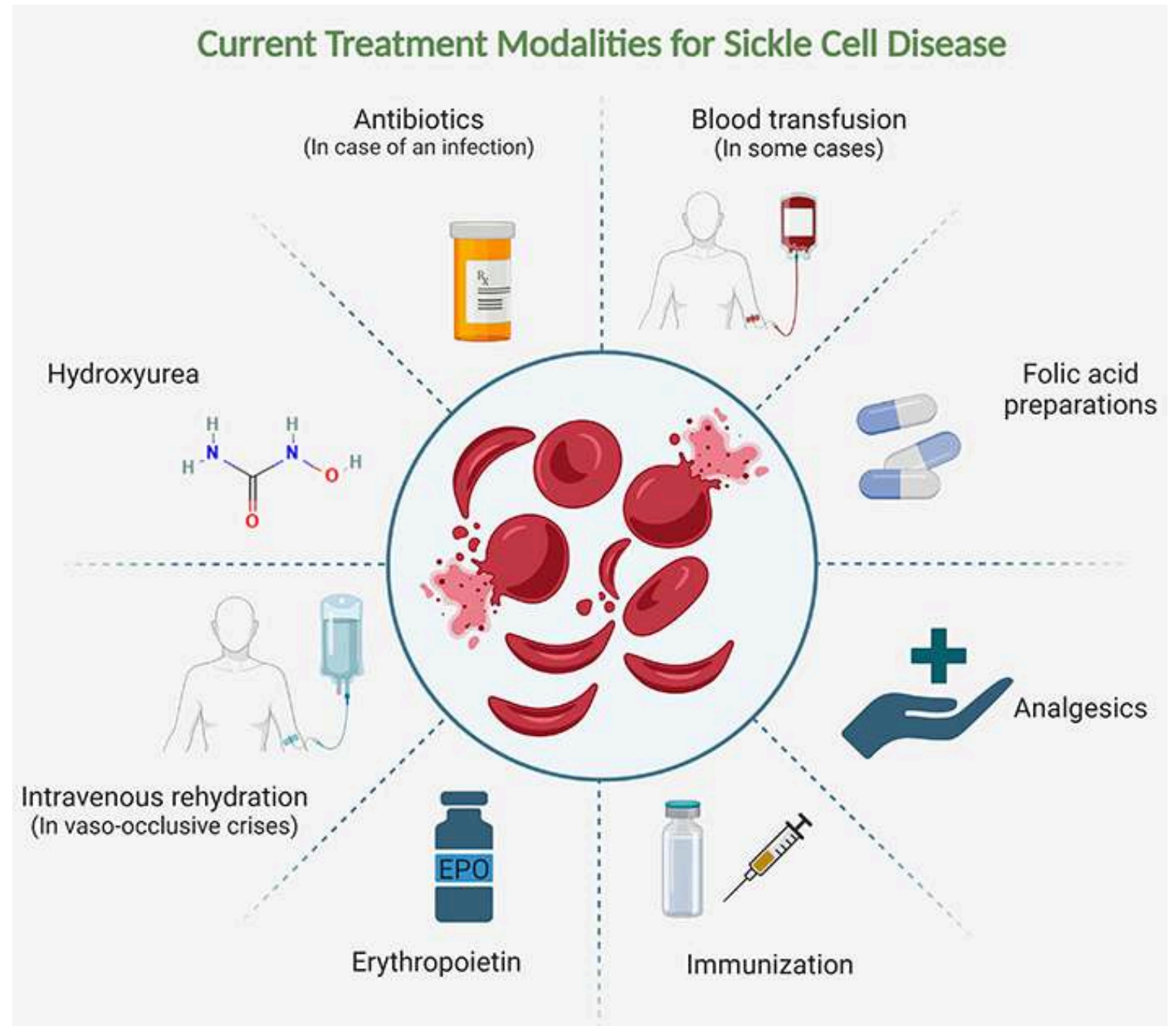
*Blood transfusions:* Transfusions can give you more healthy red blood cells and treat anaemia, sickle cell crises and other complications.

## Disease-modifying agents include:

- *Hydroxyurea:* Hydroxyurea makes blood cells less likely to sickle.
- *L-glutamine:* L-glutamine can reduce damage to your red blood cells.
- *Crizanlizumab:* Crizanlizumab (Adakveo®) is a monoclonal antibody treatment that makes red blood cells and blood vessels less sticky.

## Curative intent options include:

*Bone marrow transplant (BMT):* Bone marrow is replaced with stem cells from a donor without sickle cell disease.





## How do I manage sickle cell disease?

- Attend all scheduled appointments with your doctor.
- Ask your provider about medications and the best ways to prevent infections. Talk to them about which vaccines they recommend.
- Work with your doctor to keep your blood pressure in a safe range.
- Be physically active, but don't overdo it. Ask your doctor what the right amount of activity is for you.
- Don't smoke or vape.
- Drink enough fluids to stay hydrated.



“

**"YOUR STRENGTH  
IS GREATER THAN  
ANY PAIN  
YOU'VE FELT."**

# *From Primary to High School: The Inspiring Success Story of Ri-Channe Thomas*

*Article contributed by Mrs. Anthoneal Thomas, Lecturer, Department of Information Technology*

Ri-Channe Thomas, who is the daughter of Mrs. Anthoneal Thomas, Lecturer in the Department of Information Technology, began her educational journey formally at Christiana Leased Primary and Infant School. By the end the school year, it was evident to the school administration that she was a keen pupil who was naturally motivated to engage and excel in learning, as she earned the Top girl in the Infant Department.

Throughout her time at Christiana Leased, she has consistently maintained a spot on the principal's honour roll. Ri-Channe's interest in learning extends to the creative arts, she has participated in many competitions including JCDC speech, music and dance. At church, currently she leads the dance ministry which has resulted in continued success in several dance categories in the Southern Regional Mission Council United Church Kids Quake Competition.

To bolster her interpersonal skills and develop her confidence Ri-Channe has participated fully in all aspects of school life for example, regularly leading devotions and volunteering for other activities around school and most impressively being a member of the school's prefect executive body.



Principal Aldayne Porter making a presentation to Ri-Channe at the school's graduation





Ri-Channe has been awarded the title of Miss Christiana Leased Primary and Infant 2025. It was Ri-Channe's decision to enter the competition, and she did not waver in her level of enthusiasm and effort across the different categories in the competition.

This year Ri-Channe set herself a personal target to achieve high scores in the PEP examinations. In order to attain her goal, she attended extra lessons, completed extra work at home and regularly rehearsed key skills that she found challenging. As a result of her effort, she has been awarded Christiana Leased Top PEP student for 2025. This has enabled her to become a recipient of The SAGICOR Foundation Secondary Scholarship.



Ri-Channe extends her gratitude to her pageant sponsor: Knox Community College, the teaching staff at Christiana Leased Primary, her parents, grand mother and her extended family for their support. As Ri-Channe transitions to Knox College, we look forward to her continued success and enthusiasm across all aspects of her school life.





Ri-Channe Thomas, proudly sponsored by Knox Community College has been crowned the queen of Christiana Leased Primary and Infant School. The 12 years old who is intelligent and driven aspires to be a pilot. She was named the winner of the anticipated Pageant held at the Sacred Heart Academy auditorium on 24 May 2025.

Ri-Channe wowed the judges and the audience with her poise, grace, talent and intelligence. She secured an impressive five of the nine sectional prizes, including:

- Most Poised and Postured
- Best Smile
- People's Choice Award
- Most Talented
- Most Intelligent



Her calm confidence and radiant presence stood out the moment she stepped onto the stage. Her captivating performance in the talent segment, display of casual wear, career wear, evening attire and articulate responses during the interview segment showcased her charm and determination.

When asked “How can students be good role models?” Ri-Channe confidently shared “Students can be good role models by being obedient and getting good grades. Students can also be good role models by following our School’s Core Values. We are heroes, we should demonstrate honesty, empathy, respect, obedience, excellence and safety at all times; these are all good characteristics of a good role model. So, to be a good role model, we should follow our School’s Core Values.”

Her personal philosophy, “No great thing is created suddenly,” reflects her dedication and patience. These qualities clearly contributed to her success in the competition.

The audience cheered loudly as Miss Knox Community College - Ri-Channe Thomas was announced as the queen, celebrating not just a pageant victory, but the rise of a young woman who is set to achieve greatness. As Ri-Channe Thomas begins her reign as queen, there's no doubt that this is just the beginning of a beautiful journey.



**Click here to watch the full show**

<https://www.youtube.com/watch?v=Chi968w7aXY>



- **Take a break.** Your mental health thrives with moments of stillness.
- Be present in this moment. Your peace is found in the **now.**
- Surround yourself with **positivity** and let go of what no longer serves you.
- Take a moment to **breathe.** You are **stronger** than you think.





# SAVE THE DATES

- OCTOBER 13-17

Spiritual Emphasis Week
- OCTOBER 25

Freshers' Rave
- NOVEMBER 02

50<sup>th</sup> Anniversary Celebrations

Church Service at Ridgemount United Church  
Mandeville
- NOVEMBER 05

50<sup>th</sup> Anniversary Celebrations

Founders' Day Activities
- NOVEMBER 21

50<sup>th</sup> Anniversary Celebrations

Health & Wellness Fair  
Cobbla Campus
- NOVEMBER 27

KCC Graduation

Cobbla Campus

**N.B.** More details to follow via official email

CELEBRATING THE LIFE OF

# Oral "Bongyi" Fearon

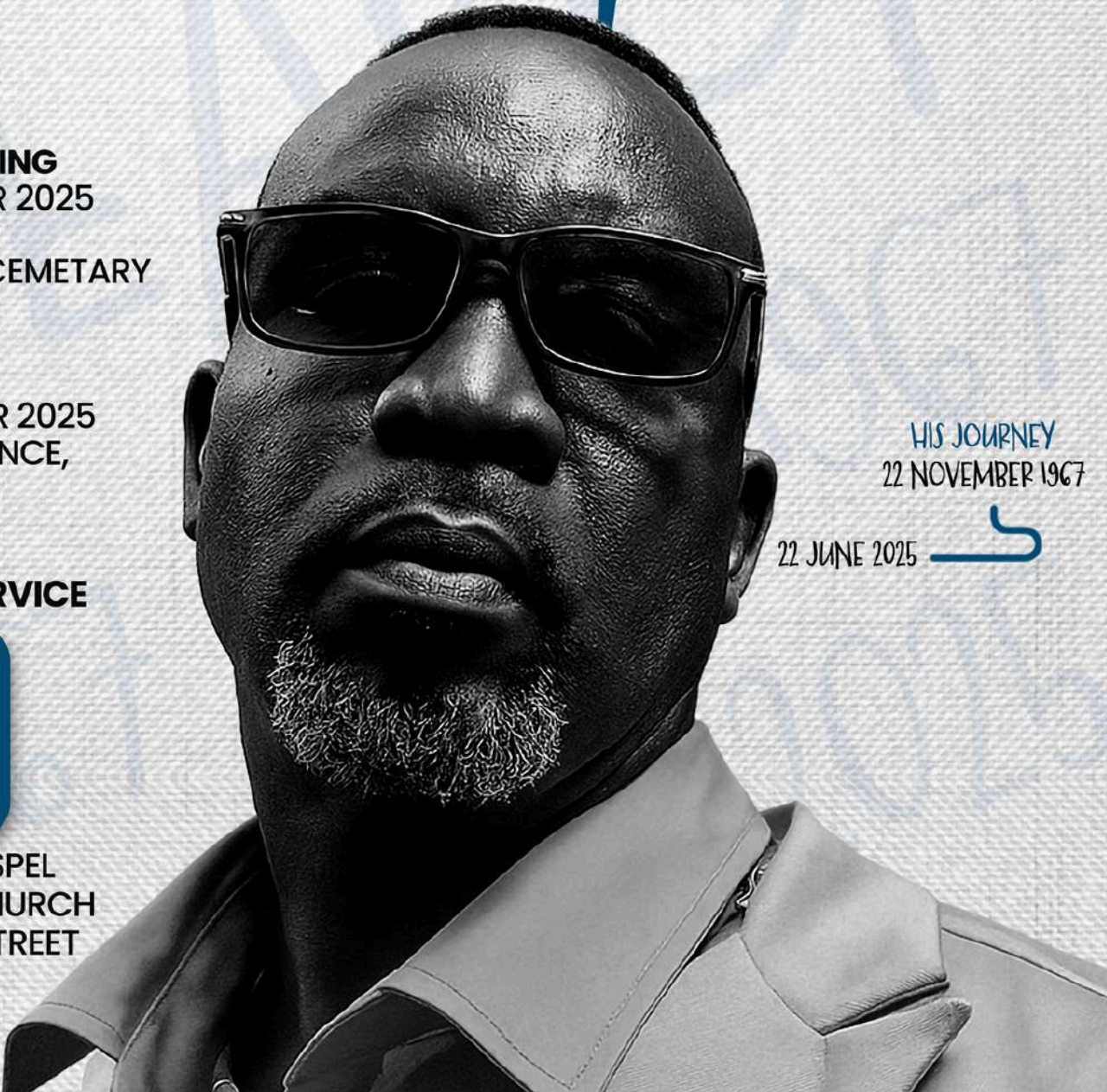
**GRAVE-DIGGING**  
23 SEPTEMBER 2025  
@10:00 A.M.  
CHAPLETON CEMETARY  
CLARENDON

**SET-UP**  
26 SEPTEMBER 2025  
AT HIS RESIDENCE,  
FOGA ROAD  
CLARENDON

**FUNERAL SERVICE**

**27**  
SEPTEMBER  
**2025**  
@10:00 A.M

DENBIGH GOSPEL  
ASSEMBLY CHURCH  
ANDERSON STREET  
DENBIGH  
CLARENDON



HIS JOURNEY  
22 NOVEMBER 1967

22 JUNE 2025





**Knox Community College**  
<https://isims.kcc.edu.jm/apply/>

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876-312-0781  
Entrance on Ward Avenue

**Cobbla Campus**  
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Manchester  
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