



What's Inside?

"Double the Dream" at KCC	Page 1
Principal's Message	Page 2
Welcome to Our New Staff	Page 3
Mother & Daughter's KCC Journey	Page 4
KCC Celebrates 50 Years	Page 7
Sickle Cell Disease	Page 11
Ri-Channe's Inspiring Story	Page 18
Daily Reminders	Page 22
Save the Dates	Page 23

"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



Greetings, students!

I'm honoured to welcome you to Knox Community College as we kick off this exciting new year. For returning students, welcome back. Thanks for choosing us. This year holds a special significance as we joyfully celebrate our 50th anniversary under the theme “*God, Goals, Growth*”. It is a reminder that with faith, clear goals, and a mindset of continuous growth, you can achieve great things.

As you embark on your journey here, whether online or at one of our campus locations, remember to seek guidance from God, set meaningful goals for your future, and always strive to grow both academically and personally. Our College has a rich history of supporting students to reach their full potential, and I believe each of you can contribute to our legacy of excellence.

Stay focused, stay motivated, and make the most of every opportunity. We're proud of you and excited to see the wonderful things you will accomplish. Welcome to Knox Community College!

Wishing you all a blessed and transformative year ahead.

With faith and gratitude,

DB Rangeet
DAVIA RANGEET



≡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 3rd 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.



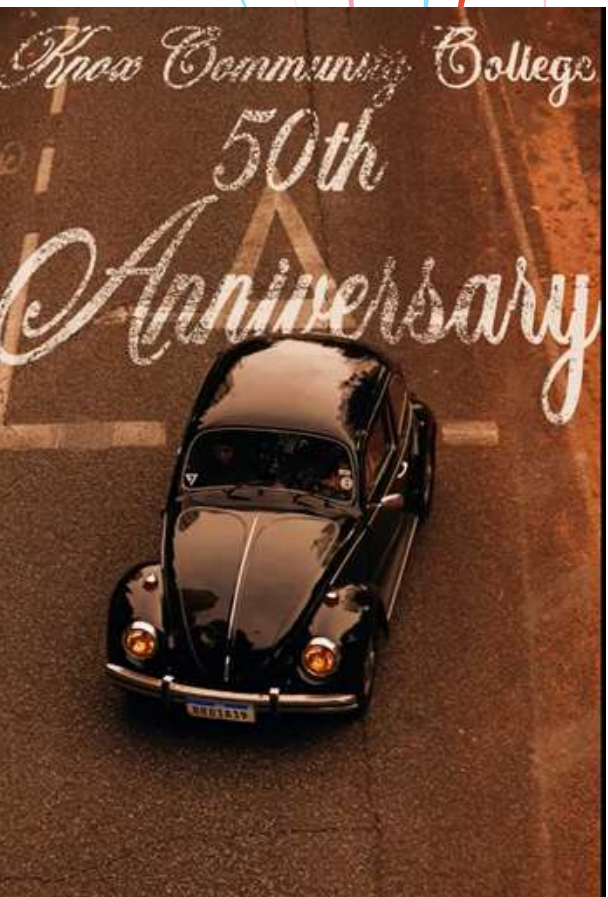
Community Impact: Thousands of KCC graduates since 1975 contributing to Jamaica and beyond.



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 50th Anniversary under the theme **God, Goals, Growth**, we proudly honour the pillars of KCC whose unwavering commitment have shaped our legacy.

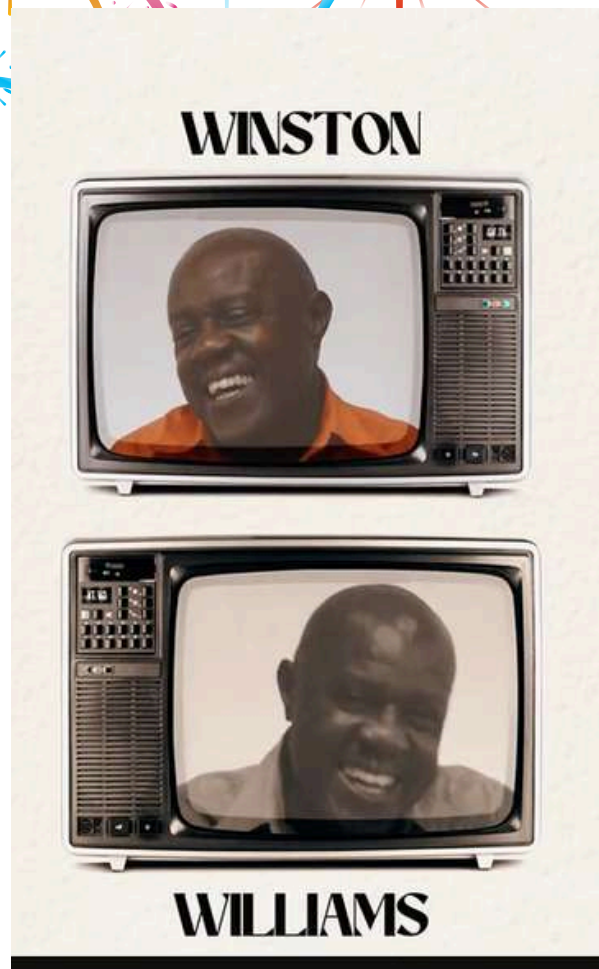
Click on the link below or see attached interview with Mrs. Lesline Thomas:

<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.

<https://video-link-generator.replit.app/v/nf0shungvzs2oxu5l398s>



Celebrating 50 Years of Excellence

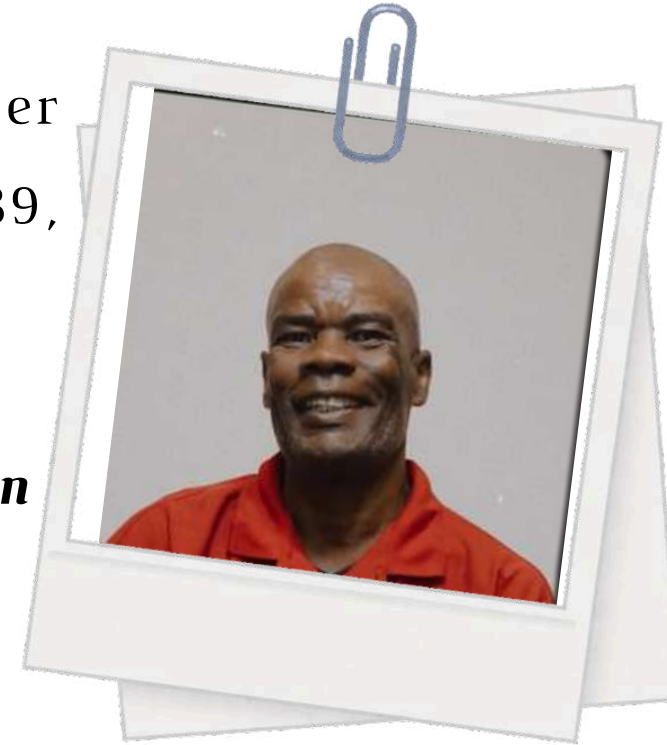
“God, Goals, Growth”

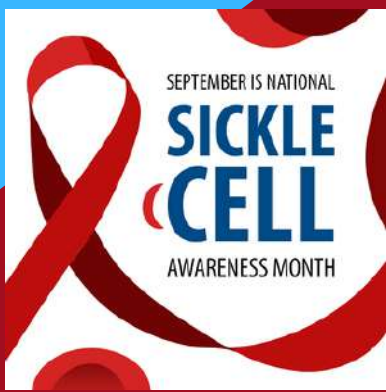


Meet Mr. John “Johnny” McLeod, our longest-serving member of the General Support Staff (GSS). Since joining us in 1989, he has dedicated an outstanding 36 years of service.

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

<https://video-link-generator.replit.app/v/1ydydcicoa6i58vyx98dme>





September is Sickle Cell Month

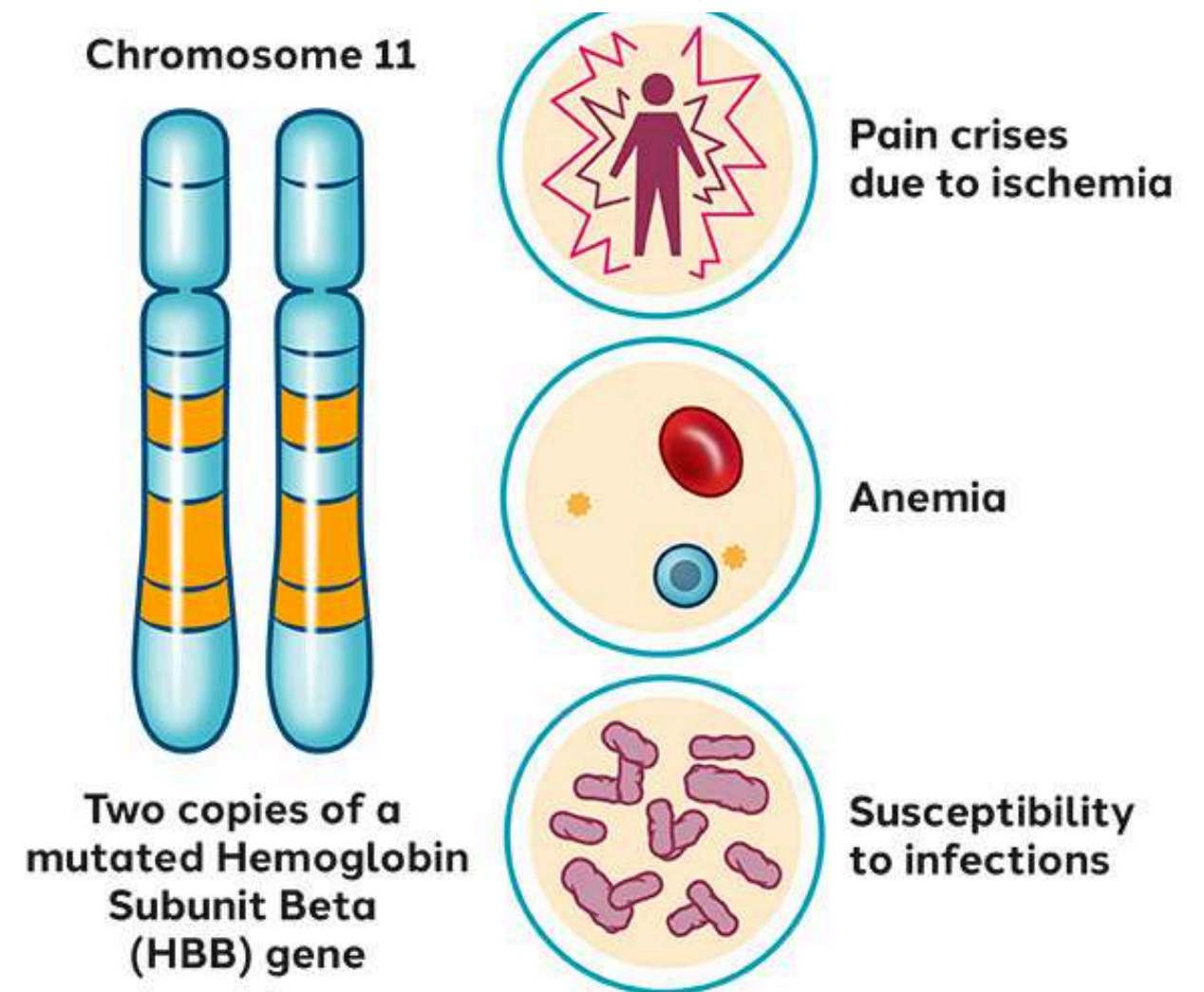
By Nurse Sydoney Graham, Department of Health & Wellness

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

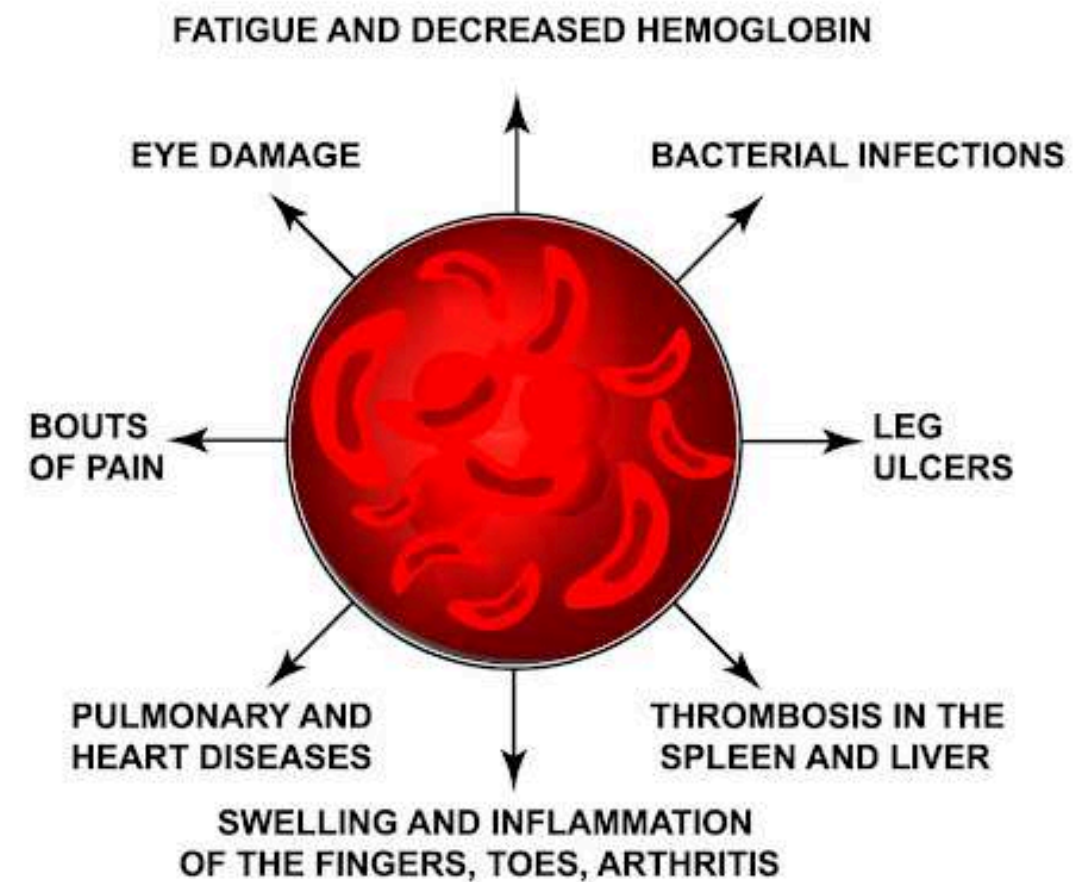
By Nurse Sydoney Graham, Department of Health & Wellness

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.



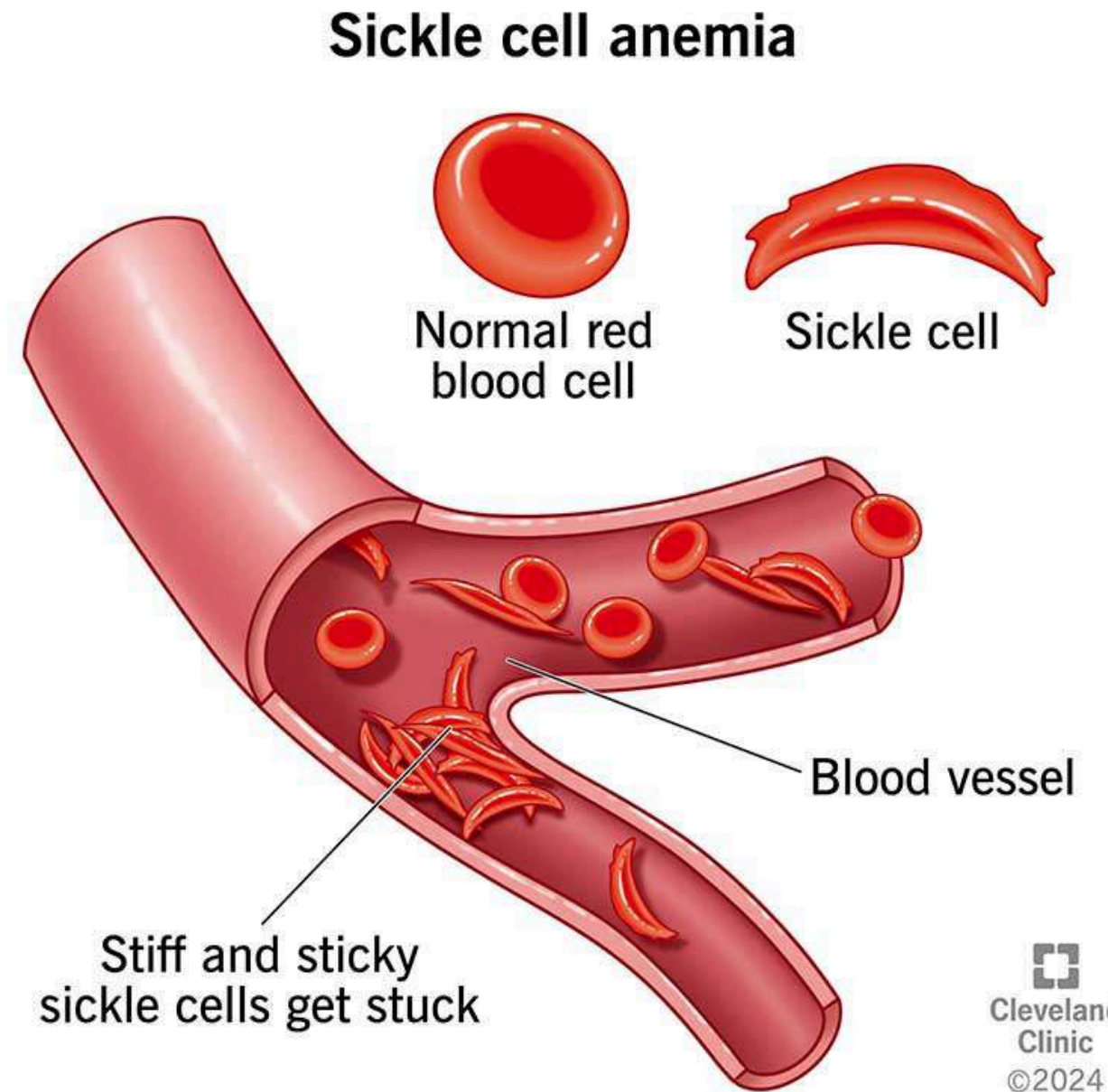
September is Sickle Cell Month

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

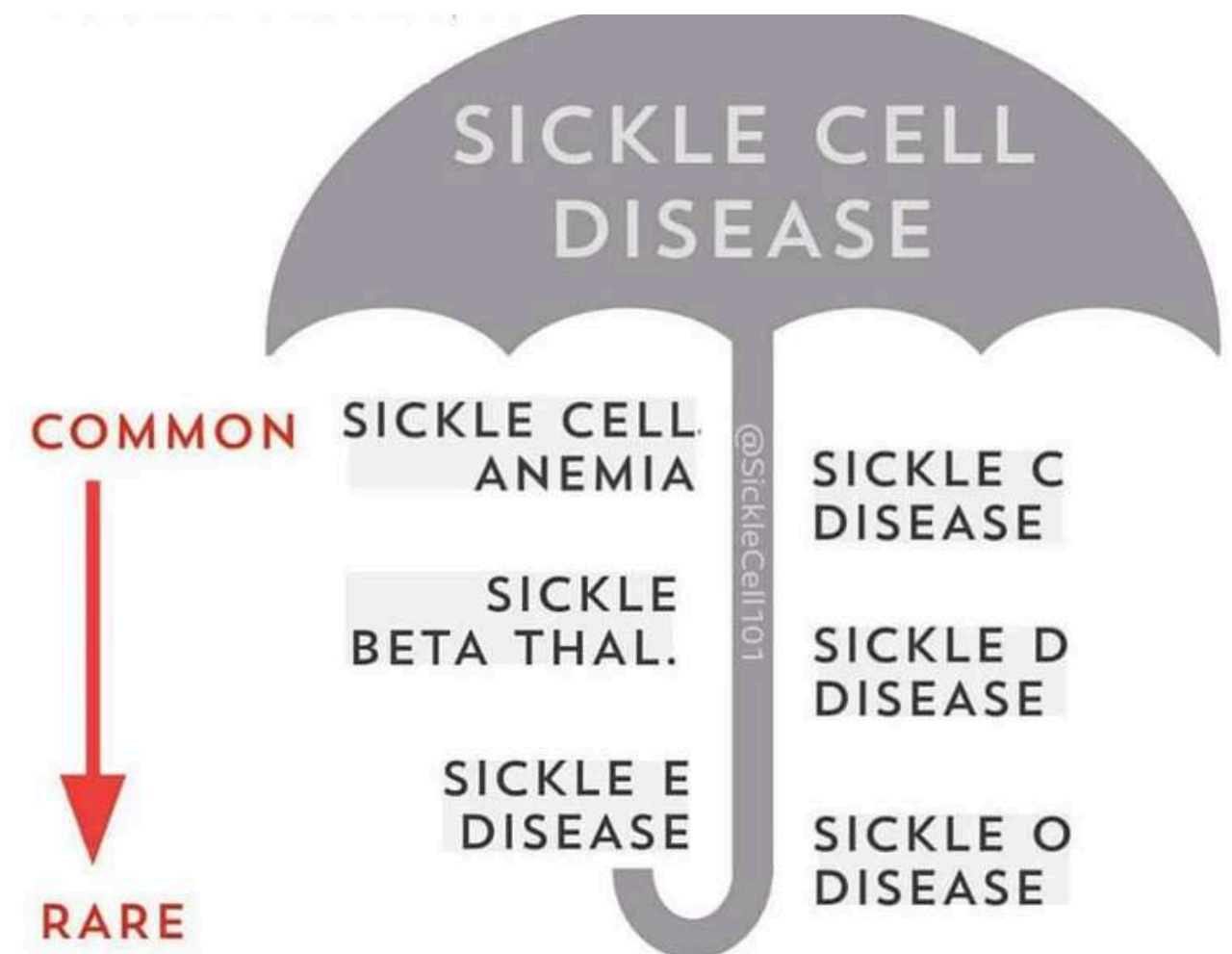
Types of Sickle Cell Diseases

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

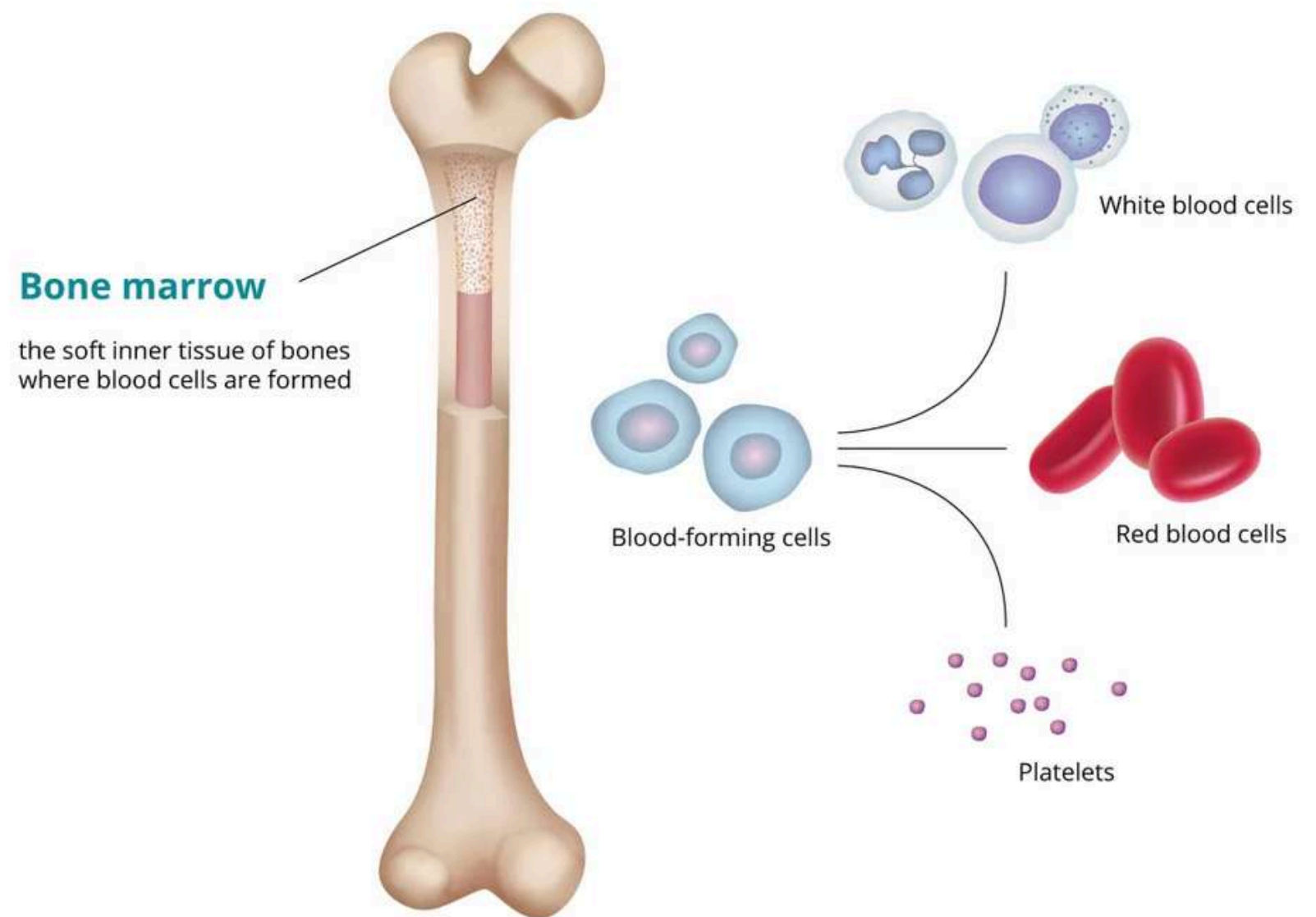
By Nurse Sydoney Graham, Department of Health & Wellness

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.

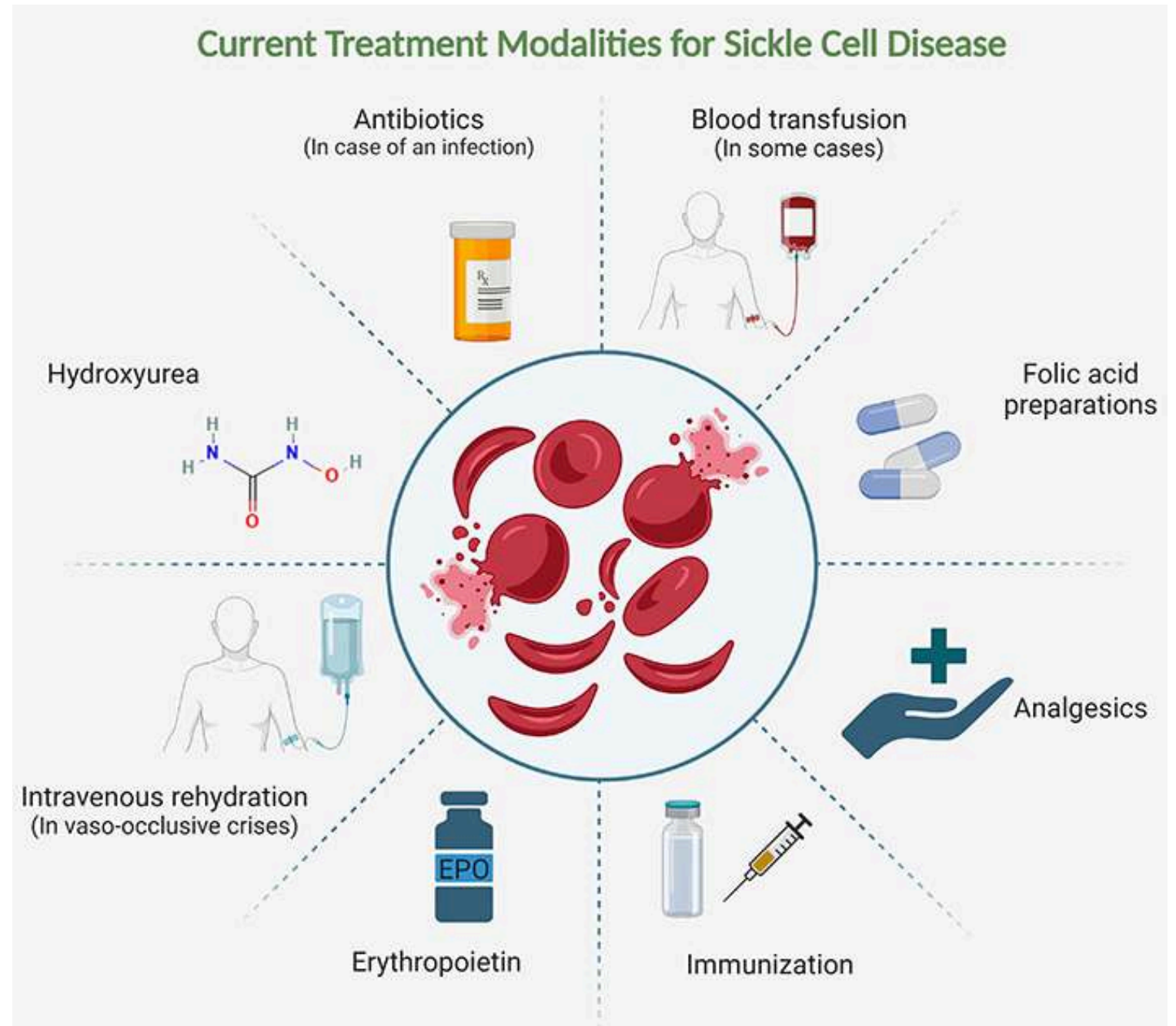
Blood transfusions: Transfusions can give you more healthy red blood cells and treat anaemia, sickle cell crises and other complications.

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

50th Anniversary Celebrations

Church Service at Ridgemount United Church
Mandeville
- NOVEMBER 05

50th Anniversary Celebrations

Founders' Day Activities
- NOVEMBER 21

50th 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

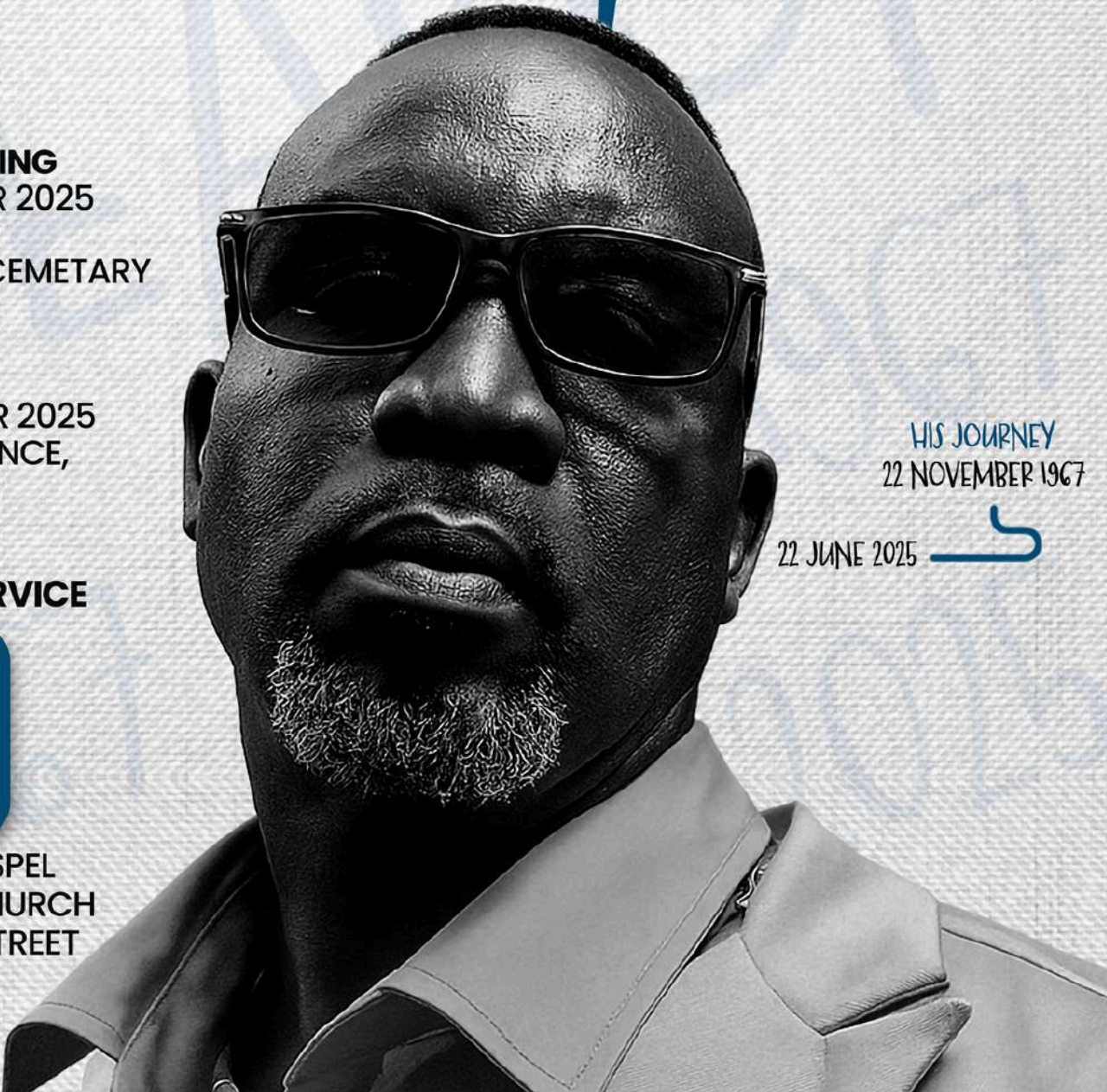
GRAVE-DIGGING
23 SEPTEMBER 2025
@10:00 A.M.
CHAPLETON CEMETARY
CLARENDON

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/>

Apply Now 
Call or visit us:

Scan to Apply



Spalding Campus
P.O. Box 52, Spalding
876-987-8047
876-987-8049
876-987-8056

Mandeville Campus
6a Greenvale Road
Mandeville
876-962-5127
876-312-0781
Entrance on Ward Avenue

Cobbla Campus
Cobbla
Manchester
876-964-4581
876-310-9635

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



www.kcc.edu.jm

Follow us on

