



December 2025 VOLUME 4 ISSUE 8

# Surviving the “Festive” Season

*Healthy Eating and the Holidays*

Christmas Day, celebrated on December 25, is a Christian holy day that marks the birth of Jesus. During this time, it is customary for persons to exchange gifts, decorate their houses, put up Christmas trees, attend church, parties, festivals and share meals with family and friends.

It is the season for family, festivity and food - *lots of food*. How do you manage your food intake during the holidays when food temptations are just about everywhere? Try these tips to help you during this holiday season.

*See Page 4*

## What's Inside?

Principal's Message	Page 2
Updates from the Principal's Desk	Page 3
Healthy Holiday Eating Tips	Page 4
Staying Active - Keep it Moving	Page 6
Unique Christmas Celebrations	Page 7
Let's Play!	Page 9
Save the Dates	Page 10







# Message from the Principal



*Colleagues and Members of the Board,*

As we enter in the yuletide season, I extend heartfelt gratitude to each of you for your dedication, resilience, and unwavering commitment to Knox Community College. This season reminds us of the power of faith, hope, and community, values that have carried us through a year of both triumphs and trials.

We cannot overlook the impact of Hurricane Melissa, which disrupted lives and livelihoods across our island. To those among us who suffered loss or hardship, please know that you remain in our thoughts and prayers. Likewise, we stand with colleagues who continue to face personal challenges, including illness or other struggles. May this season bring you comfort, strength, and renewed peace.

Looking ahead, 2026 marks the beginning of a transformative journey for Knox as we embrace our 50th Anniversary theme: **God. Goals. Growth.** This theme is not only celebratory but also directional, guiding us into the next five years with clarity and purpose. Our emerging Strategic Plan (2025-6-2029-30) will focus on:

- **God:** Anchoring our mission in faith, integrity, and service.
- **Goals:** Setting measurable, ambitious targets for academic excellence, institutional sustainability, and student success.
- **Growth:** Expanding our reach, strengthening our governance, and positioning Knox as a national leader in higher education and integrated sustainability.

As we enter the new year, I call on each of you, faculty, staff, and Board members, to recommit to this shared vision. Together, we will build systems that are transparent, accountable, and transformative, ensuring Knox Community College continues to thrive for generations to come.

May this Christmas bring joy to your homes, and may the New Year inspire us all to embrace the opportunities ahead with courage and conviction.

Blessings,

*DB Ramgeet*

Principal Ramgeet

#KCC50.God.Goals.Growth



# Updates from the Principal's Desk



Colleagues,

Please be advised that, due to the disruption caused by Hurricane Melissa, the academic calendar has been amended as follows:

- All classes will recommence on **Monday, 05 January 2026**.
- Assessments in lieu of semester 1 examinations and table marking (CCCCJ) -16 -30 January
- End-of-semester 1 examinations for UTECH Ja students will be shifted forward, 07 - 16 January 2026 (tentative).
- Submission of all coursework grades will now be due on 09 January 2026.
- Submission of final assessment/examination grades will now be due on 6 February 2026.
- Registration for semester (CCCCJ) will be open 09 - 20 February 2026.
- Semester 2 is proposed to begin 16 February 2025.

Faculty are expected to adjust lesson plans accordingly to ensure coverage of all required material within the revised timeframe. Please communicate any challenges to your respective Heads of Department immediately so that accommodations can be considered.

We appreciate your cooperation and professionalism as we work to restore normal operations while safeguarding academic integrity.

  
Davia Ramgeet  
Principal Ramgeet



## Holiday-proof your Meal Plan

Meet the challenges armed with a plan:

### 🕒 Stick to Your Usual Eating Times

Try to eat close to your normal schedule to keep your blood sugar steady.

If dinner will be later than usual, have a small snack at your typical mealtime and eat a little less at the main meal.

### 🥗 Bring a Healthy Dish to Share

Going to a party? Offer to take a healthy meal option, so you know there is something good for you to enjoy.

### 🍞 Plan Your Carbs Ahead

Decide your carb choices before eating.

If you want a sweet treat, reduce carbs from other foods like bread, potatoes, or pasta.

### 🕒 Don't Skip Meals

Avoid skipping meals to "save up" for a big feast — this can lead to overeating and blood sugar spikes.

### 🍷 Limit Alcohol

Avoid or reduce alcohol. If you do drink, skip sugary mixers like soda or juice, choose lighter options, and always eat food alongside it.





## Outsmart the buffet

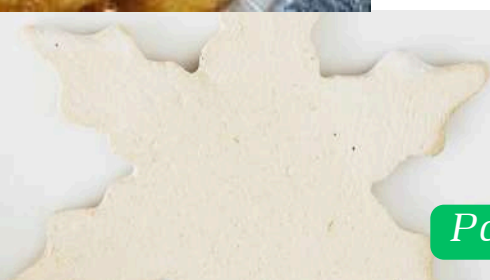


When you face a spread of delicious holiday food, make healthy choices easier:

- Fill at least half your plate with **vegetables** and leave less room for unhealthy food.
- **Eat slowly.** It takes at least 20 minutes for your brain to realize you are full, so take your time before deciding if you want seconds.
- Don't forget to drink plenty of **water**.

## No food is on the naughty list!

- You can still enjoy your favourite holiday treats in moderation. Focus on food you really love and enjoy it!
- Instead of overeating, ask if you can take a favourite food home for later.







# Stay Active During the Holidays - Keep It Moving



## 👤🏃♂️ Staying Active Is Your Secret Holiday Weapon

A little movement helps you digest holiday meals, keep your blood sugar stable, and ease seasonal stress.

## ❄️🕒 Short Bursts Still Count

No time for a long walk? Even 10 minutes of movement after a big meal makes a positive difference.

## 🎁 Make It a Festive Activity

Invite family and friends for a holiday walk, a quick dance to Christmas music, or playful movement — staying active together keeps the season fun and healthy!





# Unique Ways Christmas Is Celebrated Around the World

Christmas is one of the most globally celebrated holidays in the world.

Did you know that not everybody celebrate it the same way - or even on the same day?

## China

Christmas is not a public holiday. It is a normal workday in mainland China. Young couples see it as a romantic occasion for dates, gifts (like elaborate roses or even cars!), and expressing love, similar to Valentine's Day.



## Ethiopia

Ethiopians are members of the Ethiopian Orthodox Tewahedo Church and, like many Orthodox denominations, they celebrate Christmas in January. The holiday does not involve Santa or an exchange of gifts and is instead more religion-oriented. Fasting is a big part of the Ethiopian Orthodox Tewahedo Church, and many participate in a 43-day abstinence from eating meat, fat, eggs and dairy products, ending on Ethiopian Christmas Eve. On Christmas Day, which next falls on January 7 and is known as Ganna (or Genna), people dress in white to go to mass in the morning.







# Unique Ways Christmas Is Celebrated Around the World

## Finland

Some Finnish families traditionally visit the cemetery during the festive season, usually on Christmas Eve, to place candles on the graves of their deceased loved ones. In fact, Christmas sauna is perhaps one of the oldest Christmas traditions in Finland, where all the family members bathe in a sauna on Christmas Eve in the afternoon.



## France

In France, as in many places, Christmas festivities culminate on January 6 - the Epiphany, which celebrates the Three Magi's visit to baby Jesus. To observe this day in culinary fashion, the French partake in a flaky dessert called Galette des Rois (king cake), a cake layered with frangipane and sold with a paper crown.



## Japan

The country's Christmas is best known for its popular holiday meal: KFC- Kentucky for Christmas! KFC is now so in demand that the restaurant takes orders in advance to ensure everyone can get their meals.







# Let's Play!

## CHRISTMAS CROSSWORD PUZZLE

USE THE CLUES TO COMPLETE THE CROSSWORD PUZZLE.



### Across

1. One of Santa's Reindeer
3. Santa's Helpers
5. December 25th is \_\_\_\_\_.
7. Christmas Drink
10. The name of a popular snowman.

### Down

2. Christmas Month
4. He hates Christmas!
6. You hang them by the chimney.
8. On Christmas morning we unwrap our \_\_\_\_\_.
9. \_\_\_\_\_ to the world!



## Christmas

### WORD SEARCH

Find the hidden Christmas related words. The words can be horizontal, vertical and diagonal. The letters that are left over, form a hidden message!

candy canes	E	G	G	N	O	G	Y	I	T	S	N	O	T	C	S
celebrate	W	J	I	N	G	L	E	B	E	L	L	S	E	M	U
chimney	H	A	C	S	M	F	N	T	S	U	E	L	E	N	A
Christmas tree	P	D	A	N	I	R	M	E	R	T	E	R	H	E	L
decorations	O	C	N	O	S	O	I	H	R	B	R	I	S	S	C
eggnog	I	T	D	I	T	S	H	M	R	Y	T	A	E	S	A
Frosty	N	G	Y	T	L	T	C	A	T	U	S	K	N	R	T
greetings	S	R	C	A	E	Y	T	R	R	G	A	E	O	E	N
Jingle Bells	E	E	A	R	T	E	E	K	N	L	M	W	R	I	A
jolly	T	E	N	O	O	H	E	I	F	A	T	J	T	N	S
merry	T	T	E	C	E	Y	K	W	T	M	S	O	H	D	A
mistletoe	I	I	S	E	T	C	O	T	E	R	I	L	P	E	S
Noel	A	N	I	D	O	N	L	E	O	N	R	L	O	E	T
North Pole	S	G	W	T	S	H	O	S	A	R	H	Y	L	R	O
poinsettia	U	S	S	N	D	E	G	O	O	R	C	S	E	I	T
reindeer															
Santa Claus															
Scrooge															
snowflakes															
stockings															
turkey															

Hidden message: \_\_\_\_\_



# SAVE THE DATES

Edu-business office hours will be 8:30 am to 4:00 pm daily until  
19 December 2025.

17 DEC

Distribution/Collection of  
Tokens on Spalding Campus



18 DEC

Distribution/Collection of  
Tokens on Other Campuses



19 DEC

Break in semester 1  
Edu-business offices close 4p.m.



Security Officers will maintain their schedules. Farm Hands and Grounds men may be on call, if the needs arise. Cleaning staff and their supervisors will be at work 31 December 2025 as per their agreed hours.

**N.B: Collection process will end on Friday, 19 December 2025 midday.**  
Salaries and wages will be disbursed between Tuesday and Thursday, 16-18 December 2025 and wages 02 January 2026.





**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