



May 2026
Vol 4 Issue 4

Lupus: Courage Beyond the Diagnosis

Article contributed by KCC Staff Member

My Story: The Beginning

This personal account detailing my journey with Lupus highlights a transition from sudden illness to long-term remission through resilience and proper management.

Shortly after graduating college at age 19, I experienced a sudden onset of extreme weakness, high fever, loss of appetite, and chronic pain. An initial misdiagnosis of chicken pox was corrected after symptoms failed to improve and rashes changed in appearance.

At the peak of the illness, I lost 50 lbs and experienced significant hair loss.

The Diagnosis

A dermatologist performed a biopsy, eventually confirming a diagnosis of Discoid Lupus Erythematosus (DLE).

The doctor clarified the two primary forms of the disease:

- **Systemic Lupus Erythematosus (SLE):** An autoimmune condition where the immune system attacks healthy tissues and organs.
- **Discoid Lupus (DLE):** A cutaneous (skin-based) form where symptoms are often triggered or worsened by ultraviolet (UV) light and stress.

Initially terrified by the term "chronic," I found hope after learning it meant a condition requiring long-term management, rather than an immediate "death sentence".

Treatment & Long-Term Remission

Initial treatment involved medication, which was gradually tapered off as symptoms subsided. The management focused heavily on lifestyle adjustments, specifically avoiding stress and direct sunlight.

Despite medical advice to avoid further education or having children, I successfully completed both Bachelor's and Master's degrees and raised a child.

I have remained in remission for many, attributing my health to proper medical management and faith.

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Message from the Principal

Date: 05 May 2026



Team KCC,

As we approach the culmination of Semester 2, I want to pause and thank you for the professionalism, endurance, and care you have shown our students and each other. This term has required agility, patience, and steady leadership in classrooms, offices, labs, clinics, workshops, and across our campuses, and you have risen to the moment.

To our academic staff who have recently returned from vacation leave, welcome back. Your renewed presence strengthens our academic community. I also extend deep appreciation to those who acted during the period of absence, often while balancing full schedules. Your willingness to carry additional responsibility reflects the best of our culture: service, teamwork, and commitment to excellence.

A Word of Encouragement

In seasons like this, we are reminded that perseverance is not simply pushing harder, it is continuing with purpose. "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up" (Galatians 6:9). May this be a gentle reminder that your work matters, and it is bearing fruit.

Recognizing National Observances

As we close out the semester, we also acknowledge two important national observances:

- **Education Week:** 03-09 May 2026 (including Read Across Jamaica Day on 05 May 2026).
- **Nurses' Week:** 06-12 May 2026 (culminating on International Nurses Day, 12 May).

Academic Staff Tokens

Academic staff are reminded to collect your tokens for Teachers' Day as follows:

Collection dates: 05 May to 08 May 2026

Time: 10 am to 4 pm

Location: Spalding Campus (all other campuses 06 - 08 May 2026)

Contact person (if needed): Ms. Lotoya Blackburn

Well-being and Compassion as we finish

I recognize that the final stretch can feel demanding. Please be kind to yourself and one another. If you are overwhelmed, reach out early, whether to your Head of Department/Unit, your supervisor, or our student services and support teams for coordinated assistance. We will do our best to help, because none of us is meant to carry the weight alone.

Thank you again for the many unseen things you do, staying late to counsel a student, troubleshooting technology, preparing practical spaces, and ensuring that learning remains safe and meaningful. Let us finish Semester 2 strong, but also finish it well, grounded in care, integrity, and our shared mission.

May strength, wisdom, and peace attend to you and your families.

Warm regards,

DB Ramgeet
DAYIA RAMGEET

Principal Ramgeet

#KCC50.God.Goals.Growth

New Employees Onboarding

WELCOME

- Tory-Ann Wint (Cleaner – Spalding) effective 01 May 2026.
- Hortencia Mitchell – Clerical Assistant effective 02 March 2026; Senior Secretary effective 01 April 2026 (Office of the Principal).
- Charmain Rankine (Household Attendant – Spalding) effective 02 March 2026.
- Nadine Ennis (Household Attendant – Cobbla) effective 02 March 2026.
- Anthony Brown (Groundsman – Mandeville) effective 02 March 2026.
- Rushelle McFarlane-McLean (Nurse Educator/Tutor) effective 02 January 2026.
- Tronrelle Salmon-Pommells (Nurse Educator/Tutor) effective 02 January 2026.

We are excited to have you onboard and look forward to a successful journey together.

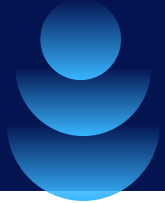
Promotions/Reassignments/Reclassification of Posts - 2026

Academic

- Marshalee Matthews (Senior Lecturer – Assistant, Operations Research) effective 01 May 2026
- Claudette Williams (Senior Lecturer – Examination & Assessment Coordinator) effective 01 May 2026
- Chevanese Campbell-Brown (PL2 – Campus Coordinator – Cobbla) effective 01 May 2026
- Ann Julette Rowe (PL2 – Campus Coordinator/Dean, Operations Research) effective 01 May 2026
- Shereda Ramdon (PL2 – Curriculum Development Officer) effective 01 May 2026
- Masie Atkinson – (Senior Lecturer – Curriculum Development Coordinator)
- Vaneicia Ruddock (Senior Lecturer – Placement Officer) effective 01 May 2026
- Anthoneal Thomas – (Senior Lecturer – Events Coordinator) effective 01 May 2026

Non-academic

- Nellieth Williams (Resident Hall Coordinator – EIGS – AS5) effective 01 May 2026
- Nascene Francis-McKie (Canteen Supervisor – EIGS – AS4) effective 01 May 2026
- Mariah Bell (Director, Public Procurement – GMG/SEG1) effective May – Nov 2026
- Shachia Heron (Public Procurement Officer – GMG/AM3) effective 01 May 2026
- Fiona Morris (Student Affairs Officer – EIGS/AS6) effective 01 May 2026
- Kwesi Richards (Maintenance Supervisor – EIGS/AS2) effective 01 April 2026
- Barbara Mullings (Director, SHRM – GMG/SEG 3) effective 01 April 2026
- Shanakay Dennis (Senior Human Resource Officer – GMG/SEG 1) effective 01 April 2026
- Michelle Palmer (Senior Human Resource Officer – GMG/SEG 1) effective 01 April 2026
- Kemeshia Howard (Administrative Assistant – GMG/ AM3) effective 01 April 2026
- Anthony Henry (Plant Manager – EIGS/AS6) effective 19 January 2026
- Zenobia Palmer (Data Protection Officer – GMG/SEG 2) effective 02 January – 31 October 2026



Lupus Awareness Starts with Understanding

Article contributed by Nurse Graham, Department of Health & Wellness

What is Lupus?

Lupus is an autoimmune disease that makes your immune system damage organs and tissue throughout your body.

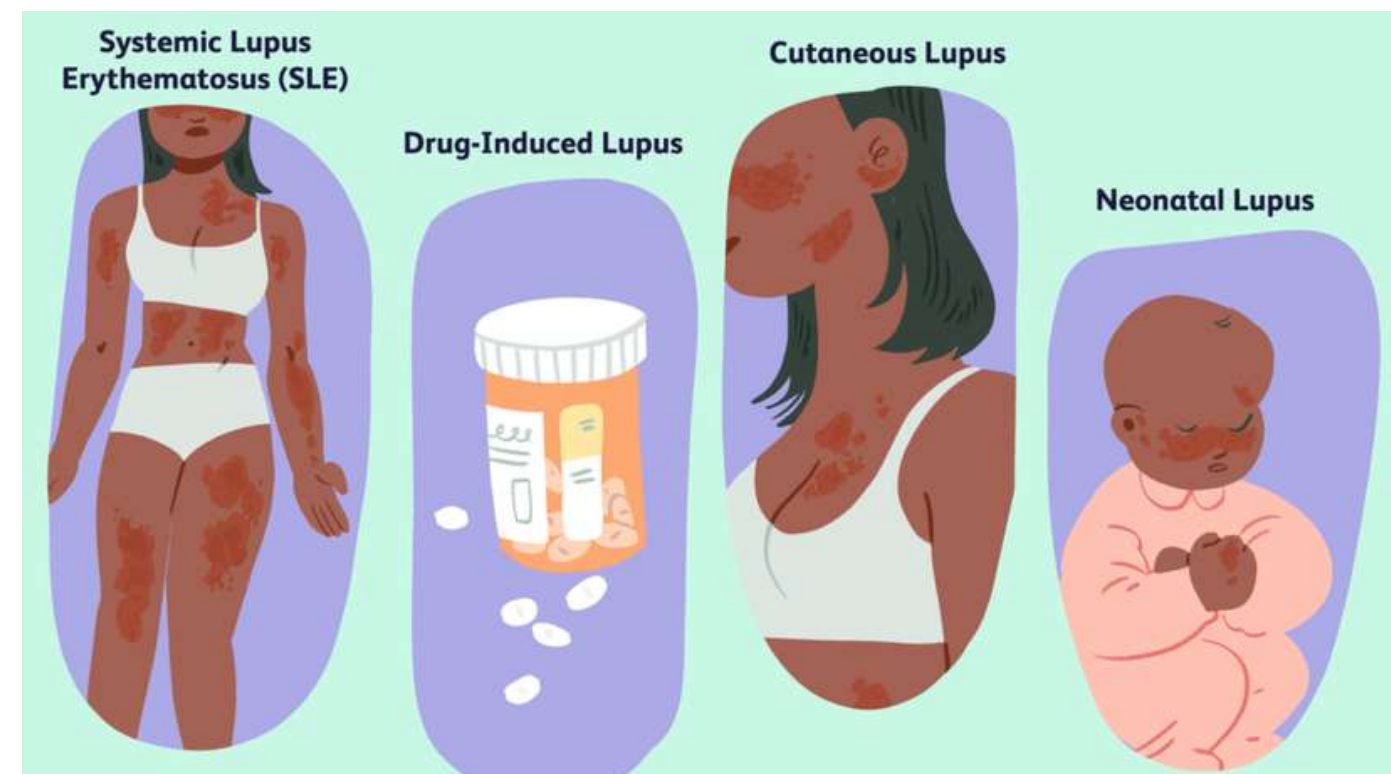
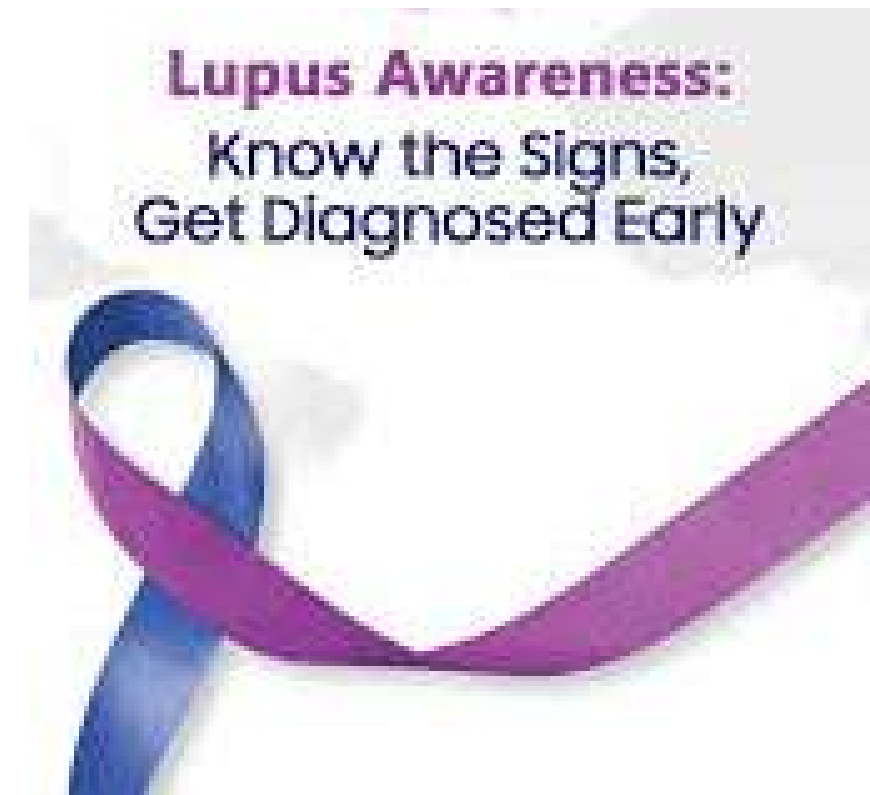
It causes inflammation that can affect your skin, joints, blood and organs like your kidneys, lungs and heart.

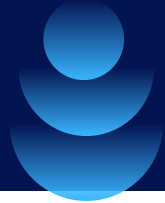
Types of lupus

Healthcare providers sometimes call lupus **systemic lupus erythematosus (SLE)**. It's the most common type of lupus. It means you have lupus throughout your body.

Other types include:

- **Cutaneous lupus erythematosus:** Lupus only affects your skin.
- **Drug-induced lupus:** This is when a medication causes lupus symptoms as a side effect. It's usually temporary. It might go away after you stop taking the medication that caused it.
- **Neonatal lupus:** Babies are sometimes born with lupus. Babies whose biological parents have lupus might have an increased risk of it, but they are not guaranteed to have it.





Lupus Awareness Starts with Understanding

Article contributed by Nurse Graham, Department of Health & Wellness

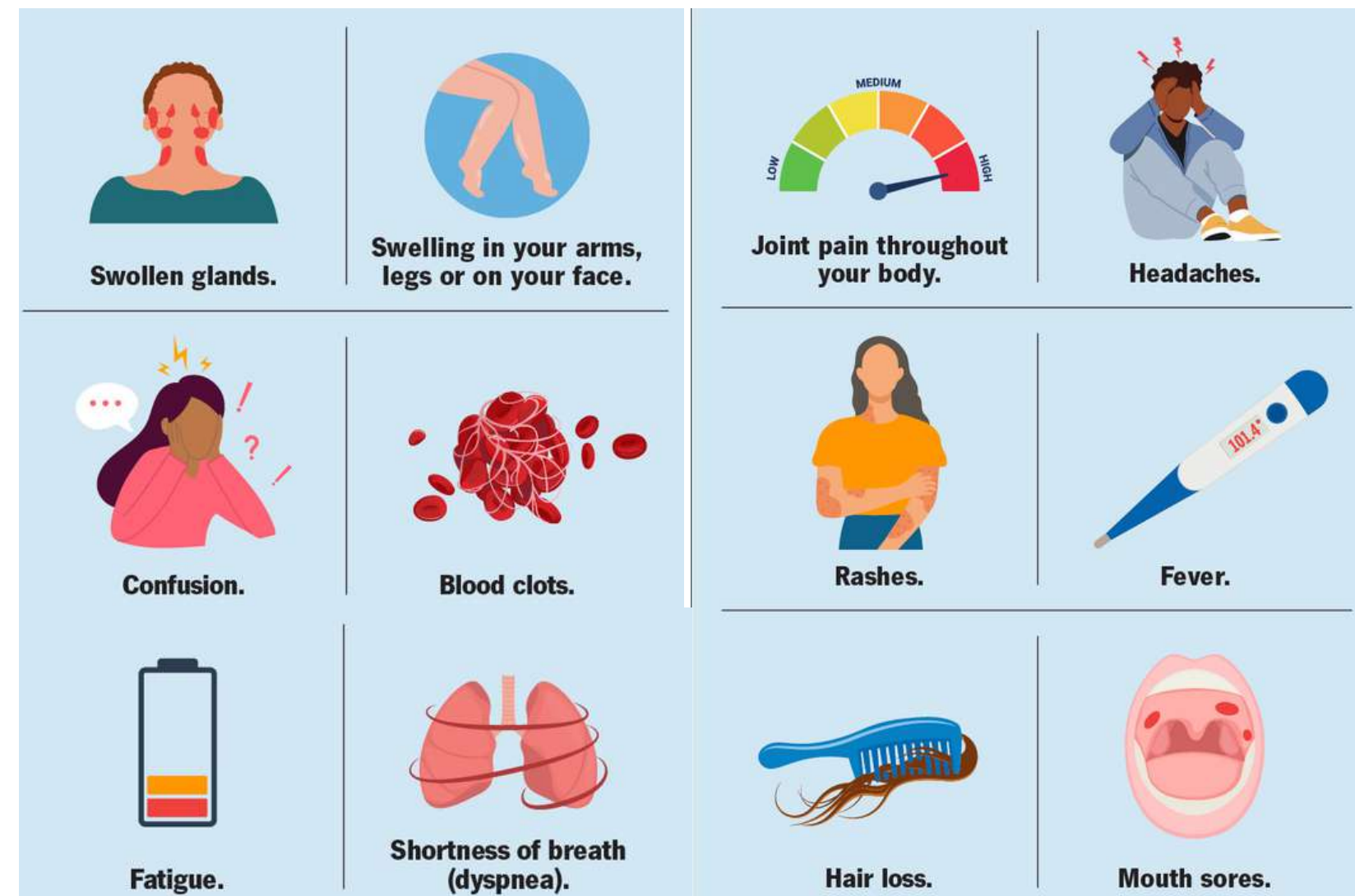


What are lupus symptoms?

Where you have symptoms depends on which organs or systems lupus affects. Everyone experiences a different combination and severity of symptoms.

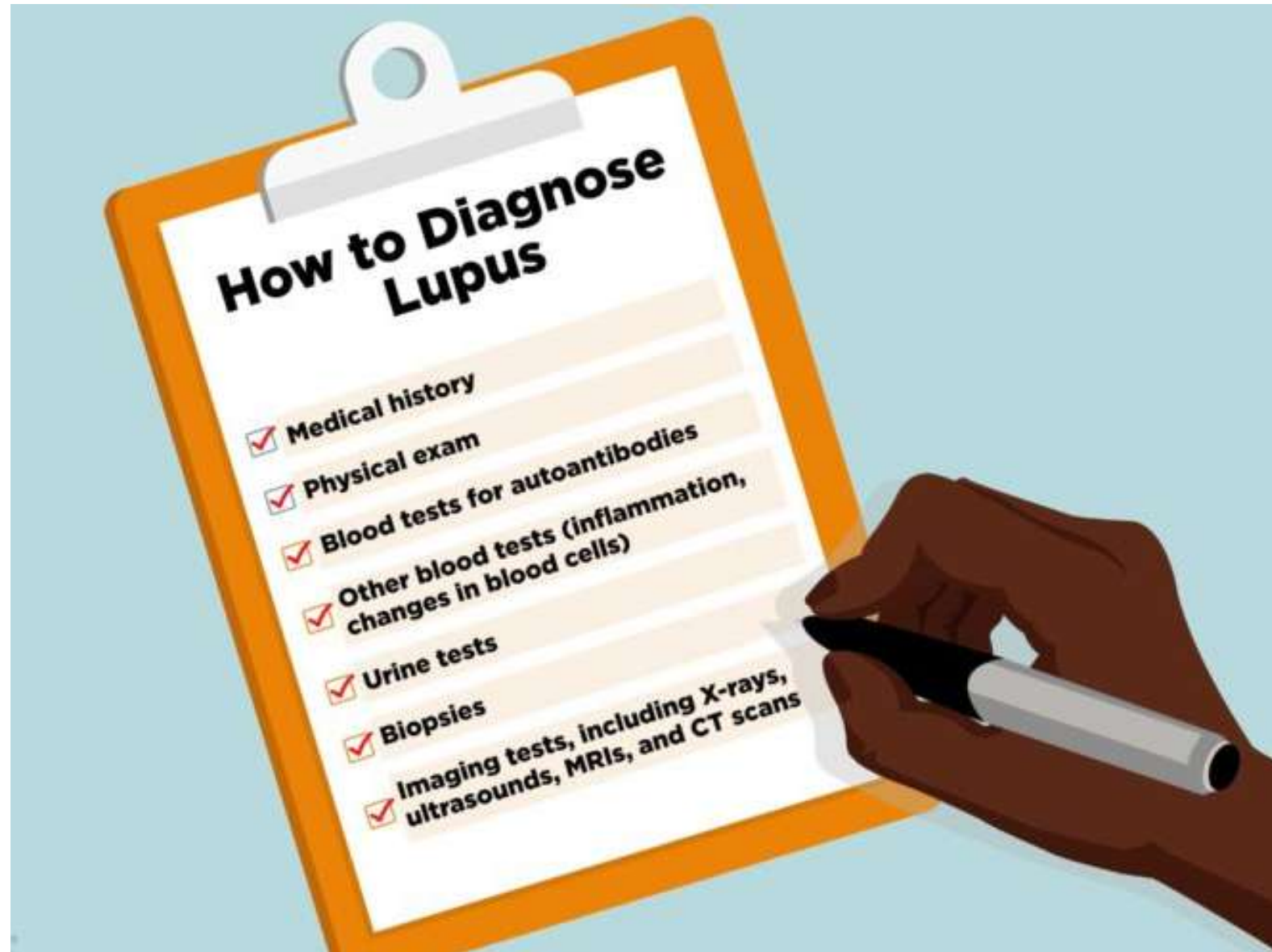
Lupus symptoms usually come and go in waves called flare-ups. During a flare-up, the symptoms can be severe enough to affect your daily routine. In between flares, you might have periods with mild or no symptoms. This is called being in remission.

Symptoms usually develop slowly. You might notice one or two signs of lupus at first. Then, you might experience more or different symptoms later on.



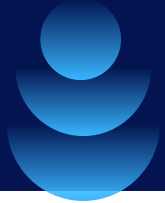
Lupus Diagnosis

Article contributed by Nurse Graham, Department of Health & Wellness



Diagnosing lupus is hard because symptoms vary from person to person. Also, symptoms of lupus may change over time.

No one test can diagnose lupus. A healthcare professional makes the diagnosis based on the results of blood and urine tests, symptoms, medical history and a physical exam.



Lupus: Treatment

Article contributed by Nurse Graham, Department of Health & Wellness



Treatment for lupus depends on your symptoms. Talk with your healthcare professional about the pros and cons of treatment and what medicines might work for you. As your symptoms flare and get better, you may need to change medicines or dosages.

Common treatments may include anti-inflammatory drugs, corticosteroids, antimalarial medications, and immunosuppressants to help control symptoms and reduce flare-ups.



Nonsteroidal Anti-Inflammatory
Drugs (NSAIDs)



Biologics



Antimalarial Drugs



Corticosteroids



Immunosuppressants



LUPUS DOESN'T
DEFINE ME.
MY COURAGE DOES.

*Keep the faith. Keep pushing.
Keep believing. ♥*

YOU ARE NOT ALONE.

Together, we can raise awareness,
share hope, and support each other.

Stronger Together ♥

LEARN • CONNECT • GET SUPPORT



Learn more about lupus



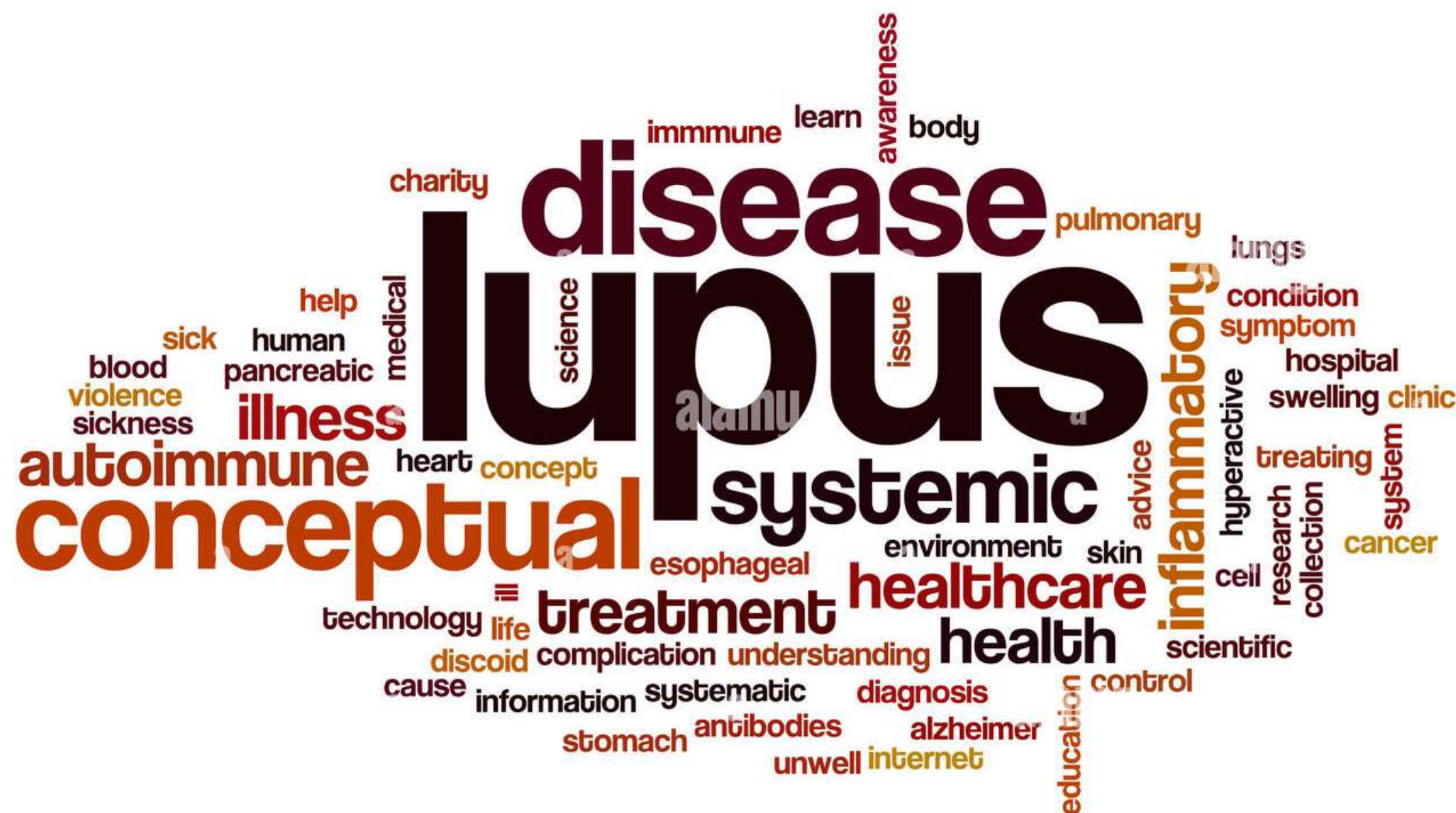
Join a support group

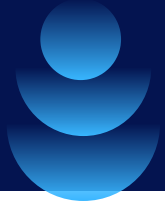


Reach out. Share your story.
Inspire someone today.



AWARENESS TODAY. HOPE TOMORROW. STRENGTH EVERY DAY. ♥





Use of Generative AI in Web Development Capstone Projects

Article contributed by Sydia Brown, Department of Information , Communication & Technology

Final-year students enrolled in the Associate Degree in Information Technology (ADIT) programme at a community college in central Jamaica are consistently underperforming in their capstone web development projects. Despite completing prerequisite courses, many students struggle to implement functional backend systems, which significantly impacts the quality and completeness of their final projects. This study employed an action research methodology to investigate the integration of generative artificial intelligence (AI) tools in web development capstone projects at a community college in central Jamaica. The study was conducted in the Business Systems Analysis, Design, and Development capstone course.

The study employed purposive sampling, involving all seven students enrolled in the capstone course during the second semester of the 2024-2025 academic year. A mixed method approach using pre-test, post-test, user AI log, project presentations and final grades and researcher reflective journal was utilized.

Findings revealed that all students (100%) used GenAI tools during the development process, particularly for debugging, with the strongest emphasis placed on backend debugging tasks. Second, triangulation of the qualitative data showed that two themes—debugging/bug fixing and explanations/understanding—consistently appeared across all data sources. Third, 50% of students indicated that using GenAI contributed to measurable gains in their backend development skills, specifically in C#. A notable limitation identified by students was limited prompting engineering skills.

Overall, students who used GenAI support demonstrated improved project performance.

Read Across Jamaica Day



Between Miles and Mastery

At dawn, Manchester releases me,
And the road leans forward with intention,
Carrying me to Knox Community College,
Where purpose waits quietly in Nursing Room One,
And walls bear witness.

I am still becoming,
A first-year student learning the grammar of care,
Tracing pulses on classmates' wrists,
Measuring breath on family
Who offer their trust like open hands.

The nights belong to study,
Bush tea cooling beside borrowed hours,
Pages turning beneath patience and resolve,
While rest lingers just out of reach.

Nursing teaches reverence for detail,
The hush before a reading,
The discipline of accuracy,
The grace of attention given fully.

Some days ask endurance,
Others ask belief,
But every mile from Manchester refines commitment,
And every practiced moment sharpens purpose.

This journey is unfinished,
Yet already inscribed
In effort, devotion,
And the quiet courage to learn.

Written by Sachin Calder, Year 1 Student
Associate Of Applied Science In Assistant Nursing



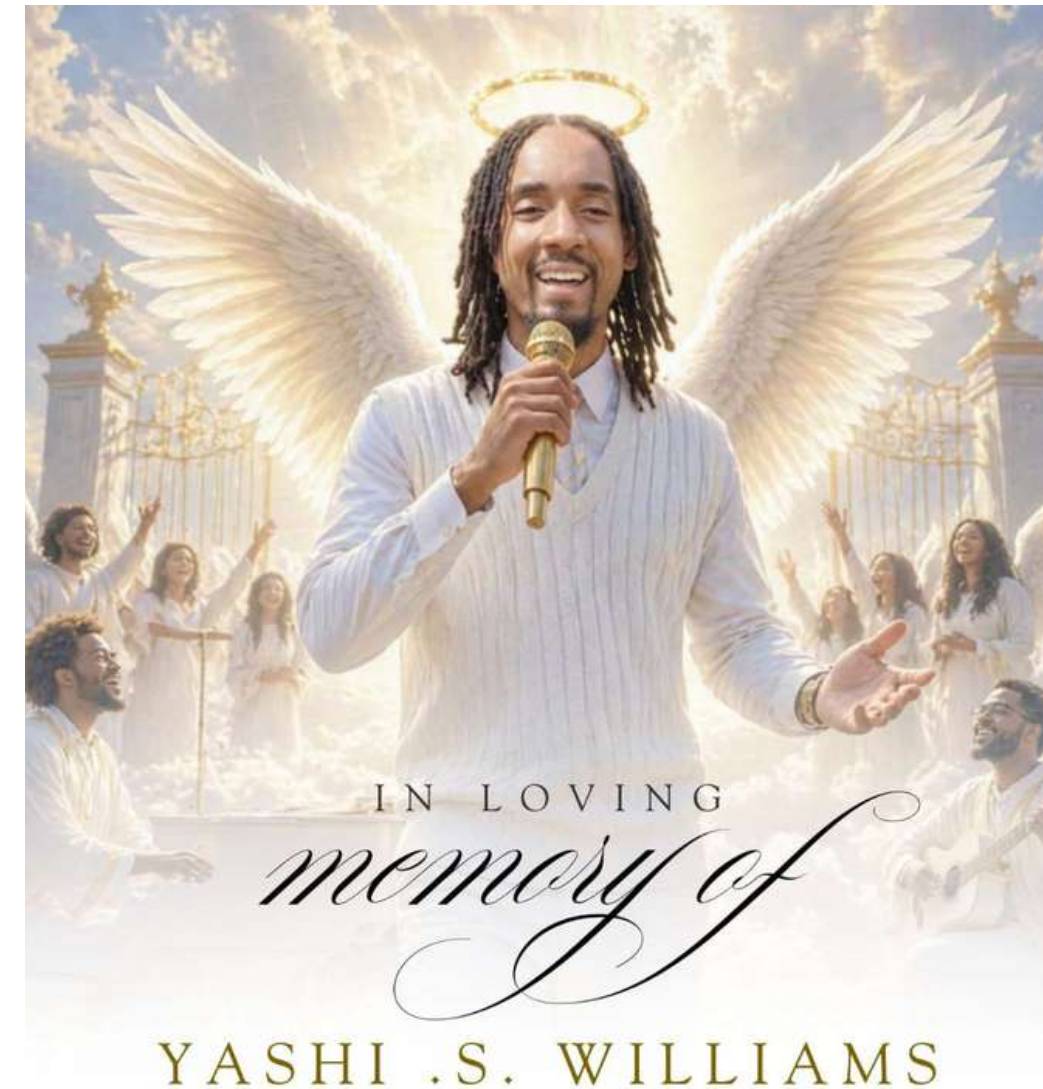
Mark your Calendars!

Important DATES May-August 2026



- **CCCJ Examinations** – start date: 18 May 2026
- **CCCJ Examinations Format**
 - ✓ Paper-based format for face-to-face students.
 - ✓ Online format for Global School and Work and Travel students using the Safe Exam Browser.
- **Submission of coursework grades:** 8 May 2026
- **Table-Marking of examination papers:** 20 May 2026 - 5 June 2026
- **End of teaching/last day of classes (Semester 2):** 15 May 2026
- **Submission of final grades** – deadline: 8 June 2026
- **Department/Programme review meetings (where applicable):** Internal Ratification - Proposed date: 15 June 2026 – 19 June 2026
- **Summer Semester** – start date: 8 June 2026 | end date: 7 August 2026 |
- Summer Semester Registration:** 11 May 2026 – 5 June 2026
- Summer Session Exams:** 17 August 2026 – 21 August 2026

Yashi Williams was a 2nd year KCC student pursuing a degree in Social Work. Sincere condolences to his families, friends and coworkers.



Funeral Service
Saturday, June 20, 2026

10:00 am

Ridgemount United Church





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

Apply Now 
 Call or visit us:

Scan to Apply



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 876-987-8049
 876-987-8056

Mandeville Campus
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 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