

# The Hills



Campus News



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# The Hills

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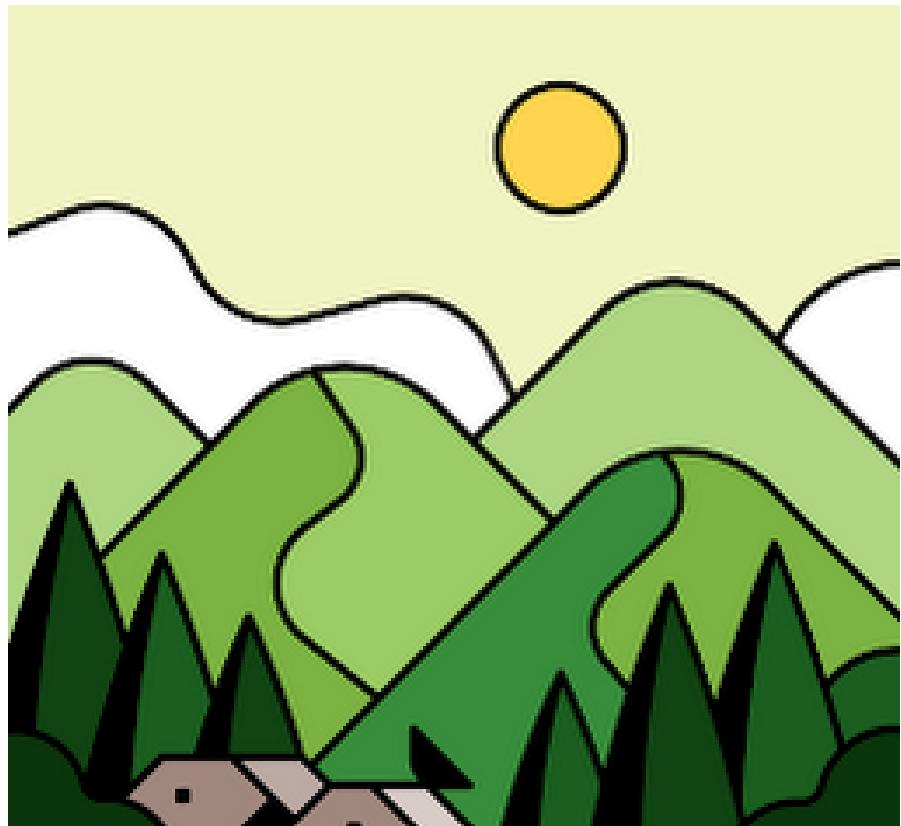
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## FROM THE EDITOR

I want to express my sincere appreciation to the entire student body for the incredibly warm welcome you have extended to me. Your enthusiasm and support have been truly inspiring, and I am eager to embark on this journey alongside each and every one of you. The success of our newspaper and magazine hinges on our collective efforts. Together, we have the opportunity to be the change we wish to see at Stony Hill. Through meaningful storytelling, insightful reporting, and engaging content, we can amplify voices, foster dialogue, and celebrate the vibrant spirit of our community.

In the coming weeks and months, you can expect to see exciting developments from the Stony Hill News Team. From investigative pieces to feature stories, from campus events coverage to opinion pieces, we are committed to delivering content that informs, inspires, challenges and unites us all. Thank you so much for your support!

Safia Mendez

EDITOR-IN-CHIEF



# The Hills Magazine

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# STUDENT ACHIEVEMENTS

# FROM HEART TRAINEE TO PM'S AWARD NOMINEE



## THE STORY OF KAWAINE ANDERSON

## All A Dream

Kawaine Anderson's journey began with a dream and a determination to overcome obstacles. Growing up in Jamaica, Kawaine always had a passion for making people happy and leaving a positive impact on his community. This drive led him to pursue a career in hospitality and tourism management, where he found the perfect outlet for his creativity and service-oriented nature.

## Not Without Challenges

His journey wasn't without its challenges. Financial constraints threatened to derail his ambitions of pursuing higher education, but Kawaine refused to let that stop him. Instead, he enrolled in courses at the HEART NSTA Trust, seizing every opportunity to learn and grow. During his tenor at the institution, he completed a total of ten (10) courses laying the foundation for his future success.



## Overcoming Obstacles

Despite his initial struggles, Kawaine pushed himself to step out of his comfort zone and take on leadership roles. He became a mentor to others, guiding them towards discovering their potential and empowering them to make a difference in their communities.

His dedication and hard work did not go unnoticed. Kawaine was honored with the Governor General's Achievement Youth Award for Excellence in 2022, a recognition of his outstanding contributions to both academics and community service. This prestigious award served as validation of his efforts and inspired him to continue striving for excellence.



# The Greats



01 MAY 2024 | @THEHILLSMAGAZINE-STONY HILL NEWS

But Kawaine's journey didn't stop there. He set his sights on even greater goals and his dedication and impact were recognized once again when he was shortlisted for the Prime Minister's Youth Award. Throughout this journey he remained committed to his personal growth and making a positive impact in his space, expanding his influence through initiatives such as the Governor General's I Believe Initiative and through serving as a mentor at the Heart Trust NSTA and the University of Technology.

Throughout his journey, Kawaine remained grounded in his belief in the power of youth to shape the future. He encouraged his peers to believe in themselves, stay disciplined, and trust the process, knowing that their efforts would eventually pay off.

As Kawaine reflects on his experiences, he knows that his journey is far from over. As such, he continues to seek out opportunities to grow, learn, and make a difference, determined to leave a lasting legacy of excellence and service in his community and beyond.

# ROAD TO DENBIGH: STONY HILL TOPS JYFC COMPETITION!

On April 13, 2024, the Stony Hill Youth for Christ Group, left the cool hills of St. Andrew, and embarked on an exhilarating journey to blazing Denbigh, Clarendon for an exciting talent competition in the Lord.



Upon arrival ,we, the Stony Hill, YFC poured out in our numbers, bringing the vibrant energy from our hilltop home. We demonstrated our worship of the Creator by singing and dancing as the competition unfolded.

The musicians were fantastic, and in the first half, the moderator let loose making a joyful noise unto the Lord and dancing for Jesus, breaking the silence in the Denbigh church.



One of the highlights of the competition was the "Bible Quiz." Although the team felt nervous, a few encouraging words did well to lift their spirits.



Just as the verse from Philippians 4:13 says, "I can do all things through Christ who strengthens me," our Bible quiz team embodied courage and strength and emerged victorious.

We proudly placed second in the overall competition while securing



spots in the following categories:

- 1st Place Sermonette
- 1st Place Bible Quiz
- 2nd Male Trio
- 2nd Solo Male
- 2nd Quartet
- 2nd Dance
- 2nd Choir
- 3rd Drama
- 3rd Choral Speech
- 3rd DJ Contest
- 3rd Instrumental

The success of our team would not have been made possible without the unwavering support of our dedicated administrators and facilitators. As such, we extend our heartfelt gratitude to them for their invaluable contributions to our success.

# *Face of the Week*



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## MR. PRESIDENT RONALDO

# HITCHMAN



### Professional Profile

Ronaldo E. Hitchman is a seasoned Network Support Technician with a passion for system maintenance and Small Office/Home Office (SOHO) setup, maintenance, and repairs. His expertise extends to Network Security and Communications, where he is currently advancing his skills as an ISC2 Candidate and holds certifications as a 'CC' Certified Cybersecurity and Introductory Cyber Security Personnel. Additionally, Ronaldo is certified as a Cisco Computer Repairs Technician and possesses a fervor for Mobile Application Development. His diverse skillset is aimed at contributing meaningfully to societal development, underpinned by a steadfast commitment to personal and professional growth.

### Professional Engagements

Currently, Ronaldo serves as the Youth Ambassador of The Seventh Day Group of Churches, collaborating with youths and leaders in the Central division cluster to ensure smooth processes aligned with the organization's standards. Additionally, he holds the position of President of the Youth Department (Youth for Christ Coffee Grove SDCOG), where he liaises with community leaders and government officials to develop strategies and ideas fostering camaraderie. Ronaldo also fulfills the role of acting Financial Auditor, ensuring compliance with the Companies Act of Jamaica and financial compliance at the 7th Day Circuit of Churches – Jamaica.

### Leadership Approach

Ronaldo's leadership approach is rooted in transformative leadership principles, emphasizing collaboration, teamwork, and capacity building. He is deeply passionate about fostering environments where everyone feels valued and empowered. Ronaldo's goal is to pattern a way for those around him to feel worthy, fostering a culture of inclusivity and excellence. His dedication to evolving as a valuable human resource drives his pursuit of making a positive impact and inspiring others to join him in shaping a brighter future for all.

### Educational Pursuits

Driven by his passion for Finance and Information Technology, Ronaldo is currently pursuing a Bachelor of Science Degree in Internal Auditing with a concentration in Computer Information Systems. This academic endeavor reflects his commitment to enhancing his knowledge and skills in his chosen fields, further equipping him to contribute meaningfully to both his profession and society at large.

“Champions do not become champions when they win the event, but in the hours, weeks, months and years they spend preparing for it. The victorious performance itself is merely the demonstration of their championship character.”

Alan Armstrong

# **STUDENT GOVERNMENT**

2024



# YOUR **NEWEST** COUNCIL EXECUTIVES

Today marks a momentous occasion as the Counseling Department unveiled the newest Trainee Council Executives at our General Assembly.

Join us in raising a toast and sending our warmest congratulations to:

- Shawn Gardener - Vice President
- Jodiann Edwards - Secretary
- Joshua Reid - Treasurer
- Davion Spaulding-Bowen- Public Relations Officer

Your dedication, passion, and commitment to serving our community have earned you this well-deserved honor. May your journey as Trainee Council Executives be filled with inspiration, growth, and countless successes. Here's to making a positive impact and shaping a brighter future together!



**SHAWN GARDNER**  
**VICE PRESIDENT**



**JODIANN EDWARDS**  
**SECRETARY**



**DAVION SPAULDING-BOWEN**  
**PUBLIC RELATION OFFICER**



**JOSHUA REID**  
**TREASURER**

# TRAINEE COUNCIL NOTICES



# STUDENT LIFE





## A VISIT TO FALLING EDGE

A seventeen minute drive away from the Stony Hill Campus, Falling Edge is the ultimate escape for students looking for an exciting way to spend their weekend. Last week our Trainee Council's President and Co. took the road untravelled and hiked for a total of TWO HOURS to the destination! Would you take on the challenge?



# FLOW'S INTERNATIONAL GIRLS IN ICT DAY EXPO



# FLOW'S INTERNATIONAL GIRLS IN ICT DAY EXPO

In a remarkable display of talent and enthusiasm, fifteen student volunteers from Amber Heart Coding Academy stood out at Flow's International Girls in ICT Day. Their mission? Guiding high school students through coding challenges, igniting a passion for technology.



In an epic showdown, Team St. Andrew School for Girls, led by our very own Nishka Owen, emerged triumphant securing first place in the challenge. But beyond the victory, the day was a whirlwind of excitement and entertainment.

From immersive Virtual Reality adventures to flirtatious dancing robots, every moment was a thrill. But the real highlight? Our student volunteers, diving headfirst into coding challenges in C/C++, a language not typically part of their curriculum. Yet, fueled by unwavering resilience and teamwork, they conquered the challenge together, ensuring they were prepared and equipped to teach it to the next generation of tech enthusiasts.

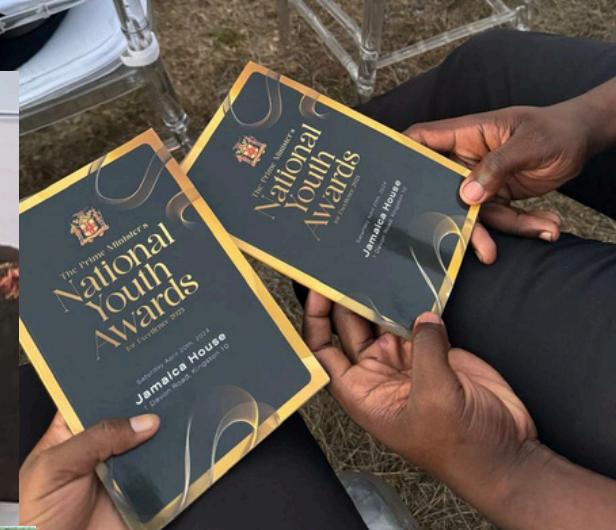
The day offered invaluable networking opportunities with tech leaders such as Aerospace Engineer Ayeanna Samuels and Fourteen (14) Year Old UTECH Computer Science Student ,Jada Wright.

Stony Hill Heart Academy, you've not only showcased your technical prowess but also your unparalleled team spirit. Here's to a day we'll never forget, shaping the future of tech, one circuit at a time!"

01 MAY 2024 | @THEHILLSMAGAZINE-SAFIA MENDEZ



# PM YOUTH AWARD AND AFTER PARTY



You're  
Invited!  
to  
Relive the  
Moment  
with Us

# PM YOUTH AWARD AND AFTER PARTY

On April 20th, a group of TAP and NVQ-J students from Stony Hill made their way down to Gordon House to attend the prestigious Prime Minister's National Award Ceremony and after party. Yes, you read that right—an after party! Despite a fashionably late start, the event exceeded expectations, leaving our group buzzing with excitement.



The ceremony wasn't just about accolades; it was a glimpse into a future where we, too, could achieve greatness. Performances by artists like Kaka High Flames and Ashir the Guitarist had us singing and dancing along to our favorite tunes. And guess who else hit the stage? The Prime Minister himself!

While some performances may have raised eyebrows, the highly anticipated after party provided a chance to unwind and connect with fellow students.

As we enjoyed drinks and food, we couldn't help but glance at the VIP section, where government officials, nominees, awardees, and influencers mingled. It was a powerful reminder that success is within reach for each one of us.

Who knows? Perhaps one day, we'll be the ones celebrated on that stage. Until then, we'll keep dreaming big!

# STONY HILL SUPPORTS GO JAMAICA TRAVEL EXPO 2024

Being a part of the hospitality and tourism industry, it is expected that one knows about products and services provided in the industry. As such, our class went to the Go Jamaica Travel Expo where we mingled and networked with representatives from various entities, including the Tourism Product and Development Company (TPD Co.), Caribbean Airlines. Frenchman Cove and various hotels/guest houses. The Event, which was free and open to the public, was held from April 20th-21st from 9am-7pm at the Jamaica Pegasus Hotel Ballroom providing an opportunity to connect with various companies in the hotel, attractions and ground transportation space. This opportunity to learn, grow and connect with industry professionals was greatly appreciated.





# For the LOVE of Sports

Amidst the flurry of injuries and occasional hospital visits, the Stony Hill football team continues to thrive on the field. Curious about the allure of football, our news team attended a match on Wednesday April 24th to see what all the hype was about anyways. What we found is that the Stony Hill Football team was not just a place where students could just go and score a few goals and gain battle scars all in the name of competition. But rather a place where students could have fun, bond and find a respite from the week's demands.



From goalkeeper Ruel McNeil icing his hand after an injury to player Ricardo Innis satisfying his mid-game munchies, every moment showcased the teams' spirit and camaraderie.

Despite challenges during the game, the teams played on with enthusiasm. The final scores stood at 5-1, with Team Black and Yellow emerging victorious against Team White & Blue.



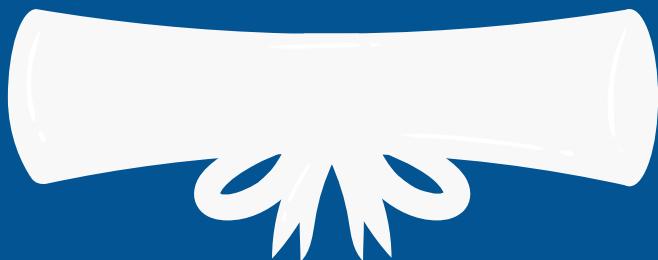
Team Black and Yellow was captained by George Williams and team White and Blue by Davinnci Bowen.

## More on the Team

The Football team is led by President George Williams and Vice President Shasanjay Miller. Currently they are in the process of recruiting for their girls football team. The team requires six persons to start but the Football Club welcomes application from any female footballer who is interested.



# STUDENT RESOURCES



# DRESSING PROFESSIONAL.. BUT IN A STYLISH WAY

Mastering the blend of professional attire with personal style offers a refreshing departure from the traditional 'adult uniform' mentality that once dominated work wardrobes. While projecting competence and confidence remains paramount in today's workplaces, the rigid constraints of yesteryears have given way to a new era of stylish self-expression. In this article, we embark on a journey to reimagine professionalism, exploring the dynamic interplay between traditional norms and contemporary fashion sensibilities. From practical tips on elevating your professional wardrobe to inspiring examples of stylish office ensembles, join us as we navigate the intersection of professionalism and personal style.



## ***The 2000s Office Siren Trend***

In 2024, we've witnessed the resurgence of the "2000s Office Siren Trend," a trend that showcases powerful women exuding confidence and femininity in the workplace. This trend ditches the boxy suits of the past in favor of tailored silhouettes, bold colors, and figure-hugging styles. Picture sleek pencil skirts, form-fitting blouses, and statement heels commanding attention in boardrooms and beyond. The essence of the office siren trend lies in merging professionalism with sensuality, empowering women to embrace their curves and assert their presence in traditionally male-dominated environments. Icons like Sarah Jessica Parker's character in "Sex and the City" have spearheaded this trend, leaving an enduring mark on fashion. It's a clear signal of a cultural shift towards greater self-expression and confidence in corporate attire.

## ***Achieving a mixture of professionalism and personal style***

Discovering your personal style in professional attire begins with understanding what sets you apart. Are you drawn to sleek silhouettes, or perhaps statement pieces that show individuality? Identifying these key elements forms the cornerstone of your stylish expression. While professional attire often adheres to a basic silhouette, emphasizing modesty and competence, there's ample room for personal flair. Whether it's a pop of color, a unique texture, or a well-chosen accessory, infusing your signature style into your work wardrobe is all about balance. From subtle adjustments to bold choices, there are countless ways to personalize your professional look without compromising its polished demeanor. By incorporating elements that resonate with your personality, you create outfits that seamlessly merge professionalism with your distinctive flair.

**RECAP THEME FOR APRIL:**

# SELF MANAGEMENT

Self-management refers to one's ability to manage their thoughts, behaviours and emotions in an effective manner. It is the cornerstone of success, especially for students navigating the complexities of academics, extracurriculars, and personal growth and involves:

1. Goal Setting and Planning
2. Time Management
3. Self Motivation and Discipline
4. Emotional Regulation
5. Self Awareness
6. Adaptability
7. Organization Skills

**" ...SELF MANAGEMENT HELPS YOU TO KNOW YOUR FEARS AND ALSO OVERCOME THEM. " -CADESCHA MCCARTHY**

Scripture for the Day

24Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. 25Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. 26Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. 27No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

-1 Corinthians 9:24-27



Special Shoutout to the ladies from Housekeeping who inspired us with their Wednesday devotional.

# CAMPUS COVERAGE

**NEWS**

**BUSINESS**

**FACTS**

# YOUR HEALTH

VOLUME 1 | ISSUE 1

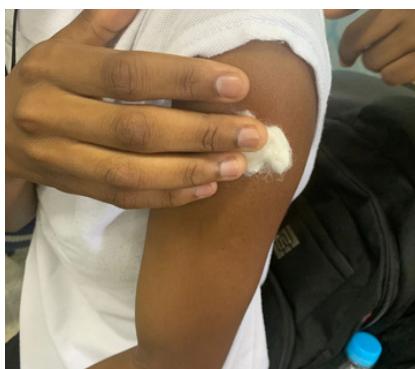
EDITION #1

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## Event Overview

In observance of Cervical Cancer Awareness Month, the Kingston and St Andrew Health Department dedicated their time and resources to educate students and staff of the Stony Hill HEART Academy about the importance of annual Pap smears and the HPV vaccination. Their efforts were well received as the campus' Nurse's Station/Sickbay, where the event took place, was busy with patrons throughout the day.



## Educational Sessions

Head Nurse Natalie Facey Cole started off the day with a very informative session explaining the significance of annual Pap smears and how the screening procedure can help in the detection of cervical cancer or any other abnormalities in the cervical cells. She also informed the group about the Human Papillomavirus (HPV) and how it is usually spread through sexual contact. Hence, the importance of being vaccinated against the virus, as this provides long-term protection against it. The HPV vaccine is typically recommended for adolescents and young adults before they become sexually active, but it can also be administered to adults who have not previously been vaccinated. Demonstrating the proper way to sit when doing a Pap smear, she encouraged the group to be relaxed as the procedure would take around three to five minutes.



## Encouraging Wellness: Free Paps Smear and HPV Vaccines

Nurse Facey Cole went on to demonstrate how to do a proper breast examination to check for Breast Cancer. She emphasised the importance of females doing a breast self-examination after menstruation to reduce false alarms due to normal hormonal fluctuations that occur during the menstrual cycle. She asked pertinent questions, which were answered by a group of well-informed Stony Hill HEART Academy ladies.

### The Process

After the informative sessions, nurses and nurse aids from the Stony Hill Health Centre assisted the ladies with the sign up process, taking account of their medical information and sending them in an orderly fashion to the respective areas. Throughout the day, the sickbay was busy with people who wanted to stay informed about their health. Most of the patrons took the HPV vaccine. Notably, staff from the HEART Trust/NTA Leap Centre on Oxford Road in Kingston also participated in the event.

### Participant Reactions

The Hills Magazine team captured video interviews, with staff and students expressing gratitude for the free informative sessions and health services that they received. Despite experiencing discomfort during Pap smears and some lingering pains, participants appreciated the opportunity to increase their health awareness. Notably, Early Childhood Development student Chantel Bartley stood out for her enthusiasm after undergoing the Pap smear procedure. She praised Nurse Stanley for how well done the procedure was and stated that she felt very comfortable throughout. She encourages everyone who is eligible to get their Pap smears done.

### Next Steps; If You Missed It

At the end of the day, Nurse Facey Cole graciously agreed to an interview with The Hills Magazine. She started off by expressing that it was a well spent day and commended the turnout, attentiveness, and cooperation of the ladies. When reporter Johnique Scott asked her, she mentioned that some males had received flu vaccines. The team was well-equipped and, throughout the day, administered various vaccines based on each individual's vaccination records and health status. At the end of the interview, she encouraged ladies who missed the event to visit the Stony Hill Health Centre for HPV vaccinations and Pap smears. Reporter Scott thanked Nurse Facey Cole and the team for their time and expressed gratitude on behalf of the school body. Afterwards, the team huddled together, took some memorable pictures, and expressed their anticipation for future collaborations with the Stony Hill HEART Academy.

The Stony Hill Health Center is just a five-minute walk from campus, making it convenient for you to access quality healthcare. They can be reached via telephone at (876) 924-9677. Remember: Your Health is Your Responsibility! By taking proactive steps to stay informed and seeking preventive healthcare, you are investing in a healthier future.



# #YOURHEALTHMATTERS

# HISTORY OF STONY HILL



On January 4, 1984, HEART Trust/NTA launched its first academy, Stony Hill HEART Academy, nestled in the serene hills of St Andrew. Once barracks for British soldiers, the property was transformed into a hub for vocational training.

Initially focusing on secretarial skills, it later expanded in collaboration with CISCO Systems and other partners. It was renamed Eastern TVET Institute in 2014. The institute has trained many professionals who contribute significantly to Jamaican society. The Eastern TVET Institute offers a wide range of programmes including: Business Administration , Web page/site designing, Early Childhood, Hospitality , Accounting , Administrative Assistant and more. Currently the following courses are open for the May Cohort:

**HEART  
NTA  
TRUST**  
**STONY HILL HEART ACADEMY**  
**UPCOMING COURSES**  
May 2024

NAME OF PROGRAMME	LEVEL	MODALITY
Early Childhood Development	2	Part Time
Early Childhood Development	3	Full Time
Administrative Assistant	3	Full Time
Customer Service Supervision	3	Full Time
Accounting	3	Full Time
Business Administration	4	Part Time

**GENERAL REQUIREMENTS FOR COURSES**  
(Unless otherwise specified)

- Taxpayer Registration Number (TRN)
- National Insurance Scheme (NIS)
- Birth Certificate
- One (1) passport picture
- One (1) CSEC/ HEART Diagnostic Test or Stage 3 City and Guilds Mathematics and English Language

For more information call:  
**99-HEART (43278)**  
**876-968-7488-9**  
**876-923-9003**

All programmes level 2-4 are FREE

# BINGO

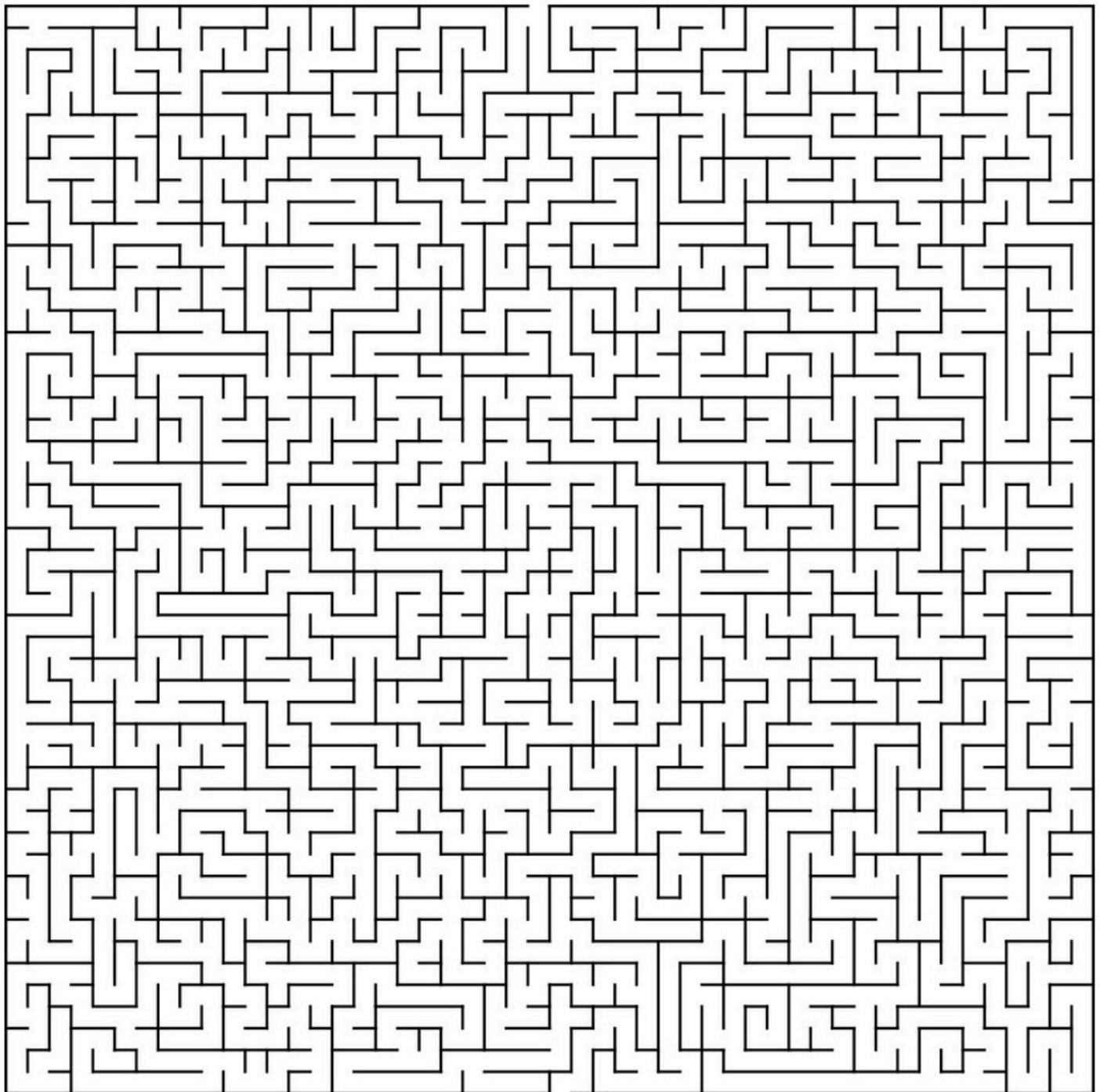
*Dorm Edition*

Stayed On Dorm on A School Day	Been in the tent	Bought from Dorm Mart	Went to the library	Went to the Ice Cream Place in The Square
Missed the Money Book/ Register	Was late for class	Shopped at Master Mac	Met Police Officers	Enjoyed School Lunch
Sat down during a fire alarm	Know the security guards by name	<b>FREE</b>	Joined a Club	Was Late for Wednesday Assembly
Played Sports after School	Fed the Cats on Campus	Participated in a School Event	Know at least 5 Admin Staff	Volunteered at an event
Had franks 3 times in a row for Breakfast	Went to the ATM and it was Out of Service	Got up at 5am to run	Know the Canteen Staff by Name	Had your clothes stolen off the line

# MAZE

*Get your Gate Pass*

YOU



GATE PASS

# The Hills

