



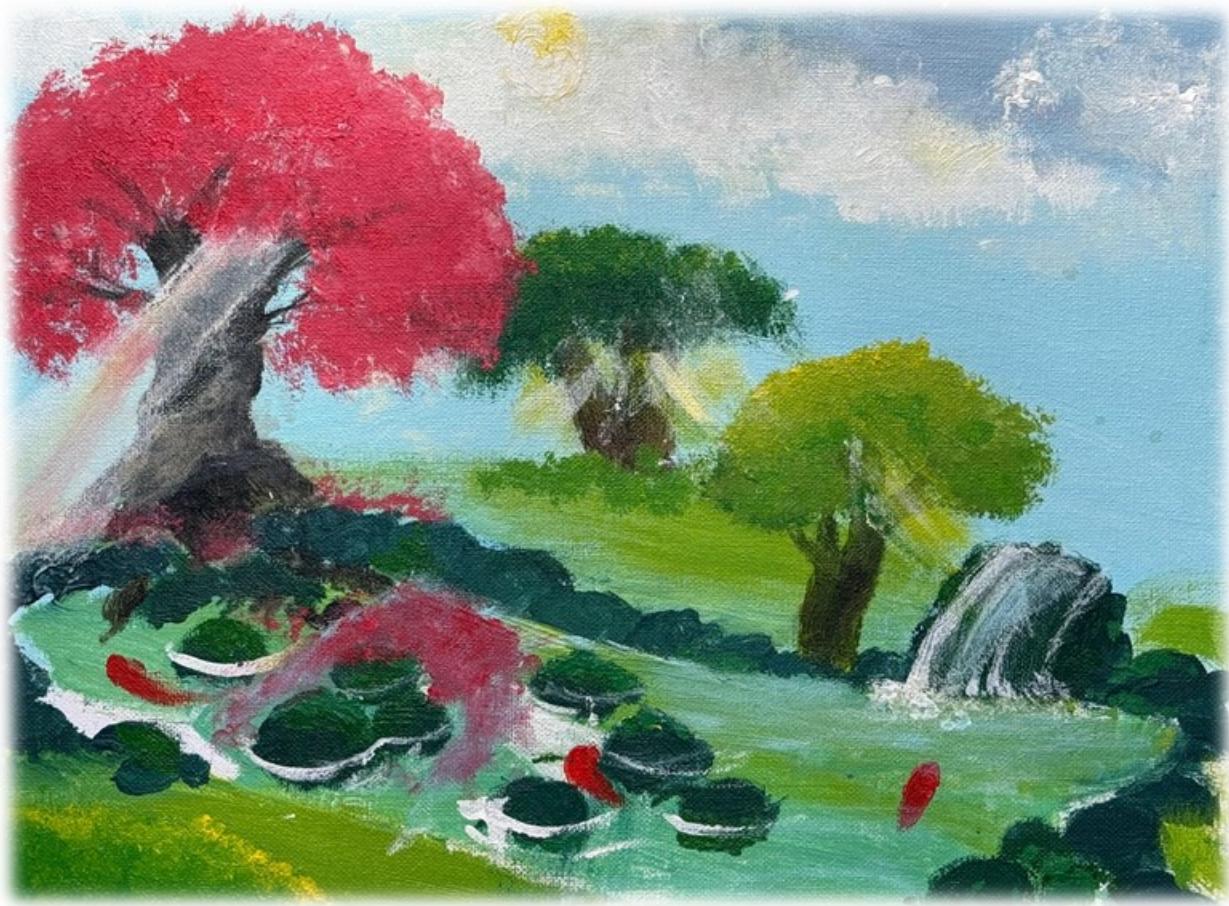
HOPE

Hopefield Preparatory
Newsletter

ON THE HORIZONS

DECEMBER 2024

VOLUME 01



WELCOME TO OUR VERY FIRST EDITION!

We are so excited to introduce our inaugural edition of “***Hope on the Horizons***” newsletter, a vibrant new platform designed to keep parents and guardians informed about activities and initiatives of Hopefield Preparatory School. This newsletter is not just a communication tool; it represents a collaborative effort between our students, parents, and teachers; fostering and showcasing our strong community spirit within our school.

How it began

We invited our talented students to brainstorm and submit ideas for naming our newsletter, emphasizing creativity, hope and connection. After careful consideration and enthusiastic participation, we are thrilled to announce that “***Hope on the Horizons***” was selected as the winning title. This name encapsulates our vision perfectly: it reflects optimism for the future while highlighting our commitment to nurturing hope within our school community.

Our Purpose

The primary goal of this newsletter is to keep you updated on school and PTA activities, upcoming events, volunteer opportunities, and extracurricular activities. We believe that transparency is key in building trust and collaboration among parents and educators. We will use this forum to provide insights into how funds raised are allocated and utilized. Understanding where these resources go helps us all appreciate the impact of our collective efforts.

Through “***Hope on the Horizons***,” we aim to strengthen connections among families at Hopefield Preparatory. We want every parent to feel involved and informed because we believe that hope begins with us—together as a community dedicated to supporting our children’s education and well-being.

Thank you for being part of this journey with us. We look forward to sharing more stories and many more updates, and achievements in future editions!



PTA President, Stacia Pinnock Wright

Dear Hopefield Family,

This term has been extraordinary. It has been marked with your vibrancy, engaging interest and innovative initiatives. As such, our new dedicated and hardworking PTA has deliberately sought to continue the spirit of the previous PTA while striving to maintain a continued focus on energizing our school, building school spirit, and celebrating every child's unique contribution.

The Heritage Concert and Food Festival exemplified our community's strength, with generous donations highlighting our ability to unite across cultural differences. We launched "**Hope on the Horizons**" newsletter, with the intention to help build awareness about entrepreneurs within our school community and encourage support by showcasing what our parents do, allowing us to connect and patronize their businesses. We will all agree that our special events; the Friendsgiving Bake Sale and Dress Up & Dream –The Hopefield Costume Party created opportunities for connection and celebration. Thank you for the support over these few months and we look forward to your further involvement in 2025.

We're also excited about the JMTC's Alice in Wonderland production on February 15th, which promises to be a memorable community experience. We remain dedicated to continuous improvement, with plans to enhance school facilities like our courtyard and support environmental initiatives such as providing a deposit for the solar project. Our vision extends to boosting school spirit through Prep School Championships in tennis, chess and swimming to name a few and creating meaningful engagement opportunities for our children. Parent involvement remains crucial to our success. We're calling on our community to support gate duty, prioritize road safety, and participate in our upcoming events.

Your sponsorships, volunteering, and support transform our school environment and create lasting memories for our children.

Thank you for being the heart of the Hopefield community; ***there is hope on the horizon.***



Principal, Mrs. Jennifer Sujanani

As we reflect on the past term, we thank all our parents for entrusting the care and education of your children to our care and for your unwavering support to the school. The school will continue to constantly maintain standards, taking a thorough look at our curriculum, carefully revising our plans and updating, strengthening and enriching our curriculum. To end this year, we added the teaching of chess to the curriculum for grades one to grade three. The various teams and clubs and the brownie pack, though small, have performed very well.

As we step into the new year let us carry forth the joy of the season and the kindness that has defined our school community. Happy Holidays.

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FLOW



EVOLUTION

PRESENTED BY BALLET PETIT



When the idea of Ballet Petit was floated, I hardly believed Aunty Marian and company knew that they were putting the 'Building Blocks' in place for two decades of solid instruction and foundation-setting, that would serve their dancers for years to come. The 20th anniversary celebration, 'Evolution', was a fitting tribute to the growth of a petit dance company, that is now full-grown.



Congratulations to Aunty Marian and her crew, to the babies and young ladies on an entertaining show. The hours of rehearsal were well worth it. Thanks to the honourees for supporting Ballet Petit over the last 20 years. Your contribution allowed us the joy of seeing our little ones demonstrate their God-given talent. Indeed, the Evolution continues...

- Simone Clarke, Television and Internet Personality



We are so proud of our little dancers!

"Evolution" showcased the talents of over 30 dancers, aged 2 to 15, from various schools. The performance highlighted storytelling through dance, blending ballet with modern, funk, and hip-hop styles, all while bringing Aunty Marian's vision to life. The Grade 5 to 7 dancers were especially excited to collaborate with Marian and guest choreographers as they wrapped up their ballet journey. The energy in rehearsals was contagious, and the performers carried that enthusiasm onto Show Night!

- Ananda Chand, Dance Mom

Congratulations to all our dancers for their amazing achievement—you sparkled on stage! Well done!

- Marian Thwaites, Ballet Teacher



CLUBBING AT HOPEFIELD

WHAT SPARKS YOUR JOY?

Tennis, Badminton, Social, Swimming, Chess? What brings your joy to the front? We have what you need, at Hopefield.

Sign up NOW!

BROWNIE PACK

This term has been an exciting and rewarding one for our Brownie Pack! The girls have been busy contributing to their community and showcasing their creativity. In October, they participated in Cookie Month, selling cookies to support Brownie activities. In November, they collected donations for Poppy Month to honour and support our veterans. In December, the Brownies took part in the island-wide Art and Craft Competition, displaying their impressive talent and teamwork.

Brownie meetings include fun-filled sessions include games, art and craft projects, and lessons in life skills, teamwork, and leadership. This term, we were thrilled to welcome four new Brownies who joined in September. They will be making their promises next term!

We are also proud to celebrate Kenzie Hart, our Brownie of the Year from the Class of 2024. Congratulations, Kenzie!

Girls aged 7-11 are welcome to join the Brownie Pack. If you're interested, please get in touch with Ms. Reid (K2) or Mrs. Earl (Vice Principal) to learn more about the opportunities for fun and growth that Brownies offers.

We wish everyone a joyful holiday season!

- Vice Principal, Janille Earl



TENNIS CHAMPS – JOIN THE CLUB!

What started as a team of two quickly grew to seven as others joined after hearing about the experiences. Our desire to foster team spirit and emphasize the benefits of being part of a team led us to organize weekly practice sessions. On one of these days, we had the privilege of practicing with tennis legend Arthur Phillipotts. This included carpooling once a week to ensure the team built strong synergies.

After a few matches, we realized the need for dedicated coaching to prepare the team for competitions. As a result, the Hopefield Hammerheads is now proudly coached by Coach Warrenton from the Kernels Tennis Club.

The team consists of London Wright, Ashwin Buxani, Pranav Sankara, Tiara Wardhani, Matteo Crimarco and Tyler Chang.

The team meets every Sunday morning for two hours of practice. To join the team, contact Stacia Pinnock Wright (876 434-4209)

Research shows that tennis is an excellent sport for overall physical and mental health. It improves coordination, builds endurance, fosters teamwork, and encourages discipline—all values we hope to instil in our young athletes.



Sunday Practice Session



**London Wright and
Tiara Wardhani's 3rd
Place - Girls Double**



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MALANG

Indian dance is also offered at Hopefield Prep through Mudra Art Group whose choreographer is its founder - Prerana Singh. The students of Hopefield were also featured in Mudra Art Group production "Malang". It featured 35 performances from a total of 65 dancers, showcasing many Indian dance forms including Bhangara and Punjabi (Indian folk dances), kathak (classical dance), fusion, Bollywood (Indian movie industry) and many more dances, all on a single platform.

Malang, held at the Phillip Sherlock Centre for the Creative Arts at The University of the West Indies, Mona, was performed to full house on both days in November with our Hopefield boys and girls showcasing their skills, grace and dancing talents. At the end, our little dancers were given Dance Certificates for completing their level of dance.



HOPEFIELD'S ART CORNER

The Art Club: A creative outlet for self-expression and personal growth.



Artwork to the left done by
Hayman Hoe -
Grade 5



Anaya Buxani
with her artwork

ACTIVITY



1. Draw hand on paper or cardboard
2. Trace with black sharpie, marker or pen
3. To add dots of colour to the face and tree, use the tip of finger or a Q-tip.
4. Draw on the mouth with a black marker or sharpie.
5. Trace around the eyes and make two dots in the center.
6. Draw in and colour all other features

STUDENT SPOTLIGHT



Meet **Pranav Sunkara** – Winner of **Name the Newsletter** Competition!

We spoke with Pranav after he was announced the winner of the competition, hear what he has to say:

Q. How did you come up with the name for the newsletter?

A. I was just thinking of some names that would suit well, hope on the star, hope near the house and many others, but I decided “Hope on the Horizons”, since that was my favourite, and my family agreed with me.

Q. What inspired you to participate in the competition?

A. I feel that I should always participate in competitions, no matter if I win or lose and even if I lose, I thought ‘at least I made an effort’.

Q. How did you feel when you found out you won?

A. I was very surprised, happy and amazed. I went to tell my parents immediately. I was so happy.

Q. Would you like to be involved in more creative projects like this in the future?

A. Yes... most likely, because I like doing these sorts of projects because it makes me smile and happy.

Q. What do you like to do in your free time when you're not coming up with creative ideas?

A. I am usually playing outside or watch fun, inspiring videos that help me create things.

Q. What is your favourite book that fuels your thought process?

A. Diary of a Wimpykid is my favourite, by my favourite author Jeff Kinny, it has lots of interesting things, pictures and actions.

Q. What advice would you give to other students who want to try something fun and creative like this?

A. I would say, no matter what, you should always try to do something. Always try, no excuses and if you are willing to do something, just do it.

Thank you to everyone who Participated:

Milani Wong – Grade 6

London Wright – Grade 5

Arya Singh – Grade 5

Tyler Chang – Grade 5

Saige Dixon – Grade 4

Sierra-Rose – Grade 4

Isabella Nevers – Grade 4

Lianna Milligen – Grade 4

Thank you too to the *anonymous submissions*

**Yuviya's Colourful Journey
at
Hopefield School**



My name is Yuviya Singh, and I am from Delhi, **India**. A few years ago, my family moved to Kingston, **Jamaica**, and I joined Hopefield School in K2. Now, I'm proud to be in Grade 2. When I first started at Hopefield, I missed my friends and family in India, but I was also excited to begin this new chapter. My teachers and classmates made me feel welcome right away. I am especially thankful to my K2 teacher, Ms. Reid, whose kindness and encouragement helped me adjust to my new surroundings.

Hopefield School is a special place that feels like a second home to me. It's a vibrant community with students from many different countries, including India, Jamaica, Trinidad, China, Korea, Pakistan, and more. We celebrate diversity and learn from one another's cultures, traditions, and languages. It's amazing to see how different and unique we all are, yet how well we connect.

At Hopefield, we don't just learn from books. We also get to explore so many other activities like art, music, dance, and sports. It's a place where we grow in every way possible.

I've had the chance to share stories about Indian festivals like **Diwali** and **Holi**, and in return, I've learned about Jamaican traditions and holidays. It's wonderful to be part of a school where everyone's background is respected and celebrated.

Now in Grade 2, I feel confident and happy. My current teachers continue to inspire me every day, and I am grateful for all the friends I have made. Hopefield School has truly become a place I cherish, a place like a second home.

YUVIYA SINGH
Grade 2

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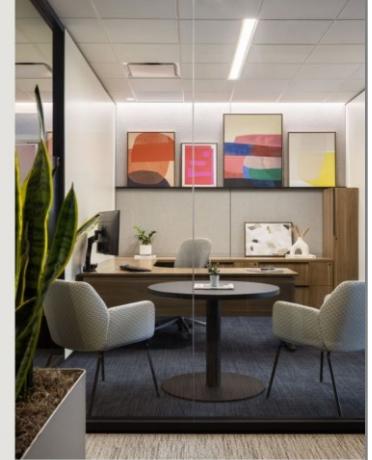
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HERITAGE DAY CELEBRATIONS



The Heritage Concert and Food Festival is held annually, and it is a harmonious combination of Teachers, Students and Parents efforts, skills, creativity and cooking talents.



This year, the children from K1 to Grade 6 performed a medley of Jamaican songs, poems and skits that flowed seamlessly from one into the next thanks to the Teachers creativity. The National Heroes were celebrated, folk songs were sung, patois was spoken and Bob Marley's music entertained us courtesy of the children's singing.

Children were asked to represent their culture in dress and while Jamaica was largely represented with Jamaican colours, T-shirts, dresses and the Bandana costume; we had many others repping their Indian heritage, Chinese heritage and other Caribbean nations.

The Food Fair was a treat to the taste buds, where **our parents** came out in droves to support by cooking or sponsoring a dish representing their heritage. The food tasting turned into a feast with dishes from Jamaica and the Caribbean (Guyana, St. Lucia, Trinidad, Grenada) and beyond the Caribbean, from the shores of India, China, South Korea, Burma, Mediterranean, etc.

Overall, it was a wonderful display of culture, while celebrating the Heritage of Jamaica and the Diversity of our school and people.



K1 and the National Heroes



Grade 2 in action



Grade 1 on stage

Ms Tomlinson getting the crowd involved



K2 singing a folk song



Mrs. Sujanani addressing the Parents and Students



PTA serving the attendees

NURTURING HOPE & HEALTH

HEALTHY HABITS FOR THE HOLIDAYS AND BEYOND

By: Dr. Rishi Chand
Consultant: Obstetrician, Gynaecologist



Obesity rates have skyrocketed over the past few decades, of concern this is not limited to adults, but also more importantly, affecting our children. The precious ones whose future is dependent on our choices we make for them. It is very important we, the parents and caregivers, crucially guide our children prevent future catastrophe such as heart disease, juvenile diabetes, increased eating and psychological disorders.

This is a very difficult environment to navigate with the surge of fast food available at every turn- the burgers, the pizza, hot dogs, the fries. Let's face it, we love it too, and it is so accessible. But the reason such foods are called junk food is because it provides a meal full of calories, high in sugar, salt and fats while lacking the important and essential nutrients and vitamins that they need. Because it is so calorie dense, it provides satisfaction to the consumers, becoming addictive. It is far easier to prevent these habits from forming by good practices early on during the formative years.

What then do we do in the season of festivities and beyond where unhealthy choices are at every turn?

Be discipline and have a game plan as to how to approach the season and stick to it. The following may help:

1. We should try balance in between events: When we know there is going to be lots of choices, try having a healthy meal at home before attending an event that may reduce cravings and overindulgence.

2. Make smart food choices: For example, adding fruit to our dessert may reduce the amount of ice cream we have, having thin slices of cake instead of regular slices, thin crust pizza instead of regular pizza, water or coconut water instead of sodas or sugar juices.

3. Exercise: Very important to try to counteract the excess of calories. Instead of putting exercise off with grand resolutions to begin in the New Year, continue to exercise regularly, whether it's walking, cycling or just moving. The very act of exercising psychologically influences our choices as no one wants to undo the hard work they put in.

4. Drink lots of water: It's sugar free and it also keeps the hunger pangs away while keeping us hydrated and flushed of toxins built up in the body.

5. Sleep: Very important since during sleep the body performs its regenerative functions keeping us well and healthy. With lots of events and parties this can take a hit unless we manage it properly.

I wish everyone the very best for the season. I hope the article has stimulated some thought and changes in the behaviour of our families and the precious ones we care for, we owe them that much.



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A ONE SHEET PAN CHICKEN RECIPE (Serves 6-8)

Ingredients:

- 8-10 boneless, skin-on chicken thighs (season generously with salt, pepper, paprika, and garlic powder)
- 1 pint cherry tomatoes, halved
- 1 large bell pepper, chopped (any colour)
- 1 head of garlic, cloves separated and peeled
- 2 large onions, cut into wedges
- 6 medium potatoes, parboiled and cut into quarters
- 3 medium sweet potatoes, parboiled and cubed
- 4 large carrots, peeled and chopped
- 3 tbsp olive oil
- 1/2 cup dry white wine or chicken broth
- 1 Scotch Bonnet (for depth of flavour)
- 1/2 tsp red pepper flakes (optional, for slight heat)
- 1 handful fresh basil leaves and fresh rosemary sprigs
- 1 tsp dried oregano or thyme

Instructions:

1. Preheat Oven: Preheat your oven to 425°F (220°C). Line a large sheet pan with parchment paper for easier cleanup.
2. Arrange on Sheet Pan: Parboiled potatoes and vegetables evenly on the sheet pan with chicken.
4. Add Flavour: Drizzle the remaining olive oil, seasoning and herbs
5. Pour wine/chicken broth over vegetables ensuring all is coated.
6. Bake in the preheated oven for 35-45 minutes, or until the chicken skin and vegetables are golden, cooked and crisp.

9263866



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SCHOOL FEATURE: BOOK FAIR



Hopefield's Annual Book Fair, held during the last week of November, continues to be a highlight for our students. The fair featured a wide variety of books, craft kits, and educational supplies from which parents and students could choose. This book fair continues to be an integral part of restocking and funding the school's library. Due to students' appreciation of reading and parents' generosity the book fair continues to be a success.

- Miss Ramprashad

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CHRISTMAS AT HOPEFIELD

The Holiday Season at Hopefield Prep is one to be talked about. Despite our differences in religion, race, backgrounds, culture, we all come together to celebrate the season, to remember the meaning of Christmas is about friends, family, creativity, inspiration and HOPE!

Hopefield Prep kicked off their holiday season with various Art Camps among the classes. The students showcased their talents making candy canes, edible Christmas trees, Poinsettias Pillows, decorative ceramic bowls and so much more.

After the Camps, the students were in full form for their Christmas Concert. This year, there were 2 concerts – Lower School concert included K1 to Grade 2 and Grade 3 to Grade 6 were the

We culminated our Term and Hopefield's celebrations with our Dress up and Dream Costume Party!

SCENES FROM CHRISTMAS CONCERT BELOW:





HOLLY JOLLY HEADWEAR CONTEST AND CLASS PARTY



SANTA CLAUS CAME TO TOWN!



DRESS UP AND DREAM COSTUME PARTY

The PTA, Teachers, Parents, volunteers and Sponsors came together to make this event a huge success. The joy on the children's faces was proof of that! They looked amazing in their costumes and were filled with excitement as they partook in Cookie Decorating, Petting Zoo, 360 Camera, Maze, Carousel, Holiday Havoc haunted house, Escape Room, Novelty Games, Magician, Rock climbing, food, drink and the merry vibes.



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- Parents for their unconditional support
- Teachers for always lending a helping hand
- Auxiliary Staff without whose support we cannot function seamlessly
- Students for participating in and embracing both the School and PTA events
- Photographers and those who contributed pictures to the Newsletter
- Electricians, technicians and all support personnel

Thank you, Readers!