



Bishops' High School Old Students' Association

Senior Class Notes

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Agnes Jones A. A.: A Gracious and Influential Lady 1921-2007

It was September 1978 when I first met Agnes Jones. I had heard about her earlier from the headteacher of a nursery school who was glowing in her praise for Aggie. I had also seen her approaching her office in the Queen's College Compound, always calm and ladylike. Little did I know at the time that she would influence me in some way.



The 14-year old My request for a transfer to the Nursery Education programme of the Ministry of Education was finally granted in August 1978. I was advised to report to the office of Agnes Jones at 21 Brickdam. Of course, by then I was wondering whether this was really a wise move. I approached Agnes' office tentatively, not knowing what to expect. I received a warm welcome and an orientation to the nursery programme which left me wanting to know more.

Agnes willingly shared what she knew with me, wanting to ensure that I was well grounded in the elements of the programme and that I knew the expectations held of me as a nursery education tutor. I was given access to whatever material I needed to learn about the programme and this helped me to step forward bravely into a new world. Although I only shared her office for a short while before joining the rest of the tutorial team in the Barima Avenue office of the Ministry of Education, I am grateful to Agnes for modeling behaviours which were conciliatory yet purposeful, collaborative yet remaining true to self, directive yet respectful. I learnt the value of sharing information and material and that this strengthens both the appreciation of and respect for self as well as relationships.

Agnes was an anchor for the nursery education programme. She helped to develop a system which has endured while other programmes in the education system have been buffeted by the wind.

Agnes touched many lives as she ventured into diverse avenues which drew on the wealth of her talents, knowledge and experience. She was just as comfortable in the world of education as she was in that of creative arts. She had the opportunity to blend these as she guided students and staff of the Burrowes School of Art, no doubt having a major impact on their lives.

Always willing to give of herself, Agnes readily accepted the invitation to participate in the interaction with current students of the Bishops' High School in July 2008. She shared some of her experiences at school, giving the students a glimpse of what life was like in her time. Little did we know that Agnes would not be with us at Christmas 2008.

With her simplicity, charm and gentleness, Agnes has shown many how to behave in a calm yet purposeful manner. She has left a legacy which, though unheralded, will be one to be emulated. Agnes did not shout from the roofs. She chose to use the soft touch, allowing her energy to fall wherever it could and to be recognized by those who were sensitive to its flow.

Thank you Aggie for making a difference in your own quiet and unassuming way.



Janice M. Jackson



The Guider



At Kirkpatrick's
September 2007



At BHS, July 2008



At Kirkpatrick's
September 2008

The Spirit of Christmas

An evening of entertainment, interaction and engorgement is a fine way to celebrate at the end of the year. That evening was Friday, December 19, 2008 when seniors were well represented among the revelers at the home of Derry Harry, the ever-gracious hostess.

Once again, the BHSOSA pan players showed off their increasing skills to the enjoyment of those gathered. No doubt, some wished that they had jumped on board from the beginning as the witnessed the ease with which those hands beat out the sweet sounds and the bodies moved to the rhythms.

From the timbre of the singing, it seemed that many had primed themselves with honey, practised their scales and were ready to rock the air waves. The favourite carols and festive songs helped to set the mood for the rest of the season. A good time was had by all!



Let's Celebrate

Feb 19 Elaine Murray
Feb 27 Megan Anderson
Mar 29 Magda Pollard
Apr 4 Phyllis Thompson



Apr 7 Jeane Skeete
Apr 8 Joyce Sinclair
Apr 17 Jannice Simmons
Apr 21 Waveney Lee

Welcome Aboard!!!

The Senior Class is growing by leaps and bounds. It has space for many more. Those we have identified as new class members in 2009 so far are Carole Bishop, Derry Harry, Waveney Lee, Vilma Lynch and Jean Sankies.

We need your help in identifying others who will be 70 years in 2009 as well as those who are over 70 years who have evaded our attention. We recognize the contribution alumni have made to the BHS, the BHSOSA, in their field of work, in their communities and their family. We know you are special and will continue to celebrate your achievements and your lives.

Did you know?

- Dancing is a brain-power activity. Learning new moves activates brain motor centres that form new neural connections. Dancing also calms the brain's stress response.
- Volunteering lets you learn new facts and think on your feet. This helps to form new neural pathways in your brain. Interacting with others helps to ease stress.
- Learning something new keeps your brain active.
- Sex has been shown to promote better sleep habits, less stress, more happiness, +++.
- Meditation is increasingly being used along with other treatments for high blood pressure, cardiac problems, pain, anxiety and other conditions in health care institutions.
- Doing balance exercises can prevent falls and injuries.
- Flexibility is important. Ten minutes of stretching twice a week, with each stretch held for 10 to 30 seconds, is recommended.
- Older people tend to bounce back from adversity faster than younger ones.



Tell Your Story

Have you ever thought of writing your memoirs?

- Yes? How far have you gone? Have you shared your writing with anyone? Please carry on. Many are likely to be interested.
- No? Why not? We all have a story to tell. Think of all the twists and turns in your life which would bring a smile to someone's face or make someone think twice about something planned.

Abigail Thomas encourages her students to begin by write two pages on a topic rather than setting out on the literary marvel. Here are some of the assignments she gives:

- Write two pages of apologies.
- Write two pages of instructions to the child you once were.
- Write two pages in which something is broken.
- Write two pages about an unwelcome surprise.
- Write two pages about a jinx.

Read more at http://www.aarpmagazine.org/people/everyone_has_a_story_to_tell.html