

Advice

Welcome to the Student Voice's Advice column! Here, our brilliant team of advisors provide favorable responses to YOUR submitted questions on a myriad of topics.

Dear TSV

I've recently come to the realization that I don't believe in God...or rather that I doubt his existence. I don't participate or feel any form of fulfillment when I attend church. To be honest, I only go because my parents expect me to but it just feels like a waste of my time. I still try to respect the values that I know are important to my family and friends but doing so makes me feel like a hypocrite. How should I confront my family about this?

Confused

Dear Confused,

You are not alone. In fact, most Christians (including myself) have questioned God at some point in their lives. My advice to you is to first do an inward evaluation so that you can be truthful to yourself and your family. You may find that this doubt actually stems from your limited knowledge of God and, if that is the case, then I encourage you to read up on Him and go even as far as to research evidence of the things discussed in the bible.

Just remember that in the end it is your choice. You can either believe or not believe. If you end up choosing the latter then make it clear to your family and friends. At first they may chastise you but in time they should respect that you need to find your own way and a belief structure that is true to your principles. This journey might very well lead you back to God, which would only serve to strengthen your faith in the future. You can still live by the morals inculcated through your Christian upbringing anyway. I wish you all the best!

– Samantha Grant

Hey TSV!

I'm dating a guy and I believed that we were pacing ourselves but now he's going around making it seem like the relationship is more than it is. What should I do?

Anonymous

Advice

Dear Anonymous,

It sounds like this guy is using you to boost his ego. If he is in fact using you to boost his ego, whether to impress his friends or to fuel his self-esteem, this relationship will surely end catastrophically. It's always best to proceed slowly and cautiously. Besides, if he has betrayed your trust by ignoring the boundaries that you initially set together then it is time to be true to yourself and have "the talk" with him. Explain to him that the image that he is portraying of you is unacceptable and let him know explicitly how you feel about the situation.

Most importantly, please remember Anonymous, that your character is everything. If someone damages your character through baseless slander and it actually has an impression on people that cannot be undone. It will be incredibly hard to remove the stain of that projected image. Moreover, if this boy is truly defaming you to improve his image or rushing things, you need to (1) acknowledge that you deserve better than him and (2) realize that it is time to call it quits. Sort this out as soon as possible.

– Justine Isaacs

Contributors: Justine Isaacs (6A) and Samantha Grant (6A)

Edited by: Kevion Daley (6A)

Editorial

TSV's Declassified School Survival Guide

Dear first former,

You've already survived a month in this strange environment. That's right, a *MONTH*: 30 terrifying days each filled with new faces and new experiences. It's all been very exciting hasn't it? We bet you're probably still awestruck and anxious whenever you walk the campus. Don't worry. You'll adapt to your new home in time and your sibling will be there with you every step of the way. Considering the exaggerated rumors about Campion that we've heard from a few of you, you must have initially found high school intimidating. Full disclosure: we felt the same way when we were first formers too so we devised some tips that will hopefully make your transition smoother.

#1 Make friends. As newcomers you all have something in common: the desire to build friendships. Having a companion to navigate the campus and spend your days with will make your life much easier. Be open-minded in selecting your friends and don't judge anyone certainly based on a first impression. Most importantly, be yourself and you will undoubtedly attract the group of friends that's right for you.

#2 Grades don't define you. Never allow the class ranking system to make you feel dismayed based on your academic performance. It was implemented to motivate students to work harder and to test their capabilities while establishing a healthy, competitive spirit among classmates. The arrival of report cards is a good opportunity to bond as a class...not to divide yourselves into the 'smart' and 'not so smart'. As a classmate, support fellow classmates in their goals to improve on their next report card and celebrate the achievements of the newly appointed members of the honour roll.

Remember: never let success get to your head and never let failure get to your heart.

#3 Be polite. Manners costs nothing and should consequently be meted out to everyone. Your teachers, principal, fellow schoolmates and the ancillary staff should all be afforded the same degree of respect. Don't be the kind of person who makes common courtesy a rare and selective commodity. Be respectable; it's the admirable thing to do.

#4 Avoid being rude to prefects. They are authority figures who deserve your utmost respect. Most prefects don't go out of their way to issue punishments and prefer to give numerous warnings before

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actually giving detentions. Cooperate with them so that they can peaceably maintain order within the school.

#5 Don't just...exist. You have five years to make a lasting impact on those around you. Now, we're not asking you to aim for popularity by pretending to be someone that you're not. It's actually much easier than that: simply spend every day being the kind of person that you would like to meet. When you get to sixth form, you'll have to request recommendations from guidance counsellors and teachers alike and they can only comment on your remarkable qualities if they know you. Try to make a good impression.

#6 Upperclassmen really aren't so bad. Sure, we can be a little territorial about our eating spots, but otherwise we are pretty friendly. The fact that we've also walked in your shoes before makes us sympathetic and more willing to assist you than you could ever imagine.

#7 Get involved. After Club Expo I bet you all have a club for every day of the week now. That's great! This is certainly the fastest way to make new friends! You probably chose clubs that are aligned with your interests and that's understandable. However, the TSV team wants to encourage you to sidestep your norm and join a club that will make you discover other unique aspects of your personality and ability.

#8 Exploit your lockers. Honestly they're there for a reason. It's unwise to leave your bags and valuable possessions lying around the classroom during breaks. There are others who understand their value as well and might steal. Therefore, safeguard your possessions by keeping them in your locker, especially if you don't intend to use them for the rest of the day. You ought to take some of that weight off your backs anyway! Above all, ALWAYS bring a spare locker key so that you can avoid cutting your lock at all costs. Leave two with your two best friends, one with your form teacher and another in a hidden section of your bag. If you forget your key and have an assignment to turn in that's stuck in there, this will definitely be to your advantage.

#9 Don't sweat the small stuff. Remember that you are young and immature in every sense of the word and – even though you made it to Campion – you are comparatively naïve. There's still a lot of room for growth and improvement and you have at least 5 more years during which you can do just that. Don't beat yourself up over your failures; they only serve to make you stronger.

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#10 Have fun! Champion's THE best place to be. Revel in every single moment. People rarely succeed unless they have fun in what they are doing.

Always believing in you,

The TSV Family

Written by: Kevion Daley (6A) & Damali Robe (6A)

Education

Beating **BURN-OUT**

Have you ever been bombarded with school work or some activity to the point where you feel frustrated and powerless? We all do sometimes. Whenever you experience that kind of burnout you are inclined to *crash and burn*, just like what happens in the similarly titled PlayStation game. More than likely, this psychological stress brought on by emotional and physical exhaustion results from your inability to adequately cope with and adapt to external and internal stressors.

The easiest way to counteract burnout is by adjusting how we treat work. Let us face it: work is ubiquitous and resilient in its efforts to stress us and we can only beat it by being just as resilient and resourceful in our attempts to tackle it. Now I'm not telling you to find and eliminate everything that you consider to be stressful – the nervous system does well with some occasional excitement – I'm actually encouraging you to relieve stress in a way that improves your general wellbeing. These tips are guaranteed to help you do that:

- ✓ **Say NO! sometimes**

Identify your strengths and weaknesses while keeping the idea of time in mind. If you know you can't do something well or if the time-frame that you've been given for a completing job is unrealistic, don't accept it.

- ✓ **Develop a hobby or improve a talent**

I know that the last thing you want is something that consumes more of your time but engaging in some form of hobby permits you a break with a purpose. The only stress that hobbies provide is the kind that makes you excited about what you're doing. In addition, the intense focus that is generated when you're doing something that you love will help to keep your mind off things you'd rather not think about.

- ✓ **Take breaks or rest**

Regardless of how capable you think you are at tackling multiple tasks, your brain and body need time to do something besides work. Pause and do something that requires minimal brainpower like watching television, observing the clouds, or meditating. Moreover, sleep is always a welcoming resort.

Education

Your ability to handle stress is one that you must spend your whole life improving and, believe it or not, handling daily frustrations only serves to make you much better at it. In instances when you realize that you're berating yourself, attributing feeling burn out to your ineptitude, take the time to fully experience the situation and learn something from it. Maybe all that's required is a simple change in your routine or your approach. Don't stress about being stressed; embrace it!

Written by: Khari Gray (6A)

Edited by: Kevion Daley (6A)

Entertainment

Club Expo 2015 - Fearless. Doubtless. Limitless

Exuberance and glee laced the Campion College air on October 2, 2015. The thrill was felt just by simply being present at school, where this excitement and hype blanketed students who were eager to showcase their clubs and the students who were dying to view them.



The head prefects and Mrs. Fong Kong–Graham posed with our beautiful alumna Terri-Karelle Reid and our charismatic Vice Principal David Henry

The theme “Fearless. Doubtless. Limitless” aptly described this year’s Club Expo. Our very own alumnus, Terri-Karelle Reid gave an engaging opening speech recounting her refusal to set barriers that limit what she can achieve. Her self-confidence and passionate yet interactive delivery inculcated the message of always being fearless, doubtless and limitless to the specially invited audience of first formers. She encouraged them to participate in activities that may seem strange to them and advocated that, despite their apprehension, they should welcome new experiences with an “Ahhh...Okay.”

Creativity was over 9000 this year as inventively and attractively designed booths covered every section of the auditorium. All booths were artfully decorated and managed to capture the essence of each club as well as the theme of the expo. The life-like lion painting done by Art Club and the realistically architected Chinese stall that was Modern Language’s booth were only a few of the many unique creations that stood out. Laughing, indecisive first formers flitted from booth to booth, struggling to whittle down their club choices.

Entertainment



Dance Society's elaborate booth was composed of medals, trophies and even the talented dancers themselves!



Did you hear them roar?

Entertainment



All that's missing is some delicious sushi...

Food has always been a highlight of Club Expo. This year, Gourmet Club prepared foods such as creamy Chicken and Alfredo to be 'washed down' with a lovely cappuccino milkshake. Meanwhile, Culture Connection gave us a literal taste of Spanish culture with their chicken and cheese quesadillas topped with salsa to make our taste buds dance with delight.

Of course, what is a meal without dessert? Pastries such as cupcakes, donuts and assortments of cookies were available at most booths to satisfy every sweet fantasy. The Girls' Football booth, in particular, had gooey fudge brownies covered in powdered sugar while Basketball's booth had the most charming cookies with orange and black fondant on top to craft a basketball-like appearance. Luckily, Dance Society supplied us with a simple but fun way to work off all those calories by providing "Just Dance" on the Wii while Girl Code wisely sold their customers adorable pocket-sized hand sanitizers to kill the numerous germs they were surely collecting on the day.

The captivating air bender-like moves of the Karate Club and ISCF's catchy dub poetry invigorated the crowd during the lunch hour concert. Nirvana's "Smells like Teen Spirit" was infused with the soothing, steady vibrations of Reggae and created an atmosphere of harmony and tranquility among the audience. However, Dance Society's performance was undoubtedly the star act. Their fresh interpretation of the song "Hot Up" was met with booming applause, which even resulted in an encore performance, much to the audience's delight.

Entertainment



The backdrop for Club Expo 2015 displaying the creative theme 'Fearless, doubtless, limitless'.

In this reporter's humble opinion, the highlight of the entire day was arguably the impromptu 'jam session' that erupted at the end of the expo during clean up. As our incredible musicians' band, Eko, played tune after tune led by a troop of 6A students. Everyone present crooned along to oldies such as Gregory Isaac's "Night Nurse" and Gyptian's "Serious Times." It was a superb end to an all-around entertaining day.

Written by: Dianne-Lee Ferguson (6A) & Jade McIntosh (4th form)

Edited by: Kevion Daley (6A)

Fashion

Tips for Culture Day

This year culture day will be celebrated on Wednesday, October 14. I am sure that you are all excited to dress up in your representative costumes and to enjoy the free food provided by the History department. First formers may be more familiar with the term 'Jamaica Day' but Culture Day at Campion College is an entirely different occasion. For one, we do not wear the colours of the Jamaican Flag on Culture Day.

So what do you wear on Culture Day then? Well, you are encouraged to wear the traditional attire of the four main ethnic groups that impacted the development of Jamaica's culture, namely conservative and school-appropriate Indian, Chinese, European and African attire. Examples of such traditional outfits are displayed below. If you choose to pay a seamstress to design an outfit for you, that's great! However you can more than likely manage to create your very own outfit by combining the right clothes that are already in your closet.



Examples of African attire



Examples of Indian attire

Fashion



Examples of Chinese attire



Examples of European attire

Fashion

Campionites please remember that culture day is a regular school day so all attire worn must be within the parameters of our school rules. Don't worry. These rules allow you all to look absolutely stunning whilst not exposing your thighs, belly, chest or armpits. The day is meant to be a memorable and educational one so don't ruin it for yourself by wearing something that warrants a trip to the Dean's office. If you don't have anything appropriate to wear, your ordinary school uniform is your next best option.

Have a great culture day everyone and remember: **keep it clean, keep it sharp, keep it way up!**

Written by: Kadian McNeil (6A)

Edited by: Kevion Daley (6A)

Health & Lifestyle

Embrace a Healthy Lifestyle

We know, we know; you've heard this before. However the fact that today's teenagers find it exceedingly difficult to balance school while monitoring their health necessitates another reminder. Shedding bad habits and adopting healthier ones benefits not only you but also the people who love you and would never want to see you appear to be under the weather. TSV's Health & Lifestyle team wants to ensure that you have fewer health issues to worry about. Thus we have provided a comprehensive guide to enable you to lead a life conducive to your growth and development.

Maintain a balanced diet. Our canteen provides a variety of food ranging from Black Forest Cake and pizza to boxed lunches and fruit plates. It is your personal duty to choose the right combination of items on the menu that will foster a healthy diet. I know from experience that it's easy to be tempted by the assortments of sweets and snacks offered but I also know that the effects that they will have on my body aren't positive. What you need is a diet that is high in fruits and vegetables and rich in nutrients such as calcium and iron.

Sleep. Teenagers must ensure that they get enough sleep in order to stay energized and focused throughout the school day. Sometimes getting the required eight hours is downright impossible in light of homework and tests. In such instances you can resort to banking sleep in advance of a long night to offset the upcoming sleep deprivation.

Exercise regularly. Many students believe that exercising in Physical Education class is sufficient but, in reality, teens need at least sixty minutes of physical activity every day. So exercise outside of Physical Education class is a must! Senior students who no longer have Physical Education class incorporated into their timetables are responsible for structuring their schedules in a way that allows for these sixty minutes of physical activity. This can be achieved through jogging, swimming, dancing or participating in a school sport, namely netball, volleyball or basketball. Don't hesitate to use the school's resources to your advantage. Find a fitness partner who is willing to go jogging around the field or training in the gym (provided that you are supervised) with you.

Keep yourself hydrated. Drink lots of water. It helps to keep your brain alert and eliminates toxins from your body. Having pesky acne problems? Drinking your daily quota of water might just help to alleviate that. Ordinarily, you need eight to ten glasses of water a day to keep yourself fully hydrated. I know that that might be a little difficult these days considering the severe drought that the country is facing so I implore you to take a bottle of water with you to school daily, in addition to a bottle of hand sanitizer. You can save money by buying a 1.5 litre bottle of Wata from the supermarket for about \$130 versus paying \$75 for a 600 ml bottled water at the canteen.

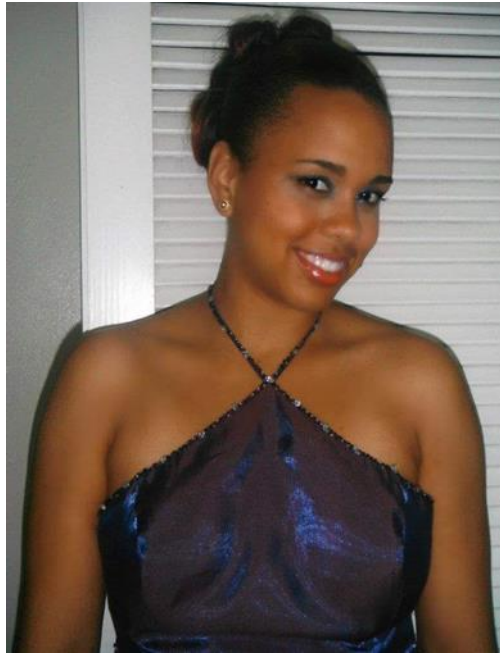
Written by: Gabrielle Daway (6A)

Edited by: Kevion Daley (6A)

Interviews

Where Are They Now?

Our “Where Are They Now?” feature showcases Campion alumni who still enthusiastically wave their red and white flag and ‘Live Red!’ This summer, I had the pleasure of interviewing past Campionite and Synchronized Swimming instructor Gabrielle Hosin who is an excellent example of what it means to ‘Live Red!’



Gabrielle spent her seven years here rather productively, participating in extra-curricular activities such as I.S.C.F., Octagon Club, Key Club and Synchronized Swimming while still managing to achieve good grades. Although she admits to not always balancing her activities well, after many missteps she eventually learned the correct formula. “It’s about scheduling and planning out your time carefully,” she advised, “I had extra classes. ...I had to figure out from early in the year which subjects I liked least and set aside extra time to go over those. I had study partners for some subjects. At the end of the day, I had no problem asking for help.” Of course, even after you somehow manage to get yourself in order, there’s always the pressure to keep up with the demanding environment. Life at Campion College has always been – and always will be – competitive but this only serves to help you improve. To this end, Gabrielle encouraged students to “compete with yourself to make yourself better and as good as you can possibly be.”

She has continued to give back to the Campion community for years, volunteering her time to coach the Synchronized Swimming team thus enabling the girls to perform as excellently as they do in competitions. She even had the foresight to train some of the seniors so that they would be able to coach the next generations of ‘swans’ when she left to work.

Gabrielle is now a graduate of the University of the West Indies and has earned two degrees: the first in Psychology and the other in Law. Currently, she is an Attorney at Law who working as an associate

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attorney at the Nunes Scholefield DeLeon & Company law firm in Kingston. Her advice for any aspiring attorneys is: "Don't do Law, or anything else for that matter, unless you're SURE you love it...and you can't be sure unless you have first hand exposure to it. Go work at a law firm. Work for free if you have to! Just sacrifice one month of your summer doing whatever work they give you in order to figure out if you're in love with it. If you're not, there's no point. It will stress you and make you bald for no good reason."

She also spared a few insightful and motivational words for students in general. "A bad grade or report card is not the end of the world nor does it define you! Realize that not all of us show our full potential on paper. Yes. Work hard and strive for good grades but what you see on the report card should not determine your self-image. Make sure you know and understand what you're being taught. It may not always show on paper but it will manifest itself in the long run."

Written by: Kathryn Samuda (6A)

Edited by: Kevion Daley (6A)

Noteworthy

Did You Know that Animals **Paint?**

After their first *Animal Art Show* held in 2015 raised nearly \$10,000 USD from auctioning a mere twelve paintings, the Oakland Zoo decided to make it an annual tradition. These masterful paintings are created by none other than the zoo animals themselves! Yes. You read right. The Oakland Zoo in Oakland, California auctions art made by its own animals! Under the direction of zoo keepers who only resort to positive reinforcement (a.k.a. lots of treats) to motivate the artisans, the animals create imaginative pieces on blank canvases using non-toxic paint. The collection was a joint effort produced by a myriad of creatures, namely: Bam (the Chuckwalla), Ting Ting (the sun bear), Zoe (the hyena), Ada (the snake), Jeffrie (the goat), and Andy (the Madagascar hissing cockroach).

All of the proceeds from the sales of these masterpieces will go to support Oakland Zoo's conservation programs for animals in the wild. With over 25 pieces up for auction and all of them earning more than double the initial bidding value (\$200 USD), it is safe to say that the Oakland Zoo's conservation programs will benefit greatly this year.



Artist: Benghazi, a Reticulated giraffe

Noteworthy



Artist: Ting Ting, a Sun Bear



Artist: Hahnuman, a Siamang



Artists: The Meerkat Mob

Noteworthy



Artist: Jeffrey, a Nigerian Dwarf Goat



Artist: Andy 'Roach'-all, a Madagascar Hissing Cockroach

Written by: Shantae Whyte (6A)

Edited by: Kevion Daley (6A)

Sports

Still stuck in the Manning Cup Group Stages

The table below shows Group G's Points Standing

Rank	Team	Games Played	Points	Wins	Losses	Draw	GD
1	Kingston College	6	16	5	0	1	12
2	Camperdown High	6	12	4	1	0	14
3	Jose Marti Technical High	6	7	2	2	1	4
4	Waterford High	6	6	2	4	0	3
5	Campion College	6	0	0	6	0	-33

Breakdown and Analysis of Performance

While our match results seem mediocre, the effort that our Manning Cup team puts into every match is anything but. If you've ever seen them in action you'd immediately realize that they're passionate players who lose with dignity. If not zeal, what prevents our boys from winning matches then?

It comes down to one thing: practice time. Although our boys train regularly towards the end of the summer, most high school football teams initiate training as early as April! With so much time devoted to training, it's only natural that we're outmatched where technique and experience is concerned. Our coach strives to nurture the team's talent but the reality is that our boys try to maintain a balance between football and academics and rarely play football outside of school.

Nevertheless, whether our team wins or loses, it will always have the full support of the Campion family. It is evident that our boys truly enjoy the sport as their enthusiasm in every game overrides the impact of defeat.

Results

Tue. Sept 15, 2015 Jose Marti Technical High vs Campion College: 6 – 0

Fri. Sept. 18, 2015 Camperdown High vs Campion College: 3 – 0

Mon. Sept 21, 2015 Kingston College vs Campion College: 6 – 0

Sat. Sept. 26, 2015: Waterford High vs Campion College: 6 – 0

Tue. Sept. 29, 2015: Camperdown High vs Campion College: 9 – 0

Fri. Oct. 2, 2015: Waterford High vs Campion College: 3 – 0

Written by: Kevion Daley (6A) and Damali Robe (6A)