



HOLY FAITH CONVENT PENAL

CELEBRATING

55 YEARS OF

EXCELLENCE



*Faith-filled,
Fabulous &
Flourishing*



55 faith-filled, fabulous years



PRINCIPAL
Sharon Francois-Ransome

A message from our principal

This is the victory that overcomes the world: our Faith. "Before all things, the children will be strong in Faith - a Faith that is living and operative." Margaret Aylward, Foundress of the Holy Faith Congregation

The Holy Faith Convent Penal family is celebrating 55 faith-filled, fabulous and flourishing years as a leading institution in the field of education as well as faith and character formation. To God be the glory! As expounded by our Foundress, Margaret Aylward, "Under God it began, through God it has grown". I express my heartfelt gratitude to our pioneers who were the great visionaries for seeing the need in the community and establishing this noble institution as a shrine of holistic learning. We must always remember the great work of the Holy Faith Sisters, wonderful HFCP pillars such as Sr Celeste, Sr Evangelista, Sr Columba and Sr Emerentia, Sr Pacelli and Ms Valerie Bethel just to name a few. We truly stand on the shoulders of giants, towering figures of faith, service and love for all.

We are poised at this juncture in large part due to the overflowing generosity, continuous support, and valued contribution towards the growth of the institution and the progress of the students here at Holy Faith Convent Penal over the past 55 years. Change is inevitable and as the school experiences transitions in admin-

istrative leadership and staff, there is a fervent commitment to sustaining and building on the solid foundation left for us. We have been entrusted with the responsibility to set new goals and to aim for new heights whilst maintaining the aspects that make HFCP the place to be. I take this opportunity to salute our Holy Faith Secondary School Board of Management, our team of caring, committed and competent staff, our supportive parents/guardians, dynamic Alumnae and other stakeholders for the support over the years.

The school is committed to and facilitates the integral development of our students in all dimensions - mind, body and spirit. We are aware that now, more than ever, the world needs women with the WoW factor - women of worth with sound character, who are resilient and courageous. We have been striving very hard to continue to shape our young girls into fearless global citizens - powerful change agents in the society. From its inception the school has promulgated a culture of care, care for each other especially those less fortunate and care for our common home.

At Holy Faith Convent Penal we celebrate harmony in diversity so that all activities - from our morning assemblies to other Cultural events on the school's calendar are carefully planned to benefit everyone regardless of religious persuasion. Our school curriculum, lectures and

co-curricular activities are geared toward developing that healthy balance that goes beyond academic achievement. We continue to build on a solid spiritual foundation rooted in the Gospel values and belief that we are instruments of God's purpose. Our girls continue to excel in all spheres of endeavour at school, district, national and regional levels. Congratulations and heartfelt thanks to all members of staff and students - past and present.

Fifty-five years HFCP family...how do you feel? I am humbled and grateful for the opportunity to serve at the helm of this noble institution. In the midst of this pandemic Almighty God has kept us together while physically apart. It is with a deep sense of pride that I can attest to power of our shared vision and collaborative efforts with Almighty God always at the centre of all our activities. Each new day provides an opportunity for us to learn, share and grow as HFC Penal family. Let us celebrate 55 faith-filled, fabulous years. With renewed focus on the years to come may we continue to deepen our faith, flourish and forever be proud to be HFCP.

Always be joyful; pray constantly and, for all things give thanks; this is the will of God for you in Christ Jesus.

1 Thessalonians 5:18 NJB

God's richest blessings always.

SHARON FRANCOIS
Principal (Secondary)



Congratulates

Holy Faith Convent Penal

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Let us keep the maroon and white flag flying high

A message from our vice principal

It is indeed an honour to be a part of a great institution. Holy Faith Convent, Penal is just that.

We are one of the leading educational institutions in Trinidad and Tobago. What sets us apart is our emphasis on holistic development of our girls. We recognise the benefits of sound spirituality, good academics, diverse extracurricular offerings and social outreaches in shaping the total individual.

HFCP women are WOMEN OF WORTH.

Our foundress Margaret Alyward was indeed a woman of worth: a true change agent, a leader of her time, she was no ordinary woman. She possessed the WOW factor. She recognised the needs of the underprivileged children of her time and responded to this need in a radical and compassionate way. Through her visionary work St Brigid's orphanage and Holy Faith Sisters were formed. Her vision of schooling for the underprivileged and empowering people through education is still evident in the way we at Holy Faith Convent serve our community.

The success of our institution is rooted in a love for Almighty God and strong ties that bind our HFCP family. Ours is a committed and dedicated teaching and ancillary staff who daily live out our watchwords: hospitality, friendliness and courtesy. Our students of the maroon and white who strive for excellence in Education and the realisation of their God given potential.

Fifty-five years have passed and at this critical juncture it is important for us to express gratitude to all the great women and men who would have served in the vineyard and who helped to shape the institution that we have today.

The legacy of our foundress Margaret Alyward lives on through the lives of all who pass through the walls of HFCP. Her spirituality, humility and simplicity serve to inspire us all as we meet with the challenges of a changing educational landscape. Like Margaret Alyward and those who have gone before us, we have heard the call, we see the need and continue to respond.

Congratulations to all members of our HFCP family on this our 55th anniversary. Let us keep the maroon and white flag flying high. May God continue to bless our beloved institution as we continue to serve him and each other.

NADINE VICTOR-AYERS
VICE PRINCIPAL



Nadine Victor-Ayers
Vice Principal



Our longest serving principal

One of the pillars of Holy Faith Convent Penal, former principal Valerie Bethel, the longest serving principal in the history of the school who is deemed by the Holy Faith Family a true Woman of Worth.

This visionary leader and powerhouse of unyielding faith played an instrumental role in the institution's successful transition from Private to Government Assisted.

Bethel also holds the honorary title of the only principal who knows the names of hundreds of students past and present during her tenure at Holy Faith Convent Penal.

May HFCP always be a beacon of harmonious light

A message from the Holy Faith Secondary Schools Board of Management

Greetings to All,

It is with a sense of justifiable pride and joy that I extend congratulations to Holy Faith Convent, Penal on the occasion of the 55th anniversary of its establishment. I have the pleasure to do so on behalf of both the Members of the Holy Faith Secondary Schools Board of Management (HFSSB) and the Incorporated Trustees of the Congregation of Holy Faith Sisters in Trinidad. We are proud of the performance of our school's students who have excelled for over half a century and contributed in many ways to the growth and development of our community and nation.

I consider it a blessing to lead our school during this period of transition, which has become a tough time for us individually and collectively. As we chart the turbulent waters of the Covid-19 pandemic as well as difficult economic conditions we are called to work together to meet those challenges. Our school operations, like those of our country, have been affected by both of these significant situations over the last 19 months. However, we must prove ourselves equal to the task at hand by navigating those troubled waters to ensure that our students and staff can return to classrooms for learning and teaching responsibly and safely in our school. We must also keep in mind that our children have only one childhood and as the adage goes: 'school days are our happiest days'. We would not



Kirk A Nancoo
Chairman HFSSB

want to deprive them of the joys of memories made within the walls of their alma mater which will last for a lifetime. Therefore, let's all do what's necessary to ensure that their school experience at the Convent is both a safe and happy one.

In order to achieve this immediate goal, we need the continued support of all our parents, staff (teaching and ancillary), administrators, alumna and our surrounding home community in Penal and environs. This must be a team effort, where Team means:

- **T** – tactics for these tough times.
- **E** – example ... Einstein said "Example isn't another way to teach, it's the only way to teach".
- **A** – adjust our strategy to meet

the needs of the present moment, so we keep advancing while mitigating any potential risks. All with a view to achieving excellence by providing educational opportunity now that meets the needs of ALL of our students.

• **M** – management style that is consistent with our values, in particular, faith, (social) justice and fraternal solidarity. We must do more to engage our parents, alumna as well as our internal and external stakeholders.

Teaching should be such that what is offered to our students is perceived by them as a valuable gift so that their learning is in turn experienced as something worthwhile, to be received with gratitude. Learning then becomes a life-long habit because it's something of value, the benefits of which are both utilised and cherished. We recognise that Trinidad's and our school's cultural pluralism enriches our learning and life experience as One people, One T&T. May HFCP always be a beacon of harmonious light in our diversity, a yardstick not only for measuring excellence in educational attainment, but a unique environment that transmits a vision for social cohesion, where we celebrate each other and recognise our common sisterhood as children of God. May St Brigid, our Patroness, pray for us and give success to the work of our hands and minds.

KIRK A NANCOO
CHAIRMAN HFSSB

Celebrating a rich legacy

The lives of thousands of young women in the South have been touched by influence of the Holy Faith Sisters through the ministry of education.

In 1966, at the invitation of Father David Oliveire, the then Parish Priest of Penal, the Holy Faith Sisters embarked upon the offering of secondary school education to the young girls in Penal and its environs. This service was to cater, primarily for those who were denied places in the existing secondary schools, based on the common entrance examination.

From very humble and modest beginnings on October 1, 1966, with an enrolment of 24 students and a staff of two teachers and a principal, the school can today boast of a school population of 689 students and a teaching staff of 52.

The Holy Faith Sisters, whose charisma linked them closely with the poor, were entrusted with the responsibility of setting up and running the school. Sister Celeste was the first principal who was later succeeded by Sister Evangelista and by Sister Columba. In these early years, they faced the challenges of limited finance and lack of space. As word got around about the quality education that was being offered, the demand for school places became greater. Under skilful management and dedicated service, the school as a private institution mushroomed with the development of the physical plant and with the broadening of the curriculum.

The 1980s could be considered a period of expansion. Sister Columba, the then principal and Vinode Jhagroo, vice-principal, worked together to build a school not only in terms of the physical plant and the curriculum, but in developing and nurturing

young minds, through the provision of an education whose objective was holistic development.

Significant development took place in 1988, when the school became Government assisted. The curriculum was further broadened and more staff was granted by the ministry of education, who also assisted with school grants to aid physical expansion.

The year 1991, saw the retirement of Sister Columba Byrne who was principal for 13 years and under whose leadership much of the development took place.

Sister Columba and Jhagroo were succeeded by Valerie Bethel as principal and Sandra Corbie as vice-principal respectively, who together with the hardworking staff and supportive parents of the PTA have been committed to keeping pace with the trend set in earlier years.

A steady increase has been noted over the years in the number of students gaining full CXC passes.

Students continue to excel in academic performance. This made urgent the need for providing A' level tuition for the many students who were well qualified and seeking A' level places.

Corbie was succeeded by Angela Young Lai, Marilyn Brown and Norma James as vice-principal. Laura Boyce acted as vice-principal, until Nadine Victor-Ayers was appointed in 2020. Bethel was succeeded by Sharon Francois as principal in 2014.

Today, Holy Faith Convent, Penal would not have been the success story that it is, were it not for the hard work of the past administrators, parents, teachers, benefactors and all those responsible for bequeathing a rich legacy to the present Holy Faith family.

A Woman of Worth Our Foundress Margaret Aylward

Margaret Aylward, foundress of the Holy Faith Sisters, recognised the value of education for liberating the poor in post-famine Ireland. While her world is not our world, we retain her values for our Holy Faith Schools. Her education was people-centred where every child was valued equally as a unique person and given a genuine experience of belonging. Margaret Aylward had an extraordinary sense of the value of the gift of faith.

She had received from the Holy Spirit, a profound appreciation of the gift of faith. Her conviction of its value filled her with an overwhelming desire to preserve that gift in herself and others.

—Holy Faith constitution no 3

She became the champion of the poor and sought to preserve the gift of faith, particularly, in the destitute child and to educate the poor so they can have fulfilment in life.

In her pursuit of social justice, Margaret exhibited virtues such as humility, compassion, determination, commitment and empathy. These are just a few of the virtues that attest to her remarkable strength of character.

Every year at Holy Faith Convent Penal, we honour Margaret Aylward by having a Thanksgiving Mass in October as well as singing our tribute songs, Polar Star and Woman of Faith. We also encourage our students to emulate her moral virtues in their pursuit for social justice.

The following words of Margaret Aylward encapsulate the ethos of the school:

Before all things, the children will be made strong in Faith - a Faith that will be living and operative.

It was Margaret Aylward who also proclaimed that "Under God it began, through God it has grown" and as we celebrate our 55th Anniversary, we will continue to uphold the teachings of our Foundress as



Foundress Margaret Aylward

her life and contributions to society are not only a testament of her strength of character, but also to the powerful chord her message struck among many around the world.

Song in honour of our Foundress Margaret Aylward WOMAN OF FAITH

*Chosen by God, you answered his call
To bring His love to all
The poor, the needy, the child
without a home
With you they were never alone*

*Margaret Aylward, Woman of Faith
We honour you today (repeat)
You treasured the gift of God's
faith in each one
Through the Spirit of Jesus, His Son
You nurtured, protected and
tended with care
This gift given to be shared*

*United with Christ, strengthened by His love
You prayed this prayer to the Father above -
That all may be one, as you and I are one
That they may be one in love.*

Congratulations
to Holy Faith Convent Penal on your
55th ANNIVERSARY
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From the desk of the president of the Parent Teachers Council

Marcia Goodridge Constantine
Msc, BA APS

It is with honour that as president of the Parent Teachers Council (PTC), on their behalf, that I bring greetings and congratulations to Holy Faith Convent Penal (HFCP) "the place to be" on their 55th Anniversary celebration. We join with the school on this occasion to mark the contribution of its foundress, Margaret Aylward.

The PTC is an integral strategic arm of the school. Our key area of focus is our alignment of the aims, objectives and strategies with those of the school, as we support and assist.

Aims and objectives

- To foster better relations between parents and teachers.
- To educate members along lines which would assist in proper development of the child physically, emotionally, socially, spiritual and intellectually.
- To educate members on current trends in education and foster personal development.
- To join hands in the parent/teacher/child/community with a view to getting the discipline in the home, the school and the community more in line with acceptable social standards.
- To generate resources in order to assist the school financially.
- To do or cause to be done all such acts and things as may be necessary to raise the status of the school, generally.

There are several benefits of being in the PTC, namely:

- You are allowed to discuss on the chat platform concerns that relate to

school with permission from our principals.

- You are part of the HFCP team with one voice.
- You learn the digital world of your child.
- You can make suggestions to influence some of the strategies of the school.
- Training, learning and development can take place virtually.
- You develop soft skills.
- You are able to network and access opportunities that may present themselves.
- The engagement of diverse groups of people.
- You are able to gain leadership capabilities and skills.
- Updated meetings with our principals.

Some of our strategies are to:

- Recognise the vision, goals and core values of the school and align our activities to the vision.
- Celebrate with the school even in a virtual setting.
- Assist the less fortunate through fund-raisers.
- Mediate with our administration on behalf of parents and guardians when necessary.
- Communicate with different stakeholders when necessary.
- Participate in the book exchange programme with other parents.
- Allow the parents to access information digitally.
- Be a vehicle to both teachers and parents by sending messages on our chat.
- Participate in the parents' chat.

Support and assist

Assist with the World of Work programme.

Allowing opportunities to become leaders and role models.

Liaise between the school administration and parents.

Educational programmes for the parents.

Assist with social programmes, for example, hampers.

Allow messages of the school to be accessible, in real time to parents.

In conclusion, we thank the present and past board of management, principal, vice-principal, teachers, administrative staff, students, the alumni and all stakeholders and join with them in celebrating such a milestone of 55 years in existence. God bless and thank you.

Greetings from the president of Past Pupils Alumnae Association

J'ELLE VALDEZ



Hospitality. Friendliness. Courtesy. Holistic experience. Well-rounded. These are some of the first words I heard upon entering Holy Faith Convent, Penal and that were repeated throughout my seven years there.

Words that helped and continue to shape me, and thousands of other girls and women.

On its 55th anniversary, I am proud to say congratulations to my alma mater, an institution dedicated to moulding today's girls into the women and leaders of tomorrow. Strong, intelligent, forces to be reckoned with, carrying the values instilled in us, the HFCP legacy lives on.

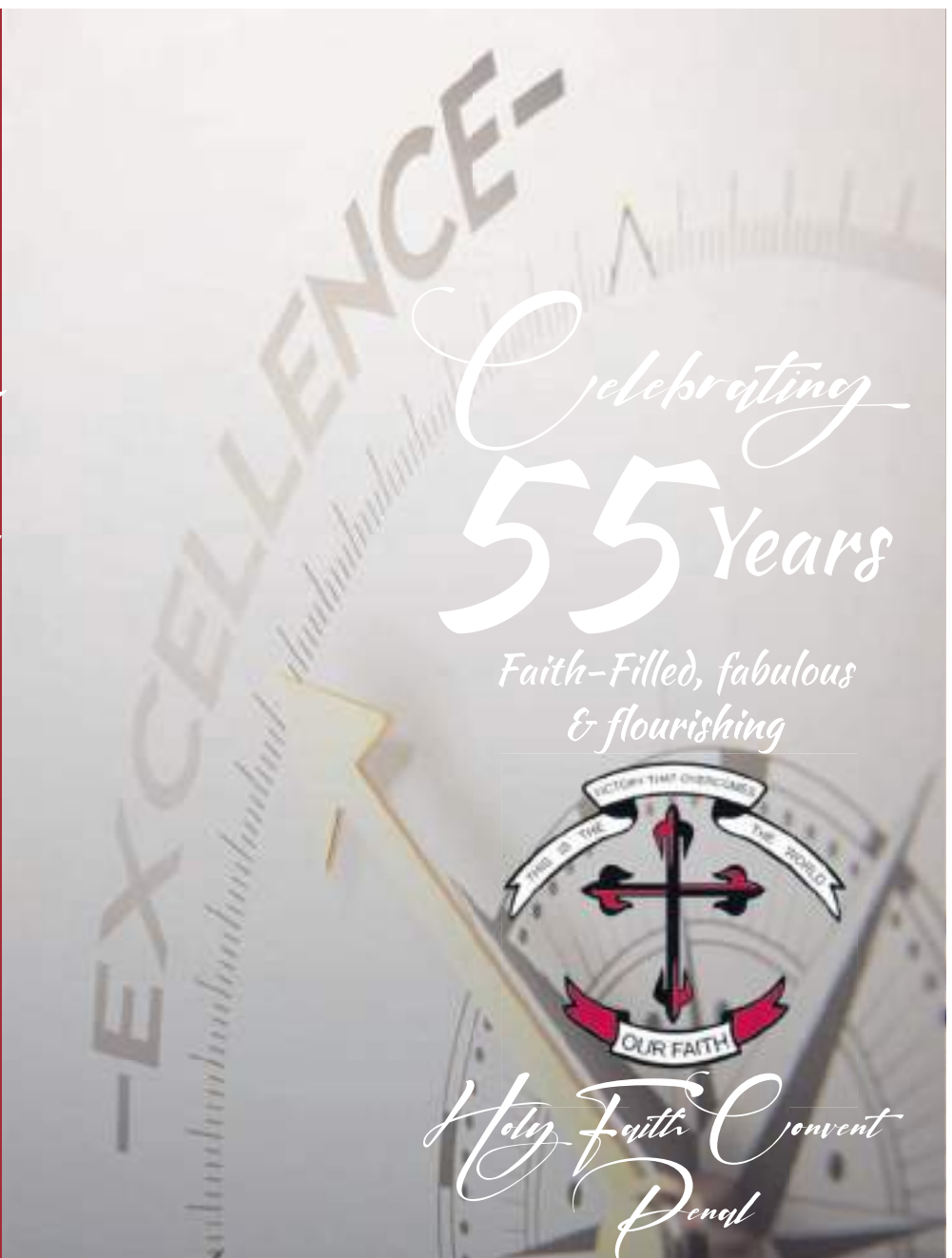
We have achieved so much in only 55 years, and I am confident that the best is yet to come.

To the principal, teachers, students and all members of the HFCP family, past and present, I trust that we will all do what is needed to ensure that we keep the HFCP pride alive.



President of the of the Parent Teachers Council,
Marcia Goodridge Constantine.

FROM THE MANAGEMENT & STAFF AT R.I.K. Services Ltd



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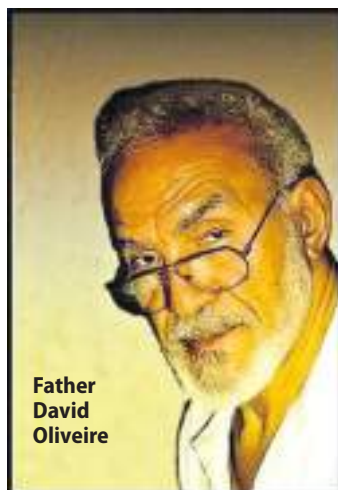
QUEEN STREET, PORT OF SPAIN 223-1132/33
LONG CIRCULAR MALL, ST. JAMES 223-1131
GULF CITY, LA ROMAINE 223-1128

Father David Oliveire

Holy Faith Convent, Penal is the brainchild of Fr Oliveire and he entrusted it at its beginning to the Holy Faith Sisters. Fr Oliveire appealed to the heart of the Superior, Sr Columba and with her formidable faith and drive she got the permission to go ahead from Archbishop Finbar Ryan.

Fr Oliveire stated, "What was not God's will at that time was the pain and anguish, the frustration and killing anxiety of children and parents in their mad scramble for school places on the secondary school level. What was not God's will was the fact that poor country children suffered most, considering the hazard and cost of travelling to the city and faraway places. What was God's will was the Advent of the Holy Faith Sisters to Trinidad."

What is viewed now is the realisation of God's will. God's work in our world is always brought about through the love and service of human beings. Under God it began, through God it has grown.



Father David Oliveire

Building a Vision

During the school's Silver Jubilee, an interview was conducted with principal, Sr Columba Byrne, who served from 1978 to 1991. She highlighted some of the problems she faced relating to the Physical Environment. These included overcrowded classes, lack of a library, study room, hall and laboratory and additionally, very little equipment. She dreamt of expansion of the physical plant into a modern, well equipped facility with an unsurpassed academic offering. This was extremely necessary because of the growing numbers who wanted to attend the school which by the 1980's was already distinguished for providing quality education grounded on religious values.

Throughout the years, the hard work and dedication of administration, staff and stakeholders have resulted in the fruition of Sr Columba's vision.

It is through God that Holy Faith Convent, Penal continues to grow from strength to strength. Our vision includes further physical expansion beyond our present boundaries. We look towards completion of our many projects such as the Language Lab, Music and Technical Drawing rooms. This global pandemic has emphasized the importance of technology and our goal focused towards updating and expanding our ICT Department and Library equipment. The construction of an auditorium has been an ongoing vision and we continue to work diligently, trusting in God for its manifestation. We believe that through Faith, this goal will be accomplished.

There is also the desire to re-implement a Special Needs faculty within our school. In the early years of our Convent, a department of this nature existed to aid children with developmental delays as well as congenital conditions. This segment of the school was developed so that all God's children could reach their potential in a nurturing and caring environment. We continue to be guided by God in this area.

Holy Faith Convent, Penal is undoubtedly grounded in faith. It is our roots, our life source and it is of utmost importance that we focus on building this faith that



Sister Columba Byrne

gives us the victory. We are focused on outreach programmes in the future, allowing staff and students to "go out" into the wider community to spread the "good news" as well as to comfort and inspire the less fortunate. We continue to encourage our students to emulate the life of Jesus Christ, and to please him by doing his will. "Truly I tell you, whatever you did for the least of my brothers and sisters, you did for me" Matt 25:40

Congratulations
**HOLY FAITH
CONVENT
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**55TH
ANNIVERSARY**

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Company's Daily Prayer

*With a heart full of thanksgiving and a spirit of joy,
we pledge to lovingly serve humanity, as service to God.
Let us make a valuable contribution towards our society
and world. Our unity is our strength.*

Generations of HFCEP Students



Bottom left: Zahara Lewis and her mom Bliss Vidalis-Lewis, Terri Taylor Chase and daughter Aaliyah Chase.
Top: Robertha St Hilaire and daughter Amaya Williams.

Our staff



Science Department



English and VAPA Department



Modern Studies Department



Modern Languages Department



Civil Service and Canteen Staff



Ancillary staff



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Building a home...



Form Four student of Holy Faith Convent, Penal, Cindy-Ann Bigford placed first in the South Junior Calypso Competition in 2019 and has the distinction of being the first female to hold the title. She also placed second in the South-west Junior Calypso Competition in 2019 and first in 2020.



Clubs



Culture



Spiritual life



Sports and Carnival

*Congratulations to
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on Celebrating its 55th Years in Education
From the Management of*

Marilyn's

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Congratulations
HFC Penal
on Celebrating
55th years

in the field of Education from the Management of



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Rousillac.
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Email: sachaes09@yahoo.com



Marilyn Brown



Angela Young Lai



Sandra Corbie



Norma James



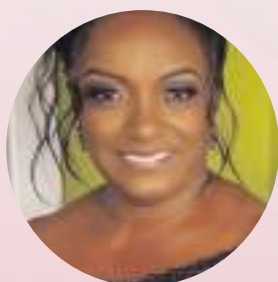
Nadine Victor-Ayres



Judith Booker



Pansey Ayres



Laura Boyce



Vinode Jhagroo



Sis Columba Byrne



Valerie Bethel



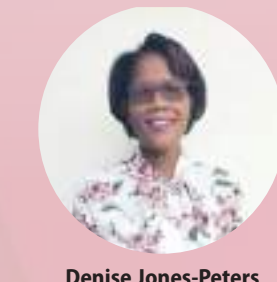
Sharon Francois



Sis Emerentia



Sis Evangelista



Denise Jones-Peters

Building pillars of faith

"Holy Faith Schools will always be schools of faith. Before all things the children will be made children of faith."
—Margaret Aylward

It is often said, "No Man is an island."

To this end our school's 55th year success is the work of no one person. Several persons through their leadership, spiritual guidance, pastoral care and the discharge of their daily duties have set a foundation of faith for our girls.

They have endeavoured to live a life of faith and in so doing, have borne witness to gospel values in their lives. The vision of our foundress, inspired by God, continues to be carried out by administrative, teaching and ancillary staff.

The Foundress
Margaret Aylward

Principals from inception to present day

Sis Celeste (1966-1972)
Sis Evangelista (1974-1978)
Sis Columba Byrne (1978-1991)
Valerie Bethel (1991-2014)
Sharon Francois- Ransome (2014-Present)

Vice Principals

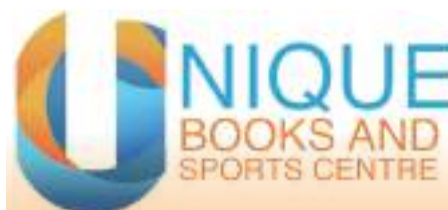
Vinode Jhagroo (1980-1988)
Sandra Corbie (1989-2000)
Angela Young Lai (2000-2006)
Marilyn Brown (2007-2013)
Norma James (2014-2016)
Laura Boyce (Ag) (2016-2020)
Nadine Victor-Ayres (2020-Present)

Stalwarts

Sister Emerentia Smith (1981-2005)
Pansey Ayres (1975-2006)
Judith Booker (2012-2020 deceased)
Denise Jones-Peters

Congratulations To HOLY FAITH CONVENT PENAL

In celebrations of its
55th Anniversary.



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Celebrating
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of
excellence

*Faith-filled, fabulous
& flourishing*



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ON CELEBRATING 55TH YEARS
IN THE FIELD OF EDUCATION

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JONELLE HUMPHREY

(2003-2010)

President's medal winner
Jonelle Humphrey, LLB, LLM
•PhD Candidate in Labour Studies (Modern Slavery) at McMaster University, Canada.
•President's Medal Gold (2010).
"My holistic education at HFC taught me the importance of a healthy mind, spirit and body. This philosophy spurred my success academically and continues to be paramount in my PhD journey. I will forever love and cherish my HFC family."

KEZIAH LENDOR

(2002-2009)

Creative Director • Fashion Stylist • Freelance Writer

"I can safely say that attending Holy Faith Convent, Penal has been one of the most momentous times of my life. In retrospect, Holy Faith gave me so much more than I anticipated growing up, it was my safe space, my pride, my joy, and a place where I was always seen and heard. Now, when I think of a place that truly offers holistic development and that inspired me to be more, I think of there."



CHARLENE LANE

(1981-1986)

Associate Professor of Social-Work/Sociology & Criminal Justice (Pennsylvania)

"HFC has left an indelible mark on my life, and has most definitely shaped the wife, mother, and professional I have become. As I continue to strive in my Christian journey, I often reminisce on songs, scriptures read and assemblies conducted during my formative teenage age years."

ALEXIS SYNE

(2009-2016)

Scholarship Winner

English Teaching Assistant, France

"Seven memorable years spent at HFCEP with admirable teachers, staff and students greatly influenced my academic and professional perspectives, life choices, personal values and holistic development. For me, there was no better place to be than HFCEP!"



J'ELLE VALDEZ

(1999-2006)

Alumni President

Counselling Psychologist

Managing Director at Équilibre Counselling and Consulting Services

"I cannot speak of my identity as a whole person without speaking of HFC, Penal with gratitude. Everything I learned and experienced there over seven years has played an integral part in my holistic development and ultimately the woman I am today."



TENIELLE (TOBIAS) SOLOMON

(2000-2007)

VP Communications and Public Relations

Heliconia Foundation for Young Professionals

"HFCEP: Nurturing Women of Faith, Women of Worth - This is the victory that overcomes the world, our faith. It's been 14 years since I've left HFCEP but it has never left me. I am especially grateful for the solid foundation of faith provided by HFCEP which has been a great source of strength for me even to this day. The hymns sung at assemblies are today sung to my baby who I hope will one day also attend HFCEP. I am proud to be HFCEP and I am eternally grateful to my teachers for consistently giving their best; for lovingly pouring into us their faith, knowledge and virtue; and for constantly reminding us that we are women of worth and worthy of life's greatest gifts!"



CHRISTAL HAMILTON

1995-2002

School's First Scholarship (Open 2002) Winner

PhD Candidate - Public Affairs (Public Policy)

"My time at HFC will forever be cherished. HFC ensured my holistic development, providing opportunities to gain skills that will promote success in all areas of life. It has played an invaluable role in making me the person and academic I am today."

MALIKA BLAIR

(1992-1999)

Former Deputy Mayor of San Fernando/Councillor/ Businesswoman

"What we are is God's gift to us and what we make of ourselves is our gift to God". These words still resonate with me as I reflect on the seven wonderful years I spent at HFCEP. There was a holistic approach to education which has enabled so many young women to explore their innate human potential and become women of substance in all fields of endeavour across the globe.



JADE (JOHNSON) LOPES

(2008-2013)

Doctor of Emergency Medicine, Yeovil District Hospital, England UK

"HFC Penal shaped me into the woman I am today. It taught me about teamwork, being resourceful and the importance of hard work and kindness to all. HFCEP will always have a special place in my heart."



KARLINE BRATHWAITE

(2001-2008)

Former Head Girl/ Award winning Latin Dancer
Mental Health Planner and Drama Therapist

"HFCEP was like an incubator that afforded me the privilege to explore, dream, achieve, try new things, fall, recover and grow. I am forever grateful for the tools I received to face life's journey with excellence, faith, spunk, and gratitude."



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MARCIA BAIN
(1981-1985)

1st in Caribbean in Social Studies

USSN Veteran, Business owner, Director Aesthetic Institute of Trinidad & Tobago, HFCP Proud

"HFCP is a major highlight of my life. The school's early private years were humble beginnings. It took the hard work of many before us and those who came after us. With my time in the early 80s, under the leadership of Sister Columba, guidance of Ms Ayres, Ms Datto, Mr Toolsie and the partnership of the Caesar Family and my parents Jean and Robert Bain, fundraising was pivotal in the survival and development of my Alumni. We did not shy away from the ground work, tirelessly building and fundraising for construction of the very classrooms that would one day be my daughter, Trazzarra's classroom almost 30 years later.

Those days taught me lifelong lessons of hard work and altruism, that I would take with me through my school years, going on to win the very first award for HFCP which paved the way for many more awards and scholarships for my Alumni, then on to my career serving in the US Navy."



SARAH DE SILVA
(1994-2001)

Magistrate

"HFC, Penal has contributed significantly to my all-round personal and professional development. Ethics and morals, daily assembly in church as well as extra-curricular activities were pivotal in my character development. The astute guidance and love from the dedicated teachers are appreciated and valued."

KYHESHA HILLS

(1996-2003)

Former National athlete
Business Management

"My experience at HFCP encouraged me to grow academically and in athletics. The staff cultivated an environment which allowed me to achieve my goals with excellence and set my roots deep in various cultural communities. Confidence and integrity are qualities I've gained from being a student there. This provided me with the skills necessary to gain a full athletic scholarship. I'm proud to be a member of HFC Penal alumni."



Dr STACY DE GALE

(1988-1993)

Former Head Girl;

Doctor of Physical Therapy & Executive Board Member of World Physiotherapy
HFCP is more than just an institution. With exemplary teachers and leadership, myself and countless others were groomed to be thinkers, leaders, innovators and builders. We were fine tuned to have strength of character, to utilise all our skills, and to proudly display our cultural and religious diversity and inclusivity. Were it not for such a dynamic education, I would not have chosen a career that embodies HFCP 'pillars' of excellence, empathy, social justice and giving back. I owe it all to HFCP.



SANGITA SUBNAIK

(2005-2012)

Indian Music singer (Recorded Artiste)

"Performing on HFCP's Cultural Centre stage gave me the confidence to pursue a musical career. Singing has always been a passion of mine, and the support of my teachers and colleagues at HFC instilled the belief I needed to take it further. They taught me the value of both a sound education and pursuing my passion. Participating in Sanskritik Sangam, Carnival activities, Divali Programmes and even the Miss HFC Pageant, made me realise my passion was indeed behind the singer's mic!"



PATRINA MAHABIR

(2003- 2010)

Public Relations Officer and Radio Presenter

"I am who I am because of HFCP. This great institution gave me some of the most memorable experiences of my life and I am forever grateful to my teachers for their unwavering support. Holy faith shaped my work ethic, drive and value system and provided an environment for my holistic development."



BRITNEY SMITH

2004-2011

Teacher

"My tenure at Holy Faith Convent, Penal has left an indelible impression on my life. My fondest memories come from the morning assemblies which have equipped me with core values that give rise to my relentless nature. Additionally, having been exposed to such dynamic and passionate teachers made me want to directly contribute to the holistic development of our nation's youth."



MELISSA DOUGHTY

Writer/Journalist

"Holy Faith Convent, Penal gave me the confidence to be me. Supportive teachers and friends encouraged my creativity. HFC taught me that no matter where you come from in the world, once you have a dream and faith, anything is possible."



LOUANN SUGDEN

1995 - 2002

School's First Scholarship (Open 2002) Winner 1st Place

World Rank Sociology

Project Management Consultant

"HFC mixed a strong focus on academic achievement with a healthy emphasis on personal interests and cultural expression. HFC conjures up memories of a social melting pot and passionate, approachable staff. This experience has instilled in me a spirit of adaptability and tolerance."



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KARISSA RAMKISSOON

(2019–Present)

Autism spectrum disorder (ASD) is a developmental disability that affects how people respond to their environment behaviorally, socially and communicatively. Since there is a wide variety of ways this disorder manifests itself, people on different parts of that spectrum have different strengths and weaknesses.

Karissa found a safe haven at HFCEP. Her teachers all met with us to better understand and accommodate her needs. She made friends, she joined a club and thrived in HFCEP's inclusive environment. As parents of a special needs child it warmed our hearts to see her eager to go to school. Thank you HFCEP! (Mother – Michelle Ramkissoon)



FAITH LEWIS

(2016–Present)

As a parent of a child with special needs there are various concerns, faced daily, but the amazingly kind, supportive and dedicated staff at HFCEP, Penal quickly quelled most of our fears. On a daily basis they made sure Faith's needs were met, classes were easily accessible to her, and she was included in all programs and festivities held at the school.

The staff ensured that students were enlightened about Faith being born with Spinal Bifida (a birth defect in which an area of the spinal column doesn't form properly, leaving a section of the spinal cord and spinal nerves exposed through an opening in the back) and through lectures and assemblies they realized that the best gift to give someone with a disability is your friendship and to include them and believe in them. Tessa Byron (Mother)

KIMIKA LAI TAN

(1996–2003)

Being a student with Tourette's Syndrome, (a condition that affects the brain and nerves, causing people to make repeated movements and sounds the teachers at the school were willing to learn about my condition in order to make my settling in as comfortable as possible and I enjoyed the kindness and acceptance of my fellow students. I engaged in not only studies but also extra-curricular activities. I achieved passes in all my subjects for CXC and continued to pursue my A'Levels at the School in 2001. I was accepted at the University of the West Indies, St Augustine, where I pursued a BA in History, with Minors in HR Management and Communication Studies. I worked in the Library field after that, where I developed an interest in research. In 2011 I was awarded a Government Scholarship to pursue my Masters in Library and Information Science to become a qualified Librarian. My achievements would not have been possible without the unwavering support I received from my teachers and classmates throughout my studies at HFCEP, Penal, which provided me with the foundation and skills I needed to succeed in my career.



ALEISHA-MAY ELBOURNE

(1980 – 1985)

Aleisha-May was diagnosed with Semi Spastic Cerebral Palsy, at an early age. This is a developmental disorder caused by damage to the brain before birth. This condition prevents the normal development of motor function, as such Aleisha-May's muscles are tight and stiff and do not move smoothly. She had some difficulties with speech and it was almost impossible for her to write.

However, she found a safe haven at Holy Faith Convent, Penal. She never felt excluded from school life. She recalled singing with Mr Asford Joseph and being a part of the prayer group as well as visiting the Home for the Aged.

The tremendous support from her mother and grandmother coupled with the support from the staff and students made her into the person she is today. She was able to attain six subjects over

a three year period with a transcriber and supervisor from the ministry of education. While she is proud of this, she explained that she is most proud of her holistic development at Holy Faith Convent and the values inculcated in her to be a better citizen and to never give up despite her challenges.



Generations of HFCEP students



Deslee Dookie, from left, Kala Mendes-Dookie and Therese Mendes (formerly) Bacchus.



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