

MESSAGE FROM THE HEAD OF SCIENCE DEPARTMENT
Mrs. Susan Maraj

As we celebrate our 55th Anniversary the performance of LGHC continues to be outstanding. It is with immense pride and joy that I congratulate our school for another record breaking year for winning the President's Medal four consecutive years. With this incredible academic achievement words certainly can't express our emotions.

At LGHC we are privileged to serve in an institution known for providing an environment where children are inspired to learn and thrive as individuals. Needless to say, it's a rare combination of dedication and hard work that leads to such remarkable results. In the words of John Gardner "Excellence is doing ordinary things extraordinarily well."

Our newsletter continues to highlight the many activities undertaken by our Science department. These activities are organised by our dedicated staff with the aim to encourage students to develop their sense of inquiry and appreciate Science in everyday life. We trust you enjoy this edition and welcome you sharing your views with us at ohmlghc@gmail.com.

LGHC Celebrating 55 Years

L.G.H.C - PRESIDENT'S MEDAL WINNERS Four consecutive years



Amrita Singh
2018 (General)



Veshala Goon
2017 (Business)



Priya Maraj
2016 (Science)



Shivrani Prabhudial
2015 (Business)



LGHC received the President's Medal and 24 scholarships. Above is Principal, Mrs. Sonia Mahase Persad (right), President's Medal winner Amrita Singh (seated centre) and scholarships winner in the area of Natural Sciences (13), Business Studies (5), General Studies (3), Mathematics (2) and Language Studies (1).



Science teachers Ms. Ria Bissoon and Ms. Clara Gangaram surrounded by Science scholarship winners.



SCIENCE CLUB: 2018-2019

LGHC co-curricular Science Club is a great way for students to nurture their social skills and creativity. Great interest is generated among the students so much so that the club has doubled in size over the last year. To the right shows students making colourful slime.



FUN FACTS

- Honey never goes bad.
- Billy goats urinate on their own heads to smell more attractive to females.
- 99% of people cannot lick their elbow.
- An albatross can sleep while it flies.
- Chewing gum while peeling onions will keep you from crying.



FUN SCIENCE:

MAKING FLUFFY SLIME

Materials

- ½ cup of Elmer's glue
- ½ cup shaving cream
- 1 tsp borax powder mixed in 1 cup of water
- food colouring
- mixing bowl

Method

- Add glue, shaving cream and food colouring to mixing bowl and mix thoroughly.
- Add 3 teaspoons of the borax mixture to your slime. Stir thoroughly, then continue adding the borax mixture 1-3 teaspoons at a time until the slime is at the consistency you'd like it to be.



HEALTHY LIFESTYLES



At LGHC Food Nutrition and Health has been part of the school's curriculum since 1998. This important subject teaches students essential lessons on nutrition, hygiene and home management.

Greater opportunities in the food industry have led to more individuals realising the importance in this vital subject, not only to maintain a healthy lifestyle but also to consider as a career. These careers include chef, food product development scientist, regulatory affairs specialists, nutritionist, nutritional therapist and food labelling specialist to name a few. As such, at LGHC Food Nutrition and Health is offered presently at the CAPE level where food science, product development and marketing are taught in detail.

Our school has entered numerous cooking competitions and has introduced a Food Club for students to have the opportunity to experience a variety of educational and fun food activities.



Healthy Recipe: Spicy Tofu Scramble



- 350 g silken firm tofu
- 2 small onions, sliced
- 1 large garlic clove, finely chopped
- 10 cherry tomatoes, halved
- ½ fresh red chilli, sliced
- 1 avocado, sliced
- 1 tsp of ground turmeric
- salt & pepper
- 1-2 tbsp olive oil
- 8 slices of bread toasted



Method

- Heat 1 tbsp of olive oil in a pan, on low-medium heat. Add chopped garlic and fry, stirring frequently.
- Place cut tomato in the pan and fry them in the garlic oil gently until they soften a little. Remove garlic and tomatoes from the pan and set aside.
- Toast the bread slices.
- Heat another tablespoon of oil and fry onions and chilli on low-medium heat until softened.
- Add a block of silken tofu and break it into small pieces with a fork.
- Sprinkle with turmeric, salt and pepper and stir it around and fry for another two minutes.
- Finally add tomatoes and garlic back to the pan to warm up.
- Pile tofu scramble onto warm toast, decorate with avocado slices.

Science Fair Winners 2018

Investigation Winners



Vanessa Carrabalo, Kayashta Dass
Esha Bachoo



Innovation Winner



Amy Hanuman

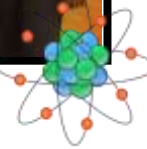
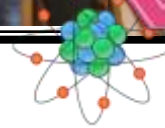


Scientific Portrayal Winners



Varsha Ramlochansingh, Samaaya Seepaul
Celine Roodal

2018 Science Fair Reflections — Projects, exhibitions, attractions, portrayals, competition, sport personalities and more...





DEPARTMENT OF SCIENCES, FOOD & NUTRITION AND PHYSICAL EDUCATION



LAKE CLUB

The Lake Club promotes environmental awareness and responsibility. Ongoing projects at the college include the recycling program and the hydroponics system. Members participated in the National Secondary Schools Climate Quiz (NSSCQ) hosted by the Carbon Zero Initiative of Trinidad and Tobago (CZITT) and of the 112 schools that participated made it into the Top 16. Through partnership with the EMA the school was provided with an iCare collection bin and five new recycling bins which were placed throughout the school and are maintained by the club.



LGHC has adopted a star within the constellation of Aquarius with coordinates 22h7m18.1s, - 10°26'48" for its 55th anniversary!

SCIENCE ACTIVITIES: 2018-2019



LGHC won the IMechE's Design & Build competition. The competition targeted high school students ready to move on to tertiary education with interests in Science and Engineering



LGHC placed 2nd in the 2018 Trinidad and Tobago Astro Quiz competition. They showed their appreciation for astronomy as they developed team spirit and leadership skills.



LGHC Form 6 Math/Science student Celine Roodal is part of the contingent to represent T&T in the International Math Olympiad in Bath, England. (Third from left)



Students at the Techagri Expo at UWI



Students displayed the bridge they constructed in UWI Bridge Building competition.

As LGHC celebrated its 55th Anniversary, staff, students and parents performed puja at the school.



