

GECCU BUZZ



Vol.3



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MEET YOUR GECCU STAFF

Ms. Cornelia Moses – Operations Officer



Ms. Cornelia Moses joined the staff of the General Employees' Co-operative Credit Union Limited (GECCU) on November 1, 1993, as a Clerk/Typist. During this period, she served as Secretary and Payroll Clerk. She currently holds the position as Operations Officer.

Cornelia has worked under the leadership of former CEOs, Sis. Viola John of Blessed Memory for five (5) years, and Bro. Lennox Bowman for twenty-one (21) years, and other Credit Union Stalwarts. It was under Mr. Bowman's leadership, however, that her leadership skills began to take shape.

As Operations Officer, Cornelia has overall responsibility for the management of human resources and member service functions. She provides support to management in implementing and monitoring policies, and she works closely with departments and volunteer committees in the execution of the organisation's strategic goals.

Cornelia is very passionate about the credit union movement and its philosophy. She holds the view that the movement is a noble one, and deems it a privilege to be affiliated with GECCU which continues to be responsive to the needs of its members and the wider Vincentian community.

Cornelia completed undergraduate studies in Business Management and Finance and postgraduate studies in Business Administration. She achieved the designation of SHRM Certified Professional as established by the Society of Human Resource Management, USA. Her aim is to utilize her knowledge and experience in HR to position GECCU further as an organization of good substance and an employer of choice.

Apart from her professional undertaking, Cornelia is an active member of the Lions Club St. Vincent South. She currently serves as Chairperson of Zone 3C which comprises Clubs in St. Vincent and the Grenadines and Grenada. Her activities of satisfying enjoyment are practicing yoga, reading, listening to different genres of music, and watching movies.

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CREDIT REPAIR SPECIAL →

GECCU's DUTY & PRIVILEGE



The most important people in a child's life are that child's parents and teachers. That means parents and teachers are the most important people in the world." – Fred Rogers (Mister Rogers' Neighborhood)

The School's Co-operative Program is not just a savings initiative; it offers students the chance to learn how to manage money from an early age. The program falls under the Co-operative Department within the Ministry of National Mobilization et al. GECCU, in partnership with this department, sponsored a total of 30 School Co-operatives throughout St. Vincent and the Grenadines.

One of the objectives of the program is to enable students to acquire the knowledge, attitudes and skills essential for their effective participation in co-operative enterprises. The program would not be successful without the voluntary work of the Teacher Guides who dedicate their time without the expectation of any material reward. What GECCU is most proud of is that we contribute to these sponsored schools by investing in grassroots cricket, football and track and field as well as art, craft, needlework etc.

As the number one credit union, we have a duty and privilege to instill these values in our children. We encourage parents and guardians to join your child/ward in the School's Cooperative Program. Let's work together to put them on the right path!



CHALLENGES FACED BY STUDENTS

Testimony of Casandra Bullock

Below is the testimony of Casandra Bullock

Casandra stared at her laptop screen, her fingers hovering over the keyboard. The blank document before her reflected her own uncertainty. Casandra's challenges began when she entered secondary school. The transition from primary school was tougher than she expected. The workload was heavier, and she struggled to keep up with the fast-paced lessons.

Late-night study sessions became the norm, leaving her exhausted and anxious. To add, she had to commute for forty-five minutes to and from school every day. For weeks, Casandra felt isolated in a sea of new faces. Making friends proved to be difficult. The pressure of academics combined with her loneliness took a toll on her confidence. For an hour, she forgot about her assignment and started to type the many challenges she's faced since starting secondary school. Her blank document was filled with issues she had to confront.

Although I was successful in primary school, I now feel like I'm in a labyrinth of doubt. The fear of failure looms large, casting shadows over my aspirations. Yet, everyone I know expects me to always be a success; each person adding a mountain of pressure. The relentless pursuit of high grades and perfection causes constant burnout and mental strain. Every day I struggle with putting in enough work and not having enough time to rest. But, my parents constantly speak about my lack of time management. For me, my family's financial struggles and resource scarcity are formidable adversaries. I do not have all my textbooks, and travelling expenses limit my ability to proper nourishment when in school.

That night, Casandra cried herself to sleep. She did not even complete her assignment which was due the next day. When the teacher requested the assignment, with tears swelling up in her eyes, she handed him a printout of her jottings. She hoped not for a good grade but for someone who would listen and provide guidance.

Two days later the teacher spoke with Casandra. He indicated that he found it strange that she'd submitted her personal thoughts but expressed a desire to help. He referred Casandra to a book in the school's library where she could find help with her current feelings. He also referred her to the school's counsellor. The old book was about overcoming challenges. Inspired by the stories within, she decided to confront her struggles head-on.

Here's how she did it:

Seeking Help: *She realized that she didn't have to face her challenges alone. She scheduled regular visits with the counsellor. At first, she was uncomfortable as she did not see her as a confidant, but as time progressed that changed. Also, she reached out to her teachers, who were more than willing to offer guidance and extra help after school. She connected with her classmates during group study sessions, forming study groups that turned learning into a collaborative experience.*

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Time Management: To tackle her workload, Casandra learned the art of time management. She started using a planner to organize her assignments, allowing her to allocate time for studying, hobbies, and relaxation. This new routine brought a sense of control to her life.

Mindset Shift: Casandra started adopting a growth mindset. Instead of viewing setbacks as failures, she saw them as opportunities for growth. She embraced challenges as chances to learn and improve, reframing her outlook on academics.

Getting Involved: To combat loneliness, Casandra decided to get involved in extracurricular activities. She joined school clubs, where she met like-minded individuals who shared her interests.

Self-Care: Casandra understood the importance of self-care. She started exercising and meditation to manage her stress. These activities helped her maintain a healthy balance between academics and personal well-being.

Over time, Casandra's efforts began to pay off. Her grades improved, and her confidence soared. She became a source of inspiration for her peers, showcasing that challenges could be conquered with determination and a positive attitude.



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VINCIA COMMEMORATION CHURCH SERVICE

TENT CITY - VINCIA PRIDE

CONGRATULATIONS TO THE VINCIA STUDENTS' ASSOCIATION OF JAMAICA

We are proud to extend our continued support to the VINCIA Jamaica Association as a sponsor! At GECCU Ltd., we believe in developing leaders and supporting future nation builders. We wish them continued success and look forward to seeing the great things they will accomplish in the future. #VinciansSupportingVincians.



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TIPS FOR PARENTS



1. Help your child adjust to earlier bedtimes. Set a consistent bedtime for your child and stick with it every night as much as possible.
2. Have your child turn off electronic devices well before bedtime unless they are doing school assignments. Monitor the use of devices and cyberbullying.
3. Inform the school, if your child has a medical condition.
4. Foster good relationships with your child's teachers and school staff.
5. Encourage and motivate your child to do their best at school. Do not compare your child to others.
6. Be involved in your child's school work and assist them where possible. Be patient and ensure that they complete all home assignments.
7. Do not force good grades. Know your child's ability and allow them to explore their talents at their own pace.
8. Engage in activities with your child. For the younger children, read to them daily.
9. Give your child healthy and nutritious meals. Encourage them to drink lots of water and eat local fruits and vegetables.
10. Have regular conversations with your child. Develop the art of listening.
11. Allow your child to participate in extra-curricular activities such as sports, Girl Guides, Brownies, and Boy Scouts etc.
12. Teach your child to be independent and self-reliant.





Green Deal

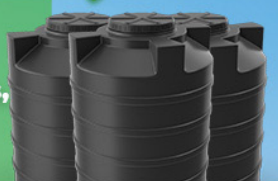
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Home Protection - Security Systems, Burglar Bars, Firearms, Automatic Gates & more.

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TIPS FOR TEACHERS



1. *Prioritize building relationships with students. Take time to understand their individual needs and create a supportive classroom and learning environment.*
2. *Be flexible and willing to adapt to changing circumstances. Develop contingency plans for different scenarios, including potential school closures.*
3. *Encourage and facilitate regular hand washing and other hygiene practices among students.*
4. *Ensure that the classroom is well-ventilated and follow social distancing guidelines as much as possible.*
5. *Stay informed of the latest guidelines and recommendations on public health from the Ministry of Health officials, and be prepared to adjust teaching accordingly.*
6. *Plan ahead and be organized. This includes lesson planning, scheduling, and keeping the classroom clean and sanitized.*
7. *Communicate clearly and regularly with students and parents/guardians. This helps to build trust and fosters a sense of community.*
8. *Be patient and understanding. Students may have had unfavourable experiences and can benefit from extra support to better transition to learning mode for the new school year.*
9. *Incorporate technology and online learning tools into teaching. This can help to facilitate remote learning if necessary and also engages students in new and interesting ways.*
10. *Focus on the essentials. It may be tempting to try to cover all the content missed but prioritize the most important concepts and skills.*



$$2 + 2 = \square$$

TIPS FOR STUDENTS



1. Take responsibility for your own health and safety. Follow all guidelines and recommendations from the school and public health officials.
2. Be prepared to adapt to changes in the learning environment, including potential school closures and remote learning.
3. Develop good hygiene habits, including regular hand washing and coughing/sneezing etiquette.
4. Stay in touch with your teachers and classmates, even if you have to communicate remotely.
5. Stay positive and focus on your own learning goals, even in the face of uncertainty and disruption.
6. Stay organized and manage your time effectively. This includes keeping track of assignments, deadlines, and scheduling study time.
7. Stay connected with your teacher and classmates. Reach out if you need help or just want to chat.
8. Take care of your physical and mental health. This includes getting enough sleep, eating well, and taking breaks when you need them.
9. Be prepared to learn in different ways. This may include online learning, socially distanced classrooms, and other adaptations.
10. Ask for help when you need it. Don't be afraid to reach out to your teacher, guidance counsellor, or other school resources if you're struggling.

HEALTH TIPS FOR STUDENTS

Here are some health tips to help make this the healthiest school year yet for our precious ones:

1. Schedule a Wellness Check

A wellness check done by your Pediatrician, General Medical Practitioner, or Family Nurse Practitioner is one of the best ways to ensure a happy, healthy school year for our precious ones.

2. Maintain good hand hygiene

Proper hand-washing throughout the day is essential as germs lurk on every surface. It is important to your child's health to teach him/her to wash his/her hands before and after eating, and also after using the toilet. Make sure he/she has access to hand sanitizer and sanitizing wipes as well.

3. Stay hydrated

Dehydration causes health-related problems, including low energy levels. Drinking water, coconut water, and unsweetened beverages, even before feeling thirsty, helps to keep us hydrated. The more we sweat, the more water our bodies need. Give your child reusable water bottles and encourage him/her to drink freely throughout the day whether or not he/she feels thirsty.



4. Ensure a healthy diet

Start their day on a healthy note by beginning with a healthy breakfast. Also, ensure that they have healthy snacks and lunch as these go a long way in keeping your child's immune system strong. Providing them with a healthy dinner is also important.

5. Control stress

Stress is not good for anyone, and without the tools to handle it, your child can suffer a weakened immune system, insomnia, and a whole host of other health-related problems. Learn the signs that tell you your child may be harboring stress. Encourage him/her to share with you how his/her day at school went and take the time to listen.

Help him/her to develop healthy ways to channel stress. You can help him/her to relax/de-stress by engaging in activities that he/she enjoys - play catch outside, go for a walk together/a swim, draw, color, and or cuddle while reading to him/her. As tempting as it is for us to get our children involved in extracurricular activities, please limit them to one or two activities and don't overschedule as this can stress everyone out.

6. Set a strict bedtime and stick to it

A good night's sleep is essential for good health.

Adults need a full 7-8 hours to maintain good health, but children need more sleep than that:

- Preschoolers: 10-13 hours
- School-aged children: 9-11 hours
- Teens: 8-10 hours

If your child has trouble falling asleep, consider their screen time. Studies show that viewing electronic devices can interrupt the body's ability to fall asleep. Put away electronic devices at least 2 hours before your child's bedtime. Incorporate bedtime activities that are relaxing; a warm bath and some cuddle time while you read a story to him/her is a great way to unwind.

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www.geccu.com

ATM LOCATIONS

Halifax St. (Ministry of National Mobilization)
Opposite BOSVG (Formerly FCIB)

Halifax St. (Main Office)
Opposite Digicel (The Cell)

FOR MORE INFO ONLINE@GECCU.COM +1 784 532-9255

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SCHOLASTIC LIT FIELD TRIP 2023

CONGRATULATIONS SCHOLASTIC LIT SERVICES

We saw the vision of the Ms. SVG Community Service Project initiative and we fully embraced it! GECCU congratulates the trio of beauties, Shadyn McLean, Arielle Ollivierre and Tanique Swift for the continued service they are providing to their communities through the creation of Scholastic Lit Tutoring Services. This is truly the credit union difference in motion!



Keeping Our Promises To You!

GECCU BUZZ VOL.3 CREDITS

Special thanks to:

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