



Esther's PEP-UP! is a devotional/motivational program named in honour of Ivy "Esther" Bradshaw, former Ministry Leader for Prayer at the Transformed Life Church, in Kingston Jamaica. Auntie Esther as she was affectionately called, was the first person, alongside her intercessory team to lead devotional sessions for the Grade 6 students at St. Jude's Primary, before their exams. She also took time out to counsel and motivate individual students experiencing personal challenges. She had a knack for connecting with the children, always engaging and relatable. Her approach was also one of encouragement, while fostering a can-do attitude among students.

The name is also a pun on the word PEP, an acronym for the Primary Exit Profile which in Jamaica is a series of exams that primary level students take to assess their readiness for secondary education and to determine which schools they will be placed in. These exams are usually a source of stress and anxiety for students, their parents and the teachers who are preparing the students. In contrast, the phrase PEP UP! implies a boost of energy, enthusiasm, and motivation and suggests a program that will help students feel uplifted, encouraged, and empowered to tackle challenges and make positive choices.

PROGRAM ELEMENTS

The program consists of interconnected elements, that serve to reinforce the child's identity, potential and worth and engender personal and civic pride. A school may adopt one or more of these elements depending on the issues being experienced and the needs of the children in the various Grades.

Grade Level Devotions before Exams

The day before students in Grade 3 – 6, sit their national primary exams, the children are gathered for special grade level devotional sessions, which combine songs, scriptures, a short relatable exhortation/motivation based on scripture and prayer. Students are given the opportunity to express how they are feeling by writing things down, by show of hands or expressing it orally. These sessions are designed to relax students (and teachers), to motivate and to encourage in order for them to do their best in the exams. As an added element of encouragement, students may be gifted with small tokens such as exam supplies, at the end of the sessions.



Judes Primary

3 May • 🌐

We extend our heartfelt gratitude to the 180 Degree Foundation for taking the time to visit our Grade 6 Students and pray with them before their final lap of the PEP Examination. Their spiritual support and guidance have greatly blessed our entire school community. We deeply appreciate their commitment to nurturing the spiritual growth and well-being of the students. May God continue to bless the 180 Degree Foundation, overflow their storehouse, and continue to guide their endeavours. We are honoured to have them as partners in our mission to empower and uplift our students

Facebook Post - St. Jude's Primary School

Teaching Series on the Jamaican National Anthem and Pledge

Children are required to sing the Anthem and recite the Pledge several times during their school life. Over time they will do this from memory and rote, but it is not clear to what extent they understand and own what is being sung or said. This teaching series is geared at highlighting to students the depth of the prayer of the National Anthem and solemnity and seriousness of the commitments made when saying the National Pledge. There is so much to unpack and when done in a child friendly and age-appropriate way can have a positive impact on values, attitudes, morals and patriotism. It can be delivered in school devotions, class devotions, as a club activity or during teaching time as part of a civics curriculum.



Motivational series based on the school's core values

The Ministry of Education has implemented a Schoolwide Positive Behavioural Interventions and Supports (SWPBIS) program which focuses on changing behaviour through proactive, child-centred schoolwide activities that build social, emotional and behavioural competences among all children. The SWPBIS initiatives are classified in 3 tiers. Tier 1 Strategies are universal interventions aimed at prevention, changing culture on a wide scale by promoting school-wide values, standards and competences. This Motivational Series falls under the grouping of Tier 1 strategies and will serve to reinforce the school's values through creative and relatable motivational sessions for children in various grades. Sessions will focus on specific core values and will incorporate various media including the visual and performing arts and sporting activities.

Targeted interventions

During the school year issues may arise that require focused interventions. Practical examples are the death of a child, teacher or parent, illnesses, new social trends affecting children's behaviour or violence affecting the school and the surrounding communities. In these instances, schools should be prepared with appropriate interventions and tools to augment the immediate emergency response protocols, to provide follow up support where needed. This is where spiritual support is also recommended to help the affected individuals and communities heal.