



Championing Mercy Values



VOL. VI

January 2025 Edition

A MERCY CENTER OF
EXCELLENCE &
INNOVATION



COMPELLED
BY MERCY



PRINCIPLED
LEADERSHIP



INSPIRED BY
FAITH



EDUCATIONAL
COURAGE



A VOICE FOR
DIGNITY AND
RESPECT



SCA NEWSLETTER

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[HTTPS://WWW.FACEBOOK.COM/SCAHIGHSCHOOLBELIZE/](https://www.facebook.com/SCAHIGHSCHOOLBELIZE/)



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END OF FIRST SEMESTER

As the first semester wraps up, we recognize the outstanding students already inducted into the National Honor Society (NHS). These students have excelled academically and demonstrated exceptional leadership, service, and character. Their dedication to positively impacting the classroom and the community sets a strong example for all students. NHS members continue to inspire and lead by example, showing what it means to strive for excellence in all aspects of life.



For those considering applying to NHS, this is your chance to join a distinguished group of students committed to making a difference. The application process offers an opportunity to reflect on your academic achievements, leadership roles, and community service. If you are already a standout in these areas or working to make your mark, we encourage you to apply. Becoming part of the National Honor Society is not just about recognition but about continuing to grow and make a meaningful contribution to our school and beyond.

We look forward to seeing many of you take the next step toward this prestigious honor in the second semester.

**"Success is the sum of small efforts, repeated day in and day out."
- Robert Collier**

Kalise Kising



College Acceptances



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SAINT LOUIS
UNIVERSITY.

Dear Meera,

Congratulations! You have been admitted to the Computer Science (Madrid) at Madrid Campus of Saint Louis University as a full-time student for Fall 2025. Earning a SLU-Madrid degree will be an adventure that takes you beyond the four years you spend on campus. We congratulate you on your admission and look forward to having you study with us in Spain.

In addition, you have been awarded scholarships, valued at 11,500€ per academic year. All merit scholarships are awarded for a maximum of ten semesters of full-time, undergraduate enrollment (eight semesters in the case of a transfer student) or until completion of a bachelor's degree, whichever comes first. Please see below for more details.

Applying to college is all about preparing for the future (your future) by learning independence and gaining more knowledge and essential skills. It is about discovering a career path that matches your interests, motivates you, and is vital to your personal growth and professionalism. Many undergraduates may not fully consider great colleges because they want to accompany their friends. Factors affecting your acceptance are your high school GPA, Recommendations, and Extracurricular Activities.

Applications are usually completed in the first semester of senior year, thus getting an acceptance or rejection at an early date. Many college acceptances include Early Decision (ED), Early Action (EA), Regular Decision, Rolling Admissions, and Deferred Admission. Here at SCA, our Administrators are ready and willing to aid us in early applications to get Early Action.



OPTIMIST INTERNATIONAL
OPTIMIST CLUB 501 BELIZE

4th Annual Essay Competition

THE THEME | How Optimism Has Paved My Road to Success

Essay Length
700-800 Words

Prizes:
1st Place: Laptop
2nd Place: Tablet
3rd Place: Cell Phone

Who can join the competition?
All High School Students attending an institution in the country of Belize, from First Form to Fourth Form below the age of 19.

How can I join the competition?
Visit our Facebook Page, Optimist Club 501 Belize to access the link to Download the Application Form

Deadline to submit application form: January 20th 2025
Deadline to submit essay: February 24, 2025

For more information contact us:
GET IN TOUCH: +501 670-7450 | OC501Belize@gmail.com

TOP ESSAYISTS IN BELIZE CITY COUNCIL AND BELIZE CITY CHILD ADVISORY BODY'S 'MAYOR FOR A DAY' ESSAY COMPETITION HONORED

Congratulations to Elissa Salam for her outstanding work on her essay. Her commitment and dedication brought her 2nd place for insightful writing on the importance of youth inclusion in governance. In November 2024, secondary school students were invited to participate in this prestigious competition, sharing their views on how young people can play an active role in leadership and decision-making. The top three essayists proudly received prizes from Mayor Bernard Wagner and Councillor Kaya Cattouse in recognition of the importance of including young voices in governance.



2ND PLACE: ELISSA SALAM OF ST. CATHERINE ACADEMY

We are incredibly proud of her achievement and look forward to seeing her continue to make a difference in the future!

4TH ANNUAL ESSAY COMPETITION

OPTIMIST CLUB 501 BELIZE

The Optimist Club 501 Belize's 4th Annual Essay Competition is an excellent opportunity for high school students to express their abilities and reflect on "How Optimism Has Paved My Road to Success." This competition requires contestants to express how optimism has shaped their journey, contributed to their growth, and overcome life challenges. The essay has a length of 700-800 words, demanding the writers show their creativity and originality, as the papers will be scanned with the help of AI detection and plagiarism tools. The competition, which is open to all high school students in Belize under the age of 19, offers exciting prizes, such as a laptop for first place, a tablet for second place, and a cell phone for third place.

Interested students can enter this contest by going to the Optimist Club 501 Belize's Facebook page. There, they will download the application form and submit it by January 20, 2025, and their essay by February 24, 2025.



SPISE

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The Student Program for Innovation in Science and Engineering (SPISE) is an intensive five-week residential summer program for gifted Caribbean high school students aged 16 to 18 who are passionate about Science, Technology, Engineering, and Mathematics (STEM). The program aims to address the low numbers of Caribbean students pursuing advanced degrees and careers in science and engineering, grooming the region's next generation of technology leaders.

Contact Information

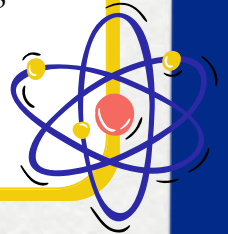
Students and parents can contact the SPISE office via email:
applications.csf@gmail.com



CARIBBEAN SCIENCE FOUNDATION

"Grooming the next generation of Caribbean science and engineering leaders"

LEARN MORE



Application Process

The application for SPISE runs from December 1, 2024, to March 1, 2025.

Application Deadline– March 1, 2025, at 11:59 PM AST.
(must be submitted online)

Program Dates – July 5– August 10, 2025
(in person at the UWI–Cave Hill in Barbados)

Informational Sessions

Dec. 29, 2024–Feb. 15, 2025

Zoom sessions with SPISE Director Dr. Dinah Sah and SPISE graduates.
All session at 5–6pm AST



Join us on Zoom At:

<https://us02web.zoom.us/j/89519257475?pwd=VTY0Z7XFFxY04u0lqkBDQWJQNy5C9L.1>

SALIMA BARROW

On January 14th, Salima Barrow came to SCA to present her experience and insight into studying in the US. Salima graduated from SCA in 2023 and is currently attending Columbia University. She spoke about her involvement in various activities during her time at SCA and how she encourages us to do the same. She emphasized that academic success is not the only thing universities look at but also your activities outside of school. She shared her experience in classes, clubs, and



even travel opportunities she has had because of her studies at the university. Salima advised preparing for university early, studying for any mandatory exams, participating in extracurricular activities, and compiling a list of universities you want to attend. She says to consider the size of the campus and student body, the area in which it's located, and what the university is known for. Researching the university, its requirements, and what it is looking for may also assist in finding the best fit for you. She emphasizes that the earlier you start preparing, the less overwhelmed you will be when the time comes. Salima's presentation on studying abroad provided insight for the girls who attended to decide where they should go in the future, assisting in the decision-making process.

Unveiling Ceremony OF THE Mahatma Gandhi Statue



On January 10th, 2025, the first statue of Mahatma Gandhi in Belize was unveiled on the Belmopan Campus of the University of Belize. The life-sized statue was affectionately donated by the High Commission of India to Belize, Dr. Pankaj Sharma. Belize's Prime Minister, Hon. John Briceño, received it on behalf of the university. Along with the unveiling, a Peepal (*Ficus religiosa*) sapling was planted near the great statue. The sapling stands as a part of the 'Ek Ped Maa Ke Naam' campaign, encouraging all to honor their mothers, thereby promoting environmental conservation and sustainability.

Mohandas Karamchand Gandhi, better known as Mahatma Gandhi, was a major political and spiritual leader of India. Gandhi called for nonviolent resistance to British rule and led his country to independence. Mahatma Gandhi is a freedom fighter and the Father of India. Like Gandhi, George Price championed the causes of justice, equality, and national unity through peaceful means. For the young women of Saint Catherine Academy, the legacy of Mahatma Gandhi serves as a profound lesson in principled leadership. Gandhi exemplified moral courage, integrity, and unwavering dedication to justice, all of which align with the core values of Mercy. His ability to inspire change through nonviolence and steadfast principles offers an invaluable model for students aspiring to become ethical leaders. Just as Gandhi led with conviction and a deep sense of duty, the students of SCA are encouraged to embody these ideals in their own lives, leading with compassion, fairness, and an enduring commitment to the common good.

The statue stands as a powerful reminder to all Belizeans to choose nonviolence and be leaders of peace. It also symbolizes the shared values of unity, environmental stewardship, and the transformative power of peaceful resistance, inspiring future generations to follow these ideals in their own lives and communities.

OUTSTANDING ATHLETES: SCA WINS GOLD AT JUNIOR VARSITY

PRINCIPLED
LEADERSHIP

The Junior Varsity Volleyball Tournament, a highly anticipated event organized annually by the Catholic Secondary Schools Sports Association (CSSSA), brings together young athletes from across Belize to showcase their athletic talents and teamwork. This year, the tournament was hosted on January 11 by Bishop Martin High School in Orange Walk and featured first and second-form students from participating schools. Saint Catharine Academy (SCA) emerged as the undisputed champion, securing GOLD with an impressive performance.

SCA began their campaign with a commanding victory against Pallotti High School, winning both sets decisively. The scores of 15-2 and 15-2 reflected SCA's superior coordination and skills on the court.

In their second match, SCA faced Sacred Heart College. Despite a spirited opponent's effort, SCA claimed another straight-set victory with 15-10 and 15-11 scores. The team displayed resilience and adaptability, serving them well throughout the tournament.

SCA's final group-stage match against Corozal Community College was another showcase of their dominance. With scores of 15-4 and 15-6, they secured their place in the semifinals, finishing the group stage undefeated.

BY: ZAZIL
MARIN

OUTSTANDING ATHLETES: SCA WINS GOLD AT JUNIOR VARSITY

PRINCIPLED
LEADERSHIP

In the semifinals, SCA went up against the host team, Bishop Martin High School. The first set ended 15-5 in SCA's favor, but the second set truly stole the show. SCA player #23, Sariah Martin, delivered an unforgettable performance by serving 14 consecutive points in a 15-point set. This incredible streak left spectators in awe and cemented SCA's spot in the finals with a 15-1 victory.

The championship match saw SCA face Sacred Heart College for the second time in the tournament. Undeterred by their previous encounter, Sacred Heart fought hard, but SCA proved too strong. SCA clinched the gold medal with identical set scores of 15-7 and 15-7, solidifying their status as the top female junior varsity volleyball team in the tournament.

The success of SCA in this year's Junior Varsity Volleyball Tournament is a testament to the dedication of their athletes and the support of their coaches and school community. The players displayed remarkable skills and the value of teamwork and sportsmanship. Congratulations to SCA's junior varsity team for an outstanding performance and a well-deserved victory!



Sariah Martin

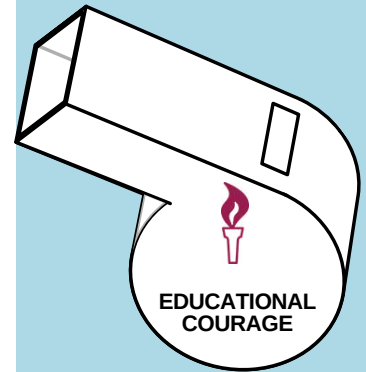




Sea Hawks Football Team



As the excitement builds for the football season, our exceptional football team is ready to make a remarkable impact on the field. Fresh off last season's successes, the players have poured their hearts into intense training and collaboration, determined to elevate their game to new heights. Football goes beyond just competing; it brings us together in the community, ignites our spirit, and fuels our passion. Our athletes are eager to showcase the fruit of their hard work and dedication. Join us in rallying around this talented team as they embark on a journey toward greatness this season!



Team Members:

Joshaida Aguilar	Thaedra Holder
Gyzell Aldana	Kariyel Jones
Julissa Ayala	Tatiana Martinez
Akilah Baizer	Davae McCaulay
Maleah Bladen	Jeslin Moran
Hailey Castillo	Eisha Pech
Joyceline Cruz	Estefany Portillo
Jenneia Dillon	Rinnel Smith
Caylee Espat	Jaznique Staine
Elia Flowers	Anissa Stewart
Maliyah Garcia	Yzabel Terry



Whether it's cheering from the stands, sending messages of support, or proudly wearing our school colors, we invite everyone to support football team with enthusiasm and pride. Every bit of encouragement counts as we strive to create an unforgettable season filled with excitement, teamwork, and determination. Let's unite as a community and show our athletes that we believe in their talent and commitment. Together, we can turn this season into a memorable journey that showcases our spirit and passion for the game!





Better Than Ever!

Softball Season is Back

Done by: Kyanna Garay

Our dedicated and talented team is ready to return to the field and make us proud. With last season's accomplishments still fresh in our minds, the team has been working tirelessly to hone their skills, strengthen their teamwork, and prepare for an exciting lineup of games this year.

**GO SCA SEA HAWKS!
LET'S MAKE IT AN
INCREDIBLE SEASON
TOGETHER!**



Softball isn't just about the game; it's about community, spirit, and passion. Our players are committed to proudly representing [Saint Catherine Academy], and they can't wait to showcase their hard work.

JUL 17 Game Schedules

Stay tuned for the official game schedule, which will be released soon. Please mark your calendars and make plans to join us at the games to cheer on our team. Your support from the stands makes all the difference, and we can't wait to see you there! Please come & cheer!





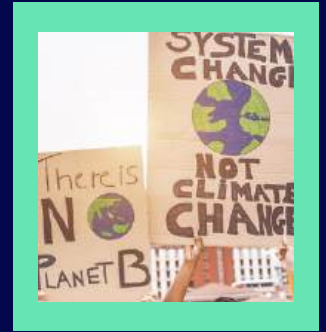
EARTH PRIZE

World's Largest Environmental Sustainability Competition

By: Laurel Robateau



The Earth Prize is a competition that targets students aged thirteen to nineteen. This competition encourages students to think critically and develop innovative ideas to combat global challenges using creative and effective solutions. It serves as an inspiring and educational initiative for many young people. The Earth Foundation, a non-profit organization, created the Earth Prize in response to many students rallying for climate action.



The Soaring Seahawks for Sustainability team, which is composed of Kristy Bowen, Kyeldani Pott, Rihanna Tucker, Marcella Vidal, and Audriel Sanchez, participated in the 2025 Earth Prize under the supervision of their supportive mentor, Mrs. Jamie Usher. They worked diligently and collaboratively to devise a solution to mitigate Belize's constant drainage issues. The country frequently experiences flooding, even after minimal rainfall, highlighting the urgency of their efforts. Careful thought went into crafting their solution, as they meticulously outlined their idea, addressing key questions to ensure the plan was both effective and comprehensive.



Proposed Solution

"Belize is a small country enriched in natural resources. Belize is one of the smaller contributors to the world's current carbon footprint but we yet face many of the damaging effects of climate change. As a result, natural disasters such as flooding frequently devastate communities, contributing to erosion, disease, and contamination. This environmental challenge raises a call for action, which we are attempting to address through the programming of our API model. Our team's project aims to utilize machine learning to predict future flooding patterns accurately. After identifying the areas most prone to flooding, our initiative will begin constructing retention and detention pods, which, if necessary, will be reinforced by waterways. These waterways will come into action if infrastructure obstructs our model's path and will ensure a steady flow of water into the retention ponds. Implementing all these proactive measures will alleviate the detrimental effects of flooding on Belize."

BELIZE MEDICAL ASSOCIATES INTERNSHIP

By :Anjali Hedage



EDUCATIONAL COURAGE

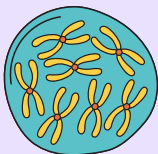
All about BMA

Belize Medical Associates has been in operation for over 30 years. Its mission is to provide the highest quality of healthcare service in Belize. Belize Medical Associates has over 20 qualified specialists, making it a top contender in the healthcare system.



Meet the interns

During the Christmas break, Yumnah Farooq from the class of 4SC2 and Jazlene Leslie from the class of 4B got the opportunity to intern at BMA. On January 17th, I interviewed Yumnah Farooq about her internship.



The interview

Yumnah Farooq wishes to become a pharmacist. At BMA, she worked in the lab with Jazlene Leslie. She got to work in the hematology department of the BMA lab.

Her responsibilities included testing samples, performing diagnostic tests, and recording results. Thanks to this opportunity, she developed the technical skills necessary while working in the lab. She learned to handle lab equipment and how to run tests on her own under the supervision of her mentor. She developed her communication skills and improved her attention to detail. Through this internship, Yumnah has developed an interest in healthcare.

When asked, Yumnah said, “ The experience was wonderful and educational. I would love it if other students, especially those interested in healthcare, would get the opportunity to work this internship.



INTERNSHIP AT BDF AIRWING, NOW ARRIVING:

Alyssa Escalante



Insights shared after her internship :

- Alyssa gained in-depth lessons on how planes operate, the mechanics behind flight, and the various parts of an aircraft.
- She had the opportunity to experience flight firsthand, gaining a clear understanding of how planes work and feeling the thrill of being up in the air.
- Alyssa received advice on which colleges offer the best aviation programs, focusing on quality and affordability.
- During her internship, she met and connected with real pilots, learning about their careers and their aviation choices.

The Belize Defence Force (BDF) Air Wing is the aviation branch of the Belize Defence Force. It is responsible for aerial operations, including reconnaissance, search and rescue, medical evacuations, and transportation of personnel and supplies. The Air Wing plays a crucial role in national security, disaster response, and border patrols, working closely with other military and law enforcement agencies. The BDF Air Wing operates from Philip S. W. Goldson International Airport and primarily uses small aircraft and helicopters for its missions.

DECEMBER 16-20, 2024

Special thanks to the pilots and soldiers at the BDF Airwing, especially Captain Francis Usher.

INTERNSHIP AT RF&G Insurance

During the Christmas Break, Monique Garbutt, Kenya Whittaker, and Chanel Jenkins attended an internship at RF&G Insurance, providing them invaluable opportunities to develop professional skills.

The activities they actively participated in allowed them to enhance their organizational abilities and time management skills.



Internships like this build a strong foundation for future career success and offer a chance to explore the professional environment.

For anyone wanting to step out of their comfort zone and adapt to real-world work environments, participating in an internship is an excellent way to gain experience and prepare for the challenges of the workforce.

Thank you to Mrs. Lisa James and Mrs. Toni Bradley.

Jubilee Mass



2025

By Zalia Flowers



Opening the Holy Door at Holy Redeemer Cathedral in Belize City on January 9, 2025, was a deeply meaningful moment for the local Catholic community. It began the Jubilee Year 2025, a time for spiritual renewal and connection. This sacred tradition invites everyone to strengthen their relationships with God, with one another, and with themselves.



For Catholics, a Jubilee Year is a powerful period dedicated to forgiveness, reconciliation, and grace. Pope Francis has given the 2025 Holy Year the theme "Pilgrims of Hope," encouraging the faithful to embrace it as a time of renewal. The Jubilee officially began on December 24, 2024, when the Pope opened the Holy Door of St. Peter's Basilica in Vatican City, symbolizing an open invitation to encounter God's mercy.



The Jubilee Year holds special significance in Belize, with Holy Redeemer Cathedral in Belize City and Our Lady of Guadalupe Co-Cathedral in Belmopan City designated as sites with Holy Doors. The celebration began on January 4 at Our Lady of Guadalupe Co-Cathedral and continued with the opening of the Holy Door at Holy Redeemer Cathedral on January 9. These events brought the community together, offering a chance for reflection and a renewed sense of purpose.

Throughout this special year, Catholics are encouraged to go on pilgrimages, pass through Holy Doors, and practice acts of kindness, charity, and reflection. These gestures bring spiritual blessings, such as plenary indulgences, and remind believers of God's love and forgiveness. The Holy Door, often called a "Door of Mercy," is more than just a doorway. It's an opportunity to experience the profound hope and comfort that faith brings.



Foundation Day Mass



INSPIRED BY
FAITH



History/Purpose:

Saint Catherine Academy (SCA) commemorated 142 years of dedication and commitment to educating Belize's young women on January 20th. The Sisters of Mercy were founded by Catherine McAuley, who recognized the needs of those marginalized and oppressed by an unjust society. She responded by establishing a House of Mercy in Dublin, which provided educational, religious, and social services for women and children.

On January 20, 1883, the Sisters of Mercy arrived in Belize from New Orleans. In the days following their arrival, St. Catherine Academy was established on the first floor of the Sisters of Mercy Convent. Since then, SCA has flourished into a well-rounded institution dedicated to the well-being of all.

Today, the Sisters of Mercy are present across the world in places such as Belize, Australia, and the United States, among others. Each year, SCA holds a Mass to celebrate and give thanks for the blessings, growth, and success the community has experienced since its founding

The Mass:

Throughout the Mass, we were able to connect with God, taking moments to express our gratitude for the dedication and efforts of Catherine McAuley and the Sisters of Mercy in their mission to care for young women. The Mass offered us an opportunity to reflect deeply on their legacy and the values they instilled. Additionally, we were able to witness and participate in various activities, such as:

- Personal message from the Sisters who attended
- Reenactment of the arrival of the Sisters of Mercy
- Appreciation gifts to the Sisters
- Singing of the school song





THE ARRIVAL OF THE SISTERS OF MERCY REENACTMENT

By: Kalaya Molina



COMPELLED BY MERCY

On the celebration of Foundation Day, January 20th, the junior peer helpers presented powerful reenactment of the arrival of the Sisters of Mercy. This performance not only showcased the sisters' journey to Belize but also highlighted their mission of service, compassion, and education. The reenactment brought to life the heartfelt impact the Sisters of Mercy have had on the community, emphasizing their dedication to improving the lives of others and spreading their core values of mercy and justice.



IMPORTANCE



This is important because it helps preserve and honor the history of the Sisters of Mercy and their significant role in shaping the community. Additionally, It fosters a deeper understanding of the school's history and the foundation upon which it was built, promoting a sense of pride, continuity, and inspiration for students and the wider community to uphold these values.



“OUR CHARITY IS TO BE CORDIAL...SOMETHING THAT RENEWS, INVIGORATES AND WARMS. SUCH SHOULD BE THE EFFECT OF OUR LOVE FOR EACH OTHER.” – CATHERINE MCAULEY

Spreading Hope at Ocean Academy

By: Zayari Pacheco



On January 20th, Saint Catherine Academy celebrated its 142th anniversary called Foundation day. The Peer Helpers of SCA set out to Ocean Academy in Caye Caulker with a mission in their hearts to bring peace and joy to the school.



Peer Helpers had one goal which was to uplift the spirits of the students at OA after encountering a tragic loss. As a part of the outreach SCA proudly donated \$3,500 to the school to assist in any way possible.



The peer helpers experience reinforced the true meaning of SCA foundation day; a time to give, uplift and stand together as a community. Kindness and support can bring light even in the darkest times.





Global Family Day



COMPELLED
BY MERCY



Although many of us know January 1st as New Year's Day, that's not the only thing celebrated. January 1st is also known as Global Family Day. The United Nations first developed the day that fosters global togetherness and to encourage peace. The day came about by a "One Day in Peace" movement on January 1st, 2000.

The theme for this year was "One World, One Family." Many of us celebrate the day because of New Year, and their activities are quite similar. You can celebrate through family gatherings, story telling sessions, community service and much more. Like new years, this day also invokes resolutions, except they are relating to peace, sustainability or community service.



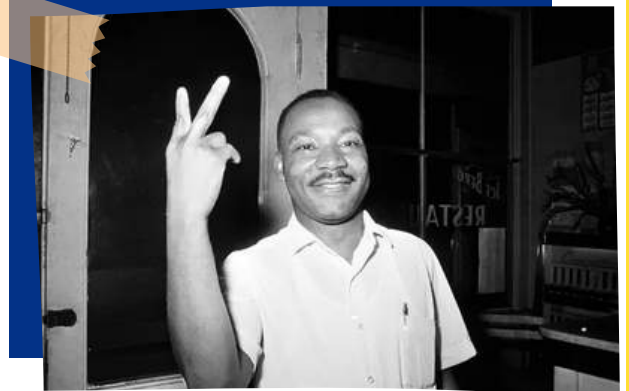
By: Viannie Menjivar

Martin Luther King Jr. Day



A VOICE FOR
DIGNITY AND
RESPECT

Martin Luther King Jr. Day is a democratic holiday celebrated every third Monday of January, this year being January 20th, 2025. To honor this holiday, residents attend a parade or march in Dr. King's name.



Who is Martin Luther King Jr.?

Martin Luther King Jr. is a name that everyone should know! He is mainly known for being a social activist who led the Civil Rights Movement in the United States until his death.



Martin Luther King Jr Quote

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.

Martin Luther King, Jr.



21

Human Trafficking Awareness Day



A VOICE FOR
DIGNITY AND
RESPECT

Human Trafficking Awareness Day is celebrated on **January 11th**. This day is dedicated to raising awareness of human trafficking and taking action against this violation of human rights. It is a day which spreads awareness and concern that this is a major issue worldwide and that everyone has a role in its elimination and prevention. It not only represents a threat to international peace and security but also breaks the rule of law, and robs millions of their dignity and freedom,

How to Raise awareness

Participating in this day and spreading awareness is crucial as some people may not be as informed. Ways that you can inform others of this day is by being an advocate, have awareness posters, support organizations that want to put a stop to Human trafficking, and have online platforms where you may be able to share information.

#ENDHUMANTRAFFICKING



Ms. Blair Santos



Ms. Santos, one of our new teachers, is well known for her amazing teaching during her short time here at SCA.

She has never taught at any high school but based on my experience during our first few days together it was fantastic!

She excels in her subject and helps students understand and comprehend the topics thoroughly, therefore her expertise in analyzing texts allows us to formulate the topic better and uses real-life examples to help. Although she is new, most of her students have already adapted to her teaching style and the organization of her classes.



Literature teacher

She excels in her subject and helps students understand and comprehend the topics thoroughly, therefore her expertise in analyzing texts allows us to formulate the topic better and uses real-life examples to help. Although she is new, most of her students have already adapted to her teaching style and the organization of her classes.

Ms. Santos is genuinely passionate about her work and consistently brings valuable insights into her teaching. As an enthusiastic educator, she is committed to guiding students toward achieving their goals and fostering a spirit of courage among them. Her ability to transform challenging concepts into manageable ones is a testament to her dedication to education, and her enthusiasm is evident in her innovative lesson plans.

Since Ms. Blair started teaching us, she has faced some difficulties in tracking where we left off and in identifying what we understood and didn't understand in the subject. As her vocabulary came along in teachings, we learned about the meanings and reasons behind words we didn't know. As we will continue to learn from her, we are grateful to have such a dedicated and inspiring teacher.

Kilani Berry



PRINCIPLED LEADERSHIP



THE SCA COMMUNITY WELCOMES Ms. Renisha Banner

Chemistry Teacher



SCA's new chemistry teacher is Ms. Renisha Banner, a proud alumna of this school. She was guided by teachers like Mr. Rodrigues and Mr. Dawson as a science major and graduated in 2012. Ms. Banner later pursued a career in cancer research, focusing on detecting, preventing, and treating ovarian cancer in women. She also dreams of opening a cancer research center in Belize. After earning her master's degree in Chemistry from Florida International University, she is now in the final stages of completing her PhD in Chemistry.

In the classroom, Ms. Banner is an excellent teacher. She is radiant, and her energy lights up the class, creating an engaging and calm environment for learning. To prepare students for the CXC, she puts in the effort to organize activities and labs. Ms. Banner has been able to adapt and piece together the time students lost, creating a plan to excel through the missed lessons. Although teaching at SCA is still a new experience for her, she has made the most of it by being a notable teacher through educational and fun interactions with her students

With the experience of 5 years of teaching in FIU she decided to pause her studies to assist her alumni school and become SCA chemistry teacher because she believes that our girls deserve to have the same opportunities and success she was afforded by SCA. As she aspires to improve the lives and health of Belizean women teaching the new generation of women in STEM is a rewarding experience for her.

**PRINCIPLED
LEADERSHIP**



Alumni Director



John Usher

- At just 23 years old, the Alumni Director at Saint Catherine Academy plays a key role with his skills and enthusiasm. Obtaining a background in English and having a great love for reading and writing.
- He works along with Sr. Rose writing petitions, memorials, making social media flyers networking opportunities, and , organizing meaningful events for the school ensuring to assist whoever attends and who has attended our lovely SCA community.

About the Role

- An Alumni Director plays a crucial role in maintaining the bond between graduates and their former school. Their role is to ensure that the alumni feel like part of the school family and remain engaged.
- They are responsible for organizing events, reunions, and facilitating networking opportunities. Additionally, they coordinate fundraising efforts, encouraging alumni to give back to their school, creating a supportive and interconnected community



COMPELLED
BY MERCY



Sister Highlight:

Sr. Rose Rivero

BY: ZAZIL
MARIN

Sister Rose Rivero, an only child from Belize City, followed a lifelong calling to serve as a Sister of Mercy. After graduating from Saint Catherine Academy (SCA) and working for two years, she embraced her vocation, inspired by Jesus' call to discipleship. "Jesus called his disciples, and I felt that same calling," she shared. Her journey involved adapting to challenges abroad, including cultural and climatic shifts, while studying in Rhode Island and Massachusetts.

Returning to Belize, Sister Rose taught at Muffles College and SCA, eventually working with the Council of Churches on empowering women through income-generating projects. Her ministry spanned teaching skills like weaving and canning, which supported women in rural communities. Even in retirement, she remains active in education and ministry.



COMPELLED
BY MERCY



Sister Highlight:

Sr. Rose Rivero

BY: ZAZIL
MARIN

Sister Rose treasures her friendships, seeing them as gifts of faith, and advises young people considering religious life to be open and courageous. Her faith has been a source of strength in challenges, fostering resilience and joy. A lifelong educator and advocate, Sister Rose's legacy is one of unwavering dedication to her community and faith.





PRINCIPLED
LEADERSHIP



KITCHEN STAFF



FAYE
BREGAL

VERLA
GORDON

SHERLAND
SUTHERLAND

MEET OUR WONDERFUL STAFF—THE DEDICATED INDIVIDUALS WHO CRAFT OUR DELICIOUS FOOD DAILY. THEY POUR THEIR TIME, EFFORT, AND HEART INTO EVERY MEAL. WHILE THEY HAVE THEIR LIMITS AND MOMENTS OF EXHAUSTION, THEIR COMMITMENT NEVER FADES.

JANUARY 2025



By: Briana Cuellar

S.C.A MEAL MENU



Mon	Tue	Wed	Thu	Fri
		8 Stew Pork or Stew Chicken With Rice & Beans	9 Split Peas White Rice With Stew Beef & Fry Plantain	10 Fry Chicken With Fries
13 Mash Potato With Bake Chicken	14 Sweet&Sour Chicken With White Rice	15 Chicken Quesadilla	16 Chicken Lasagna With Garlic Bread	17 Chicken Fingers With Fries
20 Ducunu With Stew Chicken & Veg	21 Herb Potato With Jerk Chicken	22 Stew Beans White Rice With Stew Chicken Or Bake Chicken	23 Chicken Alfredo	24 Fry Rice With Spicy Chicken
27 Spaghetti With Meat Sauce and Garlic Bread	28 Chicken Fajitas	29 Burger With Fries	30 Buffalo Wings With Fries	31 BBQ On The Grill



COMPELLED
BY MERCY



CAFETERIA FOOD SAFETY

At SCA, our cafeterias #1 priority is Food Safety !

Being a Mercy school also means being eco-friendly. Being eco-friendly isn't easy, especially for our beloved kitchen personnel. After school, the kitchen staff is tasked with washing pots, cutlery, and reusable dishes that students eat lunch out of. These reusable, eco-friendly items are thoroughly disinfected before being ready for use again. Remember, being clean and eco-friendly is entirely possible with the right amount of determination and preparation.

When preparing food, our kitchen staff is sure to wear appropriate kitchen attire. Aprons and head covers are worn when cooks enter the kitchen. Aprons, to prevent fires with loose strings on clothing but also to shield food in preparation from the cooks outside clothing and hair covers to prevent hair from contaminating food and potentially being a source of danger. It is crucial to try and limit the foods exposure to pathogens especially after being prepared.



REPORT CARD DISTRIBUTION



EDUCATIONAL
COURAGE

SCA's first semester has come to an end!

SCA's first semester has been completed, and report cards were distributed on January 21st. This reflected the hard work and effort students have put in since August. It shows their dedication to academics and determines if they can apply/stay on the National Honor Society.



This honors program allows students who have excelled, maintaining all A's and B's and with a GPA of 3.25, not to take any exams when the time comes. Students must have a 90 or above at the end of the second semester and be exempted from the exams.

This first report card shows students their progress so far and their letter grades so they know which areas they need to improve.

Overall, the report card is physical proof of the halfway mark for each student, and the motivation for them to continue excelling.





EDUCATIONAL
COURAGE

Asynchronous Day & its Purpose



Upcoming Asynchronous Day scheduled for
January 29, 2025

At Saint Catherine Academy, asynchronous days offer students a valuable opportunity to manage their academic responsibilities while balancing their time. These days are designed to provide a break from the traditional classroom setting, allowing students to work at their own pace. The flexibility of asynchronous learning helps students take charge of their schedules, making it easier for them to catch up on assignments, review notes, or even get ahead on upcoming work.



To make the most out of an asynchronous day, students are encouraged to use the time strategically. One key suggestion is to prioritize catching up on assignments, especially those that have been delayed or require additional effort. Additionally, setting aside time to review class materials or engage in independent learning can deepen understanding and improve performance.

Asynchronous days are not just about getting work done—they also provide the chance to recharge and balance academic responsibilities with personal time, ultimately fostering a healthier approach to managing schoolwork.

The primary purpose of an asynchronous day is to give students the chance to focus on their workload without the pressure of real-time class participation. It's essential for helping students stay on top of their academic goals, especially in a fast-paced environment.

Whether it's finishing a project, studying for an upcoming test, or organizing notes, these days provide the space to work without distractions. It also encourages self-discipline and time management skills, as students must plan their day thoughtfully to ensure they complete tasks effectively.



AP COURSES

How will AP courses take place?

AP courses through VHS (Virtual High School) take place online, allowing students to learn at their own pace while staying connected with classmates and teachers in a virtual setting. This flexible format lets students access college-level content from anywhere, making it easier to fit advanced learning into their schedules.

Which AP courses are being offered to students?

- AP® Macroeconomics
- AP® Microeconomics
- AP® Physics C: Electricity and Magnetism
- AP® Physics C: Mechanics



How will AP courses benefit students?

AP courses help students build strong academic skills, like critical thinking and time management, by challenging them with college-level material. If they pass the AP exam, they can earn college credits, saving money and time in college. Additionally, taking AP courses shows colleges that a student is motivated and prepared for rigorous coursework.



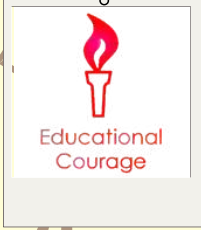


Math Corner

Done By: Math Club Members & Qianna Cho



Repurposing The Passion for Mathematics



"Without mathematics, there's nothing you can do. Everything around you is mathematics. Everything around you is numbers."
- Shakuntala Devi



Math Facts!

1 FROM 0 TO 1000, THE ONLY NUMBER THAT HAS THE LETTER "A" IN IT IS "ONE THOUSAND".

2 A "GOOGOL" IS THE NUMBER 1 FOLLOWED BY 100 ZEROS. THE SEARCH ENGINE GOOGLE WAS NAMED AFTER THIS TERM.

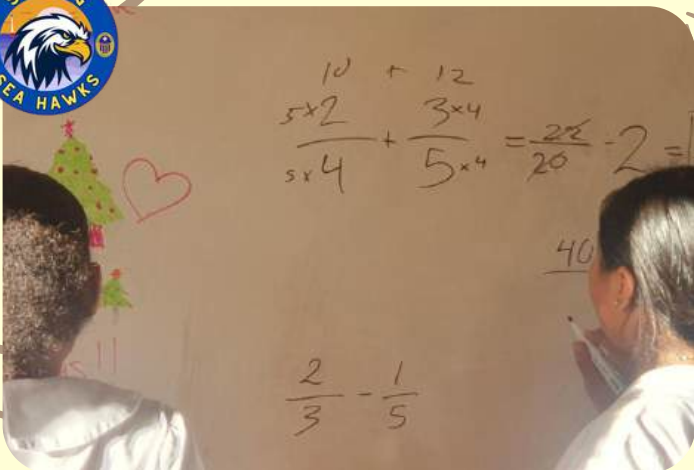
3 ZERO IS THE ONLY NUMBER THAT CANNOT BE REPRESENTED IN ROMAN NUMERALS

Rekindle the Math Fire in You!

Math Study Tips & Tricks!

Pi Approximation:

- Memorize pi up to a few decimal places with this rhyme:
 - "May I have a large container of coffee?"
 - Count the letters in each word: 3.1415926.
- Review your notes daily, even for just 10 minutes, to keep concepts fresh.
- Practice past papers or similar problems to build confidence.
- Use apps or websites for interactive math practice and quizzes (e.g., Khan Academy, Mathway).



Math Tutoring Committee:

- | | |
|----------------------|---------------------------|
| ★ Amber Anderson | ★ Anjali Hedage |
| ★ Arylee Ayuso | ★ Divya Hedage |
| ★ Cassiel Burrell | ★ Kariyel Jones |
| ★ Qianna Cho | ★ Winny Liang |
| ★ Abrielle Coc | ★ Zarah Lozano |
| ★ Joycee Cruz | ★ Sariah Martin |
| ★ Shaylee Cunningham | ★ Erin Matthews |
| ★ Denissi Edwards | ★ Viannie Menjivar |
| ★ Shanae Fairweather | ★ Zayari Pacheco |
| ★ Yumnah Farooq | ★ Laurel Robateau |
| ★ Addison Giron | ★ Sierra Solis |
| ★ Timara Grant | ★ Skylar-Lynde Longsworth |
| ★ Sahijdah Guerra | ★ Divya Udasi |

Tutoring Sessions:

Tuesdays & Thursdays starting at
3:20 pm - 4:05pm
Rooms 10 & 11, Main Building



DOE NATIONAL CLEAN-UP AND SCA WAVEMAKERS



COMPELLED
BY MERCY

Sisters of Mercy
CRITICAL CONCERNS



SAINT CATHERINE ACADEMY
MERCY
BELIZE, C.A.

DID A CLEANUP!

Number of Items
1901

Total Weight
532.3 lb

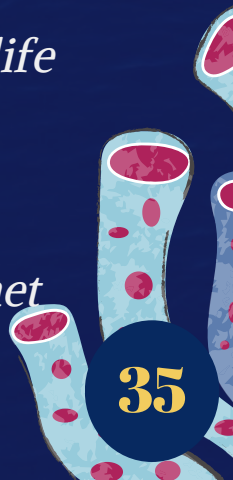
Distance
2 mi

Time
02:46:14



We believe in the need for life to be sustainable, supporting both a lifestyle and legislation that acknowledges everyone's right to water and the need to address climate change. *Our very own SCA wavemakers have participated in a cleanup. It wasn't only our SCA students who participated but also all around Belize.*

They had cleaned 532.3 lb of garbage. This cleanup had an important impact, as it not only helped to protect marine life and ecosystems but also raised awareness about the importance of keeping our oceans clean. By doing this together, we can make a difference in protecting our planet for future generations.



CAKE DECORATING

Competition



COMPELLED
BY MERCY



Theme: Mercy in Action

Participants were given pre baked cakes and had 1.5 hour to decorate on site.

Designs had to align with the theme mercy in action.

The cakes were evaluated based on creativity, theme relevance, presentation and technique.

The prize for the cake decorating competition was a certificate for your participation.

This competition was for showcasing your skills and creativity.

“Mercy is not something we receive, it’s something we do, together.” — Unknown





EDUCATIONAL
COURAGE



DYS ARTWORK COMPETITION

“When my school counselor asked me if I could paint the DYS billboard, I felt honored and promised to perform to the best of my abilities. The theme, Digital Ways to Combat Climate Change, was one I was very passionate about as a person who often researches climate change's effects on a small country like Belize. I painted a Belize, but with a sustainable vision, I knew we could achieve. That future Belize is what my billboard envisions—a Belize where we've embraced digital pathways to combat climate change.

But this vision isn't just about technology; it's about action. Through digital tools, we can map climate risks, monitor our ecosystems, and connect communities to share knowledge. Apps can guide us in reducing waste, tracking our energy use, and learning how to live sustainably. “

– Kristy Bowen



Find Your WELLNESS Inner Peace CORNER



Meditation Sessions

Journaling

Prayer

Exercise

Volunteering



COMPELLED
BY MERCY

“Mercy compels us to care for ourselves and others, creating a ripple of kindness and understanding.”

Embrace a holistic approach to well-being with our Wellness Corner.

Meditation is a powerful tool for calming the mind and reducing stress. Regular practice can help you focus better, manage anxiety, and increase your overall sense of well-being.

Journaling allows you to explore your thoughts and emotions, creating a personal space for reflection and growth. Writing down your experiences and feelings can help you gain insights, process events, and set goals.

Prayer offers a sense of connection and comfort. It is a time to reflect, express gratitude, and seek guidance. Communicating with God is the best form of wellness, as prayer can be grounding and uplift your day.

Exercising is essential for maintaining both physical and mental health. Regular exercise can boost mood, increase energy levels, and improve overall fitness.

Giving back to your community through volunteering helps others and brings a sense of fulfillment and purpose to your own life. Volunteering enriches both the giver and the receiver, creating a cycle of kindness.



THE ORIGINALS

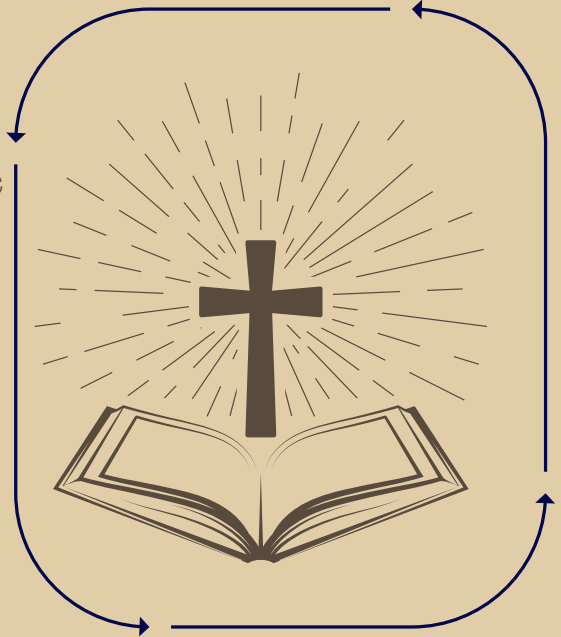
Theology of the Body



By: Mr. Gian Parham

Pope St. John Paul II's Theology of the Body offers a distinctive approach to understanding the creation stories in the book of Genesis. In his reflections, he combines Catholic tradition and theology to bridge the gap between Scripture, faith, and the human experience.

This perspective involves delving into our everyday experiences and using them as a lens to uncover deeper insights into God's plan for humanity. Although our first parents were created without sin, their unique experiences can still be grasped through our own experiences, which can enrich our understanding of Scripture and Catholic teaching as to what it means to be human.



Pope St. John Paul II defines "original experiences" as those that are fundamental to all of us, regardless of their historical timing. These essential experiences are woven into our lives of embodiment and relationships but often remain unnoticed. They hold extraordinary significance despite being part of the ordinary fabric of life.

He explains, "When we speak of original human experiences, we have in mind not so much their distance in time, as rather their foundational significance. The important thing, therefore, is not that these experiences belong to man's [...] theological prehistory, but that they are at the root of every human experience" (TOB 11:1, emphasis added). Here, "theological prehistory" refers to God's plan for man and woman who were brought into being (created) in a state free from sin and corruption.

With this understanding in place, and in the upcoming articles, we will explore three "original" experiences in Genesis: original solitude, original unity, original innocence, and original nakedness. As we delve into these experiences, I invite you to tune into the echoes of these experiences within your own life and heart, allowing us to better grasp the profound meaning of being human. Until next time....

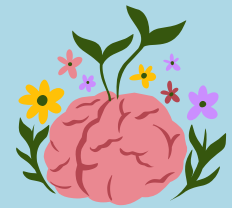


COMPELLED
BY MERCY

Self-Care Reminders

MENTAL & EMOTIONAL

- TAKE DEEP BREATHS WHEN YOU ARE FEELING STRESSED, FRUSTRATED OR OVERHWELMED.
- TAKE BREAKS WHEN NEEDED— RESTING IS IMPORTANT AS WELL.
- EXPRESS GRATITUDE DAILY, EVEN FOR SMALL THINGS.
- DON'T BE AFRAID TO ASK FOR HELP ESPECIALLY WHEN NEEDED.
- ACKNOWLEDGE YOUR FEELINGS WETHER HAPPY OR SAD.



PHYSICAL WELLBEING

- STAY HYDRATED BY DRINKING ENOUGH WATER
- MOVE YOUR BODY DAILY BY WALKING, STRETCHING, OR EXERCISING.
- EAT NOURISHING FOODS THAT FUEL YOUR ENERGY.
- GET AT LEAST 7-9 HOURS OF SLEEP EACH NIGHT.
- EAT HEALTHY FOODS IS ESSENTIAL FOR MAINTAINING GOOD HEALTH.



By: Aarushi Harjani

PHOTO GALLERY

done by: Giada Crespo



our beautiful campus



11.1.2025
second form mass



20.1.2025

the arrival of the sisters
of mercy skit!



SCA in the past



#PROUDSEAHAWKS



1

4

2

Student Council

2021

Welcome to the first official council check in!

As we kick off this exciting election season, we are extremely proud to announce 27 incredible candidates, ready to bring fresh ideas, bold leadership, and impactful change to our school!

Candidacy Count

- 2 Presidential Candidates
- 2 Vice President Candidates
- 4 Marketing Manger Candidates
- 3 Secretary Candidates
- 6 Graphic Designer Candidates
- 5 Social-Media Manager Candidates
- 5 Liason Officer Candidates





UPCOMING EVENTS

February 2025

Feb. 7th - New Student Council Elections

Feb. 8th - Class 4SC2 Pibil Sale

Feb. 15th - SCA Annual Valentines Fair

Feb. 20th - Search Retreat

Feb. 28th - ATLIB Exams

Feb. 28th - Search Retreat



ST. CATHERINE ACADEMY
Valentine Fair
 Saturday, February 15, 2025
 on SCA Grounds

Flavors to Savor
 BBQ, Pibil, Italian Sausage, Fajitas, Turkey Dinner, Rice and Beans, Salpicon, Mexican Tacos, Tamales, Wings, Hamburgers, Hot Dogs, Nachos, Crazy Corn, Chicken Dip, Ceviche, Jalapeño Peppers, Pizza, Cakes, Pastries, Cotton Candy, Chips and Dip, and more!

Cool Drinks & Sweet Treats
 Piña Colodas, Frozen Coffee, Bubble Tea, Hawaiianas, Soft Drinks, Pink Lemonade, Ice Cream, and Frozen Drinks to quench your thirst and cool you down.

Games Galore
 Tombola, Dunk Tank, Mechanical Bull, Bean Bag Toss, Marble Game, Dice and Paddle, Plinko, and more fun activities await!

Attractions You'll Love
 Dance (School ID Required), Crafting Love Dinner Room, Photo Booth, Love Shop, Lights Delight, Bouncy House, Trampoline, and Face Painting for everyone to enjoy!

4 PM to 12 Midnight

VOTE!!!

Let's VOTE
 Lana Klymerko
 FOR SOCIAL MEDIA MANAGER

WANTED
 LIAISON OFFICER
 KALISE HIGHLAND

Vote
 ALESSIA HERRERA
 CLASS 3AS

Vote
 Azarria Gaynair
 Social Media Manager

Vote
 MIA POLLARD
 PRESIDENT

Vote
 ALIZA DONIZ
 CLASS 3B2

Vote
 ZALIA FLOWERS
 FOR GRAPHIC DESIGNER

Vote
 HADASSAH LEAL
 IDL

Vote
 ANANDA REYES
 CLASS 3BC

Vote
 JAEL HENRY
 3B Marketing Manager

Vote
 QUESHEN
 VOTE QIANNA FOR GRAPHIC DESIGNER

Vote
 Madison Giron
 For Secretary

Vote
 REBECCA STEPHENSON
 CLASS 3SC2

Vote
 VIANNIE MENJIVAR
 Secretary

Vote
 ZALIA FLOWERS
 FOR GRAPHIC DESIGNER

Vote
 HADASSAH LEAL
 IDL

Vote
 ANANDA REYES
 CLASS 3BC

Vote
 JAEL HENRY
 3B Marketing Manager

PAPER NEWS PAPER NEWS PAPER NEWS PAPER NEWS



Championing Mercy Values



A MERCY CENTER OF EXCELLENCE & INNOVATION



COMPELLED BY MERCY



PRINCIPLED LEADERSHIP



INSPIRED BY FAITH



EDUCATIONAL COURAGE



A VOICE FOR DIGNITY AND RESPECT

S&CA NEWSLETTER

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