



Championing Mercy Values



VOL. IV

November 2024 Edition

A MERCY CENTER OF
EXCELLENCE &
INNOVATION



COMPELLED
BY MERCY



PRINCIPLED
LEADERSHIP



INSPIRED BY
FAITH



EDUCATIONAL
COURAGE



A VOICE FOR
DIGNITY AND
RESPECT



S&A NEWSLETTER



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PRINCIPLED
LEADERSHIP



Saint Catherine Academy

Wins

30



CSSSA Volleyball Championship

Belize City, November 2, 2024

The Central Secondary Schools Sports Association (CSSSA) in Belize organizes competitive sports events for secondary schools in the Central Region, fostering athletic excellence, teamwork, and school spirit. The CSSSA overseas tournaments in various sports, including football, volleyball, softball, basketball, and track & field, create opportunities for students to showcase their talents. These events promote physical fitness, discipline, and healthy competition while encouraging school collaboration. Championships, such as the CSSSA Volleyball and Football Competitions, highlight the best athletes and teams, cultivating a culture of excellence in youth sports. The SCA volleyball team has proudly upheld its remarkable 30-year winning streak by finishing undefeated in the CSSSA tournament. The Sea Hawks delivered a powerful performance, demonstrating exceptional dedication and resilience on the court during the finals at Swift Hall on Saturday, November 2, 2024. This outstanding achievement reflects the team's strong leadership, strategic planning, and unwavering team spirit, showcasing their relentless endurance, hard work, and commitment to excellence.

Soar high, SEA HAWKS!



VOLLEYBALL

SCA'S INDIVIDUAL AWARDS



Best Hitter– Akili Jones

Most Valuable Player– Akili Jones



Best Libero– Zazil Marin



The school has consistently produced winners in sports and a wide range of academic achievements. This achievement would not have been possible without the players' dedication, teamwork, and spirit of excellence.



#18 NATIONAL CHAMPS!

The mighty Sea Hawks soared to victory at the National Secondary Schools Championship held in Orange Walk Town, clinching their remarkable 18th National Title! Competing fiercely against top teams from the North, South, and West, they showcased their skill, determination, and teamwork to decisively claim the championship. This monumental achievement not only reflects the Sea Hawks' legacy of excellence but also cements their reputation as one of the most dominant forces in Belizean secondary school sports history. Congratulations to the team and their supporters for this outstanding accomplishment! 🏆🎉



Special Recognition

goes to Akili Jones, SCA's team captain, and Shadow Council Vice-President; Akili was awarded MVP, an outstanding performance, and a determined leader.



A heartfelt CONGRATULATIONS to the entire volleyball team, their dedicated coaches, and everyone whose hard work and support made this incredible victory possible! Your unwavering commitment, teamwork, and passion have brought pride to Saint Catherine Academy once again. Here's to celebrating this outstanding achievement and looking forward to many more triumphs in the future. Keep soaring to new heights, Sea Hawks! 🏆💙



MODEL OAS 2024

MEETS THE BRITISH HIGH DEPUTY COMMISSIONER



**SCA DEBATE TEAM
GAINS DIPLOMATIC
INSIGHTS FROM UK
DEPUTY HIGH
COMMISSIONER
KATE REYNOLDS**



**PRINCIPLED
LEADERSHIP**

IN AN INSPIRING MEETING, THE SCA DEBATE TEAM HAD THE UNIQUE OPPORTUNITY TO WELCOME THE UK DEPUTY HIGH COMMISSIONER KATE REYNOLDS TO OUR CAMPUS. THIS VISIT WAS PIVOTAL FOR THE TEAM'S EIGHT DELEGATES WHO REPRESENTED ONE OF THE VARIOUS OAS MEMBER STATES AT THE MODEL ORGANIZATION OF AMERICAN STATES (MODEL OAS) IN WASHINGTON, D.C. AS THE STUDENTS PREPARED FOR THIS IMMERSIVE EXPERIENCE IN INTERNATIONAL DIPLOMACY, THE DEPUTY HIGH COMMISSIONER SHARED VALUABLE INSIGHTS ON VITAL DIPLOMATIC STRATEGIES, SETTING THEM UP FOR SUCCESS.

BY JANAÉ HANSON

DEPUTY HIGH COMMISSIONER



British
High Commission
Belmopan



- *Embracing the Art of Diplomacy*
- *Knowing Procedure and Making it Work for You*
- *Finding Strength in Collaboration*



CAMPUS TOUR



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MODEL OAS - PREPARATION



EDUCATIONAL
COURAGE

POSITION PAPERS

Preparing for the Model OAS required immense dedication, as each delegate was tasked with crafting a comprehensive position paper on their assigned committee topic. This process involved rigorous research, thoughtful writing, meticulous editing, and multiple rounds of review—demanding both patience and perseverance. The delegates exemplified discipline and determination as they tackled critical issues and proposed innovative solutions. Their position papers not only showcased their understanding of El Salvador's current challenges but also equipped them with the tools to collaborate effectively with representatives from across the Americas in drafting a resolution. These young leaders demonstrated an impressive commitment to excellence and diplomacy, gaining invaluable experience in global problem-solving and negotiation.

RESOLUTION PAPERS

Upon arriving at the model, the delegates were organized into working groups, each tasked with drafting resolutions on pressing global issues such as disaster risk management and human trafficking. These topics required delegates to draw on their extensive research and insights developed during the preparation of their position papers. Within their groups, participants engaged in dynamic collaboration, fostering rich discussions to identify and propose effective, actionable solutions. The process of drafting resolution papers not only equips participants with the tools to address complex real-world challenges but also sharpens essential leadership, critical thinking, and communication skills. These experiences leave delegates with lifelong capabilities that transcend the conference, empowering them to excel in any future endeavor.

THE GENERAL ASSEMBLY,



OAS MOAS

RESOLVES:

- ACKNOWLEDGING the need to implement regulations and the compliance of countries to contribute towards a collective and effective agreement;
- TAKING INTO ACCOUNT the signing of a declaration to reinforce regional cooperation in human trafficking to strengthen border security for the prevention of cross border trafficking;
- KEEPING IN MIND the current economic state and prevalence of gangs in countries of the Americas, actions must be taken to protect citizens;
- BEARING IN MIND a society that claims to value freedom and human rights but still allow human trafficking to thrive in its shadows

1. To ensure safer youth throughout countries borders by:
 - a. Creating stricter enforcements on what cargo is able to be transported across a country's borders.
 - i. Setting stricter boundaries on what cargo is able to be transported across a border.
 - ii. Developing greater relations with neighboring port countries, leading to a greater sense of unity.
 - b. Developing a population with greater knowledge on the effects of firearms.
 - i. Informing youth with educational programs on the dangers of firearms.
 - ii. Ensuring safe home lives through regular household checks on violence.



MODEL OAS WASHINGTON D.C.



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THE WASHINGTON MALL

On Tuesday, the delegates for the MOAS visited the National Mall, the Lincoln Memorial, the World War II Memorial, and the Washington Monument. They explored many significant sites and learned more about American history and the importance of these monuments.



ASG MENDEZ WELCOMES CATHERINE'S ORATORS

Ambassador Mendez, the Assistant Secretary General of the Organization of American States and hails from Belize, welcomed Catherine's Orators to the model. He shared valuable advice and insights from his own experience with the OAS. Additionally, he encouraged the girls to excel in the model, which greatly motivated them to perform their best and utilize their skills effectively.



GEORGETOWN UNIVERSITY

The delegates visited Georgetown University, where they received a formal presentation on the various courses, majors, and opportunities available at the institution. Following the presentation, they toured the campus and learned about the clubs, history, and interesting facts related to Georgetown. Additionally, they had the chance to meet with Aspen!

Aspen is a 2024 SCA graduate.



BY: ISABELLA WALDMAN



OAS MOAS



Following the Opening Ceremonies of the Model Organization of American States (MOAS), delegates proceeded to their designated committee rooms: the General Committee, the Judicial and Political Affairs Committee, and the Hemispheric Security Committee. In these sessions, head delegates were given one minute to deliver their general statements, followed by alternate delegates who presented their arguments. Our delegates displayed authentic leadership and confidence, skillfully articulating their positions with poise. These impressive performances reflect the extensive preparation and leadership abilities they have developed, showcasing the dedication and hard work dedicated to preparing for this model event.



SCA DELEGATES SHINE AT MODEL OAS



Our first SCA Model OAS experience was an unforgettable journey, combining impactful meetings, enriching conference sessions, and unforgettable sightseeing. As we prepared for departure, we were warmly sent off with good luck wishes by the Minister of Education, Culture, Science and Technology, Hon. Francis Fonseca. Upon our arrival in Washington, D.C., we had the distinct honor of meeting Assistant Secretary General Mendez, followed by a productive meeting with Belize's OAS Ambassador Young. These key engagements set the tone for an enriching first day at the OAS conference, where our delegates immersed themselves in a series of thought-provoking sessions that deepened their understanding of hemispheric issues and fostered invaluable international dialogue.



SCA Delegation with
ASG, OAS Excellency Nestor Mendez



SCA Delegation with Minister of
Education Belize, Hon. Fonseca



SCA Delegation with
Permanent Representative of Belize to the
Organization of American States (OAS)



SCA Delegation with the
Minister of Women of Costa Rica



OAS Secretary General
Luis Almagro with Mrs. Jamie Usher



SCA Faculty Advisors with Ms. Rosita
Whitman, Georgetown Prep
Representatives



SCA Representatives with Xóchitl
Sandoval, director of the National
Institute of Health (INS) El Salvador



THANK you!



On behalf of Catherine's Orators, we would like to extend our heartfelt gratitude to the school faculty for their unwavering support and guidance throughout this journey. We especially want to thank Mrs. Marin, Mrs. Jamie, Mrs. Waldman, and Dr. Tillet for their dedication, encouragement, and invaluable contributions. Your mentorship has inspired us to grow, not only as speakers but also as individuals. Your belief in our potential and commitment to fostering our talents have been instrumental in our achievements. Thank you for creating an environment where we could thrive and always cheering us on. We are deeply grateful for everything you do!

Thank you to researchers: Lorry, Elissa, Viangelly, Aiyana, Julann, Davae, Divya, Courtenay, Caylee, Kate, Rihanna, Kyeldani, Shanine, Lana, Lyani, Sabrina, Priscilla and Zehmira! A researcher plays a pivotal role on a debate team by providing accurate, well-sourced information that strengthens arguments and enhances the team's credibility.



STUDENT LEADERSHIP CONFERENCE



*Principled
leadership*

Empowered Youths, Rooted in Faith, Leading with Love

The Belize Catholic Association of Principals of Secondary Schools held its annual student leadership conference on November 2, 2024, in Belmopan. Numerous secondary schools participated, and SCA proudly attended.

The event was attended by 14 student council members, 20 prefects, 17 peer helpers, one second-former who performed, and five teachers: Ms. Grant, Mrs. Domingo, Ms. Lin, Ms. Locke, and Mrs. Usher. The day kickstarted with a lovely Mass, with participants from each school involved. Afterward, they presented donations to an elderly home in Belmopan. This was followed by a short, fifteen-minute parade through the streets of Belmopan to the UB gymnasium.



Each school prepared an item to showcase the theme “Empowered Youths, Rooted in Faith, and Leading with Love.” Our school featured our shadow council president, Brielle Parham from 4SC1, and Axeni Graniel from 2CE in a beautiful dance performance. Zayari Pacheco, the shadow council liaison officer, provided a voice-over. This presentation was excellent, allowing participants to connect with the theme through their movements and the words Zayari emphasized, smoothly showcasing the topic.

The student council also prepared a poster board, games, and prizes to showcase what we do at SCA. We also had “Vocation Posters,” which students from all schools signed to show they were willing to join a vocation. This allowed our youth to take the initiative and be a part of a worthy cause.

The day concluded with a praise and worship session, during which we sang our hearts out to God, bringing us together through our faith.

COLLEGE FAIR



[800-264-6014](tel:800-264-6014)



Campbellsville

[824-3226](tel:824-3226)



Galen

[942-4800](tel:942-4800)



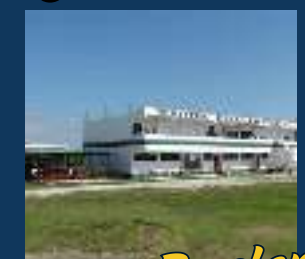
Anáhuac
Mérida

[822-1000](tel:822-1000)



University of
Belize

[423-3132](tel:423-3132)



Centro Escolar
México

Choices!

Choosing the right university can be exciting, with each school offering unique opportunities. Galen University stands out with its flexible online and on-campus learning tailored to individual goals, making education accessible and personalized.

Similarly, the University of Belize fosters academic excellence and strong community connections through programs like the Black Jaguar Committee, where lifelong friendships are formed.

For those seeking a diverse and inclusive environment, Campbellsville University, a Christian-based institution with 40% international students, offers meaningful charity work and a variety of programs.

On a smaller scale, Centro Escolar México, in San Roman, Corozal, provides an English-speaking community with scholarships for jobs and sports and the chance to enhance language skills through summer Spanish classes.

Meanwhile, Anáhuac Mérida excels in blending academics with values and global experiences, offering courses in Spanish and English to prepare students for international success.

Each university offers something unique to help you achieve your goals and grow academically and personally.

~Rihanna Tucker





COMPELLED BY MERCY

Peer Helpers
PINNING CEREMONY

WRITTEN BY: AARUSHI HARJANI



They are :

- ▶ IF YOU WANT TO IMPROVE YOUR SKILLS
- ▶ AND MAKE A DIFFERENCE IN OUR SCHOOL,
- ▶ CONSIDER BECOMING A PEER HELPER!

WORLD KINDNESS DAY



WHY DO WE CELEBRATE WORLD KINDNESS DAY?

The purpose of World Kindness Day is to celebrate acts of kindness in communities and environments. This highlights the universal principle of compassion for doing good in the likeness of another. It emphasizes kindness as a fundamental aspect of being human. Kindness is easy to understand and act upon, no matter a person's race, religion, political thoughts, gender, or where they may live.

WHAT ABOUT IT?

World kindness day was introduced in 1998 by the World Kindness Movement. On November 13th, it is a reminder on how big of an impact small acts of kindness can have on individuals, communities, and even globally. On this day we should be encouraged to intentionally act with kindness, being kind is not a lot of work. By acting upon kindness we can make our world empathetic and harmonious. Don't just be kind one day, choose to be kind everyday



HOW TO SPREAD KINDNESS ON THIS DAY

Want to spread KINDNESS?

YOU CAN:

- Create kindness cards and leave them in places where people can find them
- Random acts of kindness bingo: create a card with random acts of kindness and challenge yourself to complete it.
- compliment/kind message wall
- Thank you notes for anyone who's made an impact on your life
- create kindness posters





Self Esteem Week



Self-Esteem Week is an important initiative that promotes the value of developing self-confidence, self-worth, and a good self-image in people of all ages. It raises awareness about the importance of self-esteem in mental health, personal growth, and overall well-being while also addressing topics such as anxiety, depression, and societal pressure. Self-Esteem Week promotes self-care and empowers people to realize their worth. It also promotes reducing prejudice associated with concerns such as body image and unrealistic cultural norms. Additionally, the initiative emphasizes the broader advantages of positive self-esteem, such as better relationships, increased productivity, and a stronger sense of self. Self-esteem can be enhanced through workshops, talks, and activities. Self-Esteem Week inspires people to celebrate their unique skills and embrace a positive outlook on life.



The peer helpers are a major player in Self-Esteem Week. Every day, they share tips to help improve self-esteem. One of our junior peer helpers, Brinyce Richardson, was the one to create the self-esteem pledge that is recited over the PA system every evening. During this week, they held activities such as **Pop the Insecurity**, giving out pins and pencils with positive affirmations and the pledge. They showed us that we should be confident in ourselves and our abilities as well as love ourselves for who we are.

Tips to Improve Self-Esteem:

- **Challenge Self-Criticism:** Replace harsh self-talk with balanced, encouraging statements
- **Be Kind to Yourself:** Treat yourself like a close friend going through a tough time.
- **Accept Imperfections:** Recognize that everyone has flaws; they're part of being human.
- **Choose Supportive People:** Spend time with those who uplift and encourage you.





SELF-ESTEEM PLEDGE

By Kalaya Molina

Self-Esteem Pledge



SCA Peerhelpers



I will carry myself with pride,
to see my worth, deep inside.
I'll cherish my beauty,
embrace what's mine,
And let my unique qualities
shine.

I'll celebrate progress,
whether big or small.
Failures won't stop me; I'll
stand tall.
Honoring this pledge with
confidence, bright as all
carrying it with me so I'll
never fall.

SELF-ESTEEM

Self-esteem captures how individuals view and value themselves in areas pertaining to their beliefs, feelings, and attitudes about themselves. It shows the degree of regard and trust that an individual has in their abilities, their appearance, and their worth. Positive self-esteem has a positive correlation with the levels of happiness, resilience, and success one may achieve whereas low self-esteem is attributed to self-doubt, anxiety, and poor bonds with others.

IMPORTANCE

Repeating a self-esteem pledge daily can affect one's mental and emotional well-being. By promising themselves to do something each day, individuals are actively reinforcing positive beliefs about themselves and their value, which builds confidence and resilience over time. This is a reminder of the strengths, accomplishments, and potentials that one has, serving to counteract negative self-talk and external criticisms.

PEER HELPERS SELF-ESTEEM ACTIVITY



"ACCEPT NO ONE'S DEFINITION OF YOUR LIFE, BUT DEFINE YOURSELF." -HARVEY FIERSTEIN

BREAST CANCER SCREENING

Breast Cancer is a common cancer that can develop in anyone. A member of our school's faculty, Mrs. Janine Cattouse, shared her empowering and inspiring journey against this distressing battle.

From being diagnosed with breast cancer to continuous care and treatment, she remains resilient and optimistic during this adversity.



MRS. JANINE CATTOUSE
"FAITH AND STRENGTH HAVEN'T MADE THE DIFFICULT TIMES DISAPPEAR, BUT THEY HAVE GIVEN ME RESILIENCE TO PUSH THROUGH, TO KEEP GOING EVEN WHEN IT FEELS IMPOSSIBLE."



Her story highlights setbacks and comebacks, but most importantly, it provides a voice for these warriors. She advocates for those who are unable to express their hardships and the profound effect the support of others and God has on her journey. Mrs. Cattouse's story made a home within our hearts, forever leaving an impact and an open mind for people battling breast cancer.

BREAST CANCER:



Principled
Leadership

EARLY DETECTION

Written by: Zalia Flowers

Early detection is crucial in the fight against breast cancer, as it can significantly improve survival rates. Breast cancer is often asymptomatic in its early stages, making it difficult to detect without proactive screening. This is why it is recommended for women between the ages of 45 and 55 to undergo mammograms annually and to perform monthly self-examinations.

Women over 50 years old face a higher risk of developing breast cancer, making it essential to begin regular mammograms between the ages of 45 and 55. A mammogram can help detect breast disease in women, both those who experience symptoms such as a lump or pain and those who have no complaints at all. Fortunately, the Western Regional Hospital in Belmopan has recently introduced a new mammogram machine, thanks to a partnership between the Ministry of Health and the Church of Jesus Christ of Latter-Day Saints, making screening more accessible for women in the region.

While mammograms can be costly, self-examination is a simple and effective way to check for changes in your breasts at home. Using the pads of your three middle fingers, gently press on different areas of each breast. Start with light pressure, then gradually apply medium and firm pressure, feeling for lumps, thickening, or other abnormalities. Moving in a circular pattern can help ensure that you examine every part of the breast. It is very simple and can save lives.

Breast cancer can progress rapidly, becoming more aggressive in a short period of time. Early detection is key because the earlier the cancer is found, the more treatment options are available and the higher the chances of survival. In fact, women diagnosed with breast cancer at an early stage have a five-year survival rate of 93 percent or higher. If you notice any changes or even just an unusual sensation, take the time to check yourself today. Early detection can save lives.

INTERNATIONAL DAY OF THE GIRL



ON NOVEMBER 14, A GROUP OF SECOND-FORM SCA STUDENTS ATTENDED THE INTERNATIONAL DAY OF THE GIRL TOWN HALL. THIS EVENT AIMED TO EMPOWER AND INSPIRE YOUNG WOMEN TO PURSUE THEIR DREAMS AND EMBRACE THEIR IDENTITIES. THE THEME WAS "GIRLS' VISION FOR THE FUTURE". SEVERAL GUEST SPEAKERS, INCLUDING ALISON PARKER, THE UNICEF REPRESENTATIVE FOR BELIZE, CHRISTY ALMEIDA, FOUNDER OF AUTISM BELIZE, AND THE TALENTED BELIZEAN ARTIST YASTHALIA, ADDRESSED THE GATHERING. THESE EXCEPTIONAL WOMEN AND OTHERS SHARED INSIGHTS ON HARD WORK, LEADERSHIP, ACCOUNTABILITY, SELF-BELIEF, AND RESILIENCE, EMPHASIZING THE IMPORTANCE OF MINDSET AND PERSEVERANCE.



A VOICE FOR
DIGNITY AND
RESPECT

IN ADDITION, ATTENDEES ENGAGED IN A Q&A SESSION EXPLORED VARIOUS INFORMATIVE BOOTHS AND REFLECTED ON THEIR EXPERIENCES AND WHAT THEY HAD LEARNED. BY ATTENDING THIS TOWN HALL, THE STUDENTS LEARNED VALUABLE LIFE LESSONS AND STRENGTHENED THEIR BONDS WITH ONE ANOTHER, LEAVING THEM INSPIRED TO MAKE THEIR VOICES HEARD.

Overall, The International Day of the Girl Town Hall served as a reminder of the strength and potential that lies within every young woman, inspiring them to take charge of their futures and to work collaboratively towards a more equitable society.





16 DAYS OF ACTIVISM

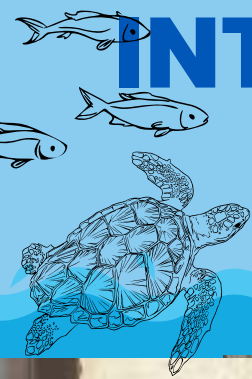


#NO EXCUSE

The 16 Days of Activism Against Gender-Based Violence is a yearly campaign from November 25 to December 10 to raise awareness and take action to stop violence against women and girls. Each year focuses on a specific theme and this year's theme was "#noexcuse". The goal is to create a safer, more equal world for everyone.

During these 16 days people share information, hold workshops, join marches, and light buildings orange to show support. Leaders are urged to make better rules, and give help to those affected. Boys and men are also encouraged to speak up and help create better and safer communities. This year, our SCA Peer Helpers took a bold step by launching a campaign to champion women's safety and rights, raising awareness and promoting change in our community!





INTERNATIONAL WOMEN IN CONSERVATION 2024



written by: Anjali Hedage



What is the Annual IWIC Summit about?

THE ANNUAL IWIC SUMMIT TAKES PLACE OVER THE COURSE OF TWO DAYS. IT FEATURES BOTH INTERNATIONAL AND LOCAL WOMEN WHO ARE EXPERTS IN RESTORATION AND PROTECTION OF ECOSYSTEMS.

Interview

THIS YEAR, SCA'S KIMAYA CHARLEY & ANJALI HEDAGE WERE SELECTED TO ATTEND THIS ANNUAL SUMMIT. I INTERVIEWED KIMAYA TO SHARE HER EXPERIENCE, TO WHICH SHE RESPONDED, "THE SUMMIT WAS VERY EDUCATIONAL WHILE ALSO BEING FUN AND HANDS-ON. I LEARNED ABOUT THE DETRIMENTAL EFFECTS OF PLASTIC ON THE BODY AS WELL AS THE EARTH. IT ALLOWED ME TO REFLECT AND REALIZE HOW MANY PROBLEMS WE COULD FACE IF THE PLASTIC PROBLEM IS NOT ADDRESSED AND FIXED. OVERALL IT WAS A VERY EDUCATIONAL SUMMIT, WHICH I HOPE I CAN ATTEND NEXT YEAR AND HOPEFULLY SEE OTHER SCA STUDENTS THERE TOO."



Día de Los MUERTOS

Written by: Brinyce Richardson



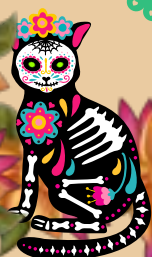
On November 1, 2024, we embraced the vibrant tradition of Día de los Muertos, or Day of the Dead, a Mexican holiday that honors the lives of loved ones who have passed away. This celebration isn't about mourning but focuses on remembering, celebrating, and keeping the spirits of those we've lost alive through joyful traditions.



Central to our celebration was the altar, or ofrenda, beautifully decorated to welcome the souls of the departed. It featured traditional elements like candles for guidance, marigold flowers to attract spirits, and sugar skulls symbolizing life's bittersweet nature. Students and staff added photos and mementos, creating a heartfelt space of remembrance.



An important part of the celebration was our Book of Names, where students were invited to write the names of their departed loved ones. Each name added was a way to honor and remember that person, ensuring their spirit was part of our gathering. This writing became a powerful symbol of connection, reminding us that although our loved ones may no longer be with us physically, their memory lives on in our hearts and community.





GARIFUNA ASSEMBLY

THE WABAGARI DANCE GROUP



COMPELLED
BY MERCY

November 2024

Saint Catherine Academy



Ms. Desiree Arzu

On November 4, the class of 3B led the school assembly that was both fun and meaningful. The theme of the assembly was, "Garifuna". They started with sharing their thoughts on "The importance of Garifuna, when it started, and why we celebrate it". Their words made us realize how celebrating a tradition be so much fun.



They then went on by introducing their guest speaker "Ms. Desiree Arzu" who also came up with the idea of "The Wabagari Dance Group", who is also the head leader. The Wabagari Dance Group is a dynamic Garifuna cultural group whose name means "Our Life" in English. They performed traditional Garifuna dances that showcase the history, values, and heritage of the Garifuna people. Wabagari has performed across Belize, Guatemala, and Mexico, connecting with audiences through energetic and spirited performances. Their dances are a vibrant expression of Garifuna culture, and they often sing in Garifuna to share their rich traditions and stories. They then closed off with the History of Garifuna.

The assembly was also led by:

- Host: Daisa Arzu & Markayda Esquiliano

Prayers

- School Prayer: Rashni Robinson
- Regular Prayer: Jasha Brakeman
- Belize Prayer: Aaliyah castro
- Our Father in Garifuna: Wabagari dance group
- National Anthem: Alaine Franklin
- Raising of Belize Flag: Kyanna Garay
- School Song: Amelia Coleman & Rachel Bracket
- Theme & Activity: Daisa Arzu & Markayda Esquiliano
- Introduce Guests: Jayda Bernard



Done by: Kyanna Garay

Garifuna Mass

Each year, Garifuna Settlement Day is celebrated on November 19. In celebrating different cultures, our school has a Garifuna mass to represent that culture. This year, on November 20, 2024, a Garifuna mass was planned for November 18, 2024, but it was postponed due to the weather.



As much as they were setbacks, we didn't let that stop us from accomplishing our goal! Thankfully, to the Lord, our mass went amazing. Our celebrant, Fr. Brian Christopher, Jesuit Superior of Belize, led our congregation through a beautiful mass. Furthermore, the mass was also a successful event thanks to our lovely teachers, especially the religion department and Ms. Arzu, along with her group, who came to assist us in making an unforgettable experience.

At the end of the mass, participants, including the visiting group, did an outstanding performance of one of Garinagu's favorite dances called the "Chumba". The Chumba is a interpretative dance that showcases the different chores of the working class. It is part of the unique cultural heritage and history of the Garifuna people, who have a fusion of African and Amerindian influences in their music and dance.



Kilani Berry

HEADS OF DEPARTMENT



INSPIRED BY
FAITH

Written by: Alina Garcia

The Heads of Departments are central to a school's academic success. They are leaders responsible for specific areas, managing and supervising teachers as they create lesson plans, implement effective and innovative teaching strategies, and oversee the grading process. However, their role extends beyond leadership; they are also mentors, uplifters, and sources of inspiration for students and teachers.

Being a Head of Department requires essential qualities such as organizational skills, humility, leadership, collaboration, patience, understanding, and expertise. Through their dedication and motivation, these empowering educators foster collaboration, create a productive work environment, enhance organization within their departments, and ensure that students have the resources they need to develop into innovative, confident, capable, and strong leaders—embodying the SCA Sea Hawk spirit. The Heads of Departments exemplify outstanding leadership and inspire us all to make our own mark as future leaders.

Additionally, Heads of Departments balance fun and academics by organizing engaging and highly anticipated events such as Math Week, the I.T. Relay, the Math and Science Relay, and the Business Expo. Their exceptional contributions leave a lasting impact on our community at SCA. We sincerely thank and appreciate our Heads of Departments for their steadfast commitment to serving our school community.

The remarkable teachers who head these departments are:

Math Department – Ms. Guy

English Department – Mrs. Aguilar

Science Department - Ms. Locke

Religion/Aesthetics Department- Mrs. Cattouse

Spanish Department – Mrs. Salazar

Arts Department – Mrs. Magaña

Business Department – Ms. Bradley

IT Department- Ms. Grant



ARTS DEPARTMENT



BUSINESS DEPARTMENT



ENGLISH DEPARTMENT



I.T. DEPARTMENT



MATH DEPARTMENT



RELIGION DEPARTMENT



SCIENCE DEPARTMENT



SPANISH DEPARTMENT

Head of Department Showcase

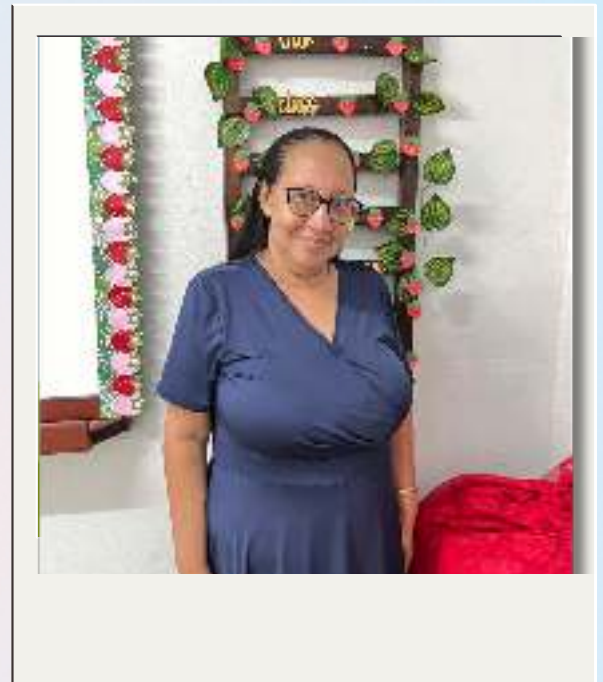


MS. NELLITA BRADLEY



Ms. Nellita Bradley, who has been teaching for over 36 years, continues to push her students and grace SCA with her presence. Despite being a teacher, Ms. Bradley assists in areas beyond teaching. Every morning, she serves students in the cafeteria with a spirit of readiness for the day ahead, ensuring everyone receives their breakfast on time. Additionally, Ms. Bradley proudly holds the Head of the Business Department position. She also offers assistance in chaperoning the volleyball team on their travels, ensuring that they are safe and that their behavior reflects mercy. On top of various other responsibilities, Ms. Bradley is a part of the prom committee. She plays a significant role in planning, coordinating, and decorating proms, creating an enchanting atmosphere for seniors to make once-in-a-lifetime memories.

Ms. Bradley's tasks at Saint Catherine Academy encompass more than just teaching; she is a crucial part of our mercy community. She demonstrates her dedication to her students beyond the classroom, and we must thank our very own Ms. "Nelly" Bradley.



Inspired
by Faith



"For me, the most rewarding aspect of teaching is seeing students out there excelling and making a difference in their lives and in society."

-Ms. Nellita Bradley



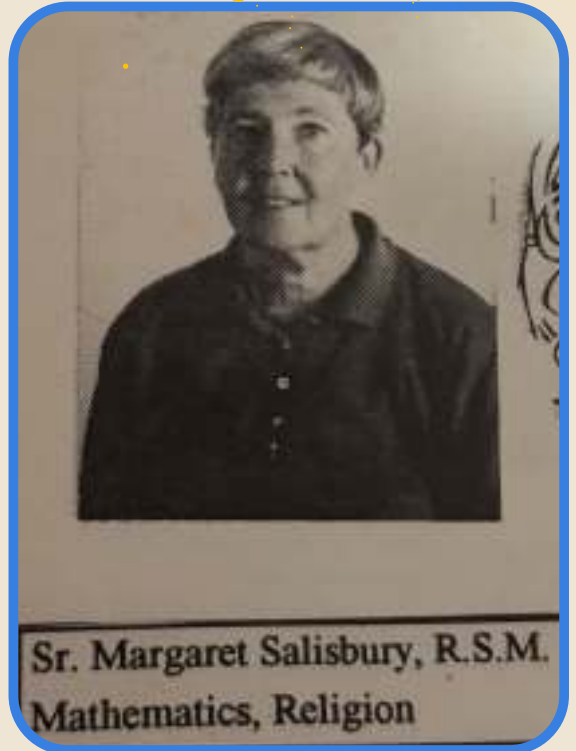
SISTER SPOTLIGHT: Sr. Margaret Salisbury

Inspired by
Faith



Written by: Zazil Marin

Sr. Margaret's journey to becoming a Sister of Mercy began on a farm in Rhode Island, where her life was forever changed by a visiting Sister of Mercy who taught summer classes in her village. The kindness and joy of this sister left a profound impact on Sr. Margaret, inspiring her at the young age of 10 to pursue this vocation. Her path was further encouraged by the Sisters at St. Xavier's, where she attended school. With the unwavering encouragement of her father, twin sister, brother, and mother, Sr. Margaret embraced her calling wholeheartedly. Over time, her relationship with God deepened, strengthened by prayer and the inspiration of fellow Sisters of Mercy. Teaching at Saint Catherine Academy has been the most rewarding part of her life, especially connecting with the students, first as a math teacher and later as Dean of Discipline. Her message to younger generations is simple yet powerful: prayer is crucial, and building a strong relationship with Jesus through time and trust will guide and sustain you through life's challenges.



VOLLEYBALL PRESS CONFERENCE

CELEBRATING



EXCELLENCE



The Soaring SeaHawks Press Conference at Saint Catherine Academy celebrated three decades of volleyball excellence, honoring the team's remarkable achievements and the values they exemplify. The event highlighted the players' dedication, rigorous training, and teamwork, which reflect the school's commitment to holistic education and excellence. It was a testament to the legacy of Mercy Girls, showcasing how SCA nurtures both athletic and academic success while fostering values that extend beyond the court.

This celebration also emphasized the collective effort behind the team's accomplishments, including the vital roles of coaches, families, and supporters. The athletes shared inspiring stories of perseverance, sportsmanship, and solidarity, embodying the mercy values of compassion, respect, and service to others. The press conference was not just about honoring victories; it was a heartfelt reminder of the enduring impact of dedication and the strength of a united SCA community.





Warden Spotlight



Mrs. Mirian Good.

Her primary responsibility is maintaining discipline and fostering a positive environment for the youth she works with. This role requires a deep commitment to ensuring that students not only follow the rules but also feel supported in their personal growth. She finds constant inspiration in her passion for working with young people, which has been a driving force in her career. For the past three years in her current role, this commitment has kept her motivated and focused on the well-being of the students she serves.

Before taking on her current role, she spent nine years at another school, gaining valuable experience in managing school environments and working closely with children. With a total of 13 years as a school warden, she brings a wealth of knowledge and expertise to her work, dealing with the challenges of student behavior and fostering positive changes in the school community.

One of the most rewarding aspects of her job is the respect and discipline she helps instill in her students. Through her guidance, she sees students develop into more responsible and respectful individuals. She also finds great joy in engaging with students in activities such as swimming classes, where she gets to see them not only develop new skills but also enjoy the process of learning. Despite the challenges that can arise in working with young people, she confidently states that she encounters no obstacles in her role. Her love for the work she does makes each day fulfilling.

Parent engagement plays a crucial role in her approach to fostering a positive school environment. She values the suggestions of parents when it comes to matters of discipline and creating strong, supportive relationships with children. She believes that collaboration with parents is key to helping students succeed both in and outside of school. Ultimately, her motivation comes from the joy she finds in working with children and the energy she invests in supporting their growth and success.

PREFECTS

Moderators - Ms. Alcoser & Mrs. Ramclan.



PRINCIPLED
LEADERSHIP



Head Prefect - Jeslin Moran
Assistant Head Prefect - Kristy Bowen

At St. Catherine Academy, prefects are exemplary students who are held to high standards as the role models of their fellow students both on and off campus. These young ladies are ambassadors of mercy education.

Our prefects uphold the integrity of SCA and its students, as well as enforcing school rules and regulations. As leaders, prefects are expected to lead by example and foster respect, intelligence, elegance, and excellence for themselves and among their peers. Their daily dedication is what keeps our school community organized and efficient.

Prefects are to carry out their duties and roles in our SCA community accordingly while managing their academic and extracurricular activities.





TRIATHLON 2024



THE 17TH ANNUAL MERCY SEAHAWKS TRIATHLON WAS A RESOUNDING SUCCESS! ON SATURDAY, 23 NOVEMBER 2024, THE EVENT SHOWCASED THE INCREDIBLE TEAMWORK AND SCHOOL SPIRIT OF OUR MERCY SEAHAWK FAMILY.

Principled Leadership



Honoring
Our
Patroness

A special acknowledgment goes to Mrs. Mishell Manzanares, the 2024 Patroness of the Mercy Seahawks Triathlon. Mrs. Manzanares, whose child raised the most donations, had the honor of blowing the starting whistle and presenting the first-place medals. The parents of the second and third-place fundraisers assisted the principal in presenting medals to our outstanding teams.

Fundraising
Success

This year, we aimed to raise \$60,000 to support the repayment of the Mercy Center Bonds. The contributions of our students, parents, and corporate sponsors were instrumental in working toward this goal. We appreciate the incredible effort of our school community in coming together to support this important cause.

Community
in Action

The Mercy Seahawks Triathlon has always been about more than just competition—it's a celebration of teamwork, community, and school pride. We extend our deepest gratitude to the teachers, parents, and students who made this event a success. Your contributions have helped strengthen our school's legacy for future generations.

TOP TEAMS AND WINNERS

1ST First Place: Class 4BC, with a winning time of 34:58. Team members included Kaeli Burgess (cycling), Meera Perera (swimming), and Rinel Smith (running), supported by their homeroom teachers, Ms. Lin and Mrs. Domingo.

2ND Second Place: Class 2GL, finishing at 36:02. The team consisted of Myla Manzanares (cycling), Alina Romero (swimming), and Maliyah Garcia (running), with guidance from their homeroom teacher, Mrs. Jamie.

3RD Third Place: Class 2LP, with a time of 38:01. This team featured Mia Smith (cycling), Jenna Lemus (swimming), and Krislyn Yearwood (running), supported by homeroom teachers Ms. Botes and Ms. Jones.





KAELIE BURGESS

North American Regional Bench Press Champion

Written by: Zalia Flowers



SCA's Kaelie Burgess tested her talents at the 18th annual North American Powerlifting Federation (NAPF) Regional Bench Press Championships held in San Jose, Costa Rica, from October 31 to November 2. Competing on November 1, Kaelie participated in the 52kg (114lbs) Sub-Jr category and achieved an impressive first-place finish in her weight class. Not only did she secure the gold, but she holds a Pan-American bench press record!

Kaelie Burgess has been competing in powerlifting for three years, and her recent victory at the NAPF Regional Bench Press Championships marks a significant milestone in her journey. With this win, Kaelie has three gold and three silver international medals as a sub-junior powerlifter. Her tremendous determination and dedication to the sport are truly inspiring, and she deserves all the support she receives.

"You can tell when someone loves their work by the joy they bring to it and the passion that radiates from their efforts." This quote perfectly captures Kaelie's relationship with powerlifting. The sport helps her relieve stress from her demanding school days and strengthens her discipline, allowing her to balance her academic responsibilities with her passion efficiently. Her love for powerlifting resonates deeply with everyone around her, making her a standout athlete and a cherished member of the SCA community.

Kaelie Burgess is more than physically strong; she is equally dedicated to her academic pursuits and a respected member of the SCA community. Her achievements in both sports and academics make her an actual role model for aspiring Belizean athletes. Congratulations, Kaelie, on your outstanding performance!



SCA'S ANNUAL



SCHOOL BASKETBALL TEAM

DONE BY: KYANNA GARAY

ABOUT OUR TEAM

SAINT CATHERINE ACADEMY'S BASKETBALL TEAM, KNOWN AS THE SCA SEA HAWKS, HAS BECOME A SYMBOL OF SCHOOL PRIDE AND ATHLETIC PROWESS. THE TEAM'S UNIFORM FEATURES BOLD SCHOOL COLORS (BLUE AND GOLD), REFLECTING THEIR DETERMINATION AND SPIRIT EVERY TIME THEY STEP ONTO THE COURT. COMPETING IN THE REGIONAL LEAGUE, THEY REPRESENT THE SCHOOL WITH STRENGTH AND UNITY, AIMING TO MAKE A MARK IN EVERY GAME THEY PLAY. THE SUPPORT FROM CLASSMATES, TEACHERS, AND THE LOCAL COMMUNITY IS UNWAVERING, OFTEN CREATING AN ELECTRIFYING ATMOSPHERE IN THE GYM AS FANS RALLY BEHIND THE SEA HAWKS.



CAPTAIN CORNER

CAPTAIN KAELE BURGESS IS INCREDIBLY DEDICATED TO ENSURING THE TEAM'S SUCCESS THIS SEASON. SHE LEADS BY EXAMPLE, ARRIVING EARLY TO EVERY PRACTICE, STAYING LATE TO WORK ON PLAYS, AND PUSHING HERSELF IN EVERY DRILL. HER COMMITMENT TO THE TEAM GOES BEYOND HER OWN PERFORMANCE; SHE SPENDS TIME MENTORING THE OTHER PLAYERS, HELPING THEM SHARPEN THEIR SKILLS, AND BOOSTING EVERYONE'S CONFIDENCE. WHETHER IT'S THROUGH RUNNING EXTRA DRILLS, STUDYING GAME FOOTAGE, OR MOTIVATING TEAMMATES WITH HER NEVER-GIVE-UP ATTITUDE, SHE IS FULLY FOCUSED ON THE TEAM'S GOAL OF WINNING. HER DRIVE AND DETERMINATION INSPIRE THE WHOLE TEAM TO AIM HIGHER AND GIVE THEIR BEST, KNOWING SHE'S RIGHT THERE BESIDE THEM, WORKING TIRELESSLY FOR VICTORY.



SEASON GAMES

- SCA VS GLHS - NOV 5TH
- SCA VS EPYHS - NOV 13TH
- SCA VS ACC - NOV 16TH
- SCA VS PHS - NOV 20TH
- SCA VS WES - NOV 26TH

SEA HAWK TEAM

1. AKEELAH MIDDLETON
2. AKEELAH TILLET
3. AVANI MUSCHAMP
4. CHANEL JENKINS
5. HAILEY CASTILLO
6. JAHFIRA LOCKWOOD
7. KIRSHA SMITH
8. KIARA PEREZ
9. KENDRA AVALOS
10. KALEY GEBAN
11. KAELE BURGESS
12. LAKEEYAH MC DONALD
13. MALEAH BLADEN
14. RHIANNA WAGNER
15. VICTORIA ESPAT
16. ZARIAH TENCH

What is the Earth Prize?

The Earth Prize is a global competition that recognizes innovative solutions developed by students to tackle environmental challenges. It is a platform for young changemakers to showcase their creativity, knowledge, and commitment to a sustainable future.



MEET OUR TEAM

SOARING SEAHAWKS FOR SUSTAINABILITY



This year, our school proudly entered a group of passionate students with a shared vision for sustainability:

Team Members:

- Kristy Bowen
- Kyeldani Pott
- Audriel Sanchez
- Rihanna Tucker
- Marcella Vidal



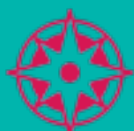
Mentor:

- Mrs. Jamie Usher

Motivation Statement:

Flooding prevents students from attending school, affecting our education and the functionality of our country. It impacts transportation, spreads diseases, strains healthcare, destroys agriculture, and causes property loss. Change is needed, and our project aims to improve living standards, starting with the communities we inhabit and our home, Belize.

BY: RIHANNA TUCKER & KYELDANI POTT





YEARBOOK CLUB



By Rebecca Stethem

On Saturday, November 23rd, 2024, a few members of our very own yearbook club attended the triathlon held at the YWCA. During the event, we had the opportunity to photograph the winners and capture the competition in action. If you're interested in joining the yearbook club as an editor or photographer, please contact me, Rebecca Stethem, or Akasha Molina.



In addition to the triathlon, the yearbook club also took photos of Garifuna Mass earlier this month. This cultural celebration provided an opportunity for our photographers to practice their photography skills. The Yearbook allows us to look back at all the memories made during the school year.



The SCA Yearbook of 2024 (last year) is currently in making, and the theme is Netflix. In addition, the senior class will be announcing this years theme next month. This theme will be featured especially in the senior section, celebrating their experiences, achievements, and memories as they prepare to graduate. These exciting themes promise to make the yearbook not only a souvenir but also a fun and meaningful reflection of this unforgettable year. If you'd like to get involved in the creative process, whether as an editor, writer, or photographer, join the yearbook club today!



Upcoming Dates:

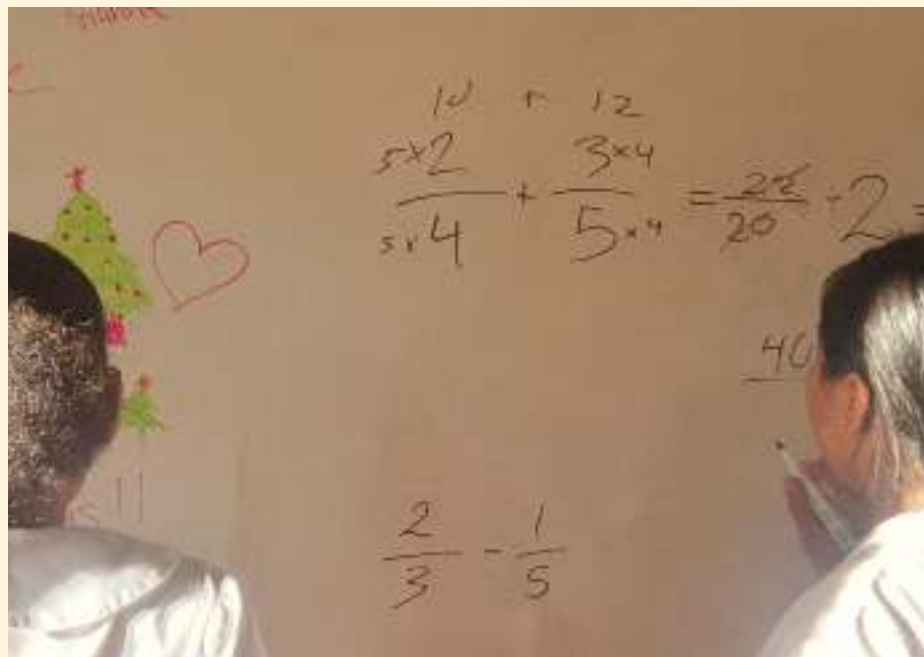
- December 7, 2024 - Winter Gala
- December 12, 2024 - Christmas Spectacular



MATH CLUB

MATH STUDY TIPS

- **Practice Daily:** Work on math problems every day to get better.
- **Learn from Mistakes:** Check your wrong answers, fix them, and figure out why you got them wrong.
- **Use Examples:** Study worked-out problems to understand better.



TUTORING SESSIONS

The Math Club has taken the initiative to offer math tutoring services to students who need support. The club successfully engaged other students as tutors, separating participants into two groups: first and second formers and third and fourth formers. During the session, students reviewed key math concepts, solved problems on the board, took additional notes, and consulted with their peers. These activities helped enhance their understanding and fostered a collaborative learning environment.

MATH FUN FACTS

The 11 Multiplication Tricks:
To multiply any two-digit number by 11, add the digits and place the sum between the original digits.

"Mathematics is not about numbers, equations, computations, or algorithms: it is about understanding." – William Paul Thurston.

ISAAC NEWTON:
CO-INVENTOR OF CALCULUS AND CRITICAL FIGURE IN PHYSICS AND MATHEMATICS.

Google's name comes from math. It's based on "googol," representing 10^{100} . Zero wasn't always a number. Indian mathematicians introduced zero as a concept in the 5th century.



3SC2 WORK SERVICE

WORK SERVICE

BY: AKASHA MOLINA

3SC2's work service was filled with memorable experiences, from talking to the elderly and helping kids to cleaning and having fun. The girls all enjoyed working with people, getting out of the classroom, and experiencing the real world. Everyone learned new things about the struggles most people face daily, and they were blessed with the opportunity to give these people a helping hand. SCA Seahawks are all about giving back to the community!



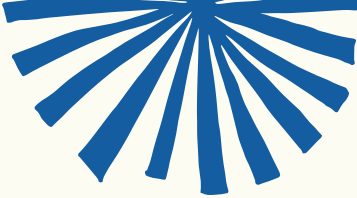
SCA WORK SERVICE

Work Service is about helping the community, and at SCA, that is our top priority. Offering our assistance to different people can create a positive impact. Work service strengthens our relationship with the community and helps us understand what other people must go through daily.

We work at Sister Cecilia's Home for the Elderly, Waterwalkers, St. Martin de Porres School, Queen St Baptist School, Guadeloupe Media, and Hands in Hands Ministries. Going to one of these places every year is a life-changing experience for the girls.

Work service is an impactful activity for the girls. They are able to see life in other people's eyes, experience new things and create unforgettable bonds. Helping others enables the girls to express themselves and show their community that they care. SCA instills in its students the value of giving back selflessly to their country, promoting a sense of responsibility and compassion.





DEPARTMENT OF YOUTH SERVICES

The Department of Youth Services (DYS) in Belize is committed to empowering the youth through educational initiatives, skills training, and leadership development. DYS provides essential resources to promote youth entrepreneurship, job opportunities, and community involvement. The organization also addresses issues such as substance abuse and unemployment, while encouraging civic responsibility and personal development. The Belize National Youth Awards 2024 nominations closed on November 2, 2024, and as of now, the awards ceremony has not been advertised widely in available sources.

SHORT LISTED NOMINEES

Certificates of Recognition

Environmental Steward Award:
Wavemakers - Sabrina Landaverde,
Marcella Vidal

Athletic Excellence Award:
Amayah Lino

Youth in Entrepreneurship Award:
Jaslyn Liu, Brinyce Richardson

Outstanding Youth in Visual Arts:
Kristy Bowen

Award for Innovation In Technology:
Kaelie Burgess

AWARDS 2024 SCA NOMINEES

**Youth Minister's for Youth
Leadership & Advocacy Award:**
Jianne Pollard, Amera Castillo

The Youth Club of the Year:
Water walker SCA club

Youth in Entrepreneurship Award:
Jaslyn Liu, Brinyce Richardson

Environmental Steward Award:
Interact club with SCA wave
makers, Marcella Vidal

Academic Excellence:
Nathalia Ferrera

Social Media Influencer Award:
Mia Pollard

Outstanding Youth in Visual Arts:
Kristy Bowen

Outstanding Young Musician Award:
Akeelah Tillett, Karishma Locke

Award for Innovation in Technology:
Kaelie Burgess

Athletic Excellence Award:
Akili Jones, Amayah Lino



DEPARTMENT OF YOUTH SERVICES NATIONAL YOUTH AWARDS 2024



BRINYCE RICHARDSON

We are proud to celebrate our exceptional SCA nominees who were shortlisted in the prestigious National Youth Awards, a highly competitive event honoring Belize's Youth up to age 35! These outstanding young leaders have demonstrated excellence in their fields, and we are thrilled to share their achievements:

Brinyce Richardson Winner! 🏆

Category: Youth in Entrepreneurship Award

Congratulations to Brinyce for winning her category! Her entrepreneurial vision and commitment to creating impactful business solutions have made her a true trailblazer.



At SCA, we believe in the power of our students to soar to incredible heights! Let this celebration of our nominees inspire you to commit to excellence in everything you do. Embrace every opportunity to explore new experiences, develop your unique talents, and unlock your full potential. Remember, every effort you make—no matter how small—can leave a lasting impact on your community and beyond. Be bold, be innovative, and let your passion guide you as you strive to make a difference and leave your mark on the world. The sky is not the limit—it's just the beginning! ★

Sea Hawks: start building your resume today by actively engaging in meaningful projects and honing skills that align with your passions. Whether you aspire to lead as a Youth Minister in Campus Ministry, innovate in Technology via our Robotics Club, excel in Visual Arts, or inspire others as a Social Media Influencer, focus on cultivating qualities like dedication, creativity, and a commitment to positive change. Be consistent in your initiatives to showcase leadership, take action in environmental or community causes, practice resilience to overcome challenges, and embrace teamwork. Develop communication, problem-solving, and perseverance skills, and don't forget to reflect our MERCY values in your work. Strive for excellence in academics, athletics, or your craft, and use your talents to uplift and impact others. Remember, it is not just about the achievements, but the attitude, effort, and heart you bring to everything you do! 💪 ✨

3BC's Class Assembly

International Day for the Elimination of Violence against Women

Done by: Viannie Menjivar



The class of 3BC theme was on International Day for the Elimination of Violence against Women. Our guest speaker was H.E. Rossana Briceño (Special Envoy for the Development of Families & Children). Mrs. Briceño is a Belizean special needs educator with a Master's degree in educational leadership and a Bachelor's degree in special education. She has also worked with several women's groups and helped in advocating for women against violence by providing safe homes for women in need. She aims to build relationships with women and empower vulnerable families and children. She wants to focus on special needs families and children.

November 25th is globally recognized as the International Day for the Elimination of Violence against Women. This day was chosen to honor the three Mirabal Sisters who were assassinated on November 25th, 1960. They became symbols of resistance against gender-based violence because they went against Rafael Trujillo. Rafael Trujillo was a lousy dictator because he abused human rights, started a cult, and eliminated any oppressors through violence and fear. A year later, he was assassinated on May 30th, 1961. The Mirabal Sisters tried to overthrow Trujillo by advocating for justice and freedom. The assassination of the Sisters Patria, Minerva, and María Teresa ultimately led to Trujillo's downfall.



We need to stop sexist jokes and be there for one another, especially in our school. We must create a safe environment where someone feels comfortable sharing their experiences. We need to support each other and show up for one another.

Together, we can build a brighter, more equitable world, where the promise of no excuses becomes a reality - Rossana Briceño

3BC's Class Assembly

International Day for the Elimination of Violence against Women

Done by: Viannie Menjivar



Mrs. Briceño highlighted the day's history and how we can help others in this fight. She mentioned the 16 activism days that start on November 25th and end on December 10th, Human Rights Day. She said that the awareness color for this campaign was orange, as she was brightly dressed. It's a bright and hopeful color symbolizes a future free from violence.



They also had a pledge that they made the other students recite:

As a woman and a member of society
I will respect and honor other women around me
I'll stand up for my sisters for all eyes to see
Be a walking symbol of support
And offer tons of comfort
With each step I will listen and learn
And create understanding everywhere I turn
I promise to be an ally for every woman and girl
I'll lift up my sisters
So that we all have a space to live and learn.



Mrs. Briceño's speech taught us this year's theme, #NoExcuse. This reminds us that no excuse, whether cultural, traditional, religious or any other, is reason enough. The term shows us that because our partner might have had a bad day, it is not an excuse to mistreat us physically or emotionally. The class song choice was Survivor by Destiny's Child.





JESUS FRIDAY



Jesus Friday, held on the 22nd of November, was a day filled with joy and spirituality. The event contained dancing, singing, prayer, and the uplifting word of God. We were blessed with visitors who shared songs with their beautiful voices. A group of four students also performed the song "Mary, Did You Know," and another girl recited a beautiful original poem. We also had the opportunity to listen to a guest speaker named Abigail, who shared the Gospel with us.



Have you ever wanted to learn more about God but are unsure where to begin?

If so, here are some helpful tips to get you started. You can begin by listening to Christian songs or reading your Bible. Gradually incorporating these activities into your life can lead to a significant difference. Remember, it's about a relationship with God, so take the time to connect with Him. Below, you'll find song suggestions and Bible verses to help you with a start!

Songs

Holy Forever – Chris Tomlin
The Blessing – Kari Jobe / Elevation Worship
Do It Again – Elevation Worship
Lay It All Down – Will Reagan & United Pursuit



COMPELLED BY
MERCY

If you would like to participate in the next Jesus Friday to present a song, poem, or dance, please get in touch with Mrs. Correa, Mrs. Philips, Mrs. Magana, or Ms. A. Gillet. Don't be afraid to sign up and share something meaningful for God. Your contribution can significantly impact and inspire others to deepen their faith.

Faith is not the absence of fear or doubt; it is learning to set those aside and continue believing in God and that He has control!



Verses

Psalms 34:4
Matthew 7:25
Philippians 4:6-7



Aliza Doniz

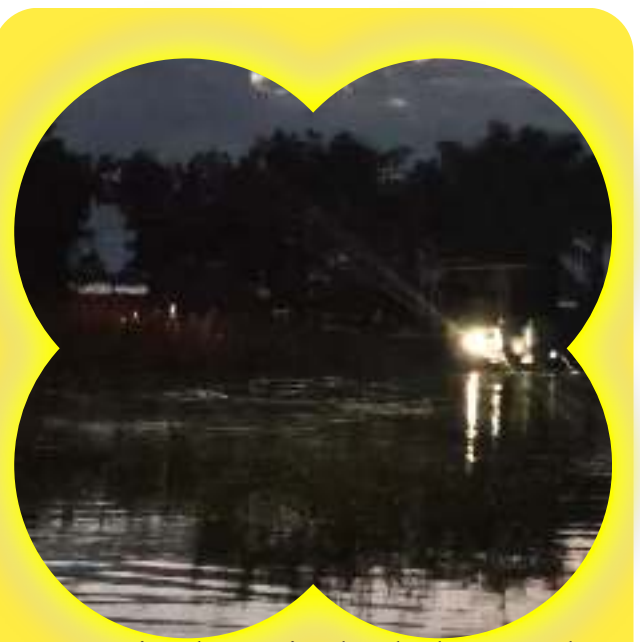


The Impact of Tropical Depression "Sara" on Our Community



Tropical Depression Sara landed in Belize on November 17, 2024, causing widespread flooding in parts of the country, including the Belize River Valley and Crooked Tree.

Heavy rains inundated farmlands, roads, and villages, with Crooked Tree among the most affected. The village's causeway was submerged, leaving residents reliant on boats for transport. Floodwaters are expected to remain for weeks as the area is a natural catchment for runoff from upstream regions. Despite the challenges, the community has shown resilience, with families seeking refuge on higher ground and relying on support from local and national authorities.



Leaving home in the dark to catch a boat and a bus to come to school!

The flooding disrupted the daily commute for many in our school community, particularly students and staff who commute from affected areas. Travel challenges and displacement have posed obstacles to attendance, highlighting the importance of unity and support during such crises. This event reminds us of the power of collective effort and compassion in overcoming adversity.

To ensure the safety and continuity of education, Saint Catherine Academy has activated its online learning options through SCA TEAMS, allowing students to work from home until conditions improve.



The Benefits of Asynchronous Days

In today's fast-paced world, the idea of learning or working on your own schedule is gaining popularity. Asynchronous days, common in online education and remote work, offer a unique structure where individuals can complete assignments or tasks at their convenience, without the need for real-time classes or meetings.

This flexible setup empowers students and professionals alike, helping them balance their commitments while meeting deadlines effectively.

- One of the greatest advantages of asynchronous days is the ability to work **at your own speed**. This means spending extra time on challenging subjects while breezing through easier tasks.
- The freedom to take breaks when needed leads to a calmer, more focused day, **reducing stress and fatigue**.
- It also opens opportunities to **pursue hobbies or personal interests**, allowing for a well-rounded lifestyle.
- Asynchronous learning **fosters independence and time management skills** in students, who are responsible for organizing their day and completing tasks.
- Additionally, it promotes better classwork balance, enabling them to allocate their **energy wisely among different subjects**.



Educational Courage



Bake Sales



EACH HOMEROOM CLASS CONTRIBUTES AN ARRAY OF DELICIOUS PASTRIES AND SNACKS THAT CATER TO STUDENTS' TASTES, INCLUDING FAVORITES LIKE BROWNIES, COOKIES, CEVICHE, NACHOS, AND MORE. BY TAKING TURNS TO MANAGE SHIFTS, STUDENTS GAIN VALUABLE LESSONS IN RESPONSIBILITY, TEAMWORK, AND THE IMPORTANCE OF SHOWING UP AND CONTRIBUTING TO A SHARED GOAL.



OUR BAKE SALES PLAY A VITAL ROLE IN ELEVATING SAINT CATHERINE ACADEMY'S ANNUAL VALENTINE'S FAIR. THESE SALES ARE MORE THAN JUST FUNDRAISERS —THEY ARE A CELEBRATION OF SCHOOL SPIRIT AND A SHOWCASE OF DEDICATION TO SERVING. THROUGH THEIR PARTICIPATION, STUDENTS HAVE THE OPPORTUNITY TO SHOWCASE COMMITMENT, LEADERSHIP, AND SERVICE TO OTHERS, EMBODYING THE VALUES OF MERCY THE SOARING SEA HAWK!



Coming up ...



April 2025

