

# SCA NEWSLETTER

A MERCY CENTER OF EXCELLENCE & INNOVATION

## An Outstanding October Edition



VOL. III



COMPELLED  
BY MERCY



PRINCIPLED  
LEADERSHIP



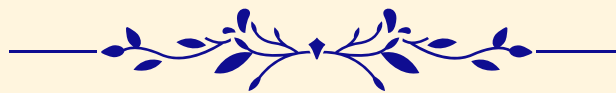
INSPIRED BY  
FAITH



EDUCATIONAL  
COURAGE



A VOICE FOR  
DIGNITY AND  
RESPECT



*Championing  
Mercy Values*



# Oceana(Wavemakers)



## AGM



Oceana is an organization that focuses on protecting and restoring the world's oceans. It was founded in 1999 by a group of foundations after a study found that environmental nonprofit organizations in the United States spent less than 0.5% of their resources on ocean advocacy. Oceana's mission is to achieve measurable change through science-based policy campaigns.

Dassia Regalado, a conservationist and veterinary professional from Seine Bight Village, was named National Wavemaker of the Year at the event. Sea of Life was awarded Partner of the Year.

Dassia founded Evergreen Marketing in 2020 to support eco-friendly entrepreneurs and championed a petition signed by 22,090 Belizeans for constitutional protection against offshore oil exploration.

Sea of Life has been vital in reducing plastic pollution through trash audits, partnerships, and efforts to limit single-use plastics in schools, empowering sustainable change in the community.



Oceana Belize's Wavemakers are part of a global network of over a million advocates for marine conservation. On October 5, 2024, the annual General Meeting at The SCA Mercy Center in Belize City brought together about 300 Wavemakers, allies, and partners. The event celebrated Belizeans' commitment to safeguarding marine resources and honored Wavemakers' leadership in improving community well-being.

The 2024 Wavemakers of the Year are:

- Glendy Chiquin, Corozal District
- Astrid Cal, Orange Walk District
- Liam Sanchez, Belize District
- Georgia Belezaire, Cayo District
- Schylyr Logan, Stann Creek District
- Roxanna Shook, Toledo District

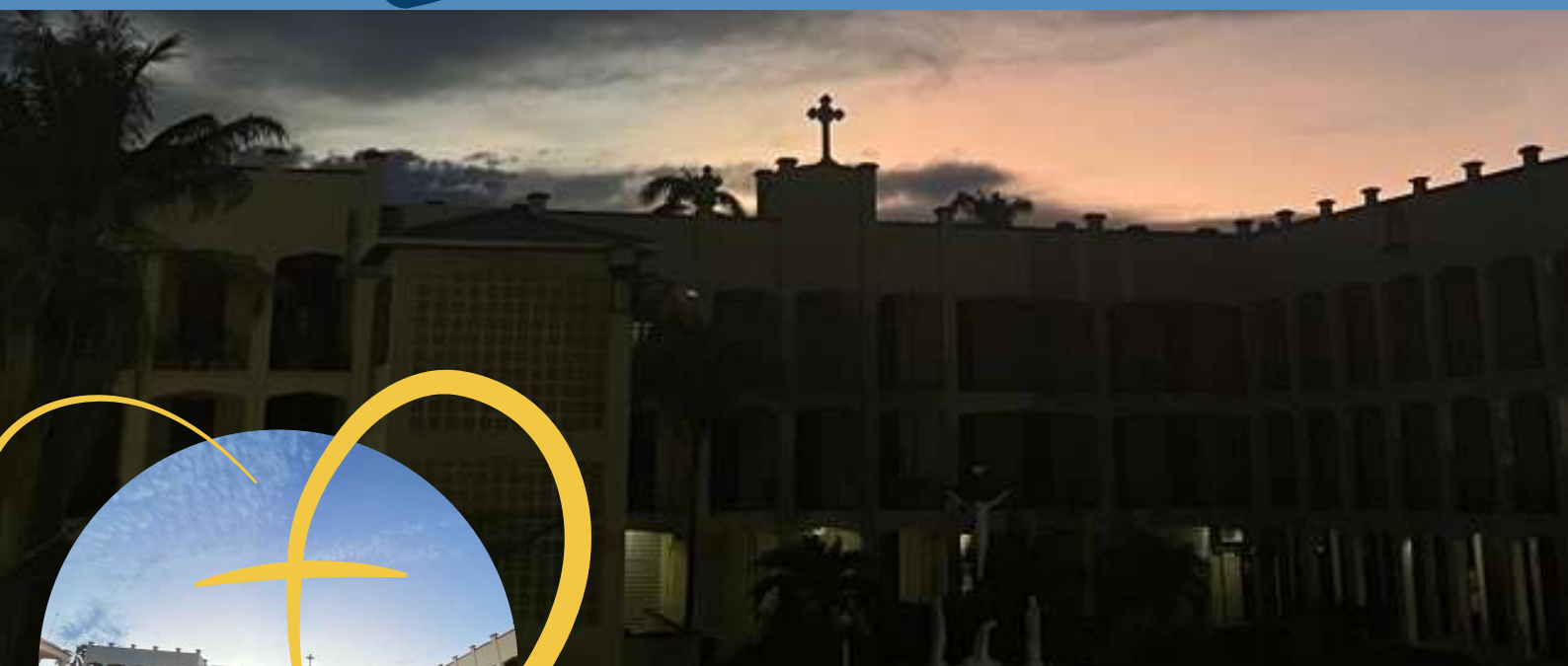






INSPIRED BY  
FAITH

# SCA CAMPUS MINISTRY



PSALM 96:3

**DECLARE HIS GLORY  
AMONG THE NATIONS,  
HIS MARVELOUS WORKS  
AMONG ALL THE PEOPLES!**

EVANGELISM IS AT ITS  
CORE, DECLARING THE  
GLORY OF GOD TO THOSE  
WHO DO NOT KNOW HIM.  
AS CHRISTIANS, WE HAVE  
THE PRIVILEGE AND  
RESPONSIBILITY TO  
SHARE WITH OTHERS THE  
MARVELOUS WORKS OF  
GOD AND HIS LOVE FOR  
ALL PEOPLE.

## SCA MERCY CORE

Written by Akasha Molina

Campus Ministry is a large group of girls who make it their mission to spread the word of God around campus and provide spiritual guidance and support. In Mercy Core, we seek to grow our faith and build a relationship with God.

At SCA, we are devoted to making our lives based on God and His words. In Campus Ministry, the students lead the rosary in the Chapel, decorate for mass, participate in mass, encourage students on campus to write daily prayers, and do various activities. Campus Ministry is truly a life-changing experience for the girls; who get to share the Gospel.

Miss Ashley Gillet is the head of SCA's Campus Ministry and inspires all the girls to be faithful because, with God, anything is possible. She encourages us not to be ashamed of our religion and to express our love for God.

If you're looking to grow your faith and be one of God's disciples, then Mercy Core is for you.





# ROSARY RALLY



Aaliyah Wade  
Briana Cuellar

A rosary rally is a gathering where individuals come together to pray the Rosary, which is central to Catholic devotion. These events can occur in various settings, such as churches, parks, or communities, often aiming to unite participants in prayer for specific intentions, such as peace, family, or special causes within the church. While anyone can participate in a rosary rally, there is a particularly strong emphasis on encouraging the involvement of Catholic girls and young women.

SCA MERCY CORE  
INVITES YOU TO THIS YEAR'S

## ROSARY RALLY

TIME: 2:45 PM

DATE: SATURDAY, OCTOBER 12TH, 2024

PLACE: Battlefield Park

PROCESSION ROUTE:  
BATTLEFIELD PARK - ALBERT ST  
- SOUTH ST - REGENT ST -  
BATTLEFIELD PARK

The event concludes with a Mass.

PLEASE BRING YOUR ROSARIES!

Students should wear SCA t-shirt and appropriate jeans pants.



Participating in a rosary rally allows Catholic girls to deepen their faith and grow their relationship with God. The act of coming together to pray fosters a sense of community and solidarity among participants, reinforcing their shared beliefs and values.

“The rosary is the most powerful weapon to touch the Heart of Jesus, Our redeemer, who loves His Mother.” “If one million families prayed the Rosary daily, the entire world would be saved.”





# Happy Birthday Dr. Tillet

PRINCIPLED  
LEADERSHIP




HAPPY  
*Birthday*  
Dr. Salome Tillet

Each class is asked to prepare a poem or a special birthday greeting from the entire class.

Selected class representatives will recite their poems or special messages over the PA system on Friday. First and second formers will go over morning messages, whereas third and fourth formers will go over the evening messages.

Let's send our dynamic leader into her birthday feeling extra special!

October  
19th!







# Mid-Semester Milestone - Your Progress CheckPoint!

Educational  
Courage

Mid-semester, October 24, 2024, is an indicator of one's academic performance and encourages students to join the National Honor Society at the end of the first semester.

Prospective members need to meet the following criteria: a grade B or higher in all subjects, GPA of 3.25 or higher, and not more than 2 demerits.

Remember not to beat yourself over any grade, but just try to work harder in achieving your goal.



## Study tips!



### 1. Take Breaks

Overworking yourself can exhaust your brain; if you are feeling stressed, remember to take a moment to breathe and relax.

### 2. Proper Sleep Schedule

Once you get a good night's sleep, you will be fully energized and ready for another teaching day. A good night's sleep can prevent sleeping in class and a drained body during the day!

### 3. Ask for assistance

Remember, if you are struggling in a subject, don't be afraid to ask for help! Teachers, parents, classmates, friends, strangers, peer-helpers, prefects, and many more, even the Math club offers tutoring!

**"BE PATIENT & TAKE SMALL STEPS"**



# SCA'S ANNUAL PARENT TEACHER MEETINGS



## PTA Meetings

- Ensures parents are informed.
- Facilitates collaboration between parents and teachers.
- Builds a supportive school community.

## Highlights

- upcoming school events.
- academic policies
- behavioral policies

Parents can reinforce what is taught in the classroom by supporting students to better retain and apply knowledge. Teachers can provide resources and guidance for parents on how to support their children's education outside of school.

**The collaboration between parents and teachers at Saint Catherine Academy plays a vital role in fostering a positive educational environment and significantly impacts students' success.**

*Mercy... CARE. Advocate. Protect.*



# MODEL OAS 2024

**"LEAVING NO ONE BEHIND: A YOUTH-CENTERED  
APPROACH TO BOLSTERING HUMAN SECURITY AND  
FOSTERING INCLUSIVITY IN THE AMERICAS."**



OAS

More rights  
for more people



**PRINCIPLED  
LEADERSHIP**



## CATHERINE'S ORATOR'S VISIT WITH AMBASSADOR PÉREZ ZELEDÓN

Our esteemed debate team, Catherine's Orators, proudly represents El Salvador at the 43rd Model OAS General Assembly for High Schools. Comprising eight dedicated students, this dynamic team has diligently engaged in extensive research and refined its methodology to excel in this prestigious simulation. Their commitment to understanding the intricate issues surrounding human security and inclusivity in the Americas speaks volumes about their determination to make a meaningful impact at the assembly.

Recently, the team had the honor of presenting their findings and strategies to the Ambassador, showcasing their hard work and dedication. This unique opportunity allowed them to highlight their commitment to excellence and their passion for representing El Salvador on an international stage. As they prepare for the upcoming assembly, the members of Catherine's Orators are not only ready to advocate for their country but are also eager to engage in constructive dialogue with their peers from across the Americas, embodying the spirit of collaboration and inclusion that the event promotes.







# Model O.A.S.



Educational  
Courage

BY: ISABELLA WALDMAN

## WHEN ARE WE GOING?

The MOAS traveling delegates will be in Washington, D.C., from November 18 to 23. Delegates are Bree Aldana, Leah Codd, Giada Crespo, Natalia Ferrera, Isabella Waldman, Zazil Marin, Eiesha Pech and Franesha Staine.



## ORIENTATION

Earlier this month, the researchers and delegates from Catherine's Orators attended a virtual orientation for the Model Organization of American States (MOAS). They participated in a training program where they met the coordinators, other advisors, and delegates. The orientation is a crucial aspect of the MOAS process, allowing delegates to prepare and ask questions about the model.



## MEETING WITH THE AMBASSADOR

On October 29, the traveling delegates met with Ambassador Ms. Graciela Marina Pérez Zeledón at the Embassy of El Salvador in Belmopan City. They presented a preview of their position paper and general statement during their visit. The ambassador offered valuable advice on what to include and provided insightful information about current events in El Salvador and recent advancements made by the government. This information highlighted the improvements that will significantly benefit the delegates.







## PINNING CEREMONY



The SCA Debate Team, “Catherine’s Orators,” gathered in the Mercy Center Conference room for a momentous occasion—the special pinning ceremony honoring the eight exceptional delegates of the Model OAS program. The event was a celebration of commitment to diplomacy, inclusivity, and the shared values that unite us as representatives of our community.

The ceremony commenced with a warm welcome from Mrs. Usher, who expressed gratitude to all attendees and highlighted the importance of youth participation in international relations. We were honored to have Dr. Luiz Coimbra, Country Representative of the OAS in Belize, as our guest speaker. He shared valuable information on the history of the OAS, and its impact on the Americas. Dr. Coimbra shared some special insights drawn from his extensive experience working with the OAS, inspiring our delegates to embrace their roles as future leaders in diplomacy.

Our delegates were then individually recognized for their hard work and dedication. In recognition of their participation, the delegates, with help from their parent, wore their blazers for the first time, and then received their OAS pins. The room was filled with pride and encouragement from our community, administration, parents, and faculty members. This symbolic gesture marked not only the culmination of their preparation but also the beginning of their journey representing our school on a global platform.

We were delighted to have Minister and Fort George Representative Hon. Henry Usher, Sr. Rose Rivero, and Principal Dr. Salome Tillett, Vice Principal of Student Affairs, Mrs. Aldarita Marin, present, along with several heads of department from SCA: Mrs. Maritza Magana, Mrs. Karime Salazar O’Brien, Ms. Nellie Bradley, Mr. Tony Nketia, enriching the significance of this ceremony. Their support underscores the importance of nurturing a culture of engagement and advocacy among our youth.

The event concluded with photos and informal discussion with Dr. Coimbra, allowing delegates and attendees to network and share their enthusiasm for the Model OAS experience—a sense of purpose as our delegates gear up for the challenges and opportunities ahead.

We look forward to witnessing the impact these young delegates will make as they step into their roles and represent our values on the international stage. Congratulations to our inaugural cohort; we are proud of you and excited for what lies ahead!





# Model O.A.S.



Educational  
Courage

## PINNING CEREMONY



Special Pinning Ceremony for the Inaugural Delegates of the 43rd Model OAS

General Committee: Zazil Marin, Franesha Staine  
Juridical and Political Affairs: Natalia Ferrera, Leah Codd  
Hemispheric Committee: Isabella Waldman, Bree Aldana  
Communications Center: Eiesha Flowers, Giada Crespo  
Faculty Advisors: Dr. Tillett, Mrs. Marin, Mrs. Usher  
Parent Support Group President, Mrs. Claudia Lopez Waldman



## General Statements

HEAD DELEGATES







Inspired



by Faith

Mr. Gian Parham

# Theology *of the* Body



In our last article, we explored the fact that our bodies matter greatly because they were elevated (entered Theology) through the event of the Incarnation (God taking on human flesh in the person of Jesus Christ). This event ultimately allows for a full experience of communion with God.

However, the question of what it means to be made in God's image and likeness remains. Therefore, we will explore who God is and what it means to be made in the Imago Dei.

The Catechism identifies God as "an eternal exchange of love, Father, Son, and Holy Spirit" (CCC, 221). This giving and receiving of love is perfectly free, total, faithful, and fruitful without limits. St. John Paul II reminds us in the Theology of the Body that "God is love" (1 Jn 4:8) and that this Love is synonymous with self-giving. God's overflowing love is life-giving and is the cause of our creation. God communicates his love in creation and reveals his desire for us to share in his eternal divine love.

This communion of love in self-donation is revealed in Genesis 2 in the beauty of being created male and female to share in the "one flesh" (Gen 2:24) through the unitive Sacrament of Holy Matrimony. Jesus Christ illuminates this profound truth by making a total self-donation of love for us on the cross, revealing the depths of God's love for us in and through his body.

Therefore, if we are to understand who we are as male and female, created in God's image and likeness, we must realize God's plan for our bodies. Our bodies express our very essence and desires. St John Paul II stated that in and through the body, we can rediscover "the meaning of the whole of existence, of the meaning of life" (TOB, 46:6).

Distortions and objectification of the body lead to degradation and dehumanizing of the person, rupturing our relationship with God and our ability to love. We cannot adequately reflect God's love for others in this state. We cannot make a total self-donation of ourselves the way Christ did. As we encounter in the TOB, "The body and only the body makes visible what is invisible, the spiritual and the divine" (TOB, 19:4). So, this eternal mystery of the Trinitarian love is only manifested in this world through our bodies and revealed through the relationship of Jesus and his beloved, the Church. Until next time.....



Rhylic Chee





# JESUS FRIDAY



## ALL ABOUT JESUS FRIDAY !

### What is Jesus Friday?

Jesus Friday occurs on Friday's! At the end of every month, we take a special hour to have praise and worship and to also listen to a meaningful message. We hope to help Mercy Girls realize the importance of giving time to your Creator the Lord and developing a relationship with him.

### Why is it important?

It is important as it is a time provided where you can take the opportunity to worship the Lord. It is a time for community. A time where you can talk to him and give him thanks for all the wonderful things He has done for you because of His love. By doing this we develop our relationship with Christ, and we become better children.

### How Can You Participate?

You can participate by wearing a Christian T-shirt or by simply singing along or dancing! Don't be shy this is a time for just you and God. Be in the presence of the Lord and be filled with the Holy Spirit. Raise your hands up into the air and give thanks to the Lord for the new chance He has given you to love Him or to start over!

## UPCOMING DATES



- 22nd of November
- 17th of January
- 28th of February
- 21st of March
- 30th of May





# Admin Showcase

## Vice-Principal Of Academic Affairs

# Mrs. Arleen Riverol

Dedicated to Saint Catherine Academy, Mrs. Arleen Riverol strives in finding the full potential in her students.

Mrs. Riverol is loved for her warm and compassionate approach to student life. She wears many hats at Saint Catherine Academy, but at the heart of her work is the Search Retreat, an event she spearheads each year. Search allows juniors and seniors to deepen their faith, connect with their peers, and develop a positive self-image. It is an experience that stays with a Mercy girl for a lifetime.

Mrs. Riverol oversees all aspects of her students' welfare, from counseling to academic support to campus life. She is known for her open-door policy and the genuine interest she takes in each student's well-being.

Written by: Zayari Pacheco

Mrs. Riverol is shaping our school community where everyone feels safe and heard.



## We Appreciate You, Mrs. Riverol

## Thank You!



# Congratulations *Mrs. Aldarita Marin!*

Saint Catherine Academy proudly announces a significant milestone for Mrs. Aldarita Marin, our beloved vice principal of student affairs.

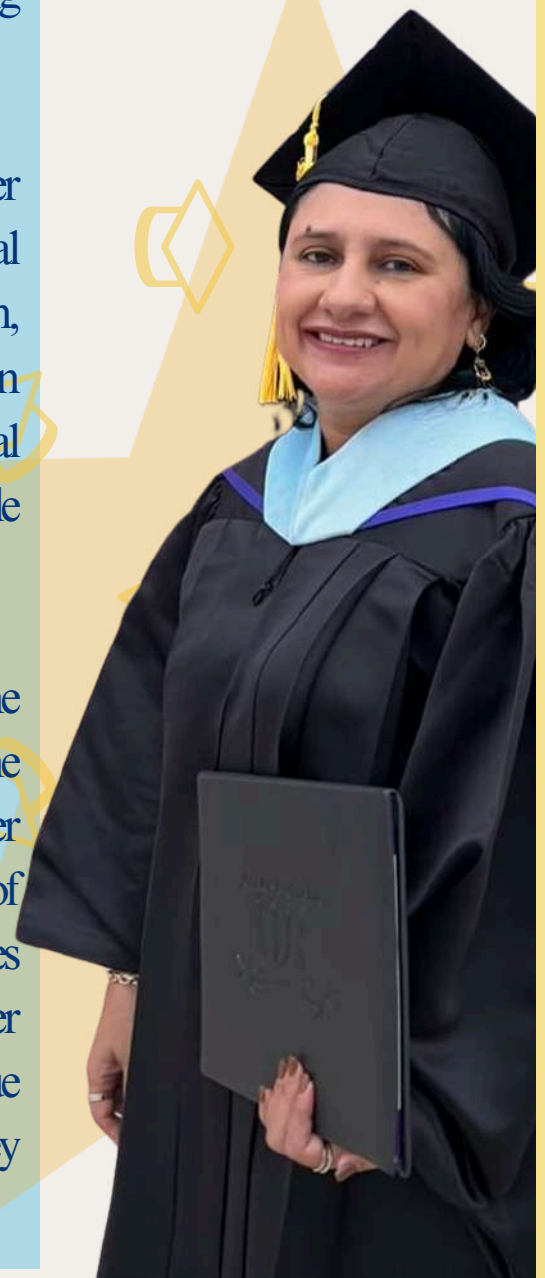
On October 12, 2024, Mrs. Marin earned her Master's in Educational Leadership from the University of Belize. This achievement showcases her dedication to lifelong learning.

In October 2021, Mrs. Aldarita Marin recommenced her academic journey, pursuing her Master's in Educational Leadership. After two years of hard work and dedication, she demonstrated her knowledge during a thesis defense in December 2023. Following this, she received final approval for her degree in May 2024, marking an admirable achievement.

Mrs. Aldarita Marin has always been an inspiration to the Mercy Girls, and now, with her recent graduation, she serves as an example of perseverance to further her education. Her journey reflects many of the core values of Mercy, especially educational courage. Mrs. Marin dares to become greater for herself and for all affected by her dedication. Her success encourages SCA's girls to pursue their dreams and strive for excellence, showing them they can, too, achieve great things.



Educational  
Courage





# SISTER OF MERCY



## Sarita Vasquez

INSPIRED BY  
FAITH

WRITTEN BY:  
ZAZIL MARIN

Sister Sarita Vasquez, a Belizean national, grew up in the Corozal district, where she was drawn to a religious life from a young age. A significant influence during her formative years was her Standard 4 teacher, a religious sister, who was pivotal in her desire to become a nun. After becoming a Sister of Mercy, she embarked on a career in education, serving as both a teacher and principal at Saint Catherine Academy (SCA).

Throughout her career as an educator, she faced numerous challenges, particularly in making decisions that impacted the lives of others. To overcome these challenges, she relied on prayer and scripture, often reflecting on how Jesus handled difficulties in His life—a practice she believes everyone should adopt.



Sr. Sarita emphasises that prayer should not be limited to Sunday Mass. Instead, she encourages taking time to be present with God through scripture, prayer, and reflection. She believes we can better understand our actions and grow spiritually by leading a reflective life.

Sr. Sarita is a Spiritual Director who helps individuals grow closer to God. She finds fulfillment in witnessing God at work in the lives of others and cherishes the moments when people share their developing relationships with Him. Her journey as a Sister of Mercy is sustained by the gratitude of past students who appreciate her influence in their lives and the inspiring stories of those overcoming significant obstacles in their faith journeys with God.



# Congratulations!



*Ms. Abigail Alcoser*

EDUCATIONAL  
COURAGE



FOR THE PAST THREE YEARS, MS. ALCOSER HAS BEEN DILIGENTLY WORKING, AND WE ARE PROUD TO CONGRATULATE HER ON HER OUTSTANDING ACHIEVEMENT OF RECEIVING HER MASTER'S WITH MERIT IN AGRICULTURE—FOOD SAFETY AND QUALITY ASSURANCE.

SHE ATTENDED HER GRADUATION ON OCTOBER 24TH AT THE UNIVERSITY OF WEST INDIES' ST. AUGUSTINE CAMPUS, LOCATED IN TRINIDAD AND TOBAGO.



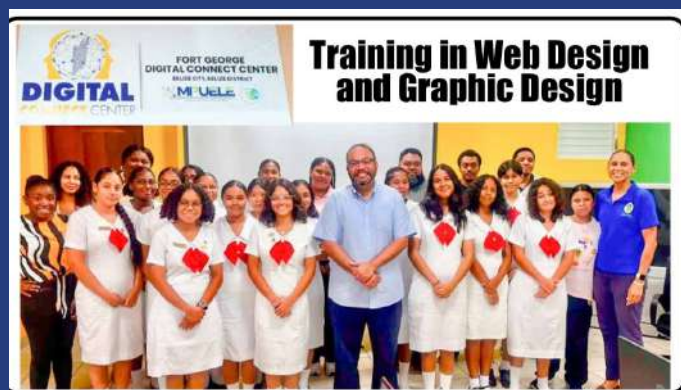
# EMPOWER HER TRAINING



EDUCATIONAL  
COURAGE



The EmpowerHer Digital Skills Training for Girls in Belize recently concluded a focused five-day training session at the Fort George Resource Center, where 19 enthusiastic Computer Science students participated. This initiative, part of the broader UNDP effort, aims to equip young women aged 14 to 20 with essential digital skills in graphic design and web development. During this intensive training, participants gained hands-on experience with key platforms such as Adobe Illustrator, Photoshop, HTML, CSS, and JavaScript. This experience not only enhanced their technical abilities but also bolstered their confidence in utilizing technology creatively and effectively. The skills earned during this training are invaluable, as they prepare participants for future career opportunities and further education in the rapidly evolving tech landscape.



The program emphasizes the importance of young women's participation in the technology sector, and the Fort George Resource Center session exemplified this mission. Our Computer Science Majors engaged in collaborative projects and explored practical applications of their newly acquired skills, fostering both teamwork and personal growth. This experience is pivotal not only for the participants but also contributes to the overall economic development of Belize by empowering women with the tools they need to succeed in the fast-growing tech industry. Thank you to our Fort George Area Representative: Hon. Henry Charles Usher and the facilitators of the workshop: Mr. Casey, Mr. Willougby, Mr. Pascasio, and Mr. Carballo for being a part of our learning.



# DRR Youth Forum



PRINCIPLED  
LEADERSHIP



BELIZE



On October 10th, 2024, Belize's first Disaster Risk Reduction Youth Forum was held, and ten Red Cross Club members were given the opportunity to attend. The attendees included board members President Kyeldani Pott, V.P. Brinyce Richardson, Secretary Rihanna Tucker, and Treasurer Allegra Charley, along with other club members Audriel Sanchez, Analia Leal, Marcella Vidal, Angelica O'brien, Summer Crichton, and Divya Hedage.

The Disaster Risk Reduction (DRR) program, organized by UNICEF and NEMO, aims to educate young people about disaster risk reduction and empower them to help build more resilient communities. This forum has allowed us as young people to understand serious problems and disaster risks by creating a space where we can openly discuss real-life challenges.

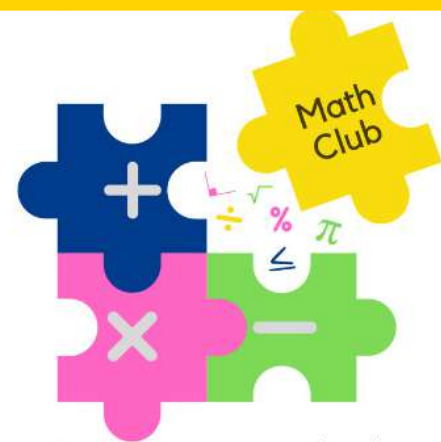
## ***Our experience will help us:***

- Increase awareness of disaster risks and preparedness.
- Develop DRR plans that involve the youths.
- Encourage preparedness in first aid kits and inform others of preparedness methods.
- Provide useful information to those who are not informed and teach them about what to do in serious times.





## Rekindle the Math Fire in You



### About the Math Club:

Math plays a vital role in everyday life, so it is important to grasp basic concepts to perform practical tasks. The Math Club is not just a club that further enriches members' math knowledge but also a club where we work unanimously to spread the love of math. Our innovative Math Club pursues an influence upon the student body via various activities being held and assistance in Mathematics to feed and grow student's intellectual minds to maximum capacity.

### The Club Board:

#### Moderators:

Mr. Tony Nketia  
Mrs. Araceli Luna  
Ms. Edita Quetzal



#### President: Qianna Cho

#### Vice President: Anjali Hedage

#### Secretary: Divya Udasi

#### Treasurer: Skylar-Lynde Longworth

#### Public Relations Officer: Divya Hedage



### Upcoming Events:

- Tutoring—The Math Club will offer Math Tutoring sessions to students of all levels. The sessions will start on November 5th, 2024.
- Math Week- Math Week will take place from March 10 to March 14. The week will start with an assembly hosted by the Math Club, followed by a week of math-related questions for each form. On March 14, 2025, on Pi Day, the annual Math Race will take place. Besides the race, there is also Pi, the Teacher! The week will be filled with more fun activities that will be shared during the week.

### Math Fact:

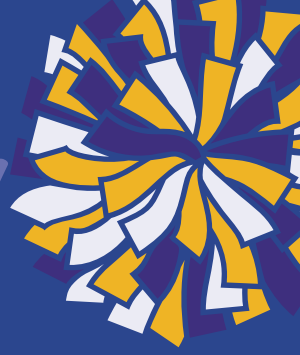
Did you know? "Forty" is the only number with letters in alphabetical order. All other numbers' spellings are jumbled up randomly!

40





# Pep Rally



**What is a pep rally?**

**A Pep Rally is a gather of people especially high schoolers along with cheerleaders who cheer on their team before a school sporting event or a game.**



**PRINCIPLED  
LEADERSHIP**



**On October 11, our cheerleaders gave a spectacular pep rally welcoming and congratulating our team in winning 3rd place in Codicader 2024.**

**The cheerleaders did an amazing job with shaking their skirts side to side and doing different cheers.**

**Therefore, with all the hard works our cheerleader put in, including many sleepless nights, they still pull through and made the pep rally an incredible and unforgettable event for our team and our school. Once again thanks to our cheerleader for their outstanding moves that they always give us.**



**By: Kilani Berry**





# PEOPLE DAY

## Celebrations

The Indigenous Peoples Resistance Day in Belize, first celebrated in 2021, highlights the strength and cultural heritage of Indigenous communities; one of the main events takes place at the Chactemal Maya Temple in Corozal Town, organized by the To'one Masehualoon NPO. These celebrations feature family-centered activities, El Fuego Sagrado, traditional Pok Ta Pok Maya ball games, cultural foods, exhibitions, music, and souvenirs, fostering community and cultural pride.



## About:

Indigenous Peoples Resistance Day is a lively celebration of Belize's diverse cultural heritage. Previously called Columbus Day or Pan-American Day, this day on October 12th acknowledges ancestors' struggles while honoring the country's rich, diverse identity.

In Belize, we celebrate Indigenous Peoples' Resistance Day, which feels both serious and inspiring. It's a time to honor the strength of our ancestors who stood up against violent invaders who harmed our sacred places, killed and enslaved many, and took our land. On Saturday, October 12, we remember their courage and resilience.



DONE BY: ASHLEY RAMIREZ





# HERITAGE MONTH



A VOICE FOR  
DIGNITY AND  
RESPECT

National Hispanic Heritage Month is celebrated from September 15 to October 15.

It is a celebration based on the contributions, histories, and cultures of Americans whose ancestors came from Central and South America, Mexico, Spain, and the Caribbean.

Throughout this celebration, events highlight how Hispanics shaped the development of the nation's history and identity. This is a time when the contributions made by Hispanic communities and individuals to American culture have a far more positive meaning than they did in the past.



Concerts, parades, runs, festivals, and art exhibits are just some of the many activities done in remembrance. Events of this celebration provide chances for people from all backgrounds to be educated and appreciate Hispanic culture's beauty. Events



also act as a demonstration of accomplishments and talents in the Hispanic community in relation to things such as music, art, literature, and many other items.

**Thank you to all who participated in the activities celebrating Hispanic Heritage Month. Let's keep on celebrating the accomplishments and voices of the Hispanic community.**



# Spanish Mass

By: Gina Teichroeb



On October 18, 2024, Saint Catherine Academy held our annual Spanish Mass in the Mercy Centre. Father Vega led the mass, which brought the students, teachers, faculty, and staff together in a beautiful celebration of faith and culture. The heavenly choir and the prayers created an atmosphere of contentment and reverence that left us all with a sense of wholeness. Spanish Mass was a soul-stirring event that honored the lively Hispanic culture and displayed our unity in faith.

Inspired By Faith



Spanish Mass isn't just an opportunity to connect with our faith but also to honor the flamboyant Hispanic culture. The mass showcases the unity of diverse individuals in the shared act of worship. It fosters connection and similarity, regardless of cultural, physical, and other differences. Additionally, the celebration of Spanish Mass highlights the importance of inclusion and cultural diversity.

Mass began with a short flag parade, where students from different classes carried the flags of Latin American countries through the aisles. The young women carrying the flags displayed cultural pride and diversity. The flags' radiant colors symbolized the countries' similarities and differences. Latin American countries encompass more than just the Spanish language; each country has a rich culture, unique dishes, diverse practices, and so much more.



# THE LIVING ROSARY



By: Alina Garcia

## What is the Rosary?

The Rosary is a blessed gift given to Christians, passed down through time from the Blessed Virgin Mary. Today, Roman Catholics use a rosary that consists of 59 beads in total. The 6 larger beads are used when reciting the Our Father, while the 53 smaller beads are used when reciting the Hail Mary prayer. Other prayers included in the rosary are the Apostles' Creed, the Glory Be and the Hail, Holy Queen.

## How did SCA Participate?

To honor Mary during this holy time, the student body of SCA held the Living Rosary in the Mercy Center, organized by the Spanish and Religion departments.

Students who took part in the event formed a circle, each reciting the Our Father, Hail Mary, or Hail Holy Queen as a community brought together through spirituality. What made this even meaningful was the use of 5 different languages in the reciting of the prayers, which highlighted the cultural diversity of our school. The languages incorporated were English, Maya, Spanish, French, Garifuna and Creole.

## Why is October the month of the Rosary?

October is known as the month of the Rosary in the Catholic church. The reason for October being observed as the month of the Rosary is because on the 7th of this month, we celebrate the feast day of Our Lady of the Rosary.





# 4AS'

# RETREAT



*Mrs.  
Maritza  
Magaña*



Shared conversations and quiet reflection during the retreat highlighted values that are deeply influenced by the environment. This awareness encourages the evaluation of future aspirations, focusing on both what can be achieved and how to live in alignment with true values. These revelations inspire a future that prioritizes purpose and integrity.



## A RETREAT CAN BE DEFINED AS...

...a period of time spent away from normal life for the purpose of reconnecting with God through prayer, reflection, or meditation.

On October 3rd, the class of 4AS went on a retreat. We interviewed their homeroom teacher, Mrs. Magaña, and gathered insightful information on their experience.

## THE RETREAT:

The retreat experience has opened new doors of self-reflection, encouraging a deeper understanding of values and place in the community. Stepping away from daily routines and responsibilities offered a newfound knowledge to consider what truly matters in life and recognize areas for growth. The retreat allowed for a new sense of clarity and purpose, viewing personal growth as a journey of individual achievement and a path intertwined with empathy, resilience, God, and connection to others. The retreat allows for guidance in approaching each day with mindfulness and openness to ongoing personal growth.

The retreat has allowed a sense of connection and desire to integrate these learnings into daily life. In the future, principles such as active listening and empathy, recognizing that meaningful connections are built on genuine understanding. Every day routines can include moments of reflection, creating a balanced mindset and fostering a sense of gratitude. Whether it is through talking to a friend, volunteering, or practicing kindness, these small acts embody the retreat's message, making it a lasting influence.



# EL SALVADOR CODICADER COMPETITION 2024



## About

### **CODICADER**

The U18 CODICADER Games, held in San Salvador, were a well-organized regional sports event featuring numerous disciplines, including volleyball, basketball, soccer, judo, and more. Representing Belize in volleyball, our very own SCA team took to the courts to compete proudly on the international stage.

### **The Team**

The team included nine current SCA students—Emma Solano, Akili Jones, Sara Safa, Lissany Castillo, Zazil Marin, Amayah Lino, Hiam Safa, Jaycee Usher, and Demi Solano—along with two SCA graduates, Zanyah Hall and Jayda Ferrera. Additionally, Kailee Godfrey represented Wesley College as part of the team.

## SCA's performance

Our team fought fiercely in every game, winning three out of five matches. On the final day of competition, our girls went head-to-head with El Salvador in a tough five-set showdown, ultimately securing their place on the podium with a bronze medal.



By: Mia Pollard





# NICARAGUA

## U17 VOLLEYBALL



Compelled by  
Mercy



### CAPTAIN (AKILI JONES)



#### **What was the experience like?**

I had been through the experience before, but this time, it was different. I am the captain, so I have 10 times more pressure on me than I had before. It was fun, yet very nerve-racking, but I enjoyed it.

#### **Were there any challenges the team faced during the game?**

We faced many challenges, such as the length of the tournament, which was a 5-day tournament that we played straight through, injuries, fatigue, cramps, and many other factors.

#### **What did the team enjoy most in Nicaragua?**

What we enjoyed most in Nicaragua was the hotel—not just because of it's luxury, but because we got to interact with all the other teams since we all stayed in the same hotel and rode the bus together. We also formed friendships and new bonds with each other.

#### **What are the team goals for the upcoming tournaments?**

For the upcoming tournaments, we hope to perform just as well, if not better than we did in Nicaragua. We are also practicing and preparing for what's up ahead.



# Beyond the Game: Coach Lupita Quan's Seasons of Success and Inspiration

**Written By:  
Zazil Marin**



**PRINCIPLED  
LEADERSHIP**



**Coach Lupita Quan**

Ms. Lupita Quan is one of Belize's most successful volleyball coaches, known for her dedication and commitment to the sport. Her journey reflects a deep passion for volleyball and a strong desire to develop young female athletes. For Ms. Lupita, volleyball is a cherished hobby rooted in her love for the game, and she has worked tirelessly to elevate Belize's level of competition internationally. Her inclusive coaching philosophy ensures that all athletes, regardless of economic background, have the opportunity to grow. Through her program, Stars Volleyball, Ms. Lupita shapes not only skilled players but also responsible citizens who positively impact their communities.

Ms. Lupita Quan inspires her players by pushing them to be disciplined, tough, accountable, and to strive for excellence. She is also there to help her players grow individually and as a team by fostering bonds and connections with their teammates. She dedicates a significant amount of her time to motivating her players and helping them set goals, pushing them to be the best versions of themselves both in the game and off the court.



Ms. Lupita Quan's coaching career is filled with memorable achievements, including four consecutive national titles and a bronze medal at the CODICADER Games with Saint Catherine Academy in their fourth year of competing. In 2018, Team Belize earned a silver medal during Belize's first time hosting a female volleyball tournament, and recently, the U21 women's team won its first gold at the Civic Center—a historic milestone. Alongside these successes, Ms. Lupita has faced challenges, from balancing academics and athletics for her players to addressing personal issues athletes have. Her commitment to equal opportunity has fostered a supportive, resilient coaching style that allows talent to thrive.



Ms. Lupita Quan has significantly influenced the Belize volleyball community through her dedication and organized coaching. Her approach serves as a model for schools and clubs, demonstrating that success is achievable with skilled support. By emphasizing "practice, practice, practice," she has elevated the sport's status and highlighted Belize's rich talent pool, leading to unprecedented success for national teams across various age groups. Looking ahead, Ms. Lupita is committed to maintaining this high level of play while continuing to train and recruit young girls for the Saint Catherine Academy (SCA) team, fostering a lifelong passion for volleyball and personal growth.





## **SCA MOTORCADE SEND OFF 2024 FOR TEAM BELIZE**

**We celebrate our school spirit and unity by showcasing our pride for Saint Catherine Academy and our incredible volleyball team!**



**The motorcade celebrates the volleyball team's hard work and success in winning the bronze medal, showing the school's pride in their achievement. It aims to boost the team's morale and inspire others to pursue excellence. By bringing students and the community together, the motorcade fosters unity and school spirit.**

**Route:**

**From the SCA back gate on Princess Margaret Drive to the SJC roundabout and back.**

**Kyanna Garay**



PRINCIPLED  
LEADERSHIP

# Nicaragua U17 MVPS 2024



## Akili Jones

- Best Server
- Best Scorer
- 2nd Best Attacker



## Emaun Marin

- 1st Best Attacker

We're incredibly proud of our  
soaring Seahawks and the  
amazing game they played!

Go team! 🦅💙





# CODICADER AWARD 2024

## ★ SHOWCASE ★

Done by: Alanna Nunez



On October 7, 2024, **Team Belize** successfully earned the **bronze** medal at the **Codicader** competition in El Salvador! This remarkable achievement highlights the talent and dedication of the **young girls** representing Belize, including some of our very own students from **Saint Catherine Academy**.

While competing against teams from all throughout Central America, Team Belize demonstrated their outstanding **volleyball skills**. They placed third on the podium as a result of their dedication and teamwork.

We are especially proud of our girls from Saint Catherine Academy, who played a significant part in this achievement. Their **diligence** and **teamwork** embody the **spirit** and **values** of **SCA**, and our students are continuously inspired by their accomplishments.

## CONGRATULATIONS TEAM BELIZE!



PRINCIPLED  
LEADERSHIP



# Asynchronous

## KEYS TO BALANCE ✧ +°

- CREATE A TO-DO LIST
- TAKE NEEDED BREAKS
- REFLECT ON TASKS
- WORK IN GIVEN TIME PERIODS



Asynchronous classes allow students to view and learn the subject matter at their own pace and from their homes. The teacher provides access to the material, and students can decide how much time they need to focus on each lesson.

Asynchronous learning allows you to learn on your own schedule within a specific timeframe. You can access and complete assignments, readings, homework, and other learning materials.

At SCA, Asynchronous classes are used to accommodate obstacles such as harsh weather, educational workshops, etcetera.

On these days, students engage in independent learning. This approach ensures that a school day is not wasted and helps students develop management skills.

As October is Mental Health Awareness Month, asynchronous classes relate to the development of a student's well-being. Learning at your own comfortable pace can remove some of the stress that may come with social learning. Though deadlines still apply to asynchronous classes, students may find the flexibility of the classes easier to navigate in their everyday lives that suits their personal needs. While asynchronous learning has its benefits, it's important to acknowledge that it may not suit everyone. Some students may struggle with self-motivation or feel isolated without the structure of in-person classes, so it's crucial to provide adequate support and resources for those who need them.





# Breast Cancer Awareness Month

BY BRIANA CUELLAR



Compelled  
by Mercy



## Belize Cancer Society

The Belize Cancer Society launched its 2024 Breast Cancer Awareness Campaign on October 14th; it brought together survivors and supporters. At the campaign, Ana, Maureen, Daisy, and Catalina shared their personal experiences, struggles, and their triumph after overcoming breast cancer. The campaign promotes awareness about the importance of early detection and regular screenings, as well as accessible care for all Belizeans. As mercy girls, we should put an effort into spreading awareness; some hashtags that can be used to spread awareness on social media are: #ThinkPink #FindACure #BreastCancerSupport



### FACTS

- Breast Cancer is one of the most common cancers among women worldwide.
- Shockingly, men can also develop breast cancer; 1 in 833 men get diagnosed in a year.
- Invasive ductal carcinoma is the most common type of Breast Cancer.
- Depending on the type and stage of cancer, treatment can include surgery, radiation therapy, chemotherapy, hormone therapy, and targeted therapies.

### COMMUNITY EVENTS

Belize Cancer Society hosted many events to spread awareness for breast cancer; some of these events include fundraisings (Fashion and Artisan Night), and wearing pink ribbons, or pink shirts

### HOW TO SELF CHECK

- Place a pillow under your right shoulder and your right hand under your head.
- Using your left hand, move your three fingers around your right breast, covering the entire breast and armpit area.
- Feel for lumps, thickenings, hardened knots, or other breast changes using light, medium, and firm pressure.

BREAST  
CANCER  
— AWARENESS —

# Down Syndrome Awareness Month

SCA decided to raise awareness of Down Syndrome by having a painting showcase it. They had students and teachers dip their fingers in blue or yellow paint, the colors for Down Syndrome, and stamp it on a canvas provided. The words "October—Down Syndrome Awareness Month" were on the canvas; it was an enjoyable and interactive activity to show the schools' support.



Down syndrome occurs when a person is born with one more chromosome. This neurological disorder affects one's learning abilities, socialization, and reaction to surroundings. There are no treatments or preventions for Down Syndrome itself; however, there are treatments for some defects caused by it. A person with Down Syndrome might live around 60 years old, but due to improvements in health care, they are now living 70 years and older.

When interacting with someone who has Down syndrome, you should speak clearly so they can learn from you and understand you better. Do not talk down to them. It would also be best to speak to the person directly, not their caretaker or parent. You should also watch if their mood changes because they may be unable to express their feelings. If you want them to do something, try showing them how to do it instead of just telling them how.





# YOUTH SYMPOSIUM

## *Change the Narrative*

On October 16th, 2024, ten peer helpers, accompanied by the school counselor, Miss Jones, attended the Mental Health Association's first Youth Symposium held at the Ramada Princess.

**Khadija Cayetano** from class 4BC participated in an insightful youth panel alongside students from various high schools across Belize. In this panel, they engaged in meaningful discussions surrounding important mental health topics, including common myths and misconceptions, alarming suicide statistics, and personal experiences with mental health challenges. They also explored different coping mechanisms and self-care practices to promote well-being and how social media can be used as a tool to help reduce the stigma around mental health.

Additionally, the panel addressed how schools can implement better support systems to ensure students receive the mental health care they need.



After the panel, there was a Q&A session where a specialist provided valuable insights. **Key points include:**

- Ask directly if you suspect someone is self-harming or considering suicide.
- Don't keep secrets—if someone is considering suicide, you must speak up.
- Watch for signs such as distancing or substance abuse.

Mental health struggles aren't weakness—they do not indicate a weak mindset.



*Together we can break the silence , Together we can change the narrative*

# DRUG AWARENESS BOOTH



A VOICE FOR  
DIGNITY AND  
RESPECT

by: Kalaya Molina



PEER HELPER'S AWARENESS BOOTH

## WHAT IS DRUG AWARENESS?

Understanding the adverse effects, dangers, and repercussions of drug use, including illegal drug use as well as the abuse of prescription or over-the-counter medication, is known as drug awareness. It includes studying the physical and psychological effects of drugs, the risks of addiction, and the consequences of drug abuse on one's life, relationships, and prospects. Additionally, drug awareness educates people on how to identify warning signs of drug abuse, make educated decisions, and comprehend the options available for help and prevention.

## WHAT WAS THE PURPOSE OF THE BOOTH?

The drug awareness booth's objectives are to inform individuals about the risks and repercussions of drug abuse, encourage responsible decision-making, and offer options for help and prevention. The booth seeks to promote awareness of the dangers of addiction and to improve knowledge of how drugs impact the body and mind through interactive materials, informative displays, and fun educational games. It also promotes a drug-free lifestyle and the community's well-being by providing a secure environment for people to ask about concerns and get guidance.

## IMPORTANCE OF DRUG AWARENESS AMONGST TEENS:

Drug awareness is essential for teens because they are at a stage in life where they may face peer pressure, curiosity, or stress that can lead to experimenting with drugs. Understanding the risks and consequences of drug misuse can help teens make informed choices, protect their health, and avoid potential addiction, which can have serious, long-term effects on their mental and physical well-being. Teens who are more aware are also better able to spot unhealthy habits in friends or themselves, ask for assistance when necessary, and encourage one another to adopt healthier lifestyles. Early awareness and education can pave A lifetime of safe, wise choices.





# SWIMMING CLASSES

## ***Importance***

***Swimming is an essential life skill because it provides safety and confidence. Learning to swim reduces the risk of drowning, while also equipping individuals with skills to handle water-related situations safely. This is important in situations where knowing how to swim could mean life or death.***

## ***Benefits***

***Swimming offers a variety of benefits. This includes being a physical full body workout that improves respiratory health, builds muscle strength, and promotes endurance. It also enhances lung capacity and breathing techniques. Mentally, swimming can help reduce stress and anxiety, with the water having a calming effect.***

***This course at SCA has proven to impact the lives of its students by teaching young girls an essential life skill: swimming. Swimming is not just a recreational activity; it is a critical life skill that many people unfortunately do not possess. In fact, many individuals are unaware of basic swimming techniques, such as how to float or navigate in water safely. Through this course, some girls progress from needing more experience to becoming capable swimmers. SCA genuinely prioritizes its students' best interests, understanding that the ability to swim is a crucial asset.***



# WARDEN SPOTLIGHT

Written by: Zalia Flowers

Principled  
Leadership



## Denise Tun

One of SCA's outstanding school wardens, Denise Tun, is admirable and exceptionally hardworking. Known for her approachable demeanor and unwavering commitment, Warden Tun has become a recognizable and trusted figure among students, staff, parents, and the community.

Ms. Tun has been a part of our SCA family for nearly 15 years. She began this journey primarily to ensure the safety of her children, who are now alumni of SCA. Becoming a school warden allowed her to safeguard her daughters and spend quality time with them, especially since her previous occupations required longer hours.

Despite facing numerous challenges, including managing diverse personalities daily, Ms. Tun remains devoted to her position. She draws motivation from two primary sources: her faith in God and her family, which she feels blessed to have. These are her twin pillars, without which she could not stand.

Ms. Tun advises parents and guardians to enter the gates with respect, patience, and gratitude. Each day, SCA's school wardens watch over your children, ensuring their safety. Like you, Ms. Tun wishes nothing but the best for your girls, and it is evident every day that their responsibilities are fulfilled with care and dedication.







# NEWSLETTER

## About the club:

The SCA Newsletter Club encourages a vibrant, informed school community by providing accurate and engaging information. Under the guidance of Mrs. Jamie Usher and Mrs. Marin, each page is thoughtfully created by our talented students, who bring their creativity and passion to every article. From highlighting upcoming events to sharing inspiring stories from our peers, our newsletter serves as a platform for voices that often go unheard. We aim to showcase our students' different experiences and interests, ensuring that everyone feels connected and represented.

## Club Efforts:

- Provide updates on Student Activities, & SCA events.
- Ensure accurate and factual reporting.
- Highlight community achievements and stories.

Our club is always on the lookout for fresh ideas and creative contributions. We encourage all students to submit artwork, or photographs that capture their experiences. By doing this, we aim to create a collaborative environment where everyone can contribute to the narrative of our school.

As you flip through the pages, you'll discover insightful features, captivating interviews, and perhaps a few surprises along the way! We invite you to dive in, explore the creativity of your fellow students, and stay updated on all the wonderful happenings within our school. Together, let's celebrate our community and keep the spirit of collaboration alive!





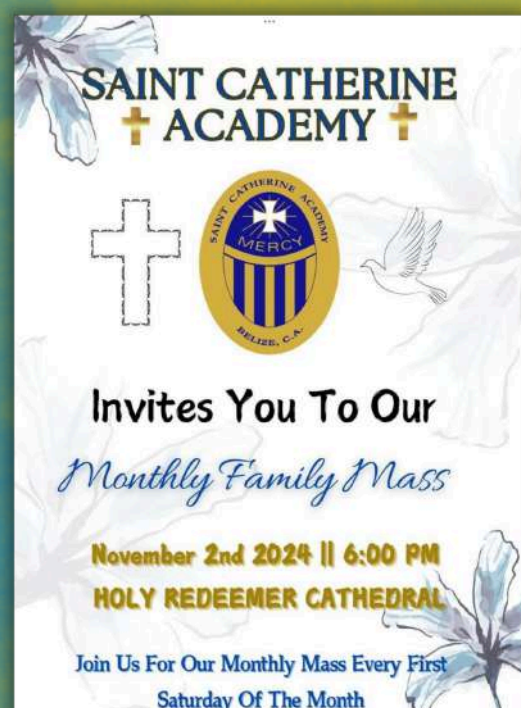
# Coming up ...

## DATES FOR NOVEMBER 2024

Done by: Amyrah Wright



November 1- All Saints Day  
November 2- Día de Los Muertos, All Souls Day, BCAPSS Student Leadership Conference, Volleyball finals  
November 8-9- Volleyball Nationals, College Fair  
November 11-15- Self Esteem Week  
November 18- Annual Garífuna Mass  
November 22- Jesus Friday  
November 23- Triathlon Competition  
November 28-Search]



## ANNUAL GARÍFUNA MASS!

Every year, a Garífuna Mass is held at SCA. This celebration helps us embrace our historical background and our religion simultaneously, hence its importance. It also gives us opportunities to learn about how different cultures celebrate in worship.

## MONTHLY FAMILY MASS

On the first Saturday of every month, we, as a SCA community, invite you to come celebrate with us at 6:00 pm at Holy Redeemer Cathedral. We encourage you to bring your families to come and celebrate in the most Holy Mass.