



# Anchor in the News

## Message by Vice Principal Mrs. Giselle Lobos



Greeting students,  
I am Mrs. Giselle Lobos, Vice Principal at SPHS. I am also a proud graduate of SPHS and truly honored to have been given the opportunity to return to my Alma Mater and give back to the community and institution that helped mold me into the individual I am today. Growing up I always knew I wanted to assist others, however, in my last year of junior college I decided to pursue a career in teaching. My mom being my biggest inspiration as she was a teacher at the San Pedro RC School for 37 years. I studied English Education at the University of Belize and later attained my master's degree in education with a certificate in Educational Leadership alongside Mrs. Maria Flota. I started my teaching career as an English and Literature teacher, then was appointed as Head of Department and three years ago was given the opportunity to be Vice Principal.

These have been trying times, online learning has not been easy, however, we are all working together in the hope for better times to come. However, for each of us to succeed and accomplish our goals we must ensure that we keep on working even when we feel like giving up. What is important is to believe in something so strongly that you're never discouraged. No matter what you may face once you believe you can accomplish it then you will always find a way. And if you feel that there is no one to help, that is not true there will always be someone willing to help. Students I know that it might seem difficult but keep on working, try your best to complete assignments, ask for help and never give up.

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- Calendar
- Distance Learning tips

# Know Your Teachers!

## **Mrs. Areli Canche**

DOB: 4th February 1984

Originally from Xaibe Village, Corozal District

Parents: Mom-Retired primary school principal and Dad- Cane farmer

Family: married and have 1 daughter 7 years old.

Started working at SPHS in 2007 until now 2021

Degree: Diploma in Education Methodology

Present Position: Math Head of Department

Subjects teaching: Integrate Science (2nd form), Human and Social

Biology (3G, 4G and 4A), Spanish ( 3C,3E, 3G)



I am Ms. Kyna Cal, I was born in the heart of sweet Orange Walk District during the full moon on December 8<sup>th</sup>, 1995. I was born to a family of five, two siblings and two parents whom she loves above it all. As the eldest and only daughter, I grew up ensuring to be a leader and a responsible role model for my smaller siblings. My hard working and supportive parents pushed me to conquer all my academic goals. Throughout my life I attended the educational institutions of San Lazaro Roman Catholic school, San Lazaro Methodist Protestant School and Muffles College High School all in the Orange Walk District where I was able to create a solid foundation to the future degrees I wanted to achieve. I then accomplished my associates degree in Arts in 2012 where I fell in love with the very beginning of my career. After being determined to continue my education and pursue my dreams I decided to further my studies at the University of Belize studying English Education. The passion I have for literature and teaching from a small age made me relentless in achieving the dream of becoming a teacher. However, as with any journey it never starts easy, after culminating my education and teaching in numerous part time jobs in secondary education I finally became a part of San Pedro High School where I now teach Literature and Spanish. San Pedro High School has become a home to me now and has been very welcoming so much so that two years have passed by so quickly and I see myself growing alongside the school for several more years. My students are my fuel, my family my strength and God my provider.



Melissa Aldana is originally from Corozal Town, where she achieved her tertiary education at Corozal Junior College in 2010. She then moved to Belmopan City to continue her education which was only possible through a student loan and her family's assistance. She managed to graduate from The University of Belize with a Bachelor's Degree in Business Management in June 2012. In September 2012, she joined the teaching staff as a Business Teacher at Wesley College in Belize City. At this point, teaching had become her passion; therefore, she decided to use her income and invest in attaining pedagogical training at The University of Belize. In June 2015, she completed her Diploma in Education Methodology and continued working at Wesley College up to August 2017. Subjects taught here included Life Skills, Information Technology, Electronic Document Preparation and Management, Office Administration, and Principles of Accounts. In September 2017, she got the opportunity to move to San Pedro Town and work at San Pedro High School; she welcomed the idea since she would be closer to her husband. Also, she started her Master's Degree in September 2017. She found herself occupied transitioning into a new town, new school, and new program. Later, she became a part-time lecturer at San Pedro Junior College for two semesters to assist with tuition costs to continue her education. In February 2020, she received her Master of Science in Management and Educational Leadership Degree with Distinction from The University of the West Indies. Presently, she is the Interim Head of the Business Department up to the end of November. She is in her 10<sup>th</sup> year as a business teacher, where she foresees the reformation of systems to effectively support the development of 21st Century competencies in the education system.



My name is Conchita Ayuso. I was born on November 17th, 1989. Born and raised in San Pedro Town. I completed my high school at San Pedro High School and graduated in 2006. I then completed my associates degree at San Pedro Junior College. This year I completed my Bachelors Degree in Secondary Mathematics at the University of West Indies. I am currently enrolled at UNID where I am completing my Masters Degree.



# Thanksgiving

F L F P E I P N I K P M U P L H J I O Q  
 A G D C Z S L S J N H Q V I H O N X M H  
 P O N Z Z B U L E I P N A C E P H O C N  
 S B B I K J V E A A R Z K D M P H A W E  
 C U S I F A G V Z B R R E N N I D I K U  
 E G E Z I F B J R A T Z F K P L N Q S B  
 L I O D C B U L I A Q O W A K G I R L Z  
 Z B T C N H R T Y U Y S O C J R N M C Y  
 H H A C R F P B S V U W C F Q I A E R G  
 C L T D O M Y E K R U T M O S M K Z N I  
 E F O N C I H B R Z Y W M K E S K W G X  
 Z U P B D R G E X F T I A Z I H J S B Z  
 K R W L L W B T S L S S Y C R P I F X O  
 I C O B X M Y L I M A F F Q R A L J K N  
 D Z Y T E G U K R Z E Y L U E R A S O C  
 A U T V D P C N J M F J O A B A A G I Q  
 E B O U L U F K N A H T W N N D I X M P  
 W N E J K P D U G H L S E E A E J H I X  
 A Q S X K U O Z W A P A R W R K Z G J L  
 A P Y O F L T F R Q M S U U C M Z P S K

NOVEMBER  
 HAM  
 POTATOES  
 THANKFUL  
 DINNER  
 FEAST

TURKEY  
 PUMPKINPIE  
 PECANPIE  
 MAYFLOWER  
 FAMILY  
 PARADE

STUFFING  
 CRANBERRIES  
 PILGRIMS  
 CORN  
 FOOTBALL



**Now is no time to  
 think of what you  
 do not have. Think  
 of what you can do  
 with what.**

ERNEST HEMINGWAY



# Homemade Pizza

## No-Yeast Pizza Crust

### Ingredients:

1 1/3 cups all-purpose **flour**, try half whole wheat  
1 teaspoon **baking powder**  
1/2 teaspoon **salt**  
1/2 cup nonfat or 1% **milk**  
2 Tablespoons **oil**

### Directions:

1. Mix flour, baking powder and salt in a bowl. Stir in milk and oil until a soft dough forms.
2. Turn dough onto a clean, lightly floured surface and knead 6 to 8 times. Dough should feel soft but smooth; not sticky. Shape dough into a ball. Turn the bowl upside down over the dough. Let sit for 10 minutes.
3. On a baking sheet, roll or press dough into a 12-inch circle.
4. Bake crust at 400 degrees F for 8 minutes.
5. Remove from oven and add your choice of sauce and toppings.
6. Return to oven and bake until light golden brown, 12 to 20 minutes. Serve hot.
7. Refrigerate leftovers within 2 hours.

**Makes** one 12-inch circle

**Prep time:** 15 minutes

**Cook time:** 20 to 30 minutes

Go to  
**FoodHero.org**  
for more easy,  
tasty pizza  
recipes

## Quick No-Cook Pizza Sauce

### Ingredients:

1 can (8 ounces) **tomato sauce**  
1 can (6 ounces) **tomato paste**  
1 teaspoon dried **oregano**  
1 teaspoon dried **basil**  
1/2 teaspoon **garlic powder**  
1 **carrot**, finely grated

### Directions:

1. Mix all ingredients together in a bowl.
2. Spread on pizza dough, bread, English muffins or other pizza base.
3. Refrigerate leftovers within 2 hours. Use sauce within 5 days for best quality. Freeze to store longer.

**Makes** enough for four 12-inch crusts

**Prep time:** 5 minutes

## Top it with fruits and veggies!

Chop, slice or grate:

<b>Apples</b>	<b>Onions</b>
<b>Bell peppers</b>	<b>Pears</b>
<b>Carrots</b>	<b>Pineapple</b>
<b>Chilies</b>	<b>Roasted veggies</b>
<b>Garlic</b>	<b>Spinach</b>
<b>Green onions</b>	<b>Tomatoes</b>
<b>Leeks</b>	<b>Zucchini</b>
<b>Mushrooms</b>	
<b>Olives</b>	



When kids help make healthy food, they are more likely to try it. Show kids how to:

- roll or pat dough into shapes with a rolling pin or clean hands.
- grate cheese or slice veggies and fruit.
- spread the sauce with the back of a spoon.
- choose and arrange the toppings.

# Alumni Spotlight

## Dr. Lucio Nuñez



My name is Dr. Lucio Eulogio Salomon Nuñez. I am a 28-year-old graduate of University Latin American School of Medicine: Universidad De Ciencias Médicas Dr. Ernesto "Che" Guevara De La Serna in Pinar Del Rio Cuba. I am originally from San Pedro Town, where I attended San Pedro R.C School and then San Pedro High School as an Academic student. I was the class valedictorian for both my primary and secondary graduating classes in 2007 and 2011. After this, I attended St. John's College Junior College to pursue my Associate's Degree in Biology and Chemistry and graduated on the Dean's List in 2013. I then began my journey in pursuit of becoming a doctor by heading off to study in Cuba. In 2020 I graduated from the Latin American School of Medicine with the "título de oro" (suma cum laude) and then returned to Belize. Among all the studying, I still enjoy hobbies such as playing music, fishing, and scuba diving. You must always remember to enjoy the little things in this journey we call life. In fact, my journey so far, has not been an easy one. A wise man once told me that you are in-charge of your tiles in this mosaic world. Growing up, I struggled piecing my tiles together. I had a lot of struggles with health within my family, and this enlightened my decision around 14 years old that medicine was my calling. It wasn't easy, it never is and still isn't. The endless nights of research and reading for personal professional growth never ends. Medicine is a discipline that allows you to see life through different filters: from the blessings of delivering a child, to managing critical patients and the self-gratitude that you manage to send them back home, and even the hardship of breaking difficult news to patients, families, and friends. As our oath says, 'with purity and with holiness I will live my life and practice my art'. I can truly say it has been a life-changing experience.

# Emilie Gomez



27-year-old, Emilie Gomez, graduated SPHS with honours and was Valedictorian for the graduating class of 2012. Through her years at SPHS, she was always a very active student. Emilie was part of the winning team for the Regional and National Championship in the Math Olympiad 2010. She was also part of the SPHS team who represented and won the Regional and National Volleyball Championship in 2011. Emilie was one of the founders of the SPHS Drama Club. She along with other students and staff got the opportunity to travel to Los Angeles, California for the first ever Drama Exchange Program where she performed a theatrical piece under the “Our World Project”.

Emilie majored in science at SPHS. Her passion for the ocean and all nature's wonders guided her decision to pursue her career in Environmental Engineering. Emilie successfully graduated with a Bachelor's Degree in Environmental Engineering in 2016 and later obtained her master's degree in the same field in 2020.

Emilie is currently working as a consultant at the Blue Economy Unit for the Ministry of Blue Economy & Civil Aviation where she inputs her expertise in the development of this new innovative sector for Belize.

# Founder's Message



**Mrs. Martha Guerrero, Chairlady**

## **Founder/Chairlady's Message**

As we celebrate the 50<sup>th</sup> Anniversary of San Pedro High School and as founder and Chairperson, I take this opportunity to direct myself to all the students and parents.

Students you just do not realize how lucky you are to continue your education here at home even with the problems of this COVID pandemic.

Before San Pedro High was founded the San Pedro students were not able to further their education. There was no high school and students could not travel to Belize to continue their education. San Pedro was just a small fishing village and parents could not afford to send their children to continue their education.

I was one of the first student, that received a government scholarship to attend St. Catherine's Academy in Belize City. WE had to said to Belize (no motors, no planes, no phones) and was not able to return home until four months at the end of the first term.

In 1971 a group of us, Mr. Angel Nunez, Mrs. Celi McCorkle, Mr. Allan Forman and myself had the bright idea of a high school in San Pedro. Now you see how lucky you students are! You are at home enjoying your family and friends, so I advise you to be responsible, learn to be punctual at school, learn to be respectful and learn to be obedient. Take advantage of all that San Pedro High offers you. Study hard to be a respectable, successful person in life. It all depends on you if you want to graduate. Parents, please help your children to be responsible of their homework. Teach them to be punctual and respectful. Student it all depends on you to be a successful graduate.

We have so many graduates that have become the pride of San Pedro High. Be one of them so you can say I Anchor in Success.

## Tips to Prevent Coronavirus Transmission



Wash your hands frequently



Cough and sneeze into the elbow



Dispose of used tissues immediately



Avoid contact with others



Avoid crowds and public gatherings



Avoid touching your face



Clean all shared surfaces frequently



Avoid all nonessential travel



Call ahead before going to a clinic or hospital



Isolate yourself if sick or at risk of complications



Work from home if possible



Only wear a mask if you are sick, have COVID-19, or are caring for someone with it

# Coping with Online

The guidance below can help us all make the best of new and unfamiliar distance learning environments. It can help you be ready for some of the more practical aspects of learning from home.

## Begin and end the day by checking-in

In the morning, you might ask:

- What classes/subjects do you have today?
- Do you have any assessments?
- How will you spend your time?
- What resources do you need?
- What can I do to help?

At the end of the day, you might ask:

- How far did you get in your learning tasks today?
- What did you discover? What was hard?
- What could we do to make tomorrow better?

These brief conversations matter. Checking in with your child helps them to process instructions they received from their teachers, and it helps them organize themselves and set priorities – older students too. Not all students thrive in distance learning, some struggle with too much independence or lack of structure. These check-in routines can help avoid later challenges and disappointments. They help students develop self-management and executive functioning that are essential skills for life. Parents are good life coaches.

## San Pedro High School

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Belize District

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Website:

[www.sphs.edu.bz](http://www.sphs.edu.bz)

Abacus: [sphs.abacus.bz](http://sphs.abacus.bz)

Hotline: 280-6600



## SCHOOL CALENDAR

# DEC 2021

SUN	MON	TUE	WED	THU	FRI	SAT	
				01	02	03	04
					Founder's Day (Non-Teaching Day)	ABACUS CLOSURES FOR STUDENTS & PARENTS	
	05	06	07	08	09	10	11
	Concurrent Classes begins						
	12	13	14	15	16	17	18
					School closes for Christmas Break (Non-Teaching Day)		
	19	20	21	22	23	24	25
						Christmas Day	
	26	27	28	29	30	31	
	Boxing Day						

# Halloween Costume Winners 2021



**Christlyn Castro**  
Class of 2H  
Scariest



**Jepherson McPherson**  
class of 2 A  
Most creative



**Vatranry Perez**  
Class if 4A  
Cutest

