



## Anchor in the News

### Message by Vice Principal Mrs. Maria Flota



Dear Parents and Students, I am Maria Flota, Vice Principal of Discipline. I have been in the education system and at SPHS for the past 30 years. I am proud and honored to be part of this institution and seen how it has grown from 1 class per form to now 5 first forms, 5 second forms, 4 third forms and 4 fourth forms. I am family oriented and always strive to ensure that our students get the best they can in any given situation. Today SPHS has come a long way. We have been able to achieve championships in the various sports as well as do well academically, especially in CXC. COVID -19 brought many of our loved school activities to an abrupt halt and we have had to adjust to the new norm. However, our goal is to continue excelling and assisting each of you to attain your goals. My message to each of you is that you keep striving to complete your high school education. I know that at times things might seem difficult but don't let that stray you from your ultimate goal which is to graduate. Let us continue working and remember if you have any questions or concerns don't hesitate to reach out to me on Teams or visit me at school. I am always willing to help.



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#### Special points of interest

- Online tips
- Calendar
- Distance Learning tips

# Know Your Teachers!



My Name is Joaquin Christian Che, I come from a very nice and tranquil village called Cristo Rey from the Corozal District. I was born on July 26<sup>th</sup>, 1984. As an individual I am serious, introvert, humble and trustworthy. I spend most of my time alone but sometimes with friends that are close to me. I attended Escuela Secundaria Tecnica Mexico for a Diploma in Science in 2002. I enrolled at Corozal Junior College and graduated in 2004 with an Associate Degree in Biology and Chemistry. Before coming to San Pedro in 2008 as a teacher, I was working with the Agriculture Department in Corozal specifically on the production on onions, I attended various workshops and seminars on agriculture production. In 2008, I started teaching here at SPHS teaching science and life skills. In 2011, I went for my bachelor's degree at the University of Belize (UB). In 2014, I Graduated from UB with a Bachelor's degree in Biology Education. After graduating, I returned to SPHS to teach science, HSB, math and life skills. Currently I am teaching Chemistry and integrated science both in lower form and higher forms.



My name is Blanca Isabel Sosa, and I was born on October 4th, 1992, in the beautiful northern district of Corozal. I am the first-born of five siblings, growing up with two hard-working parents; I learned to be responsible from a very young age. I attended the educational institutions of Saint Francis Xavier Primary School, Corozal Community College, and Corozal Junior College. I graduated from Sixth Form with an Associated Degree in Arts in 2011. After graduating, working in random jobs, and being inspired by one of my best friends, I decided to further my education at the University of Belize. I always had a passion for reading and enjoyed helping others, so the decision to become a teacher was not that difficult. Through the hurdles and blessings that came along, I proudly graduated with a Bachelor's Degree in English Education in 2016. After doing a part-time job at the CCC Adult Continuing Education and a temporary post at Corozal Community College, I decided to venture into a new journey. San Pedro High School welcomed me with open arms and made me part of their family in 2019. I am currently an upper-level English and Literature educator, and I aim to be the best I can be for my students.



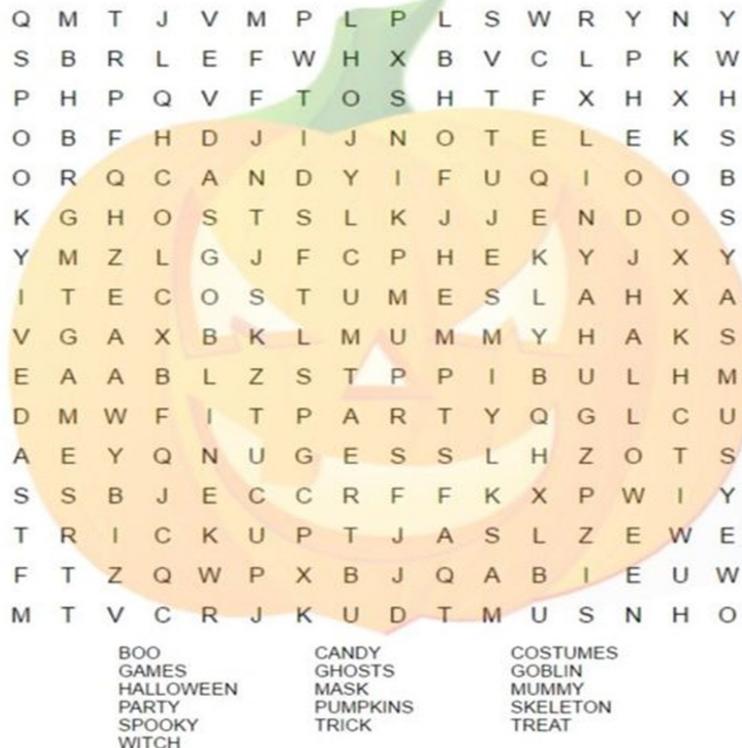
I am Seleni E. Perez, and I was raised on the beautiful island of San Pedro six miles north. I am currently the Religious and Belizean Studies teacher at San Pedro High School, two subjects I am entirely passionate about. From a very young age I have been intrigued about cultures, religions, geography, and history. Something, that while not planned, has been my greatest intellectual asset. When I was growing up, I would always tutor my sister and any friend who would ask me for help, often getting the comment that I was meant for teaching. Terrified of the idea of being a teacher I would always shade it off and take it as a funny statement. Not that I did not like the idea of teaching, but because, from a very young age I understood this was just not a job but a vocation, that could not be taken lightly.

Mr. Jorge Cab was born on 19 April, he is a proud graduate from San Pedro High School. After his secondary education, he moved to Chetumal, Mexico where his Bachelor's Degree in Engineering Information Technology was achieved. Then, he started working in the field of Information Technology. He returned to the island where he became part of the staff as a teacher at San Pedro Roman Catholic School. Later on, he became motivated to continue his education, where he achieved his Master's Degree in Education with Specialties in Information Technology. After that, he joined the staff as a teacher at San Pedro High School, where he currently continues working under the Business Department. Additionally, he is part of the staff at the San Pedro Junior College where he teaches in the field of Information Technology. Recently, he was motivated to specialize himself in micro-soldering in telecommunication hardware. He is not only passionate about education in Information Technology, also, he cherishes the love of his family, especially his son, Santiago Cab.



Ariel Ashley McFadzean holds a Bachelor's Degree in Applied Mathematics and Statistics from SUNY Stonybrook University. She is currently working towards her diploma in education at the University of Belize. As a mother and teacher, she hopes to be an example of a strong, determined and ambitious woman who accomplishes the goals she sets out for herself. In 2017 she began to teach Mathematics at the secondary level here at San Pedro High School. She brags "the best reward of teaching is knowing that you have made a positive, life-changing effect on a child" which is her goal for every lesson that she teaches

## Halloween Word Search



[www.thetypicalmom.com](http://www.thetypicalmom.com)

**Enjoy family time and make your very own Halloween sugar cookies**

### Ingredients

#### Cookies:

- 2 1/2 cups all-purpose flour
- 1/4 teaspoon baking powder
- 1/4 teaspoon fine salt
- 1 1/2 sticks unsalted butter, cut into small pieces, at room temperature
- 3/4 cups granulated sugar
- 1 large egg, slightly beaten
- 1 teaspoon vanilla extract

#### Royal Icing:

- 4 cups confectioners' sugar
- Gel food coloring, for tinting the icing



## Directions

### Special equipment:

Halloween cookie cutters; a piping bag fitted with a round number 2 tip; a piping bag fitted with a round number 1 tip

1. For the cookies: Whisk together the flour, baking powder and salt in a small bowl. Beat the butter and granulated sugar together in a stand mixer fitted with the paddle attachment on medium speed until light and fluffy, about 5 minutes. Beat in the egg and vanilla, then turn the mixer to low and add the flour mixture. Mix until completely incorporated. Divide the dough in half, pat into 2 discs, wrap in plastic wrap and refrigerate until firm, about 1 hour.
2. Position the oven racks in the top and bottom thirds of the oven and preheat to 350 degrees F. Line 2 baking sheets with parchment paper.
3. Let the dough sit at room temperature for a few minutes to make rolling easier. Roll out 1 disc between 2 pieces of parchment to 1/8-inch thick. Cut out desired Halloween shapes with cookie cutters and arrange about 2 inches apart on the prepared baking sheets. Repeat with the remaining disc of dough.
4. Bake, rotating and switching the positions of the baking sheets halfway through, until the cookies are just turning golden brown on the bottom, 10 to 12 minutes. Let the cookies cool on the baking sheets for 5 minutes, then transfer to a wire rack to cool completely, about 1 hour.
5. Meanwhile, reroll the scraps between 2 pieces of parchment and refrigerate until chilled, about 1 hour. Repeat the cutting and baking process.
6. For the royal icing: Beat the confectioners' sugar, meringue powder and 1/3 cup water in a stand mixer fitted with the whisk attachment on medium-high speed until stiff peaks form, 5 to 6 minutes. Color the icing as desired for the cookie shapes.
7. To make flood icing: Remove three-quarters of the desired color icing to a small bowl and stir in 1/2 teaspoon water until flooding consistency is achieved?you can run a knife through it and it flows back to where it was in 10 seconds. Add more water, 1/4 teaspoon at a time, until you've reached the right consistency. Transfer the flood icing to a piping bag
8. For cats: Pipe a black border around the cat with thick black icing. Fill with black flood icing and allow to harden, 6 hours or up to overnight. Pipe 2 pointy eyes on the face with thick yellow icing. Allow to harden, about 1 hour.
9. For ghosts: Pipe a white border around the ghost with thick white icing. Fill with white flood icing and allow to harden, 6 hours and up to overnight. Pipe a ghost face with thick black icing. Pipe dots around the border of the ghost with thick orange and black icing. Allow to harden, about 1 hour.
10. For pumpkins: Pipe an orange border around the edge of the pumpkin with thick orange icing. Fill with orange flood icing and allow to harden, 6 hours and up to overnight. Pipe two orange lines down the pumpkin with thick orange icing. Pipe on a green stem with thick green icing. Pipe vines with thick green icing. Allow to harden, about 1 hour.
11. For candy corn: Pipe a white triangle border around the top third of the cookie with thick white icing. Pipe a trapezoid in the middle portion of the cookie, bordering the white triangle, with thick orange icing. Pipe a larger trapezoid that outlines the lowest third with thick yellow icing. Fill the white triangle with white flood icing. Fill the orange trapezoid with orange flood icing. Fill the yellow trapezoid with yellow flood icing. Allow the flood icing to harden, 6 hours and up to overnight.

# Alumni Spotlight

## Scarleth Castro



Scarleth Castro, MSc. (née Delgado), is a San Pedro High School Alumni, class of 2007. She holds a master's degree in Kinesiology and a bachelor's degree in Communication, with a concentration in Journalism and minor in Nutrition from George Mason University in Northern Virginia. Her academic end goal is to become a Registered Dietitian and obtain a Doctoral degree in Nutrition.

Scarleth is a multi-passionate leader and founder of Spin Your Own Axis, LLC Nutrition, Health & Fitness Coaching + Education Platform. Her mission is to serve the community and individuals of different life cycles, by offering nutrition & fitness coaching centered around education, support, and empowerment.

Her work expands into her core professional passions of nutrition, kinesiology, research, and education, with her primary interest in connecting human physiology with food and movement; understanding and combining the powerful blend to improve and promote preventative health.

Today, Scarleth is an advocate for health and higher education. She believes education is empowering. The more we know; the better we can live, the healthier we can live, and the longer we can live. She serves as a mentor and role model for Hispanic children and their families, young women, and men to help them achieve wellness and build optimal health.

One of her goals is to return to her alma mater to mentor the new generation of students in her hometown, by helping to empower and support them to reach the heights of their peak.

Fun things you'll find her doing outside of her professional interests, exercising, homemade cooking, and exploring cultural foods, long therapeutic walks, gardening, DIY projects, paddling boarding, traveling.

# **Staisy Bradley**



Staisy Marie Bradley was born on August 5, 1994, in San Pedro Town. She attended S.P.H.S and Graduated in 2013. She was always a quiet and hardworking young woman who has always worked towards her goals. She always aspired to be a Nurse, in third form for career day she wore her first scrubs and very first stethoscope, she remembers saying “I'm going to be a Nurse,” to one of her friends and he would joke saying he will have a personal Nurse. As Graduation approached, she made the decision and applied to The University of Belize's Nursing program at the time she had changed from Academic to General Arts, she switched programs as she had failed 3 Form, you might ask why? Well, she was never all that great at Chemistry and this was one of the reasons she feared and was uncertain if she would be accepted at our National University. I received my acceptance letter regardless of what some teachers had said, “Don't let anyone talk fear into your plans.” At UB she took General chemistry and Biology and progressed into the Nursing program. “No, it was not easy and there were times I wanted to stop but every setback is what shapes you into a better version of yourself.” “Never lose sight of what you want and remember Don't ever just say you will do something; I say if you're going to do it, don't just stand there and talk, get to work, and always take God with you, pray when you struggle and more when you get what you prayed for. In all honesty I must thank one Teacher, Ms. Giselle. Finally, I want to thank the most important Woman, Gracias Mamá for always being there through this Journey. Today I am a Proud San Pedrana and Graduate of the University of Belize holder of a Bachelor's Degree in Nursing.”

# Founder's Message



## Mr. Angel Nuñez

### Founder/Former Principal's Message

Prior to 1971, there was no opportunity to attend high school in San Pedro. What a wonderful opportunity you have today to be able to attend high school right here at home in the company of your family, your friends and the comfort of your homes. Secondary education is a privilege and opportunity. However, opportunity comes with responsibility.

It is your responsibility to follow the rules and regulations which are the guidelines for a disciplined life. The responsibility is yours to put in the necessary work because in real life hard work is the only means of success.

Use your high school life to build up on your skills and talents. Education should never be stagnant and lazy nor unambitious. Be active, participate in classroom activities and in school events and programs and use your extra curricular activities like sports, music, science club, choir, fund raising, cooking, gardening and planting, arts and crafts, debate club, yearbook committee, graduation committee, and others

It is your responsibility to practice punctuality, good attendance, caring for others, and developing a good personality- all essential in practical living.

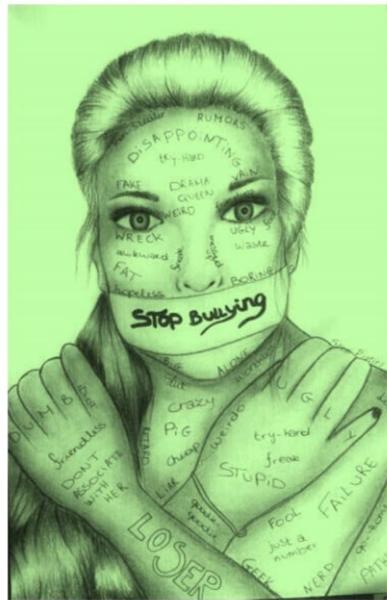
Finally, it is your responsibility to be good ambassadors so that you can be proud of your school and the school can be proud of you. You ought to live like honorable men and women so that upon graduating, your education can be translated into a better life for each and everyone of you and you can Anchor in Success. All the best.

# BULLYING MONTH



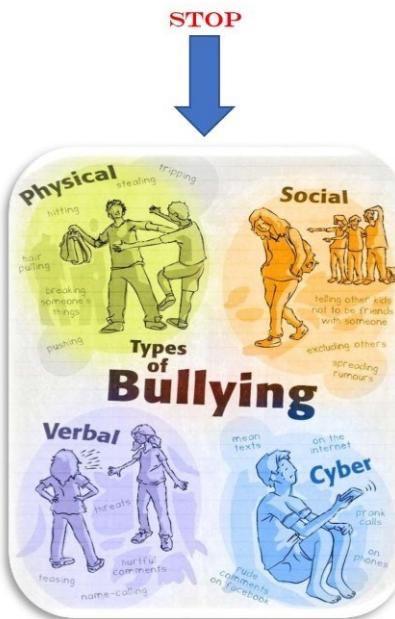
October 2021

OCTOBER IS THE MONTH WE STAND UP AGAINST BULLYING



What is bullying? Bullying is aggressive behaviours that is intentional and that involves an imbalance of power or strength. Bullying can take many forms, such as hitting, kicking, threatening others, teasing, name-calling, excluding from a group, or sending mean notes or e-mails.

A child who is being bullied has a hard time defending himself or herself. Often, children are bullied not just once or twice but over and over (Olweus, 1993; Roland, 1989; Smith & Sharp, 1994).



Message from

**Pauline Buller**  
Counselor's office  
San Pedro High School

## Coping with Online Classes

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.

**1. Establish routines and expectations** It is important to develop good habits from the start. Help students get up, get dressed, and ready to learn before the start of class time. Set routines and chores that help foster focus and routines. Keep normal bedtime routines, including normal rules for digital devices.

**2. Choose a good place to learn** Your family's regular learning space for occasional homework might not work for extended periods. Set up a physical location that's dedicated to school-focused activities. Make sure it is quiet, free from distractions, and has a good internet connection. Make sure an adult monitors online learning. Keep doors open, and practice good digital safety. Our teachers, administrators, and staff teams will do the same.

**3. Stay in touch** Teachers will mainly be communicating regularly through our online platforms and virtual learning environments. Make sure everyone knows how to find the help they need to be successful. Stay in contact with classroom teachers, and administration but understand it may take a day or two for us to respond. If you have concerns, let someone know.

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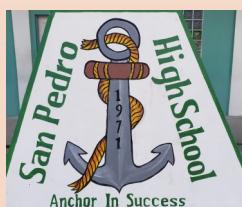
**4. Help students 'own' their learning** No one expects parents to be full-time teachers or to be educational and content matter experts. Provide support and encouragement and expect your children to do their part. Struggling is allowed and encouraged! Do not help too much. Becoming independent takes lots of practice. While on campus, your child usually engages with other students and any number of adults hundreds of times each day. Many of these social interactions will continue from a distance, but they will be different. You cannot replace • What resources do you need?• What could we do to make tomorrow better?



## San Pedro High School

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## SCHOOL CALENDAR

### NOV2021

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06
			Non-Teaching Day			
07	08	09	10	11	12	13
14	15	16	17	18	19	20
			Non-Teaching Day Universal Children's Day		Garifuna Settlement Day Holiday	
21	22	23	24	25	26	27
				Deadline to register for CXC.		
28	29	30				

**“Each of us deserves the freedom to pursue our own version of happiness. No one deserves to be bullied.” Barrack Obama**