

# Anchor in the News

## Principal's Message

Dear Students,

I wish I could give you this message in person with you all sitting in our auditorium!

For the time being, I will use this medium of communication because it is safe and because it is appropriate for our inaugural edition of our newsletter.

March 2019 seems like yesterday and at the same time, so many things have happened since then. Indeed, it has been one year and a half that we have missed all the noise that characterized our campus when all our students were present.

Our plan this year was to start with face-to-face instruction and amazingly that plan is still there. For now, the ministry of education continues to vaccinate young people like you all and hopefully in a few weeks we should make an initial try to resume face to face instruction. I beg you all not to ask me when we will meet face to face because my answer will be, "I do not know".

Nevertheless, we hope that soon we will be able to come to school and see what happens after that. Although it is true that we cannot control what the virus will do, we do have ways to live even with Covid -19 around. We need to wash our hands, wear our masks and as hard as it is, keep our distance from others.

It is my sincere hope to see you all soon. In the meantime, keep up the good work and stay safe.

Yours in Education

Mr. Emil Vasquez  
Principal



### Inside this issue

Principal's Message....	1
Know your Teachers ..	2-3
Puzzle .....	4
Cake Recipe .....	5
Alumni Spotlight.....	6
Press Release.....	7
Calendar .....	8

### Special points of interest

- Online tips
- Calendar
- Press Release

# Know Your Teachers!

## Mr. Pedro Garcia



I was born on March 11, 1992 in the Corozal District. I am 29 year old Pedro Garcia and I currently live in San Pedro Town. I am a proud graduate of San Pedro High School. While attending high school I was the Regional champion in the food and nutrition competition where I represented Belize in St. Kitts and Nevis on the 24th of November 2008, where I won first place in the Caribbean defeating fourteen countries such as Jamaica, Antigua, Barbados, St. Lucia to name a few. In 2009 I was given the student of the year award and Do the right thing police award. I continued my educational career attending the San Pedro Junior College and Belize Adventist Junior College, I hold a double Associate's Degree in Chemistry and Business Management. I also have a Bachelor's Degree in Mathematics Education from the University of Belize. I am currently an adjunct lecturer at the San Pedro Junior College and teaching Office Administration and QuickBooks at the San Pedro High School. I started as a teacher at San Pedro High School since 2011 – 2013 for Mathematics and Science, later in 2013 - 2014 I taught the following subjects at Valley of Peace Math, Chemistry, and Physics, I also taught Mathematics and Chemistry in Belize City at the Canaan SDA High School for the Academic Year 2014-2015. After that year I switched gears and taught for two-years at the Isla Bonita Elementary School for two years and returned to San Pedro High School in 2020. All together I have 10 years teaching experience. I have also worked at the polyclinic in San Pedro town, San Pedro central lab, store manager at Sprout Inc. and social security as an Office assistant. I am very passionate about teaching. I have been teaching since my high school days, I did some teaching and assisted students in their class. My biggest role model is my mother who adopted me and my twin brother Pablo Garcia; she is one of the main reasons why I have come this far in my career. My father was murdered here in San Pedro Town and he will forever be missed and remembered as the provider of my family. My life has a lot of ups and downs, but I remain a very optimistic, cheerful, helpful, and happy person.

“Success is not final; failure is not fatal; it is the courage to continue that

## Mr. Ryan Gamboa,



Born and raised in the calm and culturally rich Corozal Town, led Mr. Ryan Gamboa to pursue History and English Literature in Junior as he moved on to complete his bachelor's degree in History along with a Diploma in Education Methodology. Those studies allowed Ryan to realize teaching should be his profession. Knowing the subject of History is rarely taught with enthusiasm and ease, Ryan figured he could make a huge difference in this subject area. History empowers a strong cultural background into his life which complimented the way he communicates with other people, especially young adults and teens. Mr. Ryan Gamboa is a new teacher at San Pedro High School who teaches Belizean Studies and English Literature. Previously he was employed at St. John's College High School where he was teaching Belizean Studies and Belizean History. He sees every opportunity as an extension to personal and professional growth.

When this new opportunity at San Pedro High School is reflected upon, it is seen as an advantage to progress and take on new challenges. Ryan aims to change the way students look at learning, by making it fun and entertaining. Now that we live in an age of online learning via different digital platforms, it can push the limit of students whereby they'll be fit to complete any online task while also being able to use platforms for their personal use. All of this is done from a genuine heart seeking to share learnt content. The life he's lived is constantly repeated to his students as he says, “we are a family and it's our responsibility to love and care for each other”. This ties with his number one general class rule, “once we have respect then everything else falls into place”. Meaning you respect yourself, your teachers and each other.

## Mr. Lirisi Cayetano



Hailing from the beautiful, peaceful and quaint town of Punta Gorda; I, Lirisi Kadean Cayetano mastered the art of public relations, while trampling both academic and athletic fields. Gymnastics, cave exploring, video directing and content creation as well as co-hosting a popular local podcast are a few of my current passions. But before this, I was a reclusive introvert; a hermit, if you will. With the belief that anyone can learn but if you judge a fish by its ability to climb a tree, it will spend its whole life believing it is less than a being, I instill confidence, independence and values to those I meet. I teach Math at San Pedro High School.

## Mrs. Angelita Ozaeta Ellis



Born on July 12, 1967 in Corozal Town  
Lives in San Pedro Town Ambergris Caye  
Attended St. Francis Xavier Primary School 1972 to 1980...  
Attended Corozal Community College from 1980 to 1984...  
Graduated from Corozal Junior College in 1998 with an Associate Degree in Business  
Attended the University of Belize and graduated with a Bachelor Degree in Tourism Management in 2014  
In 2019 received a certificate from the University of Belize in Education Methodology...  
Worked as a secretary for Corozal Community College and later Corozal Junior College since 1984 until 2007.  
Joined San Pedro High School as the Bursar but afterwards joined the classroom since 2009 where she teaches Life Skills and Christian Life Choices.  
Loves cooking and enjoys dealing with her students in many faucets  
She cherishes her family life especially her Son Gustavo Ellis Jr.

## Mrs. Shakira Coleman



My name is Shakira Joslyn Coleman I was born May 29<sup>th</sup>, 1989 in the Island of San Pedro to Alfonso Wiltshire and Vilma Wiltshire. I am presently married to Roderick Coleman for the past 14 years and I have two girls, Zsapphirrah and Rhajnnih Coleman. I graduated as a science student from San Pedro High School in 2004 and from San Pedro Junior College in 2006. I started as a part-time teacher in 2009 at San Pedro High School teaching Spanish. After completing my first year at San Pedro High School I decided to register at Galen University where I obtained a bachelor's degree in environmental science in 2011. I returned to San Pedro High School as a full-time teacher in 2012. I thought English, Biology, and Integrated Science. I obtained two master's degrees in 2014. One from Galen University and the other from UNCW. Presently I am obtaining my third master's degree from the College of England and Wales in the UK where I hope to obtain a master's and then a Ph.D. in the field of physics. I love sports have also been privileged to coach Track and Field and help in any sport by either attending practice to learn and to supervise when needed in sports like volleyball and softball. I am an active member of the Red Cross in San Pedro. I started as a Biology Teacher at San Pedro High School and eventually transitioned as a Physics teacher in 2017.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Patriotic Puzzle



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



banner	brave	bursting	flag
free	galently	glare	gleaming
hailed	home	last	light
perilous	proudly	ramparts	star-spangled
stars	streamng	twilighths	wave

## Recipe for One Bowl Chocolate Cake

### Ingredients

- 2 cups white sugar
- 1 ¾ cups all-purpose flour
- ¾ cup unsweetened cocoa powder
- 1 ½ teaspoons baking powder
- 1 ½ teaspoons baking soda
- 1 teaspoon salt
- 2 eggs
- 1 cup milk
- ½ cup vegetable oil
- 2 teaspoons vanilla extract
- 1 cup boiling water



## Directions

**Step 1:** Preheat oven to 350 degrees F (175 degrees C). Grease and flour two nine inch round pans.

**Step 2:** In a large bowl, stir together the sugar, flour, cocoa, baking powder, baking soda and salt. Add the eggs, milk, oil and vanilla, mix for 2 minutes on medium speed of mixer. Stir in the boiling water last. Batter will be thin. Pour evenly into the prepared pans.

**Step 3:** Bake 30 to 35 minutes in the preheated oven, until the cake tests done with a toothpick. Cool in the pans for 10 minutes, then remove to a wire rack to cool completely.



# ALUMNI SPOTLIGHT



## MRS. ROXETTE MUNOZ

My name is Roxette Mischa Muñoz. On October 1st, 1993, I was born in Belize City and raised in beautiful San Pedro Town. I am a proud graduate of San Pedro High School. While in high school from 2007-2011. I studied academics in my 3rd and 4th year in the hopes of becoming a teacher or marine biologist. I loved helping others, and I also had a passion for the sea. I was also a member of the food and nutrition team for two years, serving as team captain in my final year. We placed 1st at the zone level and 2nd at the regional level of the competition. Upon completing my final year at S.P.H.S, I signed up for 8 CXC's and received passes in all 8 later that year, along with the news of receiving the highest grade 1 in the country for English B and the 3rd highest in the Caribbean for the same subject. I had the privilege of delivering the vote of thanks for my graduating class and have always believed that you need to make the most of the opportunities given to you, work hard and give thanks. My experience at San Pedro High School was truly memorable as I cherished every bit of it. After high school, I attained my associate's degree at San Pedro Junior College in Business Management, proving that although I was a science major in high school, I could take on the challenge of being a business student. Returning to be an English and Literature teacher to my alma mater in 2016 was indeed a blessing. I then pursued my Bachelor's Degree in English Education online at the University of the West Indies and recently completed my program. I believe that if you are in a position to help others, do it. As the late Maya Angelou once said, "When you learn, teach. When you get, give." Being where I am today makes me feel like I am doing just that.

# BAPSS PRESS RELEASE

The Belize Association of Principals of Secondary Schools (BAPSS) For Immediate Release 22 September 2021 Press Release

The Belize Association of Principals of Secondary Schools (BAPSS) is partnering with the Ministry of Education, Culture, Science and Technology (MOECST) and the Ministry of Health and Wellness (MOHW) to support vaccination days at high school campuses and community centres for youth ages 12-17. The BAPSS recognizes that vaccinating students is an important measure that can lead to students being able to return to face-to-face classes, in a careful, gradual way. It is the opinion of the BAPSS that many students across our country are in need of face-to-face classes to learn successfully, to develop socially, and for their mental health and wellness.

End

## TIPS TO KEEPING SAFE AGAINST COVID19

1. Wear your mask
2. Wash your hands
3. Social distance
4. Avoid big crowds
5. Avoid touching your nose, mouth and eyes

# Coping with Online Classes

## Helpful Tips:

- ⇒ Practice Time Management: ensure that you complete tasks on a timely manner and not leave assignments and work for last minute.
- ⇒ Take notes during class sessions
- ⇒ Ask questions if you do not understand the concept being taught
- ⇒ Resist going on social media or playing games while classes are ongoing
- ⇒ Ensure that you wake up early, have breakfast and get dressed for classes
- ⇒ Go to sleep early



## San Pedro High School

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San Pedro Town

Belize District

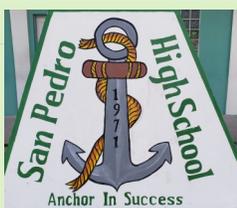
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## SCHOOL CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	3	4 Asynchronous Day	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19 Asynchronous Day	20	21	22	23
	24	25	26	27	28 Mid Semester Reports	29	30
	31						