



OCEAN ACADEMY

MARCH 2015

NEWSLETTER

Reusable Shopping Bags instead of plastic bags

Plastic bags in the ocean are harmful to marine life. Burning plastics is toxic to us. It's a big problem and getting bigger all the time.

Ocean Academy is giving out **200 reusable shopping bags (free)** to use instead of plastic bags when you do your grocery shopping.

Visit our display table on **March 20th** (Central Park, morning) to get your free eco-bag, talk with students about the issue of excessive plastics in the environment, and learn more about how together we can make a difference. Stay to watch Ocean Academy's Sports Day and cheer on the teams!



Will you accept our Eco-Bag Challenge?

Ocean Academy (Caye Caulker, Belize) and Stevenson School (Pebble Beach, California) are working together as *Ocean Guardian Schools* on projects to reduce single-use plastic bags and marine debris in both our coastal communities.

Ocean Academy's Poetry Elective & Drumming P.E.



Ocean Academy Interact Club



SERVICE Above Self



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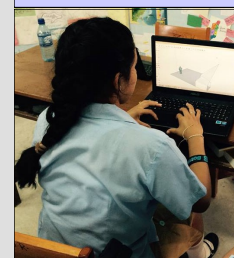
Caye Caulker Ocean Academy



Caye Caulker Ocean Academy Fly Fishing Class/Club



Female Leadership Community at Ocean Academy



GIRL POWER





First Aid Training

Nurse Lori Munch taught a hands-on workshop that covered what to do in event of health emergencies.

- ♦ How to take a radial and carotid pulse
- ♦ First response protocol & Recovery positions
- ♦ Choking
- ♦ Heart attacks
- ♦ Seizures
- ♦ Allergic reactions & Jellyfish stings
- ♦ Temperature-regulation problems
- ♦ Drowning
- ♦ Emergency carries
- ♦ Fractures



Nurse Lori demonstrated how to use the items in Ocean Academy's First Aid Kit and finished the training by sharing a mantra that nurses use to remind patients to breathe deeply and slowly:

Smell the Roses and Blow the Candles

Laughing Yoga Certification

Anisa Martinez (Form 4) trained with Heidi Barkwell this month and earned her certification as a Laughing Yoga Instructor.

Laughter has positive health and stress-relief effects on the body, spirit and mind. Anisa led a community session for her practical training and final certification. Congratulations!



IMPORTANT DATES & OPPORTUNITIES



**Parent Workshop Series with
School Counselor
Dr. Corinth Morter-Lewis**

Thursday March 26th, 4:00-5:00 pm in
the Science Lab Room at OA.



Student Government

President: Kyra Jones
Vice President: Whitley Aguilar
Treasurer: Buddy Magaña
Secretary: Leivy Florian

Interact Club

President: Anisa Martinez
Vice President: I'sha Bernard
International Director: Jeslyn Garcia
Treasurer: Milvia Reyes
Secretary: Kimberly Sotz

- ♦ March 6: Poster Fair (Women's Day)
- ♦ March 7: Coding & Technology Workshop (Women's Month Activity)
- ♦ March 19: Spanish Fair
- ♦ March 20: Sports Day & free Eco-Bags
- ♦ March 23-26 Innovation & Entrepreneurship Competition
- ♦ March 26: Parent Workshop
- ♦ No classes: March 4, 9, 27
- ♦ Easter Break is March 28 to April 12
- ♦ Classes resume on Monday April 13