



NEWSLETTER
Volume #4
February 22

INTERNATIONAL TIMES

Mon	Tue	Wed	Thu	Fri
31 8:30am High School NHS Meeting -	Feb 1 12pm English Tutoring - Mire 2pm Newsletter Team	2	2pm Science Tutoring - Lawe	3
7 6am Social Hour - Wilson 1:30pm Math Tutoring - Smith	8 12pm Math Tutoring - Durr 3pm Social Hour - Hedden	9 10am Language Tutoring - Constan	10 1pm Newsletter Team	11
14	15 11am Social Hour - Glauser 12pm Science Tutoring - Brier 2pm Newsletter Team	16 2pm Book Club - Alexander 3pm High School Monthly Teacher	17 10am Math Tutoring - Austin	18
21 5pm Social Emotional Learning Hou	22 10am Art Club 12pm English Tutoring - Lee 3pm Social Hour - McGarrh	23 11am Math Tutoring - Baer	24	25 9am Conversational Language Prac
28 8:30am High School NHS Meeting - 12pm Social Hour - Bills 3pm High School Math Tutoring	Mar 1 12pm English Tutoring - Mire 2pm Newsletter Team	2	2pm Science Tutoring - Lawe	3

FEBRUARY SCHEDULE

HOMETOWN HIGHLIGHT: CARNAVALES PANAMA

By Maria Dominga

Prior to Ash Wednesday, the Carnivals of Panama are held for four days in a row ending at the close of February. The burial of the sardine on Wednesday at 6 a.m., brings the Panamanian festival to a close. The coronation of the Carnival Queen kicks off the Panamanian carnival festivities on Friday night. Beginning on Saturday morning, "mojaderas" or "culecos" are held in public or private squares. Accompanied by popular music, tank trucks are brought in to spray river water during the day as part of the art of the afternoon. At night, there are numerous parades with queens dressed in carnival costumes aboard allegorical cars. Accompanied by troupes and tubas, squares are blocked and run parallel to the parade. Excitingly, the Capital City commemorated the 100th anniversary of these carnivals in 1910.

ANNOUNCEMENTS

- The Book Club is currently reading "We Hunt The Flame" by Hafsa Faizal and will be discussing act 2 on the 16th of February!
- Join the Social Emotional Learning Hour and learn essential skills of emotional learning! If interested, check out [this flyer!](#)
- Take a look at our February Schedule (at left) for more information on Social Events and HS tutoring!
- Follow the IVLA NHS instagram page (@ivla_nhs) for updates on club activities.
- Interested in joining the number puzzles and games club? Check out the ad on page 2!



JANUARY STUDENT POLL RESULTS

By Sydney Fisher and Bella Stoffel

The results from the Newsletter's January poll focusing on getting to know the student body are in!

- ✓ The majority of polltakers have been with IVLA for one year or less (52.2%)
- ✓ Surprisingly, math was chosen as the favorite school subject by more than a quarter (26.1%) of respondents 
- ✓ Most of the students who responded use the Apex Learning curriculum (65.2%)
- ✓ IVLA students love to volunteer (52.2%), with traveling (30.4%), music (26.1%), and athletics (26.1%) being the next most popular extracurricular activities
- ✓ Many respondents live in North America (73.9%), though South America (4.3%), Asia (8.7%), and Europe (13%) are represented as well 

TALKING WITH TEACHERS

Featuring IVLA High School science teacher Ms. Kisha Crawford from South Carolina.

By Mia Isabella San Inocencio



What is your favorite memory from highschool?

Enjoying friends!

What is your favorite movie?

Soul!

What is your least favorite food?

Eggs

Do you have a special talent?

If I do, it hasn't surfaced yet!

What do you like best about being a teacher?

Being in an environment where learning is continous.

Continue to the next page to find information on

February happenings!



FEBRUARY NEWSLETTER POLL

By Sydney Fisher and Bella Stoffel

Fill out the International Times' second student poll – entertainment preferences!

Responses are anonymous and results will be published in the March

Newsletter.

Click [HERE](#) to begin!



JOIN THE NUMBER PUZZLES AND GAMES CLUB!

Do you enjoy playing number puzzles like sudoku, ken ken, or kakuro? Do you like solving riddles?

Join Puzzle Club to share and engage in puzzles with other puzzle enthusiasts!

To join, message Ms. Baer on Discord or email her at abaer@internationalvla.com

Join the Newsletter Team!

Would you like to be a part of the newsletter team? Join us the first and third Tuesdays (2pm PT) and second Thursday (1pm PT) of the month on GoToMeet, or join the IVLA High School Students Discord (ask your success coach!) and ask to be added to the Newsletter chat!

Interested in being featured in the next edition of the International Times Newsletter? Fill out this form:

[Newsletter Feature Submissions.](#)

Black History Month

By Alessandra Nungaray, Mia Isabella San
Inocencio & Enam Zigi

This month we not only celebrate Valentine's Day but also Black History Month! First celebrated as "Negro History Week," Black History Month began in 1926 when historian Carter G. Woodson dedicated the second week of February to the cause. He picked this week because it coincides with Abraham Lincoln and Frederick Douglass' birthdays; a perfect time to reflect on black history as black communities had already come together to celebrate both these days! Around 1970, black educators/black united students proposed Black History Month. It wasn't till 1976 that President Gerald Ford recognized it and instructed Americans to observe the month. In 1870 the first Black man, Hiram Rhodes Revels was elected to the U.S. Senate and represented the state of Mississippi. Around the 20th century, leaders unified and developed a civil rights organization, the NAACP. Rosa Parks helped raise a voice about the civil rights movement from her bus boycott. In 1947, Jackie Robinson became the first African-American to play in the modern MLB for the Brooklyn Dodgers. Another inspirational figure was Thurgood Marshall, who became the first African-American to serve on the U.S Supreme Court. Shirley Chisholm was the first African-American woman in the House of Representatives in 1968. The first Black president of the United States, Barack Obama, was elected in 2008. More and more countries are joining the United States in celebrating black people and their contributions to the world's history and culture, including Canada, the United Kingdom, Germany, and the Netherlands.



The 2022 Winter Olympics are taking place in **Beijing** from **February 4-20**.

Lookout for a review of the games in next month's newsletter!



AMERICAN HEART MONTH

By Bella Stoffel and Megan Schoenherr

Statistics on the Heart:

- Cardiovascular disease is the **number 1 cause of death** worldwide.
- Every **36 seconds** a person dies due to heart problems.
- **659,000** people in the United States die from heart disease yearly, resulting in **1 out of every 4 deaths**.
- In the United States alone, a heart attack occurs every **40 seconds**.
- Approximately **6,300 children under the age of 18** experience cardiac arrest outside of hospitals.
- An estimated **17.6 million** people died due to cardiovascular disease alone in 2019.

Heart Healthy Tips for Teens

- Look for healthy food alternatives (balance is key)
- Learn ways to manage stress and find healthy coping mechanisms.
- Get enough rest and try to get 8-10 hours of sleep.
- Stay active even if it is for short amounts of time.
- Talk to a doctor about ways you can keep your heart healthy.

Remember small positive actions add up and can make a big difference in your quality of life. So start small and maintain a balanced viewpoint of your health!

CHINESE NEW YEAR

By Angel Khoo

Happy Chinese New Year! Now that we have entered February, we have also reached the beginning of a new year according to the Chinese lunar calendar. To celebrate the Chinese New Year, the main festivities include putting up decorations, offering sacrifices to ancestors, eating reunion dinner, giving red envelopes (and receiving them!), watching lion and dragon dances, and lighting firecrackers! In China, each year is also associated with a different animal on the Chinese zodiac. Fun fact: 2022 is the year of the tiger!

THE STORY BEHIND VALENTINE'S DAY

By Mia Isabella San Inocencio and Alessandra Nungaray

Have you ever wondered how Valentine's Day came to be? The holiday originated in ancient Rome and was called Lupercalia. While there are a lot of different theories, there is one story that stands out. St. Valentine was known for not only being a saint in the Catholic church but also falling in love with the jailor's daughter. He sent his first "valentine" after tutoring the girl while imprisoned. Before his death, he wrote her a letter expressing his feelings and signed the note with: "From your Valentine" an expression we still use today! While there are a lot of different stories, St. Valentine is expressed as a heroic, friendly, and romantic figure. His reputation and legends helped make the holiday celebrated globally around the world!



3 Ingredient Valentines Day Chocolate Truffles

By Shiloh Nagwekar

Recipe:

Serving Size: 12 Truffles

Ingredients:

- 1 Can of Condensed Milk
- 2 Tablespoons of Butter, plus more for greasing
- 1/3 Cup of Cocoa Powder

Instructions:

- Put a pot on a medium low heat and melt the butter with the condensed milk.
- Stir in the cocoa powder and continue to stir for 10-15 minutes until the mixture begins to pull away from the edge of the pot.
- It's done when you run the spoon through the centre of the mixture and it takes a few seconds to combine again.
- Spread the mixture onto a buttered plate and refrigerate for 2 hours.
- When set, roll the mixture into balls, and sift cocoa powder on the top of each ball.



HEART COOKIES WITH JAM

INGREDIENTS

350G OF FLOUR
200G OF BUTTER
1 EGG WHITE
125G SUGAR
1 TABLESPOON LEMON JUICE
1 SALT PIZZA
1 JAR OF RASPBERRY JAM
1 TABLESPOON ICING SUGAR

DETAILS

COOKING TIME: 10-12 MIN
CHILL TIME: 30 MIN
PREP TIME: 20 MIN
TOTAL TIME: 1 HOUR

INSTRUCTIONS

- IN A LARGE BOWL, MIX THE SOFTENED BUTTER WITH THE SUGAR AND ADD THE EGG WHITE, JUICE, SALT AND FLOUR.
- KNEAD WITH YOUR HANDS UNTIL YOU GET A SOFT DOUGH. PUT IT IN THE FRIDGE AND LET IT REST FOR HALF AN HOUR.
- ROLL OUT THE DOUGH ON A SMOOTH FLOURED SURFACE TO A THICKNESS OF 4MM, AND CUT DISCS OF 5 OR 6 CM IN DIAMETER.
- IN THE MIDDLE OF THE DISKS, WE MAKE A HOLE WITH A SMALL HEART SHAPED COOKIE CUTTER OR A SMALL KNIFE.
- COOK THE COOKIES IN THE OVEN, PREHEATED TO 210°C AND COOK FOR 10-12 MINUTES.
- THEY SHOULD HARDLY BROWN. WE REPEAT THE OPERATION UNTIL THE DOUGH IS FINISHED.
- REMOVE THE COOKIES FROM THE OVEN AND LET THEM COOL.
- COVER THE COOKIES WITHOUT HOLES WITH JAM AND PLACE THE HOLEY COOKIE ON TOP.
- SPRINKLE WITH ICING SUGAR.

BY: MARIA DOMINGA JIMENEZ

THANKS FOR READING THIS MONTH'S NEWSLETTER!

- The Newsletter Team

Shiloh Nagwekar: Grade 7, USA - Writer

Izi Cisneros: Grade 7, Ecuador - Communications & Writer

Josiah Stewart: Grade 9, USA - Writer

Maria Dominga Jimenez: Grade 8, Panama - Writer & Designer

Gerhard Fischer-Buder: Grade 9, Namibia - Editor

Alessandra Nungaray: Grade 9, Mexico City - Communications & Writer

Megan Schoenherr: Grade 9, USA - Writer, Communications, & Designer

Gerhard Fischer-Buder: Grade 9, Namibia - Editor

Mia Isabella San Inocencio: Grade 9, Puerto Rico - Communications & Writer

Angel Khoo: Grade 10, Myanmar - Writer

Leonhardt Fischer-Buder: Grade 11, Namibia - Communications

Bella Stoffel: Grade 11, USA - Writer, Communications, Editor

Enam Zigi: Grade 11, Ghana - Graphic Designer

Sydney Fisher: Grade 12, USA - Writer, Communications, Designer & Editor