



NEWSLETTER
Volume #7
May '22

INTERNATIONAL TIMES

Mon	Tue	Wed	Thu	Fri
6am Social Hour - Wilson	12pm English Tutoring - Mire 2pm Newsletter Team 8:30am NHS History Seminar		10am Math Tutoring - Austin 2pm Science Tutoring - Lawe	
8:30am NHS College Seminar	12pm Math Tutoring - Durr 3pm Social Hour - Hedden/Constar		1pm Newsletter Team	
5pm Social Emotional Learning Hol. 8:30am NHS Online Seminar	12pm Science Tutoring - Brier 2pm Newsletter Team 3pm Social Hour - Glauser	8am Math Tutoring - Forgerson 2pm Book Club - Alexander 3pm High School Monthly Teacher I		
12pm Social Hour - Bills	6am Art Club 12pm English Tutoring - Lee 3pm Social Hour - McGarrh	11am Math Tutoring - Baer		9am Conversational Language Prac
8:30am High School NHS Meeting -		Jun 1	10am Math Tutoring - Austin 2pm Science Tutoring - Lawe	

May Schedule

COMIC STRIP RUNNERS-UP

Congratulations to the runners-up of the IVLA Newsletter's Comic Strip Contest!
HS Division (below) – Sebastian, 11th grade
MS Division (right) – Maéline, 6th grade



ANNOUNCEMENTS

- Join NHS subject and topic panel seminars as they talk about different aspects of online school. They will be hosted on these dates: May 2nd, May 9th, and May 16th.
- Interested in joining the Art Club, Book Club, Puzzles & Games Club, Math Team, or the Newsletter Team? Contact your success coach and ask for more information on ways to join!
- The HS Book club is finishing this month's book, *The Midnight Library* by Matt Haig! Be sure to contact Alessandra Nungaray if you are interested in joining!
- Watch your inbox for information about the IVLA Talent Competition!
- HS Graduation is June 8th at 12pm Pacific!



APRIL STUDENT POLL RESULTS

By Sydney Fisher and Bella Stoffel

The results from the Newsletter's April poll on the good old days are in!

- ✓ The birth year with the highest number of student respondents in it was 2005 (30%), followed closely by 2007 (25%).
- ✓ 80% of poll takers said they were born in North America, with the next largest category, Africa, garnering only 10%.
- ✓ There was a four-way tie for favorite story/fable between *The Three Little Pigs*, *Tortoise and The Hare*, *Goldilocks and the Three Bears*, and *Little Red Riding Hood*.
- ✓ SpongeBob was chosen as one of the pole's favorite animated TV shows from when they were younger, with 30% of the vote.
- ✓ Respondents shared many fond memories from their childhood, including fun vacations, new additions to the family, and spending time with friends and relatives.

MAY NEWSLETTER POLL

By Sydney Fisher and Bella Stoffel

Fill out the International Times' monthly student poll! This month's theme is looking into the future!

Responses are anonymous and results

will be published in June's

Newsletter.



Click [HERE](#) to begin!

MOTHER'S DAY

By Sydney Fisher

The Newsletter Team would like to wish all of the mothers in our lives a wonderful Mother's Day!...

Click [HERE](#) to continue reading



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 GoToMeeting, 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](#).

TALKING WITH TEACHERS



Featuring IVLA English teacher, Kelsey Mire, from San Antonio Texas.

By Mia Isabella San Inocencio

What is your favorite memory from highschool?
Being part of the first team (in any sport) at my school to make it to the state tournament
What is your favorite book or movie?

Overall, the Harry Potter series (books, not movies), but more seriously, The Alice Network. It's incredible.

What is your least favorite food?

Anything spicy.

Do you have a special talent?

I'm a mom! Definitely a superpower.

What do you like best about being a teacher?

I love helping students find their voice and figuring out who they want to become.

Continue on to find Spirit week photos, Iris day, and much more!



[Click here!](#)



National Family Day



Mental Health Day



By: Mia Isabella San Inocencio, Enam Zigi
& Alessandra Nungaray

The month of May brings awareness to the importance of Mental Health Day. Many people can relate to this matter. Millions of people experience a mental disorder, and that number has gradually increased over the years. It is important to take care of your mental health. It can affect your well-being, actions, thoughts, and feelings. Having good mental health helps you to be better physically and psychologically. It gives you the ability to feel, learn, make good choices, relate to others, and even handle stress.

There are several steps to having a good mental well-being including: physical activity, connecting with others, learning new skills (such as raising/building your self-esteem), and paying attention to the present moment.

If you know someone struggling or would like to know more, click [here](#).

Cinco de Mayo

By: Maria Dominga

Cinco de Mayo, or May 5, commemorates the date of the Mexican army's victory over France in the Battle of Puebla during the Franco-Mexican War on May 5, 1862. The day is also known as Battle of Puebla Day, and it happens on Thursday, May 5 in 2022. While Cinco de Mayo is a small event in Mexico, it has developed into a celebration of Mexican culture and history in the United States, particularly in places with considerable Mexican American populations. Military parades, re-enactments of the Battle of Puebla, and other celebratory activities are among the traditions. May 5 is, nevertheless, a regular day for many Mexicans: it is not a government holiday; thus offices, banks, and businesses are open as usual.

Iris Day

By: Saba Pakizeh Seresht

Iris Day is a wonderful time to celebrate and appreciate one of the loveliest flowers that nature has to offer this time of the year. Iris flowers have been named after the Greek goddess of the rainbow and are commonly associated with and symbolize hope, trust, and wisdom. With so many good qualities, it is no wonder that Irises have also inspired great artworks from renowned artists, become icons and emblems for others, and have been the namesake of many. They make for a great gift to a loved one and if wished, can easily beautify any garden or bouquet with their captivating look. So, for the 8th of May, happy Iris Day!



Tips for Succeeding as an At-Home Student

By: Mia Isabella San Inocencio

Sometimes it can be difficult to manage schoolwork and a personal life simultaneously. As we acknowledge the month of May being homeschool awareness month, here are some tips that might help you stay on track!

- **Prepare & Plan ahead of time:** Set your calendar with the due dates of the assignment given to you. But more importantly, set deadlines when you wish to get them done. Personally, I like to have two planners, one digital with all the assignments given and one non-digital, on which I then set all the tasks and deadlines I would like to achieve.

To continue reading [click here!](#)

Pink Moon 2022

By: Megan Schoenherr

April's full moon, known as the Pink Moon, occurred on April 16th. The meaning behind the name comes from the pink springtime flowers that bloom around this time in North America. The pink moon shines golden in the sky, but in this image, there was cloud cover, which made it have a pink hue.

Photography By: Megan Schoenherr



Spirit Week

By: Mia Isabella San Inocencio & Sydney Fisher

The IVLA Student Government sponsored a school-wide spirit week April 4-8! The themes were Decades Day, Bring Your Pet to School Day, Hobby Day, Pajama Day, and Funny Socks Day. To take a closer look at some of IVLA's school spirit, please click on this link:

[Spirit Week Photos](#)

CHOCOLATE CHIP COOKIES

By: Mia Isabella San Inocencio

INGREDIENTS

- 1/2 cup of brown sugar
- 1 cup of white sugar
- 2 sticks of salted butter
- 2 eggs
- 2 tsp of vanilla extract
- 3 cups of all-purpose flour
- 1 tsp of baking soda
- 1/2 tsp of salt
- 2 cups of chocolate chips

METHOD

- Start by melting your salted butter sticks and combine the brown & white sugar until a creamy texture
- Continue by adding 2 eggs & 2 tsp of vanilla extract.
- Add 3 cups of flour, baking soda, and salt
- Finish the cookie dough by adding chocolate chips!



Don't forget to preheat your oven to 350 F!

Bake for 8-10 minutes

THANKS FOR READING THIS MONTH'S NEWSLETTER!

- The Newsletter Team

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