



# International Times

September '22

Volume #11

Newsletter



## Announcements

- The IVLA Newsletter Team is hosting a mentoring program for Middle School and Elementary School! If you are interested in being a part of the Team check out the flyer below for more information! Click [HERE](#)

- The MS Book club is currently reading The Chocolate Touch by Patrick Skene Catling!

- Interested in being a part of Social Hours, Club meetings, Tutoring sessions, and more? Check out the monthly schedule below and click to join!

- The HS Book club is currently beginning their new book The Poppy War by R. F. Kuang for more information check the flyer below! Click [HERE](#)



## September Schedule

Click the events below to join!



Events shown in time zone: Pacific Time

SUN	MON	TUE	WED	THU	FRI	SAT
		30 <a href="#">-8:30am HS NHS Meeting</a>	31	1 <a href="#">-10am Math Tutoring-Austin</a> <a href="#">-2pm Science Tutoring-Lowe</a> <a href="#">-4pm PTO Meeting</a> <a href="#">-4pm Middle School Homeroom</a> Bowlin/Cook	2	3
4	5 <b>CLOSED</b>	6 <a href="#">-8am Academics and Executive Functioning Skills Workshop - Marlene/Carol</a> <a href="#">-11am Social Hour - Chadwick &amp; Tarbert</a> <a href="#">-12pm English Tutoring - Mine</a> <a href="#">-2pm Newsletter Team</a> <a href="#">-4pm Middle School Homeroom</a> Watson/Monk	7 <a href="#">-7:30am ES Homeroom</a>	8 <a href="#">-4:30pm MS Math Meetup</a>	9	10
11	12	13 <a href="#">-3pm Social Hour - Heikkinen/Constance</a> <a href="#">-4pm Middle School Homeroom</a> Navas	14 <a href="#">-9am Middle School Homeroom</a> Frank/Muehl	15 <a href="#">-3pm Newsletter Team</a> <a href="#">-4pm Middle School Homeroom</a> Bowlin/Cook <a href="#">-8:30am ES Homeroom</a>	16	17
18	19 <a href="#">-5pm Social Emotional Learning Hour</a> <a href="#">-3pm MS Math Meetup</a>	20 <a href="#">-2pm Newsletter Team</a> <a href="#">-3pm Social Hour - Gleuser &amp; Abbotts</a> <a href="#">-4am Middle School Homeroom</a> Watson/Monk	21 <a href="#">-8am Math Tutoring-Ferguson</a> <a href="#">-2pm Book Club-Alexander</a> <a href="#">-3pm High School Monthly Teacher Meeting</a> <a href="#">-7:30am ES Homeroom</a>	22 <a href="#">-4:30pm MS Math Meetup</a>	23 <a href="#">-8am Conversational Language Practice - Ibanez</a>	24
25	26 <a href="#">-12pm Social Hour - Bills &amp; Long</a>	27 <a href="#">-8am Art Club</a> <a href="#">-8:30am High School NHS Meeting - Members Only</a> <a href="#">-9am Math Tutoring - Gilliam</a> <a href="#">-12:30pm English Tutoring - Lee</a> <a href="#">-4pm Middle School Homeroom</a> Navas	28 <a href="#">-11am Math Tutoring - Baer</a> <a href="#">-1pm Science Tutoring - Gomes</a> <a href="#">-9am MS Book Club - Frank/Muehl</a>	29 <a href="#">-8:30am ES Homeroom</a>	30	

## IVLA's 15th Anniversary

By: Megan Schoenherr

Did you know that IVLA is turning 15 years old this year? To celebrate, take a photo of yourself with the number "15" visible in the photo at a landmark or location you love. Be sure to post it and tag IVLA on Instagram or FaceBook, and IVLA will donate \$15 to Girls Who Code for every post they are tagged in by September 30, 2022!



## Remembering 9/11

By: Megan Schoenherr

September 11th, 2022 marks the 21st anniversary of the attacks on the World Trade Center in New York City, the U.S. Pentagon, and the loss of Flight 93. Each year, to honor the anniversary of 9/11, people fly the American Flag at half-staff, and Americans hold ceremonies to honor all those who were lost on that day. *We Will Never Forget.*



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

[Newsletter Future Submissions](#)

Continue to Find: Brazilian Independence Day, September Poll, and Talking with Teachers

# Brazilian Independence Day

By: Mia Isabella San Inocencio



As we celebrate the independence of Brazil on September 7th, we honor the journey of their freedom as a country! It all began when the Portuguese king Dom João VI and his well-known son Dom Pedro were both authorized to rule or return to their homeland Portugal. Dom João VI took it upon himself in 1821 to return to his homeland leaving Dom Pedro to take over and create an alliance with Brazil. He started to expand and evolve his empire in the capital of Rio de Janeiro. The citizens of Brazil started their independence war wanting freedom as a country without alliances with Portugal. In 1831 Dom Pedro gave up his beloved throne to his son Pedro II, which followed many years of rebellions decisions. In 1889 a military coup was established as well as the Brazilian Republic expelled Pedro II from his throne. Brazil was then named The Republic of the United States of Brazil, and in 1967 was renamed the Federative Republic of Brazil creating its own form of government and constitution. Brazil now celebrates and honors its independence by hosting military parades, fireworks in the nighttime, outdoor festivities, and patriotic performances



## Talking with teachers

By: Quade Goss

### What is your name?

Eugene Wilson

### What do you teach?

Social Studies

### Where are you from?

Jacksonville, FL

### What is your favorite memory from high school?

Hanging out with Friends at sporting events.

### What is your favorite book or movie?

Jurassic Park for both.

### What is your least favorite food?

Anything Green!

### Do you have a special talent?

Dog training.

### What do you like about being a teacher?

Working with students to reach their goals.



## Poll Results!

By: Sydney Fisher

The results from the Newsletter's poll on summer break and back to school are in!

- Unsurprisingly, poll respondents chose going on vacation as the ideal way to spend summer break!
- Meeting new students and teachers, getting back to coursework, and going back to school shopping were tied for the favorite part of going back to school.
- 40% of IVLA students who responded to the poll, math was their hardest class last school year.
- Students shared that they are most looking forward to taking foreign language and English classes!
- According to those who took the poll, listening to music at a normal volume is the best option!
- Multiple pollees mentioned going to camp and seeing family and friends as their best summer memories.

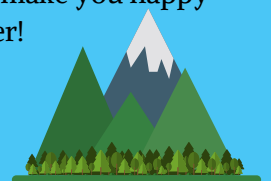
## Poll For Next Newsletter

By: Bella Stoffel

With school starting, it's important to take a moment and remember how we can improve the environment, our relationships with others, and our own mental health. Tell us a little about the healthful habits that make you happy and make the world better!



[Click Here!](#)



Continue to find:  
International Day of  
Charity, Day of the Deaf, as  
well as Club Application and  
Book Club information.

## International Day of Charity: Submit Your Collage

By: Megan Schoenherr & Mia Isabella San Inocencio

International Day of Charity, celebrated on September 5, was recognized and created by the United Nations as an international holiday and a way to promote worldwide help.

We honor this holiday by helping others who struggle with poverty, experience medical issues, and more. The International Day of Charity is dedicated to Mother Teresa, who dedicated herself for 45 years to helping and participating in many charities. There are many ways to get involved in giving back besides financial donations. How do you give back? In the form below, you can submit pictures of how you participate in charity for IVLA's International Charity Day Collage!

Submit Photos [HERE](#)



## How to Join Application Only Clubs

By: Megan Schoenherr, Mia Isabella San Inocencio, & Sydney Fisher

**NHS – The National Honor Society** is IVLA's only nationwide club, with more than 1 million students in US-based schools. The fall application period for the IVLA NHS chapter will open soon for students in grades 10-12 with a GPA of 3.5+ and exemplary scholarship, service, leadership, and character.

**Newsletter Team** – The Newsletter Team is one of the only clubs where elementary, middle, and high schoolers get to collaborate and create a newsletter each month! Be sure to watch your inbox for dates to apply!

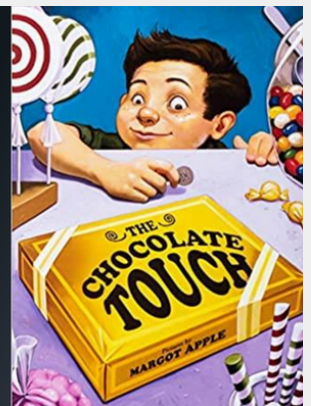
**Student Government** – If you are interested in being a part of the Student Government, make sure to check your email when applications begin this fall!

### Middle School Book club September 28 at 9am Pacific

*The Chocolate Touch*

by Patrick Skene Catling

In this zany twist on the legend of King Midas and his golden touch, a boy acquires a magical gift that turns everything his lips touch into chocolate.



## Day of the Deaf

By: Mia Isabella San Inocencio

World Day of the Deaf is an international holiday celebrated all over the world. It recognizes the disabilities and the rights of people in the deaf community. The Day of the Deaf highlights how important it is to raise awareness and how to be a part of a community created. They advocate the use of sign language, accentuate potentially dangerous habits that can cause hearing loss, but most importantly how to encourage one another, as well as help every person that needs it.

For more information visit: [The Day of the Deaf](#)

## World Environmental Health Day

By Sydney Fisher

September 26 is World Environmental Health Day, an initiative by the International Federation of Environmental Health to raise global awareness about today's most pressing environmental health concerns.

This year's theme is "Strengthening environmental health systems for the implementation of the sustainable development goals". The United Nations Sustainable Development Goals (SDGs) are a global call to end some of the world's most crucial problems and prepare for a sustainable future by 2030. On this year's World Environmental Health Day, you are encouraged to learn more about SDGs and how you can help work towards a sustainable and peaceful future for all.





In ancient Egypt, cats were considered holy animals. There were 3 cat gods, but the most recognized one was Bastet. There were pet cats back then too, and when they died the family would shave off their eyebrows in mourning. There were also lots of mummified cats.

Here are some fun facts about felines. They can jump up to six times their length, and they spend 70% of their lives sleeping. A tabby cat named Stubbs was the mayor of Talkeetna, which is a small town in Alaska. Although he didn't have any real legislative power, he was the mayor for 20 years!

By Izi Cisneros

## World Suicide Prevention Day

by Mia Isabella San Inocencio

World Suicide Prevention Day is an opportunity to promote and raise awareness, which can help reduce the number of suicide deaths every year. Being there or asking for help from somebody can help prevent suicidal thoughts. Going outside and finding a hobby to occupy your mind can also balance your mental health. Seeking professional help may guide you by communicating your thoughts and feelings about your struggles.

We all can support those who are experiencing suicidal thoughts as a society, whether it is a young person, a parent, a friend, or a member of another social group. We can all spread awareness of the problem, reach out to those in need, and share our personal experiences. Through our actions, we may all spread hope and shine a light.

Mental Health Help Hotline: 988

## Thanks for reading this month's newsletter!

- *The Newsletter Team*

Izi Cisneros: Grade 8, Ecuador - Writer

Ryan Phillips: Grade 9, USA - Communications

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

Gerhard Fischer-Buder: Grade 10, Namibia - Editor

Mia Isabella San Inocencio: Grade 10, Puerto Rico - Writer, Communications & Designer

Leonhardt Fischer-Buder: Grade 12, Namibia - Communications

Quade Goss: Grade 12, USA - Writer & Communications

Bella Stoffel: Grade 12, USA - Writer, Communications, Designer, & Editor

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

## Banana & Walnut Blondies

By: Mia Isabella San Inocencio

### Ingredients

- 2 ripe bananas
- 1/4 crushed walnuts
- 1 tsp vanilla extract
- 1 tsp of coconut oil
- 1/2 medium ripe banana for the topping
- 1 tsp walnut for the topping
- 1/3 cup of coconut sugar
- 1 cup of buckwheat flour
- 1 tsp of baking powder
- 1/4 tsp of salt
- 1/2 of cinnamon



### Method

1. Preheat oven to 180 degrees Celsius and grease a square baking tin with coconut oil.
2. Add two ripe bananas to a large mixing bowl and mash well with a fork until smooth and no large chunks remain.
3. Add in your coconut sugar, buckwheat flour, baking powder, salt and mix well together.
4. Mix in vanilla extract and melted coconut oil until a smooth batter is formed. Finally gently fold in your crushed walnuts.
5. Pour the mixture into your prepared greased square tin and dust over cinnamon, crumble walnuts and press thinly sliced banana pieces into the top of your batter.
6. Place into oven and bake for 16-18 minutes, or until lightly golden brown and when a skewer is inserted it comes out clean. Slice into 9 even square blondies and enjoy!

