

International Times

Volume #18

Newsletter



April '23

Announcements

- Interested in joining The Newsletter Team, Media Club, Book Club, Student Government, Music Club, Pre Med Club, and Puzzle & Games club? Contact your success coach for more information on how to join!
- IVLA's National Honor Society has collaborated with Puerto Rico Education Foundation for their annual Winter Service Project! Check out the flyer for more information on how to donate! Click [HERE](#)
- NHS applications for Spring consideration are due **May 3rd** by 9AM PT- info is in students email and they can email Mrs. Halstead with questions.
- High School Graduation is **June 6th at 9AM PT**. In order to participate, you must RSVP.
- Middle School Graduation will be taking place **Thursday, June 8th at 3PM PT**.
- Elementary School Graduation will be taking place **May 30th at 8:30AM PT**.
- Congratulations to the Middle School STEM fair winners: Ella S., Colten W., and Earl P.
- The Student Government has organized Spirit Week! Check out the flyer for more information Click [HERE](#)



April Schedule

Click the events below to join!



Events shown in time zone: Pacific Time

SUN	MON	TUE	WED	THU	FRI	SAT
						1 IVLA CLOSED
2 IVLA CLOSED	3 IVLA CLOSED	4 IVLA CLOSED	5 IVLA CLOSED	6 IVLA CLOSED	7 IVLA CLOSED	8 IVLA CLOSED
9 IVLA CLOSED	10 9 am World Languages Practice and Tutoring - Hance 7 pm Science Tutoring - Aponso	11 4 pm Social Hour - Hedden 4 pm Middle School Homeroom	12 1 pm Science Tutoring - Pellegrino 2 am Middle School Homeroom	13 1 pm Newsletter Team 4:30 pm Middle School Math Meetup 7:30 am Elementary Homeroom	14 6 am Academic and Executive Functioning Workshop - Mihalchick-Shea	15
16	17 5 pm Social Emotional Learning Hour - Hekun 3 pm Middle School Math Meetup	18 10 am Newsletter Team 3 pm Social Hour - Glauser 4 am Middle School Homeroom 8:30 am Elementary Homeroom	19 2 pm Book Club - Alexander 2 pm Math Tutoring - Forrester	20 6 pm Middle School Homeroom	21	22
23 12 pm Social Hour - Bills & Mirz	24 10 am Art Club - VanDyke 4 pm Middle School Homeroom	25 11 am Math Tutoring - Barr 2 am Middle School Book Club	26 2 am Math Tutoring - Gilliam 12:30 pm English Tutoring - Lee 4:30 pm Middle School Math Meetup	27 2 am World Languages Practice and Tutoring - Hance	28	29

Spring Coloring Contest Winner

By: Megan Schoenherr



Congratulations to the winner of the Spring Coloring Contest, Eliza N. Thank you to everyone who participated by sending in drawings and coloring pages! Check out Eliza's winning coloring page below.

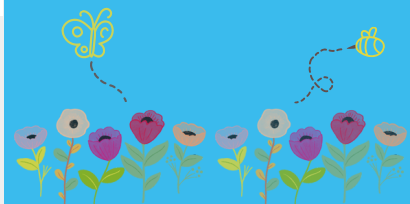


Origins of Easter

By: Mia Isabella San Inocencio & Sofia Cardenas



As we celebrate Easter in unique ways worldwide, let's learn a little more about its origin. The ancient Christian day was mainly celebrated to acknowledge Spring Equinox and was seen as the greatest feast of a church year. Additionally, Easter celebrates the resurrection of Jesus Christ. Easter is celebrated globally with music, flowers, special church services, the ringing of church bells, and modern celebrations such as chocolate egg hunting, egg painting, and the easter bunny.



Continue to find:

Earth Day, Talking With Teachers, April's poll and many more!



Earth Day

By: Ellah Stewart and Megan Schoenherr

Earth Day is an annual celebration held on April 22nd of each year. Every year, more than 1 billion people do something special for Earth Day, including picking up trash in their neighborhoods and planting trees.



What Can I Do?

- Pick up trash around you in your neighborhood
- Plant a tree, bush, or plant
- Use reusable straws, utensils, dishes, and cups
- Try not to use pesticides and chemicals in your garden or grass
- Turn off the water when you're not using it
- Turn off the lights when you're not in a room



Talking With Teachers

By: Quade Goss

What is your name?
Shanna Alexander

What do you teach?
English

Where are you from?
South Carolina

What is your favorite memory from high school?

My favorite memory from high school was meeting my, now, husband.

What is your favorite book or movie?

My favorite book is The Fellowship of the Rings. My favorite movie is The Dark Knight.

What is your least favorite food?

I have the genetic thing where cilantro tastes like soap, so cilantro is my least favorite food.

Do you have a special talent?

I really enjoy working with soundboards for bands. I like setting EQ and finding pink noise.

What do you like about being a teacher?

I really enjoy working with my students and getting to know them. I especially enjoy learning about different parts of the U.S. and the world.



Poll Results!

By: Bella Stoffel

Last month's poll was a little different as students shared some of their favorite "awkward moments"! Click below to read all about the stories, moments and interactions that make us laugh.



[Read Here!](#)



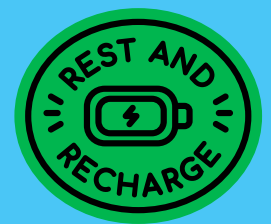
Next Months Poll

By: Bella Stoffel

Times can be stressful regardless of the time of year so it is important to take some moments for yourself. Share below a few of the ways you take care of yourself and others in your community!



[Click Here!](#)



Click Me

Continue to Find:
Stress Awareness,
Speaking With
Students, World
Penguin Day, and more!

Stress Awareness Month

By: Aria Alicea and Megan Schoenherr

Stress is a rather common occurrence in our daily lives. There is no one way to show that you're stressed, or how to deal with it.

Everyone experiences and deals with stress differently, and to some degree. Stress can be physical, emotional, or psychological strain, that could be from school, work, or what's going on in your daily life that makes you tense or overthink. It's good to practice ways that ease your tension, and help you stay as relaxed as you can be, as well as healthy!

World Penguin Day

By: Mia Isabella San Inocencio & Alessendra Nungaray

On April 25th we celebrate World Penguin Day. The holiday is known to be honored, represented by the educative initiative and how Penguins are contributors to our ecosystem. Its origin takes place to the northern migration of Adélie penguins. These specific species migrate to the north for better food, life, and reproduction. When the seasons become warm, Adélie penguins return to the coasts of Antarctica!

You can celebrate by learning about penguins and the many different species there are! You can learn about how important they are for our environment!



(fun fact: Penguins are fantastic walkers! They can walk up to 60 miles.)

SPEAKING WITH Students

By Quade Goss

What Is Your Name?

Montserrat Martinez

What Grade Are You In?

12th

Where Are You From?

Mexico.

What Is Your Favorite Subject?

Physics.

How Long Have You Been at IVLA?

4

Why Did You Join IVLA?

Because I used to train 6 hours per days.

What Is A Fun Fact About You?

I'm a gymnast

What Extracurricular Activities Do You Enjoy?

Gymnastics, and everything that has to do with crafts

For more articles please click the links below!

[Youth Empowerment in Namibia](#)

[Sports Showcase](#)



Chocolate Mousse

Ingredients

for 2 servings

- 1 cup heavy cream (240 mL)
- 3 tablespoons sugar
- 2 oz chocolate (60 g), milk or dark, broken into small pieces
- ¾ cup heavy cream (60 mL), hot
- 6 raspberries, to garnish
- 2 sprigs of mint, to garnish
- 2 tubes of tube cookies, to garnish

Preparation

1. In a large bowl, combine the heavy cream and the sugar, beating with an electric mixer until soft peaks form when lifted from the bowl. Set aside two large spoonfuls of the whipped cream to garnish with at the end.
2. Whisk the chocolate and hot cream in a separate bowl until smooth, then fold the mixture into the cream with a spatula until no streaks remain.
3. Split the chocolate cream mixture evenly between two martini glasses or your serving dish of choice, then chill for at least 1 hour.
4. Garnish with a spoonful of whipped cream, raspberries, mint, and the chocolate cookies.
5. Enjoy!



Thanks for those who submitted a plant photo!

Thanks for reading this
month's newsletter!
- *The Newsletter Team*

Ellah Stewart: Grade 7, USA – Writer

Aria Alicea: Grade 9, USA – Writer,
Communications

Megan Schoenherr: Grade 10, USA – Writer,
Designer, Editor, Communications

Emma Zelenger: Grade 10, USA – Writer

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

Alessandra Nungaray: Grade 10, Mexico –
Writer, Designer

Peyton Basnight: Grade 10, USA – Writer

Gerhard Fischer-Buder: Grade 10, Namibia –
Editor

Sofia Cardenas: Grade 11, Ecuador – Writer,
Editor, Designer

Leonhardt Fischer-Buder: Grade 12, Namibia
– Communications, Writer

Quade Goss: Grade 12, USA – Writer, Editor

Bella Stoffel: Grade 12, USA – Editor, Writer,
Designer, Communications

Golden Rule Week

Izi Cisneros & Emma Zelenger

The Golden Rule says that you should treat others how you want to be treated, and is celebrated in the first week of April (April 1st to 7th). This rule is thousands of years old, some version of this rule is present in texts of Christianity, Judaism, Islam, and has allegedly been spoken about by the Buddha and Confucius.

Some ways to practice the Golden Rule in everyday life include making it a habit to place yourself in other people's shoes, meaning to show compassion and empathy to everyone. If you want people to be polite to you, then you should be polite to them. Once you make an effort to understand another person, practicing kindness can make a huge difference in someone's life. The main question is; how would you like to be treated?