

International Times

Volume #19

Newsletter



May '23

Announcements

- Interested in joining the Newsletter Team, Book Club, Art Club, Media Club, Music Club, Student, and Puzzle & Games Club? Ask your success coach for more information on how to join!
- The Student Government is organizing its annual Talent Show! Click [here](#) for more information!
- Ms. Bills is hosting her annual Prom on May 22nd, 2023! Click [here](#) for more information!



- IVLA High School Book Club is currently reading *Cemetery Boys* By: Aiden Thomas
- IVLA will be closed on May 29th, 2023
- Elementary School 5th Grade Graduation is May 30th, 2023!
- IVLA Middle School Book Club is currently reading *The Lost Hero* by Rick Riordan!
- The National Honor Society Winter Service project "*Back off, Fiona!*" has officially raised **\$575!** Click [here](#) for more information on the project and its mission to help schools in Puerto Rico!

May Schedule

Click the events below to join!

ES

MS

HS

Events shown in time zone: Pacific Time

SUN	MON	TUE	WED	THU	FRI	SAT
	1 6am- Social Hour - Wilson/Helton 3pm- Middle School Math Meetup	2 8am- Social Hour - Tarkenton/Chadwick 9am- Newsletter Team 4am- Middle School Curiosity Club	3 7:30am- Elementary School Homeroom	4 10am- Math Tutoring - Austin 2pm- Science Tutoring - Lowe 6pm- Middle School Homeroom	5 10am- Puzzle Club	6
7	8 9am- World Languages Practice and Tutoring - Baines 7am- Science Tutoring - Aponso	9 9am Art Club - VanDyke 3pm- Social Hour - Hedden 4pm- Middle School Homeroom	10 9am- Science Tutoring - Pellegrino 9am- Middle School Homeroom	11 9am- Newsletter Team 4:30pm- Middle School Math Meetup 8:30am- Elementary School Homeroom	12 6am- Academic and Executive Functioning Workshop - Melanick-Craig	13
14	15 3pm- Middle School Math Meetup	16 11am- Newsletter Team 3pm- Social Hour - Glauser/Lee 4am- Middle School Curiosity Club	17 2pm- Book Club- Alexander 2pm- Math Tutoring - Forgeson	18 6pm- Middle School Homeroom	19	20
21	22 12pm- Social Hour - Bills & Mire	23 6am- Art Club - VanDyke 4pm- Middle School Homeroom	24 10am- Math Tutoring - Baez	25 9am- Math Tutoring - Gilliam 4:30pm- Middle School Math Meetup	26 9am- World Languages Practice and Tutoring	27
28	29 IVLA CLOSED	30 9am- 5th Grade Graduation Ceremony	31 9am- Middle School Book Club	1	2	3

Cartoon Contest

By: Bella Stoffel



Participate in The Newsletter Team Cartoon Contest! Submit your cartoon strip to be featured in the June Newsletter! It should be an original story that happens over a maximum of 4 panels (no less than 2). We look forward to seeing your creation!

To Submit:

High School: Click [here](#)

Middle School: Click [here](#)

Elementary School: Click [here](#)

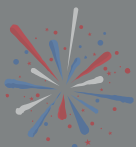


Continue to find:

Cultural Diversity Article, May Poll, Talking With Teachers, and much more!

Memorial Day

By: Ellah Stewart and Megan Schoenherr



Memorial Day, celebrated on the last Monday in May, is a holiday that honors soldiers who lost their lives while serving the United States military and defending their country. On Memorial Day, people honor fallen family, friends, and everyone who gave their lives to help the country maintain freedom. Many American families enjoy attending parades, going to places like the history museum or the beach, or having cookouts with family and friends.

★★★★★
MEMORIAL DAY



Cultural Diversity Day

Alessandra Nungaray, Mia Isabella San Inocencio



May 21st is celebrated as World Day for Cultural Diversity. This day was declared by the United Nations General Assembly in 2002 to promote the importance of cultural diversity and harmony across the globe. Cultural diversity signifies the existence of various cultural practices, traditions, beliefs, and languages in society. It is essential to acknowledge and respect cultural diversity as it contributes to the enrichment of our societies. The world is becoming increasingly globalized, and cultural diversity is more important now than ever before. Cultural diversity promotes harmony, understanding, and tolerance between people of different cultures, ethnicities, and religions. It also helps to eliminate discrimination, racism, and prejudice. Cultural diversity is essential to the development and growth of societies as it encourages creativity, innovation, and new ideas. It helps us to understand and appreciate different perspectives and ways of life, which is crucial in today's interconnected world.



Talking With Teachers

By: Quade Goss

What is your name?
Lauren Herrera

What do you teach?
Elementary Core Subjects and Middle and High School Electives

Where are you from?
Originally Southern California, but my family and I moved to Idaho almost 3 years ago.

What is your favorite memory from high school?
Meeting my husband! (We met in high school.)

What is your favorite book or movie?
My favorite book is The Giving Tree.

What is your least favorite food?
Fish (besides shrimp cocktail...I do like that!)

Do you have a special talent?
I used to dance. I started at age 3 and danced through college and even taught some classes after college for a little bit.

What do you like about being a teacher?
I love getting to know the students and being there to watch and help them succeed



Poll Results

By: Bella Stoffel & Sophie Stoffel

The poll results from April are in!

- Most students who took the poll said they prefer to take time for themselves multiple times a week!
- Out of all options for spending one's downtime, watching a show or movie was the most popular, with 50% of the votes!
- 70% of students said their preferred way to recharge depends on the situation, while 20% choose to be alone and 10% prefer to be with others.
- Of the students participating in the poll, 50% said their favorite way to help others when they are struggling is to simply sit down and talk with them.
- Popular proactive activities that reduce future stressors amongst students include: working out, listening to music, drawing, reading, cleaning, making a daily plan, and making a list of things to do for the day!
- Some suggestions to help students who are already stressed are: watching happy videos, reading, painting, physical activity, listening to loud music, going outside, watching a show, using breathing techniques, and taking quality time for oneself.
- See all the charts for this month's poll results [Here!](#)

Next Month's Poll

By: Mia I. San Inocencio & Bella Stoffel

There is something unique about every country, town and city. Share below a little about what makes your area special!

[Click Here!](#)



Click Me

Continue to Find:
Mother's Day, Speaking with Students, and an Article on Wildflowers!

SPEAKING WITH Students

By: Quade Goss

What Is Your Name?

Quade Goss.

What Grade Are You In?

12th grade.

Where Are You From?

Texas, United States of America.

What Is Your Favorite Subject?

History.

How Long Have You Been at IVLA?

5 years.

Why Did You Join IVLA?

Because I excelled in online classes at my old school and chose to go to a strictly online based school.

What Is A Fun Fact About You?

I am currently writing a book.

What Extracurricular Activities Do You Enjoy?

I like Hiking, Camping, Writing and anything to do with the outdoors.



Mother's Day!

By: Aria Alicea & Alessandra Nungaray

Mother's Day is a day to celebrate and honor mothers and motherhood as a whole. The maternal bonds and influence mothers have on society is just incredible.

Mother's Day will take place this year on Sunday, May 14. Make sure to do a little something for your mother! Even if it is just helping with things she would normally do on her own.

Wild Flowers and some uses!

By: Aria Alicea

Have you ever wondered why there were different sorts of plants and flowers? If they have certain purposes? Are they just decorations? Well, yes! Many provide all sorts of purposes and can be displayed as decoration! Some examples are Black-eyed Susans, Lavender and Arugula! Surprisingly, Black-eyed Susans have medicinal properties and can help with your immune system if prepared properly. Lavender can be made as an incense, or oil, in which its scent itself can be used to help soothe sleep problems and anxiety. Arugula is edible! This leaf flower can be used in cooking, its taste is normally referred to as peppery or spicy.



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World Turtle Day,

No-Bake Coconut
Cream Cheesecake
Recipe,

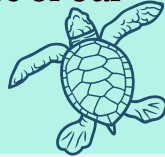
& IVLA's Spirit Week!



World Turtle Day

By: Alessandra Nungaray & Mia Isabella San Inocencio

World Turtle Day is celebrated annually on May 23 to raise awareness and appreciation for these amazing creatures. This day is dedicated to the protection and conservation of turtles and their habitats. Turtles have been on this planet for over 200 million years, and they are an important part of our ecosystem. Sadly, many species of turtles are endangered or threatened due to habitat loss, pollution, and poaching. It is essential that we take action to protect them. Turtles play a vital role in maintaining the balance of our ecosystem.



[Click here to read more!](#)

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

- Ellah Stewart:** Grade 7, USA - Writer
- Sophie Stoffel:** Grade 8, 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, Designer, Editor
- Leonhardt Fischer-Buder:** Grade 12, Namibia - Communications, Writer
- Quade Goss:** Grade 12, USA - Writer, Editor
- Bella Stoffel:** Grade 12, USA - Editor, Writer, Designer, Communications



IVLA'S Spirit Week

No-Bake Coconut Cream Cheesecake

By: Mia Isabella San Inocencio, Sophia Stoffel, and Aria Alicea

Ingredients

Base/ Crust

- 8 ounces graham cracker crumbs
- ½ teaspoon ground cinnamon
- 4 tablespoons unsalted butter (melted)

For the Cheesecake

- 2x 8-ounce package cream cheese, softened
- ¾-cup cream of coconut such as Coco Lopez
- 1 teaspoon coconut extract
- 1x 14-ounce can sweet condensed milk
- Grated coconut and whipped cream for garnish

Directions

1. In a small bowl, combine cracker crumbs, cinnamon and butter, mix until combined. Press crumbs onto the bottoms of individual serving glasses, about 2 tablespoons per glass.
2. In a large bowl, with an electric mixer, beat the cream cheese, condensed milk and coconut milk until smooth. Add coconut extract and mix to combine.
3. Spoon cheesecake filling into serving glasses, directly onto the prepared crust layers.
4. Cover cheesecakes and refrigerate for at least 2 hours. Before serving, top with whipped cream and grated coconut.

Notes

Make sure to prepare this all in a cup or mug! It isn't your usual Traditional Cheesecake! You can keep this delicious cheesecake in the fridge up to 2 days covered with plastic wrap.

