



INTERNATIONAL TIMES

October '23

📣 Announcements! 📣

- Are you interested in joining Media Club, Music Club, Book Club, Pre-Med Club and much more? Reach out to your success coach for more information.
- On October 10, NHS is hosting their annual Back To School Bash!
- Mr. Navas' Homeroom is hosting a "¿Hablas Espanol?" [Click here for more information!](#)
- Interested in being a part of the Newsletter team? [Click here for the HS Form](#)
[Click here for ES & MS Form](#)
- Middle School Homeroom is hosting a "Bring Your Pet to Homeroom!" [Click here more details!](#)
- Middle School Homeroom is hosting a 'Cooking October' Event! [Click here more details!](#)

OCTOBER SCHEDULE

Events shown in time zone:
Pacific Time

Click the events below to join!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 6am Social Hour - Wilson/Helton 6am Middle School Homeroom - Curiosity Club	3 11am Social Hour - Tarbert/Chadwick 2pm Newsletter Team	4 7:30am Elementary School Homeroom	5 2pm Science Tutoring - Lawe 6am Math Tutoring - Austin 6pm Middle School Homeroom - Cooking w/ Mrs. Cook	6	7
8	9 IVLA CLOSED	10 9am Art Club - VanDyke 2pm Social Hour - Hedden/Palermo 7am Middle School Homeroom - Spanish Fun 9am Back To School Bash - NHS	11 2pm Social Hour - Mohr 8am Middle School Homeroom - Pet Parade	12 10m Newsletter Team 8:30am Elementary School Homeroom	13 6am Academic and Executive Functioning Workshop - Mehalchick / Ogal	14
15	16 4am Middle School Homeroom	17 3pm Social Hour - Clauser/Lee	18 2pm Book Club - Alexander 2pm Math Tutoring - Eorgerson 7:30am Elementary School Homeroom	19 3pm Newsletter Team 6pm Middle School Homeroom - Let's Carve A Pumpkin	20	21
22	23 12pm Social Hour - Bills & Mire	24 10am Art Club - VanDyke 7am Middle School Homeroom	25 8am Middle School Book Club	26 9am Math Tutoring - Gilliam 8:30am Elementary School Homeroom	27 9am World Languages Practice and Tutoring - Iwaner	28
29	30	31				

SPOOKY DAY PHOTO ALBUM

By: Peyton Basnight



We have finally entered the Spooky Season! The Newsletter Team wants to invite you to share your best and favorite Spooky Season looks or costumes!

Click below to submit your scartastic fashion!

[Spooky Season Form](#)



WORLD ANIMAL DAY

By: Ellah Stewart and Megan Schoenherr

World Animal Day, celebrated on October 4th, serves as a reminder to recognize the importance of animals and raise awareness about animal conservation. This international observation encourages people, communities, and organizations to take a stand for animal rights and prevent animal cruelty.

Anyone can make a positive impact on animals. These are a few things that you can do to help animals and support animal welfare.

- Dispose of trash appropriately
- Try not to use pesticides, insecticides, or herbicides in your garden
- Try to use products that are cruelty-free whenever possible

Talking With Teachers,
Poll Results,
Poll For Next Month,
World Bullying Prevention Month

CONTINUE TO FIND:

Talking With teachers

By: Mia Isabella San Inocencio

What is your name?

Patrick Navas

What do you teach?

Social Studies and Spanish

What is your favorite memory from high school?

Playing indoor soccer.

What is your favorite book or movie?

Movie: The Goonies (1985)

What is your least favorite food?

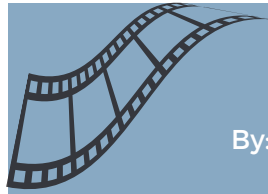
Cheap, fast food.

Do you have a special talent?

I can sing and freestyle rap well sometimes :)

What is your favorite part about being a teacher?

Working with kids from all over the world.



POLL RESULTS

By: Mia Isabella San Inocencio

The poll results of September are in!

- An overwhelming 40% of IVLA Students who took the poll love watching Action movies!
- 20% of students enjoy watching Mystery movies
- Both Adventure and Romantic movies were chosen by 13.3%
- Some of IVLA's favorite movies are Percy Jackson: The Lightning Thief, The Bee Movie, Star Wars A New Hope, The Greatest Showman, Avengers: Endgame, and many more!
- 56.3% of Students chose popcorn, candy, soft drinks, and nachos as their favorite food at the cinemas!
- Some of the students' worst movies they've seen include Lord of the Rings, The Flash, Despicable Me 3, The Emoji Movie, and many more!

See all the charts for this month's poll results [Here!](#)



POLL FOR NEXT MONTH

By: Mia Isabella San Inocencio

The Newsletter Team is celebrating World Teacher's Day! Fill out the next poll and tell us your favorite thing about the teachers here at IVLA!

Click [Here!](#)



WORLD BULLYING PREVENTION MONTH

By: Megan Schoenherr & Mia Isabella San Inocencio



Did you know World Day of Bullying Prevention and National Bullying Prevention Month both occur in October? Bullying can take various forms, such as physical, verbal, and cyberbullying, which can cause emotional distress, anxiety, and depression. It is essential for students to model positive behavior, take a stand against bullying, speak up when they see bullying happening, and intervene when necessary. Starting on October 2nd, which is World Day of Bullying Prevention, schools, students, and teachers wear blue to STOMP Out Bullying.

Be sure to visit their website for more information and wear blue on October 2nd and throughout the month! [STOMP Out Bullying](#)



WORLD MENTAL HEALTH DAY



By: Aria Alicea & Peyton Basnight

October 10th is World Mental Health Day. Mental health is an important part of anyone's health and can cause ups and downs to certain things you might not expect. Mental health not only affects you mentally but can also affect you physically. For example, mental health issues may lead to unwanted weight loss or gain, loss of sleep, and several other symptoms.

According to the World Health Organization, World Mental Health Day exists "to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health." On this day and every day, if you are struggling with mental health, know you are not alone and you always have someone to support you.

Dial nationwide in the U.S: 988



WORLD SMILE DAY

By: Peyton Basnight



On Friday, October 6, World Smile Day is celebrated. In 1963, the famous smiley face was created and became quite popular. The holiday was created in 1999, relating to the smiley face. The holiday is meant to be celebrated by smiling and spreading kindness. On October 6, make sure to smile bright and big as well as show someone a bit of kindness.



CONTINUE TO FIND:

Art Club's Announcements, National Book Month, and Pumpkin Walnut Squares!

Interested in joining the Newsletter Team? Fill out the form below!

[ES & MS Form](#)

[HS Form](#)

SPEAKING WITH Students

By: Aria Alicea

What Is Your Name?

Sofia Cardenas

What Grade Are You In?

12th grade (Senior Student)!

Where Are You From?

Ecuador

What Is Your Favorite Subject?

Definitely U.S. history, and art history!

How Long Have You Been at IVLA?

4 years

Why Did You Join IVLA?

Because of the pandemic schools shut down so I decided to change to IVLA which offered me a better online education! Also, I love traveling a lot :)

What Is A Fun Fact About You?

I'm an art lover all the way from visual arts to performing arts! In university, I hope to study art history and become an art historian/museum curator.

What Extracurricular Activities Do You Enjoy?

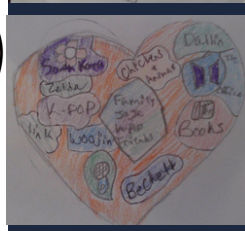
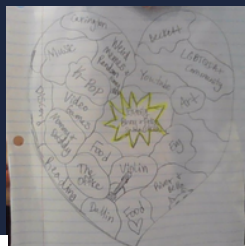
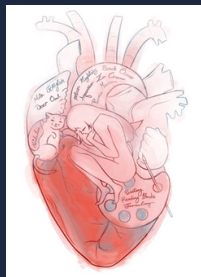
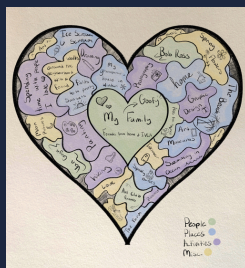
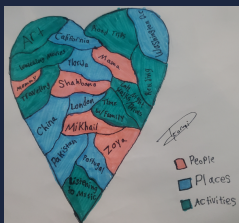
Ballet, flamenco, and art studio classes!



ART CLUB'S ANNOUNCEMENTS

By: Megan Schoenherr

Have you ever wondered what Art Club is all about? Art Club is an incredible space where art enjoyers, artists, and more come together to appreciate and create art! This month, members enjoyed creating heart maps. Heart maps are a visual representation of what our Art Club members love in their lives. Join us during our next meetings to learn more about Art Club!



NATIONAL BOOK MONTH

By: Mia Isabella San Inocencio & Megan Schoenherr

October is here, and it's time to celebrate National Book Month! This special occasion honors the importance of books and the joy of reading in our lives. Whether you're a devoted bookworm or simply enjoy getting lost in a good story from time to time, IVLA's High School Book Club is the perfect place for you! Recently, Book Club members have read **The Cemetery Boys, There There, and The Song of Achilles**.

To join, contact Mrs Alexander through email, salexander@internationalvlla.com

Pumpkin Walnut Squares

By: Dots Lucia

Ingredients:

- 1 $\frac{3}{4}$ cup all-purpose flour
- $\frac{1}{3}$ cup sugar
- $\frac{1}{2}$ cup packed brown sugar
- 1 cup cold butter, cubed
- 1 cup chopped walnuts (pecans also work)
- 2 large eggs, room temperature, lightly beaten
- 1 can (15 oz.) canned pumpkin
- 1 can (14 oz.) sweetened condensed milk
- 1 tsp. ground cinnamon
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. ground allspice
- Confectioner's sugar (for dusting, optional)

1. Preheat oven to 350°F.
2. Mix flour, sugar, and brown sugar; add butter and mix until it resembles coarse crumbs.
3. Stir in walnuts. Reserve 1 cup of this mixture for topping, and press the rest onto the bottom and halfway up the sides of a 13x9-inch baking dish.
4. In a large bowl, beat eggs, pumpkin, milk, cinnamon, salt, and allspice until smooth. Pour into crust, sprinkle with reserved topping.
5. Bake until golden brown, 50-55 minutes. Cool slightly on a wire rack before enjoying.

Ellah Stewart: Grade 8, USA

- Writer

Aria Alicea: Grade 10, USA

- Writer, Communications

Megan Schoenherr: Grade 10, USA

- Writer, Designer, Editor, Communications

Emma Zelenger: Grade 11, USA

- Writer

Peyton Basnight: Grade 11, USA

- Writer, Designer

Mia Isabella San Inocencio: Grade 11, Puerto Rico

- Writer, Designer, Communications

Gerhard Fischer-Buder: Grade 11, Namibia

- Editor

Sofia Cardenas: Grade 12, Ecuador

- Writer, Designer, Editor

Newsletter
Team!

THANKS FOR READING THIS MONTH'S NEWSLETTER!