

August 23rd, 2026

WEEKLY BULLETIN



AIS

15

YEARS

General Director

Nash Adamson

Much hard work over the break and setting up classrooms in our first days has paid off with a remarkable reward: routines! While this sounds modest, the routines we've established and the relationships we are building will make possible the conditions for every student to reach their highest potential. None of this happens without a strong partnership between home and school. Thank you to all the parents who joined us for the ECP and Primary/Secondary back to school events. We look forward to a wonderful year together.



Monthly Calendar and Upcoming Events

General Upcoming Events:

August 28th: Whole School Assembly

August 31st: After School Activities Begin

Calendars:

For monthly calendars please see [HERE](#)

Please find the 2026-27 School Year at a Glance calendar [HERE](#)

For a detailed version of this school year's events, click [HERE](#)

Please find the August cafeteria menu [HERE](#)

If you would like to add the AIS Events Calendar to your personal calendar, please see [HERE](#)



Secondary School

Lauren Streifer and Michelle Acker Perez

At AIS, we believe some of the most powerful learning happens beyond our classroom walls. Our off-campus learning programs give students unique, hands-on opportunities to think critically, act ethically, and serve others through experiences like Model United Nations, Expeditionary Learning, and HS Impact Week. We're excited to offer a full array of options for students this year!

Kicking things off, applications are now open for PanaMUN (High School students) and ISRMUN (Middle School students). Please see below for our complete 2026–2027 program of offerings.

Click [Here](#)



Primary School

Natalia Zmaczynska and Sadie Rhinesmith

Thank you so much for all the families that showed up for the Back to School Event in primary this past Wednesday. It was such an important time to hear about all the great things students will be doing this year in their classroom as well as a moment to connect all of our community together. If you weren't able to attend, or have additional questions, please reach out to your student's teacher for the important information that was shared and answers to your questions.



Early Childhood Program

Luis Carrillo

In the ECP, we are starting our 3rd year with Conscious Discipline. Conscious Discipline is an evidence-based, social-emotional learning framework that transforms behavior management from an external control system of rewards and punishments into an internal process of emotional self-regulation (Bailey, 2015).

Developed by child development expert Dr. Becky Bailey, this methodology operates on an "adult-first" principle, emphasizing that caregivers must first cultivate their own emotional composure before they can effectively teach children how to manage big feelings, resolve conflicts, and make responsible choices through empathy, connection, and safety (Bailey, 2015).

At the beginning of the school year, teachers practice the 5 steps of self-regulation with students.



Service Learning

Michelle Acker Perez and Sadie Rhinesmith

Looking Back, Looking Forward: Service Learning

As we start a new school year, we're reflecting on the Service Learning projects that made last year so meaningful - and the excitement they've sparked for what's ahead. We remember PK and 4th graders gardening side by side, building friendships across ages. 5th and 6th graders showed up for FUNCOLI and the families of Vuelta Grande with Ecofilters and fun games and activities. Students and families worked together on building projects, hands-on and impactful. Our young Explorers cared faithfully for the water on our campus through cleaning and filling up ecofilters. Our 2nd graders explored what inclusion means and co-created a mural with Eden por Salud. And our high schoolers, traveling from campus to Antigua to Tecpán to Lake Atitlán during Impact Week, serving communities beyond our own. These moments remind us what our students are capable of: curiosity, compassion, and a genuine desire to serve others. We carry that spirit into this new year, excited to see where it leads next.



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Athletics and Extracurricular Activities

Maria Elena Valencia

Varsity and Junior Varsity Tryouts

We have successfully wrapped up our tryouts for the Junior Varsity and Varsity Basketball teams. This new phase comes with exciting challenges and key commitments across all scheduled tournaments for the season. Congratulations to every student for the dedication, discipline, and passion they showed on the court. !Please join us in celebrating their hard work and cheering on our teams at every game!

Registration

The long-awaited day is finally here! Registration is now open for our After School Program, a space designed for learning, fun, and our students' overall development. To ensure a safe, organized, and enjoyable experience, please keep the following guidelines in mind:

- Program Structure: Sports activities within the program will remain fixed without changes throughout the entire school year. The only activities that will feature rotations or changes are those led by AIS teachers.
- Family Decision-Making: We encourage you to talk with your children so they can choose activities they are genuinely interested in, ensuring their comfort and active participation.
- Final Registration: To maintain order and group safety, no activity changes will be permitted once registration is complete.
- Extra Snack & Cafeteria: Please send an extra snack for your child to eat before activities start. Additionally, please check afternoon cafeteria hours in advance.

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- Dismissal & Logistics Updates: Any changes to the regular dismissal routine must be submitted before 12:00 p.m. via email to mevalencia@antiguais.org

recepcion@antiguais.org info@antiguais.org Please include homeroom teachers when necessary.

- Punctual Pick-Up: Please pick up your children promptly at the end of the session to ensure their safety and avoid late pick-up fees.

Registration Form: [HERE](#)

Important Dates:

Program Start Date: Monday, August 31, 2026

Program End Date: Thursday, May 13, 2027



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Health and Wellness

Nurse Carolina

How Do Vaccines Strengthen the Immune System?

- Your child is exposed to thousands of microbes in their environment every day. This happens through the food they eat, the air they breathe, and the things they put in their mouth.
- Babies are born with an immune system that can fight most microbes, but there are some diseases they cannot fight on their own. That's why they need vaccines to strengthen their immune system.
- Vaccines use very small amounts of antigens to help your child's immune system recognize and learn how to fight serious diseases.
- Antigens are parts of microbes that trigger the body's immune system to respond.

Why Is It Important to Vaccinate on Time?

- Vaccines protect your child from serious diseases.
- They prevent the spread of infections at school and at home.
- They help prevent missing school days due to avoidable outbreaks.
- They protect other children with medical conditions who cannot be vaccinated.

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Support Program Team

Social Connections

By. Mr. Ricardo

When a new year comes, it comes with new classes, new teachers and new friends. Along with all these changes comes the challenge of finding the tools and strategies we need to navigate and make the most of each day. School can feel overwhelming or even a little scary at times, often we forget that we are social beings and that friends and human connections are powerful tools to face these new challenges.

Connecting with others is an important part of how we navigate our everyday lives. At school, we encounter different personalities, perspectives, experiences, and learning how to understand and connect with one another becomes an essential skill. Building positive social connections at school is not just about making friends—it is also about learning how to communicate, collaborate, manage differences, and feel that we belong. These connections matter at every age, even for our youngest students.

What is a Social Connection? It encompasses our feelings of closeness to others during interactions and within relationships, as well as our sense of belonging within groups. Researchers generally examine social connections across three main dimensions:

- **Structure:** How many connections do we have with family members or friends? Are there commonalities among these relationships?
- **Function:** Can any of these connections meet needs in our lives, such as providing practical help or emotional support?
- **Quality:** What are the benefits and challenges of the connections we have with other people? This includes aspects such as relationship satisfaction and the stress or strain that relationships may create.

Our experiences of social connections in early childhood can have a profound impact on our lives. Research on early attachment—the unique emotional bond between children and their caregivers—suggests that an essential part of developing secure and loving relationships is spending time with children and supporting their needs and emotions. Secure attachments allow parents to become a safe base from which children can explore the world and a safe haven to which they can return for security and comfort.

In her recent book, *Platonic: How the Science of Attachment Can Help you Make—and Keep Friends*, researcher Marisa Franco offers practical ways to cultivate meaningful social connections. If you would like to make new friends, consider the following tips:

Take the initiative

Join an environment where people meet regularly, assume that you may be underestimating how much others like you, open up to people in the group, and invite someone to spend time together.

Be vulnerable

Be willing to share your “most genuine parts.” This demonstrates trust and affection and encourages the other person to show their capacity for care and connection.

Show affection

Greet a friend warmly, let them know you were thinking about them, and celebrate their good news.

Look for ways to be generous

Share a meal with others, offer support to help them achieve their goals, spend time together, or accompany them to a medical appointment.

As parents, how can you support your child with these 4 actionable tips? Take a moment this week to explore and navigate social connections with your child, those are equally important as academic tools.



Join the PTO Meeting!

YOUR TIME. OUR SCHOOL. OUR COMMUNITY.

Learn what the PTO is all about and discover how you can get involved and **make a difference.**



DATE:
FRIDAY, AUGUST 28TH



TIME:
1:00 PM – 3:00 PM



LOCATION:
**EVENTS ROOM
IN THE LIBRARY**



♥ *We can't do it without you.*

TOGETHER, WE CAN CREATE AMAZING
EXPERIENCES FOR OUR STUDENTS. ♥

≡ *We hope to see you there!* ≡

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Join Us for Our First PTO Meeting!

Come meet the PTO and learn more about what we do to support our students, teachers, and school community. We'll also share the many ways parents can get involved and volunteer throughout the year.

- August 28
- 1:00 p.m.
- Library Events Room

Whether you have a little time or a lot, there is a place for you in the PTO. We'd love to see you there!

