

August 30th , 2026

WEEKLY BULLETIN



AIS

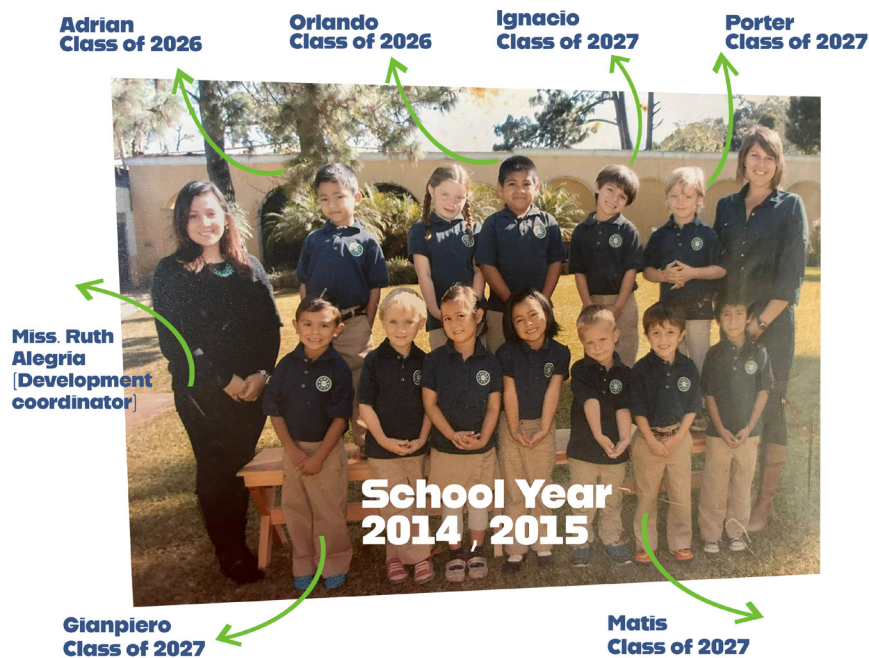
15

YEARS

General Director

Nash Adamson

As AIS celebrates its 15th year, we are grateful to reconnect with the many friends who have helped make this dream possible while charting a course toward the brightest possible future. We begin by recognizing the AIS Kindergarten classes of 2014 and 2015, whose students went on to become members of the AIS Classes of 2026 and 2027.



As we envision our Portrait of a Graduate, we celebrate students crossing the amphitheater stage not only for earning the required credits, but for developing the skills, dispositions, passions, and dedication to transform Guatemala and the world through critical thinking, ethical action, and service to others.



Monthly Calendar and Upcoming Events

General Upcoming Events:

August 31st: After School Activities Begin
September 3rd: Green Committee Meeting at 3:15 in 1B
September 5th: PTO Family Picnic
September 11th: Independence Day Celebrations
September 14th-15th: Independence Day Holiday

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

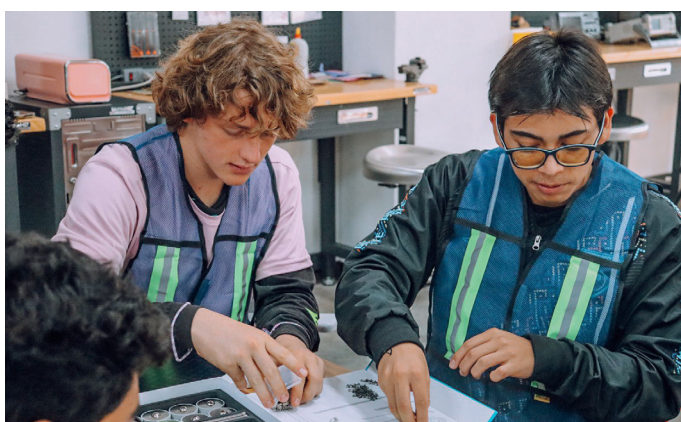
If you would like to add the AIS Events Calendar to your personal calendar, please see [HERE](#)



Secondary School

Lauren Streifer and Michelle Acker Perez

We are so excited to introduce our Honors Seminar classes this year! These classes bring together small groups of students to dig into great books, big ideas, and meaningful discussions that build real critical thinking skills. We have 89 students taking part, choosing from five seminars: Grade 11/12 Honors English Seminar, Grade 11/12 AP Seminar, Grade 9 Honors US History Seminar, Grade 10/11/12 Honors History Seminar, and Grade 9-12 Honors Medicine and Health Seminar.



Primary School

Natalia Zmaczynska and Sadie Rhinesmith

Our primary students are already making their voices heard and building leadership skills early in the year. At our last divisional assembly, classes revealed their new section names, trading standard titles for fun, student-chosen identities such as Chicken Nuggets, Whales, Joyful Jupiters and so many more! Ask your child about it today!

We're also proud of our 5th graders, who took their Safety Patrol pledge at Friday's assembly. We appreciate their service and can't wait to see them lead their peers safely to their areas each day.



Early Childhood Program

Luis Carrillo

Dear Early Childhood families,

What a great way to foster community engagement and celebrate our beloved country, Guatemala, with our young learners through our Independence Day activities. On Friday, September 11th, we will have two special events: a whole-school Independence Day assembly and ECP Independence Day activities. Volunteer parents are hosting Guatemala-related activities. **Please contact your child's teachers or room mom if you want to participate.** That day, students are welcome to wear Guatemalan colors or accessories. Teachers had an informative session to share details about the activity with the parent volunteers.



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Service Learning

Michelle Acker Perez and Sadie Rhinesmith

Serving others is one of our three pillars, and we're grateful to see so many students living it out by giving their time and talents to others, even over summer break! Thank you to everyone who dedicated part of their vacation to serving their community.

A quick reminder for High School students:

Hours completed over the vacation months (June, July) must be logged in Track It

Forward by September 15.

As a general reminder, all students must complete a total of 200 service hours across grades 9 - 12.

Please make sure your hours are submitted before the deadline so they count toward your total. Thank you for your commitment to serving others!



Athletics and Extracurricular Activities

Maria Elena Valencia

Junior Varsity (JV) and Varsity

We are thrilled and proud to invite you to congratulate the members of our Boys and Girls Junior Varsity (JV) and Varsity Basketball Teams!

We sincerely thank each student for the dedication, discipline, and passion demonstrated during our recent tryouts. Through their hard work on the court, they not only represent our school with honor, but also pave the way and inspire future generations in this sport.

Below is the official roster for our JV and Varsity teams:

Varsity: Sebastian Rumi Hoke Fajardo, Sonny Gutierrez, Andrew Jacob Pérez López, Vincent McDaniel, Preston Colindres, Cody Charles Rubin Johnson, Leopold Mañet, Salim Amin, Joaquin Ignacio Sican Mansilla, Edwin Orlando Castañeda, Daniel Burbano, Luca De León, Tharisha Villagrán, Mariana Pérez Sacaza, Celeste Fitzgerald.

Junior Varsity: Mack de Winter, Santiago José González Mazariegos, Joaquin Ignacio Sican Mansilla, Spencer Richard Holzwarth, Jorge Alejandro García Reyes, Guillermo Bejarano, Mateo Miguel Castro Mayen, Leonel Alejandro Zuñiga, Emilio Guerra Morales, Javier Ulises Molina Cerna, Maxson Roux Dennis, Theresa Rodriguez, Isabel Rincón, Victoria Mejía, Naya Sidpura, Luna Mun, Ana María García Bolaños, Dalila Maniet.

Sports Schedule & Key Dates:

Coed Varsity Team:

Monday, August 31 at 12:00 PM: Boston Cup vs. Colegio Belén

Southwest Student League (Guatemala City) – Boys JV & Varsity:

September 8 – October 10: (Specific game schedules will be shared shortly).

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After-School Program:

Start Date: Monday, August 31

Registration Form: [HERE](#)

Activity Structure: Sports activities within the program will remain fixed and unchanged throughout the school year. The only activities subject to changes across the term are those led by AIS faculty.

Final Registration: To ensure proper organization and safety, activity changes will not be permitted once registration is complete.

Extra Snack & Cafeteria: Please send an extra snack for students to eat before their activity begins, and check cafeteria afternoon hours in advance.

Logistics & Pick-Up Notices: Any changes to dismissals or afternoon routines must be submitted before 12:00 PM to mevalencia@antiguais.org, repcion@antiguais.org and info@antiguais.org (Please copy homeroom teachers and division principals as needed).

Timely Pick-Up: We kindly request that parents pick up students promptly at the end of their sessions to ensure proper supervision and avoid late pick-up fees.

Athletic Uniforms:

With your convenience in mind, we have great news: ordering athletic uniforms is now easier and faster! Orders for this school year are now open, featuring the classic design we all know. To ensure your athlete gets the right fit, please stop by the front desk, where our team will assist you with sizing and guide you through a quick purchasing process. Please note that due to custom jersey numbers and last names, the estimated turnaround time is 2 weeks.



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Health and Wellness

Nurse Carolina

Deworming: A Preventive Health Measure

Intestinal parasites can affect children's health and well-being. Some infections may cause abdominal pain and diarrhea and, in cases of heavy infection, may affect growth and nutritional status.

How can we prevent them?

Wash your hands with soap and water after using the bathroom and before eating.
Wash, peel, or cook fruits and vegetables properly.

Drink safe, clean water.

Avoid walking barefoot on soil that may be contaminated.

Keep fingernails clean and trimmed.

The WHO recognizes periodic deworming as a public health intervention for populations at risk, together with hygiene education, sanitation, and access to safe water.



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Support Program Team

Empathy Is Also Learned

By. Ms. Marissa

In everyday life, our children constantly encounter situations that test their ability to understand others: a friend who feels left out, a sibling who's upset, someone who makes a mistake, or even a person who reacts in a way they don't understand.

In those moments, we often say things to our children like "put yourself in their shoes" or "think about how the other person feels." But how do they actually learn to do that? Empathy doesn't appear overnight. It's a skill that develops through experiences, conversations, and especially through the example they receive from the adults around them.

What does it mean to be empathetic?

Empathy is the ability to recognize and try to understand what another person might be feeling, thinking, or experiencing, even when their experience is different from our own. Being empathetic doesn't mean agreeing with someone or feeling exactly what that person feels. It means pausing for a moment and trying to look at the situation from their perspective.

It's also important for children to learn that understanding an emotion doesn't mean excusing any behavior. We can recognize that someone is angry, sad, or frustrated while also teaching that there are respectful ways to express those emotions. Empathy is learned by observing

From the earliest years of life, children begin to respond to the emotions of the people around them. As they grow, they come to understand that each person can have different thoughts, feelings, and perspectives.

We can't expect our children to always know how to act in the face of others' emotions. They need opportunities to observe, ask questions, make mistakes, and reflect. And more importantly, they learn a great deal from how we treat others.

They watch how we react when someone makes a mistake, how we talk about other people, how we handle a disagreement, and how we respond when they themselves are going through a difficult emotion.

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We can model empathy when we:

Listen before judging.

Validate others' emotions, even when we don't approve of a behavior.

Show interest in understanding other points of view.

Use respectful language when talking about other people.

Recognize when our actions have affected someone and look for ways to make it right.

Ask or show curiosity instead of assuming what another person feels.

Help our children think about how their words and actions can affect others.

A simple practice to try at home

We don't need to organize a special activity to work on empathy — it's enough to take advantage of situations that are already part of our routine: a story, a movie, a family conversation, a conflict between siblings, or something we notice while out of the house.

We can start conversations with our children using simple questions like:

1. What do you think the other person is feeling?

We help our child notice expressions, tone of voice, words, and behaviors in others.

2. What might have made them feel that way?

We invite them to think beyond what's immediately visible.

3. Have you ever felt that way?

We connect the other person's experience to something our child has lived through.

4. What could we do to support that person?

We move from understanding their emotion to thinking about a respectful, considerate response.

It's not about always finding the "right" answer. What matters is learning to pause, observe, and consider that there may be an experience different from our own.

To remember this week

This week, we can pay attention to those small, everyday moments that give us a chance to talk about what others feel and experience.

And perhaps one of the simplest questions we can add to our conversations is:

"How do you think the other person felt?"

A question that can help our children better understand others — and, at the same time, come to know themselves better.



The poster features a vibrant background of a park with picnic tables, string lights, and trees. At the top, three logos are displayed: 'annie and felix food for the soul', a circular 'PTO' logo, and a 'CERVECERIA 14' shield logo. The main title 'PTO FAMILY PICNIC' is prominently displayed in the center, with 'PTO' in blue and 'FAMILY PICNIC' in green. Below the title, a blue banner reads 'AT CERVECERIA 14'. The event details are provided in a dark blue box: 'SATURDAY, SEPTEMBER 5TH 12:00 PM – 6:00 PM'. Ticket prices are listed as 'ADULTS Q150 | KIDS Q100'. An 'INCLUDES' section lists food and drink options, with a note about vegetarian options. Icons for 'LIVE MUSIC BY KARMA' and 'GAMES FOR THE WHOLE FAMILY' are shown. At the bottom, a green box encourages buying tickets via WhatsApp, and a final note asks to bring a blanket.

annie and felix
food for the soul

PTO

CERVECERIA
CATORCE
14

LET'S CELEBRATE
OUR COMMUNITY!

PTO
FAMILY
PICNIC

AT CERVECERIA 14

 **SATURDAY, SEPTEMBER 5TH** 
12:00 PM – 6:00 PM

ADULTS Q150 | KIDS Q100

INCLUDES

Burger or Hotdog + drink
Adults: Beer, Offshore or wine
Kids: Hibiscus Tea or Dr.Burns Soda
Vegetarian options available!

 **LIVE MUSIC
BY KARMA** |  **GAMES FOR
THE WHOLE FAMILY**

Three-legged race • Egg toss
Sack race • Cornhole

 **BUY YOUR TICKETS
VIA WHATSAPP:
+502 5933 2947**

Bring your blanket and come join the fun!

AIS PTO FAMILY PICNIC!

We would LOVE to see our whole AIS community come together for an afternoon of food, music, games, laughter, and family fun at Cervecería 14!

Saturday, September 5

12:00–6:00 PM

Cervecería 14

Bring the kids, bring a blanket, invite your AIS friends, and come spend the afternoon with us! There will be lawn games, music, delicious food, vegetarian options, and plenty of time to connect with other AIS families.

Presale tickets:

Adults Q150 | Children Q100

Includes a burger or hot dog + beverage.

Get your presale tickets via WhatsApp: +502 5933 2947

Let's fill Cervecería 14 with AIS families and make this a wonderful afternoon together! We hope to see you ALL there!



Green Committee

JOIN THE AIS GREEN TEAM!

Want to help make AIS a little greener? Join us for our first Green Team Meeting of the year! Come share ideas, learn about upcoming projects, and discover how you can get involved.

Students, parents, and teachers are all welcome!

September 3

3:15 PM

Ms. Kerrienne's Room

Let's grow some great ideas together!

