

September 27th, 2026

WEEKLY BULLETIN



AI

15

YEARS

General Director

Nash Adamson

One of the wonderful aspects of belonging to the AIS community is being part of something larger than ourselves. This is nowhere more apparent than when we reflect on the timeline of our impact over the past 15 years, or when we dream of our next 15 years of impact together. Thank you for being a part of it.

Celebrating 15 Years of AIS



Monthly Calendar and Upcoming Events

General Upcoming Events:

September 25th: Whole School Assembly

September 27th: PTO Trivia Night at Caoba Farms

October 9th: End of Quarter 1

Fall Fest!

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 September cafeteria menu [HERE](#)

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

If you would like information on how to join the AIS Whatsapp Channel please see [HERE.](#)



Secondary School

Lauren Streifer and Michelle Acker Perez

MS Students Head Out on Outdoor Leadership Seminar

This weekend 16 Middle School students headed out on our Outdoor Leadership Seminar, an overnight expedition to Corazón de Agua. They're still out on the trail as of this morning! A big thank you to Ms. Laura for organizing the trip, Isabella Acosta (Secondary PILA Fellow) and Dallas Tucker (1st Grade Teacher) for chaperoning, and our student leaders Sebas Hoke (Grade 11), Ivan Lopez (Grade 12), and Sophia Diaz (Grade 11) for guiding and offering your leadership and expertise as Junior Guides.

We're proud of these students for stepping outside their comfort zones. Good luck and safe travels!



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Primary School

Natalia Zmaczynska and Sadie Rhinesmith

Thinking Critically to Excel in Academics

This past week we had four students represent AIS in the Municipality of Antigua for Academic Excellence. Acknowledged for their dedication, effort, and hard work of outstanding academic performance, **Giuliana Baltodano, Sofía Marián Reig, Beatriz Rose Bach and Luis Adrian Porras** joined many other students from different institutions in academics to celebrate the achievements they had in the 2025 - 2026 school year. Great work for thinking critically and representing AIS in this exciting event!



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Early Childhood Program

Luis Carrillo

We want to share another Conscious Discipline strategy. The “Conflict Resolution Time Machine.” Children use this strategy to physically or symbolically “turn back time” and walk through a structured, 7-step problem-solving process after a conflict like teasing, pushing, or name-calling.

The 7 Steps

1. Roll back time / Check willingness: Ask participants if they are willing to go back and handle the situation differently.
2. Be a S.T.A.R.: Smile, take a deep breath, and relax to calm the nervous system.
3. Wish each other well: Place hands on hearts and look at each other to foster empathy and forgiveness.
4. Focus on the goal and unify: Chant “1, 2, 3” with a response of “Let’s do it” to get on the same team.
5. Use helpful words: The affected child says, “I don’t like it when you [action].”
6. State a preference: The child gives a positive alternative, saying, “Next time, please [preferred action]”.
7. Offer a connection: Seal the resolution with a fist bump, handshake, elbow bump, or hug to show there are no hard feelings

Says most sounds correctly except for a few (l, s, r, v, z, ch, sh, and th)

Uses rhyming words

Names some letters and numbers

Uses adult grammar

Talk to your child’s doctor if they have trouble understanding what others say (receptive language), difficulty sharing their thoughts (expressive language), producing speech sounds correctly, or hesitate or stutter when talking.



Service Learning

Michelle Acker Perez and Sadie Rhinesmith

Sports Balls for Everyone: We Share, We Care, We Serve!

Together with their Physical Education teachers, Primary students refurbished and distributed sports equipment so that everyone can enjoy it during recess and other free time without the need to bring a ball from home. By selecting, inflating, organizing, and handing out the balls, they practiced responsibility, cooperation, leadership, teamwork, and care for materials, always with a spirit of service. Thank you so much, team!



Athletics and Extracurricular Activities

Maria Elena Valencia

Health & Integration Strategies at AIS

Let's take advantage of these mornings to start the day with energy and lead by example for our students regarding healthy living!

At AIS, we believe that academic performance, emotional growth, and daily energy go hand in hand with an active and healthy lifestyle.

According to the World Health Organization (WHO), regular physical activity not only reduces stress and strengthens the cardiovascular system, but it also improves focus, memory, and overall mood, benefiting youth and adults alike. Building movement into your daily routine is one of the best health investments for the entire family.

To support our families on this wellness journey, Antigua International School is always happy to provide spaces that encourage healthy habits.

We invite you to join our morning conditioning sessions:

- Days: Mondays and Wednesdays | 6:45 AM – 7:30 AM
- Sports Disciplines: CrossFit & Cross Country
- Location: School Campus

We are here to help with any questions regarding exact schedules and registration: mevalencia@antiguais.org

¡We look forward to seeing you there!

After-School Program: To learn more about our internal activity offerings and external vendor clubs, please visit: <https://antiguais.org/actividades-extracurriculares/>

Sports Uniforms: If you need to purchase uniforms for AIS varsity and junior varsity athletic teams, please stop by the Main Office. Orders are taken Monday through Wednesday from 8:00 AM to 3:30 PM. Uniforms are delivered two weeks after purchase.

Building Independence and Confidence in After-School

Dear Parents and Families,

In the AIS After-School Program, our commitment is to provide students with an environment where they can build independence, confidence, and problem-solving skills. To allow them to fully experience this growth and participate with complete confidence in their workshops and sports, we kindly ask that parents wait in the reception area or cafeteria while activities are taking place. We deeply appreciate your understanding and collaboration as we work together to foster autonomy in our students.

AIS ATHLETICS & AFTER-SCHOOL ACTIVITIES

— Week of Sept 28 – Oct 3 —



Junior Varsity (JV) Category



Monday, September 28 | 3:00 PM |
AIS vs. San José de los Infantes



Venue: Colegio Suizo Americano San Cristóbal



Varsity Category



Wednesday, September 30 | 4:00 PM |
AIS vs. Liceo Cristiano La Fráter Roosevelt



Venue: Colegio Decroly Americano



After-School Schedule of Activities



Monday, September 28

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|---|--|----------------------------|--|
| 1 | | CrossFit | Grades: 9th–12th (Co-ed) Opponent/Guest: In-House Activity: "Hybrid Games" |
| 2 | | Volleyball | Category: U18 Boys Opponent/Guest: Asovoleibol Sacatepéquez Activity: Friendly Match |
| 3 | | Chess | Category: U14–U16 (Co-ed) Activity: "Mate in Two Moves" Challenge |
| 4 | | Table Tennis | Grades: 3rd–4th (Co-ed) Activity: Skill/Effectiveness Testing |
| 5 | | Artistic Gymnastics | Grades: 3rd–4th (Co-ed) Activity: Phase 1: Showcase Routine Preparation |
| 6 | | Dance | Grades: 1st–4th Activity: First rehearsal for the showcase "Cien por Ciento Ritmo" |
| 7 | | Outdoor Explorers | Category: Co-ed Activity: Explorer Mission: Team clue-solving and mini-challenges |



Tuesday, September 29

- | | | | |
|---|--|----------------------------|--|
| 1 | | Soccer | Category: U7 (Ages 6–7 Boys) Opponent/Guest: Escuela Preprimaria de Jocotenango Activity: Friendly Match |
| 2 | | Volleyball | Category: U18 Girls Opponent/Guest: Asovoleibol Sacatepéquez Activity: Friendly Match |
| 3 | | Chess | Category: U8 (Co-ed) Activity: Board Setup Challenge |
| 4 | | Artistic Gymnastics | Grades: 3rd–4th Activity: Phase 1: Showcase Routine Preparation |
| 5 | | Dance | Grades: 5th–6th Activity: Rehearsals for "Cien por Ciento Ritmo" |



Wednesday, September 30 | 2:00 PM – 3:00 PM

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|---|--|----------------------------|--|
| 1 | | Bright Minds Club | Category: Co-ed Activity: "Decode the Message" (Word puzzles and riddles) |
| 2 | | Volleyball | Category: U15 Girls Activity: Co-ed Friendly Match ("A" vs. "B") |
| 3 | | Chess | Category: U8–U10 (Co-ed) Activity: "Checkmate the King" Challenge |
| 4 | | Artistic Gymnastics | Grades: 1st–2nd Activity: Phase 1: Showcase Routine Preparation |
| 5 | | Soccer | Category: U11 Boys Opponent/Guest: Shammah Christian School Activity: Friendly Match |
| 6 | | Dance | Grades: 3rd–4th Activity: Rehearsals for "Cien por Ciento Ritmo" |



Wednesday, September 30 | 3:00 PM – 4:00 PM

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|---|--|--------------------------|---|
| 1 | | Soccer | Category: U18 Boys Opponent/Guest: Selección de Sacatepéquez U18 Activity: Friendly Match |
| 2 | | Chess | Category: U12–U16 (Co-ed) Activity: "Checkmate the King" Challenge |
| 3 | | Outdoor Explorers | Category: Co-ed Activity: Explorer Mission: Team clue-solving and mini-challenges |
| 4 | | Track & Field | Grades: 1st–4th (Co-ed) Activity: First Track & Field Challenge |
| 5 | | Soccer | Category: U11 Girls Opponent/Guest: Shammah Christian School Activity: Friendly Match |
| 6 | | Dance | Grades: 1st–6th Activity: Rehearsals for "Cien por Ciento Ritmo" |



Thursday, October 1

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|---|--|----------------------------|---|
| 1 | | Chess | Category: U10 (Co-ed) Activity: Piece Capture Drills |
| 2 | | Artistic Gymnastics | Grades: 3rd–4th Activity: Phase 1: Showcase Routine Preparation |

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Health and Wellness

Nurse Carolina

At AIS, every adult plays an important role in the care and safety of our students. The participation and collaboration of our entire school community are essential to responding in an organized and safe manner during an emergency.

We would like to thank our students, teachers, administrative staff, maintenance and kitchen teams, and emergency response teams for their participation and commitment during the Phase 1 and Phase 2 evacuation drill. Let's continue preparing to keep our AIS community safe!

Support Program

Mindfulness

By. Mr. Ricardo

Mindfulness is also a tool that we can teach our students to help them be more present, recognize what they are feeling, and learn to respond consciously to the different situations they experience. Through simple breathing exercises, mindful pauses, and moments of reflection, students can learn to identify their thoughts, emotions, and physical sensations without judging them. The goal is not to avoid difficult emotions, but rather to learn to recognize them and find healthy ways to manage them.

Mindfulness invites us to observe our awareness in each moment—our thoughts, emotions, physical sensations, and the environment around us—with curiosity and kindness. There are many ways to practice mindfulness, such as meditation, focusing on our breathing, and paying attention to small moments in order to notice sensations, such as the feeling of our feet resting on the ground or the sound of leaves moving in the wind.

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Children of all ages can benefit from mindfulness practices. For example, some studies have shown that children between the ages of eight and ten who practiced mindfulness more frequently were less negatively affected by the COVID-19 pandemic. Adolescents who practice mindfulness have also been shown to have a greater tolerance for pain and may be less likely to develop problematic or addictive patterns of internet use.

In Middle School, where students experience important academic, social, and emotional changes, these tools can be especially useful. We can teach students to pause when they feel frustrated, angry, worried, or overwhelmed; take a breath; identify what they are feeling; and think before they act.

Mindfulness can also help students develop important skills such as concentration, self-regulation, decision-making, empathy, and positive relationships with others. These practices do not have to be limited to school. They can also be incorporated at home through short moments of mindful breathing, conversations about emotions, or simply creating opportunities to disconnect from distractions and be fully present.

Teaching mindfulness means giving our students tools that they can use not only during their school years, but also to face the different challenges of life in a more conscious and healthy way.

Now, Let's Put It into Practice: Mindful Walking

1. Find a place. Look for a quiet environment where there are not many interruptions. You should be able to walk forward and backward for 10–15 steps, or approximately 20–40 feet (6–12 meters).

2. Begin walking. Walk 10–15 steps, or move your wheelchair 20–40 feet (6–12 meters) along the path you have chosen. Then pause and breathe at your own pace. When you feel ready, turn around and follow the same path back to the other end, where you can pause again to breathe. Then turn around and continue walking.

3. Notice the small movements. This meditation involves intentionally noticing actions that we normally do automatically. As you move, pay attention to these basic actions:

Lift one foot off the ground.

Move the foot slightly forward from its starting position.

Place the foot back on the ground, from the heel to the toes.

Shift your body weight onto the leg that is in front while the heel of the back foot begins to lift, keeping the toes of that foot in contact with the ground. Notice how the soles of your feet connect with the ground and how the ground supports and accompanies your body.

4. Move slowly. You can move at whatever pace feels comfortable, although this meditation is usually practiced slowly and involves small, natural movements.

5. Choose how to position your hands and arms. If you are walking, you can clasp your hands behind your back or in front of your body, or let them rest naturally at your sides. If you use a wheelchair, move your arms and hands as you normally would.

6. Direct your attention to new sensations. As you move, bring your attention to one or more sensations that you might normally overlook, such as the rhythm of your breathing as you inhale and exhale.

7. Expect your mind to wander. Your thoughts may wander, and this is completely normal and natural. When you notice that your mind has become distracted, gently try to bring your attention back to one of the sensations you are noticing.

8. Incorporate this meditation into your daily life. For many people, slow and formal meditation takes practice. However, the more often you practice—even for short periods of time—the more likely you are to become comfortable with it and enjoy the experience.

Remember the basic movement:

1. Lift one foot off the ground.
2. Move the foot slightly forward.
3. Place the foot back on the ground, from the heel to the toes.
4. Shift your weight onto the front leg while the heel of the back foot lifts, keeping the toes of that foot in contact with the ground.
5. Notice how the soles of your feet connect with the ground and how the ground supports your body.

Green Committee



Join the Green Team!

We invite everyone in our community who is interested in sustainability and helping make AIS a greener place to join our next meeting.

Thursday, October 1 | 3:15 PM

Ms. Kerrienne's Classroom

Everyone is welcome!

STUCO

First, we want to give a huge thank you to everyone who participated in and supported the bake sale and showed their support for Interaulas! Your effort, teamwork, and school spirit have been amazing. Keep cheering, supporting each other, and bringing that same energy to all our upcoming activities!

Now, get ready for Interaulas on October 16 for Secondary! We have many more exciting activities coming soon, including a Spirit Week with fun events for everyone to enjoy and participate in. Stay tuned for more information, get involved, and let's continue making this school year full of school spirit and unforgettable moments!

