

September 6th, 2026

WEEKLY BULLETIN



AIS

15

YEARS

General Director

Nash Adamson

It does not feel like we are fully into the school year until all of our routines and rituals are up and running. This week, we paired every student on campus with their reading buddy for the year. It was wonderful to see the classrooms and green corners of the campus filled with the joys of reading and new friends.



Monthly Calendar and Upcoming Events

General Upcoming Events:

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 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

One of our important routines in Secondary is Homeroom/Advisory. Groups meet for 30 minutes on Monday to connect, reflect, and work through fun, collaborative activities together. This September we are focused on "Keep the End in Mind." Students are reflecting on how their values shape their personal "why" and practicing the flexibility to adapt their plans while staying focused on their goals. We are excited to see how this helps shape their paths forward!



Primary School

Natalia Zmaczynska and Sadie Rhinesmith

Breakfast with Principals

This past Thursday, we welcomed a group of teacher-nominated students to a celebratory breakfast of muffins and hot chocolate with principals. Students were recognized for outstanding achievements including confident communication in English, strong friendship skills, successful adaptation to a new school environment and so much more. Congratulations to Farah Gisselle Morales Guerra, Javier Pérez, Olivia Blitz, Franco Reyes, María Victoria Jarquin Leiva, Matteo Alexander Mattrel Nicolau, Adrian Gustavo Kroon Macz, Laura Isabella Nash Nash, Sasha Lucía Droege Verwilghen, Maria Ines López Mejía, Monserrat Ardón Soto, María Valentina Reyes Villatoro, Mia Cruz Campollo, Josué Joaquín García López, Hugo Gabriel Droege Verwilghen, Adara Stempfelet Cate, Valentina Baltodano Montenegro, Pablo Alejandro Flores Mendizabal, Ana Lucía Ismatul Calderón, Santiago Isaac Brown-García



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Early Childhood Program

Luis Carrillo

In the ECP, we optimize learning spaces that empower students with autonomy, voice, and independence. This week, I want to highlight some meaningful learning spaces students have inside and outside the classroom.

Safe place

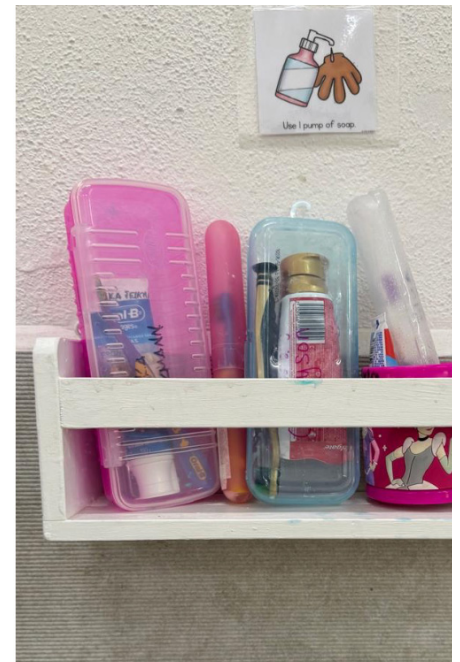
In this space, students can explore the world of feelings. They are welcome to the area whenever they need to identify a strategy to help them cope with their feelings. Teachers provide students with tools to identify and handle their feelings. They add to students' "strategy toolkits" daily.

Open areas

Students are welcome to use different materials at different times throughout the day. They take the materials, use them, and they are responsible for placing them back where they belong. It is impressive to see students, from our youngest learners to kindergarteners, how responsible they are in taking care of their classroom materials.

Dental health

All the ECP students are encouraged to brush their teeth after snack/lunch. They have this routine to promote their dental health. We are amazed at how well all students follow the routine, including our Toddler students.



Athletics and Extracurricular Activities

Maria Elena Valencia

Varsity Mixed Basketball Final

Congratulations to our Varsity Mixed Basketball Team for an outstanding performance in the championship game on Friday, September 4th. We are incredibly proud of our Wolves for showing so much grit, heart, and team spirit on the court. You are amazing! Please join us in congratulating our student-athletes when you see them on campus.

Upcoming Tournament: Junior Varsity & Boys Varsity

After weeks of intense training, our Junior Varsity and Boys Varsity Teams are ready to compete in the Liga Estudiantil Suroccidente in Guatemala City, running from September 17th to October 10th. We wish our athletes the best of luck and will keep the community updated on their progress and game schedules.

Athletic Uniforms

If you need to purchase official AIS sports team uniforms, please visit the main reception for details and ordering information.

Health & Wellness Opportunities

AIS is dedicated to supporting physical and mental well-being for our entire community. We invite you to join our CrossFit and Cross Country classes every Monday and Wednesday from 6:45 a.m. to 7:30 a.m. If you would like to participate and stay active in a supportive environment, please reach out to mevalencia@antiguais.org

After School Program

To view the registration form and learn more about our internal activities and external vendor clubs, please find the attached information. [HERE](#)

Please note that once registration is complete, no activity changes will be permitted in order to maintain accurate and secure rosters. Thank you for your understanding. Thank you for your continued support of our athletics and community programs.

¡Go Wolves!



Health and Wellness

Nurse Carolina

HEAD LICE

Information and Prevention for Our Families

Head lice are small insects that live on the scalp. Having head lice does not mean poor hygiene and can happen to anyone.

WHAT ARE THEY?

Nits are the eggs of head lice.

They attach firmly to the hair close to the scalp.

Head lice crawl; they do not jump or fly.

They are mainly spread through head-to-head contact.

WHAT AREN'T THEY?

They are not a sign of poor hygiene.

They do not jump or fly.

They are not spread by pets.

They are not a reason to feel ashamed.



PREVENTION

Avoid head-to-head contact.

Do not share combs, brushes, hats, or hair accessories.

Check the hair if there is a suspected exposure.

If live lice are found, follow appropriate treatment according to health recommendations.

Early detection and appropriate treatment can help prevent the spread of head lice.

Source: Centers for Disease Control and Prevention (CDC).

Support Program Team

Habit #2: Begin With The End In Mind

By. Ms. Isa

This month we'll be learning about Habit #2: Begin with the End in Mind, so we want to invite you to discover and practice this habit with your children.

Habit 2 (Begin with the End in Mind) teaches us the importance of making a plan. Research has shown that simply writing down a goal greatly increases the chances of achieving it. If the goal is broken down into several steps and tracked, the success rate is even higher. Learning about goal setting as a family can predispose children to academic and personal success.

For children, this habit can begin with very simple goals: finishing a task, learning something new, being a good friend, keeping their toys tidy, or preparing for the next day. The idea is to help them move from "I do what I have to do" to "I know why I'm doing it and what I want to achieve."

How can we practice this at home?

1. Talk about goals

Ask your child:

What would you like to accomplish this week?

What do you want to learn?

What can you do to achieve it?

How will you know you've achieved it?

Help them choose a specific and achievable goal.

2. Imagine the outcome together

Before starting an activity, invite them to visualize how they want it to turn out.

For example: "Before we tidy your room, let's imagine how you want it to look when we're finished."

This helps the child have a clear picture of what they want to achieve.

3. Think about the steps

Once the goal is defined, ask them: "What do we need to do to get there?"

You can break down a large goal into small steps. Each step allows the child to experience that their decisions and actions have a purpose.

4. Create a family mission

A lovely activity is to talk as a family about: "What kind of family do we want to be?"

Together, you can create a phrase that represents your values, for example:

"In our family, we help each other, listen to each other, and find solutions together."

Place it somewhere visible and use it as a guide for making decisions.

A powerful question for this week:

Whenever your child is about to start an activity, try asking them:

“What do you want to accomplish?”

Instead of immediately giving them the answer or telling them each step, allow them to think, imagine, and suggest ideas.

To remember this week:

Begin with the end in mind doesn't mean children have to know exactly what they want to do with their lives.

It means teaching them, little by little, to:

Set goals.

Think before acting.

Visualize results.

Make purposeful decisions.

Recognize that their actions can bring them closer to what they want to achieve.

As adults, our role is to accompany them, ask questions, and help them discover what is important to them.

