

September 13th , 2026

WEEKLY BULLETIN



AIS

15

YEARS

General Director

Nash Adamson

What a wonderful week it was at AIS as we came together to celebrate our home and host country, Guatemala! It was a joyous (and delicious!) celebration of our country and our community. Our heartfelt thanks go to the PTO and to all the parents, teachers, students, and staff who joined forces to make it so special. A special shout out goes to our Performing Arts faculty and students for their wonderful presentations. Thank you for making this a celebration to remember. ¡Viva Guatemala!



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Monthly Calendar and Upcoming Events

General Upcoming Events:

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

Honors Choir, Ensemble, and Marimba Take the Stage

Friday's assembly gave us our first taste of what's to come from AIS's Honors Choir, Ensemble, and Marimba groups — and these students did not disappoint! Each group meets weekly after school to rehearse, and they'll be performing throughout the year, so stay tuned for more opportunities to enjoy their talent. A special thank you to Mr. Edgar and Mr. Orlando for their dedication, and to all of our student musicians for sharing their gifts with the AIS community!



Primary School

Natalia Zmaczynska and Sadie Rhinesmith

Collaboration with the Makerspace

This past week, 3rd graders headed to the Makerspace to make and create! Working in teams, they followed a recipe to craft their own playdough from scratch. They used their playdough to create 3D physical maps of Guatemala, exploring the country's mountains, volcanoes, lakes, and rivers. A great collaboration between different learning spaces in school as well as connecting different skills in different academic setting!



Early Childhood Program

Luis Carrillo

Thank you to everyone who made our celebration of Guatemalan traditions so special! It was wonderful to see our community come together, and we extend a heartfelt thank-you to all the parents who stepped into the role of teachers. Your willingness to share rich cultural traditions, stories, and activities truly brought learning to life for our students—a perfect reflection of our commitment to promoting our community's well-being.



Service Learning

Michelle Acker Perez and Sadie Rhinesmith

Early Morning Service in Action!

Our 5th graders have begun a wonderful journey of putting their leadership skills into action by serving their fellow students each morning through Safety Patrol! Each week, a new group steps up to help classmates safely out of their cars and guide them to the arrival platform, greeting them with a welcoming smile and a helping hand. This is service in action: our 5th graders are learning that true leadership means helping others start their day feeling safe, welcomed, and ready to learn!



Athletics and Extracurricular Activities

Maria Elena Valencia

Boys' Junior Varsity & Varsity Basketball

We are filled with pride seeing the dedication, effort, and passion our student-athletes bring to every practice. Today, more than ever, we want them to feel the full support and energy of our school community!

We invite you to come out and cheer on our basketball teams as they proudly represent AIS in the South-West Student League in Guatemala City.

¡Every cheer and word of encouragement makes a difference on the court!

Please join us in supporting our teams on the following game dates:

General Information & Reminders

Sports Uniforms: If you need to purchase an official AIS sports team uniform, please visit the main front desk. The staff will provide all details regarding sizes and availability.

Community Health & Wellness: At AIS, we know how vital it is to prioritize physical and mental health. We invite parents and staff to join our morning CrossFit and Cross Country classes on Mondays and Wednesdays from 6:45 a.m. to 7:30 a.m. If you would like to participate and get active in a welcoming environment, please contact us at mevalencia@antiguais.org

After-School Program: To learn more about our internal activity offerings or external provider clubs, please feel free to reach out to the Athletics & After-School Department.

[HERE](#)





JUNIOR VARSITY (JV)

TEAMWORK
TODAY
A STRONGER
TOMORROW

WED
SEP 23

🕒 3:30 p.m. | AIS vs. APDE El Roble

📍 Location: Liceo Javier

THU
SEP 24

🕒 4:30 p.m. | AIS vs. Colegio Decroly Americano

📍 Location: Colegio Decroly Americano

SAT
SEP 26

🕒 10:00 a.m. | AIS vs. Liceo Javier

📍 Location: Colegio Alemán de Guatemala

MON
SEP 28

🕒 3:00 p.m. | AIS vs. San José de los Infantes

📍 Location: Colegio Suizo Americano San Cristóbal



VARSITY

HIGHER
STRONGER
TOGETHER

THU
SEP 17

🕒 3:30 p.m. | AIS vs. Liceo Javier

📍 Location: Liceo Javier

WED
SEP 23

🕒 2:30 p.m. | AIS vs. Colegio San José de los Infantes

📍 Location: Liceo Javier

WED
SEP 30

🕒 4:00 p.m. | AIS vs. Liceo Cristiano La Fráter Roosevelt

📍 Location: Colegio Decroly Americano

SAME
COMMUNITY.
BIGGER GOALS.

CHAMPIONS
ARE BUILT HERE



Let's show our school spirit and support **our Lynx** at every game!

STUDENT ATHLETES
STRONGER TOGETHER



AFTER-SCHOOL PROGRAM ACTIVITIES (WEEK OF SEPTEMBER 14-18)

EXPLORE
STAY ACTIVE
MAKE FRIENDS
BE YOUR BEST

WEDNESDAY, SEPTEMBER 16

2:00 p.m. – 3:00 p.m.



Soccer: U18 Boys

Activity:

40m Intermittent Endurance Test



Dance: Grades 3-4

Activity:

"Horse Move" Movement Integration

MOVE • IMPROVE • HAVE FUN

WEDNESDAY, SEPTEMBER 16

3:00 p.m. – 4:00 p.m.



Basketball: U14 Boys

Activity:

Friendly Match vs. Visiting Team "Club Mapaches"



Dance: Grades 5-6

Activity:

"Horse Move" Movement Integration

SKILLS • FRIENDSHIP • CONFIDENCE

THURSDAY, SEPTEMBER 17

3:00 p.m. – 4:00 p.m.



CrossFit: Grades 9-12 (Co-ed)

Activity:

"500M BENCHMARK"

STRONGER
STUDENTS
BRIGHTER
TOMORROWS

AIS
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Health and Wellness

Nurse Carolina

Thank You for Participating in Our AIS Health Day!

Thank you for participating in the different health activities we organized, including language and hearing screenings, vaccination, and deworming. We greatly appreciate your support and participation in these activities, which contribute to the health and well-being of our AIS community.



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Support Program Team

Start with the End in Mind: With Compassion By Ms. Eli and Ms. Pamela (TTC)

This year, we are sharing important reflections on family well-being, with a material written by the Greater Good Science Center. If you would like to read more details about what we have shared in this school year's newsletters, you can read the book and [download it at this link](#). Today's topic explores how we can make compassion a priority in the way we approach life.

From their earliest years, our children have the capacity to feel concern for others; a young child can share, help someone in need, or reach out to comfort a person who is sad.

What is Compassion?

Compassion is an innate human capacity, but the family environment strengthens and directs it.

Are Empathy and Compassion the Same Thing?

Compassion means "suffering together" and is not the same as empathy; while empathy refers more generally to the ability to put ourselves in another person's shoes and feel their emotions, compassion arises when those feelings and thoughts include a desire to help. In other words: "A person in a wheelchair is trying to cross the street; I know how difficult that can be (empathy). What if I help them? Yes, I'll go help them cross more easily (compassion)."

"The Power of Love and Family Warmth"

Family warmth does not mean allowing everything; it means showing love, respect, understanding, and closeness unconditionally through our words and actions. When children grow up feeling loved and heard (through both good times and bad), they have a better chance of developing:

Empathy: understanding how others feel.

Compassion: wanting to help when someone needs support.

Kindness: treating others with respect.

Communication: expressing what they feel and need.

Emotional security: knowing they have people who support them.

Small gestures from compassionate parents that can have a big impact:
This week try to include some of the following affirmations during your family conversations.

"I am here to listen to you."

"I understand that this might be difficult for you."

"We all make mistakes and can learn from them."

"I'm glad you helped someone."

"You don't have to be perfect for us to love you."

Our children learn by observing how we react to problems, how we treat others, and how we speak about ourselves.

Let's teach self-compassion.

Self-compassion means learning to treat ourselves with the same understanding and kindness we would offer to someone we love. Let's help our children understand that:

Making a mistake doesn't mean failing.

Asking for help isn't a sign of weakness.

They don't need to be perfect to have worth.

Their emotions deserve to be heard.

A message to remember

Parenting is not just about correcting behavior; it is also about building bonds. A home filled with love, attentive listening, respect, and understanding can become a space where our children learn to care for others—and for themselves.

