

NEWSLETTER

A WELCOME MESSAGE FROM THE NEHS

Dear ECA,

On behalf of the National English Honor Society, we would like to welcome back all students, faculty, and staff to another exciting school year. As enthusiasts of the English Language and Literature, we are thrilled to spread our love throughout the halls and in the form of writing through the newsletter.

This year, we look forward to many engaging events, new activities for our members, and further interactions with the Early Childhood and Elementary students. Our plans include doing projects within the school and extending our activities with people from the outside to allow them to be part of this wonderful journey.

As we embark on this new chapter for the NEHS, we encourage you to join us in celebrating the English language in any way you can—no matter how big or small—by supporting the newsletter, tuning in to our events, or even reading thirty minutes a day. Together, we can grow and help others along the way.

Again, whether you are passionate or just curious about the English world, get involved, discover what is beyond, and look at all the possibilities that await you. Let us make this year a remarkable one that no one will forget!

Sincerely,

The Editors in Chief



TIPS FOR SUCCESS

Featuring Mr. Sandoz

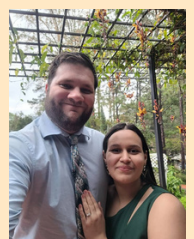
Coming back from summer break means getting used to our new schedules, meeting the teachers, arriving on time, etc., but is there a way to make this process smoother? Fear no more, because what better way than getting tips from no other but the teachers themselves. In this new



section of the newsletter we are thrilled to introduce tips for success from those that we see on a daily basis, teach us, and of course, grade our tests. For this issue we have Mr. Sandoz and his take on how to succeed during this academic year with the following tip that reads:

“My advice is to prepare, complete, and apply effort at all times. By this I mean that you have to organize your class and personal time wisely, complete all assigned work, and apply extra effort in your personal time when necessary.”

Making a mental note of this will help you become the best you can be at school and get grades you will feel proud of. We look forward to interviewing our next teacher and hopefully guiding you through this journey that sometimes might seem impossible to fulfill, but is just the need of some good advice what is needed.



NHS & NEHS

The NHS and NEHS are thrilled to announce the preparation for many fun activities and events that will make enjoyable memories not only for our students but also for many others outside the school!

As the group members of NEHS, we congratulate our new presidents and vice presidents. For the National Honor Society, we have our dear senior, **Alfredo De Oteyza**, as president, and our beloved juniors, **Linda Perez** and **Andres Bravo**, as vice presidents. For the National English Honor Society, we are pleased to have another of our dear seniors, **Victoria Márquez**, as the president and another of our beloved juniors, **Fabiana Mattar**, as vice president. We appreciate all their hard work and look forward to the wonderful efforts and positive impacts that they will bring to our school environment.

ANNOUNCEMENTS

FROM THE NHS

For these first few months, please bring school supplies, such as pencils, notebooks, rulers, etc. and leave them with your advisors during the morning. These will be handed to our staff so their children can begin the school year with the best energies.

Also, do not forget our ongoing project with Escuela Nuestra Señora del Encuentro in Petare in which we are trying to provide them with as much food as possible every month. ECA is in charge of bringing non-perishable items such as flour, beans, vinegar, etc. Therefore we encourage you to at least bring a kilo of one of these every month and leave it in the big blue box located at Star Plaza. Together, we can make the difference!

TAKING CARE OF YOURSELF

It is a proven fact that the connection between health and school directly affects a student's academic performance. Maintaining a balance between both is crucial for reducing the risk of various diseases, stress, and pressure when it comes to being in class. With the following tips, we look to help you enhance these two crucial aspects of your life, leading you to create a schedule that will maximize your time.

- Sleeping between 9-10pm
- Regular exercises
- Eating healthy and balanced meals:
 - Fruits & vegetables
 - Proteins
 - Grain foods
- Limit eating sugars, salty, and other junk foods.
- Drinking water, which helps hydration and supports health.
- Not skipping breakfast



STUCO

We are delighted to announce that the Student Counsel program at ECA will soon commence for the school year 2024-2025! This year, the leadership roles within this club will be organized slightly differently. Our dear senior, **Alfredo De Oteyza**, has run unchallenged and now holds the role of student body president alongside **Victoria Márquez** as the vice president. Moreover, two representatives, one male and one female, from each secondary grade have already been elected to act as the committee members. These include Dayeon Lee and Victorino Márquez for 6th grade, Yixuan Xu and Ian Levy for 7th grade, Rebecca Ruiz and Jungmin Seo for 8th grade, Marianna Butacci and Alejandro De Oteyza for 9th grade, and Nicole Suegart and Tony El Khouri Rocco for 10th grade. Remember, the opportunities to do good are innumerable, and the possibilities, are endless. Let us make this year one of change and one of voice. Power to the students!