

NEWSLETTER

Echoes of Youth

Students of ECA, this is your opportunity to be a part of your community and share your voice. Here are several reasons why you should submit:

- **Two homemade chocolate chip cookies for every valid submission**
- Resume and university application benefits
- **Extra credit in English class for every valid submission**
- Be a part of the ECA legacy
- Advance your writing and vocabulary

If these reasons haven't convinced you, do it, trusting that you are becoming a part of something bigger than yourself.



This school-wide project is intended to broaden our culture, strengthen school spirit, promote creativity, encourage growth and development, and ultimately leave a long-lasting legacy at ECA.

Remember, you have until just before Spring Break to submit.

Exam Tips

To prepare effectively for exams, students should focus on a few key strategies. First, create a **study schedule** to break down material into manageable chunks, allowing you to pace yourself and avoid the stress of last-minute cramming. This schedule should be realistic and flexible enough to accommodate unexpected interruptions. Next, **practice past papers** to familiarize yourself with exam format, question types, and time constraints, helping you refine your time management skills and build confidence in your ability to tackle the exam. It's also important to take **regular breaks**, using Pomodoro Technique, where you study for 25 minutes followed by a 5 minute break and get back to work to stay focused and refreshed. Additionally, **stay healthy** by maintaining a balanced diet and ensuring you get at least 7-9 hours of sleep each night so that you maintain energy levels. Also, **manage your stress** by practicing techniques such as deep breathing or meditation to reduce anxiety and stay motivated throughout the preparation period. Finally, **seeking help** when needed is crucial; don't hesitate to ask teachers or classmates for assistance if you're struggling with a concept. The collaborative learning will deepen your understanding and provide valuable insights. By implementing these strategies, you can significantly enhance their exam performance and achieve their academic goals.

Editor's message

Dear readers, we are thrilled to share with you the latest news and achievements happening in our school! First of all, we want to announce some new members of the organization, NEHS and NHS, who have recognized as high-achieving and dedicated students to be represented as part of these communities. This opportunity will highly support their processes in order to go to their future universities. We are so proud of you and keep on the hard working! As you go on the reading, the new members will be presented. Also, we have some exciting trips coming up for this and next week. We hope you enjoy and make great memories with your peers!



St. Patrick's Day



Saint Patrick (who's original name was Maewyn Succat) was the patron of Ireland who converted many of the country's residence to Christianity. Accordingly, this holiday used to be primarily a religious and cultural holiday taking place on the supposed death date of Saint Patrick himself. Since then, it has taken more of a festive and fun significance. The color of this holiday changed from blue to green, hence the wide variety of green-themed celebrations and traditions that take place today. Modern-day traditions range from wearing green (or be pinched!!!) to participating in parades to eating corned beef and cabbage. The three-leaved clover, leprechaun, and the pot of gold at the bottom of the rainbow are all modern icons of this widely celebrated holiday that over 200 countries recognize. Happy Saint Patrick's Day!!



NEHS New Members

We feel excited to welcome our new National English Honor Society members for 2024-2025. These individuals have shown exceptional skills in the English language, gaining a spot in this prestigious group that aims to promote literacy amongst the community. Congratulations to **Alejandro De Oteyza** (9th Grade), **Marianna Buttacci** (9th Grade), **Caleb Weaver** (9th Grade), **Yalal Mohamad** (10th Grade), **Alana Brewer** (11th Grade), **Alejandro Vazquez** (11th Grade), and **Freddy Hernandez** (11th Grade).

We would also like to give a farewell message to our seniors, who served the team with great pride and contributed immensely both at school and outside. We wish the best for **Valeria Rodriguez**, **Max Wilson**, and, of course, our dear president, **Victoria Márquez**, who have helped us in this beautiful journey of fostering love for the English Language.



NHS New Members



The National Honor Society also feels excited to welcome its new members for 2024-2025. These 10th graders have shown leadership and citizenship across the community, gaining their spot alongside to work with other students with the purpose bettering society. Congratulations to **Alesia Lamanovich**, **Andres Afuni**, **Juan Andres Tangir**, **Sofia Oquendo**, **Tia Weaver**, **Tony El Khouri**, and **Yoolim Seo**. Keep up the good work and enjoy your time within the NHS!

To our dear seniors who are leaving, we also wish you the best in your professional careers. Thanks to **Valeria Rodriguez**, **Max Wilson**, **Agatha Martinez**, **Serena Gatto**, **Victoria Márquez**, and, of course our beloved president **Alfredo de Oteyza** for making NHS what it is today and leaving a long-lasting legacy within current and new members.