

**Hello Washington! Volume 2 /  
Issue # 4 / February 14, 2023**



## Washington's 2023 so far...

### Teacher's Day 2023

Traditionally, Teacher's Day is celebrated in Venezuela on January 15th. This year at Washington, it was commemorated on Monday, January 16th. Throughout the week, many students addressed the entire school during morning announcements with speeches of gratitude and appreciation toward our wonderful teachers. We had an early dismissal for all students, so teachers could attend a special seniority recognition ceremony. In this event, educators and administrative staff, with five or more years of continuous service at Washington Academy, were honored with beautiful pins.

Among 5-year seniority we have:



Jhonny Méndez  
School Treasurer



María Pino  
Registrar's Office



Nora Souki  
School Counselor



Rosbely Carreira  
Kinder A Teacher



Glenda Goitia  
IT Support

Among 25-year seniority we have:



María Elena Abreu  
School Principal and Board Director



Ana Teresa Pérez  
Physical Education Teacher

And with 30-year seniority:



Yajaira Graterol  
IB DP Coordinator



At WA, faculty and admin staff are given pins when they reach 5, 10, 15, 20, 25, and 30 years of continuous work at our school. With 5 and 10 years, they receive a golden or silver pin. After 15 years, the pin is made of gold. At 20, 25, and 30, a small diamond is embedded into their gold pin. In addition, SPRAW also gives a token of appreciation to our awardees. All teachers and admin staff's hard work was recognized with special gifts and a delicious luncheon provided by our Board of Directors (BOD) and SPRAW. Furthermore, many Washington families donated a variety of gifts that were raffled among everyone. We want to express our gratitude to the BOD, SPRAW members, and the following families for these gifts:

- Acosta Ramírez
- Arreaza Morejón
- Benarroch Cifuentes
- Cappellin Montilla
- Díaz Franco
- Fonseca Sánchez
- Forte Franco
- Gómez Cedeño
- Hernández Rosales
- Yehia Méndez
- Mussa Cobarrubia
- Paz Hernández
- Radesca Ponce
- Ramírez Asa
- Ramos Morgado
- Romani Rehring
- Somogyi Giardina
- Uranga Chebly
- Valladares Rodríguez
- Vieira Vieira
- Wu Zheng



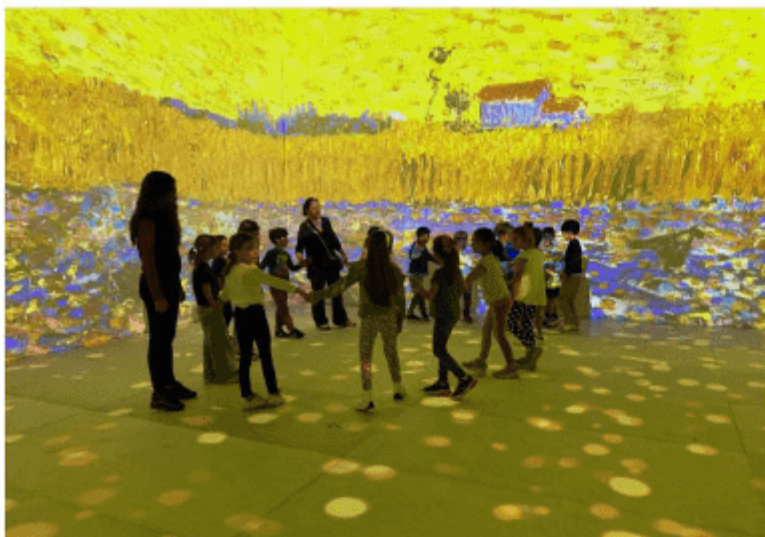
## SPRAW's New Instagram Account

SPRAW

Our new SPRAW members are diligently finding new ways to help our school become its best version. Their communications committee has created and launched a new Instagram account to provide all our community members with more information on who are the new SPRAW members. They are currently using tech tools to create a more effective network of parents. Please follow their Instagram account at [@spraw](https://www.instagram.com/spraw), and provide feedback through the link in their bio: <https://hellospraw.carrd.co/>. We applaud their efforts towards cohesion in our Washington family!







## Immersive Van Gogh Field Trip

Last December, many of our students participated in a unique school field trip to the Immersive Van Gogh Exhibit that was presented at *Tamanaco Hotel*. This trip was planned by a very special group of WA mothers who wanted our students to appreciate and enjoy a completely new way of encountering works of art. This was not a conventional exhibition where the paintings hang on the walls, while you walk by them and connect the dots in your own mind at the end. It's a unique combination of art, music, and cinematography. This enriching experience provided students from 1st to 12th Grade (it was optional for high school students) with an understanding or feeling of what the act of creation must have been for Van Gogh. Our art and other teachers took advantage of the opportunity to make connections between their curriculum and the field trip.





## Upper Elementary Honor Roll Students

On Monday, January 9th, during our morning announcements, a special recognition was awarded to our Upper Elementary (5th, 6th, and 7th Grade) students who achieved the highest marks last trimester. These are traditionally called: Honor Roll students. Our school Principal, María Elena Abreu, publicly recognized their effort, and encouraged us all to work hard, take advantage of the resources we have in hand, and to become the best versions of ourselves. Kudos to these hardworking students!



## WA Alumnus Returns and Gives Back



On Monday, January 16th, a delightful new mural was finished at our preschool grounds. Our very own alumnus Mrs. Alexandra Gonzalez, Gina's daughter, who currently resides in Adelaide, Australia was inspired during her vacation time here in Caracas, to design a sketch that would later be transferred to one of our playground walls. Her mom, daughters, sister, and sister-in-law helped her paint and finish the mural. It was both nostalgic and beautiful to see how love for our school carries on with our alumni and their families. Thank you Alex! We are truly one big family!







## H/ö/t D/ö/gs in First Grade



First graders are currently working on vowel sounds as part of their English curriculum. To reward their hard work and in order to make their learning fun, a group of WA moms organized, on Friday, January 20th, a hot dog day in honor of the short sound of the vowel /ö/. Keep up the great work 1st graders!





Nota: Las fechas en este cronograma pueden estar sujetas a cambios.

II Lapso	
martes 14 feb	Valentine's Day Celebration
lunes 20 y martes 21 feb.	Carnaval (no hay actividades en el colegio)
miércoles 8 marzo	Time Tunnel (2do Año / 9th Grade / IB MYP Year 4)
viernes 10 mar.	Exposición de Arte del Programa del Diploma del Bachillerato Internacional (5to Año / 12th Grade / IB DP Year 2) (IB DP Art)
viernes 17 mar.	Feria de Las Profesiones (Career Day) (7th Grade / IB MYP Year 2)
viernes 17 y sábado 18 mar.	Copa de Atletismo Academia Washington
lunes 20 mar.	Science Fair (5th Grade)
viernes 24 mar.	Math Fair (4th Grade)
lunes 27 - viernes 31 mar.	Pruebas Acumulativas Primaria I y II (2nd - 7th Grade)
viernes 31 mar.	Easter Party (PK, K y 1st Grade) (salida de alumnos de PK, K y 1st Grade a las 11:00 am)
lunes 3 - viernes 7 abril	Semana Santa (no hay actividades en el colegio)
lunes 17 y martes 18 abr.	Consejos de curso y planificación de docentes (no hay clases)
miércoles 19 abr.	Declaración de la Independencia de Venezuela (no hay actividades en el colegio)

# Updated School Calendar



## Social and Emotional Learning (SEL) Workshop

Coming back from our holiday break, on Jan. 10th, WA's Counseling Department conducted a very relevant workshop for all our faculty (teachers), some admin staff also participated. The main topic of their presentation was: Social and Emotional Learning (SEL). SEL has often been used as an umbrella term to represent a wide array of non-academic skills that individuals need in order to set goals, manage behavior, build relationships, and process and remember information. These skills and competencies develop across our lives and are essential to success in school, work, home, and community. What is the key to a high-quality social-emotional learning program that makes a lasting impact? It has to be a whole-school effort, according to developmental psychologist Stephanie Jones and her research team at the Harvard Graduate School of Education. Therefore, WA's Counseling Department is working hard on getting administrators, teachers, and parents on board with strategies and practices we can all follow to help our students' social and emotional development.

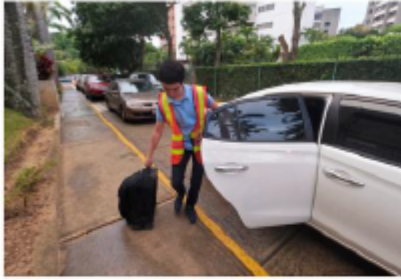






## School Safety Patrol is Back!

We are happy to announce that our School Safety Patrol (SSP) is back! This program is part of the 7th Grade *Orientación & Convivencia* curriculum and accounts for 20% of their final grade in this subject. 7th graders participate as patrollers who stand along WA's *Calle Interna*, greeting parents and students politely during our morning entry routine. Their job is to help younger students get out of the car safely and into the school. They need to do so in a timely manner to avoid traffic congestion. Their service lasts one week. Then, the supervising teacher picks a Stellar Patroller who will become next week's Brigadier, and who will be assisting along with another group of patrollers. All SSP members wear bright vests to distinguish themselves, and the Brigadier wears a special mesh vest and a special WA pin.



These SSP programs benefit students, school, and communities. Students gain safety awareness, leadership, teamwork, pride, citizenship, and respect for rules and regulations. Our school benefits from opportunities to promote traffic safety awareness, peer-to-peer education, and character building opportunities. Communities gain from safer environments, a positive collaboration between students, parents, faculty and staff, and a spirit of civic-mindedness. Thank you 7th graders! We truly appreciate your help every morning!

## Seniors Develop Environmental Awareness

Environmental Awareness is a priority here in Washington. That is why our IBDP (International Baccalaureate Diploma Programme) Biology and Environmental Systems and Societies (ESS) teachers organized a field trip for Seniors to *Candilejas* beach in *La Guaira* state. They left school grounds on Thursday, January 19th, at 7:30 am, and got to *Candilejas* midmorning. Students divided into groups and worked on what the IBDP calls a practical scheme of work for the different subjects. For Biology, they did an analysis of the environmental variables such as temperature, atmospheric pressure, ocean currents, wave and tidal movements, among others. For ESS, they made an inventory of solid waste, and learned how to measure microplastics content in the beach's sand to estimate the impact of plastic pollution in the area. Seniors learned how to do sand sampling by creating a 50 x 50 cm quadrat. Through this practice, they discovered firsthand the pervasiveness and magnitude of plastic pollution in our beaches. We hope this awareness will bring forth behavioral changes in our students and their families that contribute to the sustainability of our natural resources.





# 10th Grade visits Universidad Católica Andrés Bello

On Wednesday, January 25th, our 10th graders (3er año) and a group of teachers visited *Universidad Católica Andrés Bello* (UCAB) to see the *Techo Verde* (green roof), a thesis project done by UCAB students. It is called green roof because a garden was built on it to help improve the graduate studies building's overheating issues. Solar panels were installed to provide electricity to the rooftop and some classrooms in the building. This green roof currently lowers the building's core temperature 5 degrees celsius, decreasing the need for air conditioning.

After the green roof tour, the visit took an unexpected turn when the students were invited by the UCAB's Vice Rector to explore the university's new areas. A total of four new areas have been opened in the last few years, and our students had the opportunity to visit them all with a guided presentation. These are: *ESportsUCAB* (game programming and developing), *Academia Costura+Moda* (fashion and design), *Academia LAGA* (gastronomy and cuisine) and the *Prototipista e Impresión 3D* laboratory (prototyping and 3D printing). In addition, 10th graders also visited two art exhibits and the main library. Students arrived at UCAB at 8 am, and a tour that was meant to last just one hour, extended until noon. This visit to *Techo Verde*, as a field trip organized by IBMYP (International Baccalaureate's Middle Years Programme) Biology and Action & Service, taught our students about sustainability, care for the environment, and about how to maximize resources we already have. Furthermore, it showed students that it is possible to turn projects (MYP's Personal Project or DP's Extended Essay) into realities that impact our communities.



# Venezuelan Everest Climber takes our Juniors to Sagarmatha

Architect Marcus Tobia is the founder of a team of Venezuelan mountaineers called *Proyecto Cumbre* (PC). Among his major achievements with PC are: first national ascents to the main peaks of the world, including the climb to Everest (8,848 m), the highest mountain of the planet, in the year 2001; in 2004, PC made the first Venezuelan Expedition to the North Pole; and in 2006, the first Venezuelan Expedition to the South Pole. Most recently, is participating in SOS ARCTIC 2022 project, a scientific expedition that will cross the island of Greenland aboard the Wind Sled with a clear mission: science and innovation to gain greater knowledge of climate change and improve the future of our planet.



Tobias also built a mountain refuge/climbing school, at 3,500 m above sea level, in the state of Mérida called *Sagarmatha* ( **see video attached** to this issue of Hello Washington!). It is currently the only mountain climbing school of its kind in Venezuela. It is located more specifically between *Apartaderos* and the *Mucubají* lagoon. On Saturday, January 21st, all our Juniors (11th Grade / 4to año) went on a field trip to *Sagarmatha* with Mr. Tobia himself. The trip lasted a whole week. Juniors spent a day acclimatizing to the new altitude. On Sunday, they visited the *Mucubají* lagoon and *Laguna Negra*, and received a mountain climbing briefing. On Monday, they climbed *La Babosa*, a rock especially prepared with equipment for practicing climbing techniques. Then, Juniors received a course on geographical orientation with maps and compasses and watched a video of Mr. Tobia's Everest expedition. On Tuesday, they went mountain biking and learned to set up camp (tents) and finished their day cooking *pastelitos andinos*. On Wednesday, they visited local public schools: *Jose Victoriano Lobo* and *Unidad Educativa Bolivariana La Mucuchache*. In both schools, they planned and coordinated recreational activities for students and teachers such as: storytelling, painting, arts and crafts, board games, and sports workouts. After this, they were transported to *El Guache* lagoon; from here they hiked towards the base of *Pico Gavilán* where they set up camp. The next morning, the team of Juniors, teachers, and guides climbed to the summit at 4,250 m above sea level. After celebrating this great accomplishment, they descended and returned to *Sagarmatha*. On Friday 27th, they returned to *Caracas* safely, and with a new set of life skills.



# First Aid Training for Faculty and Staff

Because safety always comes first, a selected group of faculty and admin staff participated, on Friday, Jan. 27th and Saturday 28th, in a first aid training workshop which included two 4 hour-sessions of theory and practice. This training is also called *PAMI (Proveedores de Auxilio Médico Inmediato)* and was delivered on school grounds. Sessions were provided by *Fundación Venemergencia's* First Aid training team, who have been conducting these courses in Venezuela for over 10 years. The program included the following topics:

- Initial assessment of a victim
- Wounds / injuries, hemorrhages, and burns
- Fractures, sprains, and dislocations
- CPR (cardiopulmonary resuscitation) for adults and children
- Bandages, immobilization
- Transportation of victims

Even though several first aid workshops have been done at WA in the past, recent events have shown the importance of this initiative becoming a regular practice. We need to be more prepared to help adults and children during diverse emergency situations.





## ***Día del Maestro***

*"Una vez, Simón Rodríguez, el amado maestro de El Libertador, dijo: "Los seres humanos no nacen al ver la luz del nacimiento, sino cuando ellos empiezan a alumbrar con luz propia." Un docente no solo nos enseña filosofía, números y arte; tiene en sus manos el poder de inspirarnos a través de su propia moral, conducta y pasión por sus ideales; estas no son más que las luces que nos alumbran el camino hacia el saber. Porque el conocimiento por sí solo puede resultar inerte, pero acompañado de moral y arraigados valores empodera a quien lo posee. Un maestro, es quien nos guía, hasta llevarnos a encender nuestra propia luz, que representa nuestro ser y nos conduce al saber. Simón Rodríguez no solo fue su maestro, él fue su guía y mentor, influenciando su vida hasta el punto en que El Libertador en una carta profundamente conmovedora, le escribió: "Usted formó mi corazón para la libertad, para la justicia, para lo grande, para lo hermoso. Yo he seguido el sendero que usted me señaló. Usted fue mi piloto..." Ciertamente, un maestro inspira, enseña y forma desde su invaluable aporte a una sociedad, a un país; por lo tanto, es entonces a ustedes, a quienes debemos atribuir los más grandes logros de los miles de venezolanos profesionales, talentosos que hoy están dentro y fuera de Venezuela y nos llenan de orgullo.*

*Hoy, somos nosotros el futuro, la generación de relevo que está siendo "piloteada" por ustedes, grandes maestros, para enfrentar los desafíos del futuro y llenar una vez más de gloria la historia de nuestra nación. Finalmente, pero no menos relevante, quisiera extender una invitación a la reflexión, en una frase del inspirador líder por generaciones, Nelson Mandela, quien dijo cierta vez: "La educación es el arma más poderosa que puedes usar para cambiar al mundo." Gracias maestros, gracias profesores por su dedicación incansable; sin duda, no será en vano.*

*"No nos cansemos de hacer el bien, porque a su debido tiempo cosecharemos si no nos damos por vencidos"*

*Gálatas 6:9*

*by Carlota Ledezma (9th Grade B)*





