



# NEWSLETTER

## VVAA 2022-2023 Calendar

- October 24-27 **Mon.-Fri.** Red Ribbon Week
- October 28, 2022 **Friday** Nevada Day—NO SCHOOL
- Oct. 31-Nov. 4 **Mon.-Fri.** Week of Prayer, Gabriel Riojas, Speaker
- Nov. 11, 2022 **Friday** Veteran's Day—NO SCHOOL
- Nov. 21-25, 2022 **Mon.-Fri.** Thanksgiving Break—NO SCHOOL
- December 19 **Friday** Second Quarter Ends - 45days  
First Semester Ends - 86 days
- Dec. 19, 2022 –Jan. 2, 2023 **Mon.-Mon.** Christmas Break
- January 3, 2023 **Tuesday** School Resumes

**\*All days on Calendar count as school days.**

## Mr. Garcia

### Interview Summary

We all know our amazing teacher, Mr. Garcia, but do we really know about him? Mr. Garcia is a teacher here at Vegas Valley Adventist Academy. His homeroom class is 5th and 6th grade and he teaches History, Computers/Robotics, and 5th and 6th grade Bible. His role here is to keep us in check and to make sure we do not do anything crazy! When Vegas Valley Adventist Academy was known as Las Vegas Junior Academy, Mr. Garcia was a student here. He attended the school from Kindergarten through 3rd grade. Even though he was just a young child, the years he attended here impacted his life in a positive way! The teachers focused on teaching him and his classmates about the love of God. All those teachings stuck with him through the years. We are very grateful to have him here as our teacher!

~ Aylin Mejia





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## What it Takes for Students to Survive VVAA

As we all know, it can be quite hard and zany-wacky-funny to deal with several pages of math homework or mountains of endless, monotonous and soul crushing writing purely designed to subdue you and crush your spirit. But believe it or not there are methods to make it through this gauntlet of work, and I will tell you to the best of my human capabilities! It can be achieved with study methods, or different ways of thinking, and even just paying attention in class. With all these promises you might be wondering if I am credible in this field, I should have you know that I just watched a five minute ted talk on studying- thus I know exactly what I'm talking about. Without further interruption, It is time to get into the methods of this paper.

Survival is a hard thing; plants need water and sun, animals hunt or scavenge, and humans need to keep up with the work and stress of modern life. For you dear student, you have it luckier than you realize! No taxes or bills yet! But still, the pain of work rests upon all, and you have some schoolwork to do. I would like to introduce the Pomodoro Method of studying, which involves estimating the time it will take to do work and breaking that time into work intervals separated by breaks. You look at your work, estimate how long it will take, separate that time into work periods (usually twenty-five minutes) and short five minute breaks to help get your work done! It will help refresh you with breaks and encourage you to get work done quicker within those work intervals. Though you don't have to do this, it's still good to try and change your perspective on studying and possibly using the Pomodoro Method for it. This is a tried and true method which I do not doubt will have you improve in some sort of way! Finally it is important to simply focus, boring it may be all you are doing by not paying attention is giving you more work trying to figure out everything later. So with that student, good luck! And I hope this message helped you.

~ Wynn Free Flippen

**Red Ribbon Week, Oct 24-27**



**Nevada Day, Oct 28, NO SCHOOL**



**Week of Prayer, Gabriel Riojas, Speaker,  
Oct 31—Nov 4**