

# JANUARY 2026

## Switch day: Written by: Camila Rivera (11<sup>th</sup>)

During the first full week back, 6th and 7th-grade students had switched classes for the day, giving the 6th graders an introduction to high school and the 7th graders a nostalgia trip back to elementary school. During the morning, the student council gave a presentation introducing all of the things they needed to know and offered some friendly advice. For the rest of the day, the students took high school classes, giving them a glimpse of what the upcoming school year has in store. These included various types of sciences and new languages, such as French. Overall, it was a fun day for them, showing their near future at Wesleyan and what to expect for the upcoming year.

## Guajataka: Written by: Fabiola Santos (12<sup>th</sup>)

From January 20–23, the senior students were elated to finally go on the famous Wesleyan Academy Guajataka retreat. They spent their days doing multiple fun activities, such as a scavenger hunt, a bonfire, archery, safe shooting, pool time, and canoeing, along with crafty activities like modeling clay and making friendship bracelets. Most importantly, the students were able to hear the Word of God and work toward their relationship with Him. The main message students heard was about the important stage of life they are at right now—a time of change and growth, a time when it is most important to foster their connection with God, for when times get tough, He will be their guide and reminder that they are not alone. Guajataka was a great bonding experience for the Class of 2026, making memories they will never forget.



## PTSO Basketball Tournament: Written by: Amanda Torres (10<sup>th</sup>)

On Friday, January 23, 2026, the Parent-Teacher-Student Organization (PTSO) organized a basketball tournament that brought together teachers, parents, and alumni. The commemorative event allowed the school community to gather, have fun, and create new memories. It encouraged strong bonds, teamwork, and increased school spirit. This tournament also provided a valuable opportunity for different generations to connect through friendly competition. A strong sense of pride was felt throughout the school during this unforgettable event.

## Dean's List: Written by: Adriam Rohena (11<sup>th</sup>)

Being included on the Dean's List is a great achievement that shows excellence, hard work, and dedication. It recognizes the effort and performance of students and their ability to balance academic responsibilities. Earning a place on the Dean's List demonstrates perseverance and growth. It can encourage and motivate those same students, and others, to work hard and strive for academic and personal success. This is why we want to congratulate all the students who had the great opportunity to be included on the Dean's List.





## Anti Bullying Week:

Written by: Nicamar Piñeiro (10<sup>th</sup>)

Ephesians 4:29 — Do not let any unwholesome talk come out of your mouths, but only what helps build others up according to their needs, that it may benefit those who listen.

This month at Wesleyan Academy, we get to raise awareness about anti-bullying, which affects approximately one in three students globally. This month helps promote kindness, acceptance, and inclusion. It also helps us understand how small, kind actions, like standing up for a friend, thinking before acting, and including someone who may feel left out, can make a huge difference. We never know what someone could be going through, and our goal should always be to uplift others and treat them with respect. We can help prevent bullying by learning what it really looks like, by making sure that we always stand up for others and do not let people make fun of them, and by celebrating what makes every one of us different and unique. Let's all work together to help make Wesleyan Academy and the whole world a place where everyone feels safe, respected, and proud to be themselves.

## Featured Senior:

Drawn by: Ariana Galliano (10<sup>th</sup>)

For January, our featured senior is Mariela Pérez. She has been at Wesleyan Academy since PPK, and during her time at this school, she has been a part of numerous organizations and initiatives, including MEDLIFE co-chair, Student Council treasurer, Sports Management Club, and a Guajataka counselor. She has also participated in various school sports teams, such as volleyball and soccer, since elementary school, played futsal since her sophomore year, and even tried table tennis during her junior year.

Mariela's favorite memories during her time at Wesleyan Academy include retreats, laughing nonstop on school trips like Close Up and the Washington, D.C. volleyball trip; preparing banquet dances with her class; and connecting with others in ways that make them feel seen and valued. After graduation, she plans on spending time with her family, traveling, working toward her passion of becoming a pediatric oncologist, and staying open to what God has planned for her life. Some advice Mariela gives to other students is to have fun, create memories with your class, listen to God's direction, and not settle for the standards of this world.

## Lego Club: Written by: Carlos Berroa (10<sup>th</sup>)

The Lego Club was recently founded by Nicole M. Vega Figueroa, who began working as an elementary school teacher last year. Ms. Vega shared with us that she founded the club with the intention of allowing students to explore their curiosity and promote problem-solving in a fun and familiar way by using Legos. Most activities in the club typically include a specific request or situation that the students have to respond to, and actually build their designs by themselves. As an example, in their most recent project, the task they were given was to design a school playground that is accessible to all students. In addition, another skill that is promoted in this club is teamwork, which is expressed in the form of group projects where several students have to collaborate and create their solutions together. We are happy to know that the elementary school students will have the opportunity to develop their creativity and problem-solving skills through a medium as fun and interesting as Legos.



## MLK Day: Written by: Amanda Robles (10<sup>th</sup>)

MLK Day refers to the third Monday of every year. This year, it landed on January 19, 2026. This day is dedicated to celebrating and honoring the legacy of Martin Luther King Jr., a very prominent leader of the civil rights movement. Martin Luther King was born on January 15, 1929, and became known for being a Baptist minister who gave numerous inspiring speeches. He was, and still is, one of the most important figures in the history of the United States because he used nonviolent and peaceful speeches and protests to promote civil rights, especially for people of color. Unfortunately, due to his assassination in 1968, his time was cut short, but his legacy is still as powerful as ever. His speeches, especially his famous I Have a Dream speech, have inspired so many and have promoted peace and equality in a mighty way. So much so that we still hear about him, his speeches, and his life to this day, and will continue to remember him for many years to come.



Drawn by: Gustavo Melendez (10<sup>th</sup>)

**Student voices?** Written by: Amaya Hernandez (10<sup>th</sup>)

At Wesleyan Academy, the opinions, experiences, stories, and voices of all students should be heard and expressed. For this edition, we interviewed Myla Duggan. Myla has been an Eagle for about 12 years and is currently the class president for the Class of '28. She is a respected role model within the Wesleyan community.

We asked Myla a few questions about her time here at Wesleyan and some of her favorite moments. Here is what she had to say:

Do you have any favorite memories you have made so far here at Wesleyan Academy, whether that be field trips, school dances, retreats, etc.?

My two favorite memories at Wesleyan Academy must be the two trips we have made with the volleyball travel team—one in 2024 to Washington, D.C., where we won the bronze bracket, and one in 2025 to Boston, where we reached the gold bracket semifinals.

Tell me about your favorite sports story, one that you will never forget.

My favorite sports memory is from the 2023 WA volleyball tournament. It was the final against CPN, and it was a very close game where both teams had a chance at winning. We ended up winning the championship at home with our hard work and team effort. I look back at it as a funny memory as well because the other team wasn't very happy with the game-winning call made by the referee, so a huge argument broke out between the parents and coaches. Definitely a memory I'll cherish forever.

Voice your opinion! What do you hope for the future of Wesleyan Academy?

I hope that in the near future the school can continue growing in both educational and athletic aspects. There are a lot of bright students and talented athletes at Wesleyan Academy, and with the right planning and resources, the school can help them reach their maximum potential.

Do you have any advice for the Wesleyan Academy community? If so, what is it?

My advice to the Wesleyan Academy community is to take things one step at a time. Some days may seem harder than others, but it's important to keep trying because hard work is always rewarded. Progress doesn't happen overnight, but every small step forward matters as long as you stay committed and keep moving forward.

**Did you know?** Written by: Olga Cancel (12<sup>th</sup>)

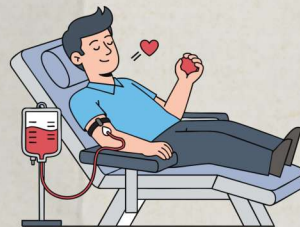
Did you know listening to your favorite songs doesn't just make you happy? It actually changes the way your brain works. Music can boost your mood, improve your memory, and even make you more creative. When you listen to songs you love, your brain releases dopamine, the same chemical that gives you a rush from your favorite foods or likes on social media.

Music also affects your brain waves. Slow, relaxing music can encourage alpha waves, which help your mind chill out and reduce stress. Fast, upbeat music can trigger beta waves, which boost focus, alertness, and problem-solving. Instrumental tracks or lo-fi beats are great for studying because lyrics can compete with the language part of your brain. Calming music makes repetitive tasks feel less boring and helps your brain stay on track.

Next time you're listening to music while studying or just relaxing, remember your brain is actually responding to the rhythm and tempo.

**Monthly awareness:** Written by: Ambar Roche (11<sup>th</sup>)

National Blood Donor Month, celebrated every January, honors the generosity of people whose donations help patients every day, from those undergoing cancer treatments to individuals living with blood disorders like sickle cell disease. One blood donation can save up to three lives, making it a powerful way to spend just an hour. To donate, most centers require that you weigh at least 110 pounds, be at least 16 years old, feel healthy, and have waited at least 56 days since your last donation. And for those who cannot give blood but still want to support the cause, organizations such as the American Red Cross and other charitable groups offer ways to contribute financially, ensuring that lifesaving work continues year-round. So I encourage you today to contribute in any possible way because together, we can make a meaningful difference, one donation in any way is an act of kindness at a time.



**Employee Retreat:**

Written by: Jorge Rotger (11<sup>th</sup>)

On January 8th, the school called for all of its professors to come together for the annual teacher retreat. They were welcomed back warmly before getting into the discussion. In it, they discussed various topics on how to improve our school and our education. And most importantly, they were informed on how to integrate more life and biblical lessons into our classes, keeping us informed and in tune with God. Overall, it was a very productive day for all involved, and has determined the course of the following semester positively.

