



COLEGIO BILINGÜE DE PANAMÁ FIRST LIGHTHOUSE SCHOOL IN PANAMÁ



The Leader in Me



PROM 2023

Countdown to graduation begins



SWIMMING
TOURNAMENT

¡VEN, DIVIÉRTETE

Y APRENDE!

19 years of constant effort,
teaching and success



Gallery





MURIEL SUMMERS FROM LEADER IN ME VISITED CBP



Educational Excellence



For many years, our school has worked hard to develop a team of qualified leaders to manage situations and school activities, the Lighthouse Team. Clearly, the previously mentioned description of this team does not do justice to its greatness, but we can summarize it as follows. The first president of the school's Lighthouse Team, Hernán Conte, and his work team worked hard to train new generations of lighthouse students. So it was, from president to president and from team to team, the school was reaching bigger and bigger goals. However, the pandemic arrived, the processes and logistics of the team inevitably declined. With great efforts from the entire Colegio Bilingüe de Panamá, the school became a model of overcoming, coming from a pandemic and still reaching enormous goals, advancing by leaps and bounds; All this gave the school a great status and opportunity to become the first Lighthouse school in Panama. This is how, once again, our community joined forces to achieve one of our greatest goals.



By the end of 2022, thanks to the work of countless students, teachers, and administrators, the school had acquired the title of being the first Lighthouse School in Panama. Title awarded by the members of the global Leader in Me program, which guarantees that a school has met all the requirements and has passed the accreditation test in which it is carefully examined that the entire community of a school is trained in theory and putting into practice knowledge and teachings from the program Leader in me.

We reached that goal, we were officially declared as a social body capable of working together for constant prosperity, and as individuals in a society who can be an example for others and who are capable of improving themselves every day.

This accreditation led to another great challenge, the official visit to the school by Muriel Summers, creator of the Leader in Me program and international authority on the transformation of education. Being another important goal, the entire Colegio Bilingüe de Panamá worked tirelessly for weeks in preparation for April 24, the day of the visit.

Muriel Summers arrived at the school accompanied by executive members of the Leader in Me program, they were received with shouts of joy, songs, gifts and above all an exalted spirit of coexistence and encouragement from our community. We were fortunate that Summers toured a few classrooms and was able, although briefly, to appreciate the work that students, along with their teachers, do every day.

Being able to see the faces of the directors of the program was undoubtedly one of the best parts, seeing how they were so grateful and happy for everything we have worked for as a school, without a doubt it was an incomparable reward for everyone. However, it was even more so to be able to see our fellow students and teachers show themselves so satisfied; the happy faces of team Lighthouse and Professor Brandao, seeing Professor Katherine cry with joy... without a doubt it was a sign of the humanity behind so much effort, the effort of a job that we as Colegio Bilingüe de Panamá were always happy and willing to face, and that we were now clearly seeing the fruit of the labor.

Some members of the current Lighthouse Team board of directors had the opportunity to speak to Summers about our school; and she gave us words of immense gratitude and motivation, words that we try to transmit to the other students at the school on a daily basis.

However, it is we as a school that appreciate Muriel Summers' visit, as it was not only a show of giving back for our work, but rather an act of motivation for ourselves, and a statement that allows other schools to see us as a model of perseverance and constancy. Colegio Bilingüe de Panamá will not stop, the visit of Muriel Summers and the accreditation are a greater motivation to continue on our path of self-improvement.

We're proud of what we've accomplished so far, and we thank the entire community for being key members of our goal tracking. That is why we want to invite you, now more than ever, to follow the example of Hernán Conte and contribute to the personal development of the next descendants or students of the school, who at the same time will be the generations that will lead the country towards a better future.



SOCIAL WORK AT CBP

The coordinator of the Social Service professor and vice principal, Carmen López, tells us how much it means to do social service at CBP.

Comments that Colegio Bilingüe de Panamá is an educational institution that is interested in achieving excellence in the academic training of its students, not only emphasizing the development of academic qualities, but also focus on preparing empathetic citizens and aware that their feelings, thoughts, and deeds have repercussions when making their decisions on issues such as their future and development of the country.

For these reasons, through social work we seek to prevent students from reaching maturity in their lives unconscious and indifferent to the different realities that other people from different social statuses face in their daily lives. The purpose is to get young people interested in seeking the common good instead of living life in an ego-centric way.



For Professor Carmen Lopez, social work is an agent of change "We face the reality of many people. I consider that some students of Colegio Bilingüe de Panamá live in a bubble where everything is perfect, everything is beautiful, I just have to ask mom and dad, but from the moment we see the situations that other people live or what we can do for our country some seed remains in us ... that is why I consider that Social Work activities are a factor of change in our students Change comes from within, I am born to do it, without expecting anything in return."



[FULL GALLERY](#)





WIGS

WILDLY IMPORTANT

GOALS 2023

Promote a “student-centered” culture in each CBP classroom, increasing the *MRA indicators by 3 points by November 2023. *(MEASURABLE RESULTS ASSESSMENT – FC SURVEY)

Ensure that 90% of students can communicate highly effectively in subjects of English instruction by December 2023.

By the end of the academic year, increase the participation rate in wellness activities by 20% by implementing a comprehensive wellness program that includes physical activity, nutrition education, mental health support, and stress management strategies.

Create fully functional school library and media center within a 3-year timeframe, providing students with access to a wide variety of educational resources and promoting reading and learning.

PROM 2023

Countdown to Graduation Begins



The senior class is ready to take off with exciting activities along with its name Azairus! After months of preparation, this year's graduating class of Colegio Bilingüe de Panamá lives its last school year with pride. The students have struggled to get to this point, and they are ready to celebrate their success and begin writing a new chapter in their history and that of the school.

The school year began on March 7, where the "Our Last First Day" caravan was held with the participation of graduates and attendees. They departed from Rach Park to school grounds at 6 in the morning. It was a very representative day that will remain in their memories for the rest of their lives.

This was said by one of the participants in the caravan: "How can we forget our last first day when we have said goodbye to it in a great way, and best of all, together as the family that we are. There was no shortage of laughter, nostalgia and mixed feelings for the pride of how far we have come and what we still have to do."

Under the chosen name of "Azairus", the senior class has opted for a name that reflects their uniqueness and the fresh perspective in which they are approaching their future. Azairus combines elements of inspiration and adventure, symbolizing the intrepid and daring spirit of these young graduates.



The activities planned for the graduating class of Azairus promise to be exciting and memorable. Among them we have "The Sweet and Salty Seniors Sale" that will deal with a sale of sweet and salty food for delivery on July 5 and we will have Friendship Day on September 21 where you can give gifts to your best friends, almost friends, acquaintance and couples a small detail to celebrate their friendship and affection that they have.

The senior class board has worked tirelessly to ensure that every detail is carefully planned and that activities are safe and rewarding for all participants. Commissions have been created that will soon be announced and will be in charge of the logistics, purchase, sale, transportation, among other important things of the activities.

On the other hand, the board of directors of this promotion is made up of:



- | | |
|------------------------------------|--------------------------------------|
| 1) Alejandra Norato as president | 2) Adrián Contreras as vicepresident |
| 3) Yuriana Núñez as secretary | 4) Patricia Samaniego as treasurer |
| 5) Spokesman of 12A: Ámbar Gligo | 6) Spokesman of 12B: Nathalie Ríos |
| 7) Spokesman of 12C: Ennie Brandao | 8) Spokesman of 12D: Andrea Boutin |

Azairus marks the beginning of a new chapter in the lives of us talented youngsters in this graduating class. As our school year winds down, it will be filled with hopes and dreams for the future. The class continues to face the challenges that come their way and are confident that their education and experiences at school have prepared them to achieve their goals and contribute meaningfully to society. We at the school newspaper wish the senior class of Azairus every success in all their future endeavors. May your wings take you to unimaginable heights as you pursue your passions and make your dreams come true. Congratulations, Azairus, and may this new phase of your lives be filled with success and happiness!

DOWN SYNDROME



Down syndrome is a disability or condition in which a person has an extra chromosome. The medical term for having an extra copy of a chromosome is "trisomy." This syndrome is also called trisomy 21. Having an extra copy affects the development of the baby's body and brain, causing both mental and physical problems.

From education to employment to social integration, their journey often demands additional support and understanding from society. The struggles young people with Down syndrome face are real, but their resilience and determination should never be underestimated. Education, employment opportunities, social integration and independent living support are key areas where collective efforts can make a difference. Embracing diversity and providing the necessary resources and understanding will pave the way for a more inclusive society, where all young people, regardless of ability, can thrive.

March 21 is World Down Syndrome Day and in support of people who suffer from it, our school invited students to support, seeking to raise awareness of this issue, through the use of uneven socks either in colors or designs.



EGGS, CANDIES, AND HUNTS!

SPRING IS HERE, AND SO IS EASTER!

By: Alejandra Ramos and Nichole Ponce

Designed: Yuriana Núñez

Easter, a Christian holiday also known as Easter Sunday or Resurrection Sunday, is a very important date for Christians, and also an occasion for children to have fun. It is a celebration where families get together to participate in activities such as looking for decorated eggs, making Easter-themed crafts, or dressing up in costumes.

But what does Easter really mean?

According to the New Testament, Easter commemorates the resurrection of Jesus Christ on the third day after his crucifixion. The celebration of Easter is of great importance to the Christian religion, since together with Easter, it commemorates the critical point of their religious belief: the passion, death, and resurrection of Jesus. On the other hand, the Jewish Passover, also known as Pesach, commemorates the liberation of the Jewish people from slavery in Egypt.



Where does the name come from?

The English name for Passover, Easter, is believed to originate from Ostara, an ancient pre-Christian goddess of spring and fertility. Contrary to what one might think, the figure of the Easter bunny has great symbolism. In German folklore, the rabbit was related to the concept of the eternal life of the Christian Easter.

This tradition was introduced by German settlers who came to Pennsylvania, USA, in the XVIII century.



Where do the eggs and treats come from?

Like the Easter bunny, eggs represent new life. In many parts of the world, eggs were believed to bring good luck and were exchanged as gifts during Easter. Over time, eggs began to be filled with goodies such as chocolates, candies, marshmallows, cookies, and other sweets, as part of the celebration of the arrival of spring and the new life represented by the resurrection of Jesus.

How did our school celebrate it?

Prom Azairus 2023 has paid tribute to this celebration, bringing an occasion of happiness and fun to our little ones. They were able to celebrate with all of us, and with the real Easter bunny who visited them to deliver its eggs. Although Easter has its origins in Christianity and Judaism, it has transcended these religions and has become a worldwide celebration of life, hope, and renewal. Besides, the rabbit and we are joyful to see the smiles of these children when they see their prizes.





SWIMMING TOURNAMENT

By: Isabella Chavez
Designed: Tomas Jimenez

with Max

Max Sánchez Spoke with CBP News

This was Max's third international competition, and he says that avoiding being nervous, he was sure he was going to give his all, and that he trained hard for that moment. He said: "When I got in the water, all my nerves disappeared, and I did my best."

Max proudly says that swimming taught him the value of discipline, that training even when he didn't feel like it's hard, but it can be achieved. He also says that achieving a balance between his sport and school is difficult, but with a positive mindset, it can be accomplished.

This boy is an inspiring example for everyone that a balance between school and extracurricular activities can be achieved, don't miss the opportunity to try.

We had the pleasure of speaking with Max Sanchez, a tenth-grade student who competes nationally and internationally in swimming. Max has been practicing this sport for more than 5 years and told us about his experience in the last competition he attended, "Torneo interclub de Natación" in Cali, Colombia. He told us that he and his team trained specifically for this competition for 4 months, Tuesdays, Wednesdays, Thursdays, Fridays, and Saturdays, for up to 3 hours a day.





EARTH DAY

Earth Day is celebrated annually on April 22nd worldwide. It was created in 1970 by US Senator Gaylord Nelson to raise awareness about environmental issues and promote the protection and conservation of our planet.

Each year has a specific theme that focuses on a particular environmental problem and activities are carried out worldwide such as tree planting, beach and park clean-ups, and promoting environmental education. It is a time for people to reflect on their own actions and the impact they have on the environment, and to commit to taking steps to protect our planet. It's important to emphasize that environmental care should not be a concern only on Earth Day, but rather a daily practice. Individual and collective action is essential to protect our planet and promote a sustainable future for future generations.

There are many Panamanians who have contributed to environmental care and work towards protecting biodiversity and natural resources in Panama.

1. **Héctor Galvis:** Galvis is an environmental activist who has fought against the construction of hydroelectric dams in Panama. He is the founder of the Alliance for Conservation and Development (ACD) and has received several awards for his environmental work.

2. **Yvette Galván:** Galván is a Panamanian marine biologist who has worked to protect Panama's marine ecosystems. She is the founder of the MAR Fund organization, which works to protect coral reefs and promote sustainable fishing in Central America.



And are you *ready to be part of* the change?

By:
Alejandra Ramos

Designed:
Isabella De León





Language Day

Language Day is celebrated on April 23 to commemorate the Spanish writer Miguel de Cervantes Saavedra (1547-1616). On this date, curiously, other important writers such as William Shakespeare and Garcilaso de la Vega also died. The objective of Language day is to inform about the importance of the good use of the language, to spread reading, to love literature and to distribute the linguistic and cultural diversity that exists in the world.

In most countries, cultural and educational events are organized to celebrate this day. Some examples are such as in Spain where the Cervantes prize is awarded, the most important literary award in the Spanish language. In other places, conferences, reading workshops, poetry contests and other events are held.

As we mentioned ago, on April 23 we celebrate the anniversary of Miguel Cervantes' death, this day is very respected among the reading community and it is a day to honor his legacy and how much he helps in Spanish literature.

In addition to Miguel Cervantes, Language Day is also to honor other important writers and poets who have contributed a lot to Spanish literature. In the culture of many spanish-speaking countries, in the Language Day celebrate with poetry contests,

festivals and activities.

Also, Language Day promotes the importance and impact of the communication cycle in the world.

There are many Panamanian writers and literary figures who have made important contributions to Spanish literature and the Spanish language, such as:

- Ricardo Miró was considered the father of Panamanian poetry.
- Demetrio Herrera Sevillano, known for his stories and novels.
- Ramón H. Jurado, known for his works "El Dolor de la Soledad" and "La Voz de la Lluvia".
- Rosa María Britton, best known for her work defending women's rights.
- Enrique Jaramillo Levi, one of the founders of the literary magazine "La Prensa Literaria".

These are just a few of the many Panamanian literary figures who have left their mark on Spanish literature and the Spanish language.

By: Daniel López

Designed: Isabella De León

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Language Day is not only celebrated in Spanish-speaking countries as many people think, since it is also spoken in other countries that speak more than one language and understand more than one culture. In India, Hindi Language Day is celebrated on September 14, but in France, Hindi Language Day is celebrated on March 20. These countries have a different day than Latin American countries.

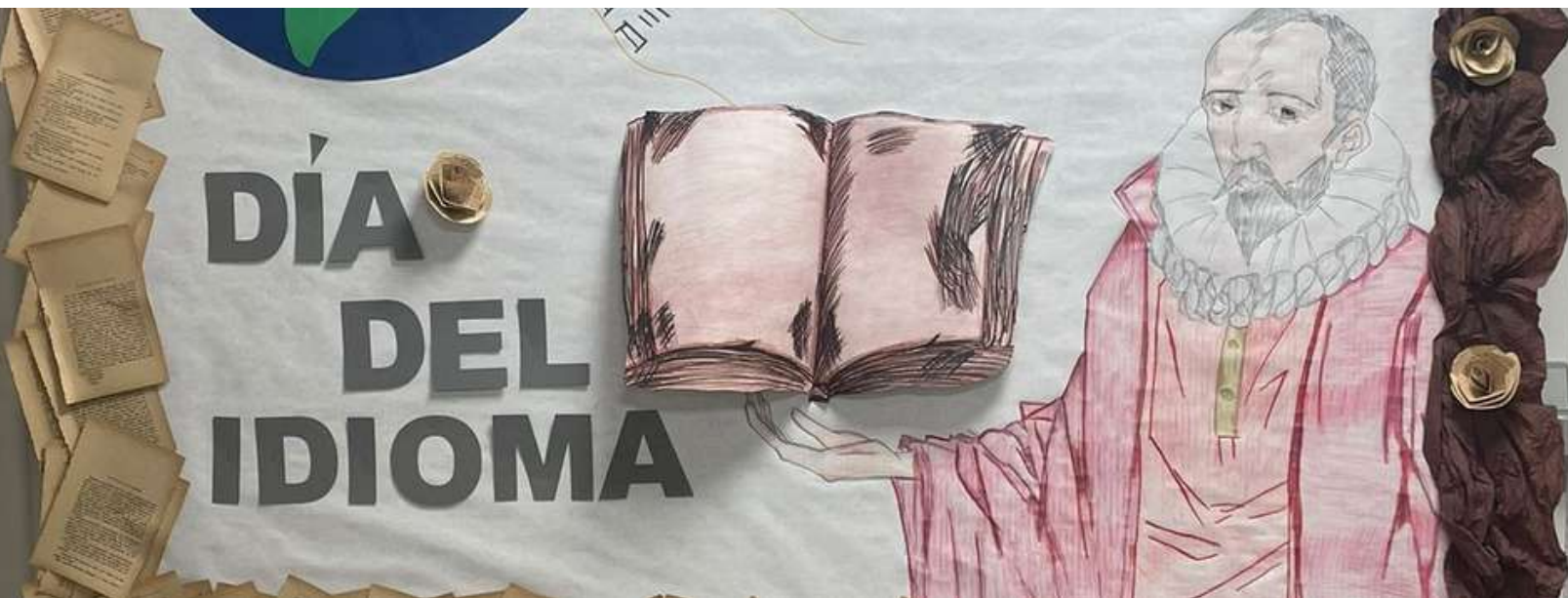
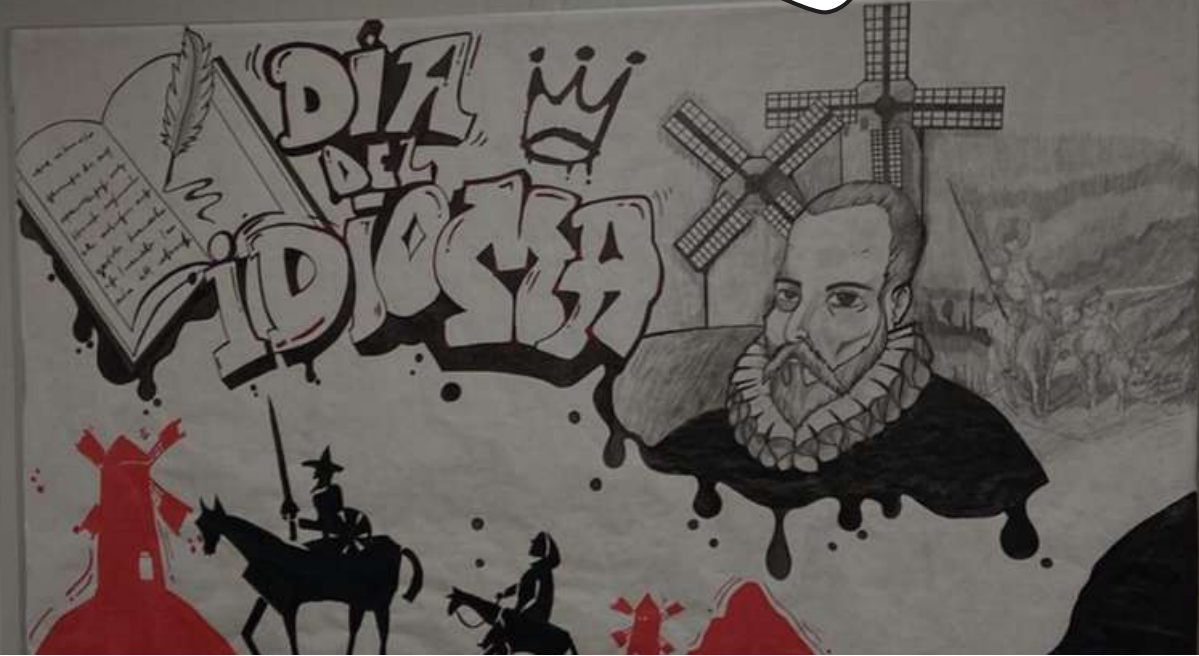
In summary, Language Day is to promote the correct use of the language and to highlight the cultural and linguistic wealth that exists in the world. We at CBP News hope you had a happy Language Day.

On the occasion of Language Day, a short story contest on Language Day was organized. Several students exerted themselves to create works of art; they were all special, creative, fun and magnificent, but there can only be one winner. With pleasure, here it is the deserved first place winner's story: Luis David Nuñez.

[Click here to read the winning story!](#)

By: Daniel López

Designed: Isabella De León



CELEBRATING SCHOOL JUBILEE

Designed: Isabella De León

By: Sophia Patiño



It all started as a dream a few years ago... thanks to the human interest in serving and educating the new generations, a young girl saw in her mother and her aunt the love for teaching and the power to contribute to the education of our nation. Professor Eneida López fought to make her dream come true and it was so that on May 14, 2004, Colegio Bilingüe de Panamá opened its doors, thus becoming a home for children and young people who seek to become better individuals through education; better citizens, useful to our country.

The construction of a first building used as a nursery and preschool marks the beginning of this school, which has evolved and grown to meet the needs of its students. Years later the primary section arose that covered first to third grade.

In 2006, the preschool section was built, where younger children would enjoy a larger patio, perfect for new adventures. So, the first building started to house the elementary section and was expanded to receive students up to sixth grade. Over the years this school continues to expand its facilities. In 2013, the preschool was moved to a larger and safer area, with spacious classrooms and a wide variety of games; while by 2016 there were more classrooms and an extensive infrastructure, including an optimal gym for physical activity and presentations and a pool used by students in their swimming classes. Modular containers are currently implemented as secondary classrooms, and technological tools such as touch screens are being implemented to teach classes throughout the school.

As the school's facilities grow, so do its teaching staff and educational strategies. Computers and English were introduced, making this school bilingual, then Mandarin was also introduced. At this time, classes based on STEM competencies are being taught; In addition, teachers continually receive training and seminars to obtain updated and effective teaching methods. This school continues to innovate to ensure that its students have the necessary skills to be successful professionals who lead the future.

In the year 2022, Colegio Bilingüe de Panamá achieved the milestone of becoming the first Lighthouse school in the entire country after faithfully implementing the Leader in Me program for several years. This recognition marks a turning point in the success and prestige of the school that is now seeking to receive accreditation as an international school. Our school has been the second home to more than 400 graduates and continues to provide its students with an enriching educational experience that promotes leadership, values, and intellectual development.