



# THE VALOR REPORT

SCHOOL  
NEWSPAPER

# BACK TO SCHOOL

2023-2024 SCHOOL YEAR



Valeo Academy  
2500 Beverly Rd  
Hoffman Estates, IL 60192

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\*HISPANIC HERITAGE MONTH

\*STUDENT INTERVIEWS

& MORE

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# A LETTER FROM THE JUNIORS & SENIORS

Dear Valeo Students, Staff, and Families,

This is the first issue of the 2023-2024 *Valor Report*!

We are excited to welcome our newest students and staff. This school year has been off to a great start and we can't wait to see all that God has for us.

Are you ready for this year's 5K Run for Education? We are ecstatic to see each class work together to earn points during this year's Spirit Week. Best of all, in this issue, you will learn about ways to prepare for the 5K and how to raise funds. October 13th is almost here, so spread the word and help support our amazing school!

There is more coming this year and we can't wait to celebrate each step with YOU.

**SINCERELY,**

Valeo's Juniors and Seniors

The Valor Report provides complete, accurate, and creative content. Our school newspaper is student driven, produced, and edited.

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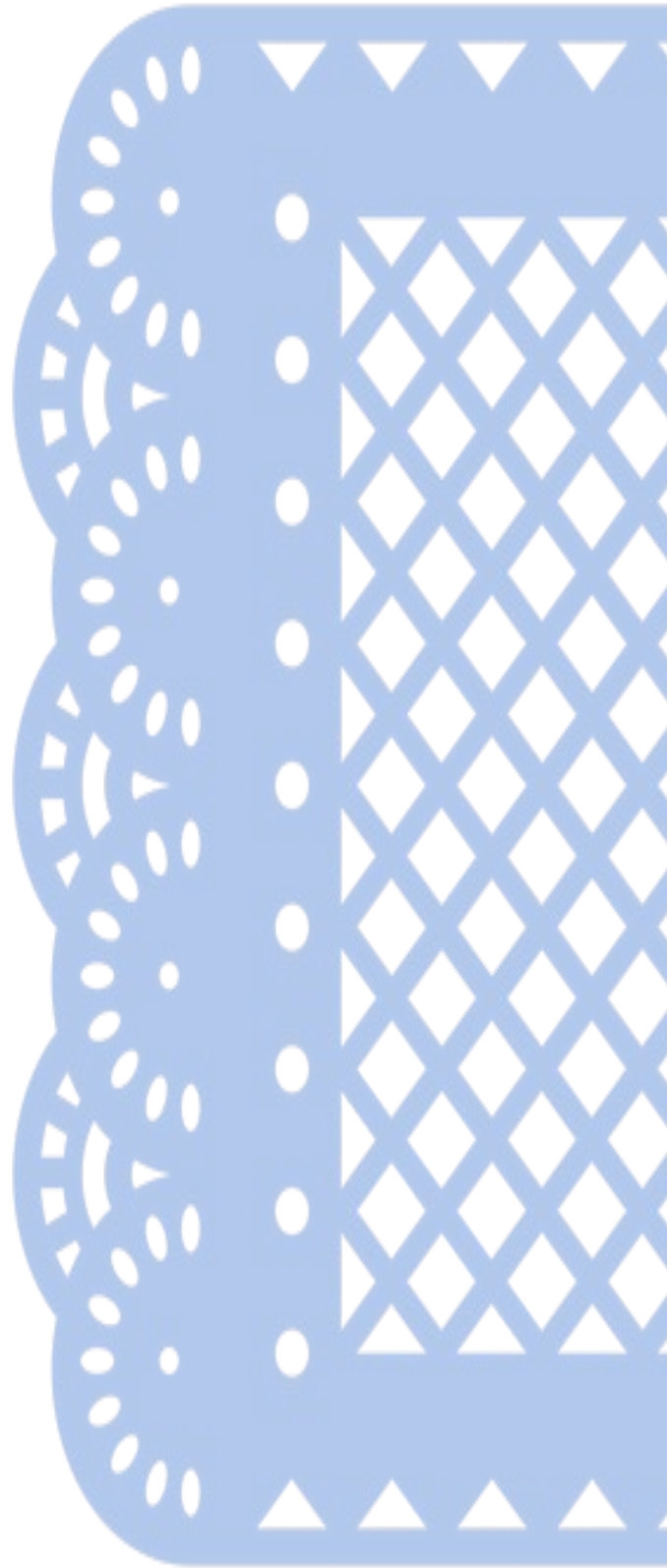
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Photo from Unplash.com





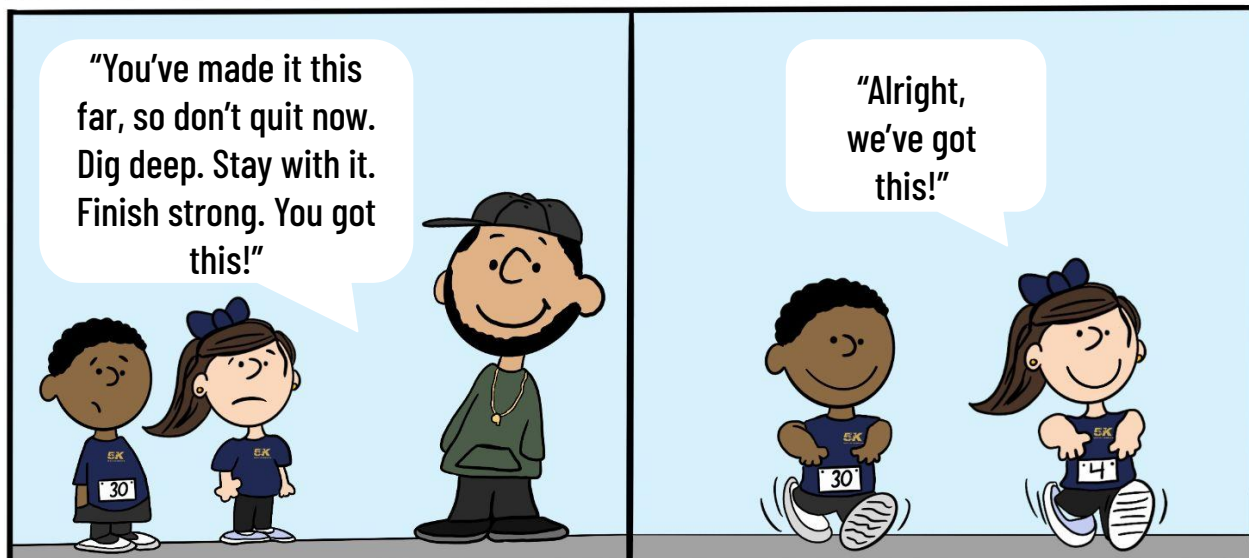
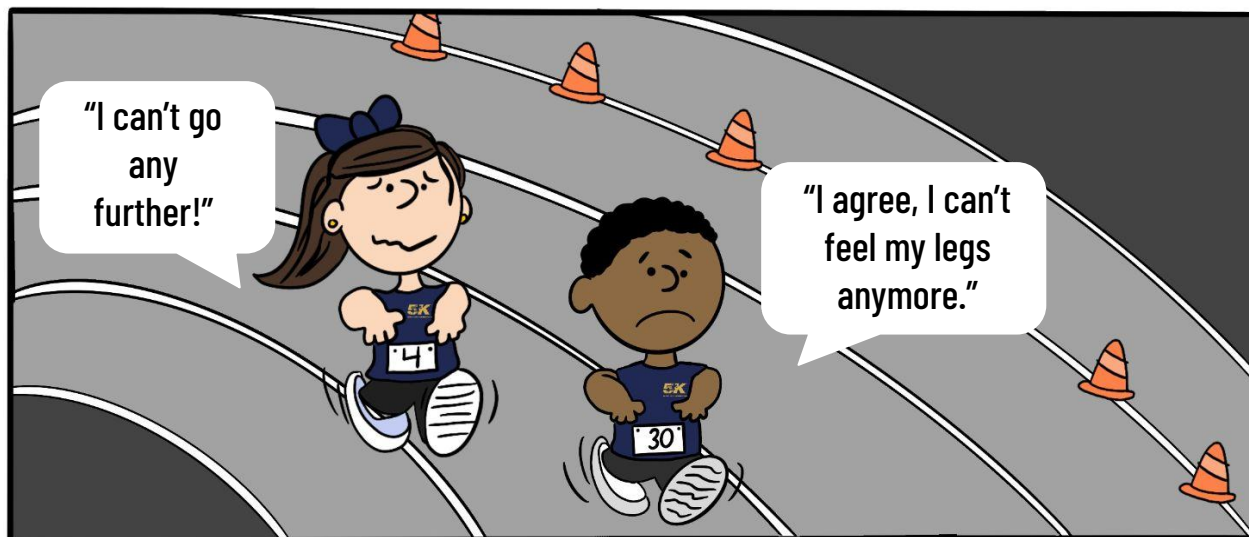
# WHAT IS THE VALOR REPORT?

Our school newspaper is created by our Sr. Prep students to bring you insight about what is happening around our school and the world.

Get ready to be entertained and learn more about Valeo Academy in each edition.



# FINISH STRONG



# 5K PREPARATION & WAYS TO RAISE FUNDS

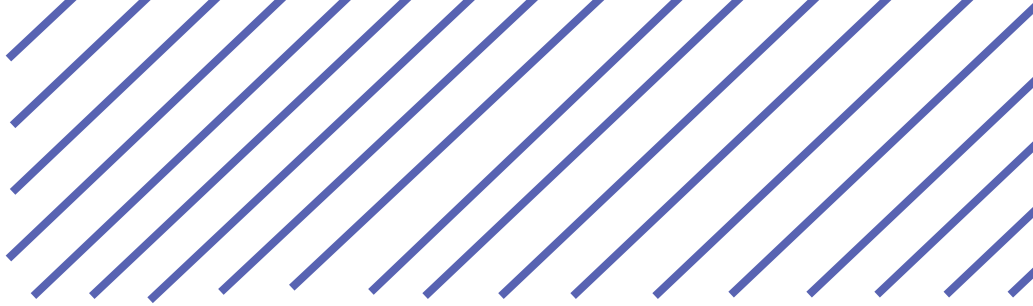
BY MILES VANG, '24

Everyone ready for the 5K this year? We know it is an exciting time for the school where we can run and raise funds for our school. However, it will get tough while we are running. That is if you aren't prepared for it. Luckily, we are here to help you prepare for the run and give you some tips on what to do while running. We will also give you some ways to raise the most amount of money because we all want to win the school contest, right? Well, let's get into it.

One way you can prepare for the run is by drinking lots of water before the race and during the race. This gives your body energy to keep running. Another way you can prepare for the run is by training your body to run long distances. You can start running small distances so your body can deal with the harder distances. Finally, during the run, just enjoy yourself. Keep running, have fun, and do your best because even if you don't win, you had fun doing it.







Now it's time for us to talk about fundraising. If you want to win this year's contest, you have to raise the most money out of all your classmates. So, to help you raise money, we will give you some tips on how to raise the most funds.

First thing you can do is to go door to door with a parent asking for money for your school. You might feel scared to do this, but people love to give money for good causes. Another way you can raise money is by telling your family and friends that you need to fundraise money for the 5K. You can also ask your parents to make a social media post about your 5K. They can put the link to donate in the description of the post and many people are able to donate.

## WAYS TO DONATE

1. GO DOOR-TO-DOOR WITH A PARENT
2. TEXT OR CALL FRIENDS & FAMILY
3. ASK YOUR PARENTS TO POST ON SOCIAL MEDIA
4. SHARE THE DONATION LINK

[valeoacademy.com/5K](https://valeoacademy.com/5K)



**The best advice I can give is don't feel bad if you don't win, at least you tried your best!**

# 5K SPIRIT WEEK

BY SARAH AGUILAR, '25

Now that you know everything about the 5K Run, let's talk about Spirit Week!

Spirit Week is on the same week of the 5K Run. It is from October 10th to October 13th.

One reason why we do Spirit Week is to raise our school spirit. Spirit Week gets us more encouraged for the race and these themes help us, as students and staff actively participate and create unity within each other.

It also builds a sense of healthy competition. Talking about healthy competition, there are things you can do to give your class some points because the class that gets the most points gets a pizza and ice cream party!

The first official day of Spirit Week is on Tuesday and the theme is Color Day. Make sure you are dressed in your class color to earn points for your class.

## HERE ARE THE CLASS COLORS:

K4& kindergarten: **GREEN**

1st & 2nd grade: **ORANGE**

3rd & 4th grade: **BLUE**

5 & 6th grade: **YELLOW**

Junior. Prep: **PURPLE**

Senior Prep: **RED**





The second day of Spirit Week is on Wednesday and it is Pajama Day. The third day of Spirit Week, which is on Thursday, is Jersey Day. Finally, the 5K race is on Friday, so we will be wearing the 5K t-shirts that are provided by our Valeo Main Office.

Each day you should wear at least one clothing item or accessory item to represent your class color to earn the most points. #REPRESENT You can also decorate your classroom in your class color to get more points as well! Good luck, everyone!



TUESDAY **10 COLOR DAY**

WEDNESDAY **11 PAJAMA DAY** 

THURSDAY **12 JERSEY DAY** 

FRIDAY **13 5K SHIRT DAY**  
RUN FOR EDUCATION

REPRESENT YOUR CLASS COLOR THROUGHOUT THE WEEK TO HELP YOUR TEAM EARN POINTS!

# National HISPANIC Heritage Month

BY VERONICA ORTIZ, '25

Between September 15 through October 15, it is Hispanic Heritage Month. Hispanics celebrate, by going out and flying the flag from their native country. This includes many countries from Central and South America. Other countries that also celebrate it are Mexico, the Caribbean countries, and Spain.

The reason we celebrate it in the middle of the month is because all of the Hispanic countries have their Independence Day between those dates. For example, Mexico's Independence Day is on September 16th and many Mexicans celebrate both days.

Every Hispanic celebrates Hispanic Heritage Month differently based on their culture, background, what they grew up with, and even their religious beliefs.



Photo retrieved from [hr.uw.edu](http://hr.uw.edu) (University of Washington)

For example, Mexicans, for their Independence Day, celebrate by cooking favorite or well-known foods in Mexico; like mole, which is made differently based on what part of Mexico you are from, some sweet some spicy. Pozole which is like a soup you eat with lots of condiments, and also made differently based on what part of Mexico you are from. Other foods eaten include tamales, tacos, burritos/tortas (which is a type of sandwich). Some drinks that are popular are: horchata (made with rice water), agua de Jamaica (boiled hibiscus flower water), and Jarritos (a type of soda).



# PUMPY'S BIG ADVENTURE

BY ZOE VAZQUEZ, '25

Once upon a time, nestled amid the golden fields, there was a small, round pumpkin waiting in the pumpkin patch. It had daydreamed about the world outside the patch for months on end. The little pumpkin, called Pumpy, yearned for more than just sitting in the patch. Pumpy gazed at the world beyond, where the trees wore their vibrant coats of red, orange, and yellow, and a gentle breeze whispered promises of autumn adventures.

One chilly autumn night, something magical happened. Underneath the starlit sky, Pumpy felt an energy rising from within. The pumpkin began to shake, its lopsided grin widened, and two bright eyes carved themselves into its soft surface. Pumpy had come to life.

Eager to explore the world beyond the familiar pumpkin patch, Pumpy hopped off its vine and hopped cautiously towards the patch's edge. With every bounce, he marveled at his newfound freedom. He admired the vibrant leaves that swirled around him in brilliant colors of red, yellow, and orange.

As Pumpy ventured farther into the world, he encountered various forest creatures preparing for winter. Squirrels scurried busily, collecting acorns, while birds chirped happily, announcing their farewell to summer. Pumpy watched in awe as they all worked hard, preparing for colder days ahead.

Pumpy would hop by nearby cottages smelling the baking of cinnamon and apple pies, fresh nutmeg, and sweet potatoes. He watched children playing hopscotch on the sidewalk and an elderly couple taking a stroll down the sidewalk. Everywhere he looked, there were signs of autumn's arrival, each one painting a more beautiful picture than the last one.

But as the day gave way to sunset, Pumpy knew it was time to return to the patch. He hopped home, eager to share all he had seen with his pumpkin friends. Pumpy returned to his familiar spot in the patch and began to share all that he had seen to his friends. Once he had told all that he could, he settled down under the starlit sky and drifted into a deep sleep, ready for his next adventure tomorrow.

The end.



# MEET THIS YEAR'S VOLLEYBALL TEAM

BY ZOE BATES, '24

This month of September, Valeo's volleyball team has started back! These girls are ready to work! We are so excited to cheer these girls on this season. Let's get to know our players.



**Zoe Bates, Senior**

"I'm looking forward to learning how to spike."



**Sarah Aguilar, Junior**

"I'm looking forward to learning how to be consistent with my over-hand serves."



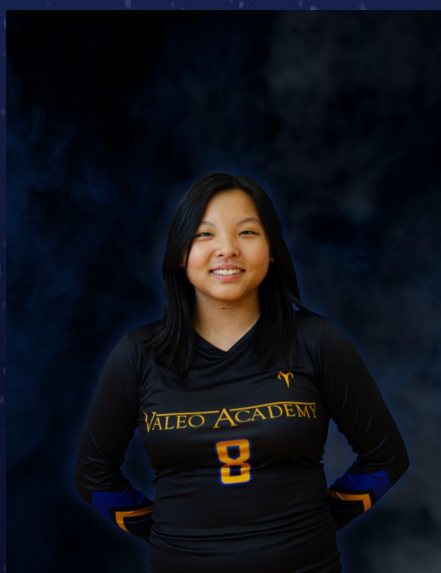
**Zoe Vazquez, Junior**

"I'm looking forward to learning how to spike."



**Sarah Goliszewski, Sophomore**

"I'm looking forward to playing with my friends."



**Anica Vang, Sophomore**

"I'm looking forward to playing with my friends."



**Zera Bates, Freshman**

"I'm looking forward to winning!"





**Aiyanna Gomez, Freshman**

"I'm looking forward to learning how to spike."



**Arianna Iverson, Freshman**

"I'm looking forward to beating the Homecoming team and making the other team feel like sore losers."



**Charis Knoerr, Freshman**

"I'm looking forward to getting to be apart of the experience and develop my skills."



**Michelle Palomo, Freshman**

"I'm looking forward to forming relationships with my teammates."



**Jessica Vambute, Freshman**

"I'm looking forward to winning!"



## HERE IS THE GAME SCHEDULE:

**9/28** - 6:00PM Glenbard West (Freshmen/Sophomore)

**9/30** - 11:00AM North Shore Country Day, (Varsity)

**9/30** - 12:00PM North Shore Country Day (Junior Varsity)

**10/16** - 6:00PM Glenbard West (Freshmen/Sophomore)



# NEW BEGINNINGS

BY CESAR ARREOLA , '24

It's always cool to welcome new students to Valeo. This year we have so many new faces. I interviewed them to get to know them more. Here's what I asked:

1. What is your favorite thing about Valeo Academy?
2. What do you like most about your teacher?

**Imani Moore (Kindergarten):** 1. Playing 2. She is fun to play with.

**Sofiaelena Quilles (1st Grade):** 1. To learn 2. Shes pretty.

**Kingston Marinello (3rd Grade):** 1. It's a very nice place, it's like a community, it's a very good environment. I like the school i like everything 2. She's nice she gives people second chances and when you mess up on your assignment you can just re do it.

**Yuka Kinoshita (4th Grade):** 1. Math 2. She is good at drawing.

**Carter Spayer (5th Grade):** 1. Seeing everybody have a good time 2. She is patient with me.

**Nariah Smith (7th Grade):** 1. It's so welcoming and the teacher and students are nice 2. She understands if you don't do something on time because you have a lot to do, she's nice and considerate.

**Isabella Marinello (9th Grade):** 1. The learning is innovative 2. How smart he is and how funny he is 3.





# IN THE KNOW: FANTASY FOOTBALL

BY ZION BATES, '25



Photo retrieved from Sports.Yahoo.com

The average age for Americans that participate in fantasy football leagues is 37.7 years old with 17% out of that being women and the rest are male.

Fantasy football is a good side gig for fellow football lovers that want to play with friends or even family. Fantasy football is a good way to know more about how football works and shows people other players that you like and have talent; and who wouldn't want to be a coach for their own team?

This is how the draft works, there is a person who creates the fantasy football league and they are in charge of choosing a date and time of the draft.

On the day of the draft someone gets lucky of getting the first pick. Then, the rest of the league gets to pick until your fantasy football team is full. Last year number 18 on the Minnesota Vikings, Justin Jefferson, was the #1 football player to score the most points. So, for this year's 2023 Fantasy Football Draft, he was predicted to be the #1 pick for every league.

For me this was my first year doing Fantasy Football and I already love it. I was the lucky one to get the first #1 pick in the draft for my league which was a really good advantage on my end.

I also got Joe Burrows, a really good quarterback on the Cincinnati Bengals. Right now, I'm on a 3 game win streak hoping to make it larger, but I know that I will most definitely be participating in one next year.

## WHO ARE YOU CHEERING ON THIS SEASON?



Photo retrieved from ESPNPressRoom.com

