ARROYO PACIFIC ACADEMY NEWSLETTER

626.294.0661 ✳ WWW.ARROYOPACIFIC.ORG ✳ insta: arroyopacific

Student Highlight: Howard Wu

Howard Wu is a swimmer from Monterey Park Manta Rays, currently a 10th grader at Arroyo Pacific Academy. He holds several top 100 event rankings within Southern California. (P2)

Student Highlight: Lani Smith

Lani Smith, a senior at Arroyo Pacific Academy, helped with agricultural work in Japan over the summer while pursuing a wide range of academic interests. (P2)

Lani Smith Named a Commended Student.

Arroyo Pacific Academy is proud to recognize Lani Smith as a Commended Student in the 2027 National Merit Scholarship Program.
Lani earned this distinction through excellent performance on the 2025 PSAT/NMSQT, placing among the top 50,000 students nationwide who entered the 2027 National Merit Scholarship competition.
This recognition reflects Lani's strong academic achievement and outstanding potential for future success.
Congratulations, Lani!

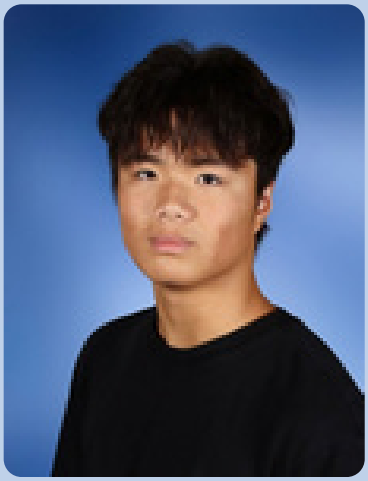
Upcoming Events

- ✳ **Fall SAT Test Date**
  Oct 7, 2026
- ✳ **Band Concert Assembly**
  Oct 16, 2026
- ✳ **Final Exam Days**
  Oct 22-23, 2026
- ✳ **Quarter Break (School Closed)**
  Oct 26, 2026
- ✳ **Fall Quarter 2 Begins**
  Oct 27, 2026
- ✳ **Halloween Events**
  Oct 30, 2026

Last Month in Pictures (P3)

Study Methods (P3)

Student Highlight: Howard Wu



Q: How has swimming affected your perspective on work ethic and school?
A: Personally, joining a swim team dramatically improved my time management. Practice and transportation take up two to three hours each day, which required me to restructure my entire study routine. To stay on top of everything, I had to cut out procrastination entirely and make every hour count.
Q: Are there any valuable lessons that you learned from swimming?
A: Consistency is one value that I try to implement in whatever I do. In order to improve skills, consistency is key. If you do not practice daily, you are bound to stagnate, and it would become more difficult to progress. This applies to all skills, including schoolwork as well. Because of swimming, this lesson was reinforced to me especially, as one missed practice meant several days of recovery.
Q: What is your overall goal with swimming? Do you plan to swim for any colleges or organizations in the future?
A: My goal is to get into a decent university through the combination of my academic status and swimming. Currently, I'm working on improving my swim ranking and maintaining good grades in general. Honestly, I'm not sure if I plan on swimming professionally for an organization in the future, but we'll see.

(Interviewed by Dylan Tsai-Grade 10)

Student Highlight: Lani Smith



Q: What was the extent of your work in Japan? Was it more difficult or relaxed?
A: The work itself was not hard. It mainly involved harvesting crops, carrying them to the office, and packing them. The conditions where we worked were quite draining, however. Every morning, the house was startled awake by alarm clocks at 4:30 am. Some days, the typhoon endlessly dumped rain onto us, and on others the humid heat had us all sweating. Luckily, we were off the clock by lunchtime and had the rest of the day to ourselves.
Q: Is there any specific thing you particularly enjoyed during your trip (e.g. events, locations, etc.)?
A: Swimming in the river. After our shifts, my friends and I would bike down to the river to cool off. Often, the shower line was very long following work, so it was nice to rinse off. We would jump into the river, goof around, and chat until the sun set. If I could pick one event from my trip to relive, undoubtedly it would be standing halfway in the freezing river current, having evening conversations with my friends.
Q: Did you learn anything new or interesting during your trip (e.g. the Japanese language, cultural norms, etc.)? If so, what specifically?
A: I learned many things, but one thing in particular was my morning lessons with a Japanese woman named Aya-san. As we made breakfast together, I taught her English, and she taught me Japanese. One story she taught me was how lightning got its name. Generally, rice fields are flooded with water. When lightning strikes the water, it provides nitrates, which support plant growth. Therefore, lightning is traditionally known as the "wife of rice" (inazuma).

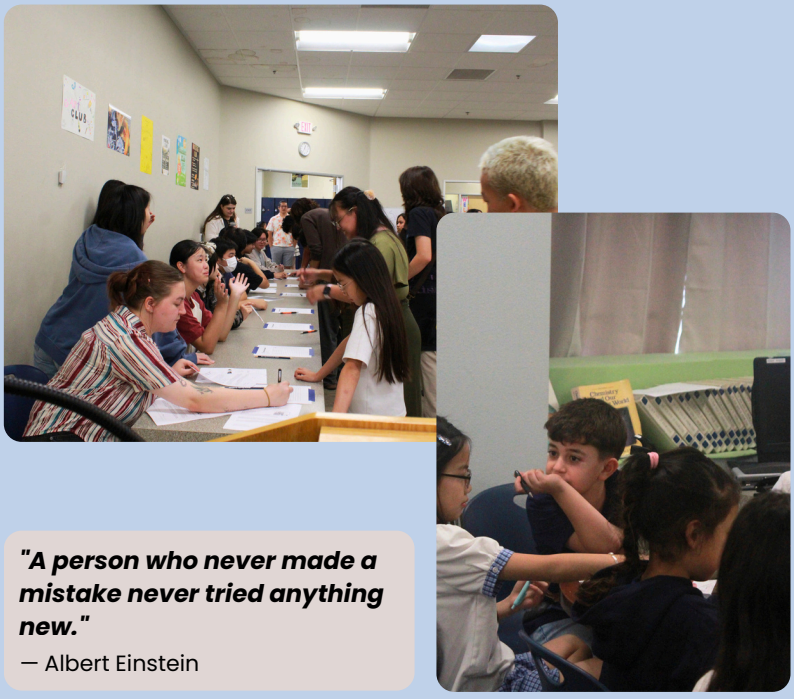
(Interviewed by Howard Wu-Grade 10)

Study Methods

(Yuchen Zhou-Grade 10)

1. Active recall - Many students study by rereading notes and hoping that they will remember on the day of the test (passive recall). However, this method is extremely unreliable in more difficult classes. Instead, you should test your knowledge by quizzing yourself (e.g., What is element 26 on the periodic table? - Iron) or by using flashcards (without distractions, of course).
2. Feynman method - A more effective but time-consuming active recall method is the Feynman method. Try to explain the concept without your notes, as if you were teaching someone who did not know the subject. If you cannot teach the concept, you do not understand the concept.
3. Spaced Repetition - Although it may sound simple, this procedure is often forgotten after studying. In order to maximize long-term retention, review your notes after increasing time intervals (e.g., 1 day, 3 days, 1 week, etc.). Instead of rereading notes though, try testing yourself with active recall first. If you missed anything, restart the intervals.

Last Month in Pictures



"A person who never made a mistake never tried anything new."
— Albert Einstein

Get Involved!

Want to submit something for next month's "Last Month in Pictures"?
Scan the QR Code now and send yours!

SCAN ME SCAN ME SCAN ME SCAN ME

Thanks To:
Yuchen Zhou (10th grade)
-Executive editor
Howard Wu (10th grade)
-Interviewer
Dylan Tsai (10th grade)
-Interviewer