



IB at Michell

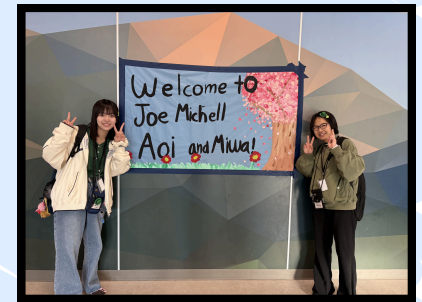
APRIL 2026

Ms. Sherry McGowan, IB Coordinator: smcgowan@lvjUSD.org

LYSCO Exchange

We had the opportunity to welcome two wonderful exchange students from Japan – Miwa and Aoi. They were part of the LYSCO (The Livermore Yotsukaido Sister City Organization) exchange. Our visitors shadowed their host student, Emelie Theiss, and they enjoyed several special experiences on St. Patrick's Day – a fabulous song by our middle school choir, a lively Irish dance featuring Guinevere Steeley, and a big, silly mess leprechauns made in our TK classes! They were also able to visit PYP Spanish and Science and attended MYP classes with Emelie. In addition to visiting Michell, while they were in town, they explored the Bay Area.

Check out the IB Instagram for more photos:
[Instagram.com/Joe_Michell_IB](https://www.instagram.com/Joe_Michell_IB).



IB Learner Profile Trait for April:

Eagles are Balanced.

To help our students grow as happy, healthy humans, we teach them to balance their intellectual, physical, and mental well-being.

Spend time talking as a family about what it means to be balanced and how we feel when we're out of balance. Do an inventory of your family's commitments. Are you trying to do too much at once? What do you need to subtract to be able to add in the time you need to find balance? We cannot do everything, which means we sometimes need to make tough choices about our priorities.

Learn more:

[Michell IB Website](#)