

NEWSLETTER

ONE ANGLO








members of




The Anglo Mexican Foundation



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At the Foundation we seek continuous improvement, and on our way to finding the most effective way to communicate with you, we understood that communicating a lot does not necessarily mean communicating well.

We are sure of one thing; we want to keep you up to date with all the projects that we're developing from the different areas that represent us. That is why we bring you a new way to continue living the ONE ANGLO experience: our NEWSLETTER.

What will you find here?

Our Foundation: Relevant communication about TAMF and business areas. What we are doing to fulfil our mission.

Professional Development: Information of interest to your professional growth and that of all employees.

Welfare: Information that can be useful in your personal life such as: emotional, physical, and mental health, legal assistance, financial education, among others.

Our Talent: Do you know all the people who make up TAMF? Here you can find out more about them.

We warmly welcome
you to our
eleventh edition.
Thank you for being part of
The Anglo Mexican Foundation!

OUR FOUNDATION



The Anglo Mexican
Foundation[®]

80 años
TRANSFORMANDO VIDAS



Celebrating the alliance between The Anglo Mexican Foundation and Cobijo y Sonrisas



We thank Cobijo y Sonrisas for their generous contribution to The Churchill School & College to promote the **Mindfulness and Yoga at Churchill** programme!

Since 2021 The Churchill School & College has implemented this initiative which consists of the teaching and practice of yoga and mindfulness for the Churchill community, and which has now been integrated into the educational programme on a permanent basis.

TAMF's alliance with Cobijo y Sonrisas began in 2020, during the COVID-19 pandemic, joining the Sumas tú, sumamos nosotros campaign with the ABC Foundation.

In August of this year, Cobijo y Sonrisas gave a financial boost to the great work of the school, which will be reflected in the adaptation of spaces within The Churchill School, allowing the project to continue to grow to benefit the entire community of students.



OUR FOUNDATION

During the 2022-2023 school year, 300 children and young people, 115 families, 30 teachers and 31 members of the school staff will benefit from the weekly practice of yoga and meditation, and will have acquired tools for non-violent communication and mindfulness techniques.

Cobijo y Sonrisas is a civil association that since 2018 supports children and older adults in vulnerable situations, and is made up of Marist alumni. Its objective in 2023-2024 is to attend to more than 32,000 people through its 6 permanent campaigns, such as **See, hear and smile**, which consists of carrying out examinations and providing eyeglasses and hearing aids to children and older adults with limited resources, in the face of the growing problem of hearing loss. Find out more about their campaigns at: **Cobijo y Sonrisas**

Our CEO, Anthony McCarthy, welcomed the strengthening of ties between our organisations as they share a commitment to Mexican children and are built on values such as transparency, quality and commitment to Mexico.



1st October

International Coffee Day: a recent history

Coffee brings to mind a world full of passion, tradition and culture. The International Coffee Organisation (ICO) decided to create a unique day to commemorate this millenary bean and drink, starting on 1st October 2015.

The countries with the highest coffee production in Latin America are Brazil, Honduras, Mexico and Peru, with Colombia in second place.

**[Click here to
learn more](#)**



INDIGENOUS RESISTANCE DAY

12th October

Day of Indigenous Resistance – Día de la raza - Meeting of Two Cultures

More than five centuries after the discovery of America, 12th October is commemorated as Columbus Day in memory of the struggle between the indigenous people and the Spanish colonisers in 1492, after the Genoese sailor Christopher Columbus discovered the New World.

[Click here to
learn more](#)



Taking a course abroad can have numerous benefits, including:

- 1. Multicultural experience:** You will be immersed in a different culture, which will broaden your perspective and improve your intercultural skills.
 - 2. English language learning and practice:** If you study in a country where another language is spoken, you will improve your language skills significantly.
 - 3. Quality education:** You can access world-renowned academic institutions and specific programmes that may not be available in your home country.
 - 4. International networking:** You will meet people from all over the world, which can be valuable for your future career.
 - 5. Personal development:** You gain independence, resilience and maturity by facing challenges in a new and unfamiliar environment.
 - 6. Professional growth:** Some courses abroad offer internship or job opportunities, which can boost your career.
 - 7. Broadening horizons:** You'll explore new places and experiences, which will enrich your life in many ways.
 - 8. Self-confidence:** Overcoming obstacles in a foreign environment will help you gain self-confidence.
 - 9. Unique experiences:** You'll participate in activities and excursions that you could only experience by studying abroad.
 - 10. Added value to your CV:** A study period abroad can stand out on your CV and be a talking point in job interviews.
- Overall, studying abroad can be an enriching experience that provides you with academic knowledge and personal skills that will last a lifetime.

Courses abroad: Londres, Ámsterdam and Toronto.

We will soon start the promotion of Summer Camps 2023. We will be sending you more information soon so look out for it! It's going to be very interesting!



English
Exams Lab

Going for more!

We have sold
6,416
so far.



We continue to see an increase in sales



English Exams Lab para el mejor aprendizaje de inglés de alumnos de todas las edades.

English Exams Lab es una plataforma digital diseñada para consolidar el aprendizaje y reforzar el dominio del idioma inglés de una manera sencilla e intuitiva. Es un excelente medio para prepararse para los exámenes de Cambridge Assessment English.

BENEFICIOS



Cuenta con más de 4,000 ejercicios y 20 exámenes mock por nivel (desde PreA1 hasta C2 del MCER*) Se fundamenta en todo el conocimiento e investigación que sigue Cambridge English para desarrollar sus exámenes.



Los estudiantes notarán su avance con la retroalimentación inmediata en línea. Maestros y padres de familia también pueden verificar el avance en los gráficos que la plataforma crea automáticamente.



El estudiante tiene un acercamiento dinámico al estudio en línea desde cualquier dispositivo. El maestro puede dar seguimiento al desarrollo de cada estudiante y realizar actividades en equipo.

¡Contáctanos!

Our network of Preparation Centres affiliated with The Anglo

We are pleased to inform you that, from January 2023 to date, we have successfully enrolled 142 new preparation centres (schools). This achievement is a testament to our commitment to educational excellence and the expansion of our network of partners.





Annual Meeting Of Representatives 2023

Dear Directors and members of the Foundation:

We would like to express our sincere thanks to each and every member of The Anglo who participated in the 2023 Representative Meeting. Your dedication and input are essential to the progress of our Foundation. Together, we have achieved significant accomplishments and laid the foundation for a future full of possibilities.

We deeply appreciate the time and effort you have invested to be present at this meeting and to share your ideas and objectives. Your dedication strengthens our community and drives us to continue working towards our common goals.

Let us continue to enthusiastically collaborate on the upcoming projects and challenges we will face. Once again, thank you for your commitment and great support.

Sincerely,
The Anglo Assessment IE&CA.



Annual Meeting Of Representatives 2023



Rural Women's Day

15th October

On 18th December 2007, the United Nations General Assembly resolution designated 15th October as the International Day of Rural Women, in which it recognises "the critical role and contribution of rural women, including indigenous women, in promoting agricultural and rural development, enhancing food security and eradicating rural poverty".

Empowering rural women and girls is essential to building a prosperous, equitable and peaceful future for all on a healthy planet. It is necessary to achieve gender equality, ensure decent work for all, eradicate poverty and hunger and take action on climate change.

[Click here to learn more](#)





International Day for the fight against Cancer

International Breast Cancer Day is commemorated every year on 19th October. The aim is to raise awareness with a key message: the importance of early detection in

order to improve the prognosis and survival of cases. This remains the cornerstone of the fight against this disease, which is the leading cause of death in the female population worldwide.

"Early detection, proper diagnosis and timely treatment are key to better health outcomes for women with breast cancer."

Carissa F. Etienne

[Click here to learn more](#)

Octubre Rosa

ESTE DÍA TIENE COMO OBJETIVO SENSIBILIZAR Y CONCIENTIZAR SOBRE LA IMPORTANCIA DE LA PREVENCIÓN Y DETECCIÓN A TIEMPO DEL CÁNCER DE MAMA.



Este 19 de octubre te invitamos a vestir de rosa.

OCTUBRE

19

DÍA INTERNACIONAL DE LA LUCHA CONTRA EL

Cáncer de mama

AUTOEXPLÓRATE



¡Luchemos juntas!





International Day for the Eradication of Poverty,

The International Day for the Eradication of Poverty, celebrated each year on 17th October, gives us space to think about one of the most pressing challenges facing humanity. This commemoration, established by the United Nations, invites us to become aware of the persistence of poverty around the world and to join in the fight to end it. Through various global initiatives and efforts, it seeks to promote an inclusive and sustainable approach to tackling this social and economic problem.

According to the United Nations (UN), more than 700 million people live in extreme poverty, facing deprivation not only in terms of food, but also in terms of health, education and housing. Poverty not only affects developing countries, but also persists in many developed nations. Economic inequality, lack of access to opportunities and discrimination are some of the factors that contribute to the perpetuation of poverty in all its forms.





In Mexico, the CNDH plays a fundamental role in the promotion and defence of the human rights of people living in poverty. It works to make visible the precarious conditions in which many people live, as well as to generate policies and actions to combat poverty from a human rights perspective. In addition, the CNDH promotes citizen participation and the accountability of authorities in relation to public policies aimed at eradicating poverty.

It is important to highlight the role of education, as it is fundamental in the eradication of poverty. The United Nations Educational, Scientific and Cultural Organisation (UNESCO) stresses that quality education is an effective means of breaking the cycle of poverty and ensuring a sustainable future for generations to come.

Education provides people with the necessary tools to improve their living conditions and break the intergenerational cycle of poverty. By providing equitable access to quality education, people's skills and capacities are strengthened, giving them opportunities to find decent employment, generate income and contribute to the socio-economic development of their communities.

Furthermore, through education, awareness and knowledge of human rights, gender equality, active citizenship and other values fundamental to building just and equitable societies are promoted. By investing in inclusive and accessible education, we can lay the foundation for a sustainable and poverty-free future.

The International Day for the Eradication of Poverty reminds us of the urgent need to come together as a global community to end poverty; this is a complex challenge that requires a comprehensive and collaborative approach, addressing both the structural causes and the immediate consequences. It is crucial that governments, international organisations, civil society and individual citizens commit to taking concrete action to reduce poverty and ensure the dignity and rights of all people.

Sources

- <https://www.un.org/es/observances/day-for-eradicating-poverty> <https://www.cndh.org.mx/noticia/dia-internacional-para-la-erradicacion-de-la-pobreza>
<https://www.gob.mx/inafed/articulos/dia-internacional-para-la-erradicacion-de-la-pobreza-178768>
<https://es.unesco.org/events/dia-internacional-erradicacion-pobreza>

Exposiciones Selectas:

EOS EXHIBITION
ON SCREEN.

The Anglo Mexican
Foundation

Anglo Arts

Ciclo de cine

ARTE EN EL REINO UNIDO EXPOSICIONES SELECTAS

Painting the Modern Garden - Monet to Matisse

Matisse from MOMA and TATE Modern

Lucian Freud - A Self Portrait

David Hockney at the Royal Academy of Arts

Tokyo Stories

Del 22 de septiembre al 20 de octubre, 2023

Anglo Arts Centre
Antonio Caso 127
Viernes, 16:00 h

 @angloarts

Entrada Gratuita | Cupo limitado
Programación sujeta a cambios

Art and film lovers, we have exciting news for you!

Anglo Arts is pleased to invite you to the film series Selected Exhibitions: Art in the UK

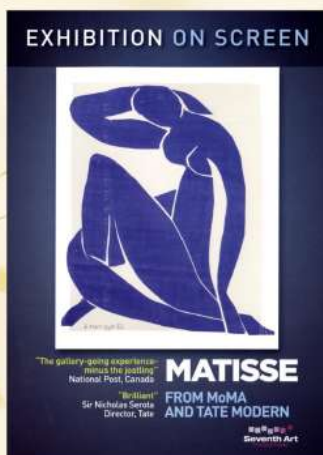
In partnership with Exhibition on Screen, we present a series of films exploring the life and work of renowned artists and gems exhibited in the UK to take you on an exciting journey through the world of art.

Programación:



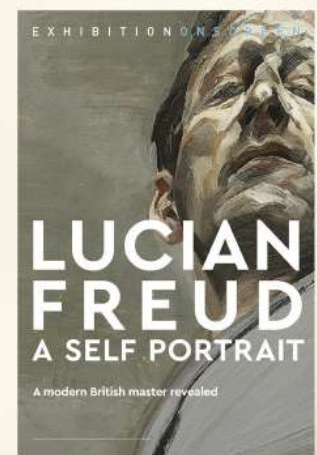
Painting the Modern Garden - Monet to Matisse

Journey through the stunning modern gardens captured by the great masters of impressionism.



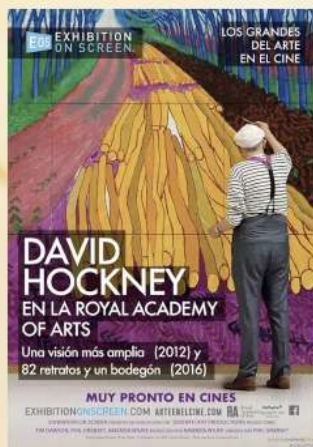
Matisse from MOMA and TATE Modern

Explore Henri Matisse's masterpieces and his influence on art history in two of the world's most prestigious museums.

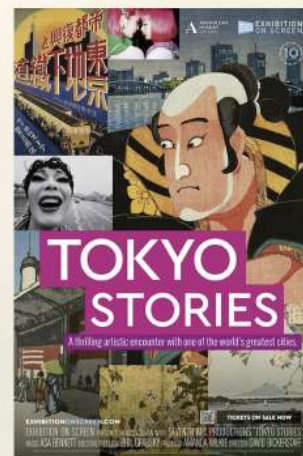


Lucian Freud - A Self Portrait

An intimate look at the life and work of the iconic British painter Lucian Freud.



David Hockney at the Royal Academy of Arts Discover the genius of David Hockney with this unique portrait of his works at the Royal Academy of Arts.



Tokyo Stories - This trip to Tokyo's fascinating art scene is a unique cultural experience, an immersion in contemporary Japanese art at the Ashmolean Gallery in Oxford.

We look forward to seeing you every Friday, from **22nd September to 20th October** at 16:00 at the Anglo Arts Centre.

Free admission, limited capacity



**Let's celebrate the 80th Anniversary
of The Anglo Mexican Foundation at
Bellas Artes!**

Rokas Valuntonis, piano

As part of the celebrations for the 80th anniversary of The Anglo Mexican Foundation, the renowned Lithuanian pianist Rokas Valuntonis will perform at the Sala Manuel M. Ponce of the Palacio de Bellas Artes, on 28th October at 7 pm.

Valuntonis, acclaimed for his virtuosity and passion for classical music, will offer a unique programme including works by composers such as William Byrd, Edvard Grieg, Claude Debussy, Felix Mendelssohn, Balys Dvarionas and Frédéric Chopin.

This recital, organised by Anglo Arts in collaboration with the National Coordination of Music and Opera of INBA and the City Music Foundation of London, is a unique opportunity to enjoy the mastery of Valuntonis in one of the most prestigious venues in Latin America.

The date is 28 October at 7 p.m. in the Sala Manuel M. Ponce of the Palacio de Bellas Artes. Tickets will be available at the Palacio's box office from 1st October.

Don't miss the opportunity to be part of this exciting event!

HELLO October



6

LEARNER'S CLUB

By The Anglo

At the Anglo Arts Centre

7:00 PM

6

MOVIE CLUB

Lucian Freud - Self Portrait

At the Anglo Arts Centre

4:00 PM

13

LEARNER'S CLUB

By The Anglo

At the Anglo Arts Centre

7:00 PM

13

MAGIC: THE GATHERING

At The Anglo Library

5:00 PM

13

MOVIE CLUB

David Hockney from the
Royal Academy of Arts

At the Anglo Arts Centre

4:00 PM

19

BOOK CLUB: COMICS & GRAPHIC NOVELS

The Sandman by Neil Gaiman

At The Anglo Library

 LIVE  zoom 5:00 PM

20

LEARNER'S CLUB

By The Anglo

At the Anglo Arts Centre

7:00 PM

21

SOCIEDAD TOLKIENDILI DE MÉXICO

Sistemas de escritura élficos y
su aplicación en tatuajes,
inscripciones, etc.

 LIVE  zoom 4:30 PM

22

MOVIE CLUB

Tokyo Stories

At the Anglo Arts Centre

4:00 PM

27

LEARNER'S CLUB

By The Anglo

At the Anglo Arts Centre

7:00 PM

MEXICO'S INDEPENDENCE DAY

Thanks for your participation!





Doctors' Day

23rd

October



Since 1937, every 23rd October in Mexico is celebrated as Doctors' Day. This date coincides with the creation of the Establishment of Medical Sciences in 1833, currently the Faculty of Medicine of the

Currently there are:

- 225 thousand doctors (men and women)
- 312 thousand nurses more than one million medical consultations per day
- 4,300 births
- 10,000 surgeries
- 16,000 hospitalisations
- 100,000 emergencies

"Physicians are not only charged with preventing disease and restoring lost health, they are also dedicated to helping, accompanying and comforting."

Dr. José Narro Robles

[Click here to learn more](#)

WE'RE HIRING! ENGLISH TEACHERS

Requirements:

- English level: C1 or C2 (CEFR) certified or willing to take a level placement exam.
- Both, native and non-native speakers.
- One of the following certifications in ELT methodology:
TTC, TDC, CELTA, ICELT, BA in ELT or a verifiable course lasting at least 140 hrs.

Send your CV to talento@theanglo.mx

EJECUTIVOS DE ATENCIÓN A ALUMNOS

Requirements:

- Completed degree.
- Minimum experience of 1 year providing attention and follow-up to students, via phone or face-to-face.
- Available to work at our Antonio Caso branch.

Send your CV to talento@theanglo.mx



How to prevent gender-based violence

Gender-based violence is violence perpetrated by one person against another solely because of their gender. Violent actions are all those that negatively affect a person's identity, sexuality and reproductive freedom, physical and mental health and social well-being.

Equality

A fundamental human right, equality between men and women implies the elimination of all forms of discrimination in all spheres of life based on gender.

Equality

It is a principle of ethics and social justice, which consists of applying measures and/or actions that take into account different characteristics or situations so that people can effectively enjoy equality.



Did you know?

Violence at work has long been recognised as a psychosocial health risk in other countries. In Mexico, it was only in 2016 that the Ministry of Labour and Social Welfare made this problem visible and urged employers not only to recognise these behaviours as an occupational hazard, but also to carry out interventions to control and eliminate them.

What to do

1

DEFEND GENDER EQUALITY AT WORK

- It is about progress for women in a fair and impartial way.
- Consideration for all women in all areas.
- Recognition of progress in an unbiased way.
- Exposure of the importance of the issue through dialogue with colleagues.

2

ZERO TOLERANCE OF SEXUAL HARASSMENT OF ANY TYPE

- Sexual harassment of any kind will not be tolerated.
- Action will be taken against perpetrators.
- There will be no retaliation against those who make complaints.

3

RECONOCE LAS SEÑALES DE VIOLENCIA

There are many different forms of violence and all of them can affect you physically and emotionally. Learning to identify the signs is important to help that friend, acquaintance or family member get out of such situations, without putting their safety at risk.

It is important to recognise these situations as violence and not to justify them in the hope that the perpetrator will change.

What has been achieved through women's participation in various workspaces?

- Recognition of their rights
- Access to jobs that were historically considered only for men.
- In our country, actions have been created to achieve co-responsibility in work, family, and personal life in order to achieve equal opportunities for women and men.



ORIENTA
Te orienta



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están para
brindarte
apoyo ❤️

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*La videoasesoría está disponible para las especialidades emocional, médica, nutricional y veterinaria y se define con el asesor durante la asesoría telefónica.

Para poder contar con el servicio Bilingüe es muy importante generar cita.
¡Es un servicio **gratis** y **confidencial** para ti y tu familia!

(442) 295 30 01 **800 999 2233**

www.orienta-me.com **orientaPAE**

Violence can be classified into 3 levels:



Horizontal violence: This takes place between co-workers at the same hierarchical level. For example: insulting, shouting, hitting, or discrimination.



Downward vertical violence: This is carried out by people with a more senior hierarchical level towards subordinate people. For example: threatening dismissal, exclusion from meetings, belittling job performance.



Violencia vertical ascendente: This takes place between persons occupying a junior position and persons occupying a more senior position in the hierarchy. For example: sabotaging work so that work goals are not achieved, creating issues or rumours.

STOP
**P**
VIOLENCE

Violence can also manifest itself in the following ways:

- Psychological violence: An act or omission that damages emotional or psychological stability.
- Physical violence: Any act that inflicts non-accidental harm, using physical force or any type of object that can cause injury.
- Sexual violence: Sexual harassment and molestation in the workplace.
- Economic violence: Violence that affects the economic survival of the victim, such as receiving a lower salary for equal work.

Behaviours indicative of bullying and harassment in the workplace.

1. Assigning work of no value or utility.
2. Demeaning a person by assigning them work below their ability.
3. Exerting undue or arbitrary pressure.
4. Evaluating work in an inequitable or biased manner.
5. Systematically devaluing effort or attributing it to other factors or third parties.
6. Belittling the individual.
7. Assigning unreasonable deadlines or unreasonable workloads.
8. Neglecting, ignoring, excluding, pretending, or making another person "invisible".
"invisible".



What can I do?

RECOGNISE Don't deny the situation when it is in front of you.

RESPOND Provide support to the person going through this.

REFER Invite the person to contact the Orienta PAE mailbox.

The 10 Commandments of Sleep Hygiene for Adults.

Sleep Hygiene is a set of attitudes and habits that allow us to fall asleep properly in order to sleep soundly, thus restoring the body and reducing chronic and degenerative diseases.

Here are 10 indispensable steps to take:

1. Establish a regular schedule for going to sleep and waking up.

2. If you have a napping habit, do not exceed 45 minutes of daytime sleep.

3. Avoid excessive alcohol intake 4 hours before bedtime, and do not smoke.

4. Avoid caffeine 6 hours before bedtime. This includes coffee, tea and many soft drinks, as well as chocolate.

5. Avoid heavy, spicy or sugary foods 4 hours before bedtime. A light snack before bedtime is acceptable.

6. Exercise regularly, but not just before bedtime.

7. Use comfortable and cosy bedding.



Happy Birthday

02



**ADA PAULINA
ALARCON MONROY**
The Anglo

03



**GERARDO RODRIGUEZ
MUNTOYA**
Churchill College

03



**MARIA TERESA
GUEVARA GUZMAN**
The Churchill School

05



**ANA KAREN
CASTRO FELIPE**
Commercial & Development

05



**EMMANUEL RAMOS
SANCHEZ**
The Anglo

05



**VANIA EUNICE
RODRIGUEZ AGUILAR**
The Anglo Assessment

06



**ADELINA MARGARITA
LECHUGA SOLER**
The Anglo Assessment

07



**SANDRA VICTORIA
PEÑALOZA GUADARRAMA**
The Anglo

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**MARTIN ASGARD
ALCANTARA SORIA**
Commercial & Development

08



**DANIEL HERNANDEZ
COLIN**
Commercial & Development

08



**MARIA DEL CARMEN
MONTAÑO SALINAS**
Finanzas

08



**WENDOLINE GARCIA
OCADIZ**
Finanzas

08



**ALVARO LEON
SUNDERLAND**
The Anglo

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**GABRIELA MIRANDA
JACOBO**
The Anglo

08



**ULISES CARDOSO
ARTEAGA**
The Anglo

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**PAULINA GOSSET
SOTO**
The Churchill School

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**ANGELICA LILIANA
PORTILLO RIOS**
The Anglo

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**FATIMA LINARES
GONZALEZ**
The Anglo Assessment

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**YVETTE GUADALUPE
HUERTA SANCHEZ**
Finanzas

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**SANDRA CORTES
GOMEZ**
The Anglo

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**MIRELLA MARTINEZ
HERNANDEZ**
The Churchill School

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**ANTONIETA MENDOZA
MONTES DE OCA**
The Churchill School

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**LUIS EDUARDO
MENDOZA ALVARADO**
The Anglo Assessment

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**HERNAN JAVIER
MOHENO PEREZ**
The Anglo

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**JUAN MANUEL
ROJAS ESCAMILLA**
The Anglo

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**WENDOLYN TOSTADO
RAMIREZ**
The Anglo

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**SANDRA MONICA
GUERRERO BAQUEDANO**
The Churchill School

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**MARIA TERESA
CARDENAS ALVAREZ**
Finanzas

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**ISAURA ADRIANA
DIAZ VELAZQUEZ**
Infraestructura y
Servicios Generales

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**BERENICE LEON
BALCAZAR**
The Anglo



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JOSE ENRIQUE SOLIS LOPEZ
Finanzas



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DIANA GABRIELA GALINDO HERNANDEZ
The Anglo Assessment



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NANCY ARACELI RAMIREZ RAMIREZ
Finanzas



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JANE ELIZABETH ATKINSON
Anglo Institute of Education



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FABIOLA MORALES REYES
The Anglo



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JONATHAN PEREZ CASTAÑON
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CARLOS JIMENEZ DE LA CUESTA TARANGO
The Churchill School



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ROSA MARIA MEZA VARGAS
Cultura e Impacto Social



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CHRISTIAN MARGARITA TRUJILLO LECHUGA
The Anglo Assessment



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GISELA GALLEGOS TORNEDO
The Churchill School



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PAMELA ESPINOSA POCEROS
The Anglo



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JAQUELINE SOTELO GARCIA
The Churchill School



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HYLSIA ARAUJO HUERTA PSIHAS
The Churchill School



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GLORIA ANGELICA CARDIEL BARAJAS
Cultura e Impacto Social



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ARACELI HERNANDEZ GARCIA
Tecnología de la Información



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JOSE ROBERTO VELOZ PERALTA
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LAURA JULIETA SANCHEZ RAMOS
The Anglo



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