



NEWSLETTER

Teaching Self-Control Through the SDA Coin System

For the past year and a half, our school has used the SDA Coin System—a program designed to reward academic effort and positive behavior. Students earn coins for following rules and contributing in class, then exchange them for toys from the principal's office. What began as a simple incentive has grown into something much greater: a hands-on way to teach one of life's most important skills.

Students enjoy the system, often working hard to earn coins. Yet beneath the excitement lies a deeper purpose. The SDA Coin System gives children a first experience with essential economic lessons—saving, spending, and making choices with limited resources. The real test comes when the principal's office opens and students decide how to use their coins. In those moments, they face a choice: spend right away on a small prize, or save for something bigger. That simple decision mirrors the real-world choices they will face as adults—whether managing pocket money, planning for college, or one day making major financial commitments. The patterns are revealing. Some children show patience and determination, saving over 100 coins for high-value rewards. Others spend quickly, arriving with only a few coins at a time. The difference is not in how much they earn, but in how they manage what they have. Already, we see habits forming that reflect impulse control, goal-setting, and long-term planning.

I've seen the same dynamic outside of school. At a recent church "Talent Market," where children earned tokens for activities and traded them for prizes, many chose multiple small items instead of saving for one larger reward. Personal preference plays a role, of course, but the lesson is clear: the way children handle small decisions now prepares them for bigger ones later. Research backs this up. The well-known Stanford Marshmallow Experiment showed that children who delayed gratification for just fifteen minutes went on to achieve higher test scores, better self-regulation, and greater success years later. Self-control emerged as one of the strongest predictors of life outcomes—more powerful than intelligence or family income alone.

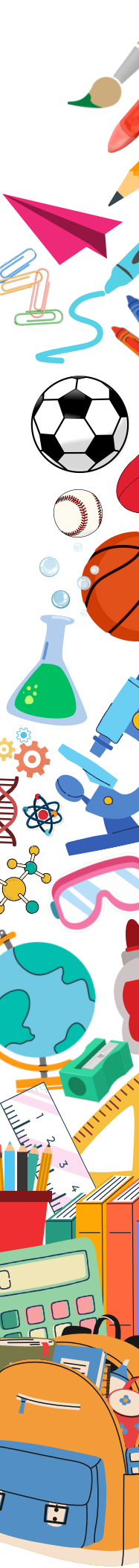
Through the SDA Coin System, our students practice the same skill. They are learning the lifelong difference between what they want to do and what they need to do. Those who learn to place responsibility first often discover greater freedom later. Those who consistently choose immediate wants may find their options limited as they grow older. The strength of this program is that it offers these lessons in a safe, low-stakes environment. Children can try, fail, succeed, and adjust without lasting consequences—while gaining valuable practice in patience, decision-making, and discipline.

As we continue, let's encourage students to reflect on how they spend or save their coins. Let's celebrate not only academic success, but also the patience and foresight that lead to bigger achievements. Most of all, let's remind them that self-control is not about saying "no" to themselves. It is about saying "yes" to the goals that matter most. The coins in their pockets are more than tokens for toys. They are practice for the choices that will shape their lives. By helping students master these small decisions today, we are preparing them for the greater responsibilities of tomorrow.

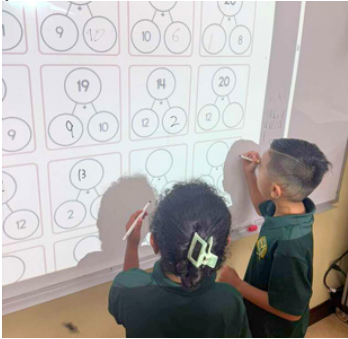


Yeon Ho Song
Principal

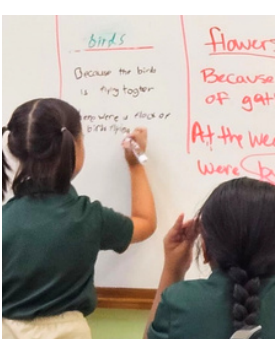




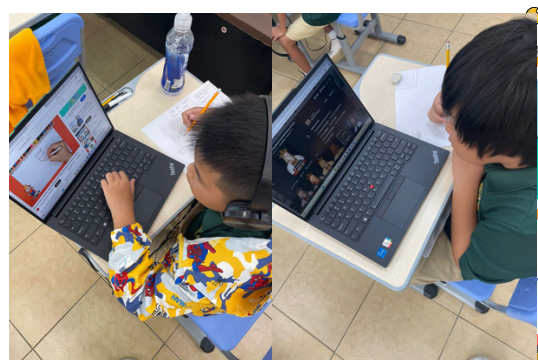
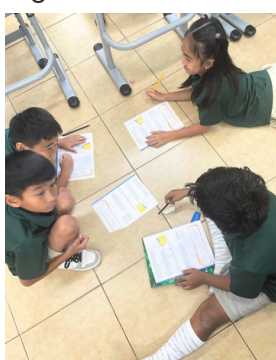
Kindergarten - Left to right: Phonemic awareness of the letter 'X', making necklaces for cultural week presentation, and counting different objects inside our classroom.



1st Grade - Left to right: Students working on identifying parts and wholes in Math problems, running "intruder alert" exercises, and honing their writing skills.



2nd Grade - Left to right: Students learning how to use collective nouns to improve writing, working together to solve word problems, and completing a writing assignment.



3rd and 4th grade - Left to right: Students working together to check their work, learning different types of art, and using technology to enhance their art skills.



5th & 6th Grade - Left to right: Students working on making a cell and its parts, presenting about the city-state they designed, and having a debate using persuasive writing/research.

TRUST *in the* LORD

WITH ALL YOUR



ON YOUR OWN
UNDERSTANDING



PROVERBS 3:5

September Birthdays

Mathylin Ken	1
Muran Shan	4
Harrison Blanco	5
Isaiah Orr	11
Olivia Salas	17
Enoch Song	18
Jenny Qin	28



7th & 8th Grade – Left to Right: Students learning about the 12 divisions of the kingdom planet; Doing a carousel walk on their personal statement about Joseph; Student Association working on games/rules for picnic day; Using achieve 3000 for their career assessment and for their ELA work.

Physical Education



Friday Chapel



Dates to Know

(Schedule Changed from Sept. 14 to Sept. 28)

Sunday, September 28

School Picnic
10:00 am - 1:00 pm

(Schedule Changed from Oct. 14 to Oct. 17)

October 6 - 10

Cultural Week

Wednesday, October 8

End of 1st Quarter

Thursday, October 9

Start of 2nd Quarter

Monday, October 13

No School

Commonwealth Cultural Day

(Schedule Changed from Oct. 20 to Oct. 23)

Thursday, October 23

Elementary Parent Teacher
Conference



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Saipan Seventh-day
Adventist School



saipansdaschool



Saipan SDA School



www.saipansdaschool.org



Child Development Center



Toddlers – Left to right: Playing with blocks to enhance fine motor skills, fun during outdoor play, and coloring their own cookies.



Preschool – Left to right: Enjoying illustrating their favorite things during free drawing time, and practicing forming horizontal, vertical, and diagonal lines using playdough.



Pre-Kinder – Left to right: Our young artists explored creativity through line art, using different types of lines they've learned and after learning about the letter 'E' and its sound, the students created their own egg collage.

After School Academy



Indoor Play

Art Class



Sports