



NEWSLETTER

What Are the Conditions for Happiness?

If you ask most people what the condition for happiness is, many would answer, "Having a lot of money." Of course, even the writer of this article would agree that having money is better than not having it. But does having more money necessarily mean feeling happier? When people are asked why money makes them happy, their answers usually go like this: "With money, I can live in a big house, drive a nice car, eat at expensive restaurants, and travel abroad often." But let's think in the opposite direction for a moment. Does living in a big house automatically make you happy? Does driving a nice car make you happy? If you eat at expensive restaurants every day or travel abroad constantly—does that truly make you happy?

When I lived in Boston, one of my church members, who was a doctor, kindly rented me a very large house at a reasonable price. It was over 5,000 square feet with a huge yard. There was a full basement with two bedrooms and a kitchen, and on the third floor, a large loft with a bathroom where the children could play soccer. But was I really happy there? Not necessarily. Because the house was so big, cleaning took endless effort. And during Boston's long winters, if I turned on the heater for the whole house, the oil bill would easily exceed \$1,000. So, I ended up heating only the bedrooms and setting the rest of the house just warm enough to prevent the pipes from freezing.

What about eating at fancy restaurants? Sure, it's convenient since you don't have to cook. But if you eat at those places every day, you'll eventually get tired of the same dishes and flavors. In the past three years living in Saipan, I've eaten at many restaurants, but sometimes the simple Korean-style meal we cook at home tastes the best. It's like staying at a five-star hotel for a week and getting tired of eating from the same buffet every day.

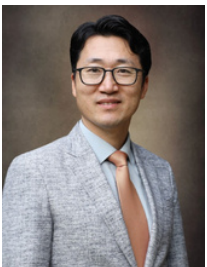
Would traveling abroad frequently make us happy? I enjoy traveling and try to visit different countries whenever I can during vacations. But traveling always comes with inconveniences. Accidents can happen. Schedules can change or be canceled due to weather or other circumstances. You might get sick from unfamiliar food or water and even need to visit a hospital. Sometimes you get scammed while shopping or on tours, or worse, pickpocketed and lose your wallet, passport, and phone all at once. That's why, when a trip ends, we often say, "Home, sweet home."

We live in a capitalist society, so it's natural that we admire wealth and financial stability. There's nothing wrong with wanting to be more self-sufficient. But we must not mistake wealth for happiness. If being rich guaranteed happiness, why do we see so much divorce, lawsuits, crime, and scandal among the rich? So then, what is the condition for happiness?

(1 Timothy 6:6-8, NKJV) "[6] Now godliness with contentment is great gain. [7] For we brought nothing into this world, and it is certain we can carry nothing out. [8] And having food and clothing, with these we shall be content."

The key is contentment—being thankful and satisfied with what we already have. A happy person is one who compares less with those who have more and instead appreciates what they have compared to those with less. A person who can share even a little of what they have with others—that person has a truly content and grateful heart, and therefore, a happy heart.

Last week, I attended an SDA principals' meeting in Guam, where I met a principal from Ebeye Island. He told me that the island is so small and crowded that there's no space for farms or trees to grow. Because of that, a single local banana costs one dollar. After hearing that, I felt so grateful and happy to live in Saipan. Let us all choose to think thankful thoughts and live happily!

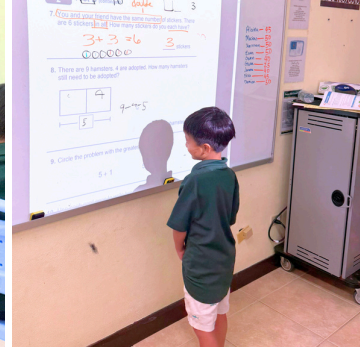


Yeon Ho Song
Principal

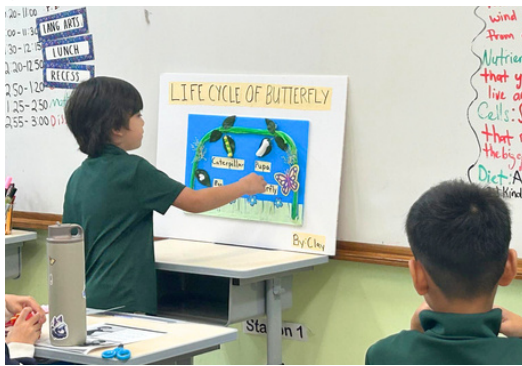




Kindergarten - Left to right: Learning about symmetrical- drawing dots on a ladybug; practicing special music for spiritual emphasis week; and using black, white, and gray colors only in Art class.



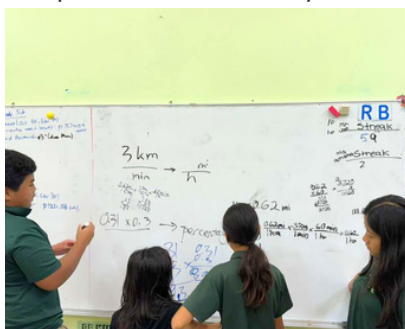
1st Grade - Left to right: Sharpening their Math skills, enjoying circle time games, collaborating in small groups to tackle classwork problems and build teamwork skills, and reviewing their Math pretest.



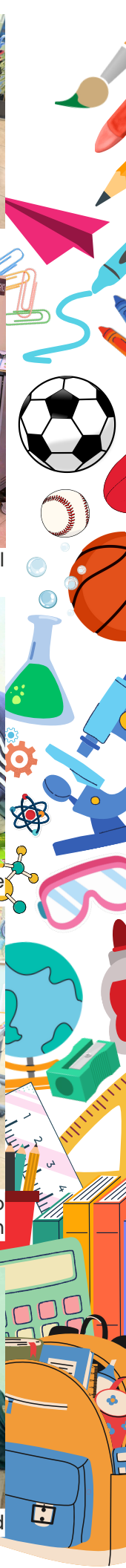
2nd Grade - Left to right: Presenting on the butterfly life cycle and the uses of plants, and playing a place value game to build number sense and prepare for our upcoming unit on adding numbers up to 100.



3rd and 4th grade - Left to right: Learning about the 3rd element of art - which is color; dissecting plants to identify their parts and predicting the number of seeds in their apples; then made a plant start to watch the process of an embryo turn into a seedling.



5th & 6th Grade - Left to right: Solving measurement conversion questions, exploring primary and secondary sources from ancient Egypt, and showing their portraits for Art class!

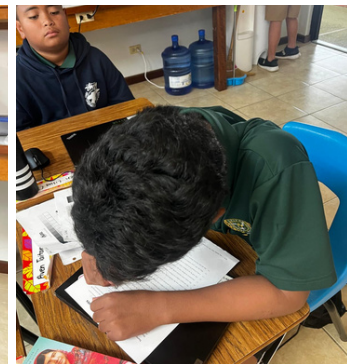
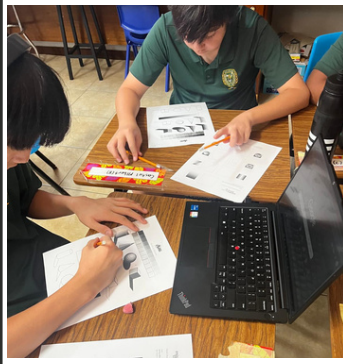


I CAN DO
ALL THINGS
THROUGH
HIM WHO
GIVES ME
STRENGTH.

PHILIPPIANS 4:13

October Birthdays

- | | |
|------------------|----|
| Rhea Lei Raymond | 6 |
| Jebon Jinna | 10 |
| Rowan Sakisat | 12 |
| Deighton Muña | 22 |
| Owen Li | 26 |
| Alan Yu | 27 |
| Castiel Albert | 27 |



7th & 8th Grade - Left to right: Working on value - light/darkness of an object gradient, reading about Malala an education activist, working on subject and predicate noun.

Physical Education



Friday Chapel



Dates to Know

October 27 to 31

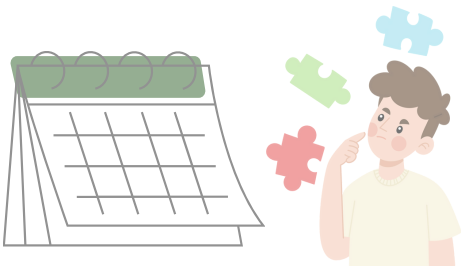
Spiritual Emphasis Week

Wednesday, October 29

Preschool Parent Teacher Conference

Thursday, October 30

Toddler Parent Teacher Conference



Child Development Center



Toddlers – From left to right: Engaging in activities focused on tracing a vertical line and exploring the color of the week – which is orange, through coloring.



Preschool – Left to right: Students beginning to develop fine motor skills by using their fingers to manipulate paint and learning to identify hot and cold objects.



Pre-Kinder – Left to right: Students joyfully stretched, sang, and moved along to songs about Jesus. They practiced counting up to 20 and expressed their creativity by drawing pictures of their classmates. It was a wonderful day of learning, music, and friendship!

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Saipan SDA School



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After School Academy



Indoor Play



Art Class

