



NEWSLETTER

Supporting the Emotional Health of Our Students

Recently, I spoke with a school mom who mentioned that she reads my weekly newsletter editorials. Her words encouraged me more than she knows. Writing these messages each week requires time, reflection, and prayer, and hearing that someone receives them with care reminded me why I continue doing this work. When I shared how challenging it can be to find a new topic every week, she graciously offered her help. Her professional background is in student mental health, and she volunteered to share insights that could support our school community. I am grateful for her willingness to partner with me—and for every parent who takes the time to read these messages.

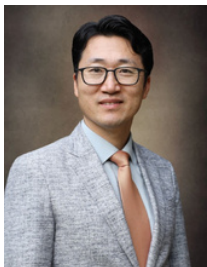
Students experience many emotions each day—relief after a good grade, tension with friends, frustration over assignments, or pressure they don't always know how to express. Many children learn to hide what they feel simply because no one has taught them what to do with those feelings. Yet learning to understand emotions strengthens mental health, supports learning, and builds trust in relationships. Research from the Yale Center for Emotional Intelligence shows that emotional awareness improves classroom focus and lowers anxiety. Other studies reveal that people who can name what they feel manage stress with greater steadiness. These skills may seem small, but they build resilience that lasts well beyond high school.

Emotional awareness is not a luxury—it is essential for healthy development. When students learn to recognize and work with their feelings rather than suppress them, they make better decisions, resolve conflicts more wisely, and recover more quickly from disappointment. A student who understands her anxiety can manage it instead of being overwhelmed by it. A student who recognizes his frustration can choose a thoughtful response instead of reacting impulsively. This emotional literacy becomes the foundation for everything else—academic success, friendships, and future stability.

One simple place to begin is practicing a brief pause. Strong emotions often push us toward quick reactions. A few seconds of slow breathing—inhale for four, hold for four, and exhale for four—gives the mind space to settle. Another step is asking, "What am I feeling right now?" Naming an emotion reduces its intensity and brings clarity. It's also important to remember that feeling more than one emotion at the same time is completely normal. And when thoughts begin to race, focusing on small sensory details around us helps bring us back to the present moment. The 5-4-3-2-1 grounding technique is especially helpful: notice five things you can see, four you can touch, three sounds you hear, two things you can smell, and one thing you can taste. This calming practice gently shifts the brain from anxiety to reality and signals the body that it is safe.

This week, I invite our students—and our families—to try one simple habit: pause once each day, breathe slowly, and name one emotion you notice. Writing it down can make patterns clearer. After a few days, many people begin to understand their inner world with more awareness and respond with greater wisdom. Parents, I encourage you to try this alongside your child and create a space where they can share how they felt throughout their day.

As a Christian school, we also remember that emotional awareness works hand in hand with our faith. Scripture reminds us that God is near to the brokenhearted and offers peace that the world cannot give. When we learn to notice and understand our emotions, we bring our whole selves before God with honesty. This is not self-centered—it is part of honoring the hearts He created and opening ourselves to deeper connection with Him and with one another. My prayer is that our students grow in resilience, peace, and a steady confidence that they are never walking alone. Emotional health begins with something as simple as a pause, a breath, and a willingness to notice what is happening in our hearts. This week, I invite you to start there.



Yeon Ho Song
Principal

Learning
—IS—
FUN!





Kindergarten - Left to right: Matching theme words to pictures, practicing reading on their own, and using the LetsGoLearn app for additional Math and Language Arts practice.



1st Grade - Left to right: Attempting to build towers out of cooked and uncooked spaghetti to demonstrate the importance of healthy bones and practicing for the Thanksgiving program.



2nd Grade - Left to right: Practicing for the Thanksgiving program and visiting the SDA store to practice real-world Math with the coins they've earned!



3rd & 4th Grade - Left to right: Engaging in a Science review while also practicing suffixes through a board game called "Suffix Sea." They are using a dictionary to confirm that the words they create are valid.



5th & 6th Grade - Left to right: Sharing their favorite houses based on the book, "If I Lived Here", and presenting about Ancient Egyptian Artifacts.





7th & 8th Grade - Left to right: Working on a periodic table word scramble, going over their malala collage project, and cooking their MyPlate meal.

Physical Education



Friday Chapel



November Birthdays

- Zoe Leon Guerrero 8
- Jordyn Wise 8
- Josef Yang 14
- Matthew Nelvis 21
- Ayana Isabelle Jin 28



Dates to Know

Wednesday, November 26

Thanksgiving Program
10:00 am

**Early Pick up 12:30 pm*

**No After School Care*

November 27 & 28

No School
Thanksgiving Break

Monday, December 8

No School
Constitution Day

Thursday, December 11

Christmas Program
Marianas Beach Resort
CDC 6:00 pm
Elementary 7:00 pm

**Early Pick up 12:30 pm*

**No After School Care*



FOLLOW US



Saipan Seventh-day Adventist School



saipansdaschool



Saipan SDA School



www.saipansdaschool.org



Child Development Center



Toddlers – From left to right: Identifying body parts and pretend kitchen play.



Preschool – Left to right: Finding, circling, and tracing the letter Kk; and peeling off stickers to paste on lines.



Pre-Kindergarten – From left to right: Morning song, dance, and prayer; and learning about Jesus as a carpenter.

After School Academy



Art



Cooking

Indoor Play