



NEWSLETTER

Building Strong Hearts with Kindness

School days move quickly, and it's easy to miss one simple truth: kindness strengthens us. A small gesture—sharing a pencil, cheering up a classmate, helping a teacher—can shift how we see ourselves and how others feel around us.

“Be kind and compassionate to one another.” (Ephesians 4:32) This is more than a rule; it's a way of building strong hearts. When we practice kindness, our brains release chemicals that lift our mood and push stress aside. Scientists call it the “helper's high,” but students understand it in simpler words: it feels good to do good. Kindness doesn't depend on big actions. It shows up in tiny moments:

- A quick compliment during recess
- Helping your teacher set up for class
- Picking up trash on the playground
- Sharing supplies with someone who forgot theirs

These small choices train our eyes to notice others and recognize when someone needs a bit of support. Researchers at UC Riverside found that students who do regular acts of kindness feel happier and more confident. Stanford studies show that kindness acts like a muscle—the more we use it, the stronger it becomes. When kindness becomes a habit, we stay calmer, solve problems faster, and learn better because our minds carry less stress.

Kindness builds friendships too. Helping, listening, including someone new—each of these creates trust and safety. For young learners, these moments become quiet lessons in empathy, resilience, and gratitude. Of course, some days feel heavy. We get tired, frustrated, or worried. On those days, kindness may feel harder. But even a simple wave, a “good morning,” or a tiny helping hand still counts. And those small choices often change the direction of an entire day.

“In everything, do to others what you would have them do to you.” (Matthew 7:12) When we follow this teaching, kindness shapes both the giver and the receiver. This Week's Challenge - Try one small act of kindness at school:

- Say something encouraging about a friend's work.
- Help carry books or supplies.
- Invite someone to join your game.
- Thank a staff member for what they do.

Watch how it changes the moment—and how it changes you. One simple act can brighten a day on both sides.



Yeon Ho Song
Principal

Learning
— IS —
FUN!





Kindergarten - Left to right: Learning coin names and their values; and making frosting for Science class.



1st Grade - Left to right: Reviewing Math for an upcoming test, word family activity, and participating in a word hunt activity.



2nd Grade - Left to right: Reviewing Social Studies: "Being a Good Citizen" on Kahoot; role playing what they would do in case of emergency and how to use first aid; and group reading.



3rd & 4th Grade - Left to right: Reading class book and writing chapter summaries, learning about different types of poems, and creating glossary cards using our weekly vocabulary words.



5th & 6th Grade - Left to right: Debate/Rebuttal practice; changing clay and seeing its effect on physical properties; and working on definitions of prefixes.



For
 Unto
 us a
CHILD
 is born
 Unto us a Son
 is given, and the
 Government shall be
 Upon His shoulders,
 and His Name shall be called,
 Wonderful, Counselor,
 Mighty God, Everlasting Father,
 Prince of Peace!
 Isaiah 9:6



7th & 8th Grade - Left to right: Familiarizing the different parts of the cerebral cortex and relating it back to the character in our book, and working on syllables.

Physical Education



December Birthdays

- | | |
|-----------------------|----|
| Isabelle Kim | 12 |
| Zyler Angui | 21 |
| Theodore Aldan | 22 |
| Elizer Jinna | 24 |
| Levi Cadua | 29 |
| Lucas Miller | 29 |
| Rylee Deleon Guerrero | 31 |
| Arisa Babauta | 31 |



Thanksgiving Program



Dates to Know

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*

Tuesday, December 16

Elementary End of 2nd Quarter

December 17 - January 2

Elementary Christmas Break

December 24 - 26

CDC Christmas Break

December 31 - January 2

CDC New Year's Break



FOLLOW US



Saipan Seventh-day
Adventist School



saipansdaschool



Saipan SDA School



www.saipansdaschool.org



Child Development Center



Toddlers - Left to right: Creating Christmas wreaths and ornaments and playing with baby chicks.



Preschool - Left to right: Finding and circling the letter L; and identifying the objects that are attracted to a magnet.



Pre-Kindergarten - Left to right: Playing with baby chicks and learning more and less values.

After School Academy



Indoor Play



Cooking

Art