



# NEWSLETTER

## Living What We Teach: A Call to Health for Our SDA School Family

There is a well-known story about Mahatma Gandhi. A mother once brought her son to him and pleaded, "Sir, please tell my son to stop eating so much sugar. He won't listen to me, but he will listen to you." Gandhi replied, "Come back in two weeks." When she returned, Gandhi spoke to the boy: "Eating too much sugar is not good for your health. Please reduce it." The boy nodded. Confused, the mother asked why he had not said the same thing earlier. Gandhi answered, "Because I first had to stop eating sugar myself."

The message is simple: we must live what we ask others to do. So before saying anything about health, I should start with myself. I have a personal rule. When my weight goes over 170 pounds, I know it is time to change something. I can feel it in small, ordinary moments – fastening a seat belt, putting on clothes, climbing stairs. My body feels heavier, slower, more tired. It is like a quiet warning light turning on. A few weeks ago, that light came on again. For the past three weeks I have been trying to get back on track – walking more, exercising, eating less, and practicing intermittent fasting on an 18:6 schedule. I have also started jumping rope. I am sharing this not because I have all the answers, but because I am on the same journey as many of you. It is easy to talk about health. It is much harder to restart after you have slipped. Intermittent fasting simply gives the body a break from constant eating. During that time, the body begins to use stored energy. Many people find that they feel lighter, more alert, and more in control of their eating. But the specific method matters less than the decision to care for ourselves.

What makes this personal story important is what we see around us. So many people we care about – parents, grandparents, teachers, staff, neighbors – are dealing with high blood pressure, diabetes, heart problems, kidney disease, or vision loss. These are not distant issues. They affect families right here in our community. Health data in the CNMI confirms what we already see. Studies suggest that more than 87% of adult men are overweight or obese, one of the highest rates in the Pacific. Among indigenous residents, including Chamorro people, about 83% fall into that category. Government reports identify obesity as one of the most serious health challenges facing our islands. Even among very young children, ages 2 to 5 in the WIC program, about one in ten is already obese. These numbers are not meant to blame anyone. They are simply a reminder that this is a problem we share.

Recently, the SDA Dental Clinic held a three-month "Biggest Loser" weight-loss challenge. One participant, who had been struggling with diabetes, shared that his symptoms improved a great deal after losing weight. He did not win the competition, but he said he would continue anyway. He had discovered something more important than a prize – that change is possible. Anyone who has been seriously ill understands a deep truth: just being able to live an ordinary, healthy day is a great blessing. Waking up without pain, moving freely, eating without worry – these are things we often take for granted until they are gone. And our health does not affect only us. When parents are healthier, families are stronger. When teachers and staff are healthier, they have more energy to care for students.

As an SDA school family, we may not control every factor that affects health. But we can control daily habits. We can encourage one another. Most importantly, we can set an example for our children, because they learn far more from what we do than from what we say. If we want a stronger future for our families and our school, it begins with small choices made today – one walk, one healthier meal, one good decision at a time. Let us live what we teach, together.



**Yeon Ho Song**  
Principal

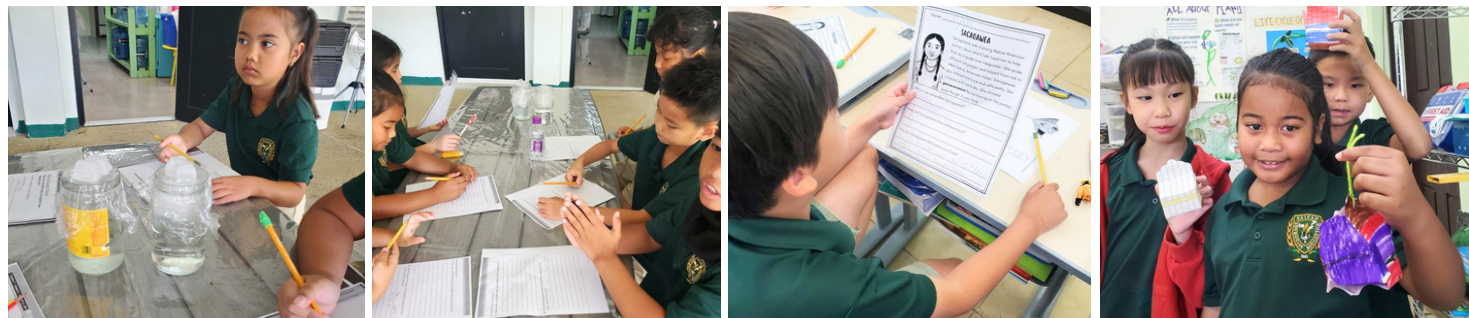




**Kindergarten** - Left to right: Doing IXL as addition practice for Math, creating a paper globe while learning globe-related vocabularies, and learning about the sides and vertices of hexagon and circle.



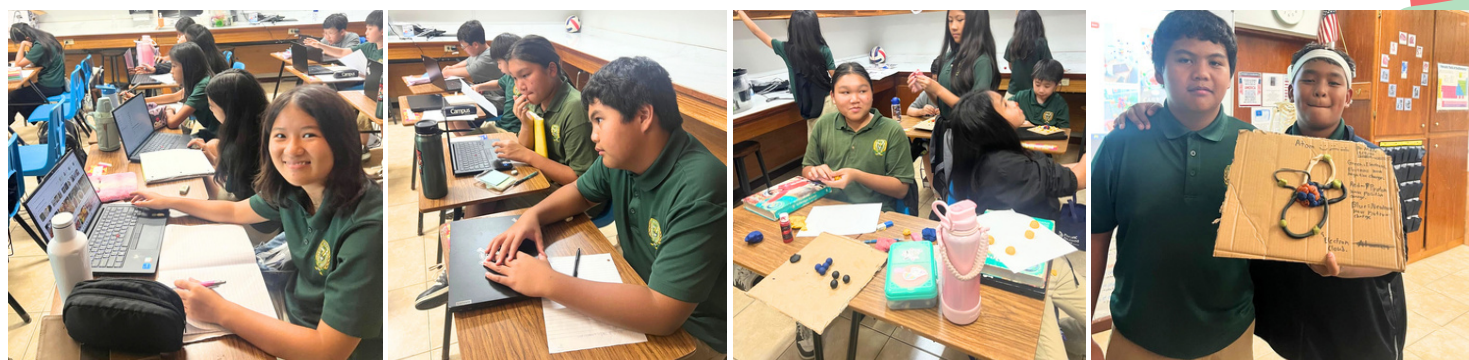
**1st Grade** - Left to right: Exploring soil and rocks in Science class, and completing the "God Made Me Special" worksheet in Bible class.



**2nd Grade** - Left to right: Seeing how clouds form, reading comprehension on Sacagawea, creating treasure chests after learning about hidden treasure in a Bible parable.



**3rd & 4th Grade** - Left to right: Enhancing their writing skills, identifying text features, and class trip to the American Memorial Park museum.



**5th & 6th Grade** - Left to right: Creating models of atoms in Science class to better understand atomic structure and identify the different parts of an atom.





Beloved,  
**Let Us**  
*Love*  
 one another,  
 for love is of  
**GOD**  
 and everyone  
 who loves  
 has been born of God, and  
 KNOWS  
*God.*  
 1 JOHN 4:7



# February Birthdays

- Luka Raymond** 8
- Constancia Blanco** 13
- Chenica Alcantara** 14
- Aven Taitano** 26
- Zoey Xu** 26
- Jesse John Torres** 27



**7th & 8th Grade** - Left to right: Crafting a narrative poem, preparing for a Spelling quiz and mosaic coloring for Art class.

## Physical Education



## Friday Chapel



# Dates to Know

## Friday, February 27

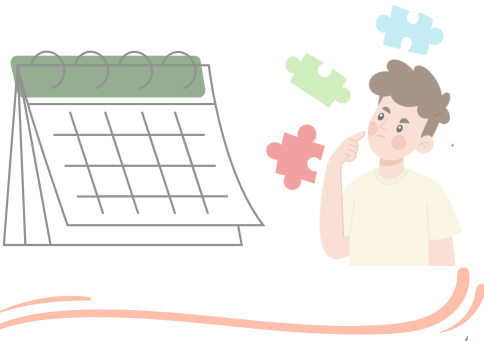
Professional Development Day  
-CDC: Early Pick Up 12:30 pm  
-Elementary: No After School

## March 4 to 6

CDC Parent Teacher Conference  
Wednesday - Pre-Kinder  
Thursday - Preschool  
Friday - Toddlers

## Friday, March 13

End of 3<sup>rd</sup> Quarter



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www.saipansdaschool.org



# Child Development Center



**Toddlers** – Left to right: Building and stacking blocks to develop fine motor skills, reading and pointing to pictures in a storybook, and running and playing during outdoor gross motor activity.



**Preschool** – Left to right: Finding and circling the objects that produce sounds, and developing their creativity and fine motor skills by painting with Q-tips.



**Pre-Kindergarten** – Left to right: Using straws to create sound instruments called straw flutes and exploring how different sounds are made. Also decorating their chosen letters for letter art to practice letter recognition and creativity.

## After School Academy



Games

Art

Study Hall



Music

Indoor Play