



NEWSLETTER

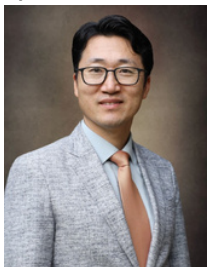
Your Brain Has a Mood DJ – And It's Probably Underpaid

Ever had one of those days where everything feels off? You can't focus, small things irritate you, you slept eight hours but still feel exhausted, and for some reason the teacher's voice sounds like it's coming from underwater? It's not laziness. It's not your personality. It might be your brain running low on one of its most important chemicals – and the fix is simpler than you'd think.

Your brain runs on a cocktail of chemicals, but three of them basically run the show: Dopamine is the hype man. It fires up when you hit a goal, win a game, or finally finish that assignment you've been avoiding. That little rush of yes! – that's dopamine doing its job. Norepinephrine is the drill sergeant. When something important is happening – a test, a deadline, a moment that matters – norepinephrine snaps your brain to attention. It's the chemical equivalent of slapping yourself awake. Serotonin, though? Serotonin is the one you don't notice – until it's gone. Serotonin doesn't give you highs. It doesn't make your heart race. What it does is keep you even. Stable. Steady. It's the reason you can sit through a frustrating class without losing your mind, brush off a bad grade without spiraling, and actually fall asleep at a reasonable hour. If dopamine says "Go!" and norepinephrine says "Focus!" – serotonin is the one in the background saying "Hey. Breathe. We're fine." Think of your brain like an orchestra. Dopamine is the brass section – loud, exciting, impossible to ignore. Norepinephrine is the percussion – sharp, driving, keeping everyone on beat. But serotonin? Serotonin is the conductor. It doesn't play an instrument. It just makes sure nobody goes rogue. When serotonin levels drop, the conductor walks off the stage. Suddenly the brass is too loud, the drums are off-tempo, and the whole performance falls apart. In real life, that looks like anxiety, emotional outbursts, foggy thinking, and nights spent staring at the ceiling at 2 a.m. wondering why you said something weird three years ago.

Here's the part nobody tells you clearly enough: you can actually do something about this. No prescription required. No expensive supplements. Just five habits that, when practiced consistently, genuinely change your brain chemistry. Get morning sunlight. Ten to thirty minutes outside in the morning jumpstarts serotonin production and tells your body's internal clock what time it is. Your phone's screen doesn't count – your brain knows the difference. Move your body. A twenty-to-forty-minute walk, jog, or workout isn't just good for your body – it's a direct serotonin boost. You know that weirdly good mood you get after exercise, even when you really didn't want to do it? That's not coincidence. Eat the right stuff. Serotonin is built from an amino acid called tryptophan, and your brain can only get it from food. Eggs, fish, nuts, and bananas are loaded with it. Translation: skipping breakfast isn't just affecting your energy – it's affecting your mood. Protect your sleep. Serotonin helps regulate sleep. Sleep, in turn, helps maintain serotonin. Break the cycle with late nights and irregular schedules, and your emotional stability starts quietly unraveling. It's a loop – and it can go in either direction.

A lot of what looks like a behavior problem is actually a biology problem. Before writing a student off as difficult or unmotivated, it's worth asking – when did they last go outside? Are they sleeping? Are they eating real food? Pressure alone doesn't produce better performance. But a brain that's getting sunlight, movement, rhythm, nutrition, and sleep? That brain shows up differently – and everyone around it can tell.



Yeon Ho Song
Principal

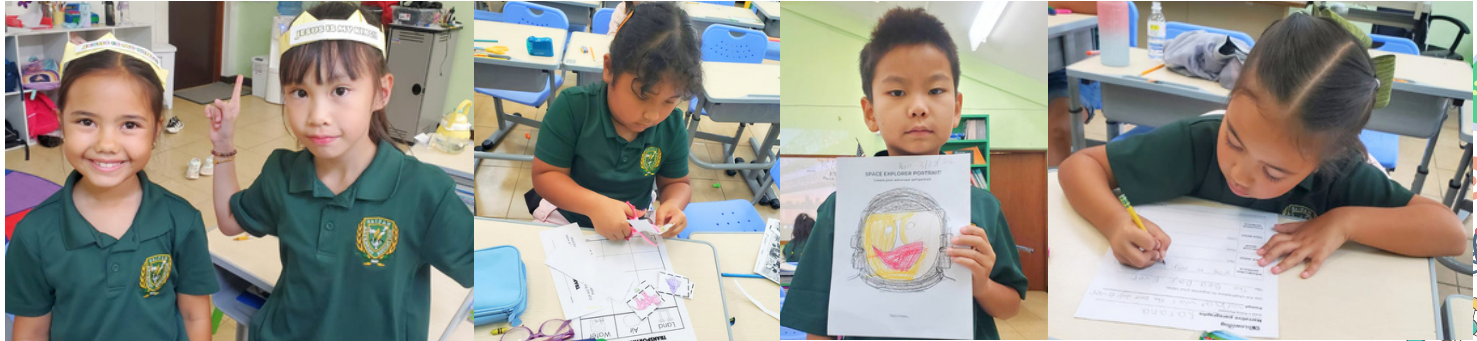




Kindergarten - Left to right: Crafting a paper firefighter helmet for Art class, identifying a cone and a cylinder, and brushing our teeth to understand the length of two minutes.



1st Grade - Left to right: Modeling groups of ten in Math, "We live on Earth" craft in science, practicing handwriting, and learning about Paul in Athens by coloring the Greek flag.



2nd Grade - Left to right: Creating "Jesus is King" crowns; sorting different types of land, air, and water transportations; studying astronauts and space in Science; and completing narrative paragraph outline.



3rd & 4th Grade - Left to right: Categorizing Bible verses by specific themes, presenting information on endangered animals, and creating pies for Pi Day (3/14).

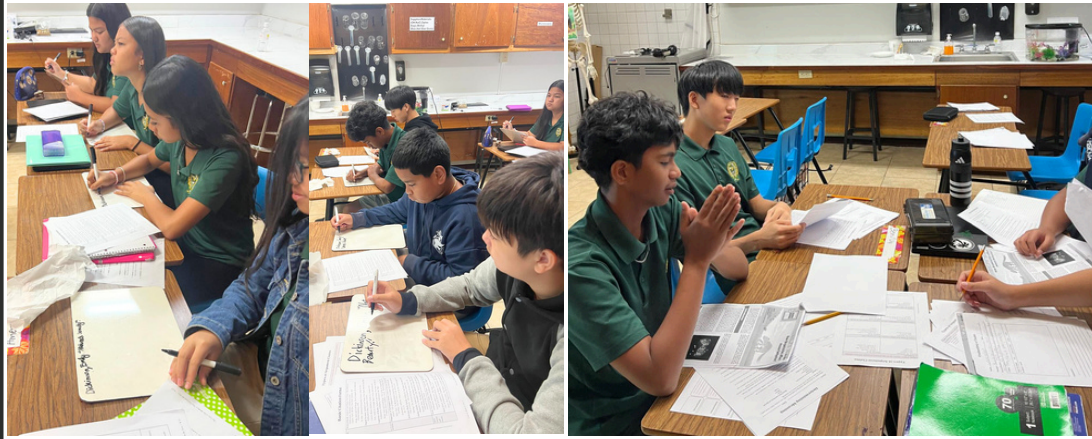


5th & 6th Grade -Left to right: Engaging in creating scripture art during Bible class and developing introductions for their personal narratives.



My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.

- James 1:19 -



7th & 8th Grade – Left to right: Focusing on correct citation formatting and analyzing argumentative claims presented by an author.

Physical Education



Friday Chapel



March Birthdays

Taylor Aquino	7
Jasper Zhu	7
Blake Kileleman	10
Ke'alohe Brazzle	10
Wuttipat Sukanpong	12
Regina Ayala Gutierrez	17
Tina Sun	21
Emma Leon Guerrero	28
Ivan Agulto	30
Melvin Sakisat III	31



Dates to Know

Tuesday, March 24

No School

Commonwealth Covenant Day

Thursday, March 26

Elementary Parent Teacher Conference

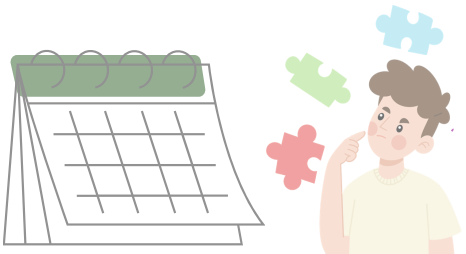
-Early Pick Up 12:30 pm

March 30 to April 3

Elementary Spring Break

Friday, April 3

No School - CDC
Good Friday



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Saipan Seventh-day Adventist School



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Saipan SDA School



www.saipansdaschool.org



Child Development Center



Toddlers - Left to right: Engaging in shape creation with playdough and participating in a blow painting activity.



Preschool - Left to right: Learning about different types of weather and demonstrating what to wear in various weather conditions.



Pre-Kindergarten - Left to right: Discovering cube shapes through hands-on learning experiences by enjoying healthy, cube-shaped foods; and Investigating various animal sizes by measuring and comparing them using their own body lengths, while recording their observations on the science data sheet.

After School Academy



Art



Music



Study Hall



Indoor Play



Gardening