



NEWSLETTER

The Power of Small Efforts: What Jump Rope Taught Us

Have you ever tried to lose weight? About three months ago, I began my own effort to improve my health. Like many others, I searched for the most effective way to reduce body fat and lose weight. What I found, supported by research, was a method called High-Intensity Interval Training (HIIT). In simple terms, HIIT follows a clear pattern: short bursts of intense activity → brief rest → repeated cycles. For example: 30 seconds of sprinting, followed by 30 seconds of walking, repeated for 10–20 minutes. Studies have shown that this type of training can burn fat efficiently in a short amount of time. Research published in the *Journal of Obesity* (2011) found that HIIT is particularly effective at reducing body fat, even with shorter exercise duration. Similarly, a 2019 meta-analysis in the *British Journal of Sports Medicine* reported that interval training can lead to greater fat loss compared to moderate continuous exercise. However, on rainy days, running outside is not always an option. A simple and effective alternative is jump rope. Using a jump rope, students can follow the same HIIT pattern: 30 seconds of fast jumping, followed by 30 seconds of rest or slow jumping, repeated continuously. It can also be structured by count—for example, 100 jumps followed by 30 seconds of rest.

This week, due to a schedule change, Coach Bobby left for the mainland. For the remaining fourth-quarter PE classes, we decided to focus on jump rope training. For younger students, we set more flexible goals. For students in Grade 3 and above, completing 100 consecutive jumps earns an A. On the first day, many students struggled. Some could not complete even a single jump. There were complaints, frustration, and hesitation. Even I found myself wondering—why is something so simple so difficult at first? We slowed down, demonstrated step-by-step, and encouraged them to try again. What happened next was remarkable. By the second day, one second-grade student completed 100 jumps, and a fourth-grade student reached 65. Students who could not jump even once on the first day were now achieving at least 10 consecutive jumps. In some classes, friendly competition emerged, and many students surpassed 40 jumps by day two.

This is the beauty of education. What seemed impossible just one day earlier quickly became achievable. The concern—“Is this too difficult?”—disappeared. Students discovered that with just 15 minutes of practice over two days, they could improve dramatically. More importantly, they experienced a sense of accomplishment.

Jump rope is a simple exercise, but it is powerful. It supports coordination, endurance, and overall fitness. It requires no special facility, and it can be done almost anywhere—by children and adults alike. To our parents: Consider picking up a jump rope this weekend. Spend a few minutes jumping together with your child. You may find that the greatest lessons are not only about fitness, but about persistence, growth, and confidence.

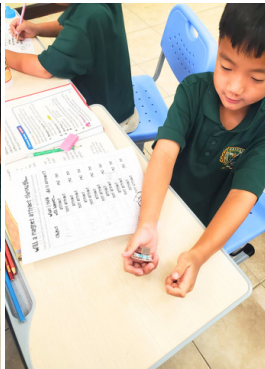
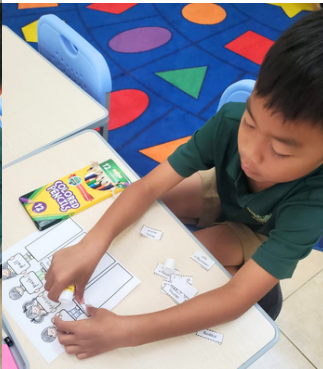
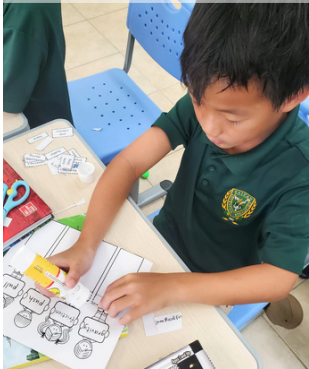


Yeon Ho Song
Principal

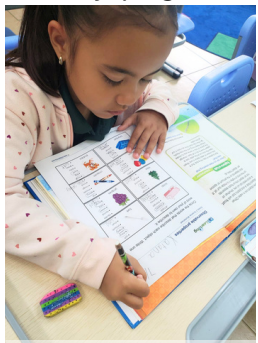




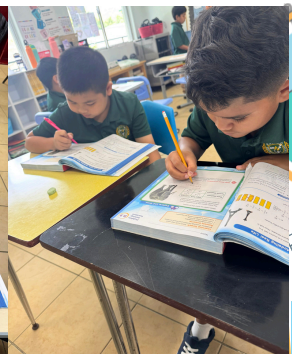
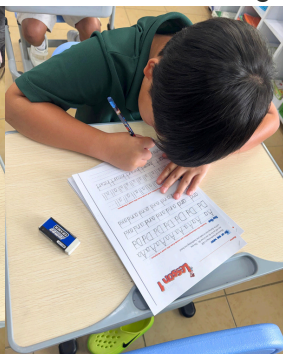
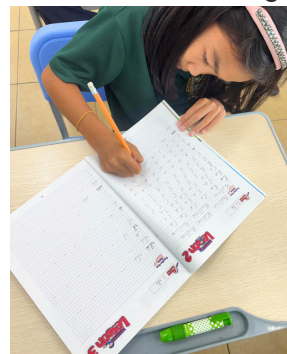
Kindergarten - Left to right: Demonstrating force and motion, learning about how a simple machine like a lever works, and practicing hand games after reading a minibook.



1st Grade - Left to right: Sorting various types of forces in Science, testing magnets on different objects, and enjoying D.E.A.R time (Drop Everything And Read).



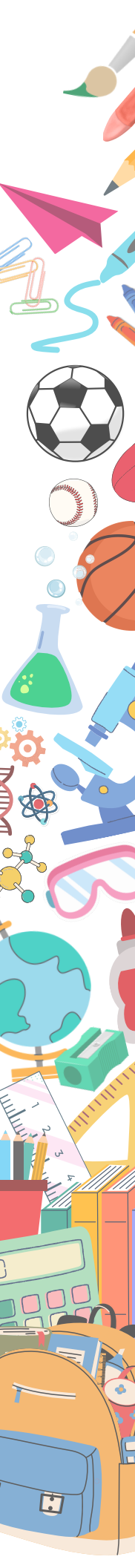
2nd Grade - Left to right: Completing properties of matter worksheet in Science, finding objects with certain properties in Science, and making a tent after learning about Paul's occupation in the Bible.



3rd & 4th Grade - Left to right: Connecting the Bible with Science, improving their handwriting skills, and understanding fractions with concrete manipulations in Math.



5th & 6th Grade - Left to right: Presenting a poster utilized as a summarizing assessment in ELA and engaging in the creation of molecular models within their Science journals.

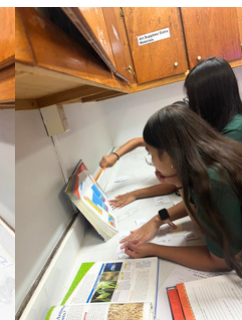


God ^{is the} strength of my heart

Psalm 73:26

April Birthdays

Averick Theo Santiago	10
Isabelle Javier	11
Victoria George	16
Felix Shen	19
Kocho Jinna	22
Saniyah Cabrera-Hill	27
Hina Tilipao	28
Hanalei Ayuyu	28
Euan Felix	29



7th & 8th Grade - Left to right: Preparing a special song for Friday's chapel, working on opposing word questions in ELA, and exploring the periodic table and identifying unknown properties.

Physical Education



3rd Quarter Academic Achievers



PRINCIPAL'S LIST



HONOR ROLL



STUDENT OF THE QUARTER



ACHIEVEMENT IN GROWTH



ATHLETE OF THE QUARTER



Dates to Know

Monday, April 13

Open Enrollment
Summer & SY 2026-2027

April 13-17

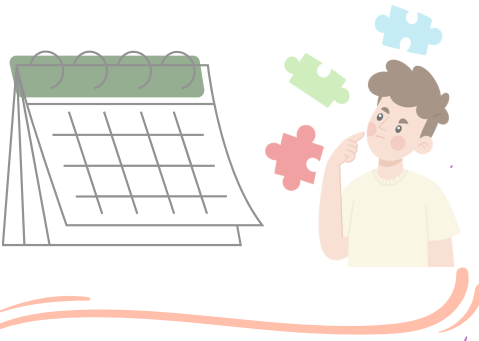
Spiritual Emphasis Week

April 30 - May 1

Science Fair

May 4-8

Teacher Appreciation Week



FOLLOW US



**Saipan Seventh-day
Adventist School**



saipansdaschool



Saipan SDA School



www.saipansdaschool.org



Child Development Center



Toddlers – Left to right: Engaging in shape-building activities with interlocking pieces, enhancing their fine motor skills. Following that, they delve into books, fostering a love for reading.



Preschool – Left to right: Enjoying a bustling farmers' market dramatic play where they practice buying and selling local produce. They are also exploring and expressing the phases of the moon through imaginative artwork.



Pre-Kindergarten – Left to right: Exploring the wonders of outer space through creative painting projects and engage in hands-on activities by using various materials to construct their own buildings and towers, aiming for new heights.

Friday Chapel

