



Guard Your Heart: Building Stronger Children

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Proverbs 4:23 says, "Above all else, guard your heart, for everything you do flows from it." The "heart" here means our inner thoughts, feelings, and beliefs. What happens in a child's heart matters, because it shapes how that child sees himself, others, and the world.

As educators, we see children respond to hurt differently. One hears an unkind comment and moves on; another carries it for years. Often the speaker meant no harm, but the child hears rejection or proof that something is wrong with them. Repeated and unaddressed, these moments can harden into beliefs: I'm not good enough. Nobody likes me. I always fail. Over time, such thoughts affect a child's emotional well-being and sense of self.

This isn't a distant problem. The CNMI Youth Risk Behavior Survey found the share of high school students who felt sad or hopeless rose from 36.2% in 2015 to 54.6% in 2021—a clear signal that we must take children's emotional health seriously. Research also links self-esteem to depression. A 2023 analysis of 298 studies involving more than 274,000 adolescents found a significant association between self-esteem and depression, though researchers note the relationship is complex and low self-esteem is not the only cause.

So how do we build healthy self-esteem? We can teach children that a mistake is something they did, not who they are. Instead of "You're a bad student," we can say, "That was a poor choice—you can choose better next time." We can praise effort, perseverance, kindness, and growth, not just grades. Children also need chances to succeed, contribute, and discover their strengths. Above all, they need adults who listen—who help them know: I am seen. I am valued. I belong. I can ask for help.

As a Christian school, we offer an even deeper foundation: a child's worth doesn't depend on popularity, appearance, grades, or others' opinions—it comes from being created and loved by God. We cannot prevent every hurt. But we can teach children how to respond to it, challenge negative thoughts, seek help, and remember who they are.

Let us guard our children's hearts—not by shielding them from every difficulty, but by preparing them to face difficulty with resilience, faith, and hope. When we strengthen a child's heart, we're not just preparing them for the next grade. We're preparing them for life.



Yeon Ho Song
Principal



ELEMENTARY SCHOOL

A C T I V I T I E S



Kindergarten - Left to Right: Counting to 20 with motions, practicing letter writing on whiteboards, learning the alphabet, and coloring the planets of our solar system.



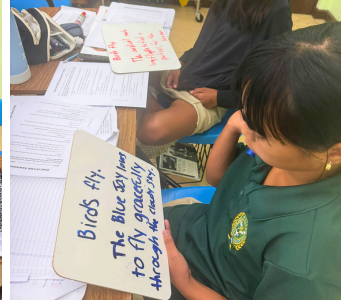
1st Grade - Left to Right: Exploring how voting is conducted and creating a bar graph to visualize the winner, illustrating the life cycle of a chicken, and making rice pudding after reading the book Arroz Con Leche for ELA.



2nd Grade - Left to Right: Quizzing each other on spelling words, engaging in minute math practice, and reviewing vertebrates vs invertebrates with a word search coloring page.



3rd & 4th Grade - Left to Right: Illustrating their personal narratives, collaborating to build Noah's ark, and engaging in group Math work.



5th & 6th Grade - Left to Right: Writing fictional narratives, learning to expand simple sentences, and identifying story elements by answering the 5W's.





7th & 8th Grade - Left to Right: Engaging in a debate regarding the choices made by God and Lucifer and developing arguments related to the War in Heaven.

PHYSICAL EDUCATION



FRIDAY CHAPEL



MONTHLY BULLETIN

LOVE the LORD
your GOD
with all your heart
with all your soul & with all your mind

Matthew 22:37

OCTOBER BIRTHDAYS

Calianalyn Crisostomo	1
Rhea Lei Raymond	6
Jebon Jinna	10
Rowan Sakisat	12
SaRai Cabrera-Hill	13
Deighton Muña	22
Owen Li	26
Alan Yu	27
Judileih Babauta	28



UPCOMING EVENTS

WEDNESDAY, SEPTEMBER 30

Picture Day

Order forms due September 29

FRIDAY, OCTOBER 9

End of 1st Quarter

MONDAY, OCTOBER 12

Columbus Day

No School

TUESDAY, October 13

Start of 2nd Quarter



CHILD DEVELOPMENT CENTER



TODDLERS



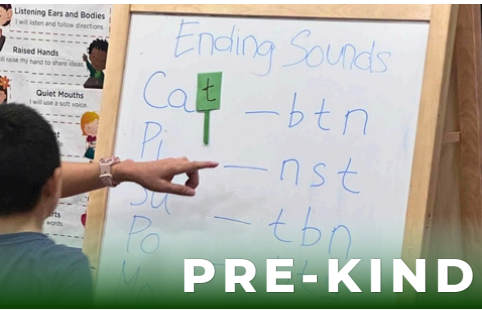
Left to Right: Learning about the Bible verse from Genesis 1:3, "and God said, let there be light and there was light."



PRESCHOOL



Left to Right: Forming the letter F using playdough, strengthening their fine-motor skills while learning the shape and sound of the letter, and counting six items and tracing the number 6, helping them connect the number to its quantity in a simple, hands-on way.



PRE-KINDERGARTEN



Left to Right: Enhancing early reading skills by completing words with the final missing letter to grasp ending sounds; and exploring measurements by utilizing various tools to determine the height, length, and weight of their foot.

AFTER SCHOOL



Cooking Class



Games



Gardening

IMPORTANT INFORMATION

- **School Pictures:**
Order forms are due by Tuesday, September 29.



Saipan Seventh-day Adventist School



Saipan SDA School



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www.saipansdachool.org



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