



October 1, 2021



Lylton Powell, Teaching Principal

SAIPAN SDA SCHOOL & CDC NEWSLETTER

An educational Institution with the mission to learn, love, and give.

Students at Saipan SDA School continue to study and research issues during their first quarter of school in the area of Life Science as it relates to “The Creation of the World” and the existence of the human race. In

the Elementary upper level and lower level classes the “Bible Encounter” North American Division educational curriculum is instrumentally used to enhance real life’s mental and spiritual growth. Likewise, the Child Development Center is engaged in “The Creation” as they too are introducing a new curriculum through the new NAD Early Childhood Development program. New songs are being taught as the learning experience has increased their knowledge so that children may better understanding their purpose, being able to give back to society in a positive and optimistic way. The program prepares all CDC students to be ready in areas of language arts, science, social studies, religion, math, and other required courses, in exciting ways, as they will begin later to matriculate into kindergarten and the higher educational program. Future reports of school growth will include many fun activities in the learning environment as well as the great extra-curricular activities of the school’s overall educational program.

BEACH CLEAN-UP INVOLVEMENT

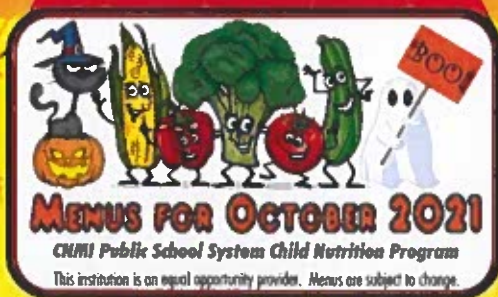
7th and 8th graders volunteered their time helping in International Beach Clean-Up as they took part in cleaning the large area at Tank Beach, Saipan, Northern Mariana Island. This past Sunday they collected bags of trash and other foreign items as they contributed community service hours, wanting their beach to be a safer place for the ocean animal’s habitat and for Saipan tourist and community to enjoy life.



SOCCKER BALL SEASON COMES TO A CLOSE

They tried by throwing the ball, kicking the ball, grabbing the ball, but now they had to say "farewell" to a game well spent in learning and fun. The proud coach, Richard McWilliams, and the brand new Saipan SDA Saipan Soccerball Team bid "good-bye" as they played their last game with a lot of fun in their extra-curricular activity. They are determined to return next year even stronger and wiser. It was wonderful that they endured, and will go down as being a team strong and courageous. The athletic department also wish to thank all the parents and sponsors who helped make the children's positive experiential dream come true.





MENUS FOR OCTOBER 2021

CHMI Public School System Child Nutrition Program
This institution is an equal opportunity provider. Menus are subject to change.

Supply and demand.

We're trying to continue to operate as close to our pre-pandemic level as possible. But, like the restaurant and food service sector generally, we're facing unprecedented supply chain challenges. Sometimes we may have to substitute an item at the last minute to give our customers the best, freshest options available that day. We thank our parents and kids in advance for your on-going understanding of this situation!

School Meals
We serve education every day!

Friday, October 1

Breakfast
French Toast w/Syrup
Sausage
Fruit

Lunch
Chicken Burger
Potato Wedges
Broccoli
Fruit
Flavored Milk

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

NUTRITION TO GO

Lots of kids and adults love yogurt and that's great, because yogurt is a low-fat, high quality source of protein, and it's also loaded with calcium. One cup of lowfat fruit yogurt contains about 200 calories and only a couple of grams of fat -- and yogurt is easier to digest for people who have trouble with milk.

A QUICK BITE FOR PARENTS

NO BONES ABOUT IT.

Touch the tip of your nose - that's what bones feel like without calcium. Bones that don't get enough calcium are weaker and more likely to break. Good sources of calcium include milk, yogurt, cheese, and calcium-fortified cereal and orange juice.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!

Monday, October 4	Tuesday, October 5	Wednesday, October 6	Thursday, October 7	Friday, October 8
<p>Breakfast Assorted Cereal Fruit</p> <p>Lunch Oven Fried Chicken Red Rice Seasoned Spinach Corn Fruit</p> <p>Secondary Second Choice Salad Bar / packed Salad Whole Grain Roll or Crackers Fruit</p>	<p>Breakfast Sausage Links Garlic Fried Rice Fruit</p> <p>Lunch Marinara BBQ Cheeseburger Sandwich Sides Sweet Potato Fries Fruit</p> <p>Secondary Second Choice 3 Alarm Pizza Vegetable Socks & Dip Fruit</p>	<p>Breakfast Grilled Cheese Sandwich Fruit</p> <p>Lunch Beef Bulgoggi w/ Bell Peppers Bean Soyares & Onions Cavrots Seasoned Rice Fruit</p> <p>Secondary Second Choice Salad Bar / packed Salad Whole Grain Roll or Crackers Fruit</p>	<p>Breakfast Grilled Ham Fried Rice Fruit</p> <p>Lunch Spaghetti Bolognaise Dinner Roll Garlic Spinach 3 Bean Salad Fruit</p> <p>Flavored Milk: Secondary Second Choice Chicken Sausages with Tomatoes Vegetable Socks and Dip Japanese Salad Fruit</p>	<p>Breakfast Pancakes w/ Syrup Bacon Fruit</p> <p>Lunch Breaded Fish w/ Sauce Red Rice Potato Wedges Local Vegetables Fruit</p> <p>Secondary Second Choice Salad Bar / packed Salad Whole Grain Roll or Crackers Fruit</p>

Monday, October 11	Tuesday, October 12	Wednesday, October 13	Thursday, October 14	Friday, October 15
<p>Commonwealth Culture Day Public Schools Closed</p> <p>Breakfast Assorted Cereal Fruit</p> <p>Lunch Chicken Alfredo w/Spinach Garden Salad Local Vegetables Fruit</p>	<p>Breakfast Tropical Smoothie Fried Rice Fruit</p> <p>Lunch Turkey and Gravy Dinner Roll Mashed Potatoes Seasoned Carrots Fruit</p> <p>Secondary Second Choice Thin Beef Hearty Beef Bell Peppers & Carrots Mixed Vegetables Fruit</p>	<p>Breakfast Hacamaes & Cheese Fruit</p> <p>Lunch Beef & Broccoli Seasoned Rice Mixed Vegetables Fruit</p> <p>Secondary Second Choice Salad Bar / packed Salad Whole Grain Roll or Crackers Fruit</p>	<p>Breakfast Fried Rice with Chicken Nuggets Fruit</p> <p>Lunch Pepperoni Pizza Vegetable Socks & Dip 3 Bean Salad Fruit Flavored Milk</p> <p>Secondary Second Choice Bannana Pizza Vegetable Socks & Dip 3 Bean Salad Fruit</p>	<p>Breakfast French Toast w/Syrup Sausage Fruit</p> <p>Lunch Pork Adobo with Peas and Carrots Seasoned Rice Broccoli Fruit</p> <p>Secondary Second Choice Salad Bar / packed Salad Whole Grain Roll or Crackers Fruit</p>



Only an Illusion

At first glance, the rows of lighter colored squares appear to be slanted - but they're actually parallel to each other. Check it out with a ruler - the distance between the rows of lighter squares is exactly the same on the left and the right!

BEAUTIFUL SWIMMER

The scientific name for the Chesapeake Bay Blue Crab translates to "beautiful swimmer." Maybe. But their eating habits are hardly pretty. They'll eat just about anything that they can get their claws on - including plants, worms, crustaceans, algae, and any dead stuff they can find in the water!



Monday, October 18	Tuesday, October 19	Wednesday, October 20	Thursday, October 21	Friday, October 22
<p>Breakfast Assorted Cereal Fruit</p> <p>Lunch Chicken Curry with Cavrots and Peas Seasoned Rice Fruit</p> <p>Secondary Second Choice Salad Bar / packed Salad Whole Grain Roll or Crackers Fruit</p>	<p>Breakfast Fried Rice with Parmesan Sausage Fruit</p> <p>Lunch Cheeseburger Sandwich Sides Sweet Potato Fries Fruit</p> <p>Secondary Second Choice Chicken Burger Sandwich Sides Sweet Potato Fries Fruit</p>	<p>Breakfast Ham & Cheese Roll Fruit</p> <p>Lunch Breaded Chicken with Gravy Roasted Potatoes Dinner Roll Broccoli 3 Bean Salad Fruit</p> <p>Secondary Second Choice Salad Bar / packed Salad Whole Grain Roll or Crackers Fruit</p>	<p>Breakfast Sausage Patty with Garlic Rice Fruit</p> <p>Lunch Beef Lasagna Garlic Cauliflower & Broccoli Corn Flavored Milk</p> <p>Secondary Second Choice Fruit Salad Sandwich Whole Grain Roll Sandwich Sides Japanese Salad Fruit</p>	<p>Breakfast Pancakes w/syrup Bacon Fruit</p> <p>Lunch Breaded Fish w/Sauce Red Rice Potato Wedges Local Vegetables Fruit</p> <p>Secondary Second Choice Salad Bar / packed Salad Whole Grain Roll or Cr</p>



Monday, October 25	Tuesday, October 26	Wednesday, October 27	Thursday, October 28	Friday, October 29
<p>Breakfast Assorted Cereal Fruit</p> <p>Lunch Chicken Burger Potato Wedges Broccoli Fruit</p> <p>Secondary Second Choice Salad Bar / packed Salad Whole Grain Roll or Crackers Fruit</p>	<p>Breakfast Ground Beef & Vegetable Omelet Seasoned Rice Fruit</p> <p>Lunch Grilled Beef Steak Seasoned Rice Sweet Potato Fries Texas BBQ Beans Fruit</p> <p>Secondary Second Choice Soft Sandwiches w/ Whole Roll Honey Onion Dressing Vegetable Socks & Dip Fruit</p>	<p>Breakfast Pae de Sal with Egg & Cheese Fruit</p> <p>Lunch Beef Steak with Green Peas & Onions Red Rice Broccoli Fruit</p> <p>Secondary Second Choice Salad Bar / packed Salad Whole Grain Roll or Crackers Fruit</p>	<p>Breakfast Sausage and Egg Scramble Seasoned Rice Fruit</p> <p>Lunch Cheese Pizza Vegetable Socks & Dip Fruit Flavored Milk</p> <p>Secondary Second Choice Buffalo Chicken Wrap Vegetable Socks & Dip Japanese Salad Fruit</p>	<p>Breakfast French Toast w/syrup Sausage Fruit</p> <p>Lunch BBQ Chicken Red Rice Potato Salad Corn Fruit</p> <p>Secondary Second Choice Salad Bar / packed Salad Whole Grain Roll or Crackers Fruit</p>

Q: Besides carving, what else can you POSSIBLY do with a pumpkin?!

A: PLENTY! When the colonists first came to North America, they found Native Americans making mats out of pumpkin strips, using pumpkin as medicine, and also roasting strips and seeds for food. The colonists learned to slice the tops off pumpkins, fill them with milk, spices, and honey and bake them directly in hot ashes. That was the origin of Pumpkin Pie!

Learn more at www.CHOOSEMYPLATE.gov or <http://kidshealth.org/healthy/healthyfoodpyramid.html>



Announcements

UPCOMING EVENTS:

NO SCHOOL: COMMONWEALTH CULTURAL DAY

Monday, October 11
CDC & Elementary Closed

END OF 1ST QUARTER

Friday, October 15
Elementary only

CDC PARENT-TEACHER CONFERENCE

Monday to Wednesday,
October 25 - Pre-Kindergarten
October 26 - Preschool
October 27 - Toddlers

ELEMENTARY PARENT-TEACHER CONFERENCE

Monday, November 1

FACULTY-LED WEEK OF SPIRITUAL EMPHASIS

October 25 - 29



**SAIPAN SEVENTH-DAY
ADVENTIST SCHOOL**

@sdaschoolsaipan

VISIT OUR WEBSITE:
www.saipansdaschool.org

Saipan SDA School August 2021 Students of the Month

Kindergarten 1st Grade 2nd Grade

Chloe
Aquino

Chenicky
Alcantara

Victoria
George

3rd Grade 4th Grade 5th Grade

Arianna
Chi

Kijoon
Park

Orica
George

6th Grade 7th Grade 8th Grade

Jessica
Ahn

Montrey
Germance

Jenna
Qiu



Saipan SDA School September 2021 Students of the Month

Kindergarten 1st Grade 2nd Grade

Emma
Lee

Emalee
Villagomez

Harper
Loken

3rd Grade 4th Grade 5th Grade

Sonsihoo
Hwang

Scarlett
Loken

Candice
He

6th Grade 7th Grade 8th Grade

Ian
Ahn

Ellie
Cho

Dennis
Ahn

