

BACK TO SCHOOL SPECIAL 2022

Why should others?

It's almost that time again when schools reopen and the local youth continue their classes. As is customary, *The Daily Herald* kicks off the 2022-2023 academic year with its annual Back to School Special, containing information on education-related matters.



"Where there's a will, there's a way" goes the saying, and while that may not always be applicable, it often is. A lot usually depends on really committing to something – and this certainly includes learning.

We wish all students a fruitful and successful year, as they remember that it is first and foremost up to them. After all, if you can't even make a real effort to invest in your own future, why should others?



Education Minister Rodolphe Samuel's Back to School Message 2022-2023

I, the Minister of Education, Culture, Youth and Sport, drs. Rodolphe Samuel, would like to officially welcome all students, parents/guardians, school managers, teachers, and support staff back to school for the 2022-2023 school year. I trust that, like myself, you are looking forward to an exciting and productive school year in which we all strive to work hard and enjoy the experience of learning together!



I am pleased to welcome all new teachers, who joined the teaching profession this year, and wish the teachers enrolled in the Government's Professional Development Plan at the University of St. Martin much success in the upcoming semester. The skills and competencies you bring to the profession are valued and I look forward to what we will accomplish together.

The pilot of the National Summer School Program held at Asha Stevens Hillside Christian School and Prince Willem Alexander School this summer was a great success. The participants, approximately 175 students, took part in various academic and enrichment activities in the areas of mathematics, English, Dutch, and general knowledge to strengthen their competencies for the upcoming school year. Presentation, speaking, and engineering skills were also part of the program.

I would like to express my sincere gratitude to the teachers and school management involved who contributed to bringing the implementation of the 2022 National Summer School Program to a successful conclusion. I am sure that students, teachers, and school management were all empowered to bring new insights to this new academic year.

The Ministry of Education, Culture, Youth and Sport has been working diligently in conjunction with the school boards, the National Recovery Program Bureau, and the World Bank Trust Fund on the Fostering Resilient Learning Project aimed at restoring access to a safe education, learning, and cultural environment and improve the resilience of Sint Maarten's Education System.

This school year, we will continue to see major construction repairs executed across the island's public and subsidized

schools, and plans for the rebuilding of Sister Marie Laurence Primary School and Leonald Conner Primary School facilities, which will accommodate an inclusive education approach that supports the needs of the most vulnerable students, will continue to take shape this academic year.

As we commence the 2022-2023 school year, I wish everyone much success! Students, make the most of every opportunity you are afforded this year. We believe in you and expect the best of you! Teachers, let us innovate, adapt, and improve the way we deliver education to meet the need of every child! Parents, let's collaborate in investing time, resources, and an unwavering commitment to your child's success! Education Matters!

Together, the Ministry of Education, Culture, Youth, and Sport will continue to work with school boards, school management, teachers, parents, students, the WITU [Windward Islands Teachers Union – ed.], and all other stakeholders to continue to improve the quality of education.

In so doing, we will ensure that all students have an opportunity to develop the skills required to enable them to succeed in school, college, and the workforce and to engage fully and contribute towards the further development of St. Maarten.

For the 2022-2023 school year, let us continue to Focus on Education to Build our Nation!

Back to School Special 2022
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FREE EDUCATIONAL APPS

Instead of trying to avoid screen time for kids and teens, put some of it to good use. Technology isn't just an advantage, becoming familiar with it is absolutely essential in today's world. Apps are a great way for kids and teens to learn new things, explore new concepts and ideas, and get some practice in different subjects, outside of the classroom. Besides, gamifying learning is a great motivation for kids (of all ages).

Here are some educational apps, completely free of charge, that can get kids engaged in learning.

Duolingo: It's the world's most downloaded education app, geared at foreign-language learning. While it is used by adults, it is also very suitable for kids, with its "bite-sized" lessons in 40+ languages. Duolingo has the user practice speaking, reading, listening, and

writing to build vocabulary and grammar skills. It includes the school essentials such as Spanish, French and Dutch; as well as Chinese, Haitian Creole, German, and many more languages. It is aimed at ages 6+.

Coolmath Games: Math, truly gamified. This brain training app offers lots of challenges through animated games – complete with flying zombies and escaping pigs. It is aimed at teens ages 13+.

Thinkrolls Play & Code: Introduces kids to pre-coding and problem-solving skills. Through lots of games and puzzles, kids will learn planning, spatial awareness, math and physics problems, improve their motor skills and memory, and even be able to build their own Thinkrolls. It is aimed at kids ages 3-8.

Fact Monster: Educational games and videos, covering a wide range of subjects, from math, to science, to art. It also provides great

reference materials, and offers homework help. It is aimed at kids ages 5+.

NSF Science Zone: Ignite the imagination. This app, developed by the National Science Foundation, features hundreds of exciting videos and high-resolution photos from a dozen areas of science. You can spend hours absorbed in discoveries that take you from the depths of space, to the wonders of the unimaginably small, to the far corners of our own planet. It is aimed



Image from:
NSF Science
Zone

at ages 4+ (but fascinating for adults as well!).

Khan Academy Kids: You've probably heard of the famous Khan Academy. This app, made especially for kids, was designed in collaboration with experts in early childhood education at Stanford. Focuses on math, reading, phonics, writing, social-emotional development, and more. It is aimed at kids ages 2-8.

Scratch Jr: An introductory programming language that enables young children to create their own interactive

stories and games. Children snap together graphical programming blocks to make characters move, jump, dance, and sing. Children can modify characters in the paint editor, add their own voices and sounds. It is aimed at ages 5+.

GoNoodle: Not forgetting physical education, this app offers videos that focus on movement, mindfulness, and self-discovery – including popular music, dancing, yoga, deep breathing, mental health, stretching, and more! It is aimed at ages 5-12.



Image from: Thinkrolls Play & Code



Image from: Scratch Jr

Introducing Soualiga Readers: Reading Comprehension Strategies for grades 3-5

Literacy Specialist Sara Haynes-Cousins has come out with her first book, Soualiga Readers. The reading comprehension book for grades 3-5 is the result of her passion for teaching reading comprehension. "It's sometimes hard to find material to teach different concepts," she told The Daily Herald. And so, she set out to create her own teaching material, full of familiar places, events, and situations for the island's children.

"This book was designed to activate children's critical thinking skills. The stories were created with the comprehension strategies and skills in mind. Before reading, during reading, and after reading are highlighted for the teacher to use as a useful resource in order to teach the required skills or strategies," she explained.

Haynes-Cousins is a familiar face to many, as an instructor at University of St. Martin (USM) and a fourth grade teacher at Methodist Agogic Centre (MAC). Her teaching experience is central to her approach, and the book is aimed at both teachers and students – focusing on asking the right questions at the right time, to promote deeper analysis and understanding.

The book includes a collection of poems and stories, featuring St. Maarten scenes and characters, each followed by activities. The literature is brought to life with drawings by fourth form St. Maarten Academy student Robinia Simpson, and the book cover was designed by Elsa Achu. Having just published this first book, Haynes-Cousins is already working on the second book *Soualiga Readers 2*.

What does the author want teachers to take away from this book? "I hope that teachers will find a new appreciation for teaching Reading Comprehension. The book can be used as a teaching text book and also as a student book. It should be used to activate, encourage and promote critical thinking skills in students."

How can parents help to promote literacy? The author suggests that parents have conversations with their children from an early age; sing them nursery rhymes and lullabies; ask them "what if" questions; answer their "why" questions; read to them. Talking about what you read is another way to help children develop language and thinking skills; read a poem together and act it out; visit the library once a week; restrict

television time; schedule reading time at least 20 minutes each day; write short notes for your children to read.

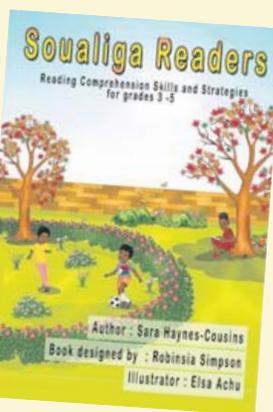
The author's background

"I came from very humble beginnings. I grew up in one of the rural parts of Jamaica. I lived with my parents and two younger siblings. I can remember sharing one bed and one pillow with my siblings. I can remember carrying water in a bucket on my head, from a pipe about half a mile from my house every day. I also remember attending the Titchfield High School and coming home every evening to do my homework and catch up on

reading under the faint light of a 'home sweet home' kerosene oil lamp. These were some of the many travails of rural life.

"I must be quick to add, though, that none of these trials affected my desire to succeed. My parents always impressed upon me the virtues of excelling academically, as well as underscoring the satisfying merits of having a good social conscience. From as long as I can remember, I've always loved to read. My father always encouraged me to read everything that I laid my eyes on. He would say, 'Reading can save your life.' Growing up, I never had toys, so books became my friends.

"My father was also a reader and the house would always be populated with books. I used to enjoy going to the library to find books every month as well. Making friends with the characters in the books and meeting new ones after I completed the books was all I needed as a child. I remember as a child, I used to read stories from my books to the plants in my yard. It was such a pleasure to pretend that the plants were students and I was in charge of teaching



them all the stories from my books.

"I realized then that I loved to teach because it gave me so much joy. I knew at that moment that I would someday become a teacher. My education journey started at the Prince Georges Community College in Maryland where I majored in English then I transferred to the University of St. Martin where I received a Bachelor's degree in Elementary Education. I continued my studies and pursued a Master's degree in Literacy at the University of the West Indies."



Listening and learning with Dutch podcasts and videos

Learning a language can be both difficult and rewarding. There are many different methods of language learning, from apps to traditional classes. You may not have thought about it, but podcasts and videos can also be great tools for language learning! And as most students on St. Maarten need to learn Dutch in one way or another, we collected podcasts and videos to improve your (child's) Dutch language skills!

FOR YOUNG DUTCH LEARNERS

- **Zin in Zappelin** by Avrotros on Spotify or your favourite podcast app. This story podcast is perfect for children ages two to eight and filled with fun listening adventures for the little ones!
- **PAW Patrol Nederlands – Officiële Kanaal** on YouTube. Loved by kids and their parents all over the world, this pre-school oriented cartoon is about a boy named Ryder and a team of six playful rescue dogs who use their individual talents to protect their town.
- **Cocomelon Nederlands – Kinderliedjes** on YouTube: In the town of Cocomelon, baby JJ and his siblings go on fun, everyday adventures with nursery, play, exploration, and learning – situations that any pre-schooler could relate to. Their stories are set to toe-tapping songs

Podcasts and videos are not only entertaining, but they also offer listeners the opportunity to hear native speakers converse in a natural way. Listening to a podcast in a foreign language is a fun way to help increase listening comprehension.

Of course, students will have to find a podcast or video suited to their age group, interests, and Dutch level. That is why we have collected both entertaining and educational podcasts and videos

for different Dutch learners. Best of all; they are all accessible and free of charge. Let's start listening and learning!

FOR OLDER PRIMARY SCHOOL PUPILS

- **Peppa Pig Nederlands – Officiële Kanaal** on YouTube: In this popular kids' comic, a little pig named Peppa and her little brother George have journeys every day with their family and friends. The Dutch YouTube channels offer hundreds of their funny and educational adventures in slow and easy-to-follow Dutch.
- **Abel Original: Alex de Rappende Papegai** by Abel Studio on Spotify. This amusing podcast series tells the story of a parrot who discovers his passion for music, rapping and dancing.
- **Sara's Mysteries** by NPO Zapp/NTR on Spotify or your favourite podcast app. In this kid-friendly true-crime podcast series, Sara helps children investigate different mysteries.
- **Wetenschapje (8+)** by Het Geuidshuis on Spo-

tify or your favourite podcast app. Wetenschapje is a podcast about science for thinkers ages eight and up. Each entertaining episode answers an interesting question with the help of a scientist.

- **Toen was ik twaalf** by NPO Zapp/Willem Wever/KRO-NCRV on Spotify or your favourite podcast app. This kid-friendly history podcast tells adventurous real-life stories of people who lived through some of the biggest moments in history as 12-year-olds.
- **Sprookjes en verhalen** by Herman Schimmel on your favourite podcast app. Her-

man Schimmel tells short and easy-to-listen-to fairy tales and stories meant for kids ages six and up.

- **NOS Jeugdjournaal** on YouTube. Dutch news programme meant for kids ages nine to 12. The YouTube videos provide short and kid-friendly news clips in simple words and phrases.

FOR HIGH SCHOOL STUDENTS

- **Sterke verhalen van Super Meiden** by NPO Zapp/KRO/NCRV on Spotify or podcast app. Tells the inspiring yet relatable stories of famous Dutch women as teenagers.
- **NOS Sport** on YouTube: YouTube channel that provides sports summaries, explainers and "how-to's" perfect for any sports lover.
- **NOS op 3**: Channel with entertaining videos explaining news items, relevant research for a more in-depth and comprehensive perspective.



• **Easy Dutch** on YouTube: This channel provides videos for Dutch learners of all ages. Viewers can embark on video tours of cities such as Amsterdam, Scheveningen and Utrecht in slow Dutch, listen to people on the street or learn more about life in the Netherlands.

• **"Speaking Dutch only makeup tutorial"** and **"Fiancé does my makeup in Dutch"** by Nikkie Tutorials on YouTube: This famous makeup influencer usually speaks English but has made two fully Dutch videos that are perfect for any makeup lover.

• **NOS Sport** on YouTube: YouTube channel that provides sports summaries, explainers and "how-to's" perfect for any sports lover.

• **NOS op 3**: Channel with entertaining videos explaining news items, relevant research for a more in-depth and comprehensive perspective.

The pomodoro technique

~ A productivity hack for all ages ~

Whether you are studying for a test, doing homework, or working on a project, it can be difficult to concentrate for hours on end. This is where the pomodoro technique comes in. The popular time management method encourages you to work in short "pomodoro sessions" to improve focus and productivity.

Sometimes when faced with a large task or series of tasks, it can be hard to get started or maintain motivation. By breaking the work into short intervals that are followed by short breaks, it is easier to focus and remain productive.

The pomodoro technique was invented by Italian Francesco Cirillo. He was a university student who used a timer shaped like a pomodoro tomato to measure 25-minute study sessions,

which is why the method is known as the pomodoro technique.

The technique is simple, yet effective.

1. Pick one task or project you want to focus on.
2. Minimize distractions by closing apps and putting away your phone.
3. Set a timer for 25 minutes and get to work.
4. When the alarm goes off, take a five-minute break (tip: set a timer!) to clear your mind.
5. Repeat three times.
6. After four pomodoro sessions, take a 15- to 20-minute break.

Of course, you can play around with the technique. Some people have increased their sessions to thirty minutes because they prefer round numbers. For others, 45- to 60-minute sessions followed by a longer break work best. It does not mat-



ter, as long as you create blocks of focused work.

You also don't need to commit to the four back-to-back pomodoro sessions as the original method prescribes. You'll be surprised by how much you can get done in one to two pomodoro sessions a day!

If music or ASMR helps you focus, there are plenty

of YouTube videos that provide soothing sounds according to the pomodoro technique, so you don't even have to set your own timer! For example, Harry Potter fans can immerse themselves in the Hogwarts library with ASMR to help you focus. Every 25 minutes, you'll hear Harry Potter music indicating that it is time for a short break. When the music stops, it's time to get

back to work!

Studying or doing homework can be lonely and boring at times, so it might help to see someone else focus. That is why some people enjoy "study with me" videos that incorporate the pomodoro technique. These videos typically show some-

one studying or working with calming music playing in the background.

Another option is to use a playlist on Spotify or any other music app. These generally provide 25 minutes of lofi or piano music to help focus before playing a more up-beat song for break time.



Get ready for School with Office World

Office World is a true one-stop shop, for both students and professionals. Make sure you are well prepared for the new school year with everything you need for success, from stationery, school bags and multi-lingual dictionaries, to laptops, printers and other tech, and even furniture.

Find all the essentials from the most trusted brands under one roof, conveniently located on Pondfill Road #53 in Philipsburg. Making a bulky purchase – a new desk or chair perhaps? No worries, Office World offers free delivery, island-wide!

Office World is your trusted school- and office-supply store, serving the community for over 30 years. Always gearing up to help you get back into the swing of things, they've got great deals and discounts in the

entire month of August. Present your student ID to qualify.

Specials this year include the Lenovo 14-inch laptop (4GB/128 SSD/WIN 10) for just US \$299, and the HP All-in-one printer for just \$50.

There is a great range of tech to help students of all ages do research, learn, organise, make presentations, communicate and explore. Check out the selection of home computers, laptops, smartphones, tablets, scanners, and accessories such as mics, speakers and headphones.

Advanced high school math and science students can make great use of a Casio scientific calculator, starting at just \$20. The gold-standard TI-84 Plus graphing calculator is also available, while supplies last.

Create a designated study

space that encourages productivity and focus, with a desk (starting at \$80), chair (starting at \$70), and all the stationery, supplies, and tools needed to get the job done – organised and all in one place. Some desks and cabinets are currently selling for 25% and 50% off.

Want to browse the selection and plan your trip to the store? Check out the online catalogue boasting more than 25,000 items via www.officeworldsxm.com. Buyers from neighbouring islands can have products delivered to shipping agents – email mail@officesxm.com for more information.

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1,35 €
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LE PRODUIT & CARTE U DEDUITS

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SOIT 0,68€
VERSE SUR

EXACOMPTA
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6 POSITIONS

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SOIT 2,50€
VERSÉ SUR
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BIC
FABRICATION FRANÇAISE
BIC PENS
Retractable
4 colors



0€79
LE PRODUIT
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Medium point
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(1 blue + 1 black +
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or 4 blue or 4 black



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SOIT 2,50€
VERSÉ SUR
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STOP SYSTEM



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BIC VELLEDA
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HEALTHY SCHOOL LUNCHES

Working hard in school burns a lot of energy, so school-goers need healthy lunches to refuel, stay healthy and grow. Whether you're a student or the one who packs lunch for a child, here are some tips for packing a school lunch that is equally nutritious and delicious.

When packing lunches at home, one must consider the importance of eating a variety of foods from each of the five major food groups. Since most children consume one-third of their daily calories during lunch time, a healthy meal typically includes one serving of fruit, one serving of vegetable, two servings of grains, one serving of protein and one

serving of dairy.

For fruit, fresh or defrosted fruits are best as they contain more nutrients and less sugar than dried or tinned fruit. For an easy option, throw in an apple, banana or some grapes. Feeling fancy? Why not cut up some fruit and prepare a big fruit salad for a week's worth of lunches.

Vegetables can be added in different ways. Try fresh crunchy raw veggies (carrots, celery, green peppers, broccoli, cauliflower, or cucumbers) with a low-fat dip, add veggies to a sandwich or wrap or add a container with easy-to-eat vegetables such as cherry tomatoes, carrots, bell pepper and cucumber.



For grains, think bread, rice, pasta, tortilla wraps or cereals – the more whole grain, the better. For example, sandwiches travel well and are favourite lunch-bag items. Make them with a variety of breads, such as whole-wheat, oatmeal, rye or multigrain loaves; pita bread; English muffins; bagels; lavash; or flour tortillas. Fill sandwiches with lean meats, egg salad, tuna salad, peanut butter, cheese, or hummus and some vegetables if possible. For something different, serve potato

salad or pasta salad made with multi-colour or fun-shaped noodles. Add hard-boiled eggs, beans, peas or small cubes of meat for additional protein, but remember to go easy on the mayonnaise.

Dairy options include milk, yoghurt, cheese or any dairy alternatives. You can

use reduced-fat options for children over the age of two years. Try cubes of reduced-fat cheese or string cheese with whole-grain crackers for a serving of dairy and grains. Few can resist yogurt, a good source of protein and calcium, which now comes in many different flavours and forms.

For protein, add meat, chicken, fish, egg, tofu, or nut butter. For example, in sandwiches, salads, wraps as mentioned above or as a separate snack.

Avoid pre-packaged, convenience foods, which tend to be high in fats, and especially those with saturated and trans fats. It is usually cheaper, healthier and smarter to make similar items with your own ingredients. For example, instead of buying individually pre-packaged cheese or peanut butter crackers, send whole-grain crackers spread with natural peanut butter or slices of reduced-fat cheese.

Be sure all lunch items are easy to eat. Peeling and slicing fruits and vegetables at home often make them easier to eat at school. And, if possible, keep cold foods cold and hot foods hot. Use insulated lunch boxes and keep foods cold with ice packs or frozen juice boxes.



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The branded store, part of a French chain more than 900-strong, opened its doors here in St. Martin in 2013. It is best known for its young and dynamic style.

The designs by the house stylists offer an assertive character, and the selected, quality materials ensure comfort for those busybodies. You'll be sure to love the colours and patterns on display. What's more, there is always something new to discover, and you won't just miss a deal on something you were looking for, as there are new products coming in every week.

Team members are happy to assist you as you shop for jeans, shorts, dresses, polo shirts, tees including graphic tees, and even

bathing suits. There are lots of fun yet timeless colours and patterns to mix and match. And buying clothes for a brand new year won't break the bank. The average price for a pair of shorts with a T-shirt is just €25.

There are also other essentials and accessories, such as back-packs, caps, bucket hats, belts, sneakers, sandals, swimwear, underwear, and cool sunshades.

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kids are another fun edition to the product offering: These fresh perfumes are especially designed with kids in mind, and not just in terms of the playful scents. The formula is enriched with natural moisturising agents such as vegetable glycerine to keep skin soft. No parabens or colouring agents are added, and preservatives are 100% of natural origin.

Parents, while you're there, don't forget to check out the adorable Obaïbi section

for baby clothes and accessories.

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The National Summer School Program at Hillside Christian Schools

On Monday, July 4, under the theme "Focusing on Education, to Develop our Nation", the Ministry of Education, Culture, Youth, and Sport successfully launched a much-needed and highly anticipated summer school program for students of Hillside Christian Schools, as well as students of Prins Willem Alexander School. The National Summer School Program (NSSP) is the country's first educational initiative by Government, to take place during the school vacation period.

At the Hillside Christian Schools, the NSSP ran every weekday until July 15, at the Asha Stevens campus in Cay Hill. The school

handpicked children from groups 5, 6, and 7 (ages 9 through 11) from both campuses, the other one being the Helmich Snijders campus in St. Peters.

The program started off with a bang for the Hillside Christian Schools, with an assembly where the participating children learned about their summer school schedule, which teachers they would have in the different subjects, and the expectations that the school has on the participants in this program.

Education Minister Rodolphe Samuel was in attendance together with several delegates from the Ministry of Education, and the Department of Educational Innovation, as well as the

Chief Executive Director of the school board, Asha Stevens-Mohabier. The children sang the national anthem and the school song for the Minister before heading to their respective classrooms to let the learning begin.

The NSSP is designed as an Enrichment Program where students are taught in smaller groups to promote more interaction with their teacher. The NSSP mainly addresses learning gaps in literacy and numeracy, but it also offers daily classes like physical education, information technology (IT) and computer science, dancing, and arts and crafts. The program is entirely free for invited families and all meals are included for participating children.

"Do your very best", encouraged Minister Samuel, as he spoke to the students at the opening assembly. "Pay attention and follow the instruction. This is an opportunity to be curious and ask questions. No question is wrong if you ask it for the right reason. I wish you all much success in this summer program and I look forward to seeing your progress the next time I visit."

Stevens also addressed the children and expressed her gratitude for being able to realize this dream. "What an amazing opportunity it is to see this happen," she said. "Our Minister of Education along with his department and cabinet staff worked tirelessly for months to prepare a comprehensive plan outlining the target group



based on research and the implementation and evaluation strategies. Our management team and teachers are to be commended for an excellent job they did to make this happen. This special program has been a

dream of mine for many years and I just hope that your learning, while having fun, will inspire the other schools to join our efforts again in the years to come."

Youth Talks: Who am I?

The first year in high school can be challenging – a new environment, different classmates, more school subjects and, possibly, more peer pressure. This is why social worker Shureny Dickens decided she wanted to give students some helpful tools to navigate their new school situation. Next week, Dickens will host her very first Youth Talks workshop for Milton Peters College first-form students.

The first 45-minute Youth Talks workshop will focus on one of the most important questions in life: Who am I? According to Dickens, most of the issues these students will face stem from identity struggles. For example, the more confident you are, the less susceptible you are to peer pressure, social media influence, depression and drug abuse.

Workshop participants will learn more about self-esteem and self-worth. "Both are connected to who you are and say a lot about your identity, morals and values," explained

Dickens.

Self-esteem is all about being confident, said the social worker. To be confident is to be comfortable in yourself and accept yourself the way you are. Self-worth, on the other hand, is all about the things you believe you deserve in life. "Things like: I deserve happiness, I deserve options, I deserve better friends – whatever you think you deserve. Not in a cocky way, but in a very humble way," she explained.

Of course, Dickens' tools are not limited to MPC's first-form students – these tips are useful for anyone wanting to work on themselves, because, as she says, the earlier you start working on yourself, the better. So these things apply to everyone no matter their age or standing in life.

Shureny Dickens' identity tips

- Know yourself – and if you don't know, don't be afraid to try new things.
- Accept who you are and where you are right now, including any imperfections – if you want to change, decide where you want to go while still accepting where you are now.
- Believe in yourself – ask yourself: "Why is something impossible?" Instead, ask "why not?" – because as Dickens says, the world is limitless, so don't limit yourself.
- Be open-minded towards yourself and others.
- Think about critique: "Is this person trying to help or offend me?" Try to focus on the words of people who you love, because they know you and will probably be more genuine.
- Be your unique self. "In a time when everyone follows each other, you want to be unique. So be the most authentic version of yourself."
- Go with your gut feeling – It is good to be curious but know your limits. If something isn't for you, it just isn't for you.
- Express yourself through writing, music, drawing, dancing – whatever works for you.
- Have fun in your teenage years, but be responsible. It is okay to experiment as long as you are doing it for the right



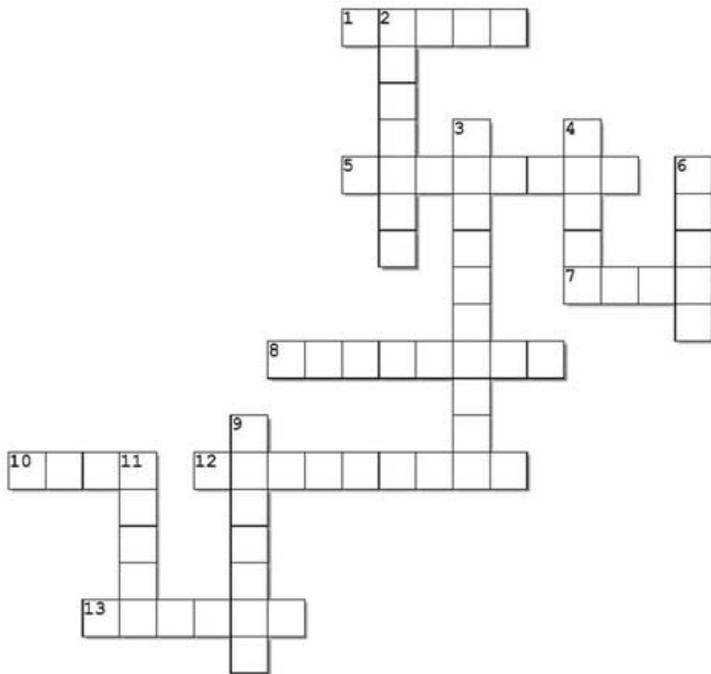
reasons, i.e., not because of outside influences. Ask yourself: Why? Do I really want this? Why do I feel this way?

- Don't be afraid to stand up and speak up for yourself and others.
- Don't be afraid to ask for help – both for school and personal life.
- Think about your future: everything you do now will lead you somewhere. Education is for you, so make conscious decisions for yourself. It is okay to be selfish for your own growth. Knowledge is power, so even though people might tease you for being a "nerd", your future self will thank you.
- Be self-aware; be aware of your actions. For example, most of us pick up our phone and scroll through social media as a habit, when we are not even consciously looking for anything. Also, think about our reactions. If your friend lied to you or hit you, how did you respond and why did you respond in that way? Could you have reacted differently?
- Self-reflect: Check in with yourself. "How am I feeling?" Be there for yourself.

Dickens' goal is to influence students to make better decisions. "It is good to make mistakes, but if I can help to avoid big regrets... It is good to be curious, but you have to know your limits." That is why the social worker aims to be able to organize more workshops throughout the school year. The ultimate goal is to help St. Maarten's youth, so she hopes to be able to do them with all high schools in the future.



CROSSWORD PUZZLE



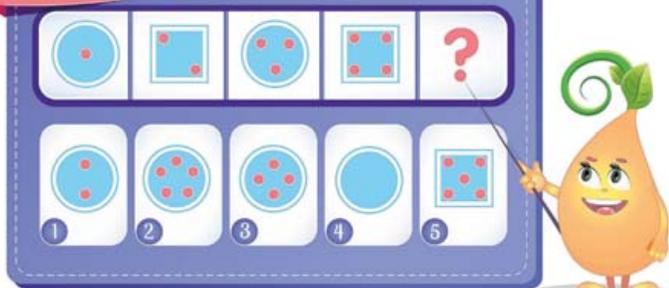
Across

1. Another word for "student". The same word can also be used for the black circle in the middle of the eye.
5. You read from a textbook, and write in a _____.
7. If you have a question, you should raise your _____.
8. You carry your books and other belongings in a _____.
10. In a few days, it will be the start of a brand-new school _____.
12. I have a friend that goes to the MAC School. MAC stands for _____ Agogic Centre.
13. In religious schools, the class starts the day by saying a _____.

Down

2. In most schools, the students have to dress the same. They wear a _____ which is unique to their school.
3. How do you say the word "Dutch" in Dutch?
4. A teacher, but for sports classes.
6. If you want to do well in school, you better pay attention in class and _____ at home.
9. The leader, who gives instructions to the whole class.
11. You need this tool to draw a perfectly straight line.

What comes next?



The right answer is number 2

FIND the missing item



The right answer is number 3

WORD SEARCH

V L D Z X J V V V P D W X C L X N S C T
 T H F K N D X M L A Q P F R R R T Q Q I
 I H C Z V X T Z H Q C E G T E Z J M Q Y
 C L W A W T C N Q Q Y N Z R V T G S R O
 I H G X P J W F V E N C A P U L U G J T
 C W U I P D D P T C G I W A X P P R O I
 M M J Y R Q C A L C U L A T O R E L N O
 K W A W X E M G N J V A E K S T V W S H
 M B Q S O S F D O B X U B B I P Q P C P
 X F Y S S S A R T N K H M R I E E F O Z
 E J P A L E O Q E P A G W P F O K K M W
 H C L T R K M W S S N V H A S J V R P I
 X C W E W K F B S I H Z C I L N M O A B
 Z H I J R Z J C L F F V W V W T Z F S P
 D A B C P D U W E Y K O G O Z B I L S O
 A Q Z L Z E N R A V U R O J N B Z O W T
 K C I F D O O D R R H J Z W G I D P B L
 O R J N K M R T N A I I Q B P T G K Y T
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 I G L G O K X T I O Z A J S L W A V H V

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|--------|------------|----------|
| RETURN | CLASSMATE | READ |
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| PENCIL | CALCULATOR | COMPASS |
| GYM | NOTES | REFRESH |

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