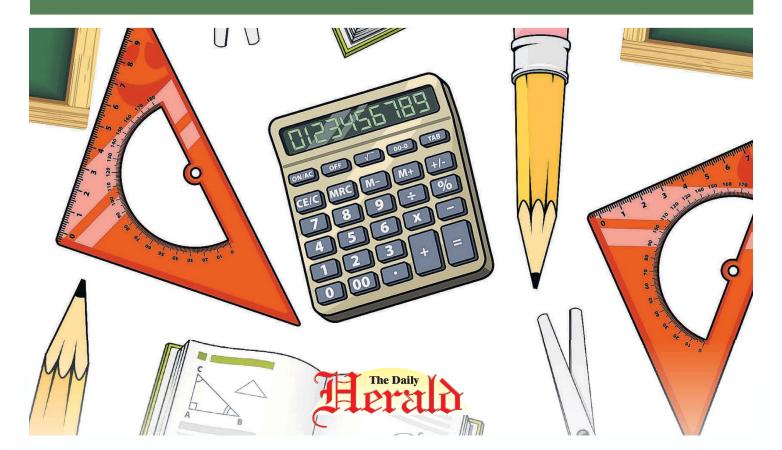


BACK TO SCHOOL SPECIAL 2025

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Do it for you!

The 2025-2026 school year, which teachers, parents and pupils are no doubt looking forward to after a well-deserved summer vacation, is already upon us. It's a new challenge for all and the opportunity to do even better, because there is always room for improvement.

The Daily Herald once again kicks off the academic year with its annual Back to School Special, in which readers will find lots of interesting information on education and other school-related stuff.

We wish all the students a good year, keeping in mind that success depends mostly on oneself rather than others. Do your best not for anyone else, but first and foremost for yourself.

The Publisher

Ready and organised for the new school year with Office World

Office World is an incredible one-stopshop when it comes to everything students (and professionals) of all ages need to set themselves up for success. Whether you need state-of-the-art tech, art supplies, office furniture, backpacks, or organisational tools, you will be able to find everything under one roof at Office World.

The sheer variety of durable, quality products is what sets this business apart. Serving the community for well over 30 years, the team has earned a reputation in both quality products and friendly customer service. Swing by in the lead-up to the new school year to make sure your child has everything needed to facilitate learning, expression and presentation.

The company caters to students of all ages, with different needs – from laptops, printers, scientific and graphing calculators, and multi-lingual dictionaries essential for older students; to crayons and glitter, cute agendas, and lunch boxes for the littlest of learners.

With a great location on Pondfill Road, Office World offers free island-wide delivery for large items, as well as delivery to shipping agents — making items accessible for neighbouring islands.

Get excited for the new school year and prepare the way for everything needed

The Back 2 School Special 2025

is a Special Publication of



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with Office World. Visit the team at Pondfill Road #53, Philipsburg, Monday through Friday from 8:30am to 5:45pm, or Saturday from 9:00am to 5:00pm.

Browse the extensive online catalogue at www.officeworldsxm.com. Connect with Office World on Facebook at facebook.com/officeworldsxm or Instagram at instagram.com/officeworldsxm. For more information, including information on delivery to shipping agents, call (721) 542-4050 or 542-4058; send a WhatsApp message to (721) 559-8102; or email mail@officesxm.com.





As the back-to-school season revs into high gear, parents across the island are looking for quality and affordable gear to get their children classroom-ready. For many, the first stop is Sports Gallery, long recognised as the island's number one sports store – and for good reason.

This year, Sports Gallery is going all out with its back-to-school promotion, featuring a wide range of essentials that combine both style and practicality. At the heart of the store's offering is its specialty in school-approved black and white footwear — a requirement for many schools across St Maarten.

From Nike, Jordan, and New Balance to Puma, Skechers, and K-Swiss, the store stocks a large variety of global brands,

BACK-TO-SCHOOL MADE EASY AT SPORTS GALLERY

The #1 Sports Store

offering options for every age group and budget. Whether you're shopping for sturdy kicks for an active first-grader or sleek, comfortable shoes for a highschooler, Sports Gallery has something that fits

But it's more than just shoes.

Shoppers can also pick up backpacks, lunch bags, water bottles, socks, and other school essentials – all in one stop. The store prides itself on providing the largest selection and best prices on the island, making it a favourite among parents who want convenience without compromising quality.

Voted by the community as the top sports store on the island, Sports Gallery continues to live up to its name by blending excellent service, trusted products and affordability.

Whether you're shopping early or lastminute, Sports Gallery has everything your child needs to step into the new school year in style and confidence.

Check out Sports Gallery at #12A Back Street (next to the Affordable Department Store).













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Did you know that eating healthfully isn't just good for your body, but your brain too? It is an organ, after all. Having a healthy lifestyle, which includes eating right, sleeping on time, and getting enough movement, makes you feel good, and will also help you have an easier time at school when it comes to paying attention, learning, and managing stress.

eat a healthy and balanced diet most the school day. of the time. You should include lots of

veggies, legumes, fruit, and whole grains. along with protein (meat, fish, beans, lentils, eggs, dairy) and healthy fats (olive oil, avocado, canola oil) on a regular basis.

When it comes to a packed lunch for school, remember that you don't need to arrange a separate meal every day there's nothing wrong with packing leftovers of homemade dinners. Add some crunchy veggies, nuts or fruit for a snack First and foremost, you should try to or dessert, and you've got healthy fuel for

Best foods for brain health

the most common ways that people end to their flavonoids, which are the natuup eating unhealthily, especially youngsters! Juices and sodas are full of sugar, don't have them every day. The same goes for candy, cookies, cakes (anything sweet). Think of them as treats, not something that should be eaten every day.

Many of these sweet treats, and other foods, are also very processed. This is something that is shown more and more to be unhealthy. Eating mostly whole foods is one of the best things that everyone, young and old, can do to improve their health. To get the best of both worlds, eat some fruit when you want something sweet – these whole foods have natural sugar, combined with healthy fibre and lots of vitamins. Nature's candy, so to speak.

in being beneficial for the brain, and the same foods are healthy for the heart and blood vessels. These include the following:

Don't have too much sugar, that's one of **Berries** help to improve memory, thanks ral pigments that give them those bright

> Walnuts are good for memory and learning, because they are high in a type of omega-3 fatty acid called alpha-linolenic acid (ALA). Other nuts are also good sources of healthy fats and protein.

> Green, leafy vegetables are full of brainhealthy nutrients like vitamin K, lutein, folate, and beta carotene. These include spinach and broccoli.

Fatty fish are good sources of healthy unsaturated fats called omega-3 fatty acids, which are great for brain health. They can be bought fresh, frozen, or canned – they are all healthy. Examples of fatty fish are tuna, salmon, sardines, There are also a few foods that stand out mackerel. If you're vegetarian, you can also get omega-3 fatty acids from avocados, walnuts and flax seeds.

Back to school!

It's that exciting time of year again! You're starting a new grade level, perhaps even at a new school, and it's a new chance to set goals, learn new things, and make new friends! As you embrace this time of change, rememthe same changes and challenges, and that teachers are there to offer support.

Remember to set realistic goals for yourself, both small and large, and to have fun and approach learning with curiosity. Learning is something you'll do for the rest of your life, and you'll be building on this foundation of learning for ber that everyone else is also going through years to come. Put your best foot forward, have a positive attitude, and don't beat yourself up if things aren't always perfect!

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CREATE CHALLENGE LEARN **APPROACH EXPRESS ACHIEVE** QUESTION DEFINE DEVELOP



Here are a few quotes you may find inspiring, right in time to get back to work!

"The illiterate of the future will not be the person who cannot read. It will be the person who does not know how to learn." – Alvin Toffler

"The function of education is to teach one to think intensively and to think critically. Intelligence plus character – that is the goal of true education."

– Dr. Martin Luther King, Jr.

"Education in the most powerful weapon which you can use to change the world."

– Nelson Mandela

"An investment in knowledge pays the best interest.'

– Benjamin Franklin

"Education is the movement from darkness to light."

– Allan Bloom

"Education is not the filling of a pail, but the lighting of a fire."

- William Butler Yeats

"You can teach a student a lesson for a day; but if you can teach him to learn by creating curiosity, he will continue the learning process as long as he lives."

– Clay P. Bedford

"Live as if you were to die tomorrow. Learn as if you were to live forever."

– Mahatma Gandhi

The mind once enlightened cannot again become dark."

- Thomas Paine



SUPER U

GEARS UP TO HELP FAMILIES FOR BACK-TO-SCHOOL

As the new school year approaches, families across Saint Martin are looking for the best deals and reliable options to prepare their children for a successful academic year. Super U stores in Saint Martin are once again stepping up to make back-toschool shopping easier, more affordable, and more enjoyable for everyone.

Deep discounts for every family

This back-to-school season, Super U is offering discounts of up to 70% on a wide selection of school supplies, backpacks, stationery items and snacks. These promotional prices are designed to ease the financial pressure that often comes with this time of year, making sure families can get everything they need without breaking the bank.

New products, big brands, and healthy options

Each year, Super U updates its inventory with the latest school essentials and snack items. This year's line-up includes trendy new products from both the U brand and major national brands, featuring popular characters like Stitch on notebooks, planners, and more - great options for younger kids all the way through teenagers.

In addition to school supplies, parents will find an expanding range of snacks, including more organic, allergen-free, and healthier alternatives, helping families meet dietary preferences and nutritional

Supporting local families and schools

Super U is committed to supporting the Saint Martin community. Their stores offer a wide range of products that suit various budgets and school requirements, ensuring that all families (regardless of income level) can access the essentials. Knowledgeable staffers are also available in-store to assist parents in selecting supplies that align with local school lists, making the shopping process smoother and more efficient.

Most popular picks this year

While preferences vary depending on age and grade level, the following items are consistent bestsellers year after year:

- 4-color pens, loved for their convenience and cost-effectiveness.
- Erasable pens, which offer writing ease and comfort.
- · School planners, available in many colours and styles.
- Ergonomic supplies, designed to enhance focus and usability, especially for younger students.

Staying ahead of demand

To manage the high demand during the back-to-school rush, Super U works closely with local school supply lists to forecast needs in advance. With strengthened logistics and frequent deliveries, families can count on the consistent availability of key items throughout the season.

Loyalty perks and exclusive offers

For parents looking to stretch their budgets even further, Super U offers exclusive promotions for Carte U loyalty cardholders. Shoppers can earn loyalty points, redeemable rewards, and receive vouchers or store credit tied to their school supply purchases – adding even more value to each trip.

Smart shopping tips for the season

Super U encourages families to:

- Take advantage of current promotions • Choose U brand items for quality at great
- · Reuse supplies from previous years

when possible

· Compare prices - especially for snacks and household essentials

These practical tips can help reduce costs without sacrificing quality.

Quality and safety guaranteed

All school supplies at Super U comply with CE safety standards, and products - especially those under the U brand undergo rigorous testing for ink safety, materials, and packaging. Parents can shop with confidence, knowing their children's supplies are safe and reli-

Local partnerships with a purpose

Beyond the shelves. Super U stores in Saint Martin are actively involved in the community. Their support of local children's sport associations is a reflection of the store's commitment to education, wellness and solidar-

Why choose Super U?

What sets Super U apart is the combination of affordability, variety and customer care. From tailored school lists to helpful service, exclusive loyalty rewards, and unbeatable back-to-school promotions, Super U offers a one-stop solution for families preparing for the academic year ahead.

Visit Super U today and discover how easy and affordable back-to-school shopping can be, all while supporting a business committed to Saint Martin's families and schools. Located at the Commercial Howell Centre between Mariaot and Galisbay, Super U is open daily - hours of operation are Monday through Saturday 8:00am to 8:00pm, Sundays 8:00am to 12:45pm.



BACK TO SCHOOL, BACK IN ACTION!

Summer may be winding down, but that doesn't mean learn, but to grow, connect and get moving again. the fun is over - just the opposite! As students across St. Maarten sharpen their pencils and prep their backpacks, it's time to remember that "Back to School" also means "Back in Action!"

Yes, classrooms, books, and homework are part of the deal, but school life is so much more than just academics. This new school year is a fresh opportunity not only to



Reignite your passions

Whether you're a seasoned athlete or just curious about something new, now is the time to jump back into sports, after-school clubs, theatre, music and dance. Starting in September, there will be school tournaments for football, basketball and baseball – and if competitive sports are not your thing, the sports clubs provide a welcoming environment to try new activities. These activities are not just fun, they build confidence, improve focus, and help you form lifelong friendships.

From Netball, Badminton, Table Tennis, Track and Field, Jiu Jitsu and swimming to weekend dance rehearsals and



gymnastics, there's something for everyone. Don't be afraid to explore and discover what lights you up. Who knows? This could be the year you uncover a hidden talent or a new passion!

Reconnect with nature

Living in beautiful St. Maarten means the outdoors is always calling. With school back in session, it's tempting to get stuck behind screens, such as TVs, gaming consoles, and endless online scrolling. But too much time indoors can leave you feeling sluggish and disconnected. Instead, trade some of that screen time for beach walks, hiking with friends, or after-school bike rides. There are local nature groups and youth programs that make it easy (and fun!) to explore our island while staying active.

A healthy routine doesn't mean choosing between school and fun, it's about balance. Prioritize your studies, yes, but also make time to move, play, and enjoy the world around you. Mental health, creativity, and physical fitness all improve when you're active and engaged.

Parents and teachers, this is your reminder, too! Encourage students to take part in activities that stretch their minds and bodies and encourage school spirit. Support them in finding joy both inside and outside the classroom.

This school year, make a promise to yourself to learn something new, try something different, and keep your body and mind in motion. School is back. Life is back. Stay happy, stay active!





DISCOVER CREATIVE

Explore Music & Arts

As a new school year begins, it's thrilling to see young people diving back into sports, and equally important that they dive back into music and the arts. St. Maarten offers many creative opportunities, and by nurturing these talents early, children open doors to future careers in tourism, entertainment, culture and the arts.

Local musicians - for example, Fatts (Neville James) who serves as the Youth Orchestra director and conductor at the National Institute of Arts (NIA), and teaches at Caribbean International Academy and Montessori School - exemplify this vision. Fatts guides young musicians

through school ensembles, and public performances, fostering community pride and artistic development. Music opens the youth to the "ear to hear" and they could eventually become a famed musician, instrumental performer, song writer or even a hip DJ.

Roland Richardson is a great example of one who has a successful artistic painting career. Many of our visitors love him and they also hold in their hearts the late Ruby Bute whose works of art can still be purchased. We have many amazing artists right here in St. Maarten. And if you want to eventually pursue a pathway to a creative and fun career, then tapping into the arts is a great way to open yourself to such a fun life.

Many persons in St. Maarten have proved themselves successful artists including Tes

Verheii, Patty Meotti, LaRich Audain, Ras Mosera and Fawnette D'Angelides among a host of others. Visual arts can thrive here, Penka the Artist Studio in Simpson Bay offers art classes for kids and families, and even hosts free face painting at Buccaneer Beach Bar on Friday nights. It's a perfect way for families to enjoy sunsets, connect creatively, and celebrate community together once school routines kick in.

Arts from the Heart, near Bush Road, has a new pottery painting class that's open to the public. You can pick out a pre-made piece of pottery which you can paint from your own colour palette and they heat it up in their kiln to finish off the fabulous piece

Engaging in both sports and the arts provides well-rounded development, while sports teach teamwork and discipline: music and art spark creativity, self-expression and confidence. These skills are crucial not only for personal growth, but also for thriving in St. Maarten's tourism driven economy, where cultural heritage, performance, and art attract and inspire visitors.

By participating in youth orchestras, such as the one led by Fatts; attending art classes with Penka; joining local creative events; or simply attending live music events, our children are expanding their horizons and possibly discovering a path toward a fun and satisfying creative career.





WIB Wishes You a Successful New School Year!

As the 2025/2026 school year begins, we salute the dedication of teachers, the support of parents, and the bright futures of all students.

At WIB, we believe in the power of education to transform lives and communities. That's why we proudly invest in programs that inspire learning and opportunity.

Here is to a year of discovery, growth, and success!

