

BACK TO SCHOOL SPECIAL 2024

A publication of The Daily Herald | August 7, 2024

BACKTOSCHOOL



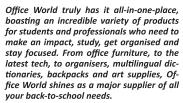
Why should others?

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 2024-2025 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, but they must 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 do so?

FROM TECH TO ART SUPPLIES, **OFFICE WORLD HAS IT ALL**



Conveniently located on Pondfill Road, the store, which has been serving the community for well over 30 years, is a trusted school- and office-supply establishment, known for excellent customer service and even free island-wide delivery for those bulky items one buys to set up a dedicated homework- or study-space, for example.

> You can explore entire sections that are dedicated to furniture, another is dedicated to technology, but the main section is full of school- and office-supplies geared to helping students - from beginners to those preparing for college make presentations, communicate,

learn, research, and express themselves.

You'll find everything from water bottles and from crafty essentials, to scientific and graphing calculators. The focus remains on quality, durability, and style. Make sure to check out some of the great Dutch brands on offer this year, including Verhaak, Schneider, Sheaffer, Kangaro, and Zebra.

The tech selection, manned by staff to guide you through your options. includes home computers, laptops, smartphones, tablets, scanners, and accessories such as mics, speakers and headphones.

Get excited for the new school year, preparing the way with everything needed with Office World. Visit the team on Pondfill Road #53, Philipsburg, from 8:30am to 5:45pm Monday through Friday and from 9:00am to 5:00pm on Saturday. Closed on Sunday. Browse the extensive online catalogue at www.officeworldsxm.com. Buyers from neighbouring islands can have products delivered to shipping agents - email mail@officesxm.com or call the office at 1 (721) 542-4050/58 for more information.



SUPER U FOR ALL YOUR BACK-TO-SCHOOL NECESSITIES



Back to School Special 2024

is a Special Publication of



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Super U understands the excitement and importance of the back-to-school season. That's why the store offers a wide range of school supplies to meet the needs of every student. From notebooks and pens to backpacks and snacks, Super U has everything on your school supply list at prices that can't be beat.

Choosing Super U means choosing quality, variety, and value. Both Howell Center and Hope Estate locations are well-stocked with all the essentials for the new school year, with many promotions on must-have items. You'll find every-

> thing you need to get your kids ready for school without breaking the bank.

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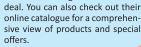
incredible deals on the top items from school supply lists, but customers can also enjoy these special deals now in the month of July. Prepare for the new school year ahead of time and enjoy your vacation with complete peace of mind, knowing you've got the best

Enjoy up to 70% off selected items, including notebooks, backpacks and writing tools. Super U offers pens and scissors for both rightand left-handed students. Ensuring there's something special for all students, the store has pencil cases, diaries, and backpacks for both boys and girls,

Super U is not just about school supplies. The store also offers a great selection of snacks, fruit juice boxes, fresh fruit and energising snacks to fuel your children throughout the school day. The stores are also designed for easy navigation meaning you can find all the your list quickly. The friendly staffper U is ers are always on hand to help you offering with any questions and provide

guidance on making your school shopping as stress-free as possible.

Keep an eve out for Super U's weekly promotions advertised right here in The Daily Herald, and make sure you never miss a great



Super U is conveniently located at Hope Estate and Howell Center in Marigot, open week-days from 8:00am to 8:00pm, and from 8:00am to 12:45pm on Sundays.





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BACKTOSCHOOL

Ten tips for focusing on your school work

School can be super fun, but sometimes it's hard to stay focused on your school work — don't worry, though. With a few tricks, you can stay focused and finish your work quickly — which means there's more time to play. Here are 10 tips to help you stay on track and rock your homework.

1: Create a homework zone.

Pick a special spot just for doing homework. Make sure it's quiet and free from distractions like TV and toys, so that it's easier to focus. Having a consistent place to work can help your brain know it's time to get to work.

2: Use a timer.

Set a timer for short bursts of work, like 15 or 20 minutes. When the timer goes off, take a quick break, and then get back to work for another 15 to 20 minutes. This method is called the *Pomodoro Technique*, and it helps keep your brain fresh and focused

3: Make to-do lists.

Write down everything you need to do. Break big tasks into smaller, bite-sized pieces. Crossing off each item when you're done feels great and shows you're making progress!

4: Take brain breaks.

Your brain needs rest too! After working for a while, take a 5- to 10-minute break to do something fun, like stretching, dancing, colouring or having a snack. This helps recharge your brain.

5: Stay organised.

Keep your school supplies neat and tidy. Use folders, binders, and labels to keep everything in its place. Not only does this look nice, it's easier to find what you need and stay focused when everything is organised.

6: Use colours and pictures.

Bright colours and pictures can help you remember things better. Use colourful sticky notes, highlighters and charts to make your notes and reminders stand out.

7: Move around.

Sitting still for too long can be tough. If you start to feel fidgety, try using a stress ball, doodling or even standing up while you work. Moving around from time to time can help you concentrate better.

8: Ask for help.

Don't be afraid to ask your parents, teachers or even friends for help if you're feeling stuck. Sometimes, a quick explanation or a different point of view can make things clearer and easier.



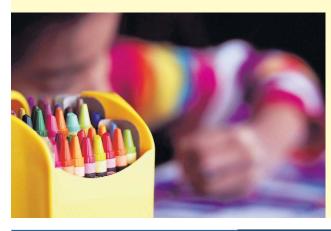
9: Set goals and rewards.

Set small goals for yourself, like finishing a chapter or solving a few maths problems. When you reach a goal, reward yourself with something you enjoy, like extra playtime, your favourite song or a small tasty treat.

10: Stay positive.

As always, believing in yourself is super important! If you make a mistake or have a tough day, remember that everyone has those moments. Keep a positive attitude, and keep reminding yourself that you can do it!

Remember, it's okay to have challenges, and everyone has their own way of learning. With these tips, you'll be well on your way to staying focused and doing your best. Keep up the great work, and don't forget to have fun learning!





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The Power of Reading

Did you know that people who read a lot tend to be more involved in their communities? That's right! Readers are more likely to vote, volunteer, and make a difference. But the power of reading goes way beyond just becoming a good citizen.

Reading isn't just fun, it's also really good for your brain! There's even a special kind of therapy called "bibliotherapy", where reading books help people feel better when they're going through tough times.

Reading stories about different characters helps us understand other people better and makes us more empathetic. When we read about the lives of the various characters, we start to understand how they feel. This means we can relate to others and be kinder friends.

In the mid-90s, scientists discovered that in our brains were mirror neurons that help us feel what others feel. One study found that people who read literary fiction, which mirrors real life, were better at understanding and sharing the feelings of others

Special reading programs also help kids and teens talk about their feelings and connect with others, as reading about social situations helps us navigate our own relationships better. Getting lost in a good book is like going on an adventure without having to leave your room. This experience, called narrative absorption, is not only enjoyable but also good for our

Because, when we dive into a story, our minds get a break from everyday worries, which can be really relaxing. Scientists have found that reading fiction can make parts of our brain more active, especially thing new to discover. You can find the parts that help us understand what others are thinking.

The benefits of reading stick with us long after we've finished a book. Reading can help reduce feelings of depression and the risk of dementia as we get older - it even helps us live longer! One study showed that older adults who read regularly had a 20% lower chance of dying early compared to those who didn't read.

Reading is not only fun, but is also a great way to learn new things and explore different worlds. And imagining different scenarios and worlds helps us think more creatively. Whether you prefer e-books or the smell of a new book. there's always somebooks in stores and libraries, and can even borrow from friends and family.

Sources include the South African College of Applied Psychology (SACAP) "The Mental Health Benefits of Reading", an article written and reported by IAM Lab Communications Specialist Richard Sima, published on Psychology Today.



GET READY FOR THE NEW SCHOOL YEAR WITH VAN DORP

Van Dorp remains one of the island's most well-known one-stop destinations for all of your school-, office- and art-supplies. Students of all ages can gear up for success with a wide variety of top-quality products, while having it all made easier with excellent customer service, and special savings.

Van Dorp is going the extra mile to ensure ultimate savings, especially for its loyal customers. The company has been in business for more than 35 years, and has built a strong base of satisfied customers. The new loyalty card is a special thank-you to its valued clientele: For every NAf. 25 spent in a Van Dorp store, you receive one stamp. After collecting 10 stamps on the loyalty card, you receive NAf. 25 off your next shopping bill! Another way to save money this year is to present the coupon on this page, to get US \$5 off, with a minimum purchase of US \$25.

vear with all of the essentials from trusted brands. Van Dorp has you

covered when it comes to agendas, backpacks, binders, folders, pencil cases, notebooks, penmanship books, a wide selection of art supplies, dictionaries, calculators and

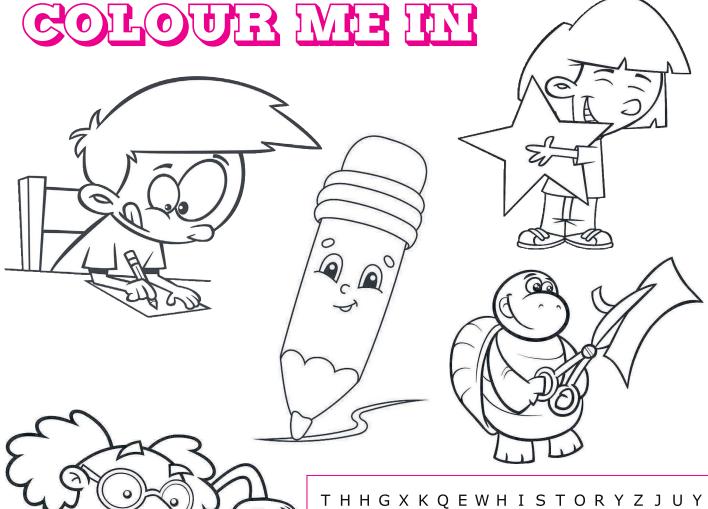
The knowledgeable staffers are happy to offer advice and expertise to help students, parents and teachers secure everything

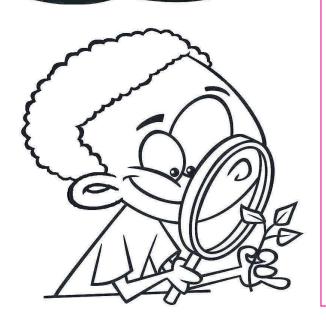
year. They are also readily available via the company's social channels, whether it's for answering your tate store (106 Dominica Road/ Phone: 1 questions on products, helping parents with the full back-to-school lists, or even getting items ready for pick-up for an efficient and enjoyable shopping experience.

Visit your nearest Van Dorp location to browse the selection and handle the entire back-to-school checklist. The Madame Es-

(721) 542-3888) is open Monday to Saturday 8:30am-6:00pm, while the Simpson Bay branch (41 Airport Road/ Phone: +1 (721) 545-3888) is open Monday to Saturday 8:30am-5:30pm. Reach out or keep up to date via social media, Facebook (Van Dorp Sint Maarten) and Instagram (van-







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