

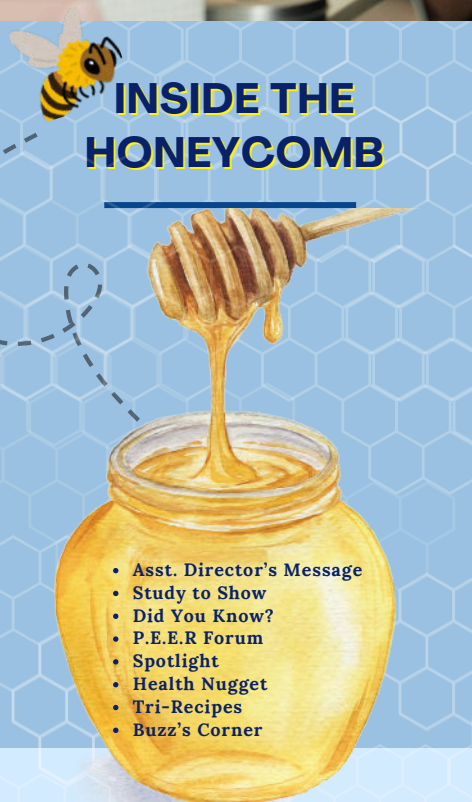


FEB-MAR 2025

TRI3 ISSUE #2

NEWSLETTER

A 3AAMS PUBLICATION PRODUCED BY THE DIGITAL MEDIA CLUB



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Guess the Riddle...

You must have heard of me,
The extremely busy bee.
While doing many things all day,
What keeps me from going
astray?

Hint on page 2



Assistant Director's Message

We are back for Issue #2 and so are you! We're so thrilled that you enjoyed the first issue of our newsletter and hope that you can find something **sweet** in these pages, too.

Our "busy bees" have put in even more time, effort, and creativity to bring this newsletter to life. We invite your engagement in the **special challenge** we have for you at the end! We hope to see your responses rolling in very soon. **YOU** may even be part of our next issue!!

Hey, go check out our honeycomb! Be careful where you touch as things can get a bit sticky around here. Find something good for yourself and share the blessing with others.

Happy Exploring!!
Ms. Z



Listen Up!



March 7, 2025
March 10, 2025
March 12, 2025
March 14, 2025
April 7-11, 2025
May 30, 2025

June 1, 2025

Trimester 2 Ends
Trimester 3 Begins
Teacher Workday
End of Trimester 2 Report Card Published
Spring Break (no school)
Trimester 3 Ends
Graduation & Matriculation Dress Rehearsal (in-person)
Graduation & Matriculation Ceremony (in-person)

STUDY TO SHOW

By Ameya McKenzie & Aryana Powell (Grade 10)

Good Stewards of Time



Ameya

Girl! I have so much work to do! They didn't give enough time to complete it.

Aryana

Well, how much time was given exactly?

Not enough!!! 😡😡

Well, how well do you manage your time?

What do you mean?

Like, are you productive? Do you get your work done first or do you have fun first?

Uh... 🤔 both...?

Well, why don't you try managing your time better?

And how do you propose I do that?

Start off with gathering your thoughts. Then organize your assignments/chores from most to least crucial.

A 'steward' is someone who manages and cares for something entrusted to their care (e.g. time, money, or talents).
Are you a GOOD steward?

Oh. That's... actually pretty smart. But, I don't know how long that's gonna hold up, girl.

Wait! I'm not finished! I can't believe I forgot the first and most important step! Prayer!

We can't do anything without asking God for help first. 🙏🙏

So, with this time management thing, I have to pray, and basically make a list of what needs to be completed first?

Exactly! That's not all though. You have to purpose within yourself to do it, you have to implement discipline.

How do you think you could do that?

Maybe by...I don't know, timing myself? Like, for example, I could give myself 45 minutes to complete an assignment.

Now you're getting the right idea! Always remember to do your best with each assignment though.

The Bible says in Colossians 3:23, "And whatsoever ye do, do it heartily, as to the Lord, and not unto men."

😊 You know what... thanks, Aryana! I'm gonna try making a schedule today.

Anytime! Also, remember that after your work is all finished, you can have as much uninterrupted fun as the Lord allows! 😊😊

DID YOU KNOW?

God is the ULTIMATE Designer & Engineer!



In Genesis 6, God gave Noah the dimensions of the 1.5 million cubic foot ark he was to build. In 1993, a scientific study was conducted by the South Korean world-class ship research center, KRISO, in which they compared 12 hulls of different shapes and discovered that **NO MODERN DESIGN** outperformed the biblical model.

The length of the ark was six times its width and ten times its height!
Many contemporary ships are built with similar proportions.
(Creation Evidence Museum).

Isn't that amazing?! This goes to show that NO ONE can design anything superior to God's creations.

Contributor: Jose Sanchez, Chaplain Administrator



P.E.E.R. FORUM

Partners Encouraging Excellent Results

By Ameya McKenzie, Grade 10

Bearing Your Share

Based on *Adventist Home*
Chapter 51 - Counsel to Children

Between school, personal objectives, and the sometimes valid, self-perceived need for “free time,” chores are universally displeasing. The simple call of, “So and so, come wash the dishes!” or, “So and so, please clean the kitchen!” can dim your mood in a moment’s notice. Yet, this shouldn’t be so.

“Your first duty is to help your mother who has done so much for you... You have claimed all the pleasure and amusement as your right, but the time has come for you to shed sunshine in the home. Take up your duty; go right to work.” (AH 301.1). This goes for our fathers too! Your parents work tirelessly to provide for you, even if they don’t attain the expectation you have for them, it’s because they’re doing the best they know how.

Think of how exhausted you might be. Now, think of your parent(s). Imagine that exhaustion ten fold, and ever-present. This is how your parents feel, day in and day out, but they still carry the household weight. In regard to our mothers, Sister White tells us, “Lift her burdens, give her pleasant days of rest; for she has had few days and very little variety in her life.” (AH 301.1).

You may think that because you are a child, it isn’t your job to contribute to the household, but even you are required to help “hold the house” together. By praying for the grace to resist temptation - “temptations to have [your] own way and to do [your] own selfish pleasure” - and believing in faith that you will receive it, you can help lighten the family load.

In order to selflessly put your parents’ needs before your own, you must “be careful how you build, and what kind of material you put into the building.” (AH 297.1)

If you surround yourself with other children who regard their parents with disrespect, or watch and listen to things that degrade their authority, you will adopt the same behavior. Habitually, your initial response to chores may be negative, but “fight the battle, children; remember every victory places you above the enemy.” (AH 299.1).

Navigating the challenges of being a student, and managing your daily home duties can be overwhelming. Who better to provide tips on successfully playing your role as a student and helpful household member than those walking in the same path? You can find such advice from fellow students here in the P.E.E.R. Forum!

Keep in mind that “it is the willingness to do the duties that lie in your path, to relieve your overburdened mother, that will prove you worthy of being entrusted with larger responsibilities.” (AH 300.1).

The Bible tells us in John 16:22, “He who is faithful in that which is least is faithful also in much: and he that is unjust in the least is unjust also in much.” Therefore, if you are faithful, “God will reward you with calm nerves, a clear brain, an unimpaired judgement, keen perceptions.”

P.E.E.R. Tips

🍯 Aryane, Grade 9 🍯

“Patience is an essential quality that one must possess in order to faithfully complete home duties. Thus, in obtaining patience, I learn to overcome the minor things that would, under normal circumstances, upset me, and I can finish the task at hand.”

🍯 Hannah, Grade 10 🍯

“My advice is to try to do your duties without being told...don’t wait on parents to remind or force you; do it willingly. Try to help... with things that may not be your assigned duty, but you can [handle]. [That] way you’ll be of greater help to your family. In balancing school with house chores, have a schedule and work with it as closely as possible.”

The youth of today whose principles are firm and unwavering will be blessed with health of body, mind, and soul.” (AH 301.3) “If you have sinned in not rendering love and obedience to [your parents] begin now to redeem the past. You cannot afford to take any other course; for it means to you the loss of eternal life.” (AH 302.1).

“Do you think it is more pleasant work for your [parent] to do these things than it is for you?” (AH 300.1). If we don’t enjoy our chores, how much more do you think our parents enjoy them? Ease their burdens as Christ does ours. Like Him, find joy in service.

**Will you do your part,
and bear your share?**

SPOTLIGHT

Grade 4 Class



Josefa Wesele



Abijah Cimer



Deja-Reign Mitchell



Angelica Sanchez
Instructor



Khareem Sinclair

"I am incredibly proud of my class for their dedication, creativity, and enthusiasm in every project they have completed. From exploring the lives of famous historical figures in Italy to creating dodecahedrons about Galileo, they have shown a deep curiosity and love for learning. Their poetry, writing, and map-making skills continue to impress me, as they express their thoughts beautifully and easily grasp new concepts. Their hard work and positive attitude make our classroom a truly special place.

Congratulations to each student for their persistence and willingness to face challenges with a smile. Whether it was reading about Elisha and creating a craft, participating in the Blessing Jar project, or sharing their reflections, they approached each task with sincerity and joy. Their kindness and teamwork have made learning even more meaningful, reminding us all of the importance of gratitude and faith in our daily lives.

As we continue our journey together, I encourage my students to keep up their incredible efforts and never stop striving for excellence. Their enthusiasm while learning to tell time, connecting math to nature, and embracing hands-on activities has been inspiring. I am truly honored to teach such a wonderful group of students, and I look forward to seeing them grow even more in the months ahead. Keep up the great work!"

[Take a peek inside!](#)

Angelica Sanchez
Grade 4 Instructor

HEALTH NUGGET

By J. & M. Wilder

High School
Medical
Missionary
Instructors

BLACK BEANS vs BEEF

Both offer protein, but they differ significantly in nutrition and environmental impact. A serving of ground beef provides essential nutrients like Zinc and Vitamin B12, but is higher in saturated fat and lacks fiber. In contrast, black beans deliver the same protein amount with more fiber, iron, and heart-healthy benefits while being lower in fat and cholesterol-free.

Environmentally, black beans have a much smaller carbon footprint compared to beef, requiring fewer resources to produce. Additionally, they are a cost-effective protein source. Black beans emerge as the healthier and more sustainable choice, making plant-based proteins a valuable addition to any diet.

Genesis 1:29 – "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat."



TRI-RECIPES



Pumpkin Seed Eggs and Plantain Curry??! NO WAY! The Administrators are bringing it in the kitchen with TWO healthy eats for you this issue! Get your aprons ready and fire up the stove. These are gonna be sooo good!



Pumpkin Seed Scramble

shared by Inez Reyes, Administrator



Caribbean Plantain Curry

shared by Andrea LaMont, Administrator

Ingredients:

- 1 1/2 cups raw pumpkin seeds
- 3 cups water
- 3/4 tsp turmeric
- 1 tsp black salt (or to your taste)
- 1 clove of garlic

Instructions:

1. Add pumpkin seeds and 1/2 of the water. Blend until smooth.
2. Add the remaining water, seasonings, and remaining ingredients to the blender. Blend until completely smooth.
3. Heat well-seasoned cast iron or nonstick pan on medium heat. Pour the mixture into the pan.
4. Once the mixture starts to bubble and set, begin to move it around the pan. Continue this process until the scramble is cooked to your desired consistency.
5. For a dryer scramble cook longer.

Enjoy with your choice of bread or in a wrap with your favorite veggies!

Ingredients:

- 2 tbsp coconut oil
- 2 scallion (chopped)
- 1 medium onion (chopped)
- 4 garlic cloves (minced)
- 2 mixed bell peppers (chopped)
- 1 tbsp ginger (grated)
- 6 sprigs thyme
- 1 medium tomato (chopped)
- 1 tsp coriander (ground)
- 4 pimento berries - all spice
- 1 tsp black pepper
- 2 tbsp curry powder
- 14 oz can of kidney beans (or 1 cup, drained)
- 1 medium-sized sweet potato (chopped)
- 2 ripe yellow plantains (sliced and halved)
- scotch bonnet (optional)
- 14 oz coconut milk
- 1 cup water
- A handful of spinach (or callaloo, if available)
- 1 teaspoon Pink Himalayan salt (or to taste)

For full recipe card and step-by-step pictures, follow me!...



Buzz's Corner



Did you guess the riddle?

Answer: A schedule/plan



Hey there 3AAMS worker bees! Buzz is in a sticky situation and needs your help. Some of your schoolmates buzzed in to ask my advice. They want to know how you STRIVE as a student? Please help me by sharing your unique acronym or meaning of what it means to S.T.R.I.V.E., and guess what! You'll get a chance to be featured in our annual school magazine. Come on, let's create a buzz and inspire others!

Buzz in and be heard. Email your sweet notes to:
thedmc@3angelsacademy.com by **April 14, 2025**.

Bee hearing from ya'll real soon!

