

# NEWS LETTER

A 3AAMS NEWSLETTER PRODUCED BY THE DIGITAL MEDIA CLUB

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Hi there!  
I'm Buzz!

I'm a busy guy, but I'm making time to be your guide! Stick with me, and I'll give you a beez-eye view of what's cool around here at 3AAMS.

There's a lot of sweet flowers out there to check out, so keep up!



## DIRECTOR'S MESSAGE

On behalf of the very hard-working creative team of the Digital Media Club (D.M.C), I am very excited to launch 3AAMS's first ever official school newsletter, 'The Buzz'! These trimester publications aim to open up the virtual classroom doors to students, faculty and the wider community, giving a beez-eye view of the 3AAMS experience as showcased by the incredible work our students, and instructors are doing together.

There's something for everyone, keep up-to-date with important dates, get helpful tips and advice on striving for excellence in the classroom and home life from fellow students, absolutely drool worthy, super nutritious Tri-recipes, informative and intriguing science, math, or health facts and best of all, see who made the spotlight for the trimester.

We hope that you are as eager as we are to know what's buzzing at 3AAMS. Let's get 'The Buzz'!

BEE seeing ya!  
Ms. A



## LISTEN UP!



<b>January 6, 2025</b>	After-School Club Launched
<b>March 3-6, 2025</b>	End of Trimester 2 Exams
<b>March 10, 2025</b>	Trimester 3 begins
<b>March 12, 2025</b>	Teacher Workday
<b>March 14, 2025</b>	End of Trimester 2 Report Card
<b>April 7-11, 2025</b>	Spring Break
<b>June 1, 2025</b>	Graduation & Matriculation Ceremony



# STUDY TO SHOW

Ameyan McKenzie (GRADE 10) & Serena Borno (GRADE 11)

***"Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth." 2 Tim. 2:15.***

As stewards, we are instructed to study, that we may show ourselves approved unto God. Protestant Reformer Martin Luther said that "to pray well is the better half of study." Because he did these diligently, God gave Luther the ability to see "the danger of exalting human theories above the word of God," and fearlessly oppose and denounce "the philosophy and theology which had so long held a controlling influence upon the people." GC 126.1.

Before tackling our curricular or spiritual tasks, we should also take the time to pray. Ask God to help you complete your studies in a timely manner, to His honor and glory. But! Do not perform your work carelessly. Special attention should be given to the details, and time management employed. Like Luther, God will enable us to take action and achieve our goals, regardless of how insignificant they may seem compared to what Luther accomplished.

***Prayer is the key to academic and spiritual success!***



## P.E.E.R. FORUM

Partners Encouraging Excellent Results

Serena Borno (GRADE 11) & Ameyan McKenzie (GRADE 10)

Navigating the challenges of being a student while fulfilling your home duties at home can be overwhelming. We understand! *The P.E.E.R. Forum offers advice from fellow students on becoming successful in these areas.* This issue's topic:



*Concentration & Focus*

"Since "our God is a God of order, and He is not in any degree pleased with **distraction**," (MYP 349.3) we should strive "to fix the thoughts on the work in hand...." (MYP 149.1). Based on this knowledge, we suggest that you keep important matters up front, and disregard distractions.

"Keep the mind concentrated on **a few vital points**. Do not bring unimportant ideas into your discourses." (6T 56.2) By being able to complete our "duties with thoughtful consideration," (MYP 149.1) we can please God, and better fulfill our purpose as God-fearing youth. Try not to overwork yourself! Focus on relevant tasks and pace yourself while working.

"In order to make a success in [your] work you must **do one thing at a time**, concentrate your powers upon that one work." (Ev 656.2) When we focus on the task at hand, we can effectively reach our goal and complete whatever work is given us. Switching between tasks makes it easier to make mistakes. Focus on one task at a time to get the best results.

Focusing on what's important and concentrating on one thing at a time are essential to being successful students. God is pleased with youth who complete their work thoroughly. Therefore, we encourage you to dismiss distractions and stay focused.

# TRI-RECIPE

A D.M.C Breakfast Favorite

## Creamy Chickpea Tuna Salad

*As busy 3AAMS students, the D.M.C members need nutritious, quick and ready to go in just a few minutes breakfast ideas. This Creamy Chickpea Tuna Salad does not disappoint! We hope it becomes your favorite too.*

### Ingredients:

(2) 15-ounce cans of chickpeas drained and rinsed  
 1 sheet nori, finely chopped or 1 tsp kelp granules (optional)  
 2 tbsp. fresh lemon juice  
 1 rib celery diced small  
 2 tbsp. diced small red onion or chives, green onions  
 1/2 cup vegan mayo  
 1/2-1 tsp Himalayan salt, to taste  
 Pinch of cayenne pepper (optional)  
 1 tsp garlic powder  
 1 tsp onion powder  
 1 tsp paprika (regular or smoked) - optional  
 optional: 1 tbsp hemp hearts or chia seeds (for some omega 3 & 6)

### Let's Make it!

1. In a large bowl, mash the chickpeas with a potato masher (or fork) until they are mostly mashed. Alternatively, pulse in a food processor just until slightly broken up then place in the bowl.
2. If using nori for a fishy flavor: Finely chop 1-2 sheets of nori with a sharp knife on a cutting board. Kitchen scissors also work. Or, use the kelp granules.
3. To the bowl with the chickpeas, add the nori or kelp granules, and the remaining ingredients. Add the hemp hearts or chia seeds, if desired. Stir well to combine.
4. Enjoy right away or cover and place in the refrigerator for at least 30 minutes, to allow the flavors to come together.
5. Serve along with some leafy greens as a sandwich on your favorite bread, tortilla or lettuce wrap, with crackers, on salads, sliced fresh veggies (cucumber, red bell peppers, zucchini, etc.) or make a tuna melt with some vegan cheese. Enjoy!

"...foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing."

Ministry of Healing p.296,  
 Ellen G. White

6. For vegan tuna melt, add vegan cheese slice to sandwich, spread vegan butter on both outer slices, then place in pre-heated sauce pan to cook on both sides until cheese melts. Toasty and cheesy! Even yummierr!
7. Leftovers: Keep chickpea tuna in a covered container in the refrigerator for 4 days.







## DID YOU KNOW?

Contributor: *Mubanga Chisulo*  
High School Science Instructor

### **"YOU aren't the same person you were a DECADE ago!"**

That person in your old photos is technically not you anymore! Your body has since swapped out most of its cells. Cell by cell, it rebuilds itself until you are physically different from who you were a decade ago. Your skin, your bones, and your very essence are renewed every 7-10 years. You are essentially YOU 2.0 (or maybe 3.0, depending on age).

This continuous renewal mirrors the biblical truth of renewal and transformation (Eph. 4:23-25 & Rom. 12:2). *Transformation is a natural part of who we are. It's as if nature is teaching us that change isn't just possible; it's inevitable.*



## SPOTLIGHT

*Jayden Campbell* - Grade 11

Jayden, an eleventh grader who wasn't initially a fan of Agriculture, had the chance to showcase his creative skills when tasked with a DIY project for class. He got inventive and cut circular steps from wood sourced from a tree he had felled on his family's country property.



These steps will be used in his garden, helping him avoid stepping directly in the garden beds and compacting the soil. Jayden's project is not only practical but also beautiful. He can create additional boards, and with some finishing and staining, they could also serve as cutting boards.

[More photos here!](#)

*Awesome job, Jayden!*



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## MEET THE CREATIVE TEAM

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**Assistant Director:** Zynia Spencer

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*BEE sure to come back for the next izzne, ya hear!*