EDUPULSE
MAGAZINE

Explore the role of technology in Education

CREATIVE WAYS TO TEACH STUDENTS WHILE KEEPING THEIR MINDS HEALTHY!

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See How Classrooms Are Transforming

ACADEMIC EXCELLENCE
Turning Boring Campuses into Relaxing Green Environment

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FROM THE EDITORS
NAVIGATE THE EDUCATIONAL CURRENTS WITH THE GSAAA

JONATHAN ZHANG

Welcome to this edition of EDUPULSE, crafted by GSAAA's dedicated team. In this issue, we explore the transformative influence of "EdTech Trends" on future classrooms, emphasize sustainability in "Higher Education," and address vital "Wellness and Mental Health Resources" for students. Join us on a cultural culinary journey in "Japanese School Lunch" and discover the institutions at the forefront of excellence in "Featured Institutes." Explore the global opportunities unlocked by a "Teaching License" and be inspired by "Testimonials" of real success stories. We invite you to dive into these diverse articles, offering insights that shape the ever-evolving world of education.
Let's begin the journey!

ARTICLE | 01

EDTECH TRENDS:
SHAPING FUTURE CLASSROOMS

Thanks to the quick developments in educational technology, or EdTech, the educational landscape is undergoing a dramatic transformation. These developments are profoundly changing how kids learn and teachers instruct; they are not just adding a layer of technology to classrooms. Three EdTech trends—Virtual Reality (VR), Artificial Intelligence (AI), and Personalized Learning Apps—stand out as being particularly disruptive. We will delve into these cutting-edge technologies in-depth and examine how they are influencing contemporary schools in this extensive essay.

1. Virtual Reality (VR) in Education

Virtual reality, which is frequently connected to immersive gaming, has discovered a new home in education. Virtual reality holds forth the possibility of taking students on a voyage outside the boundaries of conventional classrooms. They are able to participate, learn, and explore in ways that were previously unthinkable because of it.

Accessibility:

For kids with disabilities, VR can be a potent tool. By giving alternative methods of learning, it can provide an inclusive educational environment. Education is now more accessible than ever thanks to innovations like the ability for blind students to use auditory and haptic feedback to navigate virtual environments.

Engagement & Immersion:

Virtual reality (VR) captures students' attention in ways that conventional teaching approaches are unable to. As a result, learning becomes more interesting and remembering for them. Previously abstract ideas become concrete and real.

Virtual Field Trips:

Virtual field trips are among the most alluring uses of virtual reality in education. Without ever leaving their classroom, students can now travel to distant lands, famous sites, or even other planets. Consider a history class where students can stroll through the ruins of ancient Rome or a science course where they can closely examine the surface of Mars. This is made feasible through VR.

Hands-On Learning:

Virtual reality offers an unmatched platform for hands-on learning. It gives pupils the chance to hone their skills in a secure setting. For instance, medical students can practice virtual operations, welding students can refine their abilities without running the danger of injury in the real world, and future pilots can digitally take off and land aircraft.

Personalized Learning:

Massive volumes of student data are analyzed by AI systems to personalize learning opportunities. They adjust the pace and content to fit the unique requirements and skills of each learner. This guarantees that no student is left behind and that they are all given the right amount of difficulty.

Automated Grading:

For teachers, grading might take a lot of time. The grading of assignments and examinations can be automated by AI, giving students prompt and reliable feedback. This allows teachers to concentrate on more important parts of instruction.

2. Education and Artificial Intelligence (AI)

A further game-changer in education is artificial intelligence. Education is becoming more individualized, effective, and data-driven, thanks to AI-powered solutions.

AI Tutors:

Virtual AI tutors are on call around the clock to help students in a range of courses. These tutors with artificial intelligence (AI) can respond to queries, offer clarifications, and give assignment feedback. Because they are not constrained by time zones or working hours, education is more widely available.

Predictive Analytics:

AI can examine student performance data to forecast which kids are at risk of falling behind using predictive analytics. Early intervention by educators helps close learning gaps by offering extra assistance.

3. Apps for Personalized Learning

Apps for personalized learning are leading the EdTech revolution. These apps are made to accommodate each student's particular demands and learning preferences.

Apps for Gamified Learning:

EdTech has a lot to gain from gamification. Learning applications include game-like features including achievements, leaderboards, and interactive tasks. This improves learning enjoyment and encourages pupils to maintain their interest.

Platforms for Adaptive Learning:

Adaptive learning apps employ AI to change the material and level of difficulty based on how well a student is doing. This guarantees that the level of challenge students experience is appropriate, eliminating boredom or dissatisfaction.

Apps for Learning Languages:

Apps for learning languages use AI to deliver individualized language lessons, pronunciation feedback, and experience having real-world conversations. Learners may rapidly & successfully pick up new languages, thanks to these apps.

4. Systems for Managing Learning Online (LMS)

The usage of Learning Management Systems (LMS) has risen with the growth of online and hybrid learning. These systems offer a centralized platform for communication, evaluation, and information delivery.
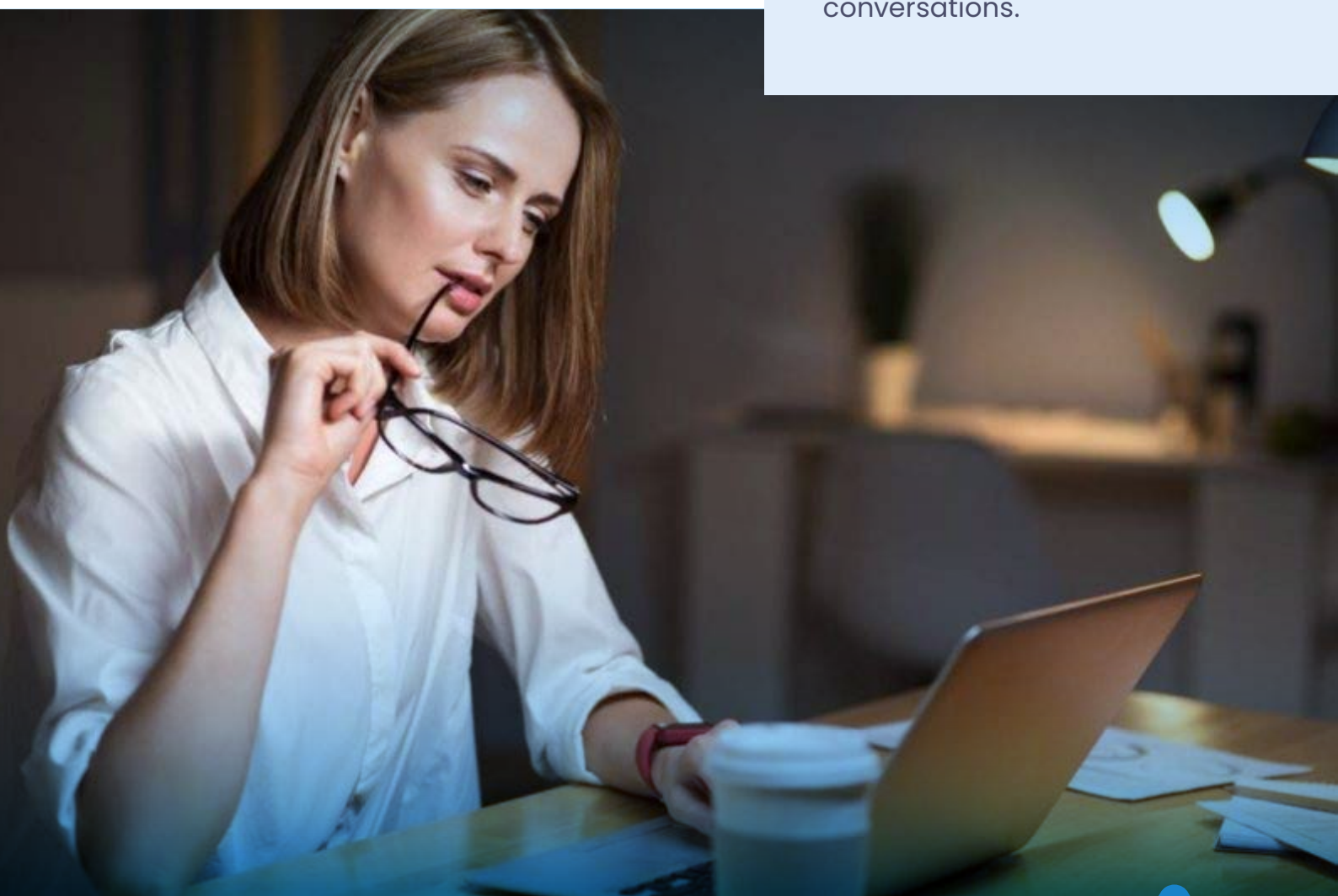
Evaluation and Feedback:

LMS systems simplify the evaluation procedure. They make it possible to create online tests and assignments, grade them automatically, and provide students with prompt feedback.

Delivery of Content:

LMS platforms enable teachers to distribute course materials in a variety of formats, such as videos, documents, quizzes, and interactive modules. These resources are available to students anywhere there is an internet connection.

Communication:

LMS platforms help teachers and students communicate with one another. They create a virtual learning environment by offering tools for communications, announcements, and conversations.

5. Using Block Chain to Verify Credentials

By improving credential verification and assuring the authenticity of credentials, block chain technology is creating waves in the education sector.

Instant Verification:

By looking at the blockchain record, academic institutions and employers can instantly confirm the legitimacy of a candidate's credentials. The employment and admittance procedures are simplified as a result.

Secure Credential Storage:

It offers a safe and unchangeable ledger for the storage of credentials for education. As a result, it is nearly impossible for anybody to falsify or alter their credentials.

6. Data Analytics and Learning Analytics

In education, data analytics and learning analytics are becoming more and more important.

Student Performance Tracking

Data analytics are used by educational institutions to monitor student performance. They are able to spot pupils who may be in danger and offer prompt interventions to help them succeed academically.

Curriculum Improvement:

Data analytics assist educators and institutions in enhancing and improving their programs. They can improve teaching strategies and course materials by making data-driven judgments after examining data on student outcomes.

7. Robotics and Coding Education

Education in the STEM fields—Science, Technology, Engineering, and Mathematics—is a top priority, and EdTech is stepping up to the plate.

Robotics Kits:

STEM education is becoming more approachable and interesting thanks to robotics kits and platforms. Building and programming robots is a great way for students to learn programming and problem-solving techniques.

Coding Platforms:

Thanks to user-friendly coding platforms, coding instruction are now more widely available. These educational resources prepare students of all ages for future professions in technology by teaching them the principles of programming.

8. Language Learning Apps

Learning a new language is easier than ever with AI-powered language learning apps.

Personalized Language Lessons:

AI analyzes the learner's progress and adapts language lessons accordingly. This personalized approach accelerates language acquisition.

Pronunciation Feedback:

Language learning apps provide instant feedback on pronunciation, helping learners achieve greater fluency and accuracy.

Real-World Conversation Practice:

Some language apps offer real-world conversation practice with native speakers, preparing learners for practical communication in the target language.

9. Tools For Accessibility and Inclusivity

The goal of ed tech is to develop tools and platforms that serve a variety of learners, including those with impairments.

Closed Captioning:

Students with hearing problems can benefit from closed captioning and subtitles in educational videos.

Text-to-Speech:

Students who are blind or visually handicapped can access content thanks to text-to-speech technology, which translates written text into spoken language.

Screen Readers:

Screen readers enable people with visual impairments to navigate digital resources by reading aloud the material that is displayed on a computer screen.

10. Tools for Remote Proctoring

Tools for remote proctoring have been developed in order to preserve the integrity of online exams.

Proctoring with AI:

These solutions employ AI to keep an eye on students taking online tests, identifying suspicious behavior, and discouraging cheating.

Identity Verification:

To make sure the appropriate student is taking the test, remote proctoring technologies also use identity verification techniques like facial recognition and ID document checks.

Conclusion:

In conclusion, EdTech advancements are transforming education in ways that were previously unimaginable. Students are taken to new realms via virtual reality, which also offers practical learning opportunities. Personalizing schooling, automating administrative processes, and enhancing predictive analytics are all made possible by artificial intelligence. Apps for personalized learning accommodate different learning preferences, improving the effectiveness and engagement of instruction. Credential authenticity is ensured by block chain, and educational progress is always being improved thanks to data analytics. Future-ready tools for pupils include robotics, coding environments, and language learning applications. Education becomes more inclusive thanks to accessibility tools, and online exams are kept honest with the help of remote proctoring systems.

The way these tools are used in the classroom will develop as time goes on. Indeed, EdTech's inventive attitude is helping to define the educational landscape of the future. The opportunities for learning are endless, and the revolution of education is inevitable as educators and students like embrace new tools.

Dr. Sudheer Kumaar
PEER EVALUATOR – INDIA REGION

With a decade-long tenure at the Ministry of Education Department, Govt of India, Dr. Sudheer Kumaar brings a wealth of experience to our team. His remarkable portfolio includes the evaluation of over 1500 educational institutes in India. His impactful contributions extend to roles like Teaching Assistanship, IIT Bombay & as a National Service Scheme Member, Govt of India.

ACADEMIC EXCELLENCE

ARTICLE 02

SUSTAINABILITY ON CAMPUS:
GOING GREEN IN HIGHER EDUCATION

College campuses are becoming models of environmental management and sustainability in a time marked by environmental difficulties and a greater sense of responsibility for the earth. The significance of sustainability is increasing on college campuses at a never-before-seen rate, spurred on by a shared determination to lessen negative environmental effects, nurture eco-conscious ideals, and encourage creative solutions to today's most pressing problems. This essay will examine the impressive rise of green initiatives, eco-friendly practices, and sustainable campus growth, illuminating the crucial part that colleges and universities play in fostering a more sustainable future.

Campus Greening in Colleges

> Globally, university campuses are acting as change agents by embracing sustainability as a key principle. Several important factors, including:

Student Activism:

Students are leading the charge in pressuring their schools to adopt sustainable practices and regulations. Universities have been compelled to act by movements like Fridays for Future and campus-specific environmental initiatives.

Economic Benefits:

In the long run, sustainable practices frequently result in cost savings. Universities are starting to see the financial advantages of trash reduction, energy efficiency, and sustainable transportation options.

Environmental Consciousness:

Students, staff, and administrators are more aware of the negative implications of climate change, pollution, and resource depletion than they were previously.

Institutional Reputation:

A university's reputation is improved by its dedication to sustainability, drawing students, faculty members, and funders who care about the environment. In turn, this increases donations and enrollment.

GREEN PROGRAMS AT UNIVERSITIES

To lessen their impact on the environment and advance sustainability, colleges and universities are putting into practice a wide range of green initiatives:

1. *Renewable Energy:*

In order to produce sustainable electricity, several campuses are making investments in renewable energy sources like solar panels and wind turbines. These programs lower greenhouse gas emissions and energy prices.

2. *Energy Efficiency:*

Installing smart building management systems and retrofitting older structures with energy-efficient technologies can minimize energy usage.

3. *Sustainable Transportation:*

Campuses support the use of bikes, electric cars, and public transit in addition to funding charging stations and bike-sharing programs.

4. *Waste Reduction:*

On sustainable campuses, recycling programs, composting, and a reduction in single-use plastics are standard procedures. Even zero-waste objectives have been met by some institutions.

5. *Water Conservation:*

Measures to cut back on water use include putting in drought-resistant landscaping, low-flow fixtures, and rainwater collection systems.

6. *Green Labs:*

By minimizing chemical waste, increasing energy efficiency, and encouraging safer practices, research institutes are making laboratories more sustainable.

7. *Green Building Standards:*

To ensure that new construction projects fulfill stringent environmental requirements, sustainable campus development frequently involves adherence to green building standards like LEED (Leadership in Energy and Environmental Design).

8. *Food that is Sourced Locally and Sustainably:*

Campus menus are being updated by dining services to include locally sourced and sustainably produced foods. Some organizations place a higher priority on fair trade and organic goods.

9. *Environmental Education:*

By including sustainability in the curriculum, teachers may make sure that pupils are exposed to the ideas and methods of environmental stewardship.

3. Eco-Friendly Methods

Sustainability involves encouraging eco-friendly behaviors within the school community as well as infrastructure and campus operations:
Campuses are promoting the use of reusable water bottles, coffee cups, and utensils in an effort to limit the usage of single-use plastics.

Alternative Transportation:

Encouraging staff and students to carpool, walk, or bike to class can help cut down on the carbon footprint of commuting.

Events that are Eco-Friendly:

Campus activities are increasingly including sustainable techniques, such as waste minimization, energy-efficient lighting, and carbon offset programs.

Green Computing:

Energy-saving computing techniques, such as optimizing data centers and adopting energy-saving settings on PCs, are lowering energy usage in the IT industry.

Sustainable Procurement:

Purchasing divisions look for goods that have green certifications and take into account the environmental effects of their decisions over the course of their lifecycles.

4. Campus Sustainability Development

The creation of sustainable campuses requires a multifaceted strategy that takes into account environmental, social, and economic factors:

Green Building Design:

Incorporating elements like effective insulation, natural lighting, and renewable materials, new construction projects stress green building design concepts.

Goals for Carbon Neutrality:

A few colleges have made the commitment to become carbon neutral, frequently via funding renewable energy projects and carbon offset schemes. Green technology: The IT industry is utilizing less energy because to energy-efficient computing techniques including optimizing data centers and employing computers' energy-saving settings.

Engagement with the Community:

Universities work with the community to discuss sustainable practices and work together on environmental projects that benefit the area.

Natural Landscaping:

Sustainable landscaping emphasizes the utilization of native flora, water conservation, and the development of wildlife habitats.

Biodiversity Conservation:

Campuses are improving biodiversity by maintaining natural spaces and implementing projects like pollinator gardens and wildlife corridors.

Sustainable Mobility Hubs:

They are found on sustainable campuses and promote the use of electric automobiles, bicycles, and public transportation.

5. Impact on Education and Students

On college campuses, sustainability is prioritized not only in terms of physical improvements but also in terms of the educational process itself:

Interdisciplinary Programs:

Many academic institutions provide students with interdisciplinary sustainability programs that give them the knowledge and abilities to handle challenging environmental issues.

Leadership Development:

As they work together on projects, interact with stakeholders, and promote change, students engaging in sustainability initiatives frequently enhance their leadership abilities.

Experiential Learning:

Sustainability frequently entails practical learning opportunities, such as investigating regional ecologies, taking part in sustainability initiatives, and undertaking environmental research.

Career Opportunities:

Graduates with expertise in sustainability are in great demand across a range of sectors, including sustainable agriculture, renewable energy, and environmental policy.

Global Viewpoint:

As students learn about the interdependence of environmental, social, and economic systems, sustainability education encourages a global viewpoint.

6. Various Obstacles and Future Directions

Although the expansion of sustainability on college campuses is positive, difficulties still exist:

Financial Restraints:

Some organizations may find it difficult to secure the sizeable upfront expenditure necessary to implement sustainability projects.

Behavioral Change:

Students and staff must be continually educated and motivated in order to promote sustainable behaviors.

Impact Measurement:

It can be difficult to determine the real effects of sustainability activities and to monitor goal progress.

Adapting to Climate Change:

Campuses must prepare for the effects of climate change, including harsh weather conditions and increasing sea levels.
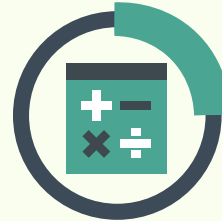
WHY GO GREEN?
Benefits of Green Schools

Asthma incidence decreased by 25%

$532

├─per─

Test scores and learning ability improve by 3-5% when a school incororates natural daylight --equating to an annual earning increase of $532 per student

Students with the most daylight progress 20% faster math and 26% on reading test

Conclusion:

The future of sustainability on college campuses is bright despite these obstacles. Universities are in a prime position to solve environmental concerns, develop the next generation of leaders, and show the promise for a greener, more sustainable future as the significance of sustainability continues to rise. Colleges and universities are providing a powerful example for society at large by promoting a culture of sustainability, embracing eco-friendly activities, and emphasizing sustainable campus development. They are demonstrating that dedication to the environment is not only required but also attainable. We are creating the foundation for a greener, more sustainable future through our collaborative efforts.

Lori Gaskin, Chair
PEER EVLAUATOR — SPAIN REGION

Dr. Lori Gaskin, serving since 2016, holds a Ph.D. in Educational Leadership from the University of Nevada, an M.A. in Geography, and a B.A. in Geography from the University of California, Los Angeles. Previously Superintendent/President of Santa Barbara City College, she also led West Valley College and Lake Tahoe Community College. Her career began as faculty at Barstow College, and she possesses expertise in planning and fiscal oversight.

ARTICLE 03

PRIORITIZING STUDENT MENTAL HEALTH: A NEW FOCUS IN EDUCATION

There has been a notable change in recent years in how educational institutions prioritize and deal with the mental health and well-being of their students. Universities and colleges around the world have stepped up their efforts to offer comprehensive help as a result of the rising frequency of mental health issues among students and the significant influence that mental health has on academic success. This article clarifies the increasing attention being paid to students' mental health and well-being, with a focus on the crucial tools that universities are providing, such as counseling services, meditation courses, and stress-reduction strategies.

1. Advocacy and Public Awareness

The expanding understanding of the importance of mental well-being, as well as advocacy initiatives to minimize related stigma, are driving the increased attention on student mental health. Mental health awareness campaigns and efforts, such as Mental Health Awareness Month, have played an important role in normalizing mental health dialogues. As a result, universities and colleges are taking proactive initiatives to meet their students' mental health needs.

2. Academic Achievement and Personal Happiness

Educational institutions have recognized the inherent link between mental health and academic performance. The capacity of a student to perform academically is heavily influenced by their mental health. Prioritizing student mental health is thus not only an ethical obligation but also a strategic undertaking aimed at improving the whole educational experience.

3. Providing Mental Health Services in Response to Demand

The rising emphasis on student mental health has been accompanied by an increase in demand for mental health services on college and university campuses. This rising need has driven educational institutions to dramatically expand and strengthen their mental health support services.

4. Counseling Services: **A Supportive Foundation**

> Counseling services are a fundamental component of educational institutions' mental health support. These services connect students with trained mental health specialists who can provide a variety of therapeutic therapies.

Individual Therapy:

Individual therapy sessions provide students with a confidential setting to address specific mental health difficulties. This one-on-one engagement allows for tailored support and direction.

Psychoeducational:

Counseling services frequently offer psychoeducational seminars and courses on themes such as stress management, coping skills, and resilience-building in addition to therapy help.

Group Therapy:

Group therapy sessions bring together kids who have similar issues or challenges. These workshops promote a sense of community by offering peer support and shared coping skills.

Crisis Intervention:

Many counseling clinics provide crisis intervention services to students who are in immediate distress or are suffering a mental health crisis. These programs are available 24 hours a day, seven days a week, and can be a lifeline for students facing serious difficulties.

5. Cultivating Inner Peace Through Meditation and Mindfulness Programs

Meditation and mindfulness programs have grown in popularity as useful strategies for stress management, anxiety reduction, and overall mental well-being. These programs are integrated into college and university mental health support networks.

Stress Reduction:

Meditation and mindfulness techniques are well-known for their ability to alleviate stress and increase relaxation. Regular practice can help students reduce their anxiety and enhance their emotional regulation.

Improved Concentration and Focus:

Mindfulness techniques can help students increase their capacity to concentrate and focus, which is especially advantageous for academic success.

Emotional Resilience:

Meditation is one of the best practices that enable students to cope with their failures and hurdles successfully. It encourages people to notice their thoughts and feelings without judgment, resulting in a more positive relationship with their inner experiences.

Improved Sleep:

Many students suffer from sleep difficulties as a result of stress and anxiety. Mindfulness activities can help you sleep better and feel better overall.

6. Stress Management Techniques: Equipping for Success

Can stress be beneficial?

Stress of a mild to moderate intensity might be beneficial. Low to moderate levels of stress are motivating for students in the "green zone" and can aid in their concentration. People can manage their stress by engaging in activities that restore the physical, mental, and emotional energy depleted by stress in order to maintain this green, healthy tension zone.

When someone is at their best, they are performing at their peak. This entails being energized, rooted, and concentrated on the crucial activities at hand, such as sitting a test, making a presentation, or having a crucial conversation. Peak performance is time-limited and is possible when you experience motivating stress at a controllable level. Once the activity has been finished, it is crucial to take a break and do something less strenuous that helps you recover your energy and lower your stress level, returning you to the healthy, green zone of tension.

The point of decreasing returns can be seen as the yellow zone on the stress continuum. When someone pushes on without taking deliberate, restorative breaks, they are carrying too much stress or trying to perform at their highest level. In reality, a person in this yellow zone is performing at a lower level and is feeling exhausted, and unbalanced, or they may even start to feel overwhelmed by the amount of work they have to do.

Stress management practices are essential components of the larger effort to promote student mental health and well-being. These tactics provide students with the skills and strategies they need to properly navigate the challenges of college life.

1. Time Management:

Time management skills enable students to prioritize tasks, set realistic goals, and construct balanced calendars. Academic stress can be considerably reduced by using time management skills.

2. Goal Setting:

Setting clear and attainable goals assists students to stay motivated and focused on their academic and personal goals. It gives you a sense of direction and purpose.

3. Relaxation Exercises:

Physical manifestations of stress are common. Deep breathing, gradual muscle relaxation, and visualization are all relaxation activities that can help students relax their bodies and minds, lessening the physiological impacts of stress.

4. Physical Activity:

Regular physical activity is a powerful stress reliever. For students to engage in physical exercise, universities frequently provide fitness facilities and fitness classes or sports programs.

5. Coping Tactics:

A variety of coping tactics are taught to students, including problem-solving skills, communication approaches, and assertiveness training. These skills enable pupils to deal with difficult situations and interpersonal problems more effectively.

Conclusion:

The rising emphasis on student mental health and well-being reflects educational institutions' shifting objectives. Colleges and universities address mental health concerns while also building a friendlier and inclusive learning environment by providing counseling services, meditation programs, and stress management strategies. This all-encompassing approach is a dedication to providing an educational environment in which students can prosper intellectually and personally, equipped with the skills and tools to manage life's obstacles with resilience and well-being.

Michael Claire
PEER EVALUATOR – FRANCE

Mr. Michael Claire, Chancellor of San Mateo County Community College District since 2019, collaborates with stakeholders and the Board of Trustees to strategize and execute plans, enhancing student access and success. He supervises district staff and college presidents at Cañada College, College of San Mateo, and Skyline College. Previously, at College of San Mateo, he held various roles, including a 13-year presidency, Vice President of Instruction, Dean of the Technology Division, and business faculty. Experienced in strategic and fiscal management, he chaired five of seven seats. accreditation visits. Mr. Claire holds an M.B.A. and B.S. in Business Administration from California State University, East Bay, and an A.A.

ARTICLE 04

EXPLORING THE ART AND CULTURAL VALUE OF JAPANESE SCHOOL LUNCH:
TRADITION, FLAVORS, AND ETIQUETTE

Japan, a country known for its rich cultural legacy and technological advancements, has another overlooked hidden treasure that plays an important part in shaping the future of its youth: The Japanese school lunch program. On a recent trip to Japan, I had the opportunity to witness firsthand the rigorous preparation, cultural depth, and nutritional perfection that characterize Japanese school lunches. This article will take you on a journey through my visit, revealing the secrets of Japan's unique approach to school lunches and the influence it has on students' well-being and growth.

1. NOURISHING MINDS AND BODIES:
INVESTIGATING NISHIMACHI INTERNATIONAL SCHOOL'S LUNCH PROGRAM

As I headed down to the Nishimachi International School to observe their school lunch program, I was accompanied by NAKADA Tomoko, a member of the Japan Dietetic Association's board of directors. She is also a diet and nutrition teacher in Tochigi Prefecture. While discussing with her the impact of the school lunch program, she told us the program was initiated after World War 2 when Japan faced extreme food scarcity and as a result, children suffered the most having the highest cases of Malnourishment. This is when the government came into action and a school lunch program was initiated. Over the years, the program has been kept simple with the focus on one thing, to keep meals natural and to teach the children the value of meals in their daily lives. Discussing her role, she stated "I take care to transform school meal menus into learning materials," she explains. For example, if children learn in home economics classes that traditional local cuisine is created by utilizing non-wasteful products, they will be more aware of the need to prevent food waste and will be more inclined to finish their meals. Nakada makes it a point to provide proper understanding to youngsters through food and nutrition education. "A meal can have long-term consequences for an individual, beginning with the time spent in the womb." Nothing makes me happier than seeing children learn about nutrition via play.

2. JAPAN'S GLOBAL IMPACT: NURTURING COMMUNITIES AND MINDS THROUGH SCHOOL LUNCH AID

Japan also assists in the introduction of school lunches in other nations. The aid not only helps the nutrition of the children who receive such meals, but it also improves the general quality of their education. For example, the Japan International Cooperation Agency (JICA) has been assisting local communities in Madagascar since 2017, assisting them in providing students with community-based school lunches. The aid is part of the School for All project, which aims to improve the learning environment by having parents and guardians prepare school lunches in turn. The program had grown to 146 schools by 2019. While nutritional inadequacy remains a major concern for children in Madagascar, many may now get the meals they require through school lunches, which increases their drive to learn.

3. CULTIVATING INTELLECTS: JAPAN'S COMMITMENT TO WELL-BALANCED AND HEALTHY SCHOOL MEALS

A commitment to providing balanced and nutritious meals to pupils is at the heart of Japan's extraordinary school lunch program. Each meal is meticulously planned to include all essential food categories, ensuring that students get the vitamins, minerals, and nutrients they need for growth and cognitive development.

Staple Grain:

Steamed white rice, a staple in Japanese cuisine, serves as the primary source of carbohydrates and provide s essential energy.

Protein:

Students are served a variety of proteins, such as fish, chicken, tofu, or legumes, supplying essential amino acids for muscle growth and overall health.

Vegetables:

A colorful array of vegetables, both cooked and raw, is included to provide vitamins, minerals, and fiber.

Dairy:

Many school lunches include milk or dairy products to offer calcium for strong bones and teeth.

Fruit:

Fresh fruit or fruit-based desserts provide natural sugars and additional vitamins.

The meticulous selection of ingredients ensures that the school lunch menu remains diverse, offering a broad spectrum of flavors and textures to students.

School lunches in Japan are a balanced blend of tradition and modernity. They do more than just fuel the body; they expose students to a world of cultural diversity. These meals feature both Japanese and international cuisines, promoting an appreciation for a wide range of flavors and culinary traditions.

JAPAN'S SOME COMMON DISHES
FOUND IN JAPANESE SCHOOL LUNCHES INCLUDE:

Nikujaga:

A comforting Japanese stew made with meat, potatoes, carrots, and onions in a sweet soy sauce-based broth.

Pasta Salad:

A fusion of Japanese and Western cuisines featuring pasta, vegetables, and a light dressing.

Kare Rice:

Japanese curry served with rice, often accompanied by a side of pickles for a tangy contrast.

Maki-Sushi:

Sushi rolls filled with an assortment of ingredients such as vegetables, fish, or egg, offering a delightful taste of Japanese tradition.

Breaded Fish:

A popular protein source, often served with a side of tartar sauce and shredded cabbage.

The inclusion of such diverse dishes not only delights the palate but also educates students about different cultures, promoting cultural awareness and understanding.

4. FOOD EDUCATION IN ACTION

Japanese school lunches offer more than just nourishment; they serve as a powerful tool for food education. Students are actively involved in various aspects of the meal preparation process, creating a holistic learning experience. These activities include:

Setting Tables:

Students help set tables and arrange utensils, plates, and chopsticks, learning about proper table etiquette and presentation.

Serving Food:

They take turns serving food to classmates, practicing portion control and ensuring equitable distribution.

Cleaning Up:

After the meal, students are responsible for cleaning their eating area, teaching them about cleanliness and cooperation.

Meal Planning:

In some schools, students participate in meal planning and decision-making, encouraging them to consider nutritional balance and dietary preferences.

This hands-on approach not only teaches practical life skills but also instills a sense of responsibility and discipline in students. It reinforces the idea that mealtime is not just about consumption; it's a collective effort that involves cooperation and respect.

The dedication to sustainability in Japan extends to its school lunch program. Many ingredients are sourced locally, which reduces the carbon footprint of long-distance transportation. This strategy benefits local farmers while also teaching students the value of healthy food choices and environmental stewardship.

The small amount of food served at Japanese school lunches is one of their distinguishing qualities. Students are encouraged to eat their entire meals, and leftovers are frequently repurposed or recycled. From a young age, this practice instills a sense of reducing waste and being productive.

5. HEALTH BENEFITS

Japan's school lunch program has good health benefits for its students. Japanese children have one of the lowest rates of childhood obesity in the world. Focusing on healthy eating, portion control, and nutritious foods has led to incredible success.

Studies show that Japanese students who regularly eat lunch at school experience: stimulates intelligence and encourages students to listen well and learn well.

Healthy Weight:

A balanced diet and portion control will help students maintain a healthy weight.

Reduce the Risk of Food Allergy:

Exposure to many foods at an early age can reduce the risk of food allergy.

Reduce the Risks of Malnutrition:

School lunches ensure students get the essential vitamins and minerals they need for growth and development.

6. CULTURAL AND SOCIAL BENEFITS

Besides food, Japan's school lunch is also a platform for cultural and social exchange. By eating together in class, students strengthen connections and improve interpersonal relationships. Eating together creates a sense of community and belonging, helping to create a positive and inclusive school.

When the school lunch crew returns, they will begin serving the meal to their classmates. Students learn to serve and handle hot soup and other hot dishes with care, as well as portion control and time management. Everyone, including those serving, is hungry, so the kids must work together to get the lunch started as soon as possible.

Students are also expected to serve their teachers. Unlike kids, who are supposed to line up and obtain their food from their classmates, the school lunch crew must deliver their meal to the homeroom teacher's desk. Japan's Healthy School Lunch Program is a shining example of the country's commitment to the healthy development of its students. Young Driven by the importance of nutrition, literacy, safety, and life development, Japan's approach to school lunch goes beyond success. It nourishes young minds and bodies, instills responsible values and environmental awareness, and fosters a sense of community that extends beyond school age.

While the school lunch team prepares the meal, the other kids prepare themselves and their classroom. They would be divided into small groups to dine together in a more sociable atmosphere than the typical classroom arrangement of solitary desks all facing the blackboard. They'd assemble their desks, wipe them off, and then lay down their cloth placemats and tiny towels/washcloths/napkins brought from home.

As other countries grapple with the problem of improving the health of young people, Japan's school lunch is a good example to follow.

Dr. Erika Lacro
PEER EVALUATOR – GERMANY

Dr Erika since 2019, is UH's Vice President for Community Colleges, overseeing seven colleges. With UH since 2002, she was Honolulu Community College's first woman Chancellor, served at UH Mānoa School of Travel Industry Management, and Hawai i's largest resort. Holding a Ph.D. in Communication and Information Sciences, M.S. in Travel Industry Management, and B.S. in Travel Industry Management, all from UH Mānoa, she's active nationally in Achieving the Dream and more, and internationally in Community Colleges for International Development.

ARTICLE 05

FEATURED INSTITUTES

GSAAA is proud of its successful accreditation of educational institutions across the globe that meet our strict accreditation standards. We are honored to present a number of institutions that have received our valued certification this quarter. These institutions are evidence of their unwavering commitment to offering top-notch education. They received global certification from GSAAA, thanks to their steadfast dedication to fulfilling strict quality requirements.

LIBERTAS INTERNATIONAL UNIVERSITY

Libertas International University, a beacon of academic excellence, stands at the forefront of global education. Founded to foster intellectual growth and cultural exchange, this esteemed institution has consistently delivered a transformative educational experience. Located in the heart of a vibrant city, Libertas International University provides students with a unique blend of traditional values and modern approaches to learning.
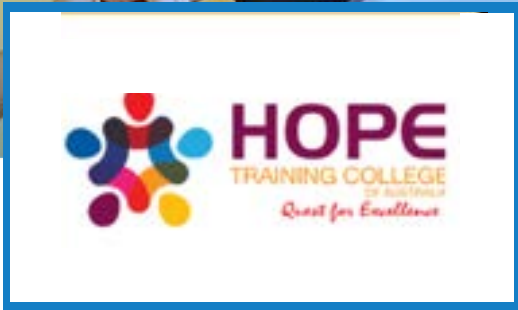
With a diverse and talented faculty, state-of-the-art facilities, and a wide range of academic programs, Libertas International University caters to the aspirations of students worldwide. Whether business, arts, sciences, or humanities, the institution offers a holistic education that equips graduates with the skills, knowledge, and global perspective needed to thrive in an ever-evolving world. The vibrant campus life, cultural events, and opportunities for research and internships make Libertas International University a dynamic hub of learning and personal growth.

LEAD BRITISH INTERNATIONAL SCHOOL

LEAD British International School is a name synonymous with excellence in education. Situated in a picturesque setting, this institution combines the best of British educational traditions with a global outlook. With a commitment to nurturing young minds and fostering a love for learning, LEAD British International School provides a world-class education that prepares students for success in a rapidly changing world.

At LEAD, students receive a rigorous academic foundation and engage in a rich tapestry of extracurricular activities that promote holistic development. The dedicated faculty, cutting-edge technology, and a supportive learning environment ensure students reach their full potential. With a focus on character development and global citizenship, LEAD British International School instils values beyond the classroom, producing well-rounded individuals ready to positively impact society.

HOPE TRAINING COLLEGE OF PERTH

Hope Training College of Perth is a beacon of hope in vocational education. Committed to empowering individuals with practical skills and knowledge, this institution plays a vital role in shaping careers and transforming lives. Located in the vibrant city of Perth, it offers a wide range of vocational courses designed to meet the demands of various industries.

Whether healthcare, hospitality, IT, or trades, Hope Training College of Perth equips students with the expertise and hands-on experience needed to excel in their chosen fields. The dedicated faculty and industry partnerships ensure that graduates are job-ready and prepared to contribute to the workforce from day one. With a strong emphasis on practical training and personalized support, this college is where dreams of professional success become a reality.

INTERNATIONAL CENTER FOR PARLIAMENTARY STUDIES

The International Center for Parliamentary Studies (ICPS) is a global hub for fostering democracy, good governance, and political excellence. Through its programs and initiatives, ICPS catalyses positive change in the realm of politics and government worldwide. With a mission to strengthen parliamentary institutions and promote democratic values, ICPS plays a crucial role in advancing the cause of democracy on a global scale.

ICPS provides a platform for parliamentarians, policymakers, and leaders from diverse backgrounds to engage in constructive dialogue, share best practices, and collaborate on solutions to pressing political challenges. Through its training programs, conferences, and research initiatives, ICPS equips individuals and institutions with the knowledge and skills needed to navigate the complexities of modern governance. By promoting transparency, accountability, and effective management, ICPS contributes to developing more robust democracies and a more just and equitable world.

ARTICLE 06

TEACHING LICENSE
OPEN DOORS FOR GLOBAL OPPORTUNITIES

In today's rapidly changing educational landscape, a teaching license has become more than just a certification; it's a key that unlocks a world of possibilities. The GSAAA's Teaching License, in particular, stands as a beacon of excellence and opportunity for educators around the globe. In this article, we'll delve into the significance of a teaching license, explore who is eligible for GSAAA's teaching license, and shed light on the benefits of choosing this internationally recognized credential.

WHAT IS A TEACHING LICENSE, AND WHY DO I NEED IT?

A teaching license is your official recognition of qualifications and expertise in the field of education. It's not merely a piece of paper; it's a testament to your commitment to meet educational standards and ensure quality learning experiences for students. Without a teaching license, your journey in education can be fraught with limitations. It's crucial to secure teaching positions demonstrating your dedication to the profession.

WHO IS ELIGIBLE FOR GSAAA'S TEACHING LICENSE?

GSAAA's teaching license program welcomes a diverse range of educators. While eligibility criteria may vary by location, in general, you'll need a relevant degree, teaching experience, and a commitment to uphold GSAAA's high standards of teaching. Whether you're an aspiring teacher or a seasoned educator looking to enhance your credentials, GSAAA's program is designed to cater to your needs.

WHY CHOOSE GSAAA TEACHER'S LICENSE?

GSAAA has been at the forefront of elevating teaching standards for over a decade. What sets GSAAA's teaching license apart is its global recognition. With this license, you gain access to a world of opportunities. You're not just a local teacher but part of an international community of educators, broadening your horizons and perspectives.

Additionally, GSAAA provides online training to enhance your skills continually. This ongoing support ensures that you remain at the cutting edge of teaching methodologies, adapting to the evolving needs of education. If you ever encounter challenges along your teaching journey, GSAAA offers a dedicated team of mentors to guide you.

ADDITIONAL PROMISES
THAT COME WITH OUR TEACHING LICENSE

A certificate with a seal of global acceptance.

An accredited teacher has a chance to welcome international opportunities based on our highly recognized certificate.

1. A Dedicated Page On Our Website

We want our teachers to be known across the globe, which is why we dedicate a whole page on our website to them, showcasing their profiles to millions of users.

2. Free Cover Letter and Resume Writing

A resume is the first impression of a potential candidate. Let us take care of that and allow you to showcase yourself better.

3. Resume Forward to 1000+ Institutes

We have a global network of institutes, and with GSAAA's teaching license, you can be a part of them immediately.

4. Online Teaching Option

With our accredited certificate, you can take your teaching journey even on digital platforms. Just get verified and take the advantage.

5. Participate in Leadership Programs

We do not keep anyone hanging. Once you are accredited, we will always support your back and allow you to take part in our exclusive leadership programs to upskill your profile

Simple & Streamlined Process

☑ Application

Begin by submitting your GSAAA Faculty Certification application. Include information on your teaching experience, credentials, and professional accomplishments. Our professional team will analyze your application and give you the green light to proceed to the next round.

☑ Peer Review Interview

A panel of experienced educators may conduct an interactive interview to discuss your teaching techniques and successes to guarantee alignment with global standards.

☑ Documentation

Gain international recognition with a credential recognized by universities all around the world, extending your professional prospects.

☑ Assessment

Your application and papers are thoroughly reviewed, and your experience, teaching techniques, and contributions to education are assessed.

☑ Certification

Following a successful evaluation, you will be given GSAAA Faculty Certification, demonstrating your dedication to academic quality.

☑ Benefits

You will have access to special materials, networking opportunities, and a platform to demonstrate your skills as a recognized faculty member.

CONCLUSION: READY TO BE A CERTIFIED TEACHER?

In conclusion, GSAAA's Teaching License is not just a piece of paper; it's a gateway to a global teaching career. It offers educators worldwide opportunities, international exposure, skills enhancement, and a network of supportive mentors. So, if you're passionate about teaching and aspire to make a difference in students' lives worldwide, it's time to take that crucial step and apply for GSAAA's Teaching License. Your journey to becoming a certified teacher with limitless possibilities begins here.

TESTIMONIALS: **REAL STORIES, REAL SUCCESS**

The impact of GSAAA teaching license is best illustrated through the testimonials of educators who have benefited from it. Teachers like John Smith, a high school teacher, and David Brown, an online tutor, have found their careers propelled to new heights. An ESL instructor, Michael Davis proudly shares how GSAAA's license was his passport to teach worldwide.

> *Gsaaa evaluated our educational programs' adherence to international standards. This system of evaluation has benefited our students and institutions. I hope Gsaaa has a lot of success.*

CIMAT   **Coimbatore Institute of Management & Technology**

> *We are grateful for the Gsaaa's efforts to promote our institute on a global scale, and we will give our ministry the notarized certificate as soon as we get it.*

Alexander-von-Humboldt-Schule Lauterbach

> *According to worldwide standards, Gsaaa evaluated the caliber of our programs and instruction. This system of evaluation has helped our students and institutions. I'm wishing Gsaaa many success.*

FIS Frankfurt International School   **Frankfurt International School**

DID YOU KNOW?

GSAAA ACCREDITED INSTITUTES

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