GPIS | newsletter

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The silent pressure students never talked about

Shwe Pearl Phyu, Pan Thazin (IGCSE Batch-8 Campus)

Students are often under pressure in school but some of this pressure is unspokenn and never talked about.This pressure can come from parents,teachers or even themself.Many people believe that pressure is needed to succeed while others thinks that it can be detrimentel.

One side of the argument is that pressure can be good.A little bit of pressure can encourages students to study harder and focus on their objectives.It can encourage them to study more,finish their assignments on time and develops their skills.For instance,studying for exams or competitions can help students develop more disipline and organisation.Some people think that if students are not under pressure,they will not takes their education seriously.

Pressure can also helps students prepare for the future.The future after school can be tough and learning to deal with pressure from a young age can be benefitical. Students who can handle pressure can becomes more responsible and adept at meeting deadlines in college or the workplace.A little bit of pressure can teaches students valuable life lessons such as time management and problem-solving.

On the other hand,pressure can be harmful.A certain amount of pressure can encourages students to study harder and aim for their goals.It can encourage them to study more,submit their assignments on time and develops their skills. For instance,preparing for exams and competitions can helps students become more disciplined and organized.Some individuals think that if there is no pressure,students will not take their studies seriously.

Pressure can also train students for the future.After school,life can be tough and learning to cope with pressure at young age can be benefitical.Students who knows how to deal with pressure can becomes more responsible and adept at meeting deadlines in college or the workplace.A little bit of pressure can teaches valuable life lessons such as time management and problem-solving.

However,too much pressure can be detrimentel.Students can feels anxious,stressed or even depressed if the pressure is too much.Pressure that is silent,without anyone even realizing,can makes students feel alone.They might feel like they is the only ones going through this which can affects their confidence. Some students might even be afraid to ask for help because they feels embarrassed.

Moreover,the kind of pressure that is only focused on grades and accomplishments does not takes into consideration the rest of life. Creativity,hobbies,friendships and emotional development can be overlook if students believe they are expected to be perfect all the time.Even long-term exposure to high pressure can have an impact on helth,sleep and motivation. Pressure is a reality of student life and at times,can be a positive influence by encouraging and preparing them for the future. However,silent or excessive pressure can be negative and result in stress and stunted growth.

"IF Dogs Could Talk, We'd Never Hear the End of It"

May Anna, Yee Mon & A girl from (Batch-10)

In reality, dogs have already been communicating with us constantly. By wigging its tail, by mourning whines and by their body language too. These things made their feelings known without a single word. But what if they can actually talk? Factually, dogs can't talk like humans, but if they could, we would not even see the conclusion of their talk.

Having to Take Bath

You might often find your dog enjoying splashing in puddles and never a step away from having a great time playing in the water. However, the majority of dogs don't enjoy baths. If the doggies could talk, the bath time would be full of dramatic complaints. They'd first complain to you that the water seems to be freezing or burning, they might need some time to prepare, then they will hold you up for hours giving lots of little reasons. They'd show up their secret weapon: calling your name in a whiny tone with a pitiful face, begging you with sweetest words to spare them from giving a bath. Doggies would say "All we really want is cuddles, not soap and scrubbing." In the end, their dramatic little actions win every battle, bath or no bath.



Having to Deal with Dry Pellets

One of the complaints all doggies have is why human foods are better than them. As we humans are eating different good foods while they are eating dry pellets all the time. It may also be true that some doggies don't eat dry pellets and share the same food as us but it's not every day that they get to eat the same food as us. While we are eating foods such as rice with different curries, the doggies are eating dry pellets. They would start to question why they have to eat the same dry pellets everyday while we eat different good foods. Imagine every day at lunch time and dinner time, they'd

To Page - 3

GPIS | newsletter

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From Page - 2

always complain about the differences between their foods and yours . Then maybe the humans will start giving them more good foods?

Going to the Vet

Another thing doggies would start to complain about is going to the Vets. Some people have to trick their doggies to go to the vet as humans do to their kids like, when we were a child, we had a fear of going to the clinic .That goes the same for the doggies too. They would start to complain every time they get sent to the vets. The doggies would start to complain by saying, "I thought we were buddies…. How could you trick me to go to the vets?" Imagine them asking us to buy them dog bones or toys as a reward every time we send them to the vet for a checkup and then asking us to hold their paws while the vet gives them a shot. It would be funny and cute in its own way. But regardless of how much complaints they have for us, we can always tell from their eyes that they still love us.

Why Do You Make Me Wear This?

It is common now that doggies wear clothes, pants, or even shoes and accessories. Dog lovers love to treat their pet dog as a family member. Sometimes some dog influencers will decorate them by making them wear accessories. But by sitting and imagining from the doggie's point of view, there would probably be tons of complaining questions like "How will I pee in this costume?", "Are you just using me for social media?", or even like, "Let me be myself! " Understanding them is also important from a human's perspective.



Getting Ignored

As we all know, doggies are the most heart-warming creature we could ever find. If you ever ignore them, intentionally or unintentionally, it will shatter their heart into pieces. They'll attempt to do anything possible to get your attention. They'll wonder why their signals like barking, pawing, whimpering aren't working. They'd ask you repeatedly what goes wrong, what they did, what they can do to have your eyes on them. Sometimes, doggies might even flip the script, they'd obviously sigh loudly, having the meanest face ever and tell you're the most stubborn person they know. But inside they're patiently waiting for you to make it up to them. They'd say to themselves, "What can I even still do to let this human finally talk to me, I just want to be loved!" After all, they are just lovely attention-seekers in our hearts.



At the end of the day, no matter how many complaints doggies might have, we can't change the fact that doggies are the most loyal and lovable animals among any others. Actually, it's a great thing that nature had our doggies unable to talk. If they really could, our ears would never get a break from their dramatic speeches. They'd remind us about that one time we stepped on their tail years ago, and they'd definitely bring it up every time they've to put up with something. In fact, their little actions such as wagging tails, staring at us with big round eyes, playing around, little barks already speak louder than words ever could. Honestly, doggies not having the ability to talk may be the greatest blessing for every dog owner, because if dogs could talk, we'd never hear the end of it.

Mental Health Awareness Talk:
Impact of the Modern World and Personality Issues

At Global Pathways International School (GPIS), we believe that education extends far beyond academics—it encompasses the holistic well-being of our students. To support our young learners navigating the complexities of the 21st century, we recently organized a vital mental health educational webinar titled "Impact of Modern World and Personality Issues."

This special event was carefully designed for our students attending from our Yangon and Mandalay campuses, as well as those studying online.

The session provided valuable insights into the challenges and pressures faced in today's rapidly changing world, while highlighting the importance of maintaining positive mental well-being and developing healthy personality traits.

We would like to express our sincere appreciation to Dr. Moe Thet Naing Lin, Mental Health Specialist, for sharing his expertise and guiding students on how to build resilience, manage stress, and confidently navigate modern-day challenges.

The event was both informative and inspiring, encouraging students to prioritize their mental health and personal growth.

Here are some memorable moments from the session.







