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# Consumer Impact

VOL. 16  
NO. 2  
AUGUST  
2026

## BACK-TO-SCHOOL



**DISCOVER • LEARN • ACHIEVE**

**BUILDING A SAFE ENVIRONMENT FOR OUR STUDENTS**

A Shared Responsibility in Fostering Learning, Growth and Success

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# back-to-school

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# Minister's Message

**Hon. E. P. Chet Greene**

Minister of Foreign Affairs, Trade and Immigration



As we usher in another academic year, our focus is to provide clear guidance and support to parents and guardians as they make purchases in preparation for the new school year. It is with this supportive mission in mind that we embrace the theme of this year's Back-to-School newsletter, "Discover, Learn and Achieve", a powerful call to action that reminds us that education is a lifelong journey of discovery, a commitment to continuous learning, and a pathway to achieving our highest aspirations.

However, academic success is not built on a foundation of classrooms and textbooks alone. It requires a supportive, fair, and safe economic environment for the families who invest in our students' futures. Back-to-school shopping represents a significant financial commitment for parents and guardians in Antigua and Barbuda. As Minister of Trade, it is my duty to ensure that as you seek the tools your children need to excel, your hard-earned resources are protected.

The Consumer Protection Act 2025 is your safeguard during this high-volume shopping season. Before you finalize any purchase of school supplies from open stock, you have the right to fully examine those items. Take the time to do so.

The Act also offers consumers protection against deceptive pricing. Suppliers are prohibited from engaging in unfair, unjust, misleading or unreasonable transactions. An item's final price must be clearly disclosed, and consumers cannot

be charged more than the displayed price at checkout. Additionally, dual pricing is prohibited, and in such instances, the consumer pays the lowest of the displayed prices.

For school supplies, the law provides clear remedies for defective goods. Under the Act, goods supplied must be of reasonably acceptable quality. However, if they fail to do so, consumers are entitled to redress.

Behind the strength of these legislative protections is the dedicated team at the Prices and Consumer Affairs Division. As consumers navigate this busy shopping season, our officers and inspectors are actively on the ground, conducting market surveillance, monitoring prices, and ensuring that suppliers comply with the law. I commend the staff of the Division for their commitment to protecting consumers.

To our suppliers, I call on you to partner with us in the spirit of national development and shared responsibility. Your role is vital to our nation's progress. I urge you to treat our consumers with fairness, transparency, and integrity. Not merely as a matter of legal compliance, but as a commitment to supporting the very families and communities that sustain your businesses.

To our students, parents, guardians, and teachers, I wish you a safe, productive, and prosperous school year. Let us work together to ensure our children can safely discover their talents, learn with enthusiasm, and achieve their full potential.

*discover*





# Hidden Dangers

## IN SCHOOL SUPPLIES

**When shopping for school supplies, it is easy to focus on bright colours, popular characters, and low prices. What is less obvious are the potential risks that can hide in common items; risks that can affect a child's health and safety. Knowing these risks allows parents to make informed choices to protect their child's health and well-being**

### **Chemical exposure:**

Some markers, paints, and craft glues release strong fumes or contain solvents that can irritate the eyes, nose, throat, or skin. The U.S. Centers for Disease Control and Prevention recommends parents look for water-based, non-toxic labels and certified safety marks on art supplies. If a product lacks clear labeling, avoid it. When children use art supplies, ensure good ventilation. Open the windows or work outdoors and supervise younger children closely to prevent accidental ingestion.



### **Choking hazards:**

This is a common danger, particularly for younger siblings who may access older children's supplies. The American Academy of Pediatrics warns that pencil sharpeners with removable blades, bead kits, and charm



keychains can become choking hazards. Parents should check age recommendations on packaging and choose items without detachable small parts for preschool and early primary-aged children.



Additionally, tiny items should be stored in sealed containers out of reach when not in use. A seemingly harmless novelty pencil topper or small sticker pack can become dangerous if left within reach of a toddler (Consumer Product Safety Commission).



### **Sharp edges:**

Cheap scissors, compasses, or protractors may have poorly finished edges or weak plastics that crack and create sharp fragments. Parents should choose blunt-tipped child-safe scissors for younger children and verify that metal blades



and tools meet safety standards (AAP). Items such as rulers and pencil cases should be inspected for cracks before use and ensure scientific or craft kits include safety instructions and appropriate protective equipment such as goggles or gloves (CPSC).

## Allergens:

Hidden allergens can trigger serious reactions in children with sensitivities. Latex is commonly found in elastic bands, some erasers, and balloons.



Children with latex allergies can experience itching, hives, or more severe responses (CDC). Fragranced products such as scented markers, pencils, or erasers may contain chemicals that cause headaches or respiratory irritation in sensitive children. If your child has known allergies or asthma, avoid scented items and choose latex-free alternatives (CDC). Parents should read labels carefully and, when in doubt, opt for plain, unscented products.

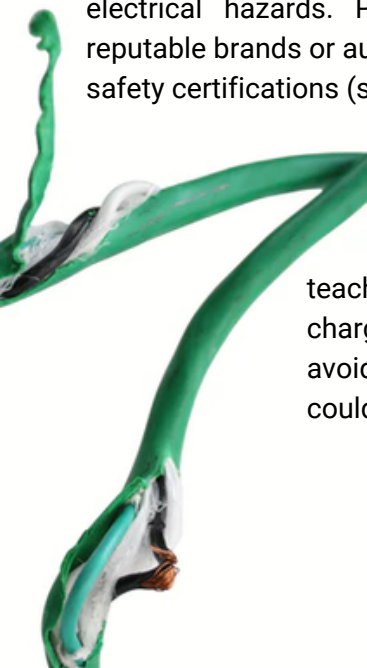
## Safety habits:

Teach children not to put school supplies in their mouth, to report broken items, and to wash hands after using art materials. Parents should regularly inspect schoolbags and pencil cases for damaged or unsafe items and replace them promptly. If you suspect a product caused an allergic reaction or injury, keep the item and its packaging and consult your healthcare provider.

## Counterfeit and low-quality electronics:

Counterfeit and low-quality electronics are an increasing concern. USB chargers, headphones, and battery packs marketed cheaply online may overheat, leak, or malfunction, posing fire or electrical hazards. Purchase electronics from reputable brands or authorized retailers, check for safety certifications (such as UL or CE).

Spotting hidden dangers in school supplies requires a combination of careful shopping, simple household checks, and good habits. By choosing well-labeled, age-appropriate products, keeping small or fragile items out of reach of younger children, and staying alert to allergens and counterfeit electronics, parents can ensure their children's supplies support learning without compromising safety.



Parents should inspect cords and plugs for damage before use, teach older children to unplug chargers when not in use and to avoid covering devices that could trap heat (CPSC).

# UNSAFE SIPS:

## What's Lurking in Your Child's Water Bottle



**Water bottles can seem harmless, but several hidden risks affect health and safety.**

### Chemicals:

Some plastic bottles contain chemicals such as bisphenol A (BPA) or certain phthalates that can leach into liquids, especially when bottles are heated, scratched, or used for acidic drinks. The U.S. Food and Drug Administration recommend choosing BPA-free or tested materials and avoiding prolonged heat exposure.

Stainless steel bottles avoid BPA and phthalates, but low-quality metal bottles or damaged interior coatings can leach metals. Consumers should look for food-grade stainless steel and manufacturer safety documentation (NSF).



### Bacterial and mold growth:

This is a common hazard, particularly in caps, straws, valves, and threaded necks that trap moisture and residue.

The U.S. Centers for Disease Control and Prevention highlights that moist, enclosed components promote microbial growth and advises thorough cleaning and drying.



### Physical risks:

These include cracked or brittle plastic creating sharp edges, faulty caps or seals that leak and create slip hazards, and poorly made straws or valves that can detach and pose choking risks. The U.S. Consumer Product Safety Commission recommends inspecting reusable bottles for damage and replacing worn parts. Counterfeit or cheaply made bottles may lack safety testing, have unsafe coatings or paints, or contain heavy metals in decorations.

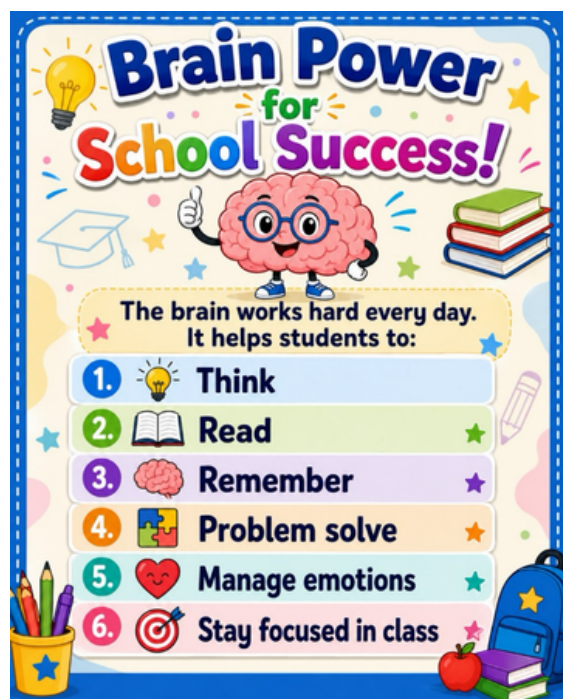
# DISCOVERING BRAIN FOODS:

## Fuel for Learning, Focus, and Achievement

by Ms. Dorothy Graham, MSc  
Nutrition Consultant

Back-to-school is the season of new books, new goals, and new opportunities. This is the time when students discover, learn, and achieve. While school supplies are important, one of the most powerful tools for academic success is often found right at home: nutritious food.

Like the rest of the body, the brain needs the right fuel to function well. Healthy eating habits can support concentration, memory, mood, energy, and growth. The brain works hard every day by helping students to Think. Read. Remember. Problem Solve. Manage Emotions. Focus.



Brain-supporting foods do not have to be expensive or difficult to prepare. Many nutritious choices are already available in local marketplaces and home pantries.

### Important foods and nutrients include:

- **Whole grains and provisions:** provide complex carbohydrates - the brain's main source of energy.
- **Examples:** whole grains (oats, brown rice, wheat, cornmeal, etc.) and provisions (sweet potato, yams, cassava, green banana, plantain, etc.).

- **Fruits and vegetables:** provide vitamins, minerals, fibre, and phytonutrients.

**Examples:** mangoes, berries, bananas, citrus fruits, carrots, pumpkin, tomatoes, and dark green leafy vegetables.



- **Protein foods:** vital for body growth and tissue repair. Protein is also necessary for normal brain function and mental health, to regulate mood, memory, and motivation.

**Examples:** eggs, fish, chicken, beans, peas, lentils, milk, yoghurt, nuts, seeds.



- **Omega-3 fats:** support brain development and function.

**Examples:** sardines, tuna, salmon, flaxseed, chia seeds, and walnuts.

- **Healthy fats:** needed for the healthy cells, brain, and nervous system.

**Examples:** avocado, olives, nuts, seeds, and fish.

- **Iron-rich foods:** help oxygen move throughout the body.

**Examples:** meats, beans, peas, lentils, dark green leafy vegetables, and dried fruits.

- **Calcium-rich foods:** important for healthy bones and teeth.

**Examples:** milk, yoghurt, low-fat cheese, fortified milk alternatives, and leafy vegetables.

- **Water:** adequate hydration supports concentration, alertness, mood, and physical activity.



### Start Strong with a Brain-Healthy Breakfast

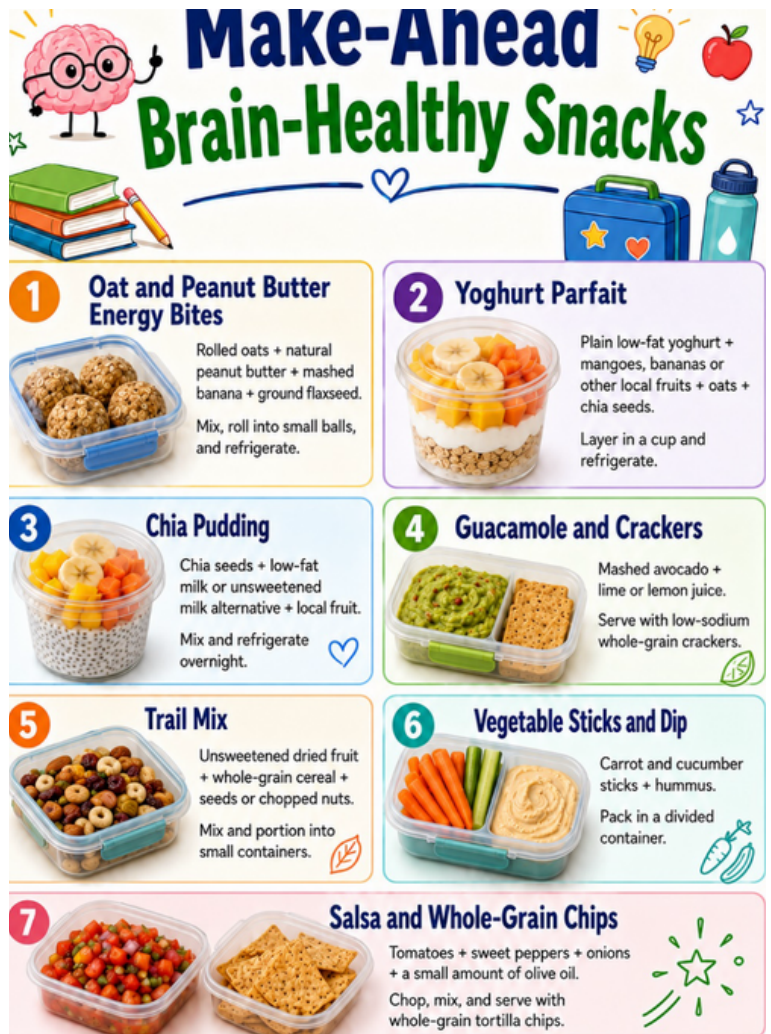
- Breakfast helps replenish energy after the overnight fast and can prepare students to effectively participate in classroom activities. A balanced breakfast should ideally include a source of carbohydrate, protein, fruit and/or vegetables, and a healthy beverage.

- Breakfast does not have to be expensive or complicated. It can include nutritious options illustrated as follows:



### Continue the Day with Brain-Healthy Snacks

Healthy snacks can help students maintain energy and concentration between meals. Healthy snacks provide fruit, whole grains, healthy fats, and plant-based protein. Oats, fruits, nuts, seeds, and unsaturated fats support cardiovascular health, while omega-3-rich foods such as nuts and seeds provide nutrients important for brain development. The following **No-Bake Heart- and Brain-Healthy Snacks** options are easy to prepare ahead of time and pack for school.



For children younger than 4 years, avoid whole nuts and thick spoonfuls of nut butter, as they may pose a choking hazard. Use finely ground nuts or thinly spread nut butter instead.

To sum it all up, here are your SMARTER Back-to-School Healthy Reminders:

- **S** – Serve to Fuel Learning: Provide balanced breakfasts and smart snacks to support focus and energy.
- **M** – Make Water the First Choice: Pack water daily and limit sugary drinks.
- **A** – Avoid Allergy Risks: Check ingredient labels, avoid known allergens, and follow the school's allergy policy.
- **R** – Read Food Labels: Choose foods with less sugar, salt, and saturated fat.
- **T** – Think About Choking Hazards: Avoid large chunks of food, including spoonfuls of peanut butter.
- **E** – Ensure Food Safety: Discard perishable foods left in the Temperature Danger Zone – 40°F to 140°F (4°C to 60°C) – for more than 2 hours, or more than 1 hour when the surrounding temperature is above 90°F (32°C).
- **R** – Ready Meals Ahead: Prepare meals and snacks in advance to ensure that they are readily available, help reduce cost, and prevent waste.

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# Learn





# BACK-TO-SCHOOL SHOPPING: Truths & Myths

As the new school year approaches, parents, guardians, and students will be purchasing uniforms, shoes, electronics, and other school supplies. Before heading to the register, it is essential to understand your rights under the Consumer Protection Act 2025. Clearing up common myths will help consumers shop with confidence and protect their hard-earned money.

| Myths                                                                                                                                | Truths                                                                                                                                                                                                                                                                      | Legal Basis                                            |
|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|
| <div>1</div> <div>Suppliers do not have to display prices if they can look them up at the register.</div>                            | <div>Suppliers offering goods or services for sale, must display prices. They cannot force consumers to ask at the register to know how much an item costs.</div>                                                                                                           | <div>Consumer Protection Act 2025<br/>Section 54</div> |
| <div>2</div> <div>If an item shows two different prices, the store can charge the higher one.</div>                                  | <div>If an item is displayed with two different prices, the consumer has the legal right to pay the lower displayed price.</div>                                                                                                                                            | <div>Section 55</div>                                  |
| <div>3</div> <div>The register scanned a higher price because the supplier's system updated today.</div>                             | <div>If the price at the register scans higher than what is displayed on the item or shelf, the store must honour the lower displayed price.</div>                                                                                                                          | <div>Section 55</div>                                  |
| <div>4</div> <div>A consumer must take whichever uniform, exercise book, or shoe the store hands him from the displayed goods.</div> | <div>Consumers have the right to select or reject any item sold from open stock. A supplier cannot force a consumer to accept an item without allowing him to choose and examine the one he wants.</div>                                                                    | <div>Section 44</div>                                  |
| <div>5</div> <div>If school shoes fall apart after two weeks, that time is too long for the consumer to obtain redress.</div>        | <div>Every consumer agreement carries an implied warranty that goods are of "reasonably acceptable quality". Products must be fit for their common purpose, durable, safe, and free from minor defects. If an item fails unreasonably fast, it may breach this right.</div> | <div>Section 66</div>                                  |



6 “No Refund, No Exchange” signs mean consumers cannot return an item.



“No Refund, No Exchange” signs are illegal and unenforceable. If a product is defective or unsafe, a consumer’s right to redress overrides any store sign or receipt policy.

Sections 68 and 69



7 Consumers have no rights to redress when they purchase items on sale.

Purchasing back-to-school items on sale do not remove a consumer’s rights to redress. Unless the supplier pointed out a specific defect prior to purchase.

Section 65

8 Consumers only get a warranty if they pay extra for an extended plan.



Extended warranties are optional and do not replace consumer rights. Suppliers are required to issue explicit warranties. Even if no written warranty is provided, an implied six-month warranty on both parts and labour is automatically attached to the transaction under the Act.

Section 64

9 Consumers must contact the manufacturer directly for warranty claims.

If a product fails under its warranty, the supplier is responsible for facilitating the repair, replacement, or refund.

Section 64

10 Suppliers are not required to give you a receipt unless you ask for one.



A supplier of goods or services must provide a written durable receipt or an electronic record (if accepted by the consumer) for every transaction over \$10. Suppliers cannot refuse to issue a receipt, or claim receipts are given on request for purchases above \$10.

Section 61



# Buying Tech for School?

## What to Do If Your Device Has a Defect

**Laptops, tablets and other electronic devices are back-to-school purchases that often represent a significant investment for families. But what happens if a newly purchased tablet does not power on, or your child's laptop develops a major screen flicker after just one month of use? The Consumer Protection Act 2025 provides clear legal safeguards to ensure consumers do not have to absorb the cost of a defective device or accept a supplier's dismissal of their concerns.**

Section 65(1) of the Act requires every device sold to be of "reasonably acceptable quality". The device should be safe, and free from defects. Under Section 66(2), if a consumer tells the supplier a device must meet a specific need (for example, to run required school software), the device sold to the consumer must fit that purpose.

Additionally, under Section 65(7), the device sold is implied to be unused and brand new. A supplier cannot represent a display model or previously returned device as new unless they clearly disclose its condition to the consumer before the sale.

Under Section 64(2) of the Act, when a device includes a manufacturer's warranty, the local supplier is deemed to have issued that warranty directly to the consumer. Regardless of any geographical limitations in the warranty, the supplier who accepted payment from the consumer is responsible as if they were the manufacturer. Consumers are not required to make direct claims to the manufacturer.

If a supplier does not provide a specific written warranty for the device, an implied six-month warranty covering parts and labour is automatically applied to the transaction in keeping with Section 64(6) of the Act. Although the consumer can purchase an extended warranty plan, this is optional and does not replace his baseline legal protections. Should a device fail, the consumer is entitled to repair or replace. Section 64(3) requires that repairs or replacements be handled within a reasonable time. Suppliers cannot leave students without essential learning tools for months while waiting indefinitely for parts or service.

Should a supplier's description or declaration of a device persuade a consumer to purchase a device but the consumer discovers within a reasonable time that the device is defective in a material particular (different from what was declared or described), Section 69 gives the consumer the right to return it. The supplier must either replace the item within seven days of return, or five days plus import time for imported replacements or, at the

consumer's choice, immediately refund the purchase price or another agreed amount. Consumers, be aware that devices must be returned in the condition purchased or show only minimal wear from normal use before the defect was discovered. Also, the protection does not apply if the goods matched the supplier's description, but if the consumer changes his mind.

**What to Do If Your Device has A Defective?**

- 1** Locate your receipt: Under Section 61 of the Act, suppliers must issue a written or electronic receipt for purchases over \$10.
- 2** Return to the supplier: Take the device back to the supplier where it was purchased and request a remedy.
- 3** Know your remedies: Under Section 64(7), remedies for breach of warranty include free repairs, a replacement device, or a partial or full refund.



**Need Help?**

If a supplier refuses to honour your consumer rights, contact the Division for advice and assistance.

**Don't Leave the Store Without Your Receipt!**

Whether you are purchasing exercise books, school uniforms, or a new laptop, keeping your receipts is one of the most important habits for back-to-school shopping. A receipt is your primary proof of purchase, and your essential tool if an item turns out to be defective or needs to be returned.

Under Section 61 of the Consumer Protection Act, suppliers are legally required to provide consumers with a written or electronic receipt for every transaction over \$10.

**What Must Be Included on Your Receipt?**

Every sales record issued by a supplier must clearly display:

**Business Details:** The store's name (or registered business name), business address, and VAT registration number (if applicable).

**Transaction Date:** The exact date the purchase took place.

**Product Breakdown:** A clear description of the items purchased, along with the quantity and unit price for each item.

**Price and Tax:** The subtotal before taxes, the amount of any applicable taxes (such as ABST), and the final total price paid.

**Why This Protects You as a Consumer**

**Proof of Purchase:** If that newly bought tablet or uniform develops a defect, your receipt serves as proof under Section 62 to claim a repair, replacement, or refund.

**Protection Against Overcharging:** Having an itemized receipt allows you to verify that register prices match displayed prices and that taxes were calculated correctly.

**No "No Receipt" Excuses:** Suppliers cannot refuse to issue a receipt for purchases over \$10 or claim that receipts are "optional". Failing to provide a proper receipt is an offense under the Act.

**Consumer Tip:** Create a "Back-to-School Receipts" envelope or take a photo of your paper receipts with your phone as a backup. If a supplier refuses to issue a proper sales receipt, contact the Division for assistance.



# Teaching Consumers How to Read Labels

by Mrs Gem Reynolds, Manager  
Standards Development

Every day, consumers make purchasing decisions based on the information available to them. While price is often the first thing we look at, labels provide important details that can help us make safer, healthier, and more informed choices.

A product label is more than just a sticker or packaging requirement - it is a source of information that tells us what a product is, who made it, how it should be used, and whether it is suitable for our needs. Whether purchasing a snack, a beverage, cosmetics, or an online product, understanding label information helps consumers make choices that support their health, safety, and overall well-being.

Here are some key pieces of information to look for when reading a label:

## 1. Name of the Product

The name of the product tells you exactly what you are purchasing. This may seem obvious, but it is important to read carefully. Similar-looking products can have very different ingredients and uses. For example, almond milk and cow's milk may be displayed side by side, but choosing the wrong product could have serious consequences for someone with a nut allergy.



## 2. Best Before or Best by Date

These dates indicate the period during which a product is expected to maintain its optimum quality when stored under recommended conditions. While a product may still be safe to consume after the date in some cases, its flavour, texture, appearance, or nutritional quality may have changed. Always check date markings before making a purchase.



## 3. Net Weight or Quantity

The net weight or quantity tells you how much product is contained in the package. This information allows consumers to compare products and determine value for money. For example, two products may appear to be the same size, but one may contain less product than the other.



## 4. Country of Origin

The country of origin indicates where a product was grown, produced, or manufactured. This information can be useful for consumers who wish to support local products or who want to know where a product comes from. It is important to note that the country of origin may differ from the country where the product was packaged or labelled.

## 5. Name and Address of the Manufacturer or Distributor

This information identifies the company responsible for the product. If you have questions, concerns, or wish to report a problem, the label should tell you who to contact.



## 6. Ingredients and Allergen Information

The ingredients list tells you what the product contains. Ingredients are typically listed in descending order by weight, meaning the ingredient present in the greatest amount appears first. Common allergens such as nuts, milk, eggs, wheat, soy, fish, and shellfish are often highlighted on labels. Reading this information carefully can help prevent allergic reactions and protect consumer health.



## 7. Nutrition Information

The nutrition information panel provides details about the nutritional content of a food product, including energy (calories), fat, sugar, sodium (salt), protein, and other nutrients. This information can help consumers compare similar products and make choices that support a balanced diet and healthy lifestyle.

## 8. Storage and Directions for Use

Labels often provide instructions on how to store and use a product properly. Following these instructions helps maintain product quality and safety. For example, some products may need to be refrigerated after opening, while others should be kept in a cool, dry place.



## Quick Label Check: Five Questions to Ask Before You Buy

Before placing a product in your shopping cart, take a moment to ask yourself:

- ✓ Is this the product I intended to purchase?
- ✓ Has the best before or use-by date passed?
- ✓ Does it contain any ingredients or allergens that I should avoid?
- ✓ Have I checked the nutrition information and compared similar products?
- ✓ Do I understand how to use and store the product safely?

## Make Labels Work for You

An informed consumer is an empowered consumer. By learning how to read labels, we can make smarter choices, protect our well-being, and contribute to a safer marketplace for everyone.

# Consumer's Right to Information

When shopping for back-to-school items, consumers have a legal right to know exactly what they are paying for before handing over their money. Under Section 53 of the Consumer Protection Act, suppliers are required to provide consumers with clear product information in English prior to payment.

This information includes, where relevant: origin, care instructions, components, hazards, proper use,

weight and size, and any assembly or installation directions. Suppliers must also disclose any professional fees charged for the goods.

Failure to provide this information is an offence. Suppliers could face a fine up to \$5,000 or, if unpaid, imprisonment up to two years. Additionally, if a consumer damages goods because they were not given the required information, the supplier remains responsible for that damage despite any warranty terms.



# Import Regulations and Restrictions into Antigua and Barbuda

by Mr. George Brown MBA., BBA.  
Dir. Research and Development  
Customs and Excise Division

International trade plays a vital role in the economic development of Antigua and Barbuda, providing consumers and businesses with access to a wide range of products that may not be readily available locally. Whether importing goods for personal use or commercial purposes, it is important to understand that all imports are governed by Customs laws and regulations designed to protect public health and safety, national security, the environment, and the country's economic interests.

The Antigua and Barbuda Customs and Excise Division is the primary border agency responsible for regulating the movement of goods entering the country. Through the administration of the Customs Control and Management Act, 2013 and other relevant legislation, the Division facilitates legitimate trade while ensuring compliance with national laws and international obligations.

A common misconception among importers is that any item purchased overseas can be brought into Antigua and Barbuda without limitation. In reality, whether goods may be imported freely depends on the nature of the goods, their intended use, the quantity being imported, and the legislation governing their importation. While many consumer goods may be imported without the need for a licence or permit, others are subject to restrictions

**A common misconception among importers is that any item purchased overseas can be brought into Antigua and Barbuda without limitation.**

and require prior approval from the relevant government authority before they can be legally imported into the country. Importers are therefore encouraged to familiarize themselves with the applicable import requirements before making a purchase to avoid unnecessary delays, additional costs, or the possible seizure of goods.

Restricted goods are items that may only be imported once the importer has obtained the



appropriate licence, permit, or authorization from the relevant competent authority. These may include firearms and ammunition, pharmaceuticals, certain food products, plants and plant materials, live animals, chemicals, telecommunications equipment, and environmentally sensitive products. Depending on the commodity, approvals may be required from agencies such as the Ministry of

## Prohibited goods

### Include:

- Illegal narcotics
- Counterfeit goods,
- Obscene materials,
- Products considered harmful to public health, safety, national security, or public morals.



Health, the Department of Agriculture, the Antigua and Barbuda Defence Force, the Royal Police Force of Antigua and Barbuda, or the Department of Environment.

Prohibited goods, on the other hand, are items that are not permitted to enter the country under any circumstances, except where specifically authorized by law. These include illegal narcotics, counterfeit goods, obscene materials, and other products considered harmful to public health, safety, national security, or public morals. Customs officers remain vigilant in identifying and intercepting these goods to protect the people of Antigua and Barbuda.

One of the most important responsibilities of every importer is ensuring that goods are accurately declared to Customs. Supporting documents such as invoices, receipts, bills of lading, airway bills, and packing lists should accompany imported goods, as these documents enable Customs officers to correctly classify, value, and assess duties and taxes. Providing false information, undervaluing goods, or failing to declare imported items constitutes an offence and may result in penalties, seizure of goods, or prosecution under the Customs Control and Management Act, 2013.

The rapid growth of e-commerce has significantly increased the number of goods entering Antigua and Barbuda through courier services and freight forwarders. While online shopping offers convenience and access to competitive prices, consumers should remember that imported goods remain subject to Customs procedures and the applicable duties and taxes. Keeping copies of online orders, payment confirmations, and shipping

documentation can assist in facilitating a smoother clearance process.

Businesses importing goods for resale also play a critical role in maintaining compliance. Accurate tariff classification, proper Customs valuation, and effective record-keeping not only reduce delays at the border but also contribute to fair competition and the collection of government revenue, which supports national development.

Beyond revenue collection, the role of Customs has evolved significantly. Today, the Antigua and Barbuda Customs and Excise Division is equally focused on trade facilitation, border security, the protection of intellectual property rights, the prevention of illicit trade, and the enforcement of laws aimed at safeguarding society. The Division works closely with local, regional, and international partners to strengthen border management while promoting efficient and lawful trade.

Understanding import regulations and restrictions is essential for every importer. Before purchasing goods from overseas, individuals and businesses are encouraged to determine whether permits or licences are required and to seek guidance from the relevant authorities where necessary. Taking the time to understand the applicable requirements can help avoid unnecessary delays, financial losses, and legal consequences.

The Antigua and Barbuda Customs and Excise Division remains committed to facilitating legitimate trade while protecting the nation's borders. By complying with import regulations and making informed purchasing decisions, importers contribute to a safer, more secure, and more efficient trading environment that benefits everyone.



A Consumer's Guide to  
**SHOPPING ONLINE  
FOR BACK-TO-SCHOOL**

**BUYING FROM OVERSEAS SUPPLIERS**

**1. Know What's Permitted**

- Before ordering or shipping items, confirm they are allowed into Antigua and Barbuda. Check prohibited and restricted goods at [www.customs.gov.ag](http://www.customs.gov.ag).

**2. Check Merchant's Authenticity and Security**

- **Look for secure connections:** Ensure the website URL begins with https:// and displays a padlock icon in the browser address bar.
- **Verify contact information:** Trustworthy retailers display a physical business address, a customer service phone number, and clear contact channels, not just a blank contact form.
- **Read unbiased reviews:** Read unbiased customer reviews before purchasing. They give practical insights on quality, fit, and performance.

**3. Understand Return and Refund Policies**

Returning a defective or wrong-sized item internationally can be costly and complicated.

- **Check the size guides carefully:** European and US sizing for school shoes and clothing can vary significantly. Measure your child accurately using the site's sizing charts before purchasing.
- **Review Return Windows:** Check who pays for return shipping if an item arrives damaged, defective, or in the wrong size.
- **Keep Digital Records:** Save copies of your order confirmations, digital receipts, tracking numbers,

| KID'S UNISEX SHIRT |         |         |              |         |
|--------------------|---------|---------|--------------|---------|
| Size in Years      | Chest   | Length  | Bottom Width | Sleeve  |
| 2-4 years          | 12"     | 16.5"   | 12"          | 4"      |
|                    | 30.5 cm | 41.9 cm | 30.5 cm      | 10.2 cm |
| 4-5 years          | 12"     | 18"     | 12"          | 4.5"    |
|                    | 33 cm   | 45.7 cm | 33 cm        | 11.4 cm |
| 6-7 years          | 14"     | 18.5"   | 14"          | 5"      |
|                    | 35.9 cm | 47 cm   | 35.9 cm      | 12.7 cm |
| 8-9 years          | 15"     | 20"     | 15"          | 5.5"    |
|                    | 38.1 cm | 50.8 cm | 38.1 cm      | 14 cm   |
| 10-11 years        | 16"     | 22"     | 16"          | 6"      |
|                    | 40.6 cm | 55.9 cm | 40.6 cm      | 15.2 cm |
| 12-13 years        | 17"     | 23"     | 17"          | 6.5"    |
|                    | 43.2 cm | 58.4 cm | 43.2 cm      | 16.5 cm |
| 14-15 years        | 18"     | 24"     | 18"          | 7"      |
|                    | 45.7 cm | 61 cm   | 45.7 cm      | 17.8 cm |

and any email correspondence with the seller.

**4. Ship Early**

- Shipping to Antigua and Barbuda during peak back-to-school seasons can experience delays. Also, clearance delays can increase cost.

**5. Know Your Allowances**

- Once your package arrives Antigua, local freight charges, customs duties, Revenue Recovery Tax (RRT), and ABST may apply depending on the item and its total valuation. If travelling, there is a personal allowance limit. The duty-free allowance for personal items is USD \$200 (XCD \$540). Laptops and tablets qualify for waivers on Import Duty and ABST and receive a 50% waiver on the Revenue Recovery Charge (RRC).

**BUYING FROM LOCAL SUPPLIERS**

When purchasing online from a local supplier your rights still apply. Buying online from a local supplier does not remove your statutory protections under the Consumer Protection Act 2025.

- **Price Transparency:** Displayed prices must be clear and complete before checkout.
- **Receipt:** Local suppliers are legally required to provide a durable written or electronic receipt for purchases over \$10.
- **Quality and Warranties:**





## How to Use Pedestrian Crosswalks and Roadways Safely

Submitted by: Claricia Abraham  
Product Development Officer  
Antigua and Barbuda Transport Board

As the new school year begins, excitement fills the air as students prepare to return to the classroom, reconnect with friends, and embrace new opportunities to learn. While purchasing school supplies and uniforms is an important part of back-to-school preparation, one of the most valuable lessons children can learn is how to travel safely to and from school. Whether walking, or using private/public transportation, understanding how to use pedestrian crosswalks and roadways safely is essential to preventing accidents and protecting lives.

Every day, hundreds of students across Antigua and Barbuda travel along our roads. This makes road safety a shared responsibility among students, parents, motorists, schools, and the wider community. By working together and following simple safety practices, we can create a safer environment where every child has the opportunity to discover, learn, and achieve.

Pedestrian crosswalks are designed to provide a safer place for people to cross the road. However, a crosswalk only offers protection when it is used correctly. Before stepping onto a crosswalk, pedestrians should always stop, look left, look right, and left again, and ensure that all vehicles from both directions have come to a complete stop. Eye contact with drivers is also important, as it helps confirm that they have seen you before you begin crossing.

Once it is safe, cross the road at a steady pace while remaining alert. Avoid running across the street or stopping midway through the crossing. Children and teenagers should also avoid distractions such as mobile phones, texting, or listening to loud music through headphones

while crossing the road. Remaining focused on traffic and adhering to crossing guards can make the difference between a safe journey and a dangerous situation.

Whenever possible, pedestrians should use sidewalks or designated walkways. If a sidewalk is unavailable, walk facing



oncoming traffic and stay as far away from moving vehicles as possible. This allows pedestrians to see approaching traffic and react if necessary. It is also important to avoid crossing between parked vehicles, as drivers may not be able to see someone stepping onto the roadway. Instead, always walk to the nearest crosswalk or intersection where visibility is much better for everyone.

School zones require extra care and attention. These areas are specifically designed to protect children during the busiest times of the school day. Drivers should always obey speed limit signs, remain alert for crossing guards and police officers, and be prepared to stop for children crossing the road. At the same time, students should only cross





at designated crossings, follow the directions of crossing guards, and never assume that every vehicle will stop automatically.



Whether travelling on a school bus or a public bus, students should always follow basic safety rules. School buses have conductors who assist students with boarding, seating, and exiting safely. On public buses, students should wait until the bus has come to a complete stop before getting on or off. While traveling on the buses, children should never put their hands, arms, head, or any part of their body outside the windows, as this can result in serious injury. Respecting these simple rules helps ensure a safe journey to and from school.



Parents and guardians play one of the most important roles in developing safe road habits. Taking time to walk the route to school with younger children, teaching them how to identify traffic signs and signals, helping them learn and remember the correct bus number for their route and demonstrating safe crossing techniques can build confidence and encourage responsible behaviour. These lessons, reinforced consistently at home and at school, help children develop habits that can last a lifetime.

This back-to-school season, let us remember that road safety is everyone's responsibility. By choosing to stay alert, obey traffic laws, and respect one another on our roads, we empower our young people to travel safely each day.

Together, let us Discover the importance of safe road practices, Learn responsible behaviours that protect ourselves and others, and Achieve a safer Antigua and Barbuda where every student can begin and end each school day safely.

# Buying School Shoes?

Practical steps to ensure you get the right fit and quality

## 1. Get the Right Fit

### The Thumb-Space Rule:

There should be about a thumb's width (about 1–1.5 cm) of space between the longest toe and the front of the shoe.

**Fit the Bigger Foot:** Measure both feet and choose the size that fits the larger one.

### Match the width and shape:

Ensure the shoe's widest part aligns with the ball of the foot without pinching or bulging, and choose a rounded toe box instead of a tapered one so toes can splay naturally.

**Check the heel grip:** The back of the shoe should hold the heel snugly without digging into it.



## 2. Inspect the Construction & Flexibility

**The sole test:** Press and flex the shoe. It should bend easily at the ball of the foot, where the toes pivot.

**Traction:** Choose a shoe with a rubber outsole that provides good grip.

**Breathability:** Leather uppers help prevent sweaty, uncomfortable feet. Synthetics are often easier to clean. If you choose them, look for breathable mesh linings.



## 3. Match Fastenings to Age

**Velcro:** Ideal for younger primary students who have not learned to tie shoes yet.

**Laces:** Provide the most customizable fit and better arch support. Ideal for older students.



## Common Purchasing Mistakes to Avoid

**✗ They will stretch:** Shoes should feel comfortable when you try them. Do not rely on the belief that they will stretch.

**✗ Buying too big "to grow into":** Shoes that are too large let feet slide forward, causing blisters and increasing the risk of trips.



# Tips for purchasing a durable and comfortable school bag

## **Padded back panel:**

Choose a bag with a cushioned, breathable (mesh) to protect the spine and reduce back sweat.

## **Wide, padded shoulder straps:**

Select dual, cushioned straps to distribute weight evenly. Avoid thin or single-strap sling bags for daily heavy use.

## **Chest or waist strap:**

Opt for sternum/waist belt for older students or those carrying heavy loads (e.g. laptops) to stabilize and transfer load to the hips.

## **Reinforced stitching & quality zippers:**

Check stress points (especially where the top handle and shoulder straps attach to the bag) for double stitching and smooth, sturdy zippers.

## **Multiple compartments:**

Choose several compartments/pockets so heavy items (textbooks, laptops, etc.) sit flat against the back panel and lighter items go in outer pockets.



## **Choose the right size:**

Ensure the bag fits your child's torso, is not wider than their chest, and does not hang more than 2–4 inches below the waist.

## **Follow the 10%–15% rule:**

Keep the fully packed bag to no more than 10%–15% of your child's body weight (e.g., 6–9 lbs. for a 60 lb. child).



achieve



# TIPS ON HOW TO BECOME A SUCCESSFUL STUDENT

By Sheryl Persaud, Teacher,  
St. John's Lutheran Primary School

Success in school is not just about being naturally smart or talented! It is built through positive habits and choices, as well as the willingness to grow every day. Every student has the potential to achieve success by developing routines and behavior that support learning both inside and outside the classroom.

## 1. GOOD STUDY HABITS!

One of the most important practices of a successful student is developing good study habits. Learning becomes easier when students set aside regular time each day to review what they have learned. Instead of waiting until the night before a test or quiz to study, students should review their notes daily. This helps information stay fresh in their minds and it also reduces stress and anxiety when assessment time arrives. Taking clear and organized notes during lessons is also very important. (I encourage my students to highlight their terms, definitions and important information so it stands out while they are reviewing. Color-coding notes is fun too!) It is important for students to adopt a style of note-taking that's quick to write and makes perfect sense when it's time to review. Good notes provide a useful resource for studying and help students to remember key concepts and ideas.



## 2. LIMIT SCREEN-TIME!

Many educators and parents will agree that reducing screen time and spending more

time reading can greatly improve a student's success. Excessive screen use and 'doomscrolling' can reduce concentration and interfere with sleep, which leads to a major distraction from learning. Reading on the other hand, helps to strengthen a student's vocabulary, comprehension, imagination, focus and critical thinking skills. By choosing books over screens more often, students can develop stronger learning habits and achieve greater success in school.



## 3. STAY FOCUSED IN THE CLASSROOM!

Paying attention in class is another key ingredient for success. Teachers provide valuable explanations, examples, and opportunities for practice that cannot always be found in textbooks. Students who listen carefully, while actively participating in discussions, are more likely to understand new concepts. Following classroom expectations also helps maximize learning. When cooperative students are prepared and ready to work, the classroom becomes a positive environment where everyone can succeed.



## 4. ROUTINES, ROUTINES, ROUTINES!

Creating a consistent routine at home and at school can make a significant difference in academic performance. A routine helps students to manage their time effectively and ensures that important tasks are completed. Setting specific times for homework, studying,

reading, recreational activities, and bedtime creates balance and reduces the possibility of forgetting assignments. Successful students also begin working on assignments as soon as possible rather than procrastinating. Waiting until the last minute can lead to rushed work, unnecessary stress, missed deadlines and low scores. Completing tasks early allows time for review and improvement.

### **5. BE HEALTHY!**

Good health also plays a major role in academic success. Students need adequate rest



to stay focused and alert. Lack of sleep can affect memory, concentration, readiness to learn as well as the student's overall performance. Along with getting enough sleep, students should remain physically active and make healthy diet choices. Regular exercise helps to improve a student's brain function and their energy levels. Choosing nutritious foods such as fruits, vegetables, nuts, eggs, fish and whole grains provides the brain with the fuel it needs to learn effectively. Limiting junk food and sugary or fatty snacks can help students maintain steady energy and concentration throughout the day.

### **6. BE RESPECTFUL!**

Successful students understand the importance of being respectful and cooperative with their teachers, parents and the community who support their education. These individuals provide guidance and valuable life lessons. Respectful behavior helps students to build positive relationships and creates more opportunities for academic growth. Students should also strive to be good classmates. Working well with peers and

supporting others creates a productive learning environment. Classmates can often provide different perspectives and



insights that deepen understanding. Asking for assistance and responding positively to feedback from mentors and peers also strengthens the grasp of challenging concepts and improves learning.

### **7. BE ON TIME!**

Attendance and punctuality are equally important to success. Arriving at school and classes on time ensures that students are prepared and ready to learn from the start of each lesson. Being present every day helps students stay on track with assignments and avoid feeling overwhelmed by missed work. Missing classes can result in lost learning opportunities and gaps in understanding.

### **8. PERSONAL GROWTH AND SELF-CARE IS IMPORTANT!**

Finally, successful students look for opportunities to grow beyond the classroom. Participating in extracurricular activities such as sports, music, clubs, the arts, etc. helps students develop leadership, confidence, teamwork and responsibility. Students should also put aside time to focus on their hobbies or indulge in self-care activities that allow them to have a safe space to manage their emotions, lower stress levels and alleviate anxiety that comes from academic pressures. Non-academic activities such as meditation, journaling, listening to mood playlists or going on nature walks can foster cognitive development. These experiences contribute to personal growth and help students to build emotional resilience, allowing them to mature as well-rounded individuals. Academic success relies on personal well-being!

# BUILDING A SAFE ENVIRONMENT FOR OUR STUDENTS

## A Shared Responsibility in Fostering Learning, Growth and Success

### Royal Police Force of Antigua and Barbuda

It is widely accepted by many that safety is the foundation upon which every child discovers, learns, and achieves.

As another academic year begins, thousands of students across Antigua and Barbuda will return to classrooms with renewed hopes, aspirations, and opportunities to discover, learn, and achieve. While academic excellence remains a primary focus, creating and maintaining a safe, secure, and supportive learning environment is equally essential to every student's success.

The Royal Police Force of Antigua and Barbuda recognizes that safety in our schools is not the responsibility of any one individual or institution. Rather, it is a collective commitment shared by parents, guardians, educators, students, government agencies, community organizations, and law enforcement. When we work together, we create environments where students can thrive academically, socially, and emotionally without fear or unnecessary distractions.

A safe school environment extends far beyond the classroom walls. It begins at home, continues during the journey to and from school, and is reinforced throughout every interaction within the school community. Parents and guardians are encouraged to maintain open communication with their children, know their daily routines, and teach them practical safety habits such as remaining alert while travelling, avoiding strangers, safeguarding personal belongings, and immediately reporting any suspicious activity or incidents of bullying or abuse.

Students also play an important role in maintaining their own safety and that of others. Respect for school rules, responsible behaviour, positive peer

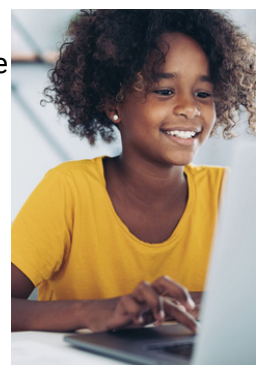


A safe school environment extends far beyond the classroom walls. It begins at home, continues during the journey to and from school, and is reinforced throughout every interaction within the school community.

relationships, and wise decision-making contribute significantly to a healthy learning environment.

Young people should understand that violence, intimidation, bullying, cyberbullying, and the possession of prohibited items have no place in our schools. Every student deserves to feel safe, respected, and valued while pursuing an education.

In today's increasingly digital world, online safety has become just as important as physical safety. Students should be encouraged to use social media responsibly, protect their personal information, exercise caution when communicating online, and report any form of cyberbullying, online exploitation, or suspicious



digital activity to a trusted adult or the appropriate authorities. Digital citizenship is now an essential life skill that supports both personal security and responsible consumer behaviour.

The Royal Police Force of Antigua and Barbuda also encourages students to become informed and responsible young consumers. As families prepare for the new school term, students should understand the importance of making wise purchasing decisions, protecting their personal property, and exercising financial responsibility.

Learning to distinguish between needs and wants, caring for school supplies and electronic devices, keeping receipts, understanding warranties where applicable, and reporting fraudulent or deceptive practices are valuable lessons that contribute to lifelong financial literacy and consumer awareness.



Road safety remains another critical priority during the school term. Motorists are reminded to exercise extra caution in school zones by observing speed limits, obeying crossing wardens, and remaining vigilant around school buses and pedestrian crossings. Parents should ensure that children know how to crossroads safely, while students should avoid distractions such as using mobile phones while walking near busy streets. A few moments of caution can prevent lifelong tragedy.

Teachers and school administrators also play an indispensable role by fostering positive school cultures where respect, inclusion, discipline, and early intervention are priorities. Encouraging students to speak openly about concerns and ensuring that reports of bullying, violence, or



abuse are addressed promptly helps build trust and strengthens the overall safety of the school community.

Ultimately, building a safe environment for our students requires continuous partnership and shared responsibility. Every conversation about safety, every act of kindness, every responsible decision, and every collaborative effort contributes to creating schools where young minds are empowered to reach their fullest potential.



The Royal Police Force of Antigua and Barbuda is delighted to partner with the Prices and Consumer Affairs Division in promoting public safety across all places of education and learning throughout Antigua and Barbuda. ***Through continued collaboration, public education, and community engagement, we remain committed to empowering young consumers with the knowledge, confidence, and practical life skills needed to make informed decisions while learning in safe and supportive environments.***

Commissioner of Police, **Mr. Everton Jeffers, KPM**, along with the Police Administration, takes this opportunity to extend sincere best wishes to the Prices and Consumer Affairs Division for continued success in its future endeavours. The Commissioner also wishes every student across Antigua and Barbuda a safe, rewarding, and productive school term.

He emphasizes that the continued partnership between the public and the police remains vital in safeguarding every citizen, particularly the vulnerable members of our society. The Police Administration reaffirms its unwavering commitment to working closely with the Ministry of Education and other public and private stakeholders to ensure that every educational institution throughout the nation remains a safe, secure, and nurturing environment where students are inspired to discover, learn, and achieve. 'Happy and Safe Learning.'

# Challenging Our Students to Save: Building Lifelong Financial Habits

by Lottoia Auguiste, Operations Manager  
St. John's Co-operative Credit Union



Many years ago, conversations about money were rarely held within the home. Parents often believed that financial matters were adult responsibilities and that children did not need to understand budgeting, saving, or managing money until they were older. As a result, many young people entered adulthood with little knowledge of personal finance, learning important lessons only after they began working, earning an income, or taking on financial responsibilities of their own. While many eventually developed sound financial habits through experience, others learned costly lessons through trial and error.

Today, we recognize that financial education should begin much earlier. Developing the habit of saving is one of the most valuable lessons we can teach young people in Antigua and Barbuda. In a world where spending is constantly encouraged through social media, online shopping, and instant access to goods and services, saving requires discipline, planning, and consistency. Encouraging students to save from an early age equips them with lifelong financial skills and greater confidence in making informed decisions.

Saving is about more than putting money aside. It creates opportunities, prepares young people for unexpected expenses, and builds financial independence. Whether saving for school supplies, a cellphone, a laptop, tertiary education, or a future business, every savings goal reinforces the value of planning ahead and making thoughtful financial choices.



**“Do not save what is left after spending, but spend what is left after saving.” — Warren Buffett**

Parents, educators, financial institutions, and communities all share responsibility for helping young people become financially capable. Conversations about budgeting, saving, spending wisely, and distinguishing between needs and wants should become part of everyday life, not something introduced only when young adults enter the workforce.

One practical way to encourage saving is by helping students set realistic financial goals. They might save a small amount each week or set aside part of their allowance, birthday money, gifts, or earnings from part-time employment. The amount is less important than the consistency. Regular saving teaches students that financial success is built through small, disciplined actions over time.

## Credit unions and banks provide secure places to save while introducing young people to Antigua and Barbuda's financial system.

Students should also be encouraged to save in safe and secure places. Keeping cash at home or carrying large sums of money increases the risk of loss or theft. Credit unions and banks provide secure places to save while introducing young people to Antigua and Barbuda's financial system.

Credit unions have long contributed to community development through the cooperative principle of "people helping people," encouraging thrift, financial responsibility, and mutual support. Alongside commercial banks, they play an important role in helping young people develop lifelong saving habits and financial independence.

Many financial institutions offer products designed specifically for children and young adults, including youth savings accounts with little or no monthly fees, school savings initiatives, goal-based savings accounts for education or future opportunities, digital savings accounts that allow students to monitor their progress, and fixed-term savings products that reward long-term saving with higher returns.

A major benefit of saving with a financial institution is earning interest. Interest is money paid on savings deposits, allowing funds to grow over time. Combined with regular saving, interest teaches an important financial principle: money can grow by earning more money. This lesson encourages patience, consistency, and long-term planning.

Creating financially capable young consumers also requires an understanding of financial safety. Students should learn how to protect their personal information, create strong passwords for digital services, recognize online scams and fraudulent schemes, and seek guidance from trusted adults before making significant financial decisions. As digital financial services continue to expand across Antigua and Barbuda, understanding both the opportunities and the risks involved has become an essential part of financial literacy.

Encouraging students to save is an investment in stronger families, more resilient communities, and a stronger national economy. Young people who develop sound saving habits are better prepared to manage future challenges, pursue educational and business opportunities, and contribute to the country's continued development.

Every dollar saved represents more than money set aside, it represents discipline, responsibility, and hope for the future. By working together, families, schools, credit unions, banks, businesses, and community organizations can create an environment where young people are empowered to make informed financial decisions. When students learn to save today, earn interest on their deposits, and watch their money grow, they are laying the foundation for financial security and independence tomorrow.

As Antigua and Barbuda continues to invest in its future, fostering a culture of saving must remain a national priority, helping to build a generation of financially responsible citizens ready to contribute to the nation's long-term growth and prosperity.



# KEY BENEFITS OF PHYSICAL ACTIVITY

Physical activity is critical for young consumers as it promotes healthy growth, boosts mental well-being, and enhances cognitive function. Establishing these habits early helps build lifelong fitness routines. Regular movements provide essential short- and long-term benefits across several key areas:

Submitted by  
Evans Jones  
Ministry of Sports



## Physical Health Mental and Emotional Well- Being

- **Stress Relief:** Acts as a healthy outlet to manage the daily academic and social pressures common in youth.
- **Mood Enhancement:** Triggers the release of endorphins (the body's natural mood lifters), which helps decrease symptoms of anxiety and depression.
- **Self-Esteem:** Mastering new physical skills and achieving fitness milestones boosts self-confidence and body image.

## Cognitive and Academic Performance

- **Focus and memory:** Increases cerebral blood flow, which enhance concentration and memory retention.
- **Academic Success:** Regular movements is associated with higher cognitive function and improve academic achievement.

## Social Development and Habits

- **Teamwork and Leadership:** Participation in sports and group exercises teaches critical social skills, collaboration, and communication.
- **Lifelong Habits:** Youth who engage in active lifestyles are more likely to carry these healthy habits into adulthood, preventing long-term physical decline.

## Health benefits of physical activity at 9-18 years

- Improves heart and lung health and fitness.
- Boosts the immune system.
- Develops strong muscles, strong bones and good posture.
- Helps maintain a healthy weight and avoid overweight or obesity.
- Reduces the risk of developing high blood pressure and type -2 diabetes.

## Mental health and well-being benefits of the physical activity at 9-18 years

- Boosts happiness by releasing endorphins.
- Reduces stress and the risk of developing anxiety and depression.
- Improves sleep.
- Improves concentration and memory.
- Breaks up long period of sitting and studying.
- Helps with learning new skills.
- Increase self-confidence.
- Improves social skills and helps with making and keeping friends.