

A Publication of the Prices and Consumer Affairs Division

CONSUMER IMPACT

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Minister's Message

The Prices and Consumer Affairs Division within the Ministry of Foreign Affairs, Trade and Barbuda Affairs shares timely and relevant information to guide consumers in making responsible decisions.

This edition focuses on preparing our boys and girls for back-to-school. Many factors influence consumer behaviour, and we have included various articles from which parents and guardians can draw to ensure they and their children have the right attitudes and gear to return to the classroom.

The revision of the Price Control Order, based on the provision given under section three of the Distribution and Price of Goods Act CAP 138 of 1967, has seen the removal of some goods and numerous essential goods added to the list of price-controlled items. The primary objective is to make essential goods affordable and accessible to the public at fair prices. The officers within the Division will continue to enforce the Act by ensuring that the basic and essential goods named under the Act are marked with their selling prices and that the wholesale and retail prices are not in excess of the maximum selling price.

In the new school year, the Division is committed to expanding its reach and partnering with even more schools. This initiative is part of our ongoing efforts to educate our nation's youth. In September, the Division will continue its Big C Club in primary schools, a program designed to raise consumer awareness at an early age. Grade five students will learn about the consumption, production, and distribution process in meeting needs and wants and the role of consumers, workers, and producers in the economy.

I commend the officers within the Division for their creative and engaging initiatives, such as partnering with summer camps over the summer break. These activities provided a great learning opportunity for your boys and girls while also offering valuable upskilling for staff members.

As our students return to school, we pray for their protection. May they have a productive year.



Hon. E. P. Chet Greene
Minister of Foreign Affairs, Trade and Barbuda Affairs

Words to know

CONSUMERS are people who buy goods and services for their personal use and not for resale.

TRADERS are people who sell goods and/or services to consumers and, in some cases, to other traders. Traders can either be wholesalers or retailers.

GOODS are items that you can see and touch, for example, a table, a refrigerator, a car, bread, milk, cheese, a book, a pencil, etc.

SERVICES are commodities that you cannot touch but can feel the effects of; for example, a pilot flies a plane, garbage men clear the trash, a gardener cleans the yard, a carpenter builds a house, a teacher educates students, and a doctor takes care of the sick.

Fitness of Goods

Every item a consumer purchases must be:

a. Of saleable quality (be fit to be sold).

e.g. the sole of your new school shoe should not be separated from the upper portion

b. As described,

For example, if the tag says that your shoe is genuine leather, then the shoe should be genuine leather.

c. Fit for the purpose for which it was purchased

For example, if you asked the sales clerk for a waterproof school shoe to protect your feet when it rains, the shoe you are sold should keep your feet dry if you had to walk in the rain.

Compare Prices Before Making Purchases



Price comparison refers to comparing the prices of products or services across different sellers, brands, or platforms to make informed purchasing decisions. It involves evaluating the cost of a particular item or service in various marketplaces or from different vendors to determine the best value for money.

Price comparison primarily aims to find the most competitive and affordable price for a desired product or service. By comparing prices, consumers can ensure they are getting the best deal available and can potentially save money. Price comparison can be done manually by visiting different stores or websites and recording prices.

Price Comparison Importance for Consumers

Cost Savings: The primary benefit of price comparison for consumers is the opportunity to save money. By comparing prices across different sellers, consumers can identify the best deals and discounts. This allows them to make more informed purchasing decisions and choose the most affordable option without compromising quality.



Value for their money. It helps consumers evaluate the price of a product or service and its features, quality, and additional benefits. By comparing prices, consumers can ensure they are making an intelligent investment and getting the most value for money.



Avoiding Buyer's Remorse: By conducting price comparison research, consumers can avoid buyer's remorse, which is the feeling of regret or dissatisfaction after making a purchase. By carefully comparing prices, consumers can ensure they are confident in their decision and have chosen the best available option within their budget. This helps reduce the chances of post-purchase regrets and enhances overall satisfaction (price2spy).

Buying School Shoes

Footwear is an important safety item. The best kind of school shoes should be supportive, durable and comfortable with a good gripping sole.

Here's what you should look for:



Flexibility in the front. Pick up the shoe and try to bend it by pushing the toe upwards. A good shoe will bend at the ball of the foot but no further. This helps your child 'push off' with their toes while keeping the back half of their foot stable and secure.

...**but not too much flexibility.** Shoes that bend all over or are easily twisted don't provide enough support.

Not too heavy. Heavy shoes can mean muscle pain and foot aches, especially for little people.

Plenty of toe room. Check that your child can wiggle their toes and that the 'toe box' (the empty space at the end of the shoe) is deep.

Leather uppers last longer and allow your child's feet to breathe.

The **sock liner or insole** should be soft, comfortable and made of an absorbent fabric to reduce sweating. You should be able to remove it easily, in case you need to replace it with an orthotic.

Shoe laces, buckles and Velcro are all equally good, but avoid slip-on shoes that can't be adjusted.

Know the Store's Policies

While making back-to-school purchases, be sure to find out what the store policies are. For instance, if you are purchasing a pair of shoes, but your child is not present, inquire about the store's return policy.

However, be aware of signs such as: NO REFUNDS ON SALE ITEMS, ALL SALES ARE FINAL, or NO REFUNDS, EXCHANGE ONLY. Such signs are contrary to the Unfair Contract Terms Act. Consumers have the right to complain and to be duly compensated when goods are faulty and flaws were NOT pointed out before the purchase.



Buying a safe school bag

School bags come in all sizes, colors, fabrics, and shapes and help children of all ages express their own personal sense of style. Before you buy one, though, consider a school bag's construction.

Look for the following to choose the right school bag:

- **a lightweight bag:** get one that doesn't add a lot of weight to your child's load; for example, leather packs look cool, but they weigh more than canvas bags.
- **two wide, padded shoulder straps:** straps that are too narrow can dig into shoulders
- **a padded back:** it not only provides increased comfort, but also protects children from being poked by sharp objects or edges (pencils, rulers, notebooks, etc.) inside the pack
- **a waist belt:** this helps to distribute the weight more evenly across the body
- **multiple compartments:** to help distribute the weight throughout the pack



Using school bags wisely

To help children prevent injury when using a school bag:

- **Lighten the load.** No matter how well-designed the bag, less weight is always better. Use the bathroom scale to check that a bag is not over 10% to 15% of your child's body weight. For example, the bag of a child who weighs 80 pounds shouldn't weigh more than 8 to 12 pounds.
- **Use and pick up the bag properly.** Make sure children use both shoulder straps. Bags that are slung over the shoulder or across the chest — or that only have one strap — aren't as effective at distributing the weight as bags with two wide shoulder straps, and therefore may strain muscles. Also tighten the straps enough for the bag to fit closely to the body. The bag should rest evenly in the middle of the back and not sag down to the buttocks.

Shopping Online

Things You Should Know Before You Buy



Shopping online for school shoes, bags and uniforms can be a gamble. Sizes vary widely across different stores and brands, and sometimes, returning the item can be a major hassle. Here are some tips to assist you.

Using a U.S. mailbox service

If you are engaging a locally operated U.S. mailbox service, **know their terms, conditions, fees**, and verify that you have the **correct U.S. shipping address**.

The online shop

1. Choose an online shop with a **reliable history**.

2. Measure your child - A size 4 in one brand may feel like a size 6 in another, so it's important to go by measurements. Measure your child's bust, waist, hips and length. Write down your numbers and check them against the store's sizing chart to determine which size would fit your child's measurements best.

3. The right size - To get the right fit, take a blank sheet of paper, a pencil and a ruler; wear a sock of medium thickness and place your foot down on the sheet. With a pencil,

draw the outline of the foot with care. Measure the length from heel to toe and compare the measurement with the conversion chart and size guide on the website.

4. Start with the right foot - Many consumers ignore that the two feet are often not of the same size. If you are unsure, measure both feet and use the measure of the larger one.

5. When shopping for school bags make sure to look specifically for children's bags or one suitable for the age of your child.

Check the measurements. A good guide is to measure your child's current school bag to get an idea of the size needed.

6. Read customer reviews on the item before making your choice.

Before you check-out

1. Read the **store's e-commerce return policy**.

2. Double check items in your basket to ensure they are the correct sizes and colours.

If you make back-to-school purchases online and upon arrival the item(s) are defective or you receive the wrong colour or size, the Division does not have authority to contact a supplier outside of Antigua and Barbuda. Therefore, pay careful attention before concluding online sale transactions.

Consumer Entitlements



Consumers' rights to a refund, exchange, credit note, or repair depend on several factors. Of course, knowing their rights under the Sale of Goods Act is critical. Sound consumer education is essential to every consumer.

In this article, we will highlight several consumer complaints and their remedies. We hope this assist you in dealing with any similar problems that may arise in any transaction between yourself and a trader.

- **If a consumer purchases a uniform shirt in-store but decides she no longer wants it after taking it home, would she have the right to redress?**

Definitely not! The trader (store) is not obligated to accept responsibility or offer redress because the consumer changed her mind.

However, as a goodwill gesture, as long as the garment had not been worn, and there is proof of purchase, i.e., a receipt, cheque stub or credit card receipt, the trader may allow the consumer to select an alternative item for the

same price as the shirt or make an offer of a credit note instead. This would give the consumer an extended period to select an exchange item, generally within six months. However, there is no entitlement to a cash refund since there was nothing wrong with the garment.

- **In another case, school shoes were purchased as a gift for a friend's academic success. The friend returned the shoes to the store with the receipt and asked for a refund because he did not like the style. The trader refused, offering a credit note instead, as they had not been worn.**

This offer was more than reasonable since there was no fault/defect, and the trader could have insisted on doing business only with the purchaser.

- **A skirt with a torn seam was returned to the store, but the store assistant refused to accept any responsibility for the fault.**

In this case, the consumer should demand to see the manager or storeowner and complain. If redress is not obtained, the consumer should make a complaint with the Prices and Consumer Affairs Division.

When making a complaint, always take the item with you, whether back to the store or the Consumer Affairs Division, to be examined. Sometimes, consumers need to take the matter to court when mediation by the Division proves unsuccessful. However, every attempt will be made to resolve the problem.

Don't Be A Distracted Consumer



It's no secret that consumers are more distracted these days. Between social media updates, smartphone notifications, and life in general, people have a lot more on their plates, and sometimes, that can get in the way of shopping.

The problem is particularly noticeable in Antigua and Barbuda, with consumers at checkout points, where many multitask while shopping. While some interruptions are hard to avoid, consumers should exercise due care and attention, especially at cash registers.

BE SURE TO

- Watch as the price of the good shows on the cash register.
- Ask the cashier to check the price if you think the scanned price is incorrect.
- If the scanned price does not agree with the displayed price on the good or shelf, ask the cashier or supervisor to correct it.
- Save the receipt in case you have questions or a problem later.

Receipts are important

It is important for consumers to keep the receipts they are presented with after purchasing a product, like a school bag or textbooks. If any loss is suffered as a result of faulty goods, then the consumer should be duly compensated by the trader.

Receipts are the only proof-of-purchase many stores accept when consumers want redress. Therefore, keep it safe in case you may need to return to the store with a complaint.

Contrarily, some traders are guilty of not giving receipts, yet attempt to deny consumers their right to redress because they do not have one.

It is a legal requirement for receipts to be issued for purchases valued at \$5.00 or more. If it is not given, consumers should demand it.





The Royal Police Force of Antigua and Barbuda is the principal law enforcement agency within the twin-island state of Antigua and Barbuda. Our mandate is to maintain a professional Police Organization that is committed to the maintenance of Law and Order, the protection of life and property, the prevention and detection of crime, and the preservation of the peace, by building stronger linkages between the police and the community, through community-based policing and problem-solving.

Despite the changing trends and challenges, the Royal Police Force of Antigua and Barbuda remains focused on its mandate and is committed to providing the best quality service to its citizens. This includes ensuring a safe environment for visitors and those desirous of investing in the development of our country.

As outlined, the Police Organization embraces partnership and inclusivity to ensure the safety and protection of our youths, the elderly, and the vulnerable within our society. Our involvement with several schools and other youth organizations across the island demonstrates this partnership. The safety and security of every



Mr. N. Frankie Thomas
Inspector of Police

child and learning institution in Antigua and Barbuda is paramount to the police.

Therefore, we continue to collaborate with key stakeholders of various ministries of government and non-governmental organizations, to address the issues of youth violence and crime. We encourage the public to support our efforts, as we work toward keeping our youths on the

right path while building a brighter future for Antigua and Barbuda.

SAFETY TIPS

- 1.** Be mindful of your surroundings and always be alert.
- 2.** Do not expose yourselves to harm or danger.
- 3.** Report all suspicious activities as soon as practicable.
- 4.** Avoid walking and texting.
- 5.** Do not walk with earplugs in your ears while listening to loud music.
- 6.** Do not walk alone in remote areas or places with poor lighting after dark.
- 7.** It is advised that you walk in pairs or groups if possible.



<https://ontechstreet.com/wp-content/uploads/2015/08/canstockphoto26484013.jpg>

- 8.** It is important that you always tell someone where you are going.
- 9.** Practice proper safety measures at home, school, and on the playing field.
- 10.** Do not accept rides from strangers.
- 11.** Be cautious when walking, and pay attention to traffic.



<https://archive.commercialappeal.com/news/memphis-police-honor-90-year-old-school-crossing-guard-2329b431-20e5-530c-e053-0100007f928d-338100101.html/>

- 12.** Wait for drivers to signal or the crossing guard before crossing streets.
- 13.** If invited to a party or an event, always be alert and pay close attention to every detail.
- 14.** Do not leave food or drinks unattended.
- 15.** Do not consume alcohol or use illicit drugs.
- 16.** Avoid exposing cash and other valuables in public.
- 17.** Do not share personal security information, such as access codes and PINs.
- 18.** Do not condone wrong.
- 19.** STOP bullying. Report all signs of bullying without delay.
- 20.** Have respect for your teachers and those in authority.

As our youths return to school for the new academic school year, we wish them every success in all their endeavours. We encourage them to have self-discipline and respect for others and make safety and security their number one priority.



Boosting Academic Success with Breakfast

Summer is quickly ending, and as families prepare for the new academic year, school lunches are back on the menu list. Ensuring these meals are delicious, safe, and nutritious remains a top priority. While all meals are crucial, starting the day with a healthy breakfast sets the tone for an active school day. So, when planning meals, it's essential to incorporate nutrients such as vitamins, minerals, fibre, and water from various food groups. Despite the allure of ultra-processed foods, plenty of nutritious and delicious options are available to support health, activity, and academic success.

Here are some tips to help you get started:

Protein

Protein is important for the body's growth and repair. Ensure your breakfast includes protein-rich sources such as eggs, nuts, seeds, and live yoghurt. Protein helps sustain energy levels and keeps your child feeling fuller longer. This macronutrient promotes focus and memory throughout the school day.

Whole Grains

Opt for whole grains over refined grains whenever possible. Whole grains like oats, corn, barley, and quinoa are rich in B vitamins, which support brain function and memory. Whole

grains also contain fibre, which helps lower cholesterol levels and reduce the risk of type 2 diabetes.

Calcium

Calcium plays a critical role in various brain functions necessary for memory and learning. It also contributes to building strong teeth and bones. Ensure your child's diet includes good sources of calcium, such as low-fat dairy products, fortified plant-based milk, and leafy green vegetables.

Iron

Iron is vital for cognitive development and maintaining energy levels. It helps red blood cells transport oxygen around the body, including the brain.

Breakfast foods are best when they contain fruits, vegetables, whole grains, nuts, seeds, and calcium-rich foods. Sandwiches and wraps are great ways to incorporate heart-healthy breakfast proteins like fish, chicken breast, and eggs. Add leafy greens like spinach, lettuce, and arugula to increase the micronutrient (vitamin and mineral) content.

Explore your creativity with colourful combinations of whole grains, fruits, vegetables,





Parfaits and hot and cold cereals are power-packed with complex carbohydrates, protein, calcium, and micronutrients (vitamins and minerals).

nuts, and seeds. Parfaits and hot and cold cereals are power-packed with complex carbohydrates, protein, calcium, and micronutrients (vitamins and minerals). A combination of fresh and dried fruits or vegetables like shredded carrots makes a satisfying meal in a cup for the student on the go. Add crunchy seeds such as chia, pumpkin, flax, or sunflower for improved heart health and brain power. Vegetarian and non-vegetarian options can be prepared overnight, making nutritious meals easier for the entire family.

Incorporating a variety of food groups into your child's meals can help support their overall health, energy levels, and cognitive function throughout the school day. Avoid ultra-processed and high-sugar cereals and snacks, as these can lead to energy crashes and difficulty concentrating in class.

As you prepare for the new school year, consider these tips to ensure your child gets the nutrition they need to thrive in and out of the classroom. Remember, small changes in meal planning can make a big difference in your child's academic success and overall well-being.



Incorporating a variety of food groups into your child's meals can help support their overall health, energy levels, and cognitive function throughout the school day.

Here's to a healthy and successful academic year ahead!

**Dorothy Graham, MSc
Nutrition Consultant**



GOVERNMENT OF ANTIGUA AND BARBUDA

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19th July 2024

PRESS RELEASE

Changes to the Price Control Order take effect 1st August

The Government of Antigua and Barbuda has revised the Price Control Order based on the provision given under section three of the Distribution and Price of Goods Act CAP 138 of 1967. The primary objective is to make essential goods affordable and accessible to the public at fair prices.

The revision in goods sees adult diapers, antibacterial ointment, bed pad/liner, infant products, personal care items (deodorant, lotion, mouthwash, shampoo and conditioner), fabric softener, sanitary napkins, seeds, tofu and chunks being added to the order for the first time. In other instances, size specifications have been added to goods. Traders and consumers are asked to pay special attention to these goods as all sizes are not covered under the Act. Additionally, juices must be 100% juice and below 1 liter. Notably removed from the Order are sodas, aerated water, mineral water, condensed milk, confectionery, cereal and other foods with high sugar content.

The revised Price Control Order was gazetted in May 2024 and takes effect on 1 August 2024. Traders can obtain a copy from the Government Printery for \$4.70. Traders must display the revised order prominently in their business so that consumers can access it.

Traders and consumers can contact the division at 462-0834 for more information and details regarding the fixed percentage markup for goods named under the Act.

Make Annual Back-to-School Eye Examination A Priority



Photo: <https://c-hit.org/2020/01/22/nearly-40-of-young-children-missing-out-on-vision-screenings/>

While enjoying the summer vacation with friends and family, enjoying trips to the beach, and playing sports with our friends, it always lurks in the back of the minds of both parents and children, that the time for “back to school” is fast approaching.

In preparing for the infamous first Monday of September, parents make arrangements for the purchase of uniforms, bags, stationery, and that specially requested pair of “school shoes”. Though these items are essential for a successful school term, there is one vital thing I want every parent to be reminded of as they prepare, and that is the importance of scheduling your child’s annual back-to-school eye examination. This is extremely important because children cannot learn what they cannot see.

With our children returning to their classrooms shortly, here are a few tips that each parent should bear in mind:

- **Have a comprehensive eye examination done:** This can unveil a plethora



of issues with one's eyes, including but not limited to, myopia (nearsightedness), hyperopia (farsightedness), astigmatism (refractive error), and amblyopia (the inability to see through a healthy-looking eye). Your eye care provider should inquire about your family history of eye disease. Ideally, we would want each child to be seeing 20/20, thereby ensuring optimal vision, with no eye-related hindrances in the classroom.



- **Only wear optical quality sunglasses and frames:** It is useful to know that just like all gold is not real or of the best quality, such is the same for some sunglasses and frames. Be sure to find out what material your eyewear is made from before having it make contact with your face. Ensure the material is hypoallergic and environmentally friendly before purchasing it.
- **Refrain from throwing objects:** The older folks usually say "Stones don't have eyes." Trauma to the sensitive tissues and parts of the eye can have eternal consequences.



Photo: <https://www.techpolicy.press/addictive-technologies-conference-social-media-child-online-safety/>

- **Be very careful with the use of handheld digital devices (especially at night):** Children under the age of 5 should have very little use, if any at all, of digital devices. Children who are 6-12 years old should be limited to 2 to 4 hours of device use. Not only can children develop Digital Eye Strain (DES) symptoms such as burning, tearing, and light sensitivity due to prolonged device use, but they can also potentially damage the cornea and the retina at the back of their eyes.

- **Maintain good eye hygiene:** Washing your face and eyes with mild antibacterial soap goes a long way in preventing microbes from invading your eyes. Our lashes block dust and other allergens from entering our eyes, but unfortunately, many persons do not always clean their lashes properly, and this can lead to allergies and conjunctivitis.

By implementing the abovementioned tips, parents and the nation as a whole can look forward to a brighter future, as our boys and girls overcome the challenges they encounter in school, with the help of their healthy eyes and clear vision.



Washing your face and eyes with mild antibacterial soap goes a long way in preventing microbes from invading your eyes.

For further information or to schedule a comprehensive eye examination, feel free to contact Eye Mobile Vision Care's office at 562-7823 or via any of our social media. We look forward to helping you #SeeAndBeSeen!

**Byron Andrew, Managing
Director/Optometrist
Eye Mobile Vision Care**

The Future of Smart School Bags: Innovation and Functionality

Backpacks have long been essential accessories for students and working professionals. However, with the growing demand for functionality and comfort, traditional backpacks are undergoing a revolution. Modern backpacks combine stylish designs with advanced features, such as ergonomic shoulder straps, integrated charging stations, and smart storage solutions.

The Rise of Smart Technology in School Bags

In addition to style and durability, smart features have entered the world of school bags. Whether it's integrated power banks for charging devices on the go, GPS tracking for added security or clever compartments for organised storage, smart school bags offer a range of benefits for the modern user.

Innovative Materials and Design Elements

In addition to technological advancements, we are also seeing a shift toward innovative materials and design elements in modern school bags. From water-resistant fabrics to lightweight construction and customizable carrying systems, manufacturers are committed to optimizing both style and functionality.

The Future of Mobility and Connectivity

As the world becomes increasingly connected, school bags play a key role in user mobility and connectivity. Smart backpacks and laptop bags not only carry essential items but also act as hubs for technological interaction and communication.

Customization and Personal Expression

With the variety of options available, users can now choose school bags that suit their individual needs and personal style.

The Role of Sustainability and Environmental Awareness

In addition to functionality and aesthetics, the focus on sustainability and environmental awareness is also growing in the world of school bags. Some brands, such as V73, focus on creating ethical and environmentally friendly bags that not only offer quality and design but also contribute to a greener future.



<https://www.detassenzaak.nl/en/blogs/tassen-en-koffers/de-toekomst-van-slimme-schooltassen-innovatie-en-functionaliteit>

How to Use AI Tools for Studying (Not Cheating)

Studying can get boring quickly, but you can't just give up on it. If you are thinking, 'Can I do my assignments quickly without pulling all-nighters?' — it's a sign you should change your approach to studying. One of them is to try mastering artificial intelligence tools.

Some teachers believe AI always involves cheating, but it's not true. Artificial intelligence has come here to make our lives even easier. Now, almost any student can improve their performance by using AI-powered tools. This can be enhanced productivity, a more fun study environment, and less time spent on research.

Want to try using AI for homework but are unsure how? Get ready to discover ways of studying with this technology while upholding academic honesty.

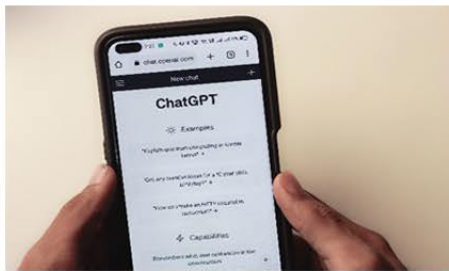


Photo by Sanket Mishra on Unsplash

Use ChatGPT as a Personal Study Assistant

It's nice to have someone who looks over you or someone you can ask for help anytime during your study session. However, the real teacher will not always be there and probably will not give so much attention too. Here is when you can take advantage of Chat GPT. The virtual assistant can help you keep your mood up and make things clear.

Many students get extremely creative with their requests. The best benefit is that you can shape your AI experience according to your needs and personal preferences. It's awesome since everyone has their own study styles and ways of memorizing things.



Here is how to make a great study assistant from an AI tool:

- Request study strategies;
- Get examples to back up your statements in written papers;
- Ask for resources, apps, and website recommendations;
- Practice quizzes to memorize concepts better;
- Give a command to create custom exercises;
- Encourage your AI tool to motivate you.



Try Out Poe App for Themed AI Study Bots

Poe is a fast-loading app for your smartphone that includes a set of AI bots. Inside the app, each user has the freedom to explore different sub-categories of bots. For example, you can find a bot for essays or a bot that teaches you programming by providing you with daily practical tasks. This way, you can have a chat for every subject you are studying.

But that's not all. This app lets you create your custom AI bot. Describe what you want it to talk like and what topic it should focus on. It's almost like making your own online robot. You can even give it a name.

Keep all of your bots in one app in the list of contacts. You can use Poe for studying on the go while you are on the bus or car going to college. It's very simple and doesn't require coding skills to set up.

Schedule and Table Creation

AI tools are good at creating tables and schedules. If you don't like setting up or organizing things, there is no need to struggle with such tasks: artificial intelligence can do

them in a few seconds. It can also help with time management or dividing a big task into smaller chunks. Just give a few directions, and it will compose everything neatly in visually appealing charts.



Photo by D koi on Unsplash

Conclusion

AI tools are evolving daily. By using them properly, students can level up their studying and make it fun without being prompted to cheat on assignments or tests. Be sure to try out the AI study methods above. They can inspire you to discover new benefits of today's trending technology.

Source:

<https://www.euroeducation.net/articles/how-to-use-ai-tools-for-studying.htm#:~:text=Automated%20Grade%20Prediction,some%20of%20the%20basic%20issues.>



How to Teach Your Children to Look After Their Tech

Teach your family about protecting computers and tech gadgets from knocks and bumps, as well as cyber safety, with these handy hints and care tips.

Tip #1: Always Use a Protective Case or Cover

Protective cases made from silicon or rubber are durable and shock-absorbing. Hard cases are designed to be tough and rugged, able to withstand any bumps, drops, and knocks that may occur. No matter what you choose, a case or a cover is a really good idea, helping to protect your tech gadgets from water, dust, and static as well.

Tip #2: Encourage Good Habits

If it's the first time your child is using a device regularly, start with the big ones: no running with a device and, if you can enforce it, no eating or drinking while using one.

Tip #3: Set Up a Charging Station

Storing all devices in a designated spot, like on a shelf or in a cupboard, not only makes them easy to find in an instant (in theory!) but allows you to set up a charging station, with

powerpoints, charging cables, or powerbanks close at hand.

Tip #4: Utilise Parental Controls

Most digital devices have parental controls built in, allowing you to limit and block specific apps or set content and privacy restrictions. It pays to play around with the settings on your device or go to the appropriate help page online. Also, establish a dedicated space for using devices, like the living room, where you can monitor activity (and ensure devices are being well looked after).

Tip #5: Install Anti-Virus Software

Viruses, spyware, and malware are real dangers. They can lead to deleted or corrupted files, a system slowdown, or even allow strangers to access your personal information. Always update your devices and, where possible, set up multi-factor authentication for logging in.

Source:

<https://www.officeworks.com.au/noteworthy/post/learn-tips-kids-look-after-tech-devices>

HURRICANE PREPAREDNESS

Suggested Consumer Checklist

During the hurricane season, your emergency plan should include a list of items that you can keep stocked in your home. This hurricane preparedness list should include a first aid kit, water, non-perishable foods and other supplies you may need during a storm. Check out this emergency supply list to prepare yourself and your family.



KEY SUPPLIES

- ☐ **Water** – 1 gallon per person per day. For a family of 4 for 5 days, you need 20 gallons. Save water in containers for food preparation, basic sanitation and dishwashing.
- ☐ **First Aid Kit** – Band-Aids bandages, antibiotic ointment, bleach and a medicine dropper so you can create water disinfectant (6 drops of bleach for every 1 gallon of water), hand sanitizer, any necessary medications, hygiene products, and baby products.
- ☐ **Flashlight** – 1 flashlight per family member and extra batteries.
- ☐ **Tool Kit** – A basic set of tools: hammer, nails, screws, screwdriver, pliers, and knife.
- ☐ **Sanitation Products** – Toilet paper, paper towels, bleach, disinfectants, sanitizers, hand soap, and garbage bags.



FOOD

Your family needs to accumulate at least a five-day supply of non-perishable food that requires no refrigeration and little preparation.

This includes:

- ☐ Dry cereal
- ☐ Canned goods: fruit, vegetables, juice, soups, meats pasta, beans
- ☐ Nuts
- ☐ Peanut butter
- ☐ Bread
- ☐ Crackers
- ☐ Granola and energy bars
- ☐ Un-refrigerated fruit: bananas, apples, oranges
- ☐ Baby food and bottles
- ☐ Rice and pasta
- ☐ Pasta sauce
- ☐ Seasoning
- ☐ Oats



OTHER ITEMS

- ☐ Plastic sheeting
- ☐ Tarps to cover roof
- ☐ Masking and/or duct tape
- ☐ Aluminum foil
- ☐ Mosquito repellent
- ☐ Cash
- ☐ Manual can opener
- ☐ Large sealable bags to store important documents
- ☐ At least ONE fully-charged cellular phone. A power pack would be a good option as well.
- ☐ Matches
- ☐ Baby diapers, wipes and rash ointment
- ☐ Feminine supplies
- ☐ Liquid detergent
- ☐ Prescription drugs
- ☐ Bucket/mop, broom
- ☐ Battery operated radio with extra batteries
- ☐ Extra filled propane tanks
- ☐ Pet supplies

NOTE: When shopping for groceries in preparation for a storm, consumers should be mindful that perishable foods require refrigeration and electrical power may be out for an extended period of time. Keep the refrigerator temperature at or below 40°F (4°C). Discard any perishable foods (such as meat, poultry, fish, eggs or leftovers) that has been above 40°F. Be aware that food can make you very sick even when it doesn't look, smell, or taste spoiled.

SUMMER CAMPS

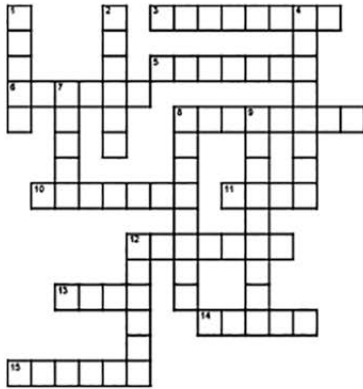
2024

Over the summer break, the Prices and Consumer Affairs Division's Big C Club visited several Summer Camps to engage the participants in consumer awareness activities. Activities including Why I am A Consumer, Goods and Services, Needs and Wants and Consumer Rights and Responsibilities.





Back to School



ACROSS

3. What school is all about.
5. Someone who goes to school.
6. A small tool to undo mistakes.
8. A colorful container to keep your sandwiches and snacks.
10. The person who guides and helps you in class.
11. A place to sit and study in your room or at school.
12. Use this to stick things together.
13. A subject that involves numbers.
14. Mark on an exam or in a class.
15. Writing utensil made of wood.

DOWN

1. It helps you measure and draw straight lines.
2. Time to play outside during a break in the school day.
4. A pad made of bound sheets of paper for taking notes.
7. Present for the teacher.
8. Where you go to enjoy stories and explore new worlds.
9. Place where you might eat your lunch at school.
12. A place where you learn and have fun.

WORD BANK: Apple, Cafeteria, Desk, Eraser, Grade, Learning, Library, Lunchbox, Math, Notebook, Pencil, Recess, Ruler, School, Stapler, Student, Teacher

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Back to School

Directions: Circle the words hidden in the puzzle. The words are spelled vertically, horizontally, diagonally, and even backwards!



Word Box:

school	science	library
books	reading	PE
learn	math	art
recess	writing	computer
friends	lunch	
teacher	music	

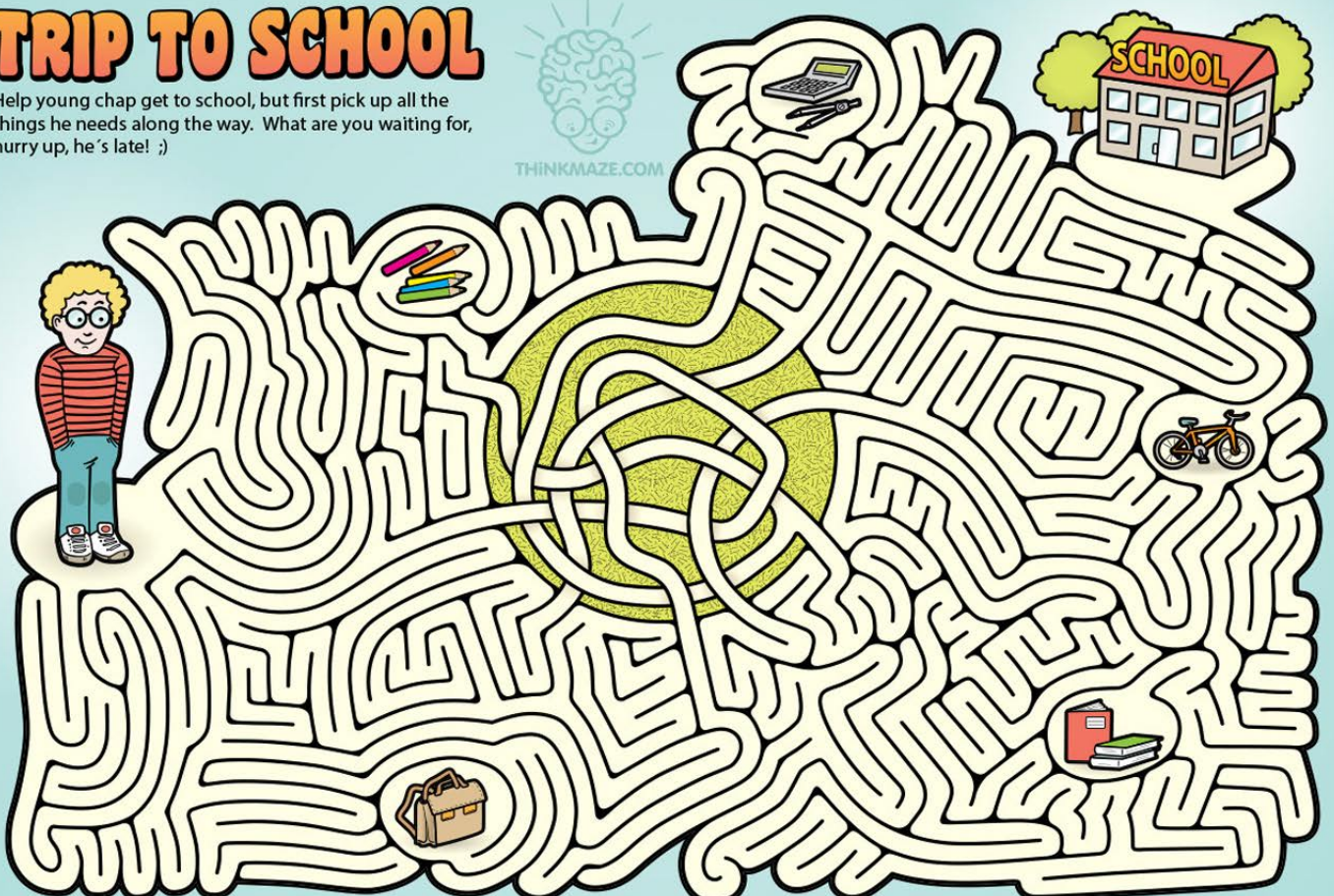


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TRIP TO SCHOOL

Help young chap get to school, but first pick up all the things he needs along the way. What are you waiting for, hurry up, he's late! ;)

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