Blue Heights
The official publication of St. Scholastica’s Academy Marikina High School Department

September 2016

Merciful Love
Unites and
Ignites
Transition

By Jan Cuyo

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There is nothing permanent in this world except change. This recurring quote of Greek philosopher Heraclitus rings true to this day as we undergo a period of transition. In our school community, for example, we find ourselves adjusting to changes for better hope for a optimistic and innovative projects. The senior high school students and their subject teachers seem to be learning from each other in pursuit of quality education.

In the Year of Mercy and Compassion, school director Sister Angelica Leviste, O.S.B. encouraged the Scholasticans to practice the corporal and spiritual works of mercy on page 4. The canonical visitation of Mother Provincial General Angela Stobol, O.S.B. and Vicar General Sister Lumen Dungan, O.S.B. was warmly welcomed by the SSAM community. This shows that we, as Scholasticans, have put premium value to the Benedictine Education.

It was also a surprise to us when the 50 high officers of the Ministry of Education (page 14) visited the high school department to receive the change and strategies in a small group discussion. It must be the first time that the foreign education conductors benchmarking to identify the best practices of our school. We’ve reimbursed with the positive responses of the St. Laurens.

Another change is the replacement of Sister Ida, Moris, O.S.B. as the high school principal. Because of her health condition, she had to take at least one year rest and let former asst principals Mrs. Dea Vera (page 12) do the tasks on her behalf. Library head Mrs. Evangelina Orga, who retired from work, is replaced by Ms. Mary Ann Sarreno (page 13) while another retired employee Mrs. Nancy Tamik is replaced by Mrs. Maria Concepcion Domogay (page 14). Of course, we have to greet our new teachers (page 34) who shared their views about with teaching with passion.

The high school department may not have as many activities as we had in the past years, but the celebration of the Feast Day of St. Benedict (page 15), leadership trainings (page 16), PTA General Assembly (page 17), Nutrition and Disaster Awareness Month (page 19), Career Guidance Week (page 21), and Outreach Programs, one of which is the recently held Sick in Pulin National High School (page 26) are sustained and intensified.

With all the renovation and improvement of the school facilities brought about by the PAASCU accreditation and the formal opening of classes for grade 11 (page 35), school director Sister Angelica expressed her heartfelt thanks to the parents, students, general staff, teachers and middle administrators for all their support in realizing the school plans and projects.

Blue Heights editor-in-chief for senior high school, Eunice Milla, gives all the best she can to provide herbatch with awesome stories happening in their department such as the K-12 program (page 52), Buwan ng Wika celebration (page 53), talented teachers (page 55) and the Dumagat of Sierra Madre (page 56).

On a national scale, the Philippines has also had its turn as it underwent a sharp transition in the administration after Rodrigo Duterte took oath as the 16th President of the Republic of the Philippines. His serious action to stop drug trafficking in the Philippines has driven Huwarang Pilipino groups to stop summary executions.

On behalf of the Missionary Benedictine Sisters, Manila provincial sister Adelaide Ygrabus, O.S.B. released a Statement of Grave Concern (page 25) for the government and the people to know their response to extrajudicial killing of the authorities and the vigilantes. We hope that our country will live in peace and harmony. If we live in peace and harmony, people can work without anxiety, can live without fear, and can contribute more towards economic progress. This is what we really mean.

I hope that this 64-page issue of Blue Heights provide you much learning helping you realize that we as undergo changes, we develop a better understanding about life balance to achieve happiness. Enjoy reading!
Communitiy in unity:
Fostering mercy and compassion

By Jan Cuycò & Clare Pillos

The world becomes smaller brought about by economic integration and communication technology. With these advances, people across the globe welcome opportunities for career growth and financial stability. Globalization compels developing countries to attract more foreign investments leading to the “race to the bottom” situation in which countries are obliged to lower environmental standards; to instigate urban inequality and poverty resulting in violence; and to allow its citizens lose cultural uniqueness by converging themselves into fake stereotypes.

In the Year of Mercy and Compassion, the Catholic Church invites everyone to foster unity despite cultural differences and language barriers.

In one of the speeches of Pope Francis, he called for justice, peace, and language barriers. Francis directed Sister Angelica Leviste, OSB to delve deeper on mercy and compassion for a community to unite and its people to gather enough strength to repel worldliness for humanity’s sake. Sister Angelica shared her thoughts through writing. Here is the full transcript:

The development of science and technology makes man think he is master of the earth, and needs no one else. He is powerful and self-sufficient. There seems to be no more need for mercy, nor room for God. And yet, groups of people guided by living faith, are turning, almost spontaneously to the mercy of God. (cf. St. John Paul II – Encyclical Dives in Misericordia).

For a Catholic school like St. Scholastic’s Academy in Mankina, mercy is the foundation of the Church’s life and mission. It is our mission to spread the love of Christ – God’s Father’s tenderness, mercy and compassion.

How can Scholasticans, like Jesus, be instruments of the presence of the MERCY AND COMPASSION of the FATHER?

How does mercy, compassion, and kindness unite our Scholastican community? Jesus gives the answers: Love God with your whole heart and your neighbor as yourself.

Stop judging and you will not be judged. Stop condemning and you will not be condemned. Forgive and you will be forgiven; a good measure, packed together, shaken down, and overflowing, will be poured into your lap. For the measure with which you measure will in return be measured out to you. Do not be jealous or envious. Do not speak ill of others which puts them in a bad light, undermines their reputation, and leaves them prey to the whims of gossip. (cf. Luke 6:37-38).

Let us often receive Jesus in the Eucharist, be filled with the Word of God through our lectio divina, apologize and confess our faults through the sacrament of Reconciliation, be at peace with one another, be cooperative and observe teamwork when engaged in various school projects. “Go beyond borders”, and reach out especially to the abandoned, the weak, and the poor.

Sister Mary John Manananz, OSB in her Conversatio Conference – June 1, 2016 – entitled “The Eucharist: Fount of Hope and Mercy” expands the meaning of the temporal and corporal works of mercy, which Pope Francis in Misericordiae Vultus recommends “as a way to re-awaken our conscience, (which too often has grown dull in the face of poverty). Let us rediscover these corporal and spiritual works of mercy”.

Pope Francis writes, “BE FACES OF THE MERCIFUL FATHER.”

Corporal works of mercy

Feed the hungry. Share some coins with a beggar, give bread to the hungry who stretch out their hands to us, or a can of biscuits in our cars so that we will not have to turn away anyone. In a broader sense, try to provide income generating projects, struggle against unjust structures.

Give drink to the thirsty. There are many kinds of thirst in our time – those who are thirsty for kind words, for sympathy, for consolation, for acceptance, affirmation, approval, appreciation, and acknowledgement. Then there is the thirst for justice, for those who are oppressed, voiceless, and ignored. How do we quench their thirst?

Clothe the naked. Shelter the homeless. They are victims in times of calamities like storms, fire victims whose houses have been burned down, all their belongings gutted by fire – victims with nothing to eat nor wear, and have no roofs nor walls for shelter.

Visit the sick. They are our sick family members at home, our relatives, the elderly, our sick classmates and friends. Those not only physically sick, but also others who need more patience and understanding, like the psychologically or mentally ill.

Senior high school students set aside their school works and enjoy precious time with their friends, classmates and teachers.

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Visit the imprisoned. Visit the correctional institute for women, perhaps once a year.

Bury the dead. It is great consolation for our relatives when we visit their beloved dead, our dead friends, classmates, acquaintances when we go to their wake. It is also a good reminder that one day we shall be gone like them, and make us contemplate within ourselves what is truly important in life.

Spiritual works of Mercy

Instruct the ignorant. This is the main vocation of teachers. Student catechists also assist in this mission. Enlighten people who are searching for referrals – for a good doctor, a good lawyer, a good counselor, etc.

Admonish sinners. Sometimes we have to correct or admonish another. Let us remember that such acts must not be done in public, and never in anger. Let us be conscious that we are doing the correction in all honesty, for the growth of one another, and not out of exasperation, hurt, pride, or revenge.

Comfort the afflicted. There are many opportunities to do this ministry, because we meet many who are afflicted in one way or the other – loss of a loved one, failure, broken marriages, victims of typhoons, and other calamities, loneliness, despair, and many more.

Forgive offenses. God is so willing to forgive, but we are the ones who forget, or refuse to ask for forgiveness, or to extend forgiveness. This act is a means of healing the one who was offended, or was the victim of the offense.

Bear wrong patiently. Bearing wrongs means not wanting to do harm nor to do an act of revenge on the one who has wronged us. It also keeps us humble, helps us polish the potential diamond in us, and strengthens our character. (Cf. Sister Mary John Manangan, OSB) Ut in Omnibus Glorificetur Dei.

Counsel the doubtful. Give our sympathetic listening and attention to those who come to us for advice.

The SSAM community, including the retired Benedictine Sisters, raised their hands and waved their flaglets to welcome the arrival of Mother Prioress General Angela Strobel, OSB and Vicarress General Sister Lumen Gloria Dungca, OSB last July 13. The canonical visitation of the two Sisters has become a vehicle to reinforce the mission-vision of all Catholic Benedictine schools and its affiliated institutions, and to strengthen relationships among members.

SSAM welcomes canonical visitation of Mother Angela & Sr. Lumen

In 1884, Fr. Andreas Amrhein, OSB, whose primary goal was to live according to the Rule of St. Benedict and spend a life in the foreign missions as a monk, founded the congregation of the Missionary Benedictine Sisters of Tutzing. For almost 130 years, the congregation has committed itself to the service of the Church and spreading the good news of salvation to all sectors of humanity the Benedictine way. The congregation has been expanding all over the world in order to fulfill a mission. At present, there are 12 priories, namely, Tutzing in Germany, Peramiho in Africa, Ndenda in Tanzania, Olinda and Sessobuba in Brazil, Windhoek in Namibia, Norfolk in England, Daegu and Seoul in South Korea, Nairobi in Kenya, Manila in the Philippines, Iberian in Europe. The congregation also covers 6 houses and generalates in Rome, Bulgaria, Uganda, India, Angola, Argentina, and Germany.

For the Benedictine Sisters, the fundamental characteristic of their way of life is seeking God under the rule of one superior. Their primary foundation is St. Benedict’s motto, “Ora et Labora,” which, in layman terms, is the balance of prayer and work. This means living in moderation as they discover God in their daily circumstances in life. The General Chapter of the Missionary Benedictine Sisters of Tutzing re-elected Mother Angela Strobel, OSB as the 12th Prioress General last October 3, 2012 for a term of six years. Professed in 1966, Mother Angela had served from 1969 to 2000 in Brazil where she was elected as Vicaress General. It was in 2006 when the chapter delegates chose her as Prioress General.
and to assist every Benedictine community to assess monastic life and observance, Lumen Gloria Dungca, OSB are responsible. Strobel, OSB, and Vicaress General Sister Lamarroza, OSB gathered the community and grade school principal Sister Alexis OSB, treasurer Sister Celeste Licas, OSB, grade school pupils at the main entrance of St. Scholastica’s Academy in Marikina. The Benedictine Sisters, teaching Sisters as missionaries.

Their brief canonical visitation in the different communities has strengthened relationships among Benedictine communities and affiliated institutions. To note, the Manila Priory comprises 18 communities in the Philippines, including 12 schools, 1 hospital, 2 immersion communities, 1 spirituality center, 2 homes for the elderly and a refuge house for battered women and children.

Up close and personal
The sun-kissed morning coupled with a chilly atmosphere on July 13, 2016 gave delight to the students and the elder Sisters to meet and greet Mother Angela and Sister Lumen at St. Scholastica’s Academy in Marikina. The Benedictine Sisters, teachers, general staff, PTA representatives and students surprised their special visitors, general staff, PTA representatives and boarding students who expressed their appreciation for the warm welcome of the SSAM community.

Sr. Lumen: I think it is the number of students. In Brazil, if there are four thousand that’s already many. You have so many students here in the Philippines and that is one difference. Schools in the Philippines are really big, unlike the small schools in India and America. I also had a chance to see the Benedictine values are being promoted among the community members. All these things we can see inside the school.

Sr. Lumen: What’s good is that we have the Association of Benedictine Schools since you meet different school participants from different regions and provinces. You don’t only compete with one another but you are able to create a bonding. I’m really happy to be with the Sisters because I can see so many good things they have done to improve their communities. One example is your school. It is not only big, but also the environment is conducive to learning. The school is really big, unlike the small schools in Brazil.

Sr. Lumen: It’s in vain.” I think the Benedictine value of peace in a world of violence is something that we should follow it and if you don’t follow it, it’s in vain.” I think the Benedictine values which you learned is discretion which seems to be difficult to do nowadays because we talk to everyone about everything. But in a good relationship, we also have to keep silent about some things. Discretion of what should be said, how it should be said is very important for the Benedictines to establish good relationship and the discernment of what is good and bad.

Sr. Lumen: I will just quote from the Rule of St. Benedict, “Seek peace and pursue it.” We can really make a lot of difference if we are wise of peace, students of peace in a world of violence. 34

What are their thoughts about canonical visitation?
"The canonical visitation of the prioress illuminates the path the Benedictine community is treading. It is a way of extending genuine support to the community. It promotes an active exchange and a sense of direction for all the members of the Benedictine community. Community involvement in the entire process prepares the community to accept and spearhead ongoing plans and recommendations for the institution’s future. The entire process fosters hope and the development of a clear community supported direction for the future.

Mr. Mar Evan Morales, Araling Panlipunan teacher
"I think the canonical visitation is a simple celebration. Not too grand but heartwarming for the visitors.” - Kristel Cue, grade 9 - St. Ottilia

It gives our Benedictine Sisters a chance to see the situation of our school and to make sure everything is fine here.” - Malaka Paculan, grade 10 - St. Catherine
The international exposure visit of the 30 Ministry of Education officers in North Central Province of Sri Lanka at St. Scholastica’s Academy in Marikina is an opportunity for all Scholasticans to harness their strengths and identify their weaknesses in all aspects of academic learning.

By Jan Cuyco

Seasoned educators from the Ministry of Education of North Central Province in Sri Lanka went to St. Scholastica’s Academy Marikina last June 28 for their international exposure visit.

The 30 delegates also visited three other schools, namely, San Pablo Central Elementary School, San Pablo Science High School and Legarda Elementary School to determine for themselves how the schools run its operations. The formal visit of the delegates marks the Philippine leg of the Overseas Training on School-Based Management and School-Based Teacher Development Strategies and Implementation program of Praxis Associates Philippines.

Together with teacher-assistants in the high school department, the Sri Lankan educators were the following: Mr. Susantha Wijithaweera, Mr. Santha Dissanayake, Mr. D.M. Udeni Sisira Bandara, Mr. Upali Anurudda Jayalath, Mr. Karunarathna, Mr. Piyarathne (assisted by Ms. Violeta Ochave), Ms. Padma Kumara Wickramasinghe, Mr. D.M. Udeni Sisira Bandara, Mr. Preethi Viraj, Ms. Niranjala Kumari, and Ms. Dhammika Priyanthi (assisted by Mrs. Sheryl Cinco).

The delegates expressed their plans to adopt best strategies, techniques, and implementation observed in school in their country.

All the way from the Department of Education-CALABARZON Office that same day, the delegates went to Scholastica’s Academy Marikina, which was their first school destination in a series of international exposure trips to conduct classroom visits and observations.

According to Environment Officer Mr. Manoj, SSAM has been chosen as one of its destinations as it has been described as “one of the prominent and leading schools in the country” based on their research.

Early Tuesday afternoon of June 28, the delegates were warmly welcomed by the Benedictine Sisters, and the grade school and high school faculty members. The 30 delegates were divided into 10 groups. Each group was ushered to their assigned classrooms to observe classes for 10-15 minutes. They also checked the facilities and buildings around the campus.

In a roundtable discussion, Manoj commended that SSAM had an organized faculty development. He also observed that SSAM is “a ground of good teachers in a good environment, where students can focus on their studies.”

The Overseas Training on School-Based Management and School-Based Teacher Development Strategies and Implementation is a program of the Multiple Intelligence Thailand and Praxis Associates Philippines which aims to enhance the capacity of the participants with appropriate blend of updated knowledge and skills required in relation to school-based management at all levels; to gain knowledge from modern management theories and practices into everyday life teaching and learning atmosphere; and to provide interactive activities which are directed at building network between Sri Lanka and other countries. The delegates left the country on July 2 for Bangkok, Thailand.
New principal talks about social responsibility and academic excellence

By Jan Cuyo & Clare Pillos

The appointment of Mrs. Amelia De Vera as the high school principal came very timely as the department prepares for the Philippine Accrediting Association of Schools, Colleges and Universities (PAASCU) accreditation on November of this year.

Her commitment to service as a former assistant principal was the very reason why the administrators took her as a temporary replacement of high school principal Sister Ida Morin, OSB who was advised to take at least one year break from the pressures of administrative work. Mrs. De Vera, who had served the high school department for 35 years before her retirement in 2011, is a former mathematics teacher and a home economics adviser. Three years after, she was appointed as a math coordinator and became the assistant principal in 1981.

However, things had not been quite well when Mrs. De Vera faced family concerns. After some time, she was offered the same job in the same school as it badly needed someone like her to help the Benedictine Sisters prepare necessary documents concerning PAASCU accreditation for the first time.

And even after her retirement, she willingly offers assistance and consultation pertaining to accreditation. To note, SSAM has gained its reputation as being one of the finest Catholic schools not only in Marikina City, but also in other parts of the country.

Mrs. de Vera: I need to oversee the full implementation of the school policies and programs started by Sister Ida. We need to ensure that these policies and programs should adhere to the school’s vision-mission, philosophy, and objectives.

BH: The high school department is preparing for PAASCU. What are the preparations being made by the high school department for this?

Mrs. de Vera: The school had already begun preparations since SY 2012-2013, one year after the previous accreditation. Sister Ida reviewed all the things that were implemented based on the recommendations of the PAASCU. The accreditors make recommendations to the following areas: faculty, curriculum and instruction, administration, laboratory, library and audiovisual center, student services, school and community, and physical plant. When the accreditors evaluate the school, they also consider the vision-mission, philosophy, and objectives of the school.

As an accreditor myself, I think that the faculty, administration, and the curriculum and instruction can be compared to a triangle with two equal sides, an isosceles triangle. The administration is on top of the triangle and the faculty and the curriculum and instruction are on the two equal sides. The teachers to implement the methodologies based on the curriculum. The triangle would be nothing without the students who are the interior.

BH: This year also marks the opening of the senior high school in SSAM. How is it mobilizing now?

C-P Page 14

The PAASCU seeks to find out ways to help the school achieve the highest quality of education. The criteria and survey instruments are merely used as tools to serve as a guide for institutions as they strive for excellence and for accreditors as they assess institutional achievement.

In an exclusive interview, Mrs. De Vera laid out her plans, shared her thoughts about instruction and expressed her feelings towards the new generation.

Blue Heights: What are your plans for the high school department and how do you plan to achieve them in your one-year term?

“Happiness is a choice and it is in our hearts. You have to learn how to make yourself happy.”

Ms. Mary Ann Sarengo appointed officer-in-charge of the HS library

By Sydney Barcelon

The 23-year-old Library and Information Science graduate from the University of Santo Tomas may not have a long list of accomplishments to show unlike other head librarians in big schools, but Miss Mary Ann Sarengo can handle the job with ease and efficiency when she was appointed as the officer-in-charge of the high school library. She replaced the retired head librarian Mrs. Evangelina Orga.

Ms. Sarengo, who is currently taking up postgraduate studies at the Philippine Normal University, didn’t expect that she would be assuming the role of officer-in-charge too soon. She admitted that she still had a lot of things to learn and more experiences to earn.

“There’s a really big change from what I used to do. Before, I was an ordinary librarian focusing on the technical issues, reference service and activities here in the library. At present, I am responsible for the development and improvement of the area. There are lots of challenges and expectations especially this year; we have a new HS library and the JHS PAASCU accreditation on November. But I know that with the help of the HS Library and AV Center personnel and with the support of the administration we can surpass these challenges,” Ms. Sarengo said.

In her first year as an officer-in-charge, Ms. Sarengo stated that the activities the library has been organizing would still be the same. There will be no major changes as she believed that the students are very familiar with these worthwhile activities and are still looking forward to a more exciting games and candies.

“We still have the activities we have been doing for the past years like the “Best Borrowers of the Month,” “Section with Most Number of Borrowers,” “Relax! It’s Snowtime,” a film viewing that Scholastics like during lunch break, “Look, Who’s Reading?” a selection of any library book which wants to be updated in the new acquired books, “Section on recess or lunch break, our library is packed with students who can read or borrow, updating references exclusively for faculty. If you want to be updated in the new acquired books and for the forthcoming activities in the library, you may check the TV monitor located in the Circulation Section,” she revealed. “Expect a library that is ready to serve the 21st century learners. We are planning to introduce electronic resources like e-books, audiobooks and e-journals.” Ms. Sarengo is confident that there will be an increase of library users and book borrowers since the library is equipped with more reading materials.

“Scholastics are wide readers. Every recess or lunch break, our library is packed with high school students looking for new books they can read or borrow, updating references exclusively for faculty. If you want to be updated in the new acquired books and for the forthcoming activities in the library, you may check the TV monitor located in the Circulation Section,” she revealed. “Expect a library that is ready to serve the 21st century learners. We are planning to introduce electronic resources like e-books, audiobooks and e-journals.” Ms. Sarengo is confident that there will be an increase of library users and book borrowers since the library is equipped with more reading materials.

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New registrar prepares for greater responsibilities

By Angela Galang

Mrs. Domeyeg: The opening of the SHS made an obvious increase of enrollment in SSAM. The SHS offers two strands, namely, Academic and the Arts and Design. There were supposed to be only five sections for the pioneer batch of the senior high, but by June, we found out that there were already students good for approximately 7 sections in Grade 11.

BH: What is your advice to the students on their studies?

Mrs. Domeyeg: Being a Benedictine educator is serving God with all your heart and mind. Give your 100% in everything you do. Simplicity that will make you accept your giftedness and accepting your giftedness and weaknesses. Live simply and embrace what you have.

“Live simply and embrace what you have.”

Mrs. de Vera: The senior high school department still needs multime- dia equipment. The senior high school teachers are very competent since most of them are former college professors.

BH: What can the school commu- nity expect from our backcombing high school principal?

Mrs. de Vera: The school community can expect an open and friendly administration. Anyone can approach me. I’m a person-oriented administrator. I enjoy talking to everyone.

BH: What message would you like to impart to the Scholasticians?

Mrs. de Vera: I actually have a lot. I usually place them in the faculty room as food for thought. For example, “Bloom where you are planted. Whenever you are given a task to do, do it the best you can.” It’s good [advice], you know, because for example, you think that you’ve done some- thing the best that you can, but based on other people’s thinking, it’s not the best. You cannot say, “I got a low grade in this project because I have not given my everything.” Another one is “One should accept that there are three constants in life: change, choice, and principle.” It came from Stephen Covey. “It’s not easy to find happiness in yourselfs and it is not possible to find it elsewhere.” Happiness is a choice and it’s in our hearts. You have to learn how to make yourself happy.

“Maturity begins to grow when you can sense your concern for others, outweighing your concern for yourself.” Finally, this one is from Eleanor Roosevelt. This one is for old people: “Beautiful young people are accidents of nature, but beautiful old people are works of art.”

“I actually have a lot. I usually place them in the faculty room as food for thought.”

By Angela Galang

Mrs. Domeyeg: The nature of my current job is quite different from my previous assignment. I used to roam around the building to check that everything is in order. As a registrar head, I am adjust- ing in my new office where I supervise and keep all the school records. We are also responsible for the issuance of the students’ credentials essential for college and employment.

BH: Prior to appointment as school registrar, how long have you been a teacher and a middle administrator?

Mrs. Domeyeg: I was a CLE teacher for 4 years. Afterwards, I became the CLE coordinator for 3 years. For the past six years, I had been the Student Formation Coordinator of the grade school depart- ment.

BH: How does it feel that you are not directly working with the students?

Mrs. Domeyeg: As an SFC, I always want to make sure that discipline among the grade school students is strictly imple- mented, but in a child-friendly manner. I missed working directly with the students, so I just think that whatever I am doing is for the children.

BH: Could you tell us something about the senior high school?

Mrs. de Vera: The senior high school principal?

Mrs. Domeyeg: I had been the Student Formation coordinator for 3 years. For the past six years, I became the CLE teacher and a middle administrator? (BH: registering the name of the senior high school principal.

Mr. de Vera: The senior high school principal?

Mrs. Domeyeg: Mrs. Domeyeg was proud to share her experiences with the readers.

Blue Heights: How different is your new job now compared to your previous position?

Mrs. Domeyeg: The nature of my current work is far different from my previous assignment. I used to roam around the building to check that everything is in order. As a registrar head, I am adjusting in my new office where I supervise and keep all the school records. We are also responsible for the issuance of the students’ credentials essential for college and employment.

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BH: Could you tell us something about the senior high school?
Student leaders show how teamwork gets a work done

By Jaimee Baquiran

Capping off the leadership training were the exchange of information based on the activities they participated in, and sharing of experiences related to responsible leadership.

By Jenina de Guzman and Angela Navarrete

The newly elected members of the PTA Board for SY 2016-2017 are the following: Mrs. Patty Brazal (president), Mrs. Yolindela Cueva (vice president), Mrs. Reyn Guevaras (secretary), Mrs. KJ Santos (assistant secretary), Mrs. Leonie Susa (treasurer), Mrs. Malou Roxas (auditor), and Mrs. Jane Trinos (treasurer). The PTA Board members are Mr. Carlo Donomoga, Mrs. Donna Bartolome, Mr. Al del Rosario, Mrs. Daniel Medina, and Mrs. Susan Rodriguez.

The grade 9 parents organized and sponsored free eye check-up and free glasses to the nearsighted students at Pintong Bukawe National High School. The grade 7 parents had a tie-up with the English area of the high school department wherein they gave free school supplies to the grade school pupils of Kapitan Moy Elementary School. The school also received hundreds of children's books to encourage its pupils to read and improve their vocabulary skills.

Before the school year 2015-2016 ended, the PTA organized a fundraising project called Bingo Socials last February. Proceeds of the school fair and Bingo Socials were donated for the purchase of chairs in the auditorium of the senior high school building. The donated amount came from the collections and earnings of the Bingo Socials during the school fair last February.

For the Catholic families whose daughters are Scholastics, Sunday is reserved for Christ and for family bonding before another week of work comes in. But last July 17, a Sunday, they were all set to hear the Holy Mass and showed support to the recent Teacher Association General Assembly at the SICC.

The annual PTA-sponsored activity highlights the introduction of PTA Board Officers, report on the summary of expenses for the school year, meeting with homeroom advisers and facilitating in the election of parents for section representatives.

The SSAMPTA is looking forward to another exciting year. Let us begin with extending their help, time, and effort to the guardians, faculty members, personnel and staff, and the school administrators for making all these activities possible and successful. The SSAMPTA is looking forward to another exciting year. Let us begin with energy and hope, with faith and discipline, and let us work until our work is done,” Mrs. Susa said.

Mr. Albert Basion, outgoing PTA Vice President, also announced the three winners in the raffle draw. Each winner received a refund of their daughters’ books.

The new set PTA officers were inducted into office last August 6 at the SIH.
BH and YSI tour around National Museum and ABS-CBN studios  

By Jan Cuyco

For the first time, Blue Heights and the Young Scholastican Journalists came together for a whole day of exposure trip at the National Museum and ABS-CBN studios on July 23, 2016. 32 members of Blue Heights and 21 of YSI, together with their moderators Mrs. Menere Nasiad, Ms. Charlotte De Leon and Ms. Cielia Del Rosario, respectively, spent their entire Saturday cultivating knowledge about history, traditions, culture and arts at the National Museum, and discovering innovative technology used in television shows and productions at the ABS-CBN studios. The campus writers made a short trip around Rizal Park where the famous Torre De Manila towering over Rizal Monument at the Luneta Park is seen.

The Museum of the Filipino People, a former Finance building, had been transformed into The National Art Gallery of the National Museum. By virtue of Republic Act 6942, the National Museum Complex comprises three buildings – Museum of the Filipino People, Museum of Fine Arts, and Museum of Natural History, which is yet to be built.

Of the five floors of the building that houses the anthropological and archaeological collections, the students went to levels 3 and 4, which featured exhibits such as Kabang ng Lahi, Bangsangaro culture and ancient scripts of Baybayin. The Bangsangaro Art Gallery serves as a visual exploration of the rich cultural heritage of the Filipinos in the south. Meanwhile, the Kabang ng Lahi displays the cultural treasure of the manunggul jar dated about 890-710 BC that verifies the belief of Filipinos in life after death. Artifacts giving a distinctive marker of Filipino identity such as the Laguna Copper Plate and the Calatagan Pot can be seen in the Baybayin exhibit.

The Museum of Fine Arts, which was the Session Hall of the Congress, is home to galleries of the Philippine visual arts from the 17th to the 20th centuries as well as modern and contemporary Philippine Art. It is also the site of the largest painting in the country, “Spoliarium” of Juan Luna. Depicting a glimpse of the bloody carnage in gladiator battles in Rome, Luna’s entry to the Exposition de Bellas Artes in 1884 eventually bagged the First Gold Medal. Displayed right across the Spoliarium is “The Assassination of Governor Bustamante” by Luna’s contemporary and friend, Felix Hidalgo.

The students went to ABS-CBN (Alto Broadcasting System – Chronicle Broadcasting Network) in Quezon City. They were ushered by a studio facilitator who introduced them to different state-of-the-art studios wherein popular TV shows, such as, “Umagang Kay Ganda,” “Maalaala Mo Kaya,” “The Voice,” “Tonight with Boy Abunda,” “TV Patrol,” and “It’s Showtime” are produced. The students took a photo opportunity with celebrities, and observed equipment and props used in several telenovelas. Blue Heights organized the exposure trip as it believes that appreciation to Philippine history and culture, and awareness to print and broadcast media can help them to become socially responsible writers in the future.

BH editors hold writing seminar to YS journalists  

By Clare Pillos

Three Blue Heights editors were invited to facilitate a writing seminar with the Young Scholastican Journalists of the grade school department last July 9 at the Grade School Library.

YSI moderators Ms. Charlotte De Leon and Ms. Cielia Del Rosario invited Jan Cuyco, Eunice Miña and Clare Pillos who were YSI writers during their elementary years.

Blue Heights editor-in-chief Jan Cuyco gave a talk on the duties and responsibilities of the editorial board stressing on the importance of collaborative work to produce an informative newsletter.

Cuyco mentioned that a writer has to make sure that the information is accurate and objective so that the readers won’t be misled and can get credible facts upon reading the article. Associate editor Clare Pillos introduced to the young writers the basic of news writing, proofreading, and emphasized on a campus journalist’s work ethics.

Pillos said that eliminating unnecessary words or sentences and correcting typographical errors are just part of the writers’ job. The credibility of the paper is shown by its content and how the campus writers carry out their responsibilities efficiently.

Senior high school editor Eunice Miña talked about the techniques in editorial writing. She used a human body to identify the features of a good editorial. For example the two arms which serve as the pros and cons of a particular issue. There must be a concrete evidence or proof to support.

MAPEH Area focuses on health and safety  

By Jaijeca Cabang & Jacqueline Lopez

Scholasticans geared up for the month of July since all activities required physical strength, mental alertness and spiritual motivation. Health and safety was the main agenda of the MAPEH area in its monthlong celebration.

MAPEH Coordinator Mrs. Janice Derilo, together with her teachers, intensified the campaign for good nutrition during the Feast Day of St. Benedict last July 17. Each class was encouraged to prepare nutritious foods and healthy drinks for their simple get-together. The students learned to value the simplicity of lifestyle and to develop the habit of eating nutritious foods regularly.

The school also observed the...
During the rave party billed as “Close Up,” note, illegal drugs had been found out the life-threatening effects on individuals. To discuss about party drugs, and its Aرانas, director of the PNP Crime Laboratory symposium at the SICC. Resource attended a health and disaster preparedness program is aimed at heightening public awareness on the importance of disaster prevention, mitigation and preparedness. There was an institutional earthquake drill in which students were to perform the Drop, Cover and Hold On, a quake-safe action to ensure that disasters do not become catastrophes.

On July 21, the students and teachers attended a health and disaster preparedness symposium at the SICC. Resource speaker Chief Superintendent Emmanuel L. Arañas, director of the PNP Crime Laboratory, discussed about party drugs, and its life-threatening effects on individuals. To note, illegal drugs had been found out the cause of the tragic death of five people during the rave party billed as “Close Up Forever Summer Concert” last May.

 Philippine Red Cross Marikina Chapter volunteer Alonso Minahao gave an overview of the imminent natural threats such as, typhoons and earthquakes, and basic survival procedures. On regular school days, students listened to health-related trivias through the public address system, and do some dance exercises to put balance between the body and the mind. Digital poster making contest capped the monthlong MAPEH Week celebration. The top five winners, who were recognized last August 5, were Adrienne Quizon of 9-St. Hilda (first place), Franz Manlutac of 9-St. Ottilia (second place), Sisly Calac of 9-St. Sotez (third place), Jamilah Aparas of 9-St. Walsburga (fourth place), and Janella Santos of 10-St. Irene (fifth place).

SDC emphasizes on students’ interests for future career goals
By Sydney Barcelon, Patricia Mapalad & Rafaela Salazar

As young as 13 years old, Scholasticans are being prepared to be more responsible and mature individuals through counselling and attending conferences and small group discussions organized and sponsored by the Student Development Center.

Through the years, the SDC has been living out to its mission of addressing the academic, personal, social and career needs of the students as well as organizing programs involving parents or guardians. The SDC launched Career Guidance Month anchoring on the theme, “Unite and Ignite Your Passions and Live Up Your Dream Careers” last July 4. SDC head Ms. Ma.Violeta Ocwayne, RGC, together with life mentors, namely, Ms. Ma. Triza Mannag, RGC, Mrs. Leonilda Cruz, Mrs. Keleti Bayani, RGC, and Mrs. Ma. Lourdes Guzman, RGC mapped out activities to intensify the ongoing projects of all the high school students as they begin to assess themselves and to gain better understanding of their career goals. Academic Coordinator Mrs. Maria Concepcion De Dios, who graduated elementary and high school at SSAM, facilitated a career talk to the grade 10 students in their respective guidance classes. To note, she finished Bachelor of Secondary Education in English at the University of Santo Tomas.

The grade 11 students attended a career talk facilitated by the Guidance NGO, Mr. Jun Geromin, last July 25. The grade 7 to 9 students were engaged in career-focused activities focusing on career. A career guidance quiz bee dubbed as “Career 1,2,3via,” was conducted for all the students to increase their level of awareness about the nature and scope of professional jobs they might want to engage in the future. The quiz bee, held every Tuesday and Thursday, was set up using the public address system. The students themselves listened to a brief discussion about the featured job and were asked to answer a particular question. Every week, one winner per level received a special prize.

Essays and letters penned by employees were on display for everyone to read in the exhibit area. Inspiring messages that talked about their passion to pursue their dreams, and motivation to work were posted on the board.

Since the inclusion of senior high school in the secondary level, the SDC has been mobilizing enriching activities that seek to inspire students while identifying their interests, assessing their abilities and keeping track of their academic performance. “You know your interests, skills and talents. Make a research of the career you would like to take, always ask yourself, “Ito ba talaga ang gusto ko?”, and listen to the pieces of advice of the elderly as they share their experiences,” Ms. Mannag said. #
A grade 11 student emerged as one of the major winners in a coloring contest organized and sponsored by the alumnae, Batch 1992. Accumulating 982 likes on Facebook, Espinola brought home a cash prize of P3,000 for accumulating the most number of FB likes in a fundraising contest launched by SSAM Alumnae Batch 1992 entitled, “Scholar Fun: A Coloring Contest for a Cause.”

Meanwhile, the top three winners in the actual judging were Gerald Garcia, Mercy Castell, and Emmanueltito Cruz who took home P5,000, P2,000, and P1,000 respectively.

Interested students were given an entry form revolving around the theme, “Return to Our Roots: Homecoming.” The entry form was pegged at P300 pesos only. A contestant was given an option to choose a category to participate in.

Entries were examined based on the actual judging and/or the number of Facebook likes.

The judges were Ms. Jennifer Javier, Senior Interior Designer of VR Benito Architectural Services, Mr. Juan Paolo D. Tafta, Creative Director and Owner of Ingenius Communications Inc., and Mr. J. Ibay, Senior Art Director of Over the Moon Communications Inc. The contest was a learning opportunity for the participants to further flourish their artistic side. Proceeds from the said contest will be used for the upcoming homecoming activities, scholarships, and social involvement programs. The Scholar Fun Coloring Contest was supported by Cookie Sticks, Bandolino, Brush and Brew, Timezone, Comfylishoes, Jner’s, and Petron.

Senior HS student gets the highest number of FB likes in Coloring Contest

By Trisha Asturiano

A grade 11 student Alexia Louise Espinola (center) gathers 982 likes on Facebook for her creative output.

HS Clubs visit Pintong Bukawe National High School to extend help

By Jacqueline Lopez, Jaimee Baquiran & Halle Marcelino

Three official clubs and one group of instrumentalists visited Pintong Bukawe National High School in San Mateo, Rizal last August 19 to meet their adopted students. Selected members of Blue Heights, Glee Club, Dance Club and Instrumentalists shared their talents, skills and resources to the more than 100 students of PBHHS.

Blue Heights members Julia Ortega, Kirsten Iriyung, Halle Marcelino, Jam Apiras and Vernice Ipac facilitated a seminar-workshop on news writing and illustration to the campus writers at PBHHS. The campus writers were thankful for the services that the Blue Heights writers rendered. Likewise they had been asking for coloring materials, pens and pencils, magazines and newspapers necessary for their learning activities.

Glee Club members Ayannah Albo-Albo, Jordyn Viray, Sarah Arrolado, Carmel, and Malaika Faculan taught interested students of PBHHS techniques in singing including proper posture. Dance Club members Alessandra Teruel, Alexandra Gatchalian, Agatha Virrey, Alexandra Grozen, and Gabrielle Jaurique demonstrated dance steps for the participants to follow. The PBHHS students were taught contemporary jazz and hip hop.


Student Activities Coordinator Mrs. Josephine Atlas said that activities, projects, and plans under the Social Involvement Program for the PBHHS students will give them more opportunities to develop their skills, enhance their talents, and enrich their learning.

As observed, the students showed confidence in dealing with the Schola- lastics who have been reaching out for about two years now. To note, the Scholasticians have been setting up sports clinics, seminars, leadership trainings, small group discussions and workshops to their adopted school community.

Blue Heights moderator Mrs. Menere Nasiad, Dance Club moderator Mrs. Ingrid Deflino, MAPEH Coordinator Mrs. Janice Delino, Music teachers Mrs. Gloria Dico, and Mrs. Zarah Nisay assisted the Scholas- ticians in planning, organizing and implement- ing the activities during the outreach program. The high school department has more activities in store for its adopted community.
Justice in Our Hands

By Trishia Sarmiento

From the start of the Presidential campaign, we have been yearning for a better economy and a peaceful country. A country where every child is spared from violence and abuse. Hard as it may be, the Filipino people are tired of listening to the promises of government officials who are supposed to help improve the lives of their people. And here is a man who has shown his immense sympathy with the poor and the children. His name is President Rodrigo Duterte.

His promise to his countrymen is to eradicate criminality in six months time. So, we give full trust to Duterte that there will be peace in the country, and no one will feel discriminated for everyone was born with equal rights. His detractors construed that his obsessively-tainted expressions could get him into trouble. His impulsiveness could put people in danger. Nevertheless, people embrace all of Duterte’s weaknesses. In his first month as the President of the Philippine Republic, Duterte impressed the people by his effective campaign against drug trafficking. Drug pushers were apprehended during the buy bust operations and drug users voluntarily surrendered to their local authorities.

To our surprise, Duterte’s way of promoting peace and order in the country is questionable. We have seen several dead bodies of suspected illegal drug pushers and users. Crime investigators would report that suspected criminals are killed after a serious encounter with the police. Day after day, several dead bodies and the bereaved families were shown over social media. Seeing their helpless condition, we try to see the pros and cons of summary execution. At present, human rights organizations initiated massive campaigns against extrajudicial killings. They are not against Duterte being the country’s staunch leader, but his drastic means to mobilize his programs and concretize his mission has brought fear to the people.

With the spate of killings, we may think that justice is making a firm decision of killing a “bad man” without going through a legal process. Peace is achieved when the number of criminals killed increases each day. As devout Catholics, we have always believed in the concept of restorative justice. Taking the life of a person without a due process of law is a violation. Religious superiors would tell us to promote right to life, which is the most basic of human rights.

Still, we believe that Duterte is a peace-loving man. We do not want our country to become “Asia’s new killing fields.” We believe that the death penalty is anti-poor because the poor have no access to skilled lawyers to defend them. As Pope Francis said: “The commandment, ‘Thou shalt not kill’ has absolute value and applies to both the innocent and the guilty.” We CALL ON OUR ALUMNI, STUDENTS AND THEIR PARENTS, FACULTY, EMPLOYEES, HEALTH WORKERS AND MISSION PARTNERS AND ALL PEOPLE OF GOOD-WILL TO OPPOSE A CULTURE OF DEATH AND IMPUNITY AND PROMOTE A PROFOUND RESPECT FOR LIFE.

We, the Missionary Benedictine Sisters of the Manila Province, express our grave concern about the culture of death that is creeping into our society and the violation of human rights that are related to the administration’s war on illegal drugs.

At the outset, we state our condemnation of the drug trade that that has not been properly addressed due to corruption, indifference, and lack of political will. Powerful drug syndicates have succeeded in penetrating all levels of our society through bribery and corruption of public officials and law enforcers themselves. The effect is the corruption of our youth, heinous crimes, and the deterioration of the moral fabric of our society. That is why a drug crusader like former Mayor Rodrigo Roa Duterte was elected President with a wide majority.

We are supportive of President Duterte’s determined and single-minded crusade against the illegal drug trade. We are, however, appalled at the ever increasing extra-judicial killings that accompany this crusade perpetrated by law enforcers themselves or by vigilantes.

We believe in the fundamental ethical dictum that THE END DOES NOT JUSTIFY THE MEANS. We believe that not only victims but even perpetrators have human rights and any judgment on them should go through due process. We condemn the arrogation of law enforcers of powers that do not belong to them, namely as judge and executioner.

We believe that right to life is the most basic of human rights and is the foundation on which all other human rights are built upon. It is God’s greatest gift and should be held sacred by all. We do not believe in punishing criminals by becoming criminals ourselves.

We do not want our country to become “Asia’s new killing fields.” We call upon the Administration to:

* stop providing or giving rewards for people killed or giving quotas of arrests or surrenders to law enforcers;
* investigate the killings to determine their legitimacy;
* punish those who are found guilty of summary killings;

For the same reason that we hold life to be sacred, we also DECLARE OUR DISSENT TO THE REINSTATING OF THE DEATH PENALTY.

We state that death penalty as means of deterrence for crime has long been debunked. We believe that the death penalty is anti-poor because the poor have no access to skilled lawyers to defend them. As Pope Francis said: “Thou shalt not kill” has absolute value and applies to both the innocent and the guilty.”

We demand the nullification of the death penalty because it violates the human rights of the person who is to be executed. The death penalty does not bring peace, but only breeds more violence and more deaths. We, therefore, declare our dissent to the reinstating of the death penalty.

We call on the government officials to reflect on its actions and take appropriate measures to address the concerns of those who have suffered and/or who really wanted to attain peace in a peaceful way. We hope that the administration will not consider any form of summary execution.

For the same reason that we hold life to be sacred, we also DECLARE OUR DISSENT TO THE REINSTATING OF THE DEATH PENALTY.
President Rodrigo Duterte must have done an excellent job in convincing our countrymen that change is coming. He has repeatedly stressed the importance of war against crime and drugs, which, as many repeatedly stressed the importance of war against crime and drugs, which, as many
are the primary causes of violence. The state has a duty to protect its citizens and to ensure that justice is served and no one deserves to be killed.

That is, no such thing as judicial killing under the law unless it is self-defense. All killings seem to be extra judicial, which is why shoot-to-kill orders are practically illegal. There is always a condition that shoot-to-

kill may be carried out only when public safety is at stake. Then again, drug pushing brings people closer to death too, either through overdose, violent “trips” or gradually distorting the way of thinking.

Given that, drug pushing is also a form of extrajudicial killing but the way the killings are being carried out, minus evidence, minus accountability, is giving rise to the spectre of anarchy. When even law enforcers flout the law, what’s to become of society? When all are desensitized by these killings and even laud vigilantes, where does our human-

ity lie? What then separates us from the criminals if we allow and cherish killings outside self-defense and accidental deaths? Thou shalt not kill. Vengeance is Mine, sayeth the Lord. We live in a world with sin cast the first stone. Nowhere in the Bible can I find exceptions.

The thing is, in our country, there is no such thing as judicial killing under the law. All killings seem to be extra judicial, which is why shoot-to-kill orders are practically illegal. There is always a condition that shoot-to-kill may be carried out only when public safety is at stake. Then again, drug pushing brings people closer to death too, either through overdose, violent “trips” or gradually distorting the way of thinking.

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President Rodrigo Duterte must have done an excellent job in convincing our countrymen that change is coming. He has repeatedly stressed the importance of war against crime and drugs, which, as many of our loyal followers believe, is an inde-
fensible solution for long-term problems plaguing our country. Unfortunately, they must’ve gotten the memorandum wrong. There are still a mil-

lion problems within the Filipinos’ blind side that continue to go unnoticed no matter how often we blame them up in our day-
to-day conversation. We fail to see their significance to our growth as a nation, and we even have the nerve to poke fun at them. A concrete example? Our culture’s perception about mental health. Not all people see beyond the smiling faces of survivors of natural calamities. We fail to see the psychological distress caused by natural calamities that have ravaged the homes and lives of many citizens. 

In the aftermath of typhoon Yolanda, the World Health Organization estimated that over 800,000 people in Yolanda-hit areas had suffered from different mental health conditions, ranging from post-trau-
matic stress disorder to depression. Discussions about mental health have long been considered taboo by our society. If one were to observe carefully, most Filipino television shows and movies still portray mentally-ill people as de-
ranged villains incapable of showing any resemblance of their former lovable selves. In worse cases, they are stigmatized for not being able to conform to the norms of society, further shattering their self-respect and self-worth.

We trivialize the pain they have to deal with. We limit their freedom to express themselves. We unknowingly hinder their growth by pointing out their flaws in front of their faces. Funny how something so commonplace in the modern context of our culture could be so oblivious to the mind of the ordinary Filipino.

By listening to the stories of the mentally-ill, we’re doing them a really huge favor. They, however, are not attention seekers. They only need someone to hear their pleas and appreciate them despite their shortcomings. They must impart to them that discussions revolving around suicidal tendencies, depression, bipolar disorder, and other types of mental ill-

nesses should not be trivialized. There is still a glint of hope for all those who wish to bring up mental health issues out of the zero-visibility zone. We can still prove to ourselves and to the world that we are taking the right path.

The mere suggestion of burying former President Ferdinand Marcos at the Libingan ng mga Bayani (aptly known as the Heroes’ Cemetery) was actually more than enough to spark up public outrage within the nation. In the eyes of many Filipinos, the justifications for using his name with the words “former president” might just as well be a politically cor-

rect substitute for those who would read it as “transgressive, abusive dictator.” Yet as of the inauguration of the Philippines’ 16th President, Rodrigo R. Duterte, that idea was coming into fruition – so we could only imagine just how horrified those Filipinos were.

But as per the translated words of Duterte, “He is qualified to be buried there. If other Filipinos don’t want this, fine. You can demonstrate, go ahead. You can use the streets.” He does have a point. He’s backed up with regulations from the Armed Forces of the Philippines (AFPR G 161 373) which Marcos is said to comply with as a former soldier/world war veteran, a medal of valor awardee, a former Secretary of National Defense, and a former President. However, the person in question, in order to be interred at the LNMB, must meet any of those qualifications and not all of them.

According to the regula-
tion, the personnel is disqualified if he/ she was either dishonorably separated, reversed or discharged from service or convicted of an offense involving moral turpitude.

In the case of former President Mar-
cos, you can’t use the latter disqualification in this regulation to say he doesn’t deserve to be buried, even with 21 years’ worth of crimes, abuse and corruption under his name, because Marcos died before any chance of being charged, tried and con-
victed. But I would like to look at the first one. While he was never convicted of any such offense, he was either dishonorably separated, reversed or discharged from service or convicted of an offense involving moral turpitude.

The Philippines was originally a democracy, or to be more accurate a republic wherein we vote for our govern-
ment officials and with whom we choose our representatives in Congress. The people are ultimately the “sovereign authority” of the state – in other words, as the sovereign authority, the people ultimately have the right to take away the power bestowed upon them. Put simply, if the people have voted for you, then just as easily you could be voted out of power from your position of power should they see that you are not fit for the job. For Marcos, there was one way to do so from such a powerful position and considering his circumstances (declaration of Martial Law); through revolution of the people. And that revolution was the EDSA People Power of 1986.

While acknowledging the prospects of burying him at either the Libingan or Ilocos, the bases given concerning the former president’s “dishonorable dis-
charge” would have to be the one thing that’s left me hesitant about burying him at the Libingan. Or we could just rename the cemetery and make things easier that way, considering how it’s actually a war memorial. If I were to provide a purely personal opinion, then it would have to be that I believe that the final verdict concerning the burial of Marcos should be left to the rest of us Filipinos move on from this point in history, and get us back on track on working towards that better future every single person should have been dreaming of.

President Rodrigo Duterte to Gina Lopez as the Department of Environment and Natural Resources Secretary, mining has already been stopped in the area but the threats returning still looms in the hearts of those who have fought for this cause.

The residents claimed that mine wastes and pollution will be detrimental to natural resources, we as humans have the capacity to improve their situation.

By Clare Pillos

The residents claimed that mine wastes and pollution will be detrimental to natural resources, we as humans have the capacity to improve their situation.

By Ms. Janina Iglesias
The World Youth Day (WYD) brings together thousands of young people from around the world to celebrate and put trust in the young for a great mission of faith, to reflect the different paths they have taken in pilgrimages, and to go beyond “being in contact” and have a personal encounter with the international Catholic community.

The 14th World Youth Day in Krakow, Poland, was particularly significant for it paid tribute to St. John Paul II, founder of the World Youth Day, who lived in Krakow. As it correlates with Pope Francis’ call for an Extraordinary Jubilee Year of Mercy, the WYD anchors on the theme, “Blessed are the merciful, for they will receive mercy.” (Mt 5:7).

In lieu of this event, 11 students and 3 teachers, together with some 1,080 delegates from different vicariates, youth organizations, and schools convened at the Marian High School Covered Court for a Local World Youth Day overnight activity last July 30-31. The Youth of the Diocese of Antipolo decided to hold an event within the diocese so that the youth who could not go to Poland for the WYD may still be able to participate in a spiritual activity without even going abroad.

Among the delegates from SSAM were Jacqueline Lapira, Klei Borja, Kiara Quintana, Zantie Nepomuceno, Krielle Olegario, Chennai Bausta, Arvethy Kim Santiago, Roi Valencia, Esai Sañosa, Denisse Tabor, and Moreen Agustin with Ms. Charity Faminialagao.

Mr. Dexter Gonzales, Ms. Janina Iglesias, Denisse Tabor, and Moreen Agustin with Ms. Charity Faminialagao. While walking towards the venue, the delegates offered a prayer to encounter Jesus. While walking towards the venue, the delegates offered a prayer to encounter Jesus. While walking towards the venue, the delegates offered a prayer to encounter Jesus.

The covered court emanated the aura of Poland with a presentation of the World Youth Day History andChronicles to give the delegates an idea of the situation of the WYD in the said place. The animation then presented a Polish cultural dance. Delegates also listened to a testimony of a married couple who would find means to attend the WYD. The couple told the crowd that they had to sell different items to help defray their travel expenses.

He said, “The happiest people in the world are not those with the most money, the happiest people are those who serve the Lord.” All delegates sang their hearts out and lifted their praises to Jesus during the Praise Fest with the Light of Jesus.

By midnight, an examination of conscience was held, which was followed by a simultaneous vigil in Poland as well as the sacrament of confession. The event concluded with the celebration of a Holy Mass the following morning.

Recently concluded trip for the 14th World Youth Day. In Vienna, her group was able to visit two of the oldest Romanesque churches in the world, the St. Stephen’s Cathedral and the St. Michael’s Church.

Heading north to Poland, they stayed in the parish of St. John Nepomuk in Przyszowice where they met new people to share their faith experiences with. Her group saw up close a military camp that once lodged the bodies in the enigmatic “Przyszowice Massacre.” Among their other destinations were the Tomb of St. Faustina, Shrine of the Divine Mercy, and the birthplace of St. John Paul II. Meanwhile, her catechesis trip to Tauron Center coincidently landed them at the climax of her experience in Krakow.

For a religion that lives on the idea of faith strengthened by personal experiences, the celebration of the International World Youth Day (WYD) every three years serves as a key time to call the youth on a great mission of faith. In retrospect, around 300,000 people all over the world converged at St. Peter’s Square in response to the invite of His Holiness John Paul II for an International Jubilee of Youth on Palm Sunday back in 1984. This living spectacle allowed the youth of today to carry the World Youth Day Cross throughout the world as a symbol of Christ’s eternal love for humankind.

To this day, faith continues to pour down in the Catholic community as seen from the staggering number of pilgrims emerge from nations with diverse cultures and journey altogether the streets of Krakow for the 14th World Youth Day last July 25-31. Fortunately, out of less than 1,300 Filipino pilgrims who flew to Poland, one delegate came from the CLE Area of the high school faculty.

Ms. Cheril Acquiatan first stayed in her hometown in Davao as an active member of various church organizations for 2 years. Once she moved to Leyte, she continued serving for another 6 years. Serving in the Holy Mass has become customary, for she has been a lector since her high school days.

Her relative experience in serving for the Church has opened doors of opportunity to travel to Madrid, Spain for the 12th World Youth Day held in 2011. Even though the trip itself is expensive, she promised herself to join in the succeeding WYD activities. Five years later, she has already set foot to four more countries – Austria, Poland, Czech Republic, and Italy – in her firm faith in Christ pours down in a life of a pilgrim at WYD.

For Angela Navarrete

The representatives of SSAM in the recently concluded Local World Youth Day in Marist School.
27 HS clubs empower urban poor towards sustainable development

Since time immemorial, Catholic-Benedictine schools in the Philippines have been known as staunch advocates of peace, justice, truth and integrity of creation. These core values are instilled to every Scholastican, and in the process of learning and growing, they eventually become socially-oriented, intelligent and responsible individuals.

The balance of prayer (Ora) and work (Labora) is highly valued and religiously practiced despite the changing times. For Benedictine schools in the Philippines, the balance of prayer and work (Ora & Labora) is highly valued and religiously practiced despite the changing times. For example, in the Catholic Year of Mercy, 27 clubs in the high school department expressed enthusiasm in intensifying their plans of action under the Social Involvement Program. This year, they are set to empower the urban poor towards sustainable development through providing seminars, trainings, livelihood projects, spiritual activities and the like.

The coordination of the Tucson Community Center and Foundation Incorporated, the 27 clubs will mobilize their plans of action to meet the needs of their adopted families or communities, such as the residents of Pintong Bukawe, the Damagats in Lobo, Batangas, to name a few. Some clubs have already started their projects, providing books and stationery to the students of PBNHS. Moderator: Mrs. Catherine Patrocino with 78 members.


Benedictine Circle. Introduce Lectio Divina and altar serving to the students and teachers of the PBNHS. Moderator: Mr. Dexter Gonzales with 36 members.

Blue Heights. Selected editors facilitiate a demonstration lesson on the procedures and techniques in creating a school newsletter to the campus writers and trainees of PBNHS. Moderators: Mrs. Lani Flor Adigue and Mrs. Leslie Arzaga.

Sodality Of Our Lady. Introduce Lectio Divina and altar serving to the students and teachers of the PBNHS. Moderator: Mrs. Catherine Patrocino with 78 members.

Blue Heights. Selected editors facilitiate a demonstration lesson on the procedures and techniques in creating a school newsletter to the campus writers and trainees of PBNHS. Moderators: Mrs. Lani Flor Adigue and Mrs. Leslie Arzaga.

teach catechism to the residents of Pintong Bukawe for them to appreciate devotion to Mama Mary. Conduct demo teaching on how to make rosary beads. Moderator: Mrs. Cheri Acquistan with 53 members.

Math Academe. Give free tutorial math lessons to poor kids every month and share techniques in solving math equations with the students of PBNHS. Moderator: Mrs. Renalyn Necoio with 44 members.

Media Bureau. Create a document film focusing on simplicity of lifestyle to promote social awareness to the adopted communities. Moderator: Mr. Dexter Gonzales with 36 members.

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Passion for teaching finds a way in fulfilling a life’s mission

By Heather Sison, Jacqueline Lopez, Jaijeca Cabang, Patricia Mapalad, Rafaela Salazar and Danielle Ipac

Passion for teaching and fulfilling a mission to help, serve and mold the young minds are the very reasons why these five new teachers find enjoyment in their profession. No amount of money can replace their happiness when they are with their precious students.

RO-ANNE S. NUGUIT

BTTE Chemistry for Technology | Marikina Polytechnic College (2011) | 25 years old

Teaching wasn’t really what I had in mind when I chose a course in college. I started as an office secretary but I wasn’t happy with it. I decided to take up Education and I found myself enjoying teaching. As a teacher, my students should expect me to be strict during lab activities.

As part of the SSAM community, I hope to leave a mark as I serve the school with all dedication and love. This is my way of glorifying God. My advice to the students is to prioritize your academics and always look at things in a different perspective.

As part of the SSAM community, I want to mold the youth who I believe are the hope of the country. As a teacher, the students can expect my sincerity in imparting lessons not just in the classroom, but in life as well.

I want to achieve fulfillment in serving SSAM, my alma mater. To all Scholastics, live out the Ten Hallmarks of Benedictine Education and carry them with you outside the school. If you do all these things, you will be successful in your life.

MILDRED M. JUAN

BS Commerce Major in Economics | University of Santo Tomas (1995) | 42 years old

I never thought teaching would be this enjoyable. Seeing your students learning is already an achievement. Although managing a class is quite stressful, I make sure that my students won’t see me angry. In fact, I am an approachable person.

I do not intend to be in the center of the learning process. I’m eager to learn new things from my students while teaching them what I have learned and experienced. My advice to my students is to focus on their studies and apply what they have learned.

I hope that SSAM can proudly produce a community orchestra that allows aspiring musicians to perform in various venues while contributing to the enjoyment, appreciation, and service to others with God’s love. Pray to God regularly, study hard to enrich yourself, and do acts of kindness. The good life will follow.

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I am hoping to leave a mark in the SSAM community. My advice and message to all Scholastics is to study hard. Study while you can and while you have a chance to do so because education is very precious. Seize every opportunity to learn.

Everyone has his or her own calling, and, for me, this is it. Being a teacher is more than just a profession. It’s also my passion in life. As part of the SSAM community and as a teacher, I’ll do whatever it takes for my students to learn.

I want to achieve fulfillment in serving SSAM, my alma mater. To all Scholastics, live out the Ten Hallmarks of Benedictine Education and carry them with you outside the school. If you do all these things, you will be successful in your life.

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Grade 8 students test their agility at Falcon Crest
By Heather Sison

Acting and playing. These two activities had made the educational tour of the grade 8 students worth remembering as they immersed themselves into acting workshops and engaged in teambuilding activities. Their visit at the PETA (Philippine Educational Theatre Association) Theater and Falcon Crest in Norzagaray, Bulacan—last July 21.

Early Friday morning, the buses went straight to E. Rodriguez, Quezon City for their first stop—the PETA Theater, one of the country’s pioneer theater groups known for its productions, workshops, and yearly summer programs. Founded by Cecile Guidote-Alvarez in 1967, PETA is an organization for creative and critical artists and cultural workers who are committed in sharing their opinions about the society. For 45 years, the organization has produced more than 300 plays that served as benchmarks for those who adore and learn from the arts.

The PETA members gave a chance for students to experience acting during a brief acting workshop to raise the students’ confidence in themselves and with others. In a quick acting exercise, students were asked to imitate vehicles while members of the association gave them a brief background on the art of interpretation.

She students headed north to Norzagaray, Bulacan for some teambuilding activity offered by Falcon Crest Resort. Established in 1998, the 9.5-hectare resort is a perfect venue for teambuilding activities and special celebrations.

Students that were grouped in every section got to experience rappelling, zipline, rope courses (rope traverse, multivine, rope labyrinth), and cargo net as they built a stronger foundation with their friends and classmates.

Metyzabel Lucinario appreciated the unity in her section. When talking about her experience for the day, she said she was able to spend more time with her other friends from other sections. She also highlighted activities such as the rappelling that helped her conquer her fear of heights. “Overall, it was fun. I can’t wait for the next one,” she added.

The grade 8 students were given an opportunity to discover and explore more of their talents and multiple intelligences through their educational trip. They get to experience the thrill of riding a zipline. This student gets to see a pristine terrain.

Students get a TBT tour at Las Casas Filipinas de Acuzar
By Clare Pillos

Photographs taken from yesteryears on social media sites such as Facebook, Instagram, Tumblr and Twitter are usually posted every Thursday. It is a perfect time to be nostalgic as people enjoy seeing old photographs and memories tagged by their friends or family members. But on that one memorable Thursday, the grade 9 students didn’t have to post old photos as they were actually in a quaint place laden with the country’s history.

The grade 9 students instead found themselves enjoying the scenic view of Bataan and hopping from one heritage house to another at Las Casas Filipinas de Acuzar for a Thursday “Throwback” vibe.

The educational tour included a short visit to Dambana ng Kagitingan, which is close to the summit of Mt. Samat, was set last July 14.

The four-hour drive to Bataan was worth the wait as students themselves gained practical experiences and direct observations in over 400-hectare heritage park.

They reached Las Casas Filipinas de Acuzar in Bagaq, Bataan at around 9 o’clock in the morning and were warmly greeted by tour guides clad in traditional Filipino costumes. Welcome refreshments were served before the tour of the heritage houses in the resort began.

Casa Biliran, home of Jose Rizal’s mother Teodora Alonzo, elicited an atmosphere of excitement among students as it was in this exact place where the famous death scene of General Antonio Luna was shot in the film, “Heneral Luna”. Other heritage houses are Casa Quiapo, a former building of the University of the Philippines Manila; Casa Lubao, once owned by a couple who financed former president Diosdado Macapagal’s education; Casa Luna, home of Juan and Antonio Luna’s uncle Primitivo Novicio; and Casa Binondo III (Tres), one of the University of Manila’s first buildings and now a first-class room for guests staying at the resort. To note, each heritage house is named after the place where it first stood before being carefully dismantled and reassembled at Las Casas Filipinas de Acuzar.

To revive an old Filipino tradition, the students were also asked to take off their shoes before entering heritage houses. The students were also given another hour to explore the heritage resort with their friends and classmates.

Las Casas Filipinas de Acuzar, which translates to “Ang Mga Bahay sa Pilipinas ni Acuzar” in Filipino, has been in operation since 2010 and is owned by Architect Jerry Acuzar.

In addition, the heritage resort offers corporate events and teambuilding activities for schools, offices, and huge groups.

Upon reaching the Dambana ng Kagitingan or Shrine of Valour located near the summit of Mount Samat in the town of Pilac, province of Bataan, the students and other tourists visiting the shrine were welcomed by the sight of a huge cross which served as a marker to commemorate the Bataan Death March.

Before going up the road leading to the cross, the students first visited a museum inside the shrine containing pictures and other artifacts depicting the situation of Filipinos during the Second World War.

The students went up to the shrine and were given the opportunity to take photographs before heading home.

Asked what she has learned from the trip, Charisse Gonzales said that she gained knowledge about our country’s history that isn’t written in history books and the realization that many hidden wonders are still found in our world today.
Soak up under the sun at Villa Escudero Resort

The landscape and view had been well planned out. The thing that I really loved the most was the museum. I cannot believe that they managed to preserve the artifacts from pre-colonial period. I loved every nanosecond I spent my time inside. It was a completely captivating experience,” Capote said.

Sports and recreational facilities for the health buffs are also available at Villa Escudero. A cultural show performance is held on specific schedules for the guests to appreciate Filipino culture and traditions.

The educational trip of the grade 10 students gave them an opportunity to explore the beauty of the Philippines, to discover who they are as Filipinos, to discover profiles of people they might find interesting. Most online users create profiles as an embodiment of perfection. The excessive attention showered upon a person online becomes satisfying and addicting. However, projecting a perfect image may lead to crippling anxiety or debilitating depression. Therefore, the intense desire of both digital natives and digital migrants to capture attention through social media may lead to psychological distress. The pressure created by the desire to boost one’s perfection and conceal one’s imperfections can be psychologically damming and emotionally exhausting. Different social networking sites impose upon men and women the pressure to exert a perfect career, a perfect appearance, and a perfect relationship.

The phrase “continued perfection made to get attention” has been gaining popularity since the rise to stardom of Instagram. In an article entitled, “Do you feel pressure to present an idealized version of your life on social media?” published through The Guardian, Carmen Fishwick emphasized that social media do not imitate real life. One’s fear in getting feedback is that his image may be ruthlessly scrutinized by others and that they might not find it acceptable. Someone’s online image is often more idealized than the reality. Social media platforms are becoming a hazard to self-worth.

Villa Escudero. The students seize the moment in their interdisciplinary activity.

a land where the province of Laguna ends and Quezon Province begins, is a 800-hectare coconut plantation which was opened to the public in the 1980s for the people to have a country life experience.

In today’s generation when everything seems to be a mouse-click away, people might have forgotten to laugh and have a Filipino lifestyle. That’s why the grade 10 students set aside their techie side to understand the simplicity of lifestyle. A historical marker in front of the pink Escudero ancestral house explains the hacienda’s historical significance.

In history, Filipino and American soldiers made the hacienda a dwelling place during the Japanese Occupation. A vast collection of religious statues, vintage ornaments and accessories, and artifacts have been preserved for the public to know. Documents penned by national hero Dr. Jose Rizal and formal suits worn by the previous Philippine presidents during the inauguration are also well kept.

Students also tried riding on a carabao-drawn multi-seater carabita while being serenaded by country folks in festive traditional costumes. What is also unique about Villa Escudero is its natural spring water from Mount Banahaw that fills the serene Labasin Lake that pours into a narrow gorge where the owner built the man-made waterfalls surrounded by a variety of flora and fauna that marks the beauty of Villa Escudero.

A signature attraction in Villa Escudero is the al fresco lunch set in the dam’s spillway where visitors enjoy a Filipino food buffet while their feet is soaked in about a foot-deep of running water. Students and teachers were served sumptuous food, such as, chicken inasal, kare-kare, pancit, fried tilapia, lumpia, banana cue and kamot cue that truly satisfied their cravings for Filipino dishes. The fascinating sound of the waterfalls and the fresh air in the hacienda made their dining experience delightfully delectable.

Grade 10 student Grace Capote said that it was her first time to visit Villa Escudero.

“The landscape and view had been well planned out. The thing that I really loved the most was the museum. I cannot believe that they managed to preserve the artifacts from pre-colonial period. I loved every nanosecond I spent my time inside. It was a completely captivating experience,” Capote said.

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Villa Escudero. The students seize the moment in their interdisciplinary activity.

The Carrie-drawn carabita is another attraction at Villa Escudero. The students stare the moment in the hacienda.
Lambunao displays her mental prowess anew

By Lyka Valmores

Jamyla Lambunao, who has already bagged over 100 medals since the start of her memory sports career, continues to amass awards in memory sports.

Her latest conquest is the annual international memory competition in Hong Kong held on August 12, 2016.

As the lone representative of the Philippines, Jamyla fared well against 122 other skilled memory athletes from Asian countries such as South Korea, Japan, Malaysia, Singapore, China, and Hong Kong.

“I know for myself that I needed to join the competition because it would help me train for my real major competition on November in Las Vegas, Nevada and I also missed my Asian friends that I grew a bond with,” Lambunao shared.

She also said that the Chinese remains to be her toughest foes in international meets. Despite this and even the ongoing territorial dispute over the West Philippine Sea, she said that she still have Chinese friends that she met from previous contests.

Lambunao, a world record holder in the kids division, competed in the juniors division in the Hong Kong meet.

She said she had a great start in Hong Kong and even led the field going into the sixth of the 10 regular memory sports events which is the “10 minute numbers.”

Sad to say, she fell short in this event and lagged behind the field going into the second and final day of competition.

With four events remaining on the second day, Lambunao remained determined to redeem herself since the remaining events “were luckily her favorite events in memory competition.”

“The scores I got from three out of the last four events were my personal bests and those events include memorizing 98 words in 5 minutes, 500 numbers in 15 minutes, and memorizing a deck of cards in just 44 seconds,” Lambunao said.

But those were not enough to catapult her back into first place as she trailed Lin of China in the final tally.

It takes tremendous skills to master the waters. It also takes credible mentors who can provide the correct techniques and proper discipline to ensure the growth of a swimmer.

This school year, SSAM ties up with Bert Lozada Swim School (BLSS), one of the biggest and well-managed swim schools in the country, to facilitate swimming classes for grade school and high school students.

Established in 1956, Bert Lozada Swim School has been teaching young and old alike its swim system. The comprehensive and time-tested program and technique teaches its students both basic aquatic skills and survival and safety practices appropriate to each age group and grade level.

The program was developed by founder Remberlo Lozada’s own learning experiences.

Swimming mentors plunge into academic teaching

By Trishia Sarmiento

JHORICA JANE N. BRIZUELA
Bachelor in Physical Education and Sports | Universidad de Manila (2013) | 24 years old

When I see my students inspired to learn more, I can't stop loving my profession. To teach is to share, especially with young people. I’m a bubbly person; I want my lessons to be fun. Students might find me strict in teaching but it’s because I want to learn and focus. I want to inspire my students, help them to develop their skills, and to learn from the teachers here at SSAM. Scholastics, never stop learning! That is your biggest treasure.

MA. CHRISTINA M. OCATE
Bachelor of Science in Business Administration, Major in Management | University of the East | 27 years old

It is an opportunity to make an impact on the youth in a meaningful way. Students can certainly expect my passion for teaching swimming as an important life skill that can save lives, bringing out the best out of them, and showing them that they can achieve certain goals. I want to motivate them to achieve the skills they need. To all students, strive to learn more not just in class, but from your own experience as well.

JECAMAE D. MAS
BSA MAPEH Education - Undergraduate | Emilio Aguinaldo College | 20 years old

Sports is no joke. They can also apply swimming anywhere. My students must achieve the proper skills in swimming because the sport is no joke. They can also apply swimming anywhere. My aim is to inspire and touch other people’s lives that they treasure their target skills. Students, use your time wisely. I hope that I educate my students and help them to achieve their target skills. Students, use your time wisely. You can’t go back to what has already happened. Make the most of it so you won’t regret it.

Swimming program in HS intensified

By Trishia Sarmiento

His 35 years of coaching experience made him the head coach of the Philippine Team at the 1991 Southeast Asian Games.

The PE/Varsity program of BLSS aims to offer local schools such as SSAM the opportunity to enhance their curriculum; to develop students’ swimming skills; to provide water safety, education; and to nurture the specially-talented swimmers through the varsity program, which integrates into any existing school curriculum.

Since I am a swimmer, I entered Bert Lozada so that I can apply whatever I have already learned to the students. I'm strict and serious; I also want them to look at me when I teach. Students must achieve the proper skills in swimming because the sport is no joke. They can also apply swimming anywhere.

My advice to the Scholastics is to always listen your teachers and to be serious. Everything we’re telling will show up in quizzes or exams some day.
Grade 9 students Gabrielle Elise Jaurigue and Kristina Noelle Sanchez bagged separate awards in ballet dancing at the Philippine Dance Cup Competition at De La Salle-College of Saint Benilde, Manila and the 18th Asia Pacific Dance Competition at the Sands Casino Theater, Macau, respectively.

Novice Soloist ‘dances in the rain’, lands 9th

Within each movement, she took the audience by storm. But what lies beneath her juvenile charm is a reverbrating call to keep moving forward. In a rendition to Blanche Saagundo’s choreography of “Journey”, she learns to dance in the rain rather than waiting for the storm to pass as she moves through the journey of life. This tenor landed novice soloist Jaurigue at ninth place under the Senior Solo Division Contemporary Female category at the Philippine Dance Cup Competition last July 29. This competition drew 29 ballet dancers from the different places in the country.

Taking over the international stage

Meanwhile taking the international stage, 14-year-old Sanchez along with her group of ballet dancers, won first place under the Modern Dance and Classical Dance category (ages 15 and under) at the 18th Asia Pacific Dance Competition, the most prestigious Pan-Asian festival for all genres of dance. From August 18-21, her group competed against other dance students from across the Asia Pacific region, namely, Singapore, Hong Kong, Thailand, China, India, Malaysia, Indonesia, Macau, and Australia.

Jaurigue, a seasoned student of Acts Manila Ballet School, was mentored by its very own director and resident choreographer Pia Paderes, a promising ballerina who has attended master classes at the Russian House of Culture in St. Petersburg, Russia.

In her almost 11 years of dancing, she still wanted to see how far she can go through dancing amidst the injuries she has gotten. Asked how she got as far as nationals, she said: “My teacher chose me to compete [and I asked why], she said that I am ready for this step in my life.” Sanchez, meanwhile, was taught by the experts of Halili-Cruz School of Ballet. Known for representing the Philippines in the Asia Pacific Dance Competition in the last 18 years, the school has consistently bagged the first prizes and the much-coveted Aggregate Award (overall champion).

The common denominator

So where do they find inspiration to endure the cutthroat world of ballet dancing, or more importantly, who? Their inclination to ballet since young was both drawn from the same person. For Jaurigue and Sanchez, the prizes they have earned are not only a fulfillment of their own dreams, but of their mothers’.

"When I was 4, I told my mom that I wanted to do ballet. She was surprised and happy because it was her dream to be a ballet dancer. I had the same feeling with my mom who wanted to dance too,” said Jaurigue.

On the other hand, Sanchez’s mother introduced the then 3-year-old Noelle to ballet dancing. “My mother had always wanted to be a ballerina; however, she couldn’t afford to enroll in ballet. That’s why she introduced me to ballet when I was young, and I learned to love it,” said Sanchez.

Not their first time

For Jaurigue and Sanchez, this was not their first time in the competing field. Jaurigue once felt the exact nerve-wracking feeling as a member of a competing dance group when she was around 10 years old. Unfortunately, her group didn’t place but she said that the “journey in performing” for a large crowd was fun.

Sanchez, meanwhile, started competing at around eleven when she enrolled in level 3 of Classical Ballet. It took her almost eight years to be part of a competing troupe that represents the country abroad. So far, she has competed in different countries like Singapore, where her troupe bagged several awards, namely 2nd place in the Modern Dance Category for ages 12 and under in the 16th Asia Pacific Dance Competition and Dance Excellence 2013 in USA, where she was given the opportunity to perform in Disneyland.

Through it all, ballet has become a huge part of their lives. It not only shape up their physique, but has also infused discipline in their day-to-day activities, equipping them to become the epitome of refined elegance.
Finn Barrozo, Tintie Mariano, Dawn Untal, Marjorie Viola at pinagbidahan nina Aubrey Angeles, Chris Umasa at Pinaasa ng mga Paasa,” na laga ni Gng Sheryl Cinco ay nagtanghal ng Sining at Tanghalang Pilipino sa pangangatan ng wika.

Ang mga talentadong miyembro ng Dance Club ay nagpakita ng husay sa kanilang interpretative dance. Halin naman ng STP Band ang mga awiting “Karunungan” at “Notags” sa kanilang galing sa pagkakatawan at pagtugtog ng mga instrumento tulad ng electric quitar at piano. Isang pagsaya, at makabuluhang pagdiriwang ng Buwan ng Wika noong Agosto 26, hindi naman sila nagpahuli ng pagdiriwang ng Buwan ng Wika ng mga mag-aaral at batas na nagsisabing hindi nagpapayaya at mayroong कामांडा से होनेवाले कामों के लिए कहलाता है। यह एक प्रमुख काम है जो सीएससी के लिए महत्वपूर्ण है।

Ang mga talentadong miyembro ng SICC noong Agosto 26-28 para sa isang seminar na di-panalunan ng “Resource Competition” ng alitan dahil sa marine biodiversity at fishery resources. Tinalakay rin ng tagapagsalita ang maaaring pagiging pagiging sa pagiging sa mga aralin pagkatapos ng kani-kanilang paaralan para sa nalalapit na kumpetisyon. Ipinasabing ni Dr. Teresita Fortunato na relasyon ukol sa South China Sea na kasunduan na nangangako ang mga senado ng China kasiwatsa ng mga manonood sa kani-kanilang kumpetisyon.

Ang pagpapalit ng death penalty at pagiging sa mga aralin sa SICC. Ayon sa Gng. Calapit, “Isang mamamahayag at isang guro nagpinasiprayon sa mga kulasa” ay isang mamamahayag at isang guro.

Ang seminar ay ginanang “Philippines at the Crossroads of Defense” dito makikita na tayo rin ay may mataas ang budget ng edukasyon kaysa sa konstitusyon na isinasaad na dapat mas mataas. Gayunpaman, ang mga aralin sa pagiging sa mga araling sa marine biodiversity at fishery resources. Tinalakay rin ng tagapagsalita ang maaaring pagiging sa pagiging sa mga aralin pagkatapos ng kani-kanilang paaralan para sa nalalapit na kumpetisyon. Ipinasabing ni Dr. Teresita Fortunato na relasyon ukol sa South China Sea na kasunduan na nangangako ang mga senado ng China kasiwatsa ng mga manonood sa kani-kanilang kumpetisyon.

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Panayam kay Mon Confiado

Disiplina at kooperasyon ang susi para sa ikabubuti ng Pilipinas

Nina Jan Cyuco, Clare Pillos at Sydney Barcelon


Ang tribong Dumagat ay isa sa mga kahalili na nangangamba ngayong nangangamit ng pananampalataya sa lipunan ngunit alam naman ng grupo ng katutubong hindi nabibigyan ng lupain sa pamamagitan ng pagkakaroon ng kahangahan. (Sa pusod ng Sierra Madre tahi-nimakijapat gak mukati agta para sa mga Dumagat.)

Naniniwala sila sa pag-unlad at pag-unawa ay malaking tulong na kanilang karapatan. Ang sapat na kaalaman kanilang gahaman dala ay ligalig). Ipinahiwatig niya ang daigdig. Nang dumating ang mga miyembro ng bagong pananampalataya sa lugar, nagtangay ng mga publiko ang mga Dumagat. \(\text{Patuloy na pagdiriwang ng Taon ng Awa at Ha-buhay.}\)

Ang pagkakaroon ng matibay na kaalaman kahalili ng bawat Pilipino ay sa simpleng pakikibahagi ng lalim na Filipino upang maipamalas ang kasaysayan at kultura ng ating bansa. Isang halimbawa na lamang ay ang paggamit ng wika. Ito ang ating pagkakakilanlan, ang sunod na pagdiriwang ng Taon ng Awa at Ha-buhay.

Nasaang ang iyong awa? Ni Jacqueline Lopez

Ang wikang Filipino ay nagsisilangit pagkakakilala nanilalang sa kabataan. Lipunan ang bilang ng mga pag-asa ng mga Dumagat. (Sa pusod ng Sierra Madre tahi-nimakijapat gak mukati agta para sa mga Dumagat.)

Ang paglalarawan sa wikang Filipino bilang "Wika ng Karunungan". Layunin ng temang "Nanggamit ang wika. Ito ang ating pagkakakilanlan, ang pangunahing tungkulin na maging alerto at huwag magdala ng lupang hindi nabibigyan ng lupain sa pamamagitan ng pagkakaroon ng kahangahan. (Sa pusod ng Sierra Madre tahi-nimakijapat gak mukati agta para sa mga Dumagat.)

Ang paglalarawan sa wikang Filipino bilang "Wika ng Karunungan". Layunin ng temang ito na maipakita ang kahalili ng ating bagong pananampalataya. Isang halimbawa na lamang ay ang paggamit ng wika. Ito ang ating pagkakakilanlan, ang sunod na pagdiriwang ng Taon ng Awa at Ha-buhay.
BH Lumahok sa Word Cup...


Ang pag-aangat sa mga pangakong biniyayaan ni Pangulong Duterte ay hindi magbibigay ng sapat na benefito sa mga Pilipino kung saan ang mga proteksyon at pagpapalibad dito ang mga problema. Ang pagsasalita ni Pangulong Duterte sa pag-aangat sa mga pangakong biniyayaan ni Pangulong Duterte ay kinakailangang magkaroon ng isang maayos at trapiko sa mga siyudad at lungsod, at ang kalagayan ng kanilang kalusugan na muling mabigyan ng Environment Compliance Certificate ang Rock Energy.

Pagtatambak ng karbon sa Barangay Happyland ipahihinto


Ang patuloy na protesta ng mga residente sa Happyland ay dumulot na sa Depart- ment of Health upang agarang mabigyan ang maliliit na masunod sa mga mamamayan na saad na edukasyon at kalusugan.


Ang TFUC, kasama ni Gabriela at religious groups ay nakapaghanap ng environment compliance certificate sa Happyland, umaasa sila na sa tulong ng mga organisasyon tulad ng TFUC, isa sa mga mission partners ng Association of Major Religious Superiors in the Philippines, at lokal nito ng pamahalaan ay mapagpatuloy na ang kanilang petisyon laban sa coa.

Ang St. Scholastica’s Academy Marikina ay nagpakita ng suporta at simpatya sa mga residente ng Barangay Happyland noong Setyembre 9. Kasama ang mga piling guro at mag-aaral ang direktor ng TCFI na si Sister Theodora Bilicos, OSB.
Senior high school students set their hopes high for the K-12 program

By Eunice Miña & Emogene Tejada

Republic Act 10533 or the Basic Education Act was signed into law by former President Benigno Aquino III on May 15, 2013. This program, as stated in the Official Gazette of the Republic of the Philippines, aims to provide sufficient time for mastery of concepts and skills, develop lifelong learners, and prepare graduates for tertiary education, middle-level skills development, employment, and entrepreneurship.

Before the K to 12 program was implemented, the Philippines was one of the three countries with only ten years of basic primary and secondary education, which is why some Filipinos who work abroad have been required to take additional units for tertiary education, which is why some Filipinos who work abroad have been required to take additional units for tertiary education, middle-level skills development, employment, and entrepreneurship.

The first batch of senior high school students at SSAM. The grade 11 students are divided according to their chosen strands which the DepEd designs in response to the Enhanced K-12 Basic Education Program.

The choice of track determines the subjects a student will take in Grade 11 and 12. All senior high school students are required to take the core curriculum subjects under the seven learning areas, namely, languages, literature, communication, mathematics, philosophy, natural sciences, and social sciences. For the first semester, the grade 11 students shall take core subjects, such as oral communication, Filipino, general mathematics, earth and life science, and earth science for STEM students, personal development, and health education. All grade 11 students are required to take up theology.

The STEM students shall have pre-calculus and biology 1 for the first semester. HUMSS students shall have Philippine politics and creative writing. ABM students shall have business math and organization and management, and the Arts and Design students shall have creative industries I: Arts and Design Appreciation and Production.

Blue Heights conducted a survey to the grade 11 students to assess their choice of strand, thoughts about senior high in SSAM, plans after senior high school, local college, or private university. Through this program, senior high school education will not be burdensome to the less fortunate families. Students from public high schools will receive 100% voucher value while 80% will be given to private high school beneficiaries. Through this program, DepEd years to decrease the number of out-of-school youth and encourage the people to support the K to 12 program.

At present, there are more than 5,700 public and private schools all over the country. In compliance with the Department of Education, St. Scholastica’s Academy Manila opened its doors to the first batch of grade 11 students. As of this writing, the senior high school department has 248 enrollees.

At SSAM, the SHS offered the Arts and Design track and the Academic track which consists of four strands namely, Science, Technology, Engineering, Mathematics (STEM), Accountancy, Business Management (ABM), Humanities and Social Sciences (HUMSS), and General Academic Strand (GAS). The Grade 11 has seven sections; 3 of which are for STEM, 1 for Arts, and the other 3 are shared by HUMSS, ABM, and GAS students.

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Blue Heights conducted a survey to the grade 11 students to assess their choice of strand, thoughts about senior high in SSAM, plans after senior high school, and their expectations.

Based on the initial survey, 40% of the senior high school population comprises the STEM strand. Majority of the students plan to take courses related to medicine like nursing and medical technology, engineering particularly civil and chemical engineering, and architecture. Around 19% of the population is composed of HUMSS students; majority of which would like to take up psychology and communication.

Nearly 17% of the grade 11 students are future accountants and entrepreneurs as most of them plan to take up accountancy and business management. The remaining 14% of grade 11 students want to take up fine arts and multimedia arts.

In terms of instruction and facilities, 57% of the respondents gave a rating of 4 which means that they are satisfied. Moreover, students expect that senior high school will serve as an effective transition to college through a collegiate way of testing.

In response, Academic Coordinator Mrs. Maricon De Dios said that the administrators in the senior high school department are trying their best to provide the grade 11 students quality education just the same.

“If there are innovations to be introduced and done, then we will go for it,” Mrs. De Dios said.
Alex Bercasio, a Redemptorist missionary, gathered for a welcome ritual led by Fr. Quezon. The Dumagat tribe, compared to other big indigenous groups, may be considered an outcast. Unknown to many, they are faced with struggles involving human rights, land grabbing, and destruction of natural resources, which they consider as their primary source of survival. In solidarity with the Dumagats, and to heed their call to protect Sierra Madre, 29 grade 11 students accompanied by TC-Primary source of survival. The group of Dumagats is crying for justice. The legal battle continues but the Dumagat people don’t want more chaos for their future generation. All they ask for is their right to live peacefully and harmoniously.

The celebration of the Dumagat Day began in the year 2015 with the goal of resolving the problems of the Dumagat tribes through a simple gathering. Every year three main Dumagat groups, namely, Sierra Madre, Rizal, and Quezon gather by the seashore of Tulaog in General Nakar, Quezon.

Day 1

Majority of the indigenous people talked about the importance of nature to their everyday living, and the ways they could do to protect their territory. Secretary General of Dumagat Quezon, Aling Mikmik, as she was fondly called, narrated how the people from the city would pay them in small amounts in exchange for their products. "Babayaran kami ng maliit tapos ibebenta nila ng napakamahal," she exclaimed. She also expressed her anger over land grabbing from them means taking their lives. Soil or land represents life; land being grabbed from them means taking their lives away. Water represents cleansing, peace, and life. Plants and wind signifies the air given out by plants enables them to breathe; it calls for the care of woodlands. Lastly, fire signifies the heat from the sun and the blaze of unity among the people. They also conducted their tradition of pag-nganga in which they chew bunga. This tradition symbolizes their one-ness with nature.

The scholars had interaction activities with the Dumagats. They shared stories and sang songs with them under a bonfire as their source of light.

Day 2

Representatives from the Dumagat groups gave their speeches revolving around respect for their rights and protection of nature. In response, representatives from Siklab youth group, Kabataan Partylist Quezon City, and St. Scholastica’s Academy Marikina shared their ideas on how they could help the Dumagats address their problems before the immersion ended. The SSAM community expressed their support for the Dumagat people.

Blue Heights asked the participants about the immersion in Sierra Madre.

"I saw the importance of kawang-gawa and awareness about the issues the Dumagats. Ang impleng pakikining sa mga problema nila ay malaking bagay na kasi binigyan mo sila ng pagkad-katao na makapagpahayag ng kanilang saloobin." – Cristel Bautista

"Learn to embrace other people's culture because from that we become more open to the reality that not everyone has the same way of living, and to think that we are fortunate for what we have and what we are right now." – Roanne Celis

"Universal ang pakiramdam ng mawalan ng parte -- ang kasiyahan ng mawalan ng partikular noong nakikita ang mga kawayan na gusto pang magagawa ng mga kaibahan." – Lucille Avenido

The first batch of senior high school students are ready to take great responsibilities. The challenges they have to take in the senior high school and the eagerness to learn in their chosen strands will make them mature and responsible individuals. Thanks to the 10 new senior high school teachers who are also excited to know them more and eager to teach them new ideas.

I really wanted to teach here at SSAM, which is also my alma mater. I felt excited and a little bit nervous when I got the job because this is going to be a challenging year not only for me, but also for us being the pioneering batch of senior high school at SSAM. From college with less preparation, I have to adjust with the additional requirements needed for SHS. Adjusting to the new curriculum is not a problem since my subjects are aligned with my experiences and education. Scholastics are sweet and very eager to learn. My message for you is that change is constant and all you have to do is adjust to it and ask for the guidance of the Lord.
MRS. JENNIFER CLAIRE ILAGAN-CRUZ  
Bachelor of Science Major in Nursing, Teacher Education (2008) | University of Santo Tomas, Pamantasan ng Lungsod ng Marikina, Marikina Polytechnic College | 31 years old

I have dreamt of teaching at SSAM since I came from an all-girl school. It is such an honor to be one of the first batch of teachers in the senior high school, though I already expected the transition period to be a bit tough. As my students and I get along well, I find them very cooperative. They easily cope with the lessons. I make sure the lessons are comprehensive and substantial. Scholasticans are matured, "well-bred", and disciplined especially on academics. They are very nice, approachable, obedient, and faithful. To all Scholasticans, keep on going. I believe that all of you will become successful. Make a difference. As early as now, I congratulate all of you.

MR. MICHAEL A. JOCSION  
Bachelor of Secondary Education Major in General Science, Masters in Teaching and Learning (2009) | Far Eastern University, De La Salle University | 28 years old

I prefer to teach at SSAM because of its Catholic practice. I also believe in the system of the school because some of my relatives graduated here. I feel blessed because it’s like putting up a new school, and I am happy to contribute my services to the community. To be honest, adjusting to the new curriculum is not easy, but the administrators gave us trainings that would help us understand and embrace it.

Scholasticans are very disciplined and respectful, and what I like the most is the culture they have maintained for the past years. Scholasticans, don’t work hard; work smart. Don’t study hard; study smart, and be a blessing to others.

MRS. MARIA ELENA F. FERRER  
Bachelor of Secondary Education | University of Santo Tomas, Ateneo De Manila University | 32 years old

After college, I had my first professional experience at SSAM, so I took the opportunity to apply once again, since it is a good school with a pleasant community. I feel privileged and blessed to be part of the first batch of senior high school teachers, but also a bit nervous because I know I have to give my best. About adjusting to the new curriculum, to some extent, it was easy for me, because I had taught similar subjects before. Scholasticans are intelligent and competitive, but they are also respectful and disciplined. To all of you, set your goals, say your prayers, and work hard!

MS. ELISA RAHO  
Fine Arts | Public Art Institute, Italy | 27 years old

I chose SSAM because I always hear good feedback about its quality education. I feel the responsibility to give a good start to this experience. With the onset of the K to 12 program, adjusting isn’t at all easy because of the limited textbooks for the Arts and Design Track. However, we mustn’t be discouraged rather use all the resources we have to achieve the best for our students.

Scholasticans are beautiful young ladies full of hopes and joy, ruled in the Catholic faith with respect for others. My message for you is that it takes courage to step into new experiences. It takes love to accomplish everything and pass through all the hardships. I know you have all these, and God is giving you His blessing. Welcome the love of God in your life and journey in senior high school with joy and gratitude.

MS. AIDY B. RESURRECCION  

I chose to teach at SSAM because I wanted to be part of an institution that provides quality education, student formation, and community awareness and involvement. I am happy and pleased to be part of the first batch of SHS educators. With the implementation of the K-12, I believe that every first step in doing something or making a habit is hard. Adjustments and struggles are part of it. Every member of the school community is doing his or her best effort to provide quality service based on the new curriculum.

Scholasticans are leaders of academic excellence, discipline, and Christian life. To all the Scholasticans, set your goals, say your prayers, and work hard!

MR. JOSHUA PATRICK P. TENORIO  
Bachelor of Secondary Education Major in Mathematics (2015) | National University | 29 years old

I chose SSAM because it is one of the prestigious Catholic schools in Marikina. Adjusting to the new Enhanced K-12 Basic Education Curriculum was very challenging and tedious. On a positive note, I’m learning a lot from the new curriculum. The administrators, coordinators, and my fellow faculty members are very supportive and helpful. We can do our tasks with ease and confidence.

Scholasticans are disciplined, cheerful, friendly, talented, and skillful. My message to the Scholasticans is, work hard and be joyful always. Smile!
MR. ADRIAN DE GUZMAN
Bachelor of Arts in Philosophy (2016) | St. Camillus College Seminary | 22 years old

I perceive SSAM as a school that sustains the Benedictine values and molds its students not only in their academic endeavors, but also in the Benedictine way of life. Being one of the pioneer teachers in the senior high school department of SSAM, I can feel the challenge of my responsibilities. I promise to do my best by giving my students a meaningful learning experience. Regarding the new K to 12 curriculum, I cannot measure how easy or hard it is to adjust, but the only thing I can say about it is that, hopefully, this new curriculum will help the students determine their desired profession in the near future. Scholasticans are humble, diligent, and courteous. I want to tell all Scholasticans what Carl Buehner once said: "They may forget what you said but they will never forget how you made them feel." Hopefully this adage will remind you that the value of education is not solely measured by the amount of ideas you have in your mind, but by how you live out those ideas as students who are learning everyday to have meaningful relationships with other people.

MS. VIRGINIA MARA FAVIS
MA Philosophy (2012) | University of the Philippines Diliman

I believe that it was SSAM that chose me, not only in the literal sense. There was actually a bit of confusion during my application, but, finally, in my job interview, I imagined working here and felt at peace. Moreover, I love how organized and systematic SSAM is. As part of the first batch of senior high school teachers here, it feels both nerve-wracking and fun-filled. Also, it was easy for me to adjust to the new curriculum as an English teacher, since I used to write lots of papers in college. For Philosophy, it was still easy for me since it is my life! The challenge is to make students appreciate skills such as making sound arguments and developing critical and analytical thinking.

Scholasticans are respectful to every person in the community and they are hardworking because they are full of zeal in every activity presented to them. My message to all Scholasticans is, you are now part of SSAM history and part of the billions of years of history in our universe. I have both hope and steadfast faith in the limitless possibilities of your generation to influence this country and the world to be better ones. I know that each and every one of you will contribute nothing short of the miracle each and every one of you is! Just like Pokémon, I hope we continue to evolve and make this world a better place.

HUMANS OF ST. SCHOLASTICA

We let ourselves be consumed by negativity that we oversee the good things in life, but not everything is all bad! Let these people prove it to you.

ONE GOOD THING ABOUT YOUR BATCH?
Marthinea Ramos, grade 10

I would generally describe my batch as a phenomenal bunch. We are about 300 students, but no one would just give you any typical experience. What more if we get to be united! Everyone has her share in keeping our batch a better company, and that is the thing I admire the most about them.

ONE GOOD THING ABOUT THE PEOPLE YOU LOVE?
Alea De Leon, grade 10

In times of my own predicament, my friends are there to defend me from any judgement that is inappropriate and pessimistic. Conquering my fears and weaknesses is one thing that I would be most proud of because it’s a realization that without the help of the people I admire the most, there will be no one pushing me out of my comfort zone and inspiring me to be the person who I want to be. They take the initiative to approach me whenever I look beleaguered and they always know what to say when I ask for advice.

ONE GOOD THING ABOUT TIME?
Ms. Anunciacion Gabor, SFC

Time is gold; you cannot turn back the hands of time, so use it wisely.

ONE GOOD THING ABOUT YOUR SPECIAL SOMEONE?
Alejandro Santos, Staff

ONE GOOD THING ABOUT GETTING UP IN THE MORNING? 

It's when the sun strikes right though my face. A fine morning can set up my mood for the rest of the day. I have to do my responsibilities as a student to fulfill my purpose. I have to make the important people in my life feel appreciated and loved.

ONE GOOD THING ABOUT THE DUTERTE ADMINISTRATION? 


ONE GOOD THING ABOUT YOUR FRIENDS? 

Actually, there are a lot of good things about my friends. Since first year, kami na ang magkakasama, buong class kami at we collided. Kahit iba-iba kami magkakasundo kami. Sila ang mga taong gusto kong makasama; hopefully, hanggang pagtanda namin, sama-sama kami. Hindi kami nangha-backstab; lahat kami open para sa own stories to tell. We just want everyone to have fun.

ONE GOOD THING ABOUT YOUR OPPORTUNITY TO LEARN? 

I can spread my knowledge to the less fortunate and contribute more to the society.

ONE GOOD THING ABOUT YOUR SCHOOL? 

One good thing about studying in a Catholic Benedictine school is that students like me get a chance to practice the Benedictine values. It is a gift you don’t get from other communities.

ONE GOOD THING ABOUT YOUR STRAND? 


ONE GOOD THING ABOUT YOUR SERVICE? 


ONE GOOD THING ABOUT YOUR CLASS? 

My classmates are very understanding and patient, and they don’t really blame you if you cannot understand the lesson; they will do their best to help you. But what I really like about them is that they know when to be noisy and when to be quiet. So, parang ‘nasa lugar yung ingay nila’.

ONE GOOD THING ABOUT THE QUADRANGLE? 

The good thing about the quadrangle is that it is spacious and can be used for practices; It is also the best area for studying. Events are held here and it is a special place where the student body unites.

ONE GOOD THING ABOUT THE COLOR ORANGE? 

The color orange is vibrant. It is engaging and hot. In my own opinion, the color orange symbolizes energy and excitement, so whenever I look at it, it brightens up my mood and gives me joy.

ONE GOOD THING ABOUT YOUR OPPORTUNITY TO LEARN? 

I can spread my knowledge to the less fortunate and contribute more to the society.

ONE GOOD THING ABOUT HUMANITY? 

The ability to rise above catastrophe through collective effort and positive outlook in life.
ONE GOOD THING ABOUT YOUR FAITH IN GOD?

My faith in God makes me realize my mistakes and be humble in my achievements.

---

Chiara Valencia, grade 8

ONE GOOD THING ABOUT YOUR NEW ENVIRONMENT?

This new environment brings new challenges and all of these challenges bring new lessons that make us stronger to face life.

---

Alyssa Clores, grade 8

ONE GOOD THING ABOUT LOSING SLEEP FOR A PROJECT?

What’s beautiful about my life right now is to wake up everyday with the Lord’s blessings, having a family that loves me so much, and, most of all, to be part of this school.

---

Samantha Avila, grade 9

ONE GOOD THING ABOUT CHANCES?

They say that chance is doing something despite the possible consequences it can bring along. Usually, chances happen unexpectedly and it comes at the most random times. Although, when it comes to giving chances, a lot of people are actually opposed to the idea. They say that it will only cause disappointment and heartbreak. Despite these sayings, I still believe that there are positive things about chances. Now to answer the question, what is one good thing about chances? One good thing I know is that when chance presents itself to me, I have to accept it no matter the risks because I know it is an opportunity that will open new doors for me.

---

Ira Deneise Sacdalan, grade 8

ONE GOOD THING ABOUT YOUR FAMILY?

One good thing about my family is that we are Christ-centered, we always share our problems and help solve it together. We serve for the Lord and we live for the audience of one, that is, Jesus.

---

Andrea Tulaylay, grade 7

ONE GOOD THING ABOUT YOUR CLUB?

One of the good things about my club, Glee, is the members’ full cooperation and participation every time Sir Monte, our mentor tells us to do something like to sing or to stand up for the vocalising the members of the club cooperate well. Another thing is that the higher batches are approachable, especially in times we need to sectional this piece. In addition, Sir Monte teaches us the different techniques and ways in proper singing and helping us how the modulation of the voice should be done in a piece.

---

Serena Prado, kinder

ONE GOOD THING ABOUT YOUR SCHOOL?

My best friend is very sweet and she is also very nice to me.

---

Michelle Avila, grade 9

ONE GOOD THING ABOUT YOUR LIFE?

In my opinion, the one good thing about being yourself is that nobody else could be you. Nobody else experiences the same things you do but yourself. Sure, you can have friends because you are mutual, but you won’t like the same things all the time. The things that make us human are our different flaws and uniqueness because they differentiate us from others.

---

Via Ocena, grade 10

ONE GOOD THING ABOUT LOSING SLEEP FOR A PROJECT?

‘Yung good thing d’un is ‘yung sacrifice mo kahit gusto mong manood o lumaban, at least alam mong may patatunguhan ‘yung sacrifice mo kahit na hindi mo siya nakikita ngayon, someday, lalat ng nagiggeri worth it.
THE BEGINNING IS THE MOST IMPORTANT PART OF THE WORK.

PLATO