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THE OFFICIAL STUDENT PUBLICATION OF SACRED HEART ACADEMY

# Gazette Hatnubay

SHAns that S.H.I.N.E ● VOLUME LII ISSUE NO. I ● JULY-OCTOBER 2021

## SHA-PACUCOA: Partners in Excellence

By: Ms. Danica Ignacio

Sacred Heart Academy, in its continuous pursuit to academic excellence had its first-ever Remote Virtual Accreditation with the Philippine Association of Colleges and Universities Commission on Accreditation last August 26 and 27, 2021. In 2019, SHA successfully received the Candidate Status. Pandemic notwithstanding, the school has kept on improving its facilities and services which include renovations and additional facilities like laboratory, rooms, clinic, and different school equipment.

"We have never imagined an accreditation in this time of pandemic but this is a dream come true," said Engr. Carlos N. Santos, Jr. who is the President and Chairman of the Board of Directors as he emphasized the goal of the academe to better serve the community through excellent education. Meanwhile, SHA is now only waiting for the Chairman's report from the PACUCOA and yes, SHA is more than ready for the next level.



## Aiming for the Excellence

By: Cyd Henriette L. Turado 10-Athena

We aim to be excellent. We aim to be the best. SHA proves that the service for the Filipino youth endures pandemic and as long as there is a single student who deserves nothing but the best quality of education, SHA will never stop on improving to be of better service of quality education. With the increasing student population of Sacred Heart Academy (SHA) even before the pandemic, a proposed 4-Storey School Building and 2-Storey Office Renovation will take place as decided by its distinct Board of Directors headed by its Chairman, Engr. Carlos N. Santos, Jr. "The Board of Directors determined the need to construct more classrooms to

accommodate the maximum capacity of the school. Moreover, due to the continuous pursuit for excellence, the school also decided to partner with PACUCOA for its accreditation. As a requirement for the accreditation, more instructional laboratories need to be constructed which is another reason why the school pushed for the construction of the new building." Mrs. Stephanie Ellen S. Sevilla, the school's Vice President for Administration and HR Director, said in a statement. After experiencing unexpected delays, the said renovation will start by September or October 2021; continue reading on page 3



## SY '21-'22 welcomes SHA College Department

By: Bryan C. Gumasing 12-STEM Edison

One of the highlights and level-up this school year are the upgraded programs as SHA is now offering education from Pre-School up to Tertiary Level for the first time in 58 years since the institution was established; four programs are available for the College Department such as AB Psychology, BS Entrepreneurship, BS Management Accounting, BS Office Administration. According to the admin and school management, there are already 16 students enrolled in the College Department: six in BS Entrepreneurship, nine in AB Psychology, and one in BS Office Administration. To ensure that all incoming freshmen are ready and well-equipped as the academic year started, activities and orientations were organized by the College Department; last August 23 SHA held its first College Virtual Orientation that aims to empower the College freshmen and transferees with the SHA DNA while the College Virtual Froshies Kumustahan was conducted last September 17.

## SHA now ready to #LevelUp as SY '21-'22 opens

By: Bryan C. Gumasing 12-STEM Edison

"We are at the forefront of exciting changes, changes that undoubtedly call on all of us to continue to serve with passion and affirmation on our commitment to deliver quality education and of course, to transform your lives as our students that are entrusted to our care" It goes electric, wavy, and full of energy as the Sacred Heart Academy (SHA) officially started its virtual school year 2021-2022

last August 2, 2021, with more firepower accompanied by new administrative and faculty members, updated Learning Management System (LMS) in partnership with Diwa Publishing House, upgraded basic educational programs and the newly established College Department carrying on with the institution's vision and mission to provide excellent and high-quality education.

## Student Development Program: Creating a Safe Space with SHA

By: Jervine Fajardo 12-STEM Newton

Entitled, "The Value of Education", the Student Support Services started the first Student Development Program from Pre-School to Grade 12 students. The said program aims to create a safe space for SHAns by discussing and making them knowledgeable about various topics involving them such as stress management and mental

health. SDP is conducted every month with its facilitating team: Mrs. Mercedesita De Jesus, the head of the Student Support Service, Mr. Jurion Costales, the Discipline Officer, Ms. Samantha Nicole Satairapan, GS and JHS Student Development Facilitator and Ms. Mary Christine Ami, the SHS Student Development Facilitator and Evaluation Officer.



Pictures of students from Virtual SDP courtesy of SHA Facebook Page





Teachers helping one another during the GENYO Training for Teachers

## E-Learning Meets GENYO

By: Iyah Franchezka Concepcion 10-Athena

On its second year of implementing Online Distance Learning, Sacred Heart Academy Grade School-Senior High School now fully embraced GENYO e-learning in partnership with DIWA Publishing House. Together with a Remote Learning Delivery Mode wherein the classes is divided into two categories: Synchronous classes where teachers and students conduct real-time discussion through video conference, Google Meet, and

wherein the learners are provided with content and tasks to be accomplished on a flexible time frame; SHANs will use an updated LMS named Genyo e-Learning created by Diwa Publishing House that will be used as a tool and bridge the gap in the remote and learning process.

Numerous Genyo orientations were organized by the Student Support Services where they demonstrated the use and functions of the said LMS to every SHANs last August 19-20.

Asynchronous classes



Photos from the results of Nutrition Month celebration courtesy of SHA Facebook page

## SHA Conducts VINSET 21-22

By: Merylle Joy G. Marquez 11 STEM Dignayan

Education should be served at its finest. To continue giving excellent and high-quality education, Sacred Heart Academy (SHA) teaching and non-teaching personnel participated in the 2021 Virtual In-Service Training (VINSET) in preparation for the Class of S.Y. 2021-2022 last July. The said event was consisted of activities and various workshops to ensure that all teaching and non-teaching staffs are well-equipped and definitely always ready for the

upcoming school year; one of the highlights of this year's VINSET was webinars informing the teachers about Motivational Techniques in Online Teaching and Learning Experience with Mr. Ernesto Guillermo Jr. as the guest speaker also on how to Promote Student Engagement in Distance Learning with Mr. Reuben P. Velarde Jr. being the resource person.



## SHA held 2k21 Nutrition Month Online Celebration

By: Iyah Concepcion 10-Athena

As part of the tradition, a virtual celebration for Nutrition Month was held last July 2021 at Sacred Heart Academy with this year's theme, "Malnutrisyon Patuloy Labanan, First 1000 days Tutukan!".

The said event was organized and regulated by the TLE/TVL Department wherein numerous creative activities were created for the students to engage with; Here are the winners for each category in Grade School: Healthy Drawing (Grade 1-3), Evan Loraene G. Guerrero, Infinity Bliss Reyes, and Trisca Elize Dela Cruz; Dress-Up Gulay (Grade 4-6): Sophia Faith B. Santos, Clark Renier D. Abanes, Kylev Beckham and Zalloine Angelo Gabriel J. Diaz.

Junior High School Achievers in Poster Making (Grade 7): Jaemiel Collins L. Azur (1st Place), Sophia Allison (2nd Place), Cristine Joy Martin (3rd Place); Vegetable Shake (Grade 8): Aiofi Jheynel A. Pantig; Healthy Left Over Food (Grade 9): Beatriz Bernal with her Chao fan (left-over rice with egg) and John Lorence Mariano with his Healthy Banana (Left-over rice and banana); Vegetable and Fruit Carving (Grade 10), Mary Love Dela Cruz and Harold Gadil.

Poster Making in SHS: Unica Eve P. Ambida HUMSS (Champion), Rovic T. Oronan STEM (1st Place), Gracei Mae E. Ardiente TVL (2nd Place), Thana Alliah Mae R. Llanos HUMSS (3rd Place); Quiz Bee Participants: Ma. Margarette P. Manaog (1st Place), Robert Eliz Marcelo (2nd Place),

Continue reading on page 3...

# COMMUNITY NEWS

By: Merylle Joy G. Marquez 11-STEM Dignayan

## Taliban Regains Their Power to Rule Afghanistan

Kabul, Afghanistan - On Sunday, August 15, 2021, Talibans regain the power to control the country of Afghanistan by seizing its capital, Kabul, and took over the presidential palace after President Ashraf Ghani leaves the country.

"It's time to end America's longest war", U.S. President Joe Biden said before announcing the full withdrawal of the remaining U.S. Military by September 11.

Many people slept in tents or on the roadsides and parking lots. "You can see the fear in their faces," one of the residents said. Talibans stated in a statement that its swift advances demonstrated that it was widely supported by Afghans, and that both Afghans and foreigners will be safe under their leadership.

In discussions in Qatar, Biden said his government informed Taliban officials that any action that puts U.S. people in jeopardy would be met with a rapid and powerful U.S. military action.

The Minor Basilica and Parish of La Purisima Concepcion, photo courtesy of Mr. Jeric Pascual



## Parish of La Purisima Concepcion now Elevated its Rank as 18th Minor Basilica in the Philippines

"Viva La Virgen!"

March 21, 2021-Pope Francis has officially upraised that the La Purisima Conception Parish Church of Sta. Maria Bulacan will be part of the Minor Basilica. Known as the second minor basilica in Bulacan after the Cathedral-Basilica of Our Lady of the Immaculate Conception located in Malolos and the 18th in the country, it was founded in 1792 by the Franciscan missionaries and home of the miraculous image of the Virgin Mary.

It is under the Diocese of Malolos that is led by Bishop Dennis Villarojo. Via a video message, Bishop Villarojo announced the official inauguration of the La Purisima Conception Parish Church as a minor basilica will be held on November 27, 2021. "This designation is Holy Father Pope Francis' unique recognition of your strong faith especially in this time of the pandemic," Villarojo said. This set history for all of the Catholics here in Santa Maria.





**...Nutrition Month, Continuation of p. 2**

Geoffrey Andrei DR. Gojo Cruz (3rd Place) for Junior and Roshan Reyes (1st Place), Belinda Mariano (2nd Place), Tricia Lorraine Merciales (3rd Place) of Senior. One of the



highlights of the event was a webinar titled "Nutrition during Pandemic: How to Keep Healthy While Staying at Home" with Mrs. Aileen L. Gerona, RND as the guest speaker; where they tackled how to maintain a healthy diet at these times which was participated by elementary students. These health-related activities bring attention and public awareness to the importance of making informed food choices and developing sound eating and physical activity habits.

**...Aiming for Excellence from p. 1**

The new building which will be establish in phases will have 4 floors, first floor will have classrooms, second floor will be the library, third floor will have more classrooms and the

fourth floor will be for instructional laboratories. All offices will be located at the second floor for now because of the renovation of the admin offices.



(Courtesy of SHA Facebook page) The groundbreaking for the new building with the members of the Board: Ms. Sarah Kaitlyn Mendoza, Mrs. Paulita Z. Estrella, the President Engr. Carlos N. Santos, Jr., Mrs. Stephanie Ellen S. Sevilla and the VPAA/Principal Dr. William DC. Enrique

**SHAn Shines at Asia Model UN Virtual Conference**

AUGUST 29- Belinda Rose Mariano from ABM department was hailed as the "Most Outstanding Delegate" award among the 1,105 delegates from 57 different countries during the Asia World Model United Nations Virtual Conference 2021. Belinda was assigned to be part of the United Nations Environment Programme Council wherein the Grade 12 student presented a position paper regarding Uganda's history in addressing marine pollution. From there, Belinda, worked on their Working Papers and Draft

Resolution which was passed with 50+ votes. "To be honest, I didn't really expect to win an award because of how talented the people were in the members of the Council. And yet I still got the award, something I thank the Lord for profusely." Belinda Rose Mariano said.



**Buwan ng Wika: An August Filled with Celebration of Indigenous Language**

By: Princess Lazaro 10-Poseidon

Every August of the year, Buwan ng Wika was celebrated across the country. Thus, as a celebration, Sacred Heart Academy prepared several virtual activities for the students. This year's celebration focuses on the importance of indigenous language the theme, "Filipino at mga Wikang Katutubo sa Dekolonisasyon ng Pag-iisip ng mga Pilipino."



Grades 1-3 had to show their arts through Poster Making. The winners were Kansey Ranaiah H. Dela Cruz from Grade 1, Maria Zainah Gernale from Grade 2 and Mona Nicole Alcoriza from Grade 3. On the other hand, Grade 4 to 6 showcased their knowledge with "Pinoy Henyo" and it brought upon the top placers. Chloe Anne Ong of

Tristan Dale G. Alvarez of Grade 5-Prudence and Hanna Mae Mariano of Grade 6-Trustworthiness. Furthermore, Junior High Department shown the nourishment of Filipino Language in the form of slogan, essay and declamation. For slogan making, Iyah Viatrix Pariña of Grade 7-Genesis won together with the other winners, John Adrian Francisco from Grade 8-Descartes and Princess Maryanna Divina



Tano from Grade 9-Earth who both participated in essay writing. The students of Grade 10, however, was selected for Declamation and from it, Kristine Angela Mae Cruz became the top placer. Senior High Department also took part in the activities and programs by the means of spoken poetry. Came from Grade 12-STEM Einstein, Vernaline Francisco claimed the first spot of the spoken poetry event.

With the help of the teachers and the parents behind the camera, National Language Month ended with the cooperation and participation of the whole school and the students and this only prove that physical distance is not a hindrance to celebrate and rejoice for our beautiful native languages. Indeed, August was filled with colorful languages!

**SHA College Department: The Start of Leveling Up**

By: Lovely Trisha Meman 12 ABM Steve Jobs

Sacred Heart Academy with its persistent commitment to provide quality education to the youth embraced the next level and launched its College Department this school year. The said department offered four programs namely: BS Entrepreneurship, AB Psychology, BS Office Administration, and BS Management Accounting. Last August 23, SHA College Freshmen took their first step to leveling up with their first-ever Department Virtual Orientation while last September 17 they held their College Virtual Froshies Kumustahan.

"We are at the forefront of exciting changes, changes that undoubtedly call on all of us to continue to serve with passion and affirmation on our commitment to deliver quality education and of course, to transform your lives as our students that are entrusted to our care," Dr. William Enrique said in a statement regarding the launch of SHA College Department.

**SHA held its Virtual Parents' General Assembly**

By: Lemuel Ace Guballa 7-Psalms

On August 28, 2021, Sacred Heart Academy held its annual Parents' General Assembly spearheaded by the Student Support Services headed by Mrs. Mercedita Z. De Jesus though this time via Zoom Meetings. The Parents' General Assembly was one of the programs and activities conducted by the school for our parents to

promote harmonious relationships among its stakeholders. Together with the SHA Parents' Council, this program made sure that our parents' concerns are well taken care of. The program was facilitated by Ms. Mary Christine Ami and Ms. Samantha Nicole Satairapan, school's Student Development Facilitators



**English Proficiency Program: Faculty Development Training**

Last September 24, 2021 SHA Faculty Development Training continues as it held its first leg of English Proficiency Program 2021 entitled: "The Art and Science of Correspondence through Letter Writing". The said program spearheaded by the English

Unit and English teachers from the Senior High School Department aims to continuously hone our teachers to be of better service for our students. Mr. Harvey Jade Carlos, LPT, IIGRE gave a very effective talk on how to respond through

letter writing. EPP 2021 is a four part webinar series being held every quarter as part of the Faculty Development Training and a proof to the school objectives to support its human resources towards personal and professional growth.





# 4 EDITORIAL

“

*“I know these will all be stories someday, and our pictures will become old photographs. We all become somebody’s Mom or Dad. But right now, these moments are not stories. This is happening. I can see it. This one moment when you know you’re not a sad story. You are alive. And you stand up and see the lights on the buildings and everything that makes you wonder. And you are listening to that song and that drive with the people who you love most in this world. And at this moment, I swear, we are infinite.” (The Perks Of Being A Wallflower, 2012)*

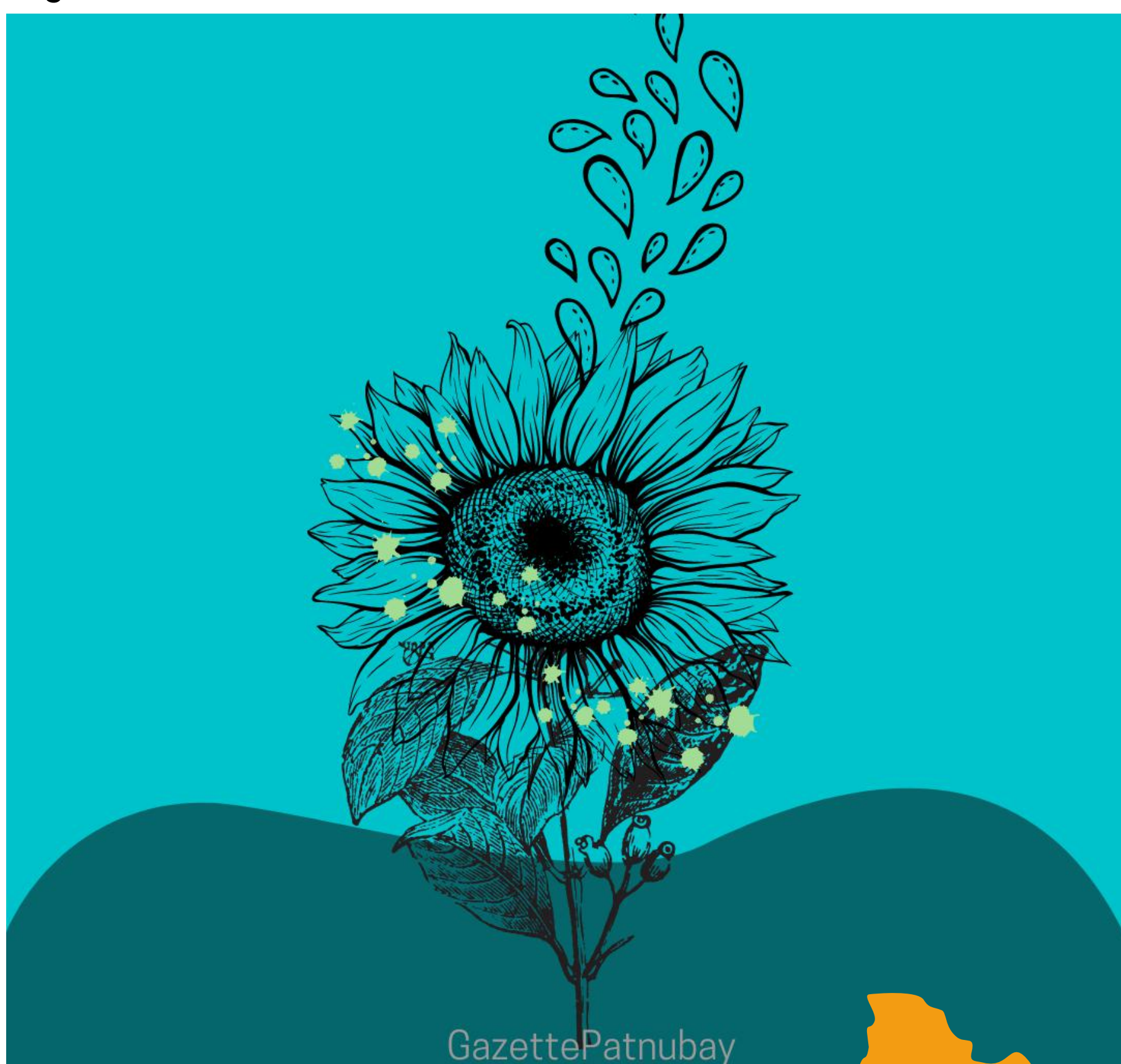
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Time is a traitor, likewise, my memory. I never realized it not until I rummage through my gallery and see old photos of my younger self grinning with those chubby cheeks, tight ponytail, little almond eyes, and a lousy sense of clothing style. I looked happy. You're now might or might not be your someday. Technically, you will not be young forever. What you can do now, you might no longer be able to do someday. But, you know what? Try looking into yourself and just say 'wow' because you've made it this far. The pictures you have taken, you hold onto them, and those memories will never let you go. As we grow older, the responsibilities we carry pile up, and once in a while, it gets to us.

So take deep breaths, pause, and breathe. Adulthood can get quite scary. And no, it is not like we grow sadder as we age, but it's just that we become too busy, too busy studying or working, or living. Do not get caught up about how much everyone's moving at a fast pace. Your journey is yours to conquer. I know this will be hard but try your best to be happy, even during this depressive time. Do not overthink about your tomorrow too much. Have you forgotten that you're now used to be tomorrow too? Live your youth right and just; you can be reckless at times. But The universe, somehow, is still writing the best parts of your journey. You just have to wait. For now, create your own little infinity. To you who is reading this, keep going, buddy!

“It’s been quite a ride, wasn’t it? However, take heart! We’ve The tumultuous events over the past few months have been challenging that it made it hard to keep track of everything. With the pandemic reshaping lives as we know it, it has now become a rigorous task just to stay focused, especially on what’s good, hopeful, and positive in this world. Looking back to the first year of distance learning it was like being thrown into a dark room without any window for a shed of light, each one of us brimming with anxiety as well as uncertainty on what will happen, questioning our decision to still study and continue despite the current circumstances, contemplating whether we’re learning something or rather just accomplishing designated tasks. Yet here we are, surviving. However, take heart! We’ve done it over the past year, we can, and we should survive it again. It’s okay not to be okay – though it’s important to tell yourself that what you’re feeling is valid and acceptable as nothing is normal nowadays. But take it to heart that even a sad story, even a loss can become a hopeful tale when sighted with a greater perspective that can shed light on a dark world. Connect with friends, it could be just scheduling a game night or movie night, doing that can create such an impact on your social life and mental health. Lastly, take a moment to reflect on what has happened, remember to be grateful for it all, and yes it is going to be hard, but hard does not mean impossible.



GazettePatnubay

*“Hope Smiles from the threshold of the year to come, Whispering 'it will be happier' ...”  
— Alfred Tennyson*

## Embracing the New Normal is Embracing the Future

By: Victoria Elyse Parafina  
Grade 9- Earth

As the outbreak of COVID-19 changes the way we live, DepEd decided to suspend the face-to-face classes and present the new normal, Distance Learning or Online Classes. President Rodrigo Duterte had formerly announced that face-to-face classes are not an option until vaccination for kids is available. Distance learning is said as the easiest way to learn because it can save money on food, clothing, transportation, and especially time. It also gives greater flexibility and convenient learning. But distance learning may not be for everyone, especially for learners who have a problem with accessibility. Not everyone has gadgets or internet access. Lack of physical social interaction, little support, and distraction can affect the learning of kids. To be honest, transferring to distance learning has been the biggest challenge for me. The experiences from doing online learning and going to school physically are extremely different. This new normal, classrooms remain empty during the pandemic, but teachers are working hard to provide quality education for students. Some teachers have to travel to distant regions to drop off the printed modules for their students. Parents sometimes have to step in so they could assist their children in their paper works. Education is essential despite these difficult challenges. I understand, as a student, that we all get tired and stress because of the new normal. It's okay to take a rest but always remember that never give up.





# 5 EDITORIAL

## Education Against All Odds

By: Geraldine Marie Barcelon 12 HUMSS- Van Gogh

Illustration by: Crisha Grefalda 11 STEM Dignayan

It was a random Friday in March 2020 when everyone thought that the class suspension would only last some days or weeks. And now, it has been 365+ days. Everyone else is busy surviving. This is how education took a massive leap upon reaching the students while nurturing their knowledge in the middle of a pandemic. A great demand for innovation has arisen; education needed a quick response to cater to continuing teaching/studying.

Online classes, for a fact, have long been existent even in the pre-pandemic time. Yet, it wasn't very much talked about here in the Philippines because everyone grew up in the method of waking up early, going to school, interacting with classmates face-to-face, and learning things first-hand. Pre-pandemic studies, such as The Research Institute of America, have shown that online classes have increased the student retention rate by 25% to 60%. Then, the pandemic occurred; our country was not ready for such a big turn up of events. The Department of Education had offered two ways to continue the educational system in the Philippines; a) modular distance learning and b) online distance learning.

Of course, there were challenges. A considerable demand for academic freeze trended left and right on different social media platforms as many students believed it would be better that way. An



will come when we will 100 percent be ready. By the time we are 100 percent ready, other problems and complications have come in. And changes will have come in again... education cannot wait," Briones said. She also added that if the academic year was to be frozen, and everyone would wait until things get better, it would take the government P395 billion to compensate the public teachers. On the other hand, private school teachers would have to go through the no work, no pay policy, which is a big NO.

Now that the vaccines are available and children 12 years old above are permitted to get vaccinated, instead of suggesting an academic freeze, it is more appropriate to demand a #LigtasNaBalikEskwela. Lastly, coordination and camaraderie are significant in online distance learning. Students should avoid such things as intimidation, as everyone is going through a lot. Online classes can be challenging; at some point, it gets quite draining. But strong demand for a safer face-to-face class should be one of the loudest shouts right now.

### Learning never stops, and education indeed cannot wait.

average Filipino family surely couldn't just release a tremendous amount of money to buy laptops or have their internet-connected. But here we are, continuing. With the best that we can. It's not bad at all, though. Online classes do come with various advantages. Like, it is flexible in terms of scheduling; the accessibility to time and place is excellent as one can make it happen at the comforts of their home. Online

classes also teach the students self-discipline, time management, and an improved sense of responsibility. Moreover, it is the safest option for the students since the COVID-19 cases in our country continue to arise. Online classes will lessen the risk of exposure to the virus. The United Nations Educational, Scientific and Cultural Organization (UNESCO) has been campaigning their Education Cannot Wait (ECW) project,

and DepED Secretary Leonor Briones quoted it last year. "As to the matter of readiness, when will we be ready? I'm not of the mind that the time

### EDITORIAL COLUMN

### The VP-Virtues of Professionalism

Mrs. Alieneth Grace Garcia, LPT

Professionalism is a significant quality that any professional should have. It empowers you to do your best at all times. As an experienced professional in various industries, professionalism is how you do the job, it is not the job you do. It involves consistently attaining high standards whatever your profession is. Allow me to share some virtues of professionalism

that could aspire to be professionals and future professionals. First is integrity, it is always doing the right thing no matter who's watching. It is being responsible and accountable to all of your actions. Second is discipline, it is all about training yourself to remain at the core of your ethic no matter how worse the situation is. Third is determination,

it is persevering towards your goals in spite of obstacles. Fourth is resilience, it is being able to bounce back promptly from any difficulties. The last is humility, it is being kind to oneself without judgement. If you want to succeed, be humble and keep your feet firmly on the ground. "Success does not depend on your position but your disposition guided with these virtues of professionalism"

## Gazette Patnubag

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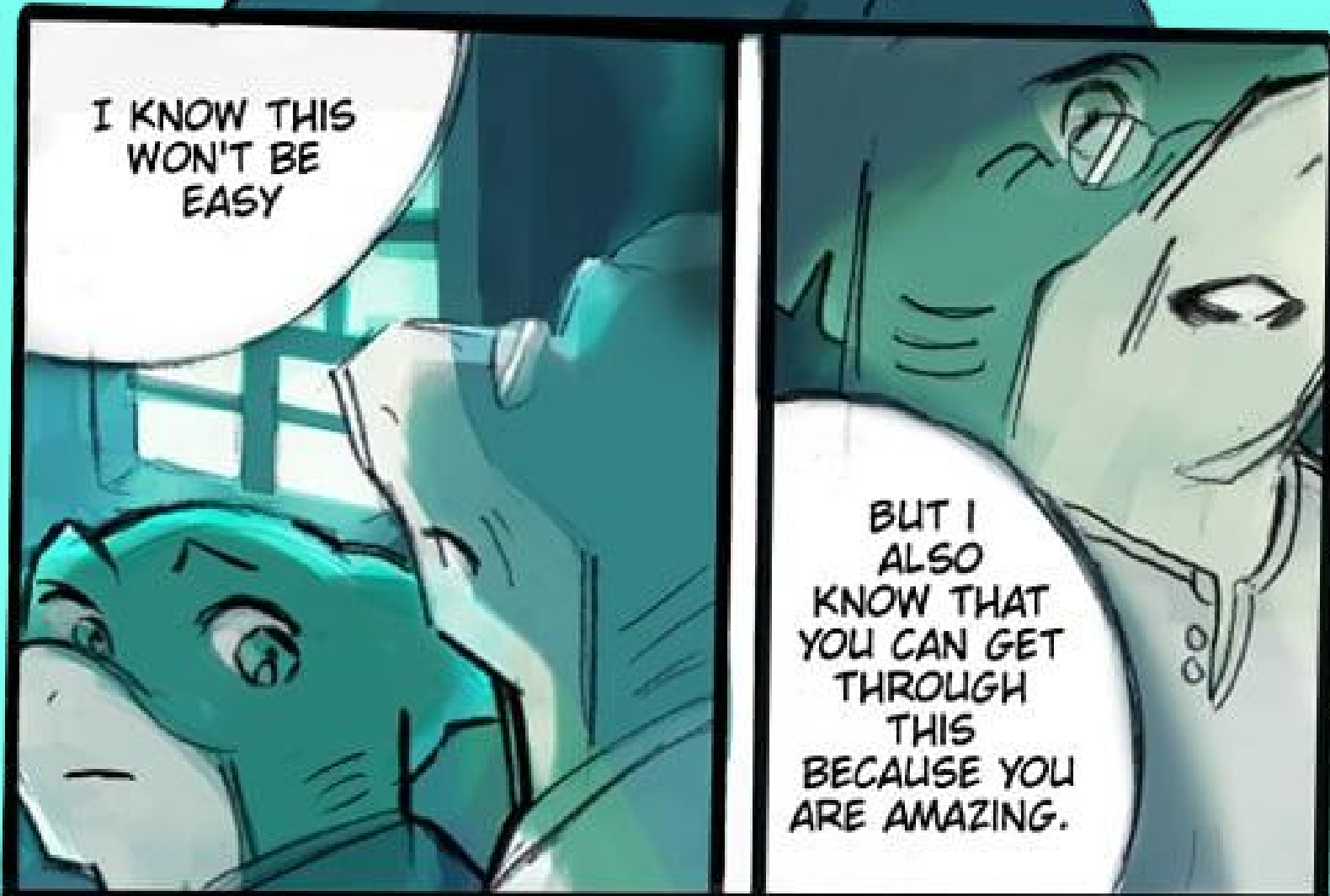
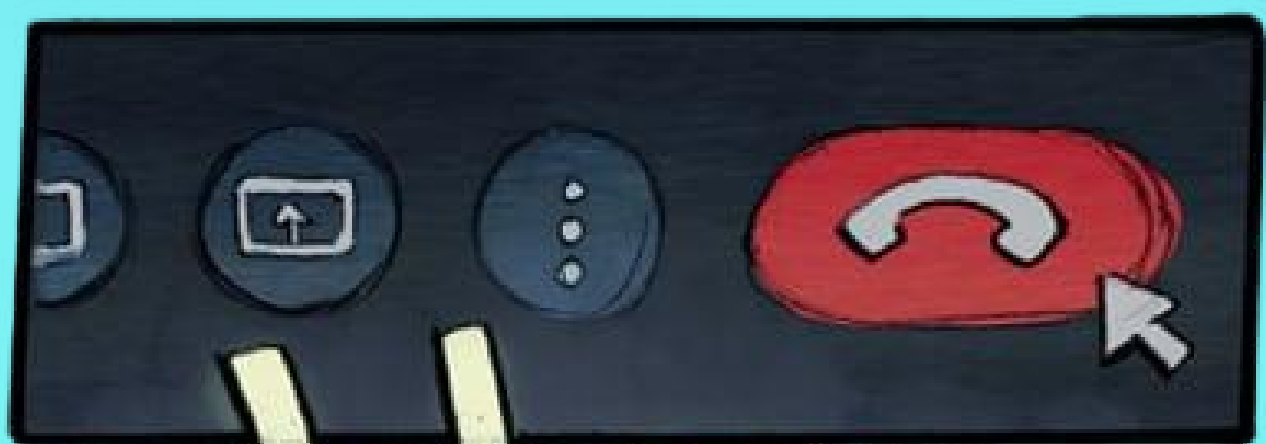
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# 6 E N T E R T A





# I N M E N T 7



BUT SURELY I CAN'T FAKE...

I CAN'T WASTE MY FATHER'S HARDWORK.



You lost your network... Trying to reconnect...

PA'NO TO? AND I-KI-CLICK??

LEARNING PLATFORM

YOU 8:00 MA'AM YOU'RE NOT CLEAR PO

MA'AAAAM SIRA PO CAMERA KO

MAY NATUTUNAN BA 'KO?

CAN I STILL MAKE IT 'TILL GRADUATION?

GOOD MORNING! I'M SHARKIE

COOL NAME!!

AND I'M LOOKING FORWARD TO THIS SCHOOL YEAR!

SUP, SHARKIE?

THIS IS DEFINITELY THE START OF A NEW AND EXCITING JOURNEY!

TO BE CONTINUED...





# 8 L I T E R A R Y



## I SEE YOU SEE ME

*Literary Series*

By: Lovely Trisha B. Mema  
12-ABM Steve Jobs

Close your eyes  
Proper wording  
"I wish..."  
Visualize

I abruptly opened my eyes as soon as a weird image entered my mind. As expected, this idea was no good. I should've known better than to wish for something stupid in my room with the lights out at 11:11 pm.

I should've known that one night, one moment, and a wish were all it would take for my life to become a living hell. A long yawn escaped my lips as I walked down the stairs from my room to wet my throat. I fell asleep after trying out that 11:11 thing I saw on the internet earlier this afternoon. I can't believe I actually did that flop of a thing. Stupid. As soon as I reached the kitchen, I brought the pitcher of cold water to my mouth and began to chug. I let out a burp and noticed the time, it's half-past two in the morning. I stood still in front of the refrigerator, unsure whether to go back to

sleep or just pass the night by watching an anime. That dream again. I thought to myself as I continued drinking to quench my thirst from having such a dream. Or should I call it a nightmare? A sound of a low thumping pulled me out of my reverie. I roamed my eyes around the whole kitchen to the living room. There are way too many mirrors in this house. You can literally see your reflection



everywhere. The thumping continued and it got louder and louder until I heard a faint shattering sound from the living room where the life-sized mirror was. I hurried there to check...continue on page 9.

## SHE WHO'LL NEVER UTTER

Princess Faith B. Lim  
11-STEM Sipnayan

A dark so alley, Lad calls her name. With a tone disgustingly eerie, She felt him nearing. So with knees wobbling, She kept running. Clothes torn, running barefooted, Whole hair's messed, body scathed. With voice already hoarse, She begs for help. Her body throbs like hell. About to give up but dying is never her purport. So she thought of her family, friends then hoped, Hoped for someone to help her through.

She looked around; I turned my back. Heaving a sigh, I continued my run; then all the hope she had come shattering gone

For the lad's already in front of her, smirking down. The next thing she knew her world stopped.

For the man ripped her heart out, crushed it with his hands. Allen woke up wheezing, drenched in sweat. Tears streaming, face wet. With head in chaos, Heart and fist clenched. It flashed to her again and again and again. Realized her cowardice will be her forever burden. She witnessed that tragic event. She heard her plea but never helped. So her punishment is never a word from her will be heard.



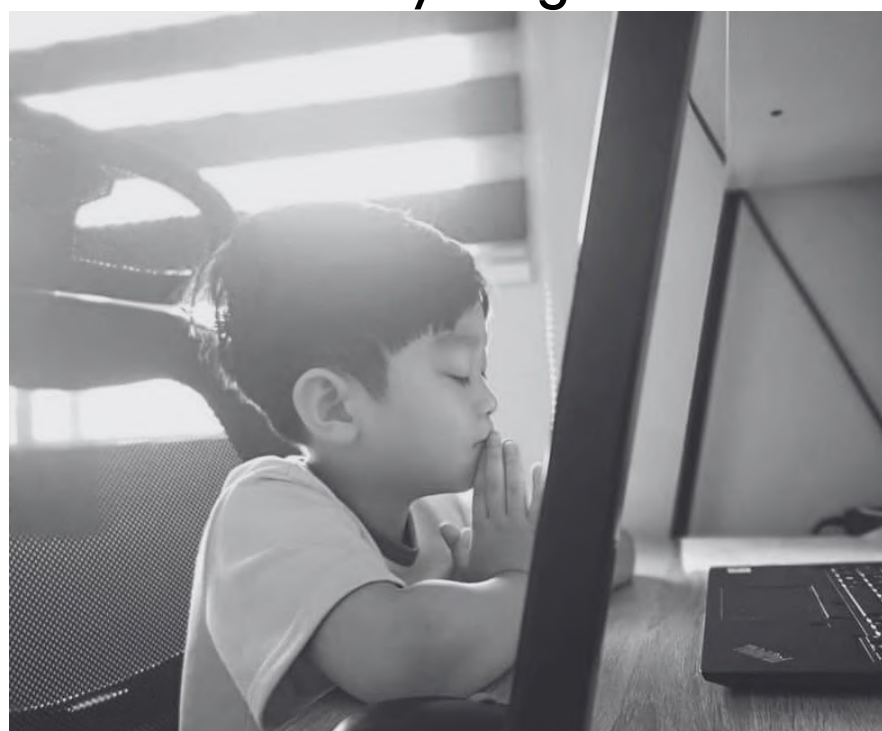
## My Humble Prayer

BY: JOSH AMIEL C. FAJARDO  
GRADE 6-HUMILITY

Dear Lord, today I look at the window  
I see nothing but shadow  
We have to wear face masks and get acne  
But its okay, we're still pretty.

What is not okay, Lord is the lives we have lost  
And the numbers of job loss  
I can't even be with my classmates  
We are bound with digital space

I better close my eyes  
Say my prayer as I cry  
Lord, today I see nothing  
But in prayer I see hope in everything.



## How to Avoid PROCRASTINATION

Bernadette Kyle Bulac 12 STEM Edison

Procrastination is the act of unnecessarily postponing something to the point of experiencing subjective discomfort. For Filipinos, this issue goes a long way. This habit is known as the mañana habit, the term used to describe the phrase "mamaya na." Procrastination does not choose who or when it hits, but there are ways one can avoid it:

**BREAK DOWN THE THINGS YOU NEED TO DO**

According to Dr. Sirois, a professor of psychology at the University of Sheffield, people fall into this unreasonable cycle of persistent procrastination because they cannot control their negative feelings when confronted with a task. Try giving yourself a boost of dopamine and serotonin by doing things that make you happy — watching videos of babies and dogs, eating chocolates, holding your favorite stuffed toy, etc.

**SORT OUT YOUR TASKS FROM IMPORTANT TO LEAST**

Find the one that works best for you. Each brain works differently, and so learning can vary from person to person. These methods include pre-testing yourself before answering an examination, using flashcards, and reflecting and analyzing after reading a paragraph.

**BE KINDER TO YOURSELF, GIVE SELF LOVE**

In a 2002 study, undergraduate students were assigned to proofread three essays and were given the option of submitting their work weekly, at their own pace, or all at once after three weeks. The study concluded that regularly spaced deadlines resulted in better student work and reduced the likelihood of students missing their deadlines.

**FIND HEALTHY COPING MECHANISMS**

An example of this is the Eisenhower Box. A productivity strategy helps categorize your tasks into four: urgent and important; important but not urgent; urgent but not important; and neither urgent nor important. This strategy helps determine which tasks are worth your time and which are not, allowing you to concentrate on your primary objectives.

**TRY DIFFERENT STUDYING METHODS**

According to a study, fear of criticism is one of the reasons why some students postpone. Studies observed many students engage in self-sabotage to blame low grades on deadlines rather than their ability. Some people use procrastination as a coping method to safeguard their self-esteem and identity. One must acknowledge their strengths and weaknesses and work on them to use your skills in the best ways possible.



# LITERARY



## MotivaSHAN



Distance learning, online classes, requirements, and deadlines. Words that frequently rang unto our ears as the pandemic washes over every feature of our lives, from when we get up in the morning to the moment we get in bed at night; making it look like there is no escape. As they experience the strain during online classes, SHANs continue to prove that #SHANsWeAreAllinThisTogether as they motivate their fellow schoolmates.

you've come this far and you can always come farther than this. always believe in yourself and don't stop chasing your dreams!!  
-Allet Isabela 12 STEM Edison

Yes its hard to adjust but when you got used to it its going to be easier to catch up with the distant learning  
-Shane Kathleen Barcelon 8-Pythagoras

Kaya natin to! Wag nyo magpadang i-pressure sa fill niyo kasi lalo lang kayo mahihirapan. Relax lang and enjoy this school year.  
-Kim Gentroles 11 STEM Dignayan

This pandemic has brought a lot of challenges to everyone and were not prepared for what happened. Its like we were dropped in the middle of an ocean, all of us were flapping around. But as we stay longer, some are able to manage to swim through it, some are continuously floating, waiting for something that may or may not come, but some, unfortunately, drowned and now resting at bottom. When the pandemic struck, our education system was shook to its core. Suddenly, schools were shut down and children were not allowed to attend classes. Because of these, schools were force to create something. We were all introduced to the world of online classes. Online class is a challenge to both educators and students. But like what my mom would always say, its all about perspective. "Keep swimming".-Lucas Javier Complido 2-Patience

Take things easy but don't be careless. Don't get pressured in such things that looks difficult. Remember, you can't succeed if you don't fail. So don't be afraid to try  
-Emmanuel Ramos 11 STEM Dignayan

The message that I want to reach to them is you are not alone, WE are fighting together to the changes that is happening right now. I know it's hard but I know also that you are going to get through this s.y and its a process that everyone is fighting together with you.  
-Lujain Hassah 11 STEM Dignayan

Take a rest guys, it is valid and so is your mental health! Always remember that your mistakes are your stepping stones towards your dreams. Stop chasing people but continue to chase your dreams!  
-Kyla Marie Sto. Domingo 12 STEM Edison

you've come this far and you can always come farther than this. always believe in yourself and don't stop chasing your dreams!!  
-Allet Isabela Guballa 12 STEM-Edison

"I know things have been hard lately, especially because we are adjusting to the new normal; but always remember your purpose in life; your purpose why you are still in SHA. TO LEARN. If you ever feel like giving up, just always remember the reason why you're doing this. I believe that us, SHANs, we can do this by being consistent and trusting in ourselves. Padayon, SHANs! Fighting!" -Kristine Cruz 10-Poseidon

wag kayong susuko!!! aja!! alam kong mahirap, we all have problems we need to face each days, but you've come this far so keep fighting, if you need someone to talk chika mo na lang sakin i'm willing to listen.  
-Arjay Carmona 12 STEM Edison

All of us are having a hard time dealing with this kind of school learning, but considering our teachers sufferings, we should do our best to make them proud and also our parents.  
-Angeline Enriquez 11 STEM Dignayan

As a student, I'm dealing with slow connections, technical issues. So, to all of my fellow students, I know that most of you are struggling with acads and our scheme. Aim for the moon, but in every "padayon" do NOT forget to rest. I know that you can do it, little fighter.  
-Mel Lebumfacil 12 ABM Bill Gates

This will end soon just keep on studying and don't pressure yourself just be happy on what you're doing.  
-Vivian Victoria 11 STEM DIGNAYAN

Just pray and rest as well don't push yourself, theirs always another day, and trust yourself no matter what  
-Zynel Espinola 10-Poseidon

it may be physically, mentally, and emotionally draining for now but always remember that you're doing this for your dreams and future, fighting!  
-Renei Bernal 12 STEM Edison

There's no thing that last forever. Check your friends even if not necessary. Good communication is the key for making your task easy.  
-Jan Axel Eugenio 11 STEM Dignayan

My dear classmates I know its hard and expensive to study when its online but its ok we will overcome this pandemic together stay positive and dont lose hope sincerely  
-Zion Gadid 10-Athend

It's hard to learn online through the internet, and as a student myself I know the challenges that comes with it, but we should keep on moving and keep fighting for our future, we will get through this, and if you get tired of all the workload, learn to rest but not to quit.  
-Boy Jojo Umali 12 STEM Edison

I know it's overwhelming and we all feel pressured for some reason. It's okay to feel sad and be frustrated, it's all normal. But don't be too hard on yourself. If it's too much, release and acknowledge the pain.  
-Loriz Ann Reyes 11 STEM Dignayan

I understand how exhausting it is but at least we're all in this together. It makes absolutely no difference where you are or how far you've journeyed; what counts is that we're on the same page. We've gone through worse, so I'm confident you'll make it. Hope you're doing well and take care of yourself.  
-Ralph Christian Jalop 11 STEM Dignayan

You know we are all having hard time, we all have been through traumas and breakdowns but look at yourself you're just so brave and such a lovely person. You've been through a lot and you are still surviving. Don't ever stop living. Be proud of yourself.  
-Julianne Morales 10-Athens



## SUOB: REAL OR HOAX?



By: Ms. Krizia Paruan, LPT

Last January 22, 2020, our country was investigated for its first suspected case of the Novel Coronavirus (COVID-19). On March 1, 2020, Because of this, most of the Filipinos tried different "natural" remedies that they thought to prevent the spread of virus – one of which is Steam Inhalation. Steam Inhalation is one of the most used home remedies to soothe nasal passages that can help get relief from the symptoms of colds, which is also one of the symptoms for COVID-19. The hot, moist air will work to loosen the mucus build up in our nasal passages and throat. This can greatly help relieve the



inflammation in your nasal passages. However, the Department of Health had denied that Steam Inhalation can stop the spread of the virus. This home remedy is not included in the methods to prevent the widespread of the said virus and in fact, it could get the situation worse. DOH has stated that there is a tendency that the virus can be absorbed into the vapor of the steam, which can escalate the number of the virus infection. Steam inhalation also increases the secretion of liquids in our body, through our nose by sneezing and coughing. It would be the best for everyone that has symptoms such as cold, cough, and flu to stay at home. Doing this kind of home remedy can help relieve the "stuffiness" on our nose but it won't fight of the virus. Instead, drink plenty of water, eat nutritious meals and fruits with high Vitamin C,

and exercising regularly can help our body fight off the virus, and of course, do not forget to have your vaccine shots. This would greatly help our country to suppress the widespread of the virus.



## Literary Series

## August Skies

By: Angela Ignacia Camello 11 STEM Dignayan

The month of August always offered an air of unpredictability. Skies shifting between gray and overcast to sunny and stifling in a matter of hours. Then comes the promise of colder days and longer nights as the days shift into countdowns through Christmas. Still, some might claim that its spontaneity gives it beauty. As fickle as humans are, the skies are never constant. Isn't that a pretty analogy? Reading up on the status of the planet since sixth grade, I've seen and read countless news articles warning us about climate change and what will happen if we don't do something about it... and it's far from pretty. Five years late and it's playing out at a rate quicker than any of us would care to admit. But how would we if those involved in the discussion are so limited? The concerns never really reach their rightful audience. Not on a scale enough for everyone to partake in the said actions. Major companies will say "click this link to calculate your carbon footprint and find out how you can mitigate climate change!". There is no reality in which an operating oil

company harvesting fossil fuel can alleviate climate change by posting platitudes campaigns on social media. There is an underlying problem in the fight against climate change that is inherently elitist. Climate-conscious individuals show themselves up in various forms of media every now and again to speak on how much their lives have changed since taking on a much more sustainable routine in using metal straws and reusable fabric bags and plastic-free packaging and chide others for not being able to do the same. If I can do it, why can't you? We also have to consider that while the masses share the blame, there is only much we can do on our own. There are only two sides to the coin. When I turned seven, my birthday was celebrated indoors during a storm. This year, I'm seventeen and it's hot and humid. It makes me wonder what's in store ten years from now. But to quote Ursula K. Le Guin, "We live in capitalism. Its power seems inescapable. So did the divine right of the kings". And while the future will be different, I'm willing to risk hope it will be for the better.

but there's nothing. I was about to turn around when I heard some murmurings. They were indistinct at first until they're not. 'Listen to me.' I stood frozen on my feet. I can't even move an inch. My ears must be malfunctioning. What. On. Earth. Is. Happening?! 'I have something to tell you.' Ignore it. It's just a hallucination. I continued chanting inside my head as if my life depended on it. Or if not, a dream. I want to believe that this is just another episode of my nightmares. After all, mirrors don't talk and lights don't go on and off on their own, right? But I already pinched myself hard enough to rip my skin. If this is a dream, I should've woken by now. 'Look at me, Ansel.' I can't help but gasp due to surprise. I covered my ears with my shaking hands as tears started to roll down my sweaty cheeks. Minutes passed yet nothing happened. Gone were the murmurings, the heavy atmosphere also subsided. Slowly, I opened my eyes. I felt the colors leave my face as soon as I did. I am nothing but totally horrified right at this very moment and I'm certain that I look like it... ...so why the hell is my reflection grinning at me?!





# 4 Filipino medalist writes on PH sports history

By: Julius Villarta

Team Philippines with 19 strong fighters, and four of them bagged medals for the country. A stellar performance by team PH finishing with the country's first Olympic gold medal, a couple of silver, and a bronze at the Summer Olympics in Tokyo, Japan, last July 23 until August 8, 2020. Weightlifter veteran Hidilyn Diaz earned a gold medal in women's 55 kilograms in Olympic weightlifting, which marked her as the first woman to claim gold in PH sports history and almost 100 years trying since the country debuted at Olympics. Whilst in Boxing, the Filipino boxers exhibited the best performance yet at the Olympics, secured the two silvers for Nesthy Petecio in the women's featherweight division and also Carlo Paalam in the men's flyweight division, while Eumir Marcial succeeded a bronze with a heartbreaking loss in semifinals of men's middleweight division. Warm and shining medals waiting for Team PH, as the Summer Olympics will have the opening ceremonies at Paris, France from July 27 to August 12, 2024.



## SPORTS EDITORIAL



It has been six months since the Philippine Sports Commission canceled all sports activities around the country. It was decided after the Inter-Agency Task Force prohibited such activities due to the ongoing pandemic. Not only for Filipinos, all sporting events for the rest of the world were halted with the fatal scare of Covid-19. However, the athletes' spirit is not easily relinquished, it only challenges the hearts and minds of all. Last October 11, the Philippine Basketball Association announced finally

contact sports conducted. "It's not a question of when, it's a question of how they can comply with the guidelines", said Commission on Higher Education Chair Popoy De Vera. While, the most coveted competition in the province of Bulacan, BULPRISA, was canceled due to the prevalence of COVID-19 in the country. With Student athletes not being allowed to train or even have a workout with their coaches and staff in school. They are forced to stay in shape at home during the long break

its first return to the country with the comeback of the Philippine Cup whilst adapting to the "new normal" as it sets forth with a bubble. This proved that nothing can stop sports, as the 12-man teams battled it out for the crown in Clark, Pampanga. Since the cancellation of UAAP seasons 82 and 83 last year, we have missed the highlights of festive sports culture among the participating colleges and universities. Despite this, the association is aiming for a comeback with its 84th season by the first half of 2022. Meanwhile its counterpart NCAA, after the termination of its season 95, started its season 96 last June 13

with some help from committee. Our current situation is only shedding a light on the depth of our love for sports. We're able to find mere ways to make the impossible possible. As we continue to fight the spread of the virus, I believe that the willingness, perseverance, and commitment to achieve goals must stay in the mind of every aspiring athlete. Sustain the momentum you have created and keep the fire burning in your hearts. Cherish the process and opportunity you have to continue the path through a successful career in sports.

**-BY JULIUS VILLARTA; ILLUSTRATIONS BY ALEXANDRA PEDIMONTE**

## Obiena hailed World no.5 after Outstanding Post-Olympics

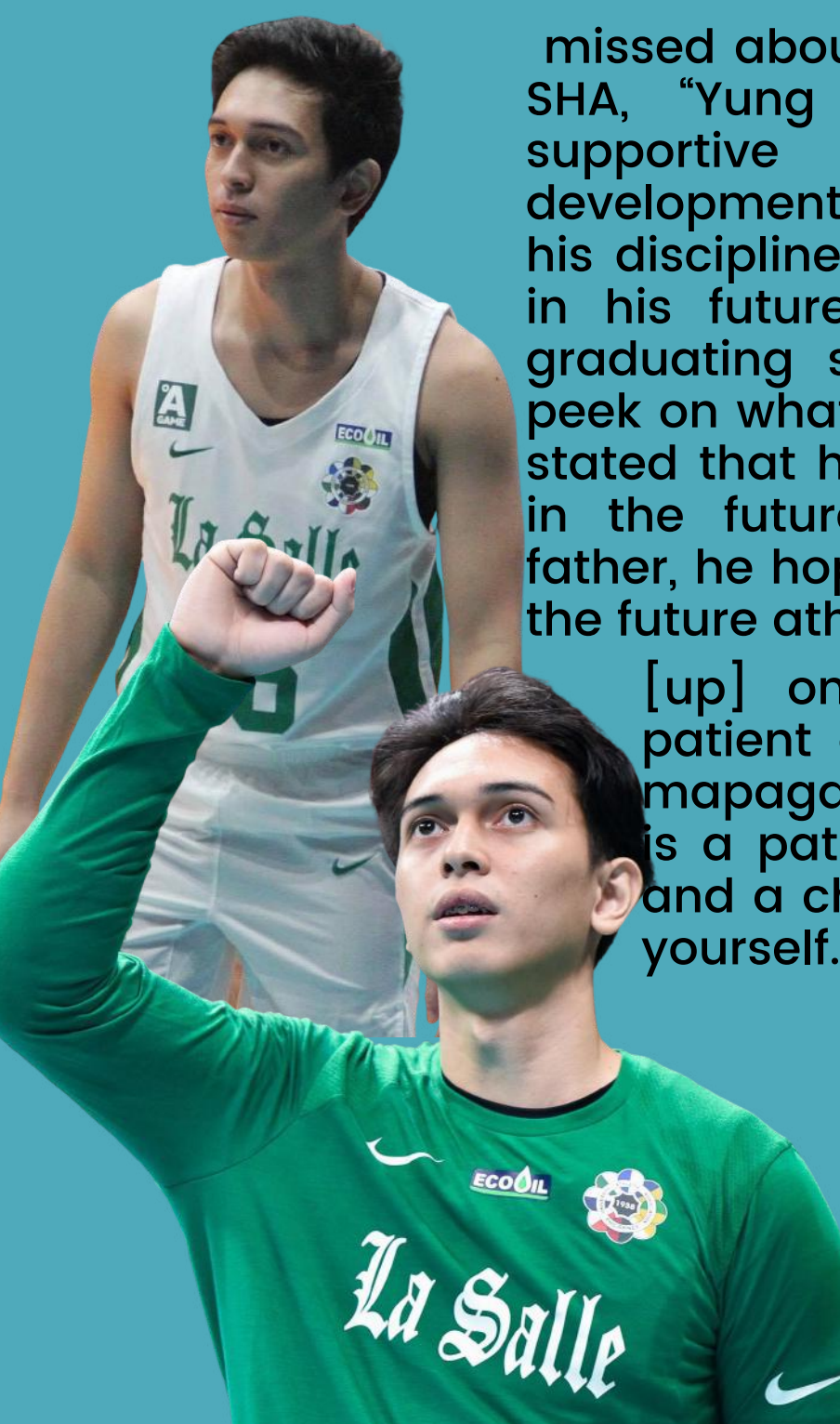


After his defeat at the Tokyo 2021 Olympics, the Filipino vaulter claimed his redemption with his outstanding post-olympic performances setting a new personal record and a Asian records. Ernest John Obiena 25 years old from Tondo, Manila first broke his personal and national record of 5.91 m during the Paris Diamond League last August in which he bagged a silver medal. At this same time, Obiena's world ranking jumped from Rank 11 to Rank 5. In a Twitter post the young Filipino vaulter said: "World No. 5."

## De Jesus: From the Aqua Green and White to the Animo La Salle Green Archers

SHA's outstanding alumni, now Green Archers, Gian De Jesus competed at one of the biggest stages in the country, the UAAP. The 22-year-old service specialist from Bulacan flourished and made a name for himself at SHA that led to his recruitment to one of the best volleyball programs in the country. However, his journey to the biggest stage was no easy feat, he stated that "real challenges na hinangap ko was in college na, in DLSU. I had to adjust; adjust in terms of culture, system and sa sarili ko. I remember na nag start lang ako taga pulot ng bola, taga mop ng court, taga ayos ng net. I never join sa mga drill nila it was just me watching in the sidelines, waiting for them to finish training. Pinag papawisan

ako hindi dahil sa training rather sa pag pupulot ng bola. I've been doing that for almost 2 years". Of course, like any human being would feel, he felt helpless and unmotivated. But he return to his roots, his dream of playing in the UAAP. With the added pressure from being the son of the decorated coach of their counterpart Lady Spikers and pro team F2 Logistics, Ramil De Jesus, Gian managed to rise above and proved them wrong with his blood, sweat, and tears. His training with his father and past learnings honed him to be the athlete that he is today. The SHA standout managed to capture the hearts of many during his time at the institutions as he led the team. When asked about what he



missed about being a student-athlete in SHA, "Yung crowd for sure, sobrang supportive ng SHA". In terms of development, his time in SHA developed his discipline which became a big factor in his future trials during college. The graduating student also gave a sneak peek on what's to come after college and stated that he is planning to be a coach in the future, with guidance from his father, he hopes to pass his knowledge to the future athletes of SHA. "Don't give [up] on your dreams. Always be patient and listen to your coaches, mapagalitan man ok lang yan. This is a path for you to be courageous and a chance to grow. And focus on yourself." **Interviewed written by Julius Villarta**



Obiena once again showcased another peculiar vaulting performance during 17th International Golden Roof Challenge in Austria. This is where he claimed the gold with a clear 5.93 meter jump. This let him be hailed as the Asia's best player in pole vaulting as it shattered the Asian pole vault record which has stood for more than two decades. He eclipsed the 5.92 meter mark record held by Kazakhshtan's Igor Potapovich since 1998.

