



Courtesy of SHA FB page

Withstanding the test of faith and courage, SHA wishes upon their *Star of Chances*

THE OFFICIAL PUBLICATION OF SACRED HEART ACADEMY

Gazette Patnubay

SHAns that S.H.I.N.E • VOLUME LVII ISSUE NO. 2 • OCTOBER - DECEMBER 2021

Christmas wiS.H.I.N.E.

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BLACKLIST INTERNATIONAL

BLACKLIST SWEEPS ONIC PH

ONE'S VERSION OF TRUTH MAY NOT BE THE REALITY

FAKE NEWS

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SHA LIGHTS UP THE NIGHT, CHRISTMAS TREE LIGHTING 2021

By: Bryan C. Gumasing 12 - STEM Edison

A home of the SHAns that S.H.I.N.E. - a home for the stars of chances. To celebrate this season full of joy, love, and hope, the Sacred Heart Academy (SHA) admin, teaching and non-teaching personnel participated in this year's Christmas tree lighting event with the theme "Stars of

Chances". The said event was held last December 1, 2021 at the Sacred Heart Academy quadrangle. The video featured stories of struggles, perseverance, faith, and hope as the SHA teachers and staffs sang and danced with the song "Star ng Pasko",

reliving this year's theme of second chances. With its purpose of uplifting the spirits of SHAns and their families during these trying times, the message of hope and faith to the Almighty was evident in the said video as SHA faculty and admin wish each SHAns and their families a joyful holiday.



Courtesy of SHA FB page

SHA CELEBRATES FOUNDER'S DAY '21-'22

By: Mel Lebumfacil 12 - ABM Bill Gates
To commemorate the hard work and effort of the late founding father of Sacred Heart Academy (SHA), a ceremony was held in honor of Mr. Carlos "Ka Carling" G. Santos Sr., on his earthly birthday last October 7. Earlier that day, a holy mass was held followed by the ceremony where the SHA admin and faculty paid respect to Ka Carling's

statue by offering white flowers and reminiscing the memories of the man behind the beloved institution.

With Ka Carling's vision of creating the first-ever private secondary school in the municipality of Santa Maria, Bulacan to cater the problems of remote education during that time, it is evident that the rise of SHA's late founder does not have a fall. For more than 50 years, Sacred Heart Academy established itself as one of the largest and most prestigious schools in the province of Bulacan, with an excellent definition of affordable and quality education.



Courtesy of SHA FB page

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Courtesy of SHA FB page

Mental Health Awareness Webinar for Parents: Parents Matter Too

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

"To maintain collaborative partnership with its stakeholders towards students' holistic development"- SHA Objectives

Last October 23, 2021, SHA held a Mental Health Awareness Webinar for parents and guardians of our students as the school recognizes the duly contribution of our parents as school partners towards academic excellence. Since the pandemic struck all of us in many ways, SHA applauds the fervent efforts of our parents and guardians who stayed faithful and committed in ensuring a bright future for their children through quality education. For the Sacred Heart Academy, our parents matter too. Their mental state and emotional well-being are also our top priority and this was the ultimate reason why SHA conducted this fruitful event.

"As a parent, we really struggle a lot. We were so focused on taking care of our children but it is nice to attend a webinar like this that makes us feel like we are valued, too. I am touched by this activity [and] got reminded of the feeling that someone cares for us. We truly appreciate it, SHA. Thank you very much."- remarks from Ms. Ana Marie C. Fajardo, a parent of a Grade School and a Senior High School SHAN.



Courtesy of SHA FB page

SHANs Elected Their New SHAMG Officers for S.Y. 2021-2022

By: Merylle Joy G. Marquez 11 - STEM Dignayan

Wednesday, October 6, 2021-Sacred Heart Academy Municipal Government (SHAMG) successfully conducted the election of councilors for Grade 1, Grade 7, and Senior High School Department using the GENYO E-Learning platform.

The results of the newly elected councilors were posted on October 8 on the Sacred Heart Academy official Facebook page together with the final tally of votes.

For Grade 1 councilors, Jordan Riley L. Miguel (69.8%) and Carina Beatriz C. Sebulen (53.33 %) are both from the Aiming for Righteousness Meant for the Youth (ARMY) Party got the highest percentage of votes.

From Saving Our Actions for Victory and Excellence(SAVE) Party, Janella An B. Cruz (69.03%) and Princess Hannah Beatrix E. Gener (64.94%) set the record for Grade 7 councilors.

From the Senior High Department, all the candidates from SaMaKaNa-Bayan Partylist have won against the Achieving Camaraderie & Excellence (ACE) Party. The following candidates are, Jan Axel R. Eugenio for STEM councilor, Angela Charmaine P. Juan for ABM councilor, Jasmine Abigail S. Cando for HUMSS councilor, Aaron Stephen B. Castro for GAS councilor and, Charlotte J. Castillo for TVL councilor. Following the results of the election, the newly-elected leaders immediately took their Oath of office during the Induction Rites which was held last October 28, 2021. With a theme, "Emerging Student Leaders: Fostering Genuine Service Amidst the New Normal", the leaders took their oath of responsibility in front of the Induction Rite's speaker and Brgy. Manggahan Captain, Engr. Renato Castro.

World Book Online E-Library Now Ready to Serve SHANs

By: Crishaline Grefalda 11 - STEM Dignayan

Libraries are beyond boundaries. Sacred Heart Academy spearheaded by its Learning Resource Center continues to embrace innovations as it launches its E-Library: World Book Online. This World Book Online is an online electronic library with various features that SHANs can enjoy and utilize to further guide them in their academics.

SHANs of all ages will surely relate to this e-library as a comprehensive learning platform that maximizes technology in digital literacy to support struggling students from Grade Schools to Senior High School.

World Book Online features hundreds of research titles, peer-reviewed articles, books of various genres, story books for kids as well as interactive games to play for our young enthusiastic readers.

World Book Online can be accessed through www.worldbookonline.com...continue reading on page 3.



Courtesy of SHA FB page



AB Psychology Celebrates Its First Program Day

By: Cyd Henriette L. Turado 10 - ATHENA

You don't have to struggle in silence. With a theme of "Understanding My Anxiety", AB-Psychology students celebrated their first program day by conducting a podcast thru Zoom meeting tackling mental health issues last October 29. The said event aimed to discuss the different signs, symp-

OILS: Empowering Through Reading

By: Cyd Henriette L. Turado 10 - ATHENA

Reading gives us the opportunity to stay where we are.

The Library Resource Center spearheaded its first Online Information Literacy Session (OILS) for the Pre-School Department last September 28 and for Grade School last October 25-27.

The said activity was made to empower our young students' imaginative skills through reading. Participants ages 4-6 from pre-school truly enjoyed their exceptional book adventures through story-telling,

while students from Grades 3 and 4 go to various places when we have to stay where we are. The importance of understanding the reference materials was also taught for Grades 5 and 6. "SHA recognizes the important role of reading in establishing higher order thinking skills as well as the creativity prowess of our students. It is vital that we start encouraging them to be avid readers even in their formative years. We are very glad that our pre-schoolers indeed enjoyed the activity." said Ms. Annie B. Santos, Head of the LRC.

Self-Love 2022: SHA Advocates Mental Health Awareness

By: Geraldine Marie Barcelon 12 - HUMSS Van Gogh

Sacred Heart Academy's Student Development Program with the theme 'Mental Health Awareness: Mental Health in an Unequal World' was drawn upon the minds of SHANs lead by the resource speaker, Ms. Marianne Cabuhat last November 26, 2021.

Through the virtual platform Zoom meeting, the goal to raise the students' knowledge about the said topic was fulfilled. The program talked about the meaning of Mental Health, how it was also as important as our Physical Health, difference of depression to depressive mood and how should a teenager deal with it even in the inequalities of the world we live in.

toms and coping techniques of young adults of our society, helping them to understand what they're feeling. The successful program day was joined by our Sacred Heart Academy (SHA) Senior High School Students, School Administrators, and College Faculty.

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continuation of World Book Online E-Library, p. 2.

using log-in details exclusively made for our SHans.

"This is a true promise to LRC's commitment to academic excellence. Now that we are in the pandemic, our

students and education set-up go through extra miles and so we are in the LRC--our libraries go also beyond boundaries with our students.", Annie B. Santos said, SHA Chief Librarian.

SHans, let's go beyond boundaries once again with the magic of libraries!

Courtesy of FB page



Discovering Every SHANs that SHINE

By: Iyah Concepcion 10 - ATHENA

SHans S.H.I.N.E.- upholding the school motto, the Student Activity and Development Program directed a successful Virtual Org's Fair held last October 1, 2021 to clear the pathway for our students in further developing their distinct talents and skills.

Org's Fair is an annual student activity showcasing various student organizations in which our students can join. The said orgs may vary from academic to cultural organizations and virtuality cannot stop Sacred Heart Academy in continuously discovering the sparks within each SHANs and due to COVID-19 Pandemic, SHA only held a virtual Org's Fair Orientation for the students headed by Mr. Aldrin Lopez, LPT.

For Academic organizations, we have MAONG for Math Wizards, D' Explorers for the future Scientists, meanwhile KAMFIL was there to promote the

beauty of the Filipino language as well as YOLO for those who love to be the best in English and of course the Herodutus Society. On the other hand, students who have singing prowess can join the McSHA, young SHAN artists also have a place in GUHIT SHANs and of course for students to develop stronger faith, there was the SHANs in Action, Kitchen Vloggers for students who have the cooking talents, while for those students who are 'techy' there was the Mousekeeters, and the latest organization: SHA Knowledge and Power Peers (SHA KPOP).

Because SHA aims to hone our students not just in academics but also holistically, student activities like these are done to show support and encourage our students to believe in the glitter within them and relinquish their spirit of SHANs that SHINE.

Courtesy of FB page



Courtesy of FB page

Career Day: Level Up With SHA

By: Iyah Concepcion 10 - ATHENA

As a continuous promise of Sacred Heart Academy to every SHANs, we will level up together. College defines a very crucial stage for our young learners and SHA willingly secures its graduates a brighter future through its core programs like Career Day.

Last November 5 - 18 Colleges and Universities all over the country showcased their heterogeneous marketing strategies to persuade our Grade 12 students to take the next step with them during the Virtual Career Day. Pandemic notwithstanding, SHANs can't fail to lead our SHANs towards victory. It recognizes the importance of career pathing in one's life success.

The beauty of career day does not

only focus on choosing the right or better University or Colleges, rather it focuses on implying the importance of career guidance--knowing one skills and other factors that affect career pathing.

Grade 12 students before applying to various respective schools for College undergo career day and other career-related activities for them to take time and reflect on their character, interests, and passion as to choosing the right career that best suits their personality. In the end, SHA firmly believes that glimmers shine never on the wrong star.

VACCINES BRING US CLOSER

By: Julius B. Villarta 12 - ABM Bill Gates

Since we encountered pandemic two years ago, we have learned the value of prioritizing health over matter. We saw the great importance of immunization and vaccine. Last December 3, 2021, the Sacred Heart Academy spearheaded by the Students Support Services headed by Mrs. Mercedes Z. De Jesus hold a school-based immunization program for our students specifically for our Grades 1 and 7 students.

Sacred Heart Academy still being truthful to its promise of not just providing high quality education but as well as its promise of community engagement. Let us be safe and let us level up together, SHANs!



SHAMG-JHS Targets Ease on Internet Problems

By: Geraldine Marie Barcelon 12 - HUMSS Van Gogh

To resolve the underlying internet connection problem on students, Sacred Heart Academy Municipal Government (SHAMG) officers of Junior High School donated Wi-Fi modems, September 24, to SHA students with internet connection problems. The SHAMG officers identified beneficiaries of the said program specially those who are having a hard time learning due to internet modems.

The donation of brand new WiFi modems aims to ease their online learning experiences and are expecting to lessen the cases of students with limited internet access problems during online classes.



Courtesy of Minor Basilica of La Purisima Concepcion



Santa Maria Bulacan-Home of the PH's 18th Minor Basilica

By: Merylle Joy G. Marquez 11 - STEM Dignayan

SUB TUUM PRAESIDIUM- "Beneath Thy Protection", this was the theme of the solemn declaration of La Purisima Concepcion Parish of Santa Maria, Bulacan as it was hailed as the 18th Minor Basilica in the Philippines.

The declaration held last November 27, 2021 was presided by the Most Rev. Charles John Brown, D.D., Apostolic Nuncio to the Philippines. La Purisima being a Minor Basilica means being a

direct umbrella to the Basilica Minore of Rome. And, this does not only cultivates history for Bulakenyos and Filipinos but as well as a declaration of unwavering faith to the Virgin Mary and the Catholic faith. After all, the town was named after the Virgin Mary for its people believed that we are all under the protection of the Blessed Virgin Mary---truly, Sub Tuum Praesidium!

4 EDITORIAL



By: Bryan C. Gumasing

We may be constantly being fed off by the rising cases and death toll as COVID-19's humongous fingers tighten its chokehold on the skies of the cities we look up to. Never wither, these trials and tribulations will pass, and sometimes a break is all that we need. Taking breaks, creating spaces, taking pauses in life is a critical part of our well-being. This self-preservation practice lets you breathe. It lets you see without the blinders on and enlightens you on how hard you had been running yourself to the ground. Sometimes, a step back from the chaos gives us the answer that we need to realize what's important.

Remember that breaks are allowed, restarts are allowed, and it's okay to escape in this dark world we are in. As we all know, the Covid-19 pandemic has had a major effect on our lives. A vast amount of people are facing challenges that are often stressful, and the rising cases and death toll as COVID-19's humongous fingers tighten its chokehold on the skies of the cities we look up to. Never wither, these trials and tribulations will pass, and sometimes a break is all that we need. Taking breaks, creating spaces, taking pauses in life is a critical part of our well-being. This self-preservation practice lets you breathe. It lets you see without the blinders on and enlightens you on how hard you had been running yourself to the ground. Sometimes, a step back from the chaos gives us the answer that we need to realize what's important.

EDITORIAL COLUMNS

See the TRUTH,
See the HOPE

By: Belinda Rose
B. Mariano



When the COVID-19 Pandemic began and everyone's lives had to be spent at home, the world held its breath in wait for the COVID-19 vaccine's completion—the key to ending this pandemic. However, this hope has since been buried under a mountain of misinformation. We must address the elephant in the room: Why are vaccinated people still getting sick? Simple: as the Financial Times stated, "No vaccine is 100 percent effective, so what scientists call "breakthrough infections" were always expected." Furthermore, "the vast majority of hospitalisations and deaths from COVID-19 are occurring in unvaccinated people", ABC News points out. Also, as Director of Global Health in Emergency Medicine at New York-Presbyterian/Columbia University Medical Center Craig Spencer explained, "a vaccinated person getting a breakthrough case...can be as infectious as an unvaccinated person. But they are likely contagious for a shorter period of time when compared with the unvaccinated, and they may harbor less infectious virus overall." In short, vaccinated people still being infected are normal and rare. Furthermore, the few who are infected despite their vaccination are less likely to spread the virus, especially not a very infectious one. For the past year we have waited for the vaccine to lead us out of this pandemic. If we truly want to live in a world that is safe from COVID-19, then we must grab our hope—the vaccines—and see the truth that fearmongers have sought to hide.



When Pandemic Gets in the Way of the Rebirth of Education

By: Ms. Danica S. Ignacio

After two years of hits and misses brought by unfortunate pandemic crisis, this requires us to reimagine and visualize our futuristic education. MAHASA. Let us equalize education and the word MAHASA from a Filipino word meaning "to hone". One lesson pandemic has made us realized is the fact that education should not just be about merely compliance rather it must be progressive and must focus on honing our youth holistically. In MAHASA type of education, the M stands for MULTIPLE INTELLIGENCE where education curriculum must recognize the students' multiple intelligence and various learning methodology. This idea which was bounded by the proponents of existentialism aims to include learning activities that exhibits democracy among teaching and learning process. In addition, A stands for APPLICATION. As what the realist people promotes, education to learn things by doing. It is not enough for the teachers to impart knowledge and skills to students, rather assessment must include application of knowledge to real-life situations. This was also in support to the Knowledge as By Product of Thinking school of thought. Moreover, H in MAHASA agenda stands for one of the main purpose of its curriculum which is to promote HIGHER ORDER THINKING SKILLS among students. I believe with the kind of learners that we have in the status quo, with the range of resources we have through technology and with the kind of society we have managed to build for the past years, a stagnant education is not what we need. A progressive education must be implemented where the critical thinking of both the students and teachers is being hone. Another agenda of my 21st century education is ACTION which refers to one of the skills the students must achieved. A learner must not just focus their studies on memorization but they are required to take actions as to their role in themselves, their families, in the school and community where they belong. Meanwhile, S stands for STUDENT-CENTERED 21st century education where the focus of education is the students' interests and not the subject nor the teacher. In this kind of set-up, the teacher will act as a facilitator of learning while the school ensures the students of a learning environment that is conducive for better learning processes. Lastly, I want a 21st century education to be ADAPTIVE. Perennialism believes in permanence and that learning is a life-long process. However, change is inevitable most especially to learning. Due to technology, we see gradual changes in education and that is why I want an adaptive education that suits the availability of resources present, adaptive to changes in the global community. This will only be achieved through more technology integration in education, maximizing the potential use of the widest resources that we have—technology and media. As we change, the rebirth of education should give us chances to recalibrate and re-align towards the true direction of the educational set-up and that is to hone. MAHASA.

The road to national rebirth is through education, pandemic notwithstanding

Gazette Patnubay

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A.Y. 2021 - 2022

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5 EDITIONS



One's Version of Truth May Not Be The Reality

By: Geraldine Marie Barcelon 12 - HUMSS Van Gogh

Illustration by: Crisha Grefalda 11 - STEM Dignayan

Long before even the pandemic hasn't started yet, misinformation and fake news were already rampant in the Philippines. Well, it is actually present everywhere. The primary problem in this country is that the people believe it. And together with this comes the toxic attitude of not being teachable even when presented with facts.

As per the dictionary definition, Merriam Webster Dictionary defined false information as "deliberately and often covertly spread (as by the planting of rumors) to influence public opinion or obscure the truth." Then, what happens when people are presented with unverified and false claims? It crumbles. It destroys the unity and camaraderie of a nation. Because one of the most essential foundations of a country is having their truth presented to them without suppression.

Now, proceeding to the present times where the pandemic has been running for almost 2 years, the World Health Organization defines the term 'infodemic' as an over-abundance of information where some information is accurate, some are not. And that makes it hard for people to find trustworthy sources and reliable guidance when they need it. It affects the vision of people and how they perceive reality within themselves. Why? Because this era is a time of uncertainty, without a



that "In the age of social media, information and disinformation can spread so quickly and widely that from the get-go, it is important to provide the audience with a more complete picture of events." And although it is a cliché, one must be responsible upon using different platforms as a single piece of misinformation has a massive impact on the society. One's version of the truth may not be the reality. The facts that have been presented may have been twisted and distorted to mold an individual into thinking favorably of a particular side. Thus, one must keep in mind that we have the power on whom to believe, and we should make sure that those we believe are the real ones. Filipinos have been bathing in foggy waters, and it's time to go out of that pond and look straight into it. Fake news persists because there are people who constantly share them, and there are people who believe them. There's no shame in changing one's views and opinions when presented with the right facts. It is better than standing on to the lies because, remember, stupidity, in reality, is not bliss. Fact-checking is not a hard thing to do. In fact, it is a responsibility for each and every one. What's harder is living in a version of truth even though one knows it's not real.

'Without facts, you can't have truth. Without truth, you can't have trust. Without trust, we have no shared reality, no democracy, and it becomes impossible to deal with the existential problems of our times: climate, coronavirus, now, the battle for truth.' - Maria Ressa, the first Nobel Peace Prize Winner of the Philippines

In addition to that, the source of information that the people rely on will be presented right ahead. Thus, Atom Araullo, a well-known journalist of the country, stated

Wish Star upon the

By: Ms. Mary Anne Gungon, LPT

As we indulge in the cold breeze of December, we also wallow in the excitement this happiest month of the year brings to all of us. December brings Christmas, a season for joy, gifts, and giving. However, with the pandemic much still a danger, Central Visayas and Northern Mindanao being heavily devastated by Typhoon Odette, unfinished businesses, neglected hopes, and sometimes the loss of hope for all of these how can we expect one to celebrate the supposed to be a Yuletide season?

Celebrate being healthy despite the pandemic, rejoice for still surviving despite several challenges, be grateful for the opportunities that we still have and be hopeful for the frustrations we had that it may open new doors for us.

Christmas is a perfect reminder for all of us to start wishing once again. It is never wrong to let go and begin once more. Start again, this time start hopeful, wiser, and more courageous.

Filipinos are resilient. And with that resilience, we spark hope-- December is still a month of happiness and gratefulness. We do not need to wait for perfect things to happen to celebrate, we must learn to appreciate and rejoice with small victories.

The past years have taken too much from us, may this be a motivation for us to believe that Christmas is the start of our redemption.

Merry Christmas, SHANS! And may your wishes do come true!

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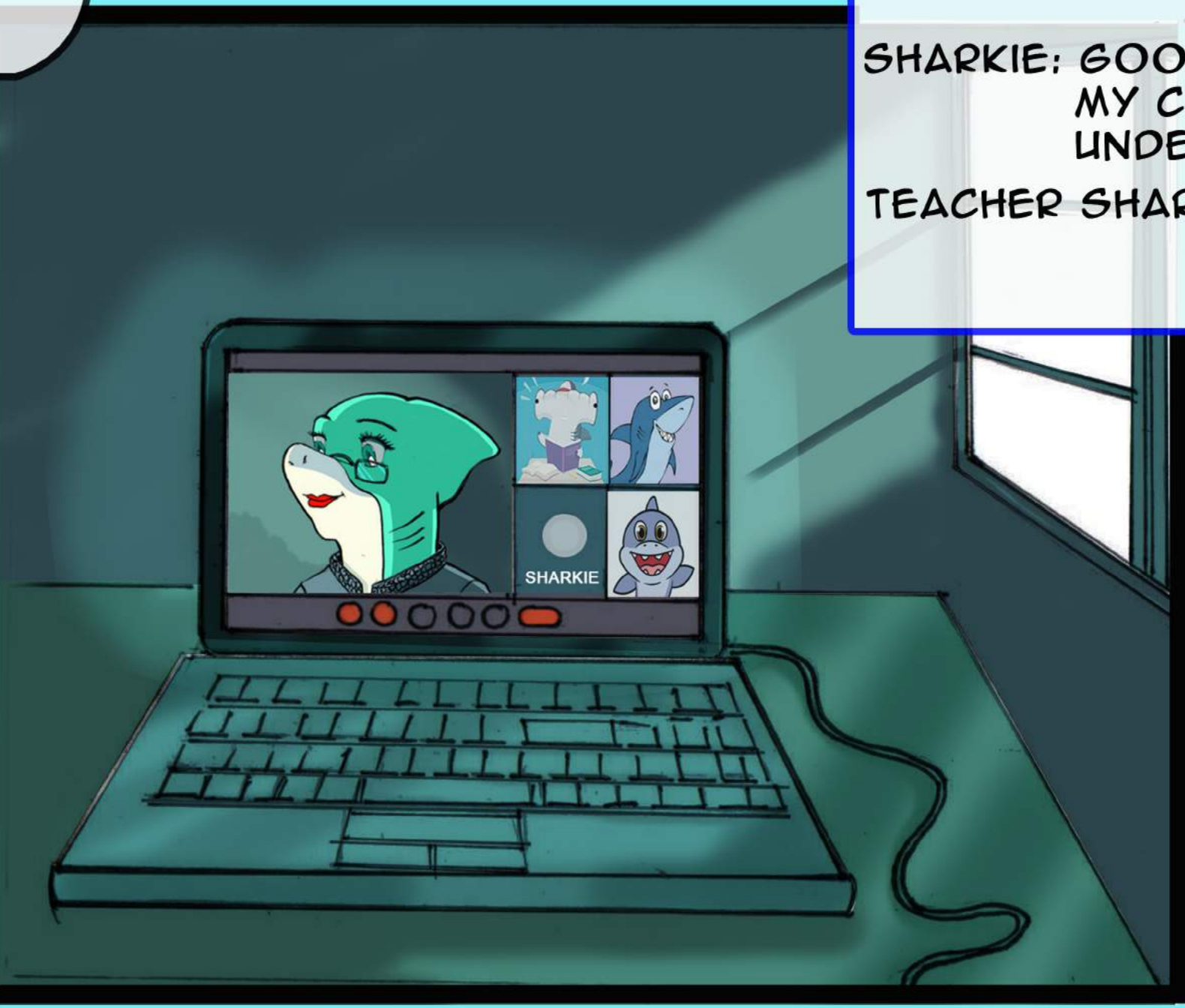
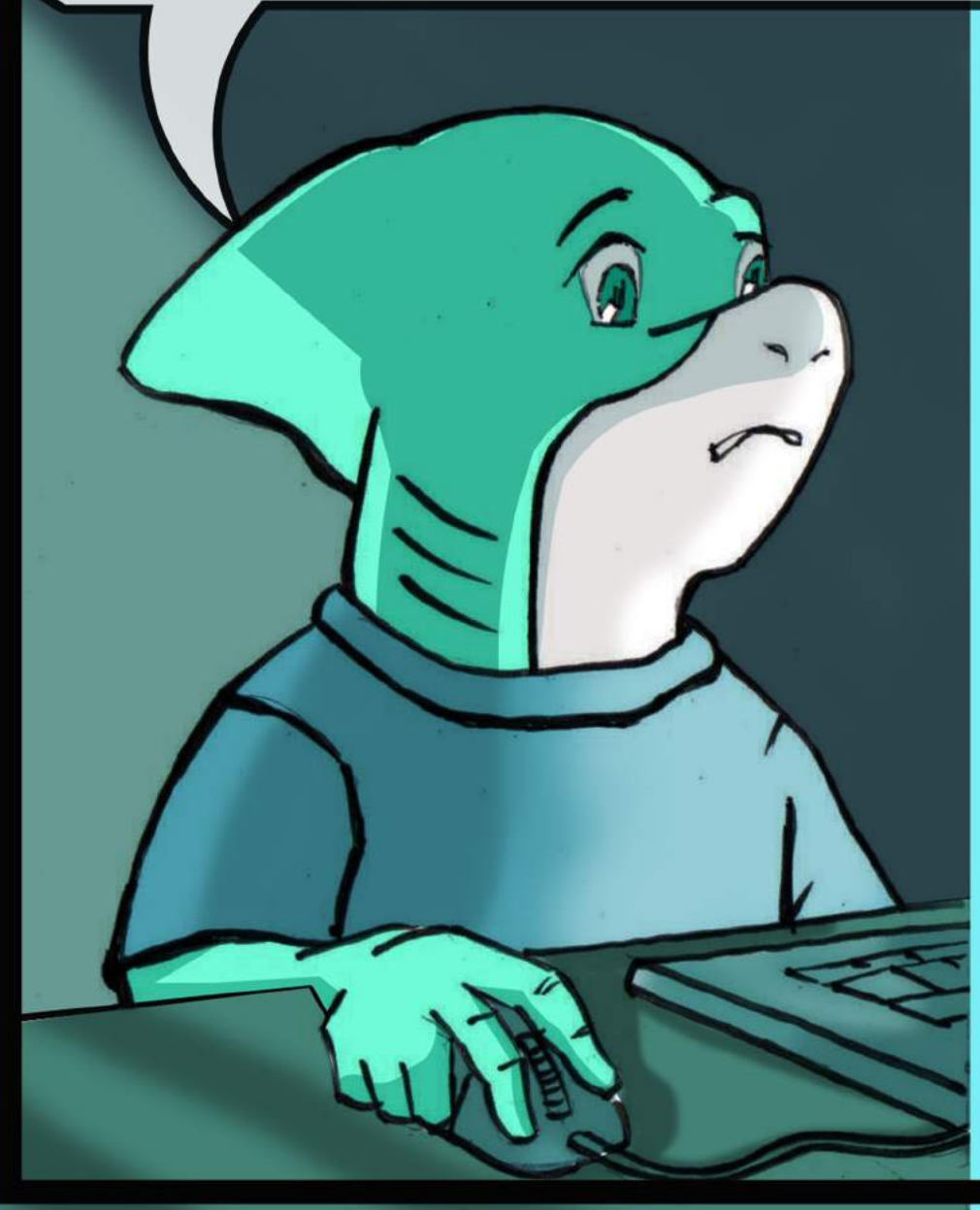


IT'S BEEN MONTHS SINCE ONLINE DISTANCE LEARNING STARTED YET SOMETIMES, I STILL FEEL OVERWHELMED. DECEMBER CAME SO FAST BUT WITH ALL THIS STUFF GOING ON, EVEN THE PRESENCE OF CHRISTMAS DOESN'T MAKE ME FEEL EXCITED AT ALL.



PAPERS HERE AND THERE, THEY DON'T SEEM TO LESSEN. AND I STILL HAVE TO DO MY POWERPOINT PRESENTATION FOR TOMORROW'S CLASS. (THE CHRISTMAS SEASON SURELY MEANS BUSY DAYS.) OR (IS CHRISTMAS SEASON THE OTHER NAME FOR 'BUSY DAYS'?)

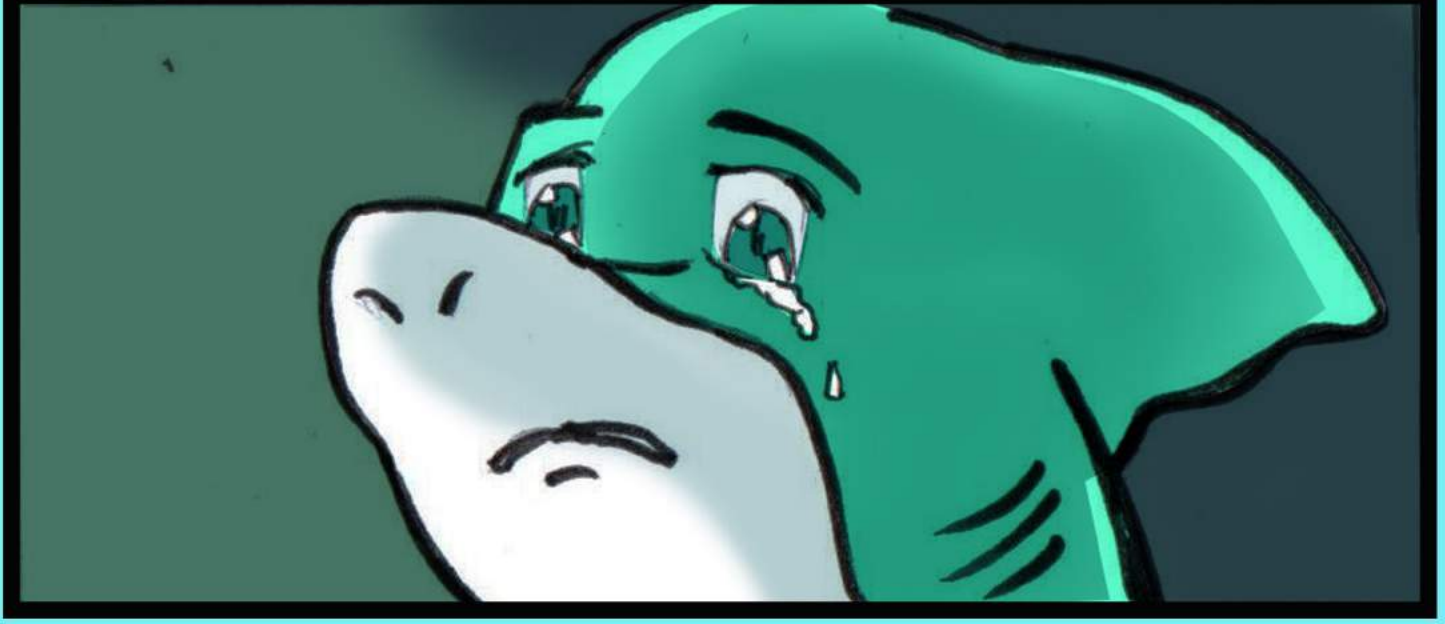
SOMETIMES, I FEEL SO RESTLESS SO I TEND TO DETACH MYSELF.



TEACHER SHARK: GOOD MORNING, CLASS! HOW HAVE YOU BEEN? I HOPE YOU'RE ALL DOING FINE. SHARKIE, ARE YOU ALRIGHT?
SHARKIE: GOOD MORNING, MA'AM. I APOLOGIZE FOR NOT OPENING MY CAMERA. I DON'T FEEL WELL TODAY, THANK YOU FOR UNDERSTANDING.
TEACHER SHARK: I UNDERSTAND, IT'S OKAY. JUST TRY TO STILL PARTICIPATE IN THE DISCUSSION AS MUCH AS YOU CAN.



I GIVE MY BEST IN EVERYTHING THAT I DO, BUT SOMETIMES...



...I JUST FEEL REALLY TIRED

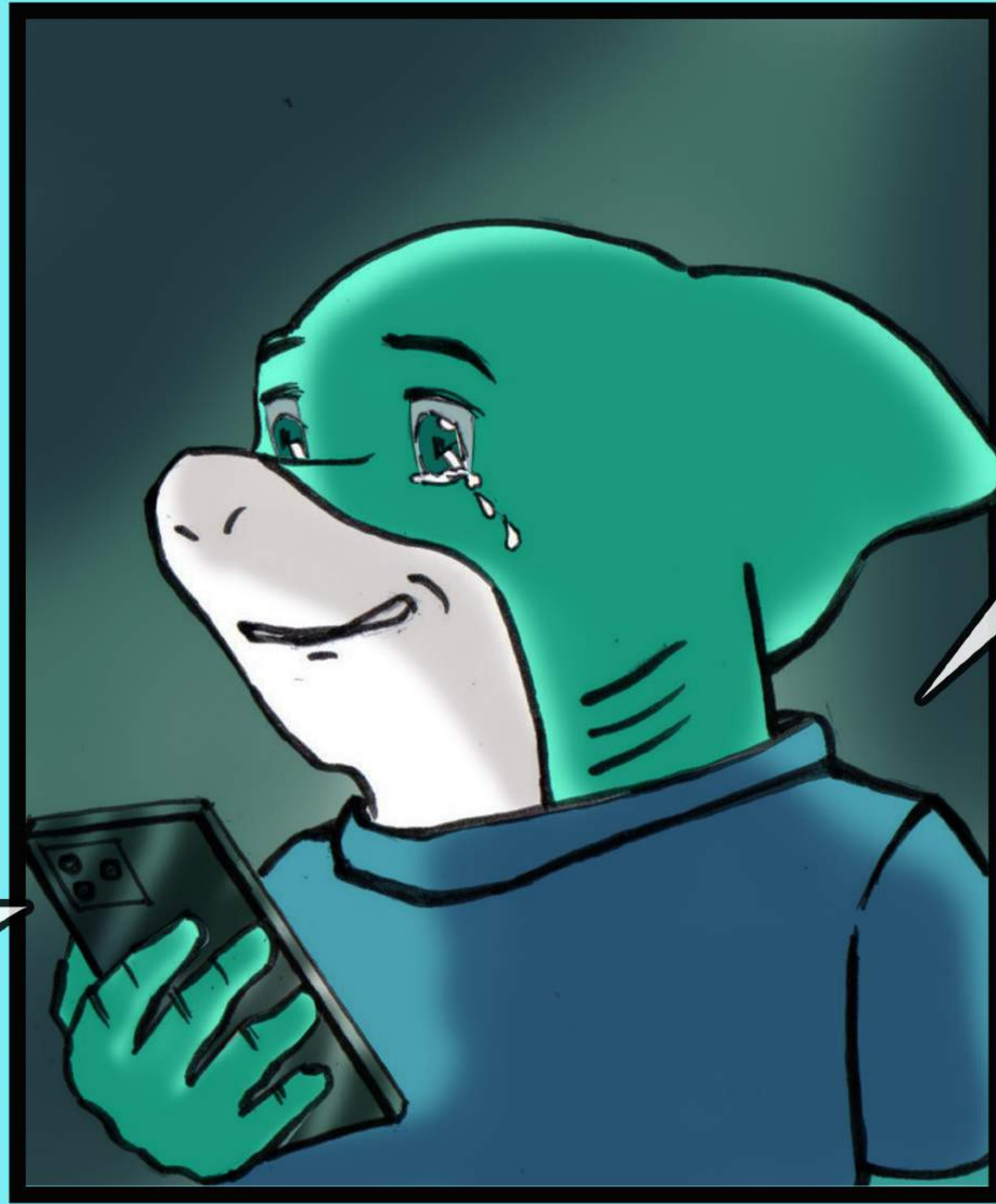


MY STUDENTS SEEM TO SHARE THE SAME WEARINESS AS ME. THEY SEEM DOWN AND RESTLESS THESE DAYS. I HOPE THIS MESSAGE FROM ME CAN SOMEHOW LESSEN THE WEIGHT OF THEIR BURDEN.

T N M E N T 7



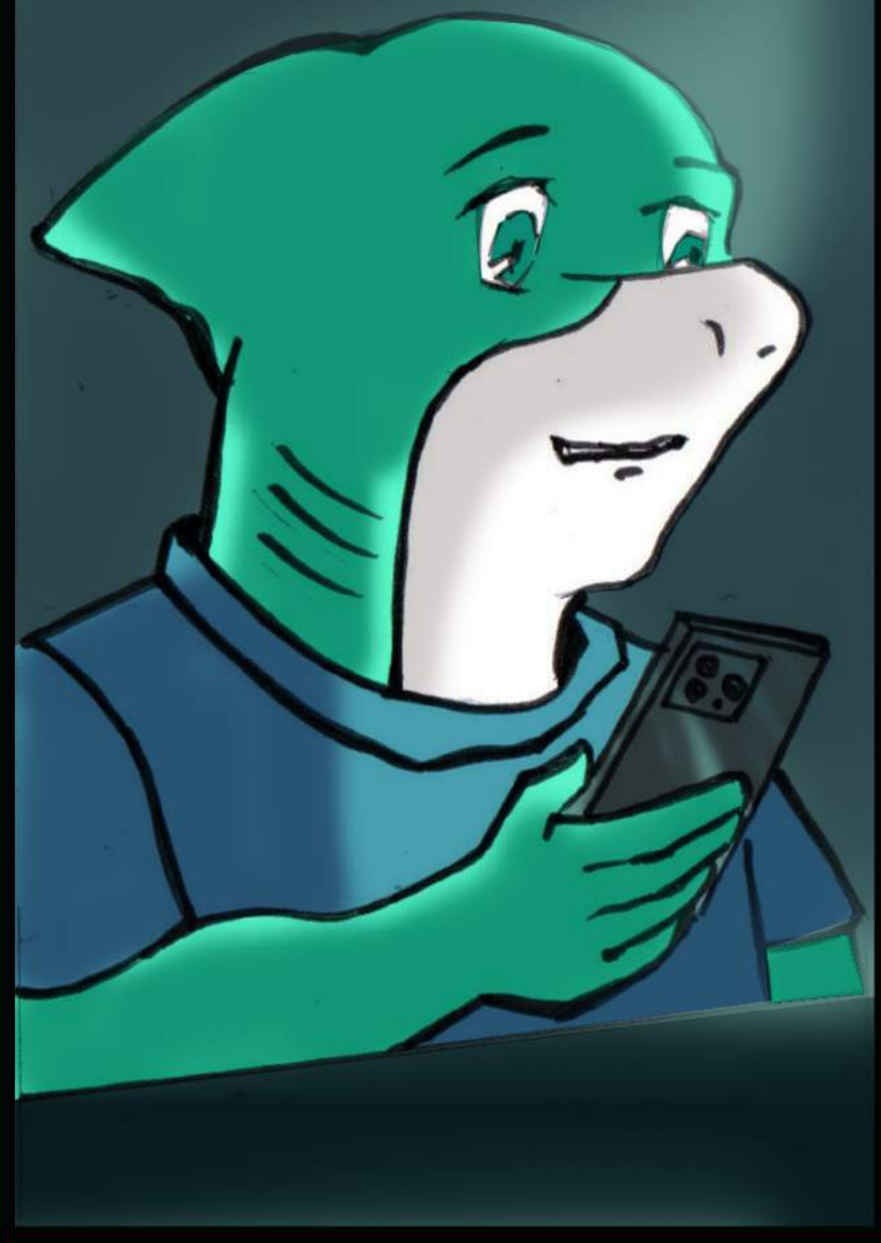
TEACHER SHARK: HI. I JUST WANT YOU TO KNOW THAT YOU'RE DOING GREAT. IT MAY SEEM TO YOU THAT YOU AREN'T BUT BELIEVE ME, YOU ARE. CERTAIN THINGS TAKE PRIORITY, YES, BUT DON'T YOU THINK REST IS NECESSARY, TOO? REST IS NEEDED SO GO AND HAVE IT. IF YOU FEEL LIKE YOU CANNOT DO IT ANYMORE, TAKE A REST AND GO HAVE A LOOK BACK TO WHERE YOU STARTED, YOU'LL SEE HOW FAR YOU'VE COME. THINK OF THE THINGS THAT YOU WANT TO HAVE AND TO BE AND THE PLACES YOU WANT TO GO. YOU'RE HALFWAY THERE. WHAT I REALLY WANT TO SAY IS THAT I'M PROUD OF WHO YOU ARE AND WHERE YOU ARE RIGHT NOW. I KNOW THAT THESE STRUGGLES YOU'RE EXPERIENCING AND THE TEARS YOU'RE SHEDDING WILL BE AN ART OF FLYING COLORS SOON, SO KEEP ON HOLDING TIGHT. AND IN CASE NO ONE TOLD YOU YET, I'M PROUD OF YOU AND I'M HAPPY YOU'RE DOING GREAT.



BUT THIS SIMPLE MESSAGE IS ENOUGH REASON FOR ME TO KEEP GOING.



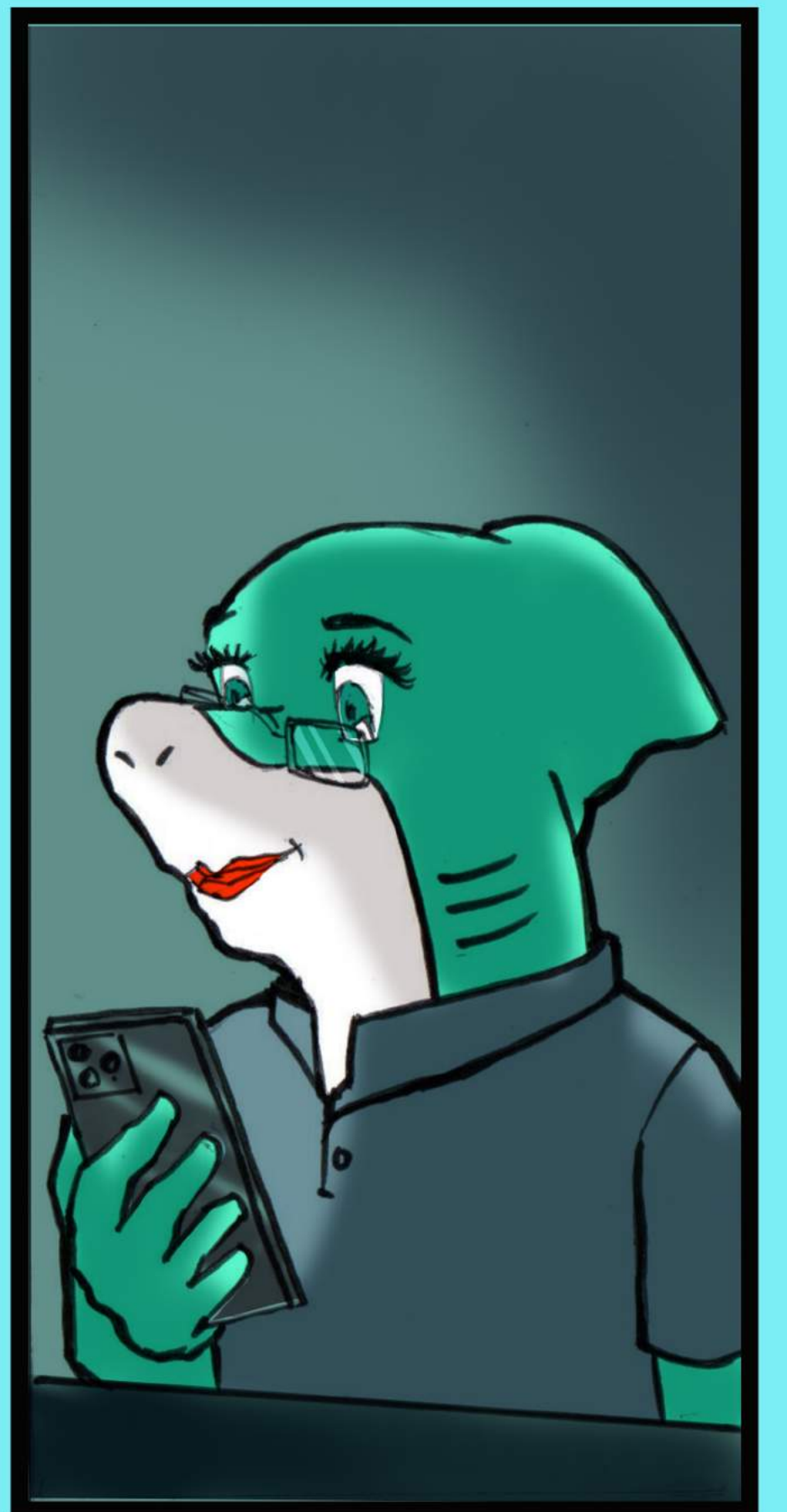
**12:00 AM
Christmas Eve**



HI, TEACHER SHARK. I APPRECIATE YOU ASKING HOW WE ARE DOING AND WHAT WE ARE FEELING EVERY DAY. I ALSO CHERISH YOUR SIMPLE MESSAGES WHENEVER YOU NOTICE THAT WE, YOUR STUDENTS, FEEL PRESSURED, TIRED, AND SAD WHEN WE CAN'T KEEP UP WITH LOADS OF ACTIVITIES. THANK YOU FOR ALWAYS SMILING FOR US AND I HOPE YOU'RE MANAGING YOUR WORKLOADS JUST GREAT AS WELL. MERRY CHRISTMAS!

I'LL LIVE TO SEE MY STUDENTS' HAPPY FACES, SHARKIE. PLEASE KNOW THAT YOU NEVER HAVE TO DO IT ALONE. YOUR TEACHERS WILL BE WITH YOU SO YOU'LL NEVER HAVE TO STRUGGLE ALONE WITH THESE ONLINE CLASSES. AND I'LL ALWAYS BE HERE, EVEN ON CHRISTMAS DAY. MERRY CHRISTMAS!

ME, TOO, MA'AM. EVERY DAY OR ON CHRISTMAS DAY.



8 MONTHS OF LITERARY



STUDY HABITS A CREATIVE WAY TO BE AN EFFECTIVE STUDENT

By: Kaella Venice O. Cosme 11 - ABM Ayala

As a consistent honor student, I would like to share some study habits tips to be an effective student. I am also one of those students who hates studying but is still grade conscious. Until I realize learning to study smarter, not harder, is the key to becoming a successful student. The great majority of successful students succeed as a result of adopting and implementing good study habits and if you want to be one of them this may be for you.

01 MAKE A SCHEDULE FOR STUDYING

Why is it important to schedule or plan when you are going to study? Successful students plan out when they will study over the week and stick to it. Students who study on the spur of the moment or a whim do not often perform as well as those who follow a strict study routine. Even if you are up to date on your studies, developing a weekly routine in which you set aside time a few days a week to study your courses can help you create habits that will help you succeed in your education in the long run.



02 SHALL NOT PROCRASTINATE YOUR PLANNED SCHEDULE

We tend to procrastinate our activities most of the time due to a lack of interest in the subject, or you have a lot of tasks you need to get done, or sometimes you just don't want to do it because it is difficult to do. Your planned schedule will be disregarded and less effective if you procrastinate. As a result of this, you will rush your assignments and rushing will cause several errors. Successful students DO NOT procrastinate studying.



03 SET A SPECIFIC GOAL FOR EACH STUDY SESSION

It is ineffective to simply study without a goal. You must have a full idea of what you need to accomplish throughout each study session. Set a study session aim that supports your overall academic goals before you begin studying. For instance, I review my notes and my specific goal is to memorize all the dates for our history test. It is simply putting direction to it. Trust me, when you plan a goal for your studies, it will improve your abilities to learn faster and your effort will not be wasted.



04 BEGIN WITH THE DIFFICULT SUBJECT FIRST

You should begin with your most challenging assignment or subject because it will require the greatest effort and mental energy. It will be much easier to finish the remaining of your work once you have finished the most difficult task. Especially during examinations, we only have a short period to review all of our notes. When you prioritize the easier subjects, you will feel exhausted and destroy your productivity without yet completing the most difficult subjects.

05 REMOVE DISTRACTIONS WHEN STUDYING

Everyone gets distracted when studying. This is the most common problem of a student when they are studying. Remove the unnecessary things that can distract you from studying. One of the factors is your cell phone. Deny it or not, it is one of the reasons why you can't focus on your studies. Try to hide your phones or turn off your notifications so that you can rid your phones out of sight. Because usually when you start to hold on to your phone, you won't notice you're spending most of your time on your cell phones rather than studying.



I SEE YOU SEE ME

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

I blinked once. I blinked again. Then I blinked once again. My reflection is...normal. I can hear no more murmurings and the lights have settled. It's as if nothing happened. Did nothing really happen though?

When I get anxious, I always have nightmares. The worst things I ever heard and the things I never wanted to hear played repeatedly in my head. They haunt me even when I'm awake. Most of the time, they get so vivid to the point of hallucination, but I am aware that they're all just in my head.

My hallucinations are getting wild and crazy these days. I need to drink my meds.

With enough mirrors on the wall to accompany me, I quickly walk up the stairs to get to my room. I knew I was hallucinating. I looked at my reflection on the way up and there was nothing unusual with my face. Just three last steps on the stairs, I paused. I felt the hairs on my nape stand as if someone leaned in and blew air into it, but there was nothing but mirrors when I turned around. I thought I'd shrug it off so I contin-

ued walking up only for me to completely stop on my tracks. Underneath my feet feels sticky. Slowly, I directed my gaze upon my feet. Why would there be blood at the top of the stairs? Where did this even come from?!

Still looking down at my feet, my eyes caught a shadow hovering over me. I can't brave myself to look into it so I kept my head down, breathing heavily with my tears at the brim of falling again. I thought there's an earthquake when the mirrors started shaking, but no. The ground is still and intact. The thumpings are yet again heard so are the murmurings coming from the mirrors.

Literary Series

Books, Boundless And Timeless

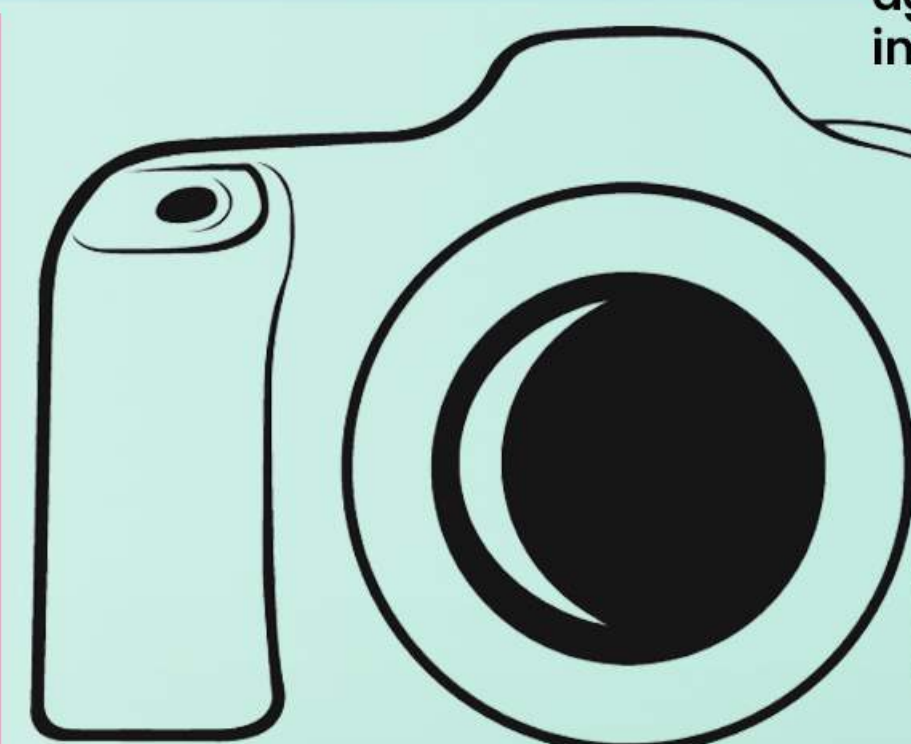
Chris Iverson Sarenas
10 - POSEIDON

Books; how a common sight to see,
Paper written in words of fine,
In absence, thy knowledge bereave,
In which He has blest us divine.

In orthodox architecture;
Intellect thy libraries bring,
Oh Misfortune, texts that allure,
Locked in the beginning of Spring.

Thy e'er-longing quest for knowledge,
Such grim limits shall not desist;
For technology had an edge,
Thou oracle cannot resist.

Books; quaint and fully sagacious,
Its wisdom will always sublime,
Its words are ever prodigious,
And thy shall pass the test of time.



To the other side of the Camera

I bet it's tough. Keeping those pairs of sweet curves lifted upwards to try to brighten your tired faces. Aren't you indomitable? Restraining those weary orbs from drifting into oblivion despite sleep deprivation. Teaching and learning at the same time, you just never give up. Just what will be the shape of this earth without you? I always wonder. Without the cultivators and engineers of knowledge to make the future great, we might as well disperse with the wind or go adrift.

That is why you are deserving of all the love, honor, and support this world has to offer. The seed of struggles and sacrifices you planted will soon blossom into a garden—fruitful. We thank you for being such a great source of wisdom and

empathy; for molding every student into becoming a good member of the society. Most of all, thank you for being one of the biggest contributors to the recovery of the globe under this crisis. You are worth celebrating, always.

We value you, our heroes, best friends, and second parents. Your words, wisdom, and lessons will never vanish and will forever be imprinted into us. Mabuhay, SHAn teachers!

Sincerely,
SHANs that S.H.I.N.E.

THE GREATEST CATASTROPHE

By: Julius B. Villarta 12 - ABM Bill Gates

What if peace spread like the plague?
Where no lives were lost,
no values were corrupted, and
no cries of anguish from the mothers of the fallen
It can spread from person to person
Nation to nation, swirling in the horizon

With a strict mandate to love yourself and others,
And uphold kindness within our hearts, minds and souls
Lockdown, protect yourself and others, save lives, control the virus,
social distance, stay alert,

"wake up! put on masks! the time has come!
All became the no man's land and the centre of the storm
is the land we call as our own

This pandemic of peace will be the worst plague of all
Sweeping to the ends of the world,
Corrupting the minds of countless others
Thrashing what's on its sight

It can be months or years to vanish but we'll wait till the hour of alchemy,
Till the dust settles down,

Until the windows catches the afterimage of the dying stars
Then the moon will begin its silent vigil for the
frontiers

As the lights of the world went out
Gone are the sorrows from one's heart
Stripping the mortal shackles of man
Lives will be filled with joy and love.



9 1 1 1 1 1 1 1 1

Wish ko, sana ano gumaling na yung mga tita ko na may sakit, makapagtapos ng pag-aaral at masuklian lahat ng binibigay sa kinang mga magulang.
- Maria Aime San Diego
12 - ABM Steve Jobs

Ang wish ko po ngayong darating na Christmas ay makarecover po agad ang mga pamilya na nasalanta ng bagyong Odette, gayundin po na sana ay mawala na ang Covid 19 upang makabalik na po sa normal ang lahat, at para po makapagface to face class na rin po kami.
- Chloe Lebumfacil
4 - Courtesy

Before this year ends, instead of wishing for something, I want to thank God for all the blessings and for protecting my family. May God bless each and every house and protect every family from any harm. Feliz Navidad!
- Terrence Jacob Riño
12 - TVL Shelbourne

Ang Christmas wish ko ay magkaroon ng iPad at teddy bear
- Hannah Enriquez
6 - Humility

"What I wish for this day and afterwards, is that we can go back to normal slowly & steadily. I wish that this pandemic could end for the upcoming year so that we can go back to our peaceful lives and live with happiness and freedom again."
- Kristine Angela Mae DC. Cruz
10 - Poseidon

The Christmas gift I want is a new cellphone because the cellphone [that] I'm using was only [a borrowed one] from Gio. [It is already old and is hard to use.] Since then, cellphone [is what I want] to receive this Christmas.
- Piolo Algador
7 - Genesis

Days pass like leaves falling from a tree, it was like just yesterday when we're hoping for a better year ahead of us, and now we're down to the last few days of 2021. This year was full of challenges, heartbreaks, lessons, celebrations, hope, and chances, and as we celebrate the holidays, SHANs shared their own Christmas wishes as we await another year ahead of us.

Literary Series

continuation of I SEE YOU SEE ME...

I feel nauseous. Like I'm about to throw up. The next thing I knew, my balance fell off. I watch through the mirrors as my body's falling down the stairs.

So this is how it feels like.

My body hit the ground, earning a loud thud. I look up the stairs as I try to help myself up but to no avail. The lights started to flicker again, resulting in me squinting my eyes to see clearly. Amidst the pain on the back of my head and my eyes swirling in dizziness, I concentrated my gaze at the top of the stairs—there stood a creature.

Hansel?

Before nothingness wallows me in, I listen to it as it faintly, almost mockingly utter the words I didn't hold back saying to a certain someone long ago.

"Together we stand, you fall alone."

Benefits of Luya

By: Bernadette Kyle G. Bulac 12 - STEM Edison

Dry cough and sore throat are two among the common symptoms of COVID-19. Before the pandemic, they were also known as symptoms to many diseases caused by environmental factors such as allergies, bacteria group A streptococcus, smoke, and many more. Due to these uncomfortable indications of disease, there have been home remedies claimed to be effective. One of these home remedies is the Salabat, or ginger tea.

The ginger, coming from the Zingiberaceae family, contains high levels of Vitamin C, magnesium, and other minerals such as Vitamin B3, Vitamin B6, Iron, Potassium, Phosphorus, and Zinc.

Here are some of the benefits that one can get from drinking Salabat:

- It strengthens immunity**
The best way to fight any disease is to not have it in the first place. One way to do that is to have a strong immunity. Ginger contains anti-inflammatory properties from its volatile oils. These properties help soothe pain from headache, flu, and menstrual pain.
- It minimizes inflammation**
Inflammation is a defense mechanism used by a body's white blood cells and the substances they produce to keep one safe from outside intruders like germs and viruses. When there are no invaders to fight, the body's immune system triggers inflammation in some disorders, such as arthritis. Ginger when drunk, therefore, can relieve the pain caused by these disorders.
- It combats respiratory issues**
Another benefit of Salabat is that it helps cold-related symptoms such as clogged nose and seasonal allergies caused by the environment. Drinking ginger tea can soothe these symptoms.
- It relieves vomiting and nausea**
Ginger is an excellent and economical medication for nausea and vomiting that is also safe (for pregnant women), according to the best current data.
- It improves blood circulation**
Ginger may help to prevent fat from forming in the arteries, which can lead to heart attacks and strokes. It also contains minerals and amino acids that work to restore the proper blood flow in the body.
- It eases discomfort caused by indigestion**
Ginger tea can help with bloating after a large meal by aiding digestion and enhancing food absorption.
- It helps to alleviate stress**
Ginger tea offers effects that may help relax and relieve stress. Its calming effects are believed to be coming from its strong aroma and healing properties.



SPORTS



BLACKLIST SWEEPS ONIC PH, 4 - 0

By: Julius B. Villarta
12 - ABM Bill Gates



Tier One Pro Team, Blacklist International secured the code and was hailed as the World Champion against Onic PH, 4-0, in Mobile Legends: Bang Bang M3 World Championship at the Suntec Singapore Convention Centre, December 19, 2021.

Onic had a sensational nine-game win streak in the upper bracket but failed to break the code as Blacklist handed them a sweep in their best-of-seven all-Filipino Grand Finals clash to take the M3 World Championship Crown.

The fallen kings, Blacklist International had to battle it once more and endure a long-tense moment in the semi-finals

against North America's Blood Thirsty Kings, BTK, who sent them to the lower bracket, with a do or die match before setting up a Grand Final fight facing compatriots, Onic.

The first game was even, as Blacklist took the charge in the late game to gain a 1-0 lead while the gold laner, Kiel "OHEB" Soriano carried his team by bringing out his signature Beatrix pick to dominate Onic PH, which gave him an MVP honors after he finished with eight remarkable kills, one death and eight outstanding assists at the game two in just 13 minutes.

The Onic squad were not able to bounce back after their first

game loss as Blacklist International continued to control the succeeding games, hustling to raise the World Championships' trophy.

Blacklist bagged US\$800,000 prize, Whilst OHEB, The Filipino Sniper, was named the M3 World Championship Grand Finals Most Valuable Player (MVP) and received a US\$10,000 prize for his award. Meanwhile, Onic PH took home US\$120,000 as they have shown their competitiveness in the tournament.



SPORTS EDITORIAL

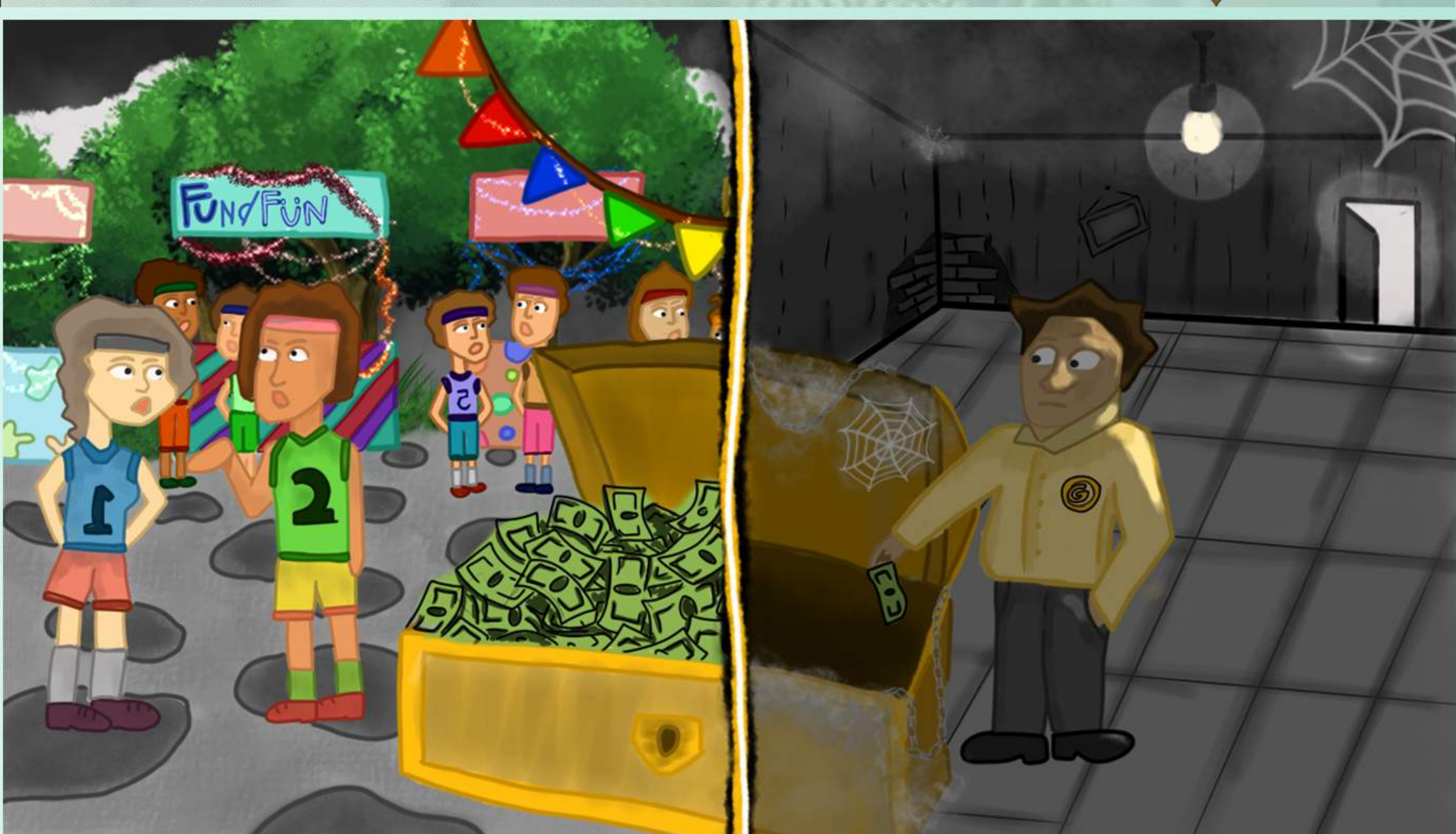
In a time where issues continue to pile up in our country, we look at our athletes as sources of inspiration and strength, supporting them in their competitions on the global stage. Their victories and performances have sparked sudden bursts of emotions as we escape from our realities and struggles day by day. This year's performance by the team Philippines was outstanding. Despite the inadequate funding of the government for the country's athletes, the hunger and determination to fulfill their dreams did not relinquish their thirst for greatness.

Moreover, I also noticed that sports communities can do more to suffice the need to set the sports scene ablaze. Issues just as funding are still a problem for Filipino athletes all over the country. Some of them were not given a proper platform to train. It is sad to hear that their dreams and opportunities were put on hold because of external factors that are beyond their capabilities. Recently, the first-ever gold of the Philippines was claimed by Hidilyn Diaz, a Filipina weight-

lifter, and it has been immensely challenging for her that she came up asking for sponsorship from private companies on social media due to lack of financial support. Same as Ernest John "EJ" Obiena, a Filipino vaulter, continuing his remarkable performance with insufficient funds from the government that made him uneasy for his coming sporting events, especially the 2024 Paris Olympics. Aside from them, recently, some other Filipino athletes were failed by the country's financial aid, and still, they can flourish in the world competitions.

While it is important to understand the circumstances of the

different tournament organizers and divisions, we also need to understand that the public and private sectors can set up collective donation drives where we can create new training grounds and hire national or world-class trainers for our athletes. We saw this happen when we helped Filipino figure skater Michael Christian Martinez in his expenditure on his sporting career and I believe that we can also help other athletes, particularly those from the student-athlete sector who doesn't have a big name in the industry by bridging their craftsmanship towards achievements and recognitions. As we begin to realize the impact of creating great breeding grounds for sports and athletes around the world, we also set the nation alight-fired-up to let our talents and pride be remembered at the international scene. If we aid the problems in the status quo and empower our athletes today, tomorrow, we will have a brighter future amongst us—as communities, and as the sports sector that longs for change and its burning glory.



Written by: Julius B. Villarta 12 ABM - Bill Gates Illustration by: Alexandra Pedimonte

31ST SEA GAMES
HANOI 2021

Filipino Athletes eyeing SEAG 2022

By: Julius B. Villarta

31st Southeast Asian Games and exciting sporting events which will be held from May 12 to 23, 2022, in Hanoi, Vietnam. "At the SEAG, we are making every possible way to provide our national athletes a way to resume more rigid training to prepare them to defend our hard-won overall championship." as per PSC Chairman, William I. Ramirez. Meanwhile, six months before one of the most awaited