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THE OFFICIAL NEWSPAPER OF MEYCAUAYAN NATIONAL HIGH SCHOOL

ang hiyas

AUGUST 2024 - APRIL 2025

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MEYCAUAYAN ATHLETES REIGN SUPREME IN BULACAN MEET, EARN CLRAA BERTHS
SPORTS read on page 15



Photo by: Maria Allia de Castro

Helping Hands, Happy Hearts: ***Meycauayan National High School's SSLG officers offered free snacks to those contributing to Brigada Eskwela 2024.***

Spirit of *Bayanihan* Alive at MNHS Brigada Eskwela

SABBRIAH M. NAVARRO

Meycauayan National High School's Supreme Secondary Learner Government (SSLG), organized a community pantry called "Libreng Pagkain sa Bayanihan ni Juan" during Brigada Eskwela 2024.

This initiative aimed to provide free snacks to volunteers, including students, teachers, and parents, as they worked together to prepare the school for the upcoming academic year. The pantry was made possible through snack donations collected from local government officials, and fellow students.

SSLG officers, led by President Sabbriah M. Navarro, managed the distribution of food at designated hours to ensure fair access for everyone. Volunteers were grateful for the support, as the snacks helped keep their energy up throughout the event.

"As students, we wanted to give back to those helping our school. Even a small snack can make a difference," an SSLG member shared.

The project was met with positive feedback from the school community, with many hoping it will continue in future Brigada Eskwela events. SSLG officers believe this initiative promotes 'bayanihan' and that a small act of kindness can create a big impact in the school community.

MNHS Celebrates Students' Day with Interactive Booths, Skill Showcases

RIZCEL CLAIRE BENITO

Senior high school students in Meycauayan National High School gathered for a fun and educational Students' Day event last December 2024. Different clubs and organizations set up booths to share their talents and skills.

Led by Mr. Jerwin Nava, the event aimed to help students develop life skills and apply what they learn in school to real-life situations. According to him, Students' Day was part of the Department of Education's efforts to enhance students' competencies, particularly in their specialized subjects.

"Nag-include kami ng mga most essential learning competencies na kung saan makakatulong yun sa mga mag-aaral na i-execute 'yung kanilang skills at magamit nila into real-life purposes," he added.

Despite its success, organizing Students' Day came with challenges. Mr. Nava mentioned that limited manpower and space were among the difficulties faced during the preparation. "Iilan lang ang nakatulong sa pag-prepare ng kagamitan at mga papel na kailangan para matuloy ang Students' Day. Dagdag pa rito, wala tayong covered court kaya kinakailangang pag-isipan kung paano ilalagay ang booths upang magkaroon ng equal opportunity ang lahat ng organizations," he said.

Each club and organization contributed uniquely to the event, showcasing their creativity and expertise. The Society of STEM Students in Action (SSTEMA) and Robotics Club set up a science booth featuring educational games based on electromagnetic induction, providing an interactive learning experience. Meanwhile, the Samahan ng mga Mag-aaral sa Filipino (SamaFil) brought excitement with Fili-Perya: Ang Perya ng Kaalaman, where students enjoyed games like Six It to Win It and Pinoy Style Bingo.

The ABM Asset Club added a refreshing touch to the festivities by selling Milo thick drinks alongside fun games. Literature and music took center stage at the Oxford English Association's disco booth, where students experienced a fusion of classic and contemporary sounds. Teatro de MNHS enriched the event with live music, allowing students to sing and appreciate subjects like Media and Information Literacy and Contemporary Philippine Arts.

Creativity flourished with Obra Maestra and the Multimedia Team of MNHS, which offered activities such as face painting through Ink Your Face, a themed photo booth called "Say 'Masterpiece'", and a thumbprint art station named MiniMelist. Meanwhile, the Likha Humanities and Social Science Club engaged students with their customized crochet keychains and an exciting Ping & Pong Challenge with prizes.

Math enthusiasts had their share of fun at the Mathinik Club's Pi-rate's Cove, featuring a variety of games, including a dice game, shooting game, color game, and a Rubik's Cube and Sudoku corner. Traditional Filipino games also took the spotlight, thanks to Barkada Kontra Droga (BKD) and their Play with Your Barkada activities, which included Tayakad na Bao, Sack Race, Sipa, Tumbang Preso, Calamansi Relay, and Tug of War.

Capping off the event, the Supreme Secondary Learner Government (SSLG) hosted a film showing of Sineskwela, linking the educational series to various subjects such as 21st Century Literature, Media and Information Literacy, Entrepreneurship, and Understanding Culture, Society, and Politics (UCSP).

In spite of the challenges, the event was well-received by students. Many appreciated the opportunity to showcase their talents and competencies, while student organizations and clubs also benefited by raising funds. The event was made possible through the leadership of SSLG, with the support of School Principal Lorenia R. Sales and Assistant Principal Albert S. Tolentino.



Photo by: Claire Soriano

Learning Beyond the Classroom: ***Senior High School students demonstrated their abilities at a lively Students' Day event.***

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Ang Hiyas Reigns Supreme at DSPC 2024

CHAUNSEA MANGALINDAN

Young Journalists of Meycauayan National High School stamped another victorious year at Meycauayan West Central Integrated School during the 2024 Division School Press Conference last December 6.

The Ang Hiyas-MNHS secured the title of Highest Pointer School after winning the most awards in the competition. With a total of 35 awardees; they showed excellence in both individual and group categories.

For the individual categories, Josef Martin S. Arcilla in Copyreading & Headline Writing clinched first place, Janine B. Tubilla and Rainne Allyn M. Ting came in second and third place respectively in the newswriting category, and Jestar Arnoleen O. Policarpio grabbed the second place spot under the Editorial Writing Category.

In addition, Daniel L. Dela Pacion achieved second place in Science Writing, Jhon Michael B. Duque ranked third in Column Writing, Vince Jayson P. Torres then placed second in Copyreading and Headline Writing, Justin Kyle D. Cobarrubias illustrated his path into securing fifth place in Editorial Cartooning, and lastly, Kirsten D. Coyoca won third place in Photojournalism.

Meanwhile, in the group category, it dominated the conference with its first placers, namely Pierre Andrei T. Pormiento, Adam M. Dacpano, Euann Kiel B. Dagale,



Photo by: Kenchie Cazandra Yturiaga

Ink and Inspiration: ***The excitement and energy of the young journalists from different schools filled the venue during the competition.***

Wynona Gabrielle O. Fajardo, Kenchie Cazandra O. Yturiaga, Maria Jhorjenny C. Guiwan, and Prince Gabriel A. Valdez, who took first place for Collaborative Desktop Publishing.

As for Lou Martin Gabriel Tabula, Sabbriah M. Navarro, Chaunsea D. Mangalindan, Khyz Krystll C. Ortega, Reever Kurt E. Saavedra, Rye Usher F. Dimaculangan, and Ma. Ysabelle M. Managuelod from the Radio Broadcasting-English, they took the championship and got special awards.

The TV Broadcasting-English clinched first place with broadcasters, namely, Khelzen Steffie S. Mendigorin, Michaela Reychelle B. Bernardo, Sydney M. Nalda, Ronalyn J. Nartates, Timothy John M. Doctor, Rizcel Claire V. Benuto, and Jerome Pacheco.

Moreover, Xian Andrei A. Mayuga, Ezekiel Carl C. Del Rosario, Mj Cymon M. Bernabe, Charlston Serrano, and Arheana G. Saluria grabbed the second place in the Online Publishing Category.

The young campus journalists expressed their gratitude to the support of their coaches Robby S. Camacho, Elisha D. Ponciano, and Abegail Berboso; School Paper Adviser, Pauline Karen M. Concepcion; and School Principal, Ma. Lorenia R. Sales

With this success, MNHS made history for having the most number of back-to-back highest pointer school wins in the DSPC, a fitting reward in their pursuit for journalism excellence.

2024 IVMO: MNHS Math Wizards Prevail

JANINE B. TUBILLA

Math Wizards from Meycauayan National High School (MNHS) achieved a remarkable victory at the 4th International Vedic Mathematics Olympiad (IVMO), held online on Nov. 30, 2024.

Competing against participants from schools worldwide, MNHS students showcased their skills and brought home prestigious awards.

In the junior level, Marielle R. Navarro clinched the gold medal, while Angelo Mckenzie M. Iral and Gabe-Niño O. Barrameda each secured a silver. Completing the victory, Kllyde Danzen M. Catanghal and Carmelo Caleb T. Babas both earned bronze medals, while Francis Mitchelle T. Mondiguing received a merit award.

Intermediate-level students also displayed their mathematical skills, with Kayezha Dennisse Marollano claiming a silver medal and Achilles V. Nuñez earning bronze. Adding to the school's success, Cyrus James A. Margate and Alexander Jacob M. Paz received merit awards, while Jodi Nicole C. Cardinoza was honored with a participation award.

In an interview, participant Cardinoza shared her experience competing at IVMO for the first time.

"Since it was my first time joining, I naturally felt nervous, especially because I was the only Grade 9 who participated. I felt some pressure, but at the same time, I was also excited because Vedic Math is unique to me. It's very different from normal computations," she said.

This outstanding achievement was made possible through the dedication and guidance of their coaches, Coach Cyndy Ruth Ala-Alcaraz (junior level) and Coach Alyssa Mae Boredo (intermediate level).

Heartfelt gratitude was also extended to Dr. Cindy D. Oliva, Math Department Head Mr. Christian S. Conahap, and School Principal IV Ms. Ma. Lorenia R. Sales for their continuous support, which played a crucial role in this success.



Courtesy of: DepEd Tayo Meycauayan City Official Facebook Page

Excellence Embodied: ***The awards highlighted the significant impact of educators and staff on the community.***

SDO City of Meycauayan Rewards Hardworking Teachers, School Heads

JHON MICHAEL DUQUE

On January 10, the Schools Division of the City of Meycauayan honored its dedicated teachers and school heads with an award ceremony at the Meycauayan College Annex Gymnasium in Barangay Malhacan.

The event marked the division's 13th founding anniversary and was led by Schools Division Superintendent Dr. Merlina P. Cruz, CESO V, alongside division supervisors.

Various awards were given, including the Outstanding Teaching and Related Teaching Personnel Award, Loyalty Awards, and the Recognition of Retired Teachers and School Leaders. These awards aimed to honor and express appreciation for their dedication and service.

Notable awardees included Mr. Genaro V. Relente, the current principal of Meycauayan National High School, who was recognized as an Outstanding Secondary School Head for his tenure at Malhacan Integrated School.

Additionally, Mrs. Leony Catchuela received the MeycKarunungan Award for her commitment to academic excellence as the school's Head Teacher for Science.

Recipient of the MeycLikhain and Loyalty Award was Robby S. Camacho, Teacher II from Meycauayan National High School for his completed research in Artificial Intelligence (AI) in education and for rendering 10 years in service.

He said that he was honored to receive such an award and that he truly appreciates having been given such by the schools division.

> *"This award motivates us more to work harder; it pushes us to strive for higher ideals, not for the awards but for the betterment of our learners and our community."*

Activities like this prove to be a celebration of the Schools Divisions' past while looking forward to its future by spurring excellence in its members

MNHS Scouts Shine at 2nd Division-Wide Encampment

JEROME PACHECO

Meycauayan National High School Senior Scoutes proudly represented the Division of Meycauayan at the 2nd Division-Wide Encampment held on December 14-15, 2024, at Meycauayan College Annex.

The event gathered scouts from over 15 schools in the division, fostering camaraderie, leadership, and essential life skills.

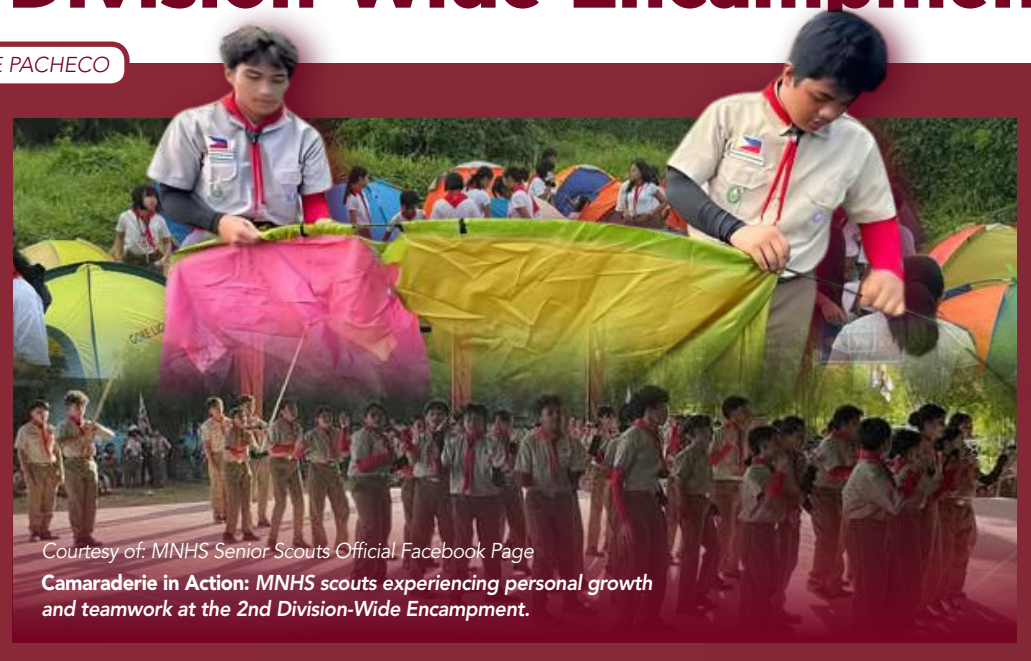
During the encampment, Chester Hilario, Bulacan Council Scout Executive, encouraged the young scouts to continue their passion for scouting and participate in more activities.

He emphasized that scouting is not just an adventure but also a vital program that promotes peace, mutual understanding, and leadership development.

One of the highlights of the event was the Song and Yell Competition, where the MNHS Senior Scouts secured second place with their spirited performance. Scouts John Carlo Acayen and Seph Asher Irigon expressed their enthusiasm, sharing that the experience reignited their passion for scouting and strengthened their dedication to its values.

The 2nd Division-Wide Encampment served as an avenue for young scouts to enhance their skills, build friendships, and embrace the true essence of scouting.

With continued support from the Boy Scouts of the Philippines and local school officials, the event proved to be a meaningful and impactful experience for all participants.



Courtesy of: MNHS Senior Scouts Official Facebook Page

Camaraderie in Action: ***MNHS scouts experiencing personal growth and teamwork at the 2nd Division-Wide Encampment.***

Regional Educational Week 2024 Inspires MNHS Young Leaders

KENCHIE CAZANDRA O. YTURIAGA

The Regional Educational Week 2024 of Region 3 was held from December 18 to 20 in Baler, Aurora, gathering student leaders and educators from various schools, including the Supreme Secondary Learners Government, Barkada Kontra Droga, and other club officers from Meycauayan National High School.

The event aimed to empower young leaders by fostering leadership, collaboration, and cultural appreciation while promoting inclusive education, integrity, and public service. To engage participants, various interactive booths showcased innovative projects, educational games, and performances, creating a dynamic learning environment and encouraging meaningful discussions.

One of the key highlights of the event was the presence of DepEd Secretary Sonny Angara on the first day, where he delivered an inspiring speech on the significance of education, inclusive development, and honest leadership. His words deeply resonated with the young leaders, reminding them of their crucial role in shaping the nation's future.

On the second day, students participated in sports and cultural competitions such as arnis, dance sports, gymnastics, and table tennis, which not only showcased their talents but also strengthened camaraderie and sportsmanship. The excitement continued in the evening with a concert featuring selected GMA artists, bringing entertainment and energy to the participants.

On the final day, the Y4Success Summit allowed students to reflect on their learnings, further develop their leadership skills, and share their experiences with fellow participants. As part of the cultural immersion, they explored Baler's historical and natural landmarks, including the Doña Aurora Aragon-Quezon House, Museo de Baler, and the Sabang Beach, where they witnessed the town's iconic waves.

The Regional Educational Week 2024 of Region 3 was a resounding success, leaving participants with newfound knowledge, unforgettable experiences, and a renewed passion for leadership and education. As the event concluded, student leaders carried home valuable insights and memories that would inspire them to drive positive change in their schools and communities.



Photo by: Gabriel Ainza

Where dreams take flight: ***Student leaders from Meycauayan National High School actively participating in workshops and discussions.***



Photo by: Pierre Andrei T. Pormiento

Seeds of Change: ***Student leaders planted ideas and knowlege at the Central Luzon convergence.***

Central Luzon Student Leaders Assemble at ReLearnCon 2024

JHON MICHAEL B. DUQUE

Lubao, Pampanga hosted a massive two-day undertaking of the Region III Learners Convergence 2024, held at the breathtaking Hacienda Gracia instilled inspiration and empowerment for student leaders across schools divisions in Central Luzon last January 21, 2025.

This event was led by the Department of Education Central Luzon Office and its dedicated director, Dr. Ronnie S. Mallari. It featured resource speakers from various industries ,a part on ensuring that student leaders improve in more than one aspect.

Bearing the theme, Breaking Barriers: Youth Leading the Sustainable Force, the event also consisted of booths and activities where students have manifested the features of their respective divisions and honed their leadership skills.

Pierre Andrei Pormiento, one of the delegates from the Schools Division of the City of Meycauayan and a student leader from Meycauayan National High School told Ang Hiyas how insightful the event has been.

"The atmosphere was really engaging as each SDO showcased their unique talents and cultures through exciting performances, and this convergence served as a learning platform, fostering learning and pride." Pormiento said.

An event that truly stands as evidence of bright future for the region and beyond as learners turn into effective and lifelong leaders by experiencing a dynamic and caring environment.

MNHS Learners Engage in 2025 *Lakbay-Aral*

VINCE JAYSON TORRES

Meycauayan National High School (MNHS) kicked off its Lakbay-Aral S.Y. 2024-2025 or MNHS Educational Tour (MNHS EdTour) on January 11, 2025, bringing 424 participants to four destinations across Luzon.

It emphasizes the importance of learning beyond the classroom through educational trips, social activities, and skill-building experiences, aiming to enhance students' knowledge, communication, discipline, cultural awareness, nationalism, and 21st-century skills.

The MNHS EdTour brought 632 learners, 53 teachers, eight department heads, and School Principal IV Sir Genaro V. Relente to four destinations: Intramuros, Rizal Park, Rizal Shrine, and Enchanted Kingdom.

The first stop of the trip was Intramuros, Manila, known as the "Walled City," which aimed to educate learners about Spain's colonization of the Philippines and its cultural and architectural influence.

The tour continued to Luneta Park, where the statue of Jose Rizal stands, along with the Independence Flagpole or the Philippine National Flagpole, the tallest flagpole in the country.

Following this, the trip proceeded to the Rizal Shrine in Calamba, Laguna, where students explored Rizal's home, contributions, and legacy through guided tours and interactive exhibits, deepening their understanding of his role in Philippine nationalism and reform.

Wrapping up the trip, the final stop was Enchanted Kingdom (EK) in Santa Rosa, Laguna, where students engaged in interactive exhibits and group activities that enhanced communication and collaboration. The highlight was the exclusive "AGILA: The Eksperience," a world-class flying theater showcasing the beauty and pride of the Philippines.

The MNHS Lakbay-Aral successfully provided students with an immersive learning experience, enhancing their critical thinking and deepening their understanding of the nation's history through visits to key historical and cultural landmarks.

The tour concluded on a high note, leaving students with newfound knowledge, meaningful experiences, and a deeper appreciation for Philippine heritage.



Photo by: Arheana Gicole Saluria

Woven Through Time: ***MNHS students journeyed through historical landscapes, connecting past and present.***

Teachers' Day Celebrated by MNHS Through Training, Recognition

SAMANTHA ASHLEY VALDEZ



Photo by: Pierre Andrei T. Pormiento

Unity Celebration: ***Meycauayan National High School honors its award-winning teachers for their exceptional dedication at Trinitas College***

Meycauayan National High School buzzed with excitement as the school held the school's in-service training program at Trinitas College last October 19, 2024.

The program aims to recognize and honor the invaluable contributions of teachers in shaping society and to acknowledge the dedication, hard work, and passion that educators pour into their roles, fostering intellectual growth, emotional development, and overall well-being of students.

The school organized this celebration to honor the outstanding teachers who have received various awards and recognitions, welcome new teachers in the MNHS teaching force, and to uplift the nobility of the teaching profession with the messages from the school administrators.

As a show of solidarity and unity, the event welcomed home the recently employed teachers from MNHS. Additionally, it provided a chance in honor and acknowledge educators who demonstrated exceptional performance in a variety of areas throughout the course of the previous academic year.

The members of the MNHS faculty came in full force, including the previous school head Ma. Lorenia R. Sales who came with well wishes for the teaching personnel she served with for the past three years. As the day's hosts, the schools' DFSSLG President and RFSSLG Auditor, Sabbriah Navarro, and Grade 12 Representative, Harvey Fayo represented the Supreme Secondary Learners Government.

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MNHS Reaps Awards at Analytical Ability National Competition

ADAM M. DACPANO

Junior High School (JHS) students of Meycauayan National High School (MNHS) reap awards in the Analytical Ability National Competition on November 23, 2024.

The competition, known for testing students' critical thinking, logical reasoning, and problem-solving abilities, featured participants from various schools nationwide.

They showcased their exceptional analytical skills, bringing home multiple awards across different grade levels.

The winners are the following: gold medalists named Michaela Reychelle B. Bernardo, and Rajo Lawrence B. Belvez, Hailey Chloe M. Perlado, Carl Christian Vlaire Cordero, Dessa N. Fontiveros, and Reynaldo III DG. Navarro; all five of them secured a silver medal.

Additionally, Mikaela Shai B. Lunaria, Marian Rose N. Manongsong, Lhindzay A. Manalo, Sophia Lhizette A. Macalipas, Pristine Claire Aubriana A. Alcala, Princess Nathalie D. Rebano, Dylene S. Ricafrente, Arheana G. Saluria, Margus Aiken C. Ragasa, Euann Kiel B. Dagale, Sophia Mae C. Evasco, and James Harvey Francisco, brought home a bronze medal.

Moreover, other representatives from 7 - STE Fleming and Galileo, 8 - STE Grahambell and Faraday, 9 - Sampaguita, 9 - STE Mendeleev, and 10 - STE Ptolemy and Rizal acquired the distinction award.

These students, under the guidance of their dedicated coaches, demonstrated excellence in the competition, bringing pride to their school.

School Principal IV Ma'am Ma. Lorenia R. Sales expressed her appreciation to the winners and participants who showcased their talents on the national stage.

MEDAL Tally

GOLD	1
SILVER	5
BRONZE	12



Photo by: Rodel Dimasin

The Pursuit of Knowledge: *MNHS Students engage in rigorous research to contribute to the advancement of learning.*

Student Researchers from MNHS Sweep 2025 Conference Trophies

RAINNE ALLYN M. TING

Meycauayan National High School (MNHS) celebrates their success as they brought home numerous awards in the recent Research Conference held in St. Mary's Academy of Sto. Niño. on Jan. 28, 2025.

Both students and teachers demonstrated their exceptional research skills, securing top awards and bringing pride to the school community.

In the learners' category, Daniella Maxine D. Villanueva emerged as the 1st Place Overall Champion and was also recognized as the Best Presenter. Following closely behind, Maria Celestine Sangcap and Jestar Arnoleen Policarpio secured 2nd Place, while Precious Gillianne Paz earned the 3rd Place.

Teachers of MNHS also showcased their expertise, with Robby Camacho claiming 1st Place Overall Champion and being named the Best Presenter. Meanwhile, Jenn Libertad achieved 3rd Place, further proving the school's dedication to academic excellence.

These remarkable achievements was made possible with the support and guidance of the school's research mentors, teaching personnel, and administrators.

The winners express their gratitude to Principal IV, Sir Genaro V. Relente, and Assistant Principal, Sir Albert Tolentino, for their leadership and encouragement.

MNHS Scholars Showcase Mastery in Speed Grammar Event

SOPHIA LHIZETTE A. MACALIPAS & ARHEANA G. SALURIA

Testing the ability of students in quick correcting grammatical errors, Meycauayan National High School participated in the Speed Grammar National Competition held on October 12, 2024. The event provided them with an opportunity to showcase their English proficiency.

Participants joined remotely from their homes via Zoom, where they were given an hour to complete a set of grammar questions. The questionnaires were automatically closed once the timer ends, ensuring fairness and consistency in the competition.

Leading up to the event, MNHS English teachers organized training sessions for the students, with Christina Guevarra guiding them through grammar drills and test strategies. A final review session was held on October 10 at 9:00 AM at the MNHS Computer Laboratory, where students had one last chance to fine-tune their skills before the competition.

The competition not only helped students enhance their grammar skills but also provided them with a national-level recognition. Despite the remote format, MNHS students demonstrated their dedication and focus, while their teachers show their support, monitoring their progress before and after the competition, reflecting the school's goal of boosting the students' morale and confidence by exposing them to different levels of competitions.



Photo by: Arheana Gicole Saluria

Grammar Gauntlet: *MNHS students test their English proficiency in the remote Speed Grammar Competition.*

MNHS Seniors Clinch Second in 2024 Project MAKABANSA Tilt

JOSEF MARTIN ARCILLA

Senior students from Meycauayan National High School (MNHS) secured second place in the 2024 Project MAKABANSA competition, held on August 9 at Cabiao Senior High School in Nueva Ecija, as part of the ASEAN-UN Information Drive Activities of Region III.

The competition saw participation from 16 divisions across the region, including Nueva Ecija, Pampanga, and Tarlac City, with each team presenting projects focused on addressing contemporary societal issues and contributing to the United Nations' Sustainable Development Goals (SDGs).

Representing the Schools Division of the City of Meycauayan were Grade 12 students Josef Martin S. Arcilla (12 - STEM Einstein), Rose Anne C. Ambong (12 - HUMSS Confucius), and Genevieve Ashly S. Reyes (12 - HUMSS Confucius), guided by their coaches Mr. Jerwin J. Nava and Ms. Marielle F. Crisostomo.

The team clinched second place with their project entitled Project SPACE (School of Positivity and Child-Friendly Environment), which aims to address gaps in current gender equality policies and promote a more inclusive and equitable educational environment.

The project specifically focused on reinforcing the Gender-Responsive Basic Education (GRBE) framework established by the Department of Education (DepEd) in 2017, by proposing various initiatives like personalized seminars, storytelling sessions, and a dedicated hotline for students to report incidents of abuse or discrimination.

In an interview, participant Rose Anne Ambong emphasized the importance of understanding gender and development laws during their preparation process, which lasted just two weeks.

> *"We underwent extensive training to understand the context of Project SPACE, studying Gender and Development (GAD) laws and their application in education, and seeking guidance throughout the process.*

Ambong also highlighted what set Project SPACE apart from other proposals presented at the competition.

> *"Project SPACE promotes sustainable development by providing quality education that ensures the equal rights of all genders,"*

In addition, she said it addresses gaps in the implementation of existing laws, helping students realize they are protected against gender disparities and discrimination.

The team's success in the competition shows the primary goal of Project MAKABANSA to empower and encourage young individuals to actively contribute to solving contemporary social issues and promoting progress in society.

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Letter to the Editor

Good day! Before imparting my comment, I just want to give my praises on the improvements that have been ongoing within the school and this news providing body. I firmly believe that with this change being continued, the school and the community can improve each other's sustainability.

As we all know, climate change and its subsequent effects, regularly wreak havoc towards everyone, and students are no exception. It's already difficult to deal with classes and concentrate due to different hardships students have in their plate, so just imagine how much harder it would be if harsh environmental circumstances/phenomena come into place. Adding to this problem is the fact that it would occur anually, therefore, it would be to the interest of everyone if we could draft a plan to alleviate the hardships of everyone during these times.

It would be best if we employ dated findings into our decision-making schemes. Apart from that, regular maintenance of facilities, enactment of activities focusing on sustainability, and providing support towards adequate working spaces should be prioritized.

I wish you best for your future endeavors and I wish for this call to be received by an open mind, welcoming of change.

Thank you.

Reply from the Editor

A blessed day to you as well.

We appreciate your commendation of the improvements within the school and your recognition of the paper's role in keeping students informed and engaged.

Indeed, environmental factors play a significant role in students' well-being and academic performance, and it is important that we take proactive steps to address these challenges. Your proposal of implementing both short-term and long-term solutions is a thoughtful approach that aligns with the school's commitment to academic excellence and sustainability.

As you have suggested, maintaining school facilities, integrating sustainability-focused activities, and ensuring adequate working spaces are vital on keeping students in track. We will do our part in raising awareness on this matter and hope that the administration takes these concerns into serious consideration.

Once again, we appreciate your insight and initiative in bringing this issue to light. Let's continue on shaping a better landscape for all!

Thank you and we wish you the best in your academic journey.

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EDUCATE TO EMPOWER

In a rapidly evolving world, knowledge is our greatest ally. Yet, the resistance to comprehensive sex education in Philippine schools threatens to leave our youth uninformed and vulnerable. This is not just about adding a subject to our curriculum but equipping young Filipinos with the necessary tools to make responsible decisions and protect their futures. With so much at stake, why are Filipinos still withholding this crucial knowledge?

The statistics are clearly alarming. According to the United Nations Population Fund (UNFPA), the Philippines has one of the highest teenage pregnancy rates in Southeast Asia. In 2019, around 180,000 births were recorded among girls aged 10 to 19. These numbers show just how much the country craves proper education on reproductive health. Without it, teenagers are left to rely on misinformation and myths, leading to unplanned pregnancies and a higher risk of sexually transmitted infections (STIs).

First, it is important to understand that comprehensive sex education goes beyond addressing the mechanics of sex; rather, it involves crucial topics such as consent, gender identity, relationships, and emotional well-being. Teaching consent is essential for reducing cases of sexual abuse and harassment, which promotes a culture of respect and safety. When students understand their rights and the importance of mutual respect, they are better prepared to protect themselves and others.

Some argue that sex education should be the responsibility of parents. While parental involvement is important, relying solely on parents is neither practical nor effective. Not all parents have accurate information or feel comfortable discussing these topics. The schools, therefore, play a vital role in providing consistent and factual education to ensure that all students have access to the same level of knowledge.

There is also a debate about the appropriate age to introduce sex education, when in fact, research shows that age-appropriate education is beneficial. Starting with basic concepts like body awareness and personal boundaries in early childhood, and gradually introducing more complex topics as students grow, already builds a solid foundation for understanding and respect.

Another belief that sex education leads to increased curiosity and experimentation is another misconception. In reality, well-informed adolescents are more likely to delay sexual activity and engage in safer practices. As stated by the Guttmacher Institute, adolescents who received comprehensive sex education were 50% less likely to experience unplanned pregnancies compared to those who did not. This shows just how important it is to have a well-implemented curriculum that puts health and safety as a main priority.

It is time to recognize that the future of our nation depends on the well-being and education of its youth. Comprehensive sex education should not just be perceived as necessary but a responsibility that everyone must fulfill. If students are equipped with the knowledge and skills to make informed decisions, we lay the foundation for a healthier and more responsible society. The health and future of the next generation are in our hands, and the implementation of comprehensive sex education is a step we must take to ensure that the future generations will not be failed.





Too Little For Grand

LOU MARTIN GABRIEL TABULA

The Marcos Jr. administration proudly unveiled its 2025 budget—a staggering 6.33 trillion pesos. At first glance, this massive allocation seems like a step forward, a promise of "transforming economic gains into meaningful outcomes for every Filipino." But a closer look reveals a troubling reality: while the numbers may be impressive, essential sectors like education and healthcare are being shortchanged. If a budget reflects the priorities of a nation, then what does this say about the Philippines?

Take healthcare, for example. The Universal Health Care Act (Republic Act No. 11223) was enacted to guarantee that every Filipino has access to quality medical services. To fund this, the government earmarked 80% of excise taxes from tobacco, alcohol, and sugary drinks under the 2012 Sin Tax Reform Law (Republic Act No. 10351). Despite this fiscal safeguard, PhilHealth will receive not a single peso this year, forcing it to operate solely on its reserve funds. Given its history of corruption scandals, mismanagement, and reimbursement delays (especially during the Duterte administration), this decision is somewhat understandable. Even so, starving the agency of fresh funding without reforming its broken system only sets it up for disaster. Public hospitals are already overwhelmed, understaffed, and lacking vital equipment. If PhilHealth's reserves dry up faster than expected, will the government let millions of Filipinos fend for themselves in an already struggling healthcare system? Surely in this economy, people cannot afford yet another deficit.

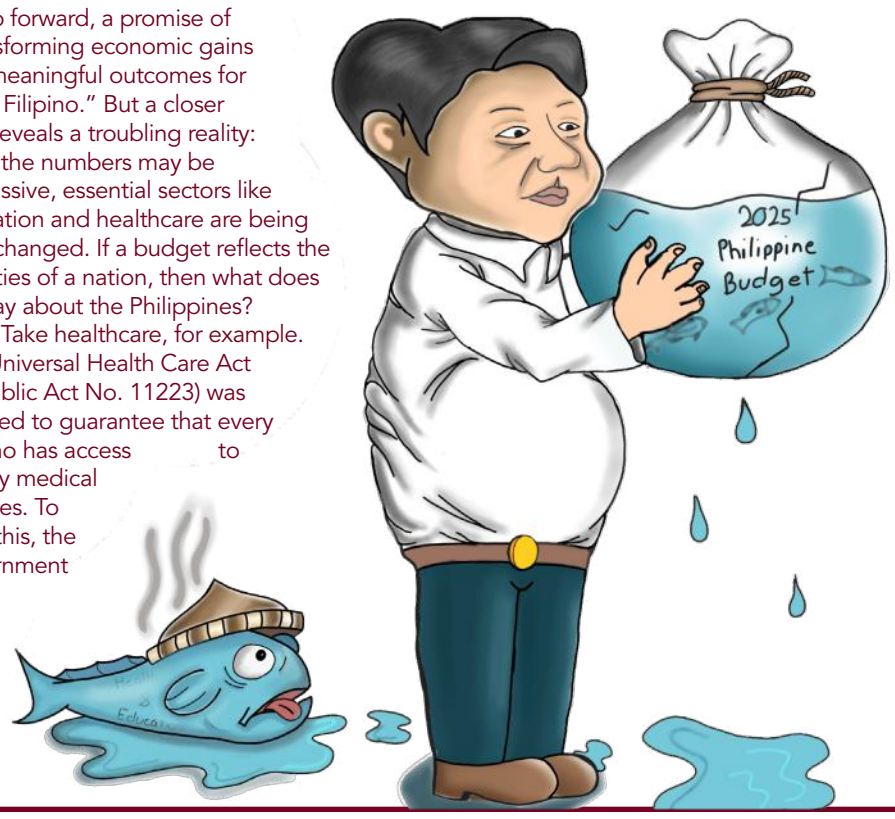
Education is not faring any better either. Article XIV of the Constitution mandates that education receives the largest share of the national budget, and technically, the government has followed through. However, that share and commitment has shrunk. The education sector, supposedly Vice President Sara Duterte's stronghold, has taken a 24-billion-peso cut. The hardest-hit project? The DepEd Computerization Program, which was meant to equip public schools with laptops, smart TVs, and satellite internet. It initially had a proposed budget of ₱12.4 billion, but was gutted to a mere ₱2.4 billion. In today's digital world, access to technology is no longer a luxury—it is a necessity. Cutting this program leaves thousands of public school students without the tools to compete in an increasingly virtual and globalized economy. State universities and colleges (SUCs) are also taking a major blow as their funding has dropped by ₱14 billion, from ₱128.23 billion in 2024 to ₱113.75 billion in 2025. This means fewer resources to improve facilities, hire faculty, enhance research, and provide scholarships—essentially limiting access to affordable, quality education.

But it does not stop there. The Basic Education Facilities Fund (BEFF), which provides for the construction and repair of classrooms, has been slashed as well. Every year, public schools report overcrowded rooms and deteriorating facilities, yet the government continues to ignore these urgent needs. Some students still learn in makeshift classrooms or under trees due to a lack of proper school buildings. Teachers, already stretched thin, now face larger class sizes with even fewer resources. How can students be expected to thrive when their learning environment and second parents are in shambles?

Beyond these neglects, the issues go deeper as the 2025 budget faces legal controversies. Allegations of pork barrel allocations continue to persist for decades, with officials securing funding for pet projects that primarily serve their political interests rather than the public good. Then comes the controversy over alleged blank line items in the budget proposal—a claim pushed by former President Rodrigo Duterte, only to be dismissed by sitting President Marcos Jr. as falsehoods. Watchdog groups and lawmakers alike have pointed out that these vague allocations allow billions to be spent without clear guidelines or oversight, violating the principles of transparency and responsible governance. Even the Supreme Court battle over Vice President Duterte's impeachment case further gives away the growing suspicion that these budget allocations are more than a financial plan, but more so a political maneuver—a tool for loyalty rewards and political payback.

If the budget is meant to improve the lives of Filipinos, why is the ₱1.757 trillion personnel services allocation (bloated by a ₱273 billion increase) given more attention than the two most critical sectors? Why does the ₱26 billion Ayuda sa Kapos ang Kita Program (AKAP), likened to pork barrel, receive more funding than the future of the students and the health of citizens? The evident dilemma that branched out from the proposed 2025 budget allocation must be enough for the officials to withdraw it and thoroughly analyze what the nation's priority is. As this proposal lacked the essence of transparency, it does not promise a brighter future ahead. However, as government officials turned a deaf ear most of the time, Filipino citizens must do their part in choosing the right leader who is truly aware of what the country's main concern is; so the country can progress to its full potential without any worry.

The anatomy of the 2025 budget may just do more harm than good. While the government justifies prioritizing infrastructure and defense for economic growth and national security, what good are they if the people walking them are undereducated, unhealthy, and barely getting by? Governments love to boast ambitious figures, yet these mean little if they fail to make real, lasting improvements. A nation that weakens its social foundations does not build for progress—it gambles with a stacked deck, dealing only for the few, while the rest are left playing a losing hand. Filipinos must demand more, as it is their right to deserve a fair budget that serves them—not just "the people" it serves.



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Waves of RESISTANCE



JESTAR POLICARPIO

Splashes of heated waves crashing violently seem to be an echo of the cry of the Philippines' sovereignty as it has been continuously heavily targeted by oppressive maneuvers provoked by China that insolently violates the existing territorial rights in the West Philippine Sea.

The brewing tension between the West Philippine Sea and the South China Sea evidently seethes as it keeps intensifying since 2011 in the record of the Council on Foreign Relations, up until now, giving emphasis to the consistent impertinent behavior shown by China. Throughout the years, the sneaking attempts of injustice become more bold and aggressive taking away their noble disguise, which reveals their dark intention to shamelessly covet the territory of the Philippines. Even so, their stance that the West Philippine Sea is their territory is truly infuriating as it further adds salt to the damage they have done to the Filipinos' honor.

For people to share the sanctuary provided by nature, the United Nations Convention on the Law of the Sea (UNCLOS) granted countries, specifically the Philippines, an Exclusive Economic Zone (EEZ) that sets the boundary of their claim to territory that extends to 200 nautical miles. However, China persistently trespassed the Philippine territory by conducting a series of harassments to the Philippine Coast Guards (PCG) even though they are sailing in their sovereignty by instructing their own Chinese Coast Guards (CCG). For instance, in a resupply mission led by the Armed Forces of the Philippines (AFP), the PCG was bullied and injured due to brutal ramming of CCG's boats at high speed and recurrently striking of a rod which led to Seaman First Class, Jeffrey Facundo, to lose his thumb. Other attacks of CCG even involve the shooting of laser beams, firing of water bombs, aiming its weapon system, conducting suspicious surveillance, and interrupting coast guard missions. These type of offenses to PCGs serves as a threat to the thread of peace as this symbolizes how they blatantly disrespect the Philippine sovereignty.

The WPS plays a pivotal role in maintaining the balance of the country as it is rich with natural resources, such as marine life, oil, and natural gas, acting as a lifeline for various Filipinos. With that, the Article XIII, Section 7 of the 1987 Constitution, serves as a protection to subsistence fishermen to continue their jobs in the WPS. Yet, China is truly deluded that WPS is theirs even though they are on the specific zone of the Philippines as they bring imminent danger to citizens. They even ironically accused Filipinos of seeking trouble when they are solely defending their rights to the sea waters.

It has been clear from the beginning that China does not have any territorial claim in the waters of the West Philippine Sea as stated in the international arbitration tribunal ruling in The Hague in 2016, that the historical claim of China of the so-called "nine-dash line" does not carry any legal basis implying how they repeatedly violated an international law. However, even though the Permanent Court of Arbitration already ruled in favor of the Philippines, China still has the audacity to release an updated version of its illusionary map that greedily consists of an extra dash line which daringly violated the UNCLOS declaration.

The dispute surrounding the West Philippine Sea due to being submerged in critical attacks threatens the overall equilibrium of the Philippines' stability. With that alarming situation, President Marcos Jr. decided to strengthen the country's ties to alliances with other nations, including Japan, the United States, Australia, and New Zealand, to build a steadfast shield to defend the security and sovereignty. Despite China's aggression, every citizen must have the sense of responsibility to defend their own country as surrendering is not an option. A brave voice who dares to speak up, associated with action, is already enough to turn the tide and reclaim their rightful rights.

Dignity and lifeline of the country is at stake if the West Philippine Sea is not defended bravely, leaving the nation in a weakened state. Philippines must never back down to the fight to disrespect to keep the legacy of sovereignty. As despite the steam of tension, the echoes of voices resisting the blatant cruelty must keep igniting to prevent the waves of oppression from drowning them to a deafening silence.



KHELZEN STEFFIE S. MENDIGORIN

THE POWER OF TRUTH

The purpose of the truth extends to different aspects concerning people and reality. It can mend or break trust and connection within the society. Its power is often underestimated and goes beyond the things we can imagine. A simple truth can turn things around, although it varies whether it would turn out negatively or positively. Even fake news holds its power, that often turns out negatively. However, it usually does not last. In this era where information spreads rapidly and is possible to be done with just one click, the truth is often bent. It may be overlooked and disregarded, but it cannot be erased.

With the power of technology to disseminate information in a click, it is easy to manipulate the facts in a way that is more empathetic, sensational, and reasonable for the reader to believe. People get creative with the creation of misinformation, making it hard to determine which information is the truth. With these, fact-checking is a must and a responsibility, especially in bigger matters, given that it plays a huge role in how people's lives will turn. Imagine how a single post of fake news could spread to a wider audience, caused by the reader of that single post.

It is easy to believe the things everyone reads, sees, or hears. But, if everybody looks at it deeper, it is more than just about believing things. It is about how it influences every individual's life and thinking. The impact of a small matter that was disguised as the truth can be a bigger problem in a bigger picture. Fake news is dangerous. It is not just about the impact on an individual but the domino effect it could cause to the entire society. It could reshape the belief of the people who reached the information. Would it hurt to verify every piece of information? Wouldn't it be better to check? As evident, a lot of people have been deceived by the misinformation that is all over the internet. It resulted in multiple scams and even twisted their beliefs, which have led to their unreasonable actions.

When falsehoods shape public perception, they can influence elections, sway public policy, and even endanger lives. Consider the impact of health misinformation during the COVID-19 pandemic—false claims about vaccines and treatments led many to make dangerous decisions about their health. Some refused to get vaccinated due to widespread misinformation, which ultimately cost lives. The power of truth, however, has the ability to counteract these dangers—when given the chance. When people have access to verified, accurate information, they can make informed choices that protect both themselves and those around them. As elections come close, the things we believe in have a huge influence on the choices we will make. Misinformation does not help in choosing which people will effectively serve the country.

People are accountable for everything they believe in, especially when they take action according to their beliefs. Therefore, everyone must be responsible for making sure of the information before they blindly believe it. Fact-checking should not be seen as a burden; instead, see it as an opportunity to be enlightened and learn the whole thing before making a judgment. To ensure that the power of truth will be held high, people must meticulously scrutinize everything before they make a decision, and not carelessly post their side and opinion based on something they just read about. It is necessary to build the habit of fact-checking to secure not just themselves but also to safeguard the welfare of the society.

Ourselves for Ourselves



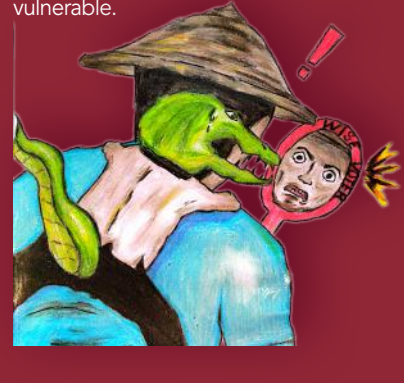
JHON MICHAEL B. DUQUE

Experiencing Philippine politics for the better part of my life (specifically elections and their subsequent effects) has given this nation and its collective decision-making abilities a really bad rep towards my eye. The blatant and constant corruption, questionable choices and values, and what seems to be a dementia that renews three years minimum really undermines the hope for a brighter future. Which leaves you and me to wonder what to do now.

The nation is once again nearing its national elections to determine new party lists to be members of the congress, city councilors, mayors, governors, congressmen, and senators just to name a few. A simple way to refresh the system, pump new blood into the circulation that is the legislative branch of the government, or well, that's what it wants to be. Looking into who are the ones running into office deems this thought ironic as most of them are either re-electionist who are extending terms, or a part of a bigger dynasty preserving control over different positions (most probably to consolidate power and also to extend terms). For the party list system on the other hand, although some newcomers come into the radar, their purpose is often questionable, and at times, it's not even there.

Although these schemes have been going on for quite some time now, with old faces dominating and consolidating, and party lists misleading the populace with their serenading names, appealing to the suffering of the masses, they keep getting elected and getting away from these dubious practices, and it shouldn't be the case. The solution to this dilemma? More people who are critical thinkers and participative voters. I don't see the problem being solved from within the system itself as it would only lead into loopholes being abused by these leeches, thereby creating deeper problems. No, it should be the people, because after all, we have the power to burden others as being our leaders, let alone allow certain types of politicians to run for office.

And sure, people can argue that longevity can help build something that is great, and adhering to our customs can be reliable at times, however, a consolidated area or part of the government will definitely entertain to the possibility of being tailored towards one's liking, and clinging to the old ways often translates into promoting emotions over intellect. What this election, and everything that comes after it, should be, is a movement—an act that helps the government build itself in order to help the people it's created to provide service for. It should not be a circus show running around using our money, saying their insincere prayers, and leaving us hoping and vulnerable.



THE OFFICIAL NEWSPAPER OF MEYCAUAYAN NATIONAL HIGH SCHOOL

ang hiyas

GUST 2024 - APRIL 2025 YEAR VII | VOLUME I



The Crown's Victory:

CHELSEA MANALO, MISS UNIVERSE PHILIPPINES 2024

MARVIN B. GALVEZ JR.

Meycauayeño's pride, Chelsea Manalo shines bright on the runway of Miss Universe in Mexico.

Dreams are no longer whispered in the quiet streets of Meycauayan but are now roared alive on a grand stage called Miss Universe. Chelsea Manalo possesses not only a poetic poise and an unbreakable spirit; she has earned a legacy redeemed as a titleholder. Gliding above the dazzling lights of Mexico, she owned almost every step as if written in the stars, not just in a walk.

From the moment she set foot on the stage, she had everybody's attention. An electric smile shone on her face, and her presence was magnetic. Her eyes were ablaze with fire—the kind that spoke of battles fought, barriers broken, and dreams pursued. She didn't carry a simple sash; she bore the hopes of an entire nation, the pride of her hometown, and the dreams of all Filipina youth who dare to dream of something bigger.

This is not merely a victory in beauty; it is a victory in strength, in identity, and in what it redefines with respect to what it means to be a queen. She is Chelsea, 25 years old, a Filipino-American. She now proves beyond any doubt that beauty cannot be harnessed into one mold; rather, it can be found in perseverance, courage, and standing up in the face of all odds. From a mere aspiring model, she transcended into the most glorious beauty queen in the country, one whose journey speaks a lot about resilience, self-love, and the power of belief.

Chelsea Manalo, Miss Universe 2024, Miss Universe Asia 2024, and proud Meycauayeño.

Gems of MEYCAUENOS

THROUGH THE GENES OF Leadership

SOFIA ALEXA CHAVAZ

Through the years, the beloved school has gone through various gusts of time, or even uncertain trials. Trials made to be imperfect, even making them an embodiment of "perfect." Every portion of every edifice, every brick stacked holds the memory of how it was crafted by those brilliant people who once held the leadership.

All those colors combined would be elsewhere if it had not been for the ones who painted this place where people once grew up with. I do not just see the academy as a shelter for learning. Because for me, it is a home of vivid desires; making things possible, owing it to who we call the leaders who are the ladders of dawn and destiny.

Dedicated, empowered, inspired. Three words for countless thoughts of what a leader could be. For almost 36 years, MNHS witnessed the eyes of those who once acted. Those who served as the tree for growth, and the source of a new start of every principals. And this January 7, 2025, synchronized to the start of another year, the gates opened and welcomed a new face of hope, Sir Genaro V. Relente, handing the chance of fostering bigger opportunities.

Much has been proven, more can be proven, as he was awarded as Outstanding Secondary School Head last Schools Division of City of Meycauayan Gawad Galing Pinuno at Kawani awarding ceremony. It was shown beyond doubt that this school was already made for more. But what could possibly be more?

Even with just a small period of time, we can already sense the great evolution of the school. In just a snap, Sir Relente's vision and promises turned into excellent work and perseverance too good to be true. Part by part, enhancement of facilities and execution of plans marks his expanding legacy for MNHS. Through his wisdom and strength, we can slowly build steppingstones for making a more colorful palette, splashing shades of a successful tomorrow.

He is not just a leader by words, but also by hand. It is all the GENE's competence. He aims for the absolute best, outdoing the rest. A school head committed to his plans, planting a development inside the campus. His communication builds a sturdy bridge for students and teachers to be part of the change, or to even make a change. And as he serves as the foundation, something, or rather everything, will be achieved.

And with everyone who is part of the learning, serves Principal Relente's inspiration of all the voice, blood and sweat he pours. With them, he envisions brighter and better things. Indeed, there can be more.

Now lighting a torch for an enlightened dream. More colors can be combined, and a testament to be etched in our own history book. It's not a fantasy, but a legacy. While Sir Gene sits on the throne, no promises are thrown.



Shifting Sands: *The school's history turns a page, with Sir Genaro V. Relente at the helm.*

of Pride: SHINING BRIGHT



Courtesy of: City of Meycauayan, Bulacan Official Facebook Page

Leaves in Motion: ***The Indakan sa Gintong Kawayan Festival transformed the complex into a living tapestry of Meycaueño heritage.***

The Dance of Golden Kawayan at City of Meycauayan

MARVIN B. GALVEZ JR.

The golden field of bamboo has once again swayed to its rhythm in the second year of the "Indakan sa Gintong Kawayan Festival."

Through the beats of modern music, they dance as if they are mimicking the sway of leaves, swirling the wind, a majestic flee. Various schools from the School Division of Meycauayan have once again rendezvoused to show their prowess in dancing and colorful street dance showdown at the city of Meycauayan Sports Complex on December 10, 2025...

Participants from various schools showed the culture and tradition of Meycaueñyos through their flawless performance and their eccentric dance. Meycauayan Sports Complex has also been filled with magnificent costumes that encompass the culture of not only the Meycaueñyos, but also the rich history of the Philippines.

Various enthusiasts from different organizations have been invited to judge the said competition. We have Mr. Erwin Dela Cruz of Lahing Kayumanggi Dance Troupe of Bulacan State University, Dance Director of Sining ng Bulakenyo, Ms. Jodi Cabrera, and Mr. Anthony Cruz, Director of Malabon National High School Tanghalang Bagong Sibol Theatre and Dance Company.

The day stunned many again when Mayor Henry Villarica unexpectedly raised the cash prize and the consolation of the "Indakan sa Gintong Kawayan."

When the competition concluded, Meycauayan National High School was declared the grand champion, receiving P125,000 in cash, followed by Cardinal Academy in first place, receiving P100,000 in cash, and Bancal Integrated School in second place, receiving P75,000 in cash. The remaining schools, Meycauayan West Integrated School, Nazarenus College and Hospital Foundation Inc., Montessori de Sto.niño of Meycauayan, and Langka Integrated School, earned a P25,000 consolation award.

Meanwhile, MNHS was once again awarded special awards such as Best in Costume and Best in Street Dance, receiving an additional P25,000 each award. Furthermore, Bancal Integrated School won the P25,000 Best in Showdown prize.

The night has certainly become "the night." Following the successful event of the golden festival, "Indakan sa Gintong Kawayan."







CAMI-TMENT LEADERSHIP : THE FORGING PATH OF A SENIOR SCOUT



Courtesy of:

Leading by Example: ***Camisha Felicilda inspires and empowers her peers as a dedicated Senior Crew Leader at MNHS.***

RONALYN J. NARTATES

Leadership is more than instructing and enlightening people—one will inspire, guide, and bring out the best in others. True leaders empower those around them and foster an environment where others feel valued, inspired, and ready to contribute. This is the picture of leadership modeled by Camisha Felicilda, a keenly dedicated Senior Crew Leader of Meycauayan National High School (MNHS), whose constant commitment has made a lasting impression on her peers and the school community.

Ever since she arrived at the school, Camisha has been charged with that aura of responsibility and determination. The title of leadership came pushing a journey built through several years of toil, volunteerism, and a genuine passion for serving others. Engaged in several school projects and scouting activities, she illuminated herself with purpose and turned many teachers' and classmates' heads. They all recognized someone with a gift for bringing together and uplifting those around her—a perfect candidate for the Senior Crew Leader position.

Her leadership does not just mean leading but, instead, being truly engaged in assuring good working and productive opportunities. Under her guidance, student crew teams were transformed into one when they had all foresight in teamwork. Once timid students became confident, ready to charge ahead in the face of challenges because of her encouragement and inspirations. In her role as a leader and motivator, Camisha influences others under her mentorship to pursue service.

To Camisha, leadership is about connection. She makes sure that each one gets a chance to share his mind, and everybody feels good to be part of it. Instead of exercising authority, Camisha builds relationships, wherein her team feels like a big family with her around. Learning the songs and cheers for the events or planning scouting activities, she relishes every moment of the interrelationship that blooms along the path. Even when the going gets tough; during the times of lack in participation or motivation, that's when her patience and creativity break forth. Instead of clogging their way forward, challenges are seen as new learning experiences both for herself and her team earning them a successful year as a senior scout.

Camisha Felicilda is a real testament to passionate leadership, dedication, and a heart for serving others. She has redefined so many attributes of leadership, leaving a legacy for the next generation of senior scouts.







Photo by: Pierre Andrei T. Pormiento

Fashion Forward, Eco-Conscious: *MNHS-SHS students dazzled the crowd with their innovative designs, proving that sustainability can be stylish.*

Eco-History on the Runway

KHELZEN STEFFIE S. MENDIGORIN

On December 9, 2024, with the merging of history and sustainability, fashion became the star attraction when SHS students of Meycauayan National High School turned the school's grounds into a historical runway laced with time. Under a golden afternoon sun, the hues of the superbly made costumes, each standing for ingenuity and resourcefulness, glittered. The event was organized by the Supreme Secondary Learners' Government, where students were challenged to characterize their personalities into historical figures and to design their costumes from recyclable waste.

The spirit was alive with excitement as the contestants donned their elaborate costumes, flowing attire, and royal capes, once mere scraps, now made into stunning ensembles. Every section of the SHS Department sent a delegate, and as these candidates strutted the runway, the crowd held their breath in anticipation of the unforgettable show that was about to unfold. Clearly, this was more than a fashion show; it was stitching history, art, and sustainability all together.

Bolstered by the whooping cheers the 24/7 News Live, Tv Broadcasting team of Ang Hiyas, each dazzling moment was captured. They interviewed several people, among them Ms. Shyn Ortega of 12 STEM - Darwin contestant, who could hardly suppress her excitement as she stated, "It was an amazing experience to bring history to life in such a creative way."

Sir Jerwin Nava, SSLG adviser and organizer of the event, stressed that the deeper significance of the project:

> *"This is all about the students. It's about giving them a space to showcase their skills, step into the spotlight, and inspire others with their talent."*

The aura of poise as they were going through the stage was totally regal while the spectators following with full awe and admiration. The golden sun setting on this very afternoon casts out its warmth to the regal formation of the historical figures being portrayed. And though the sun rained beads of sweat upon them, their will was unfazed; their light was just as radiant as the colors of these polished costumes. And in more ways than one, this was more than just a competition; it was a beautiful tapestry interweaving the past and present from the imaginations and hearts of those involved.

Eco-History on the Runway proves that for fashion, it is not only a mode of outlook; it is a vehicle for stories, a means for sustainable living, and a narrative that breathes history into existence.

Beyond Pen and Duties:

Work and Life Balance of MNHS Working Students

MICHAELA REYCHELLE B. BERNARDO

They hold their pen, gripped and tight, a tool they used to win this life–student by day, worker at night. Double duty, one body.

Academics are difficult enough for many students, but working students possess an additional weight they ought to carry day by day. These students pursue part-time jobs to support their families, attain financial independence, or further their studies while still attending school. However, dealing with both may be taxing and daunting.

Jed Buenafrancisca, a Grade 11 ABM student, explains how he manages his time by focusing solely on school and work. "I prioritize whichever is easier to finish first," he explains. However, even with this strategy, the burden might become challenging due to the time constraint and several workloads.

"There are times when school and job deadlines hit me all at once. I'm not sure how I manage—I simply do what has to be done," he says.

Cheska T. Cillo, a Grade 9 student who sells homemade flowers and babysits, has devised her own strategy to balance her scholastic and financial obligations. "There are days when I have to sacrifice my personal time just to get everything done," she tells me. "But now, I make timelines for each task to help me regulate my time effectively."

For both students, balancing work and studies is a daily challenge. Long hours of schoolwork combined with job responsibilities often leave little time for rest or social life.

His father, at the age of 70, continues to work to support Jed's education; his inspiration comes from his father. "Despite his age, he continues to work, and I do not want him to suffer alone. That's why I became a working student-to assist him, even just a little," he shares.

Cheska, on the other hand, believes in the importance of time management. "Work isn't going to get done by itself," she says. "Time is a luxury, and if you waste it, it will eventually catch up to you."

Despite the exhaustion and stress, both students push through, knowing that their sacrifices today will benefit them in the future.

When asked for advice, Jed keeps it simple and states: "Keep up the good work."

Meanwhile, Cheska emphasizes the importance of rest. "Rest, but do not neglect," she advises. "Resting is not being lazy—it's a way to recover your strength so you can keep going."



Working students' lives are not simple to accomplish. It demands dedication, tenacity, and excellent time management abilities. However, for people like Jed and Cheska, the benefits—whether financial stability, personal development, or aiding their families—make the sacrifices worthwhile.

Balancing employment and school might be difficult for students in similar situations, but it is not impossible. Many people have discovered methods to balance both obligations by exercising discipline, time management, and a strong sense of purpose. While problems are unavoidable, adopting little steps—whether via good scheduling, understanding when to take a break, or keeping motivated—can help you sustain both your academic and professional obligations.



Photo by: Pierre Andrei T. Pormiento

Virtue Valued: *MNHS are more partial to honesty as the cornerstone of character, rewarding students who choose integrity over shortcuts.*

Caught in the act... of Honesty: MNHS Honesty Award

MARVIN B. GALVEZ JR.

In a world that teems with temptations to cut corners and take shortcuts, Meycauayan National High School (MNHS) stands firm in the belief that honesty is not an old-fashioned virtue; rather, it is the very foundation of true character. The Honesty Award of the Week was thus born to recognize and celebrate the act of doing well, for the school believes that the spirit of integrity deserves a moment of recognition.

The Honesty Award was conceived by Sir Genearo V. Relente, current principal of MNHS, a leader who recognizes that values are best taught through action, not words. He imagined a school where honesty is not just expected but celebrated. In this, he found tremendous support from the Edukasyon sa Pagpapakatao (ESP) Department under the leadership of Sir Jessie P. Dungca and the Guidance Office. Together, they secured the recognition on a solid foundation so that this venture would become not merely an award but a movement.

So, what triggered this project? The witness of little acts of honesty here on the school grounds—students returning lost wallets, handing in misplaced phones, and making sure that a simple pen finds back to its owner.

This drive aims to transform those little deeds of honesty into some truly monumental inspiration, demonstrating just how honesty, whether small or big, transcends in molding the character of an individual.

The Honesty Award, in its philosophical essence, is not only about giving someone a certificate or recognition; rather, it is an initiative to foster a culture where every other day, all day, honesty is always observed. Be it returning a lost item or telling the truth when no one is looking, such deeds showcase the strength of an unshakeable resolve steeped in moral belief.

Beyond the recognition they give, we ignite a movement of honesty and integrity that will sweep all through MNHS and start an advocacy. As the vision goes on, the school administration sees a school where honesty is not the exception but the rule. Where returning items are greeted with thanks, where students speak the truth to one another, and where trust becomes the bond and foundation of the community.

The Honesty Award is not just an ornament, a badge of honor, or an ephemeral applause; it is a legacy in the making, a rally cry, and a challenge to every student: Will you choose to do what's right when no one is watching?

Who will be our next Honesty Awardee? The decision lies with you.

EDUCATION

Innovation, Excellence Featured at DSTF 2024

MA. YSABELLE M. MANAGUELOD

The innovative ideas of young scientists and inventors from different public and private schools were on display at the 2024 Schools Division Science and Technology Fair in the City of Meycauayan. This event, which took place on November 5, 2024, honored the exceptional accomplishments of learners who showed unwavering invention and understanding of science.

As stated in Memorandum No. 454 of the Schools Division, s. 2024, published by Meycauayan City's Schools Division, the fair's winners have been formally declared. Students were able to show off their research, experiments, and technical advancements through this competition, which promoted a culture of problem-solving & scientific curiosity.

The memorandum, signed by Dr. Merlina P. Cruz, Ph.D., CESO V, Schools Division Superintendent, expresses appreciation for the efforts and support of school heads, coaches, and parents. Their guidance played a crucial role in helping students excel in the competition.

Among the notable winners in the Investigatory Projects - Life Science (Individual, Secondary Level) category, Rovie Neoliez E. Legaspi from Saluysoy IS secured 1st place, followed by Daniella Maxine D. Villanueva from CNHS in 2nd place, and Maireah Frenchleska A. Burla, also from CNHS, in 3rd place. In the Life Science - Team category, Jasmine Yvone I. Sanchez, Maria Celestine Sangcap, and Jestar Policarpio from MNHS won 1st place, while Pritica Jardi V. Bojya, Jan Marco E. Vardan, and Mariel Dela Cruz from Bancal IS placed 2nd, and Vanessas John L. Naña, Isabel C. Javier, and Chloe Faye M. Taneo from Saluysoy IS took 3rd place.

For the Investigatory Projects - Physical Science (Individual, Secondary Level), Kayesha Denisse Marollano from MNHS emerged as the 1st place winner, with Shanz Aizhrn Z. Hulabay from Saluysoy IS placing 2nd.

The Science Quiz Bee featured several winners across different grade levels. In Grade 1, Yuri Anastacia M. Manalo from Bagbaguin ES claimed 1st place, followed by John David D. Angeles from Lawa ES in 2nd place, and Jaime Antonio J. Sacramento from Perez ES in 3rd place. In Grade 3, Nate Robin B. Villuga from Malhacan IS secured the top spot, with Swayne Martin S. Casipit from Perez ES placing 2nd, and Kyrie Xian F. Rubio from MWCIS taking 3rd place.

For Grade 4, Jaydhen Liam M. Penquito from Iba ES won 1st place, followed by Zachary Azcendar Jhuames N. Go from Pantoc ES in 2nd place, and Aileen Jezeniah F. Zara from Pandayan ES in 3rd place. Meanwhile, in Grade 6, Andrea P. Mesa from Camalig ES emerged as the 1st place winner, with Shara Jane V. Balilia from Bahay Pare ES in 2nd place, and Arden Bryant A. Evangelista from Malhacan IS securing 3rd place.

With the increasing significance of science and technology in modern society, events like this fair encourage students to pursue careers in Science, Technology, Engineering, and Mathematics (STEM). The recognition and awards given to the winners highlight their dedication to research and innovation.



EDUCATION

Courtesy of: Society of STEM Student in-Action Club
Tech Inspiration: ***MNHS-SHS students explored the expo with enthusiasm, driven by their passion for scientific discovery.***

MNHS-SHS Students Step into the Future at STEM EXPO 2024

SAMANTHA ASHLEY B. VALDEZ

Cubao, Quezon City – Students of Meycauayan National High School-Senior High School (MNHS-SHS) recently caught a glimpse of the future of science and technology at the STEM Expo 2024, which was held at Gateway Mall 2 in Cubao, Quezon City. The event, with the theme "Tech A Step Forward: Empowering the Future Innovators through Technology," showcases advancements in innovation and technology in different STEM disciplines.

This STEM Students Expo proved particularly valuable for MNHS-SHS, a school known for its strong commitment to STEM education. The students engaged with leading professionals and specialists in the field, gaining first hand insights into potential career paths. The experiential nature of these programs made the expo a natural fit for the students' learning experience in the classroom.

Students were captivated by the interactive displays, which varied from advanced robotics to immersive virtual reality experiences. One of the displays, which featured a robotic cane " Stairs Assistance for Everyone's Recovery" from Cayetano Memorial Science and Technology High School, that can help elderly and disabled people climb stairs, was especially popular and won as the Best In Innovation and Best in Use of Technology . "It was great to see how robotics is being used in such a critical sector," said Mark, an MNHS-SHS student. "It made me realize the real-world application of innovation and engineering."

Mr. Erickson Serrano, Research Adviser at MNHS-SHS, emphasized the importance of such experiences.

> *Expos like this are important in inspiring the next generation of scientists and innovators. They provide a glimpse into the possibilities that are out there and help students link their classroom learning to real-world applications. We are very proud of our students' interest and their commitment to STEM.*

STEM Expo 2024 was not just a field "trip-like' for the students of MNHS-SHS; it was an investment in their future. It was an inspiration to them, where they were motivated, educated, and networked to pursue their dreams and be tomorrow's changemakers. When they left the expo, the students' minds were replenished with new ideas and possibilities, and this was a good sign for the future of STEM in the country.



Courtesy of: DepEd Tayo - MNHS Official Facebook Page
Time, Talent, Triumph: ***MNHS-SHS students overcame time and resource limitations to achieve success in the DOST Gawad Alunig x Dalumat program.***

EDUCATION

DOST Gawad Alunig x Dalumat

KIRSTEN D. COYOCA

Students from Meycauayan National High School have distinguished themselves in the national science journalism field, earning two awards at the Gawad Alunig x Dalumat DOST Program competition. The awards ceremony, held at the Bellevue Hotel on October 25, 2024, celebrated student achievements in science-related journalism.

The competition, which commenced on September 31, 2024, drew entries from aspiring young journalists across the Philippines. This event highlighted the importance of scientific literacy and effective communication.

The Gawad Alunig x Dalumat DOST Program aimed to recognize excellence in science journalism among students nationwide. Participants showcased their ability to translate complex scientific concepts into engaging narratives.

Sir Ancel Francis Rapsing, the dedicated coach who guided and mentored the students throughout their journey, emphasized the crucial role of mentorship in nurturing the next generation of journalists.

> *Effective coaching goes beyond simply imparting technical skills; it involves igniting a passion for storytelling and providing students with the motivation and confidence to explore the world around them through the lens of journalism.*

Participating in the competition significantly enhanced the students' collaborative skills, communication skills, and research capabilities, learning to work effectively as a team, communicate scientific information clearly, and conduct thorough research.

The students faced challenges common to competitive events, including time constraints, limited resources, and the complexities of translating scientific jargon.

The students' efforts culminated in a remarkable double victory. They earned the Gawad Aluning People's Choice Award, reflecting widespread public appreciation for their work, as evidenced by over 4,800 votes.

The participants also received the award for Best Science Story in the Country, a testament to the quality and impact of their journalistic piece.

It proves and testifies the students' talent, their coach's dedication, and the supportive learning environment at Meycauayan National High School. Their achievements bring honor to their school and the Meycauayan community.

HEALTH AND COMMUNITY

Philippines Reports 56% INCREASE in DENGUE CASES; Triggers Urgent Response

DANIEL L. DELA PACION

The health authorities in the Philippines are raising alarms and warning as dengue cases rise across the country, concerning 43,732 cases has been reported by the Department of Health (DOH) as of February 15, 2025 increasing 56% more than last year's period.

Regions notably affected include CALABARZON, the National Capital Region, and Central Luzon, which are active Dengue hotspots. Seventeen local government units (LGU's) are reporting the increasing dengue cases in 2025.

"The Centers for Health Development are also coordinating with LGUs to implement necessary preventive measures to combat the spread of dengue. LGUs have also launched intensive vector control measures and clean-up drives to eliminate mosquito breeding sites," the department said.

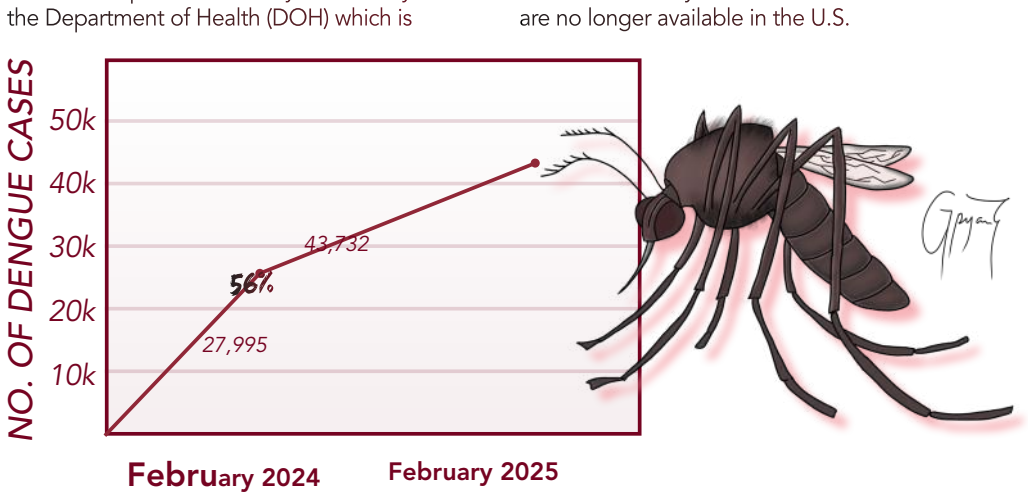
The reported cases in year 2025 by the Department of Health (DOH) which is about 43, 732 is 56% more than 27,995 cases recorded in the same period last year.

Health Secretary Teodoro J. Herbosa stated in a press release on February 21, 2025, "Keep the inside and outside of the house dry—do not allow (Dengue-infected) mosquitoes to breed."

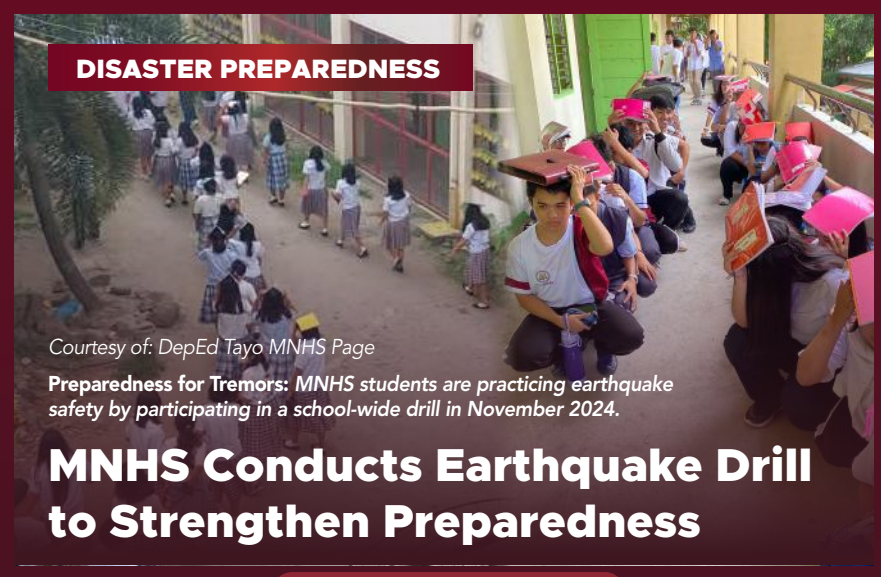
"Consult early if you have symptoms. Don't worry about the cost; PhilHealth will cover it."

Furthermore, all government hospitals and health centers have implemented dengue fast lanes to ensure expedited triage, diagnosis, and treatment of suspected dengue cases.

Millions of international travelers who visit the Philippines annually were alerted by the Travel Health Advisory of the United States (U.S) CDC. In addition, the travel vaccine expert immunization options were recommended by the CDC while the vaccines are no longer available in the U.S.



DISASTER PREPAREDNESS



Courtesy of: DepEd Tayo MNHS Page

Preparedness for Tremors: ***MNHS students are practicing earthquake safety by participating in a school-wide drill in November 2024.***

MNHS Conducts Earthquake Drill to Strengthen Preparedness

RIZCEL CLAIRE BENITO

To ensure safety and preparedness in times of disasters, Meycauayan National High School conducted an earthquake drill last November 2024. The activity aimed to train students, teachers, and school personnel on the proper procedures to follow in case of an earthquake.

Led by former principal Ma'am Lorenia R. Sales, along with Mr. Cristan Dela Cruz and Mr. Christian Conahap, the School Disaster Risk Reduction and Management (SDRRM) team, the drill involved the entire school community, including faculty members and student leaders from the Supreme Secondary Learner Government (SSLG).

According to Mr. Dela Cruz, one of the key organizers, the drill was about 70% effective, but there were still areas that needed improvement. He noted that some students did not take the activity seriously, which affected their evacuation speed. Another challenge observed was the traffic congestion near the main gate due to parked vehicles, which slowed down the evacuation process.

Regardless of these challenges, the school saw an improvement in response time compared to previous drills. Mr. Dela Cruz emphasized that while the drill was faster than before, further improvements were necessary. " Yes and No, Yes kasi mas mabilis siya kesa last time, and No din kasi alam kong mas may ibibilis pa 'yun at mas may iaayos pa kung mas seseryoshin ng bawat isa ang drill, ito naman ay para sa kaligtasan ng lahat," he said.

The earthquake drill is part of the school's regular safety protocol that is conducted quarterly or annually as a precautionary measure. Mr. Dela Cruz shared the importance of these drills, saying that earthquakes are unpredictable, and preparedness can make a big difference in making sure everyone's safety.

DISASTER RESILIENCE

Filipino Community Amidst California Wildfire

Illustration by: Justine Kyle Cobarrubias
Courtesy of: GMA Network

Bayanihan in Action: ***Amidst the devastation of the California wildfires, the Filipino community in Los Angeles demonstrated remarkable resilience and solidarity.***

DANIEL L. DELA PACION

The Filipino community stands resilient amid the raging California wildfires, ranging nearly 150 Filipinos have been affected at Los Angeles, an official said on january 6, 2025. However, despite the crisis, the Filipino community came together in a display of 'bayanihan,' offering essential support.

The Los Angeles California Wildfire is a natural disaster fueled by the combination of climate, environment, and human factors. During the late summers, the fires often occurred in the dry and hilly regions of Southern California, spreading almost entirely the city's.

The Filipinos who lived in California particularly in Los Angeles, San Francisco, and San Diego counties were affected and forced to undergo mandatory evacuation to find a safe shelter as the fires continued to spread through Los Angeles in California leaving at least 24 dead.

According to Los Angeles Consul General Adelio Angelito Cruz, the authorities were trying to help to find them a long-term housing since most of them has been displaced by the fires.

The Department of Foreign Affairs authorized Cruz to release emergency assistance worth $200 to "every Filipino initially affected by the wildfires and we can move on from there."

The wildfires play a crucial role in the impacts of health hazards. Short-term and long-term health risks can affect especially to those vulnerable populations such as children, elderly, and those with preexisting conditions.

Despite the hardships, the heart of Filipino community still remains warm and hopeful, leading them a bayanihan act that serves a help such as food donation, supplies, relief efforts, and offering free meals.



Courtesy of: ABS-CBN News & Microsoft Network

Urban Oasis: ***Meycauayan Eco Park offers a tranquil escape for residents seeking a connection with nature.***

ENVIRONMENTAL SUSTAINABILITY

Kariktan ng Meycauayan Eco Park:

A Green Haven in the Heart of the City

SABBRIAH M. NAVARRO

As cities continue to expand, green spaces are becoming increasingly vital for both environmental sustainability and human well-being. Recognizing this, the city of Meycauayan, Bulacan, has officially opened its first ecological park—the Kariktan ng Meycauayan Eco Park—a two-hectare haven designed to promote biodiversity, ecological awareness, and sustainable urban development.

Urbanization often leads to habitat loss, pollution, and rising temperatures due to the urban heat island effect—a phenomenon where cities become significantly warmer than surrounding rural areas due to concrete, asphalt, and limited vegetation. Green spaces like Kariktan ng Meycauayan Eco Park help counteract these effects by increasing oxygen production, reducing air pollution, and providing a cooling effect through tree cover and water absorption.

The park's diverse vegetation acts as a carbon sink, absorbing carbon dioxide from the atmosphere and helping mitigate climate change. Its trees and plants also contribute to improved air quality by filtering out harmful pollutants, making it a healthier space for both wildlife and people.

One of the park's highlights is its commitment to biodiversity conservation. With various animal species and a bird-watching area, Kariktan ng Meycauayan Eco Park serves as a microhabitat for local wildlife. Urban green spaces play a crucial role in preserving biodiversity by providing refuge for birds, insects, and small mammals that might otherwise struggle to survive in highly developed areas.

Wetlands, ponds, and native plant species in the park further contribute to ecosystem services, such as natural water filtration, flood prevention, and pollination. These elements help maintain ecological balance, making the park not just a recreational space but an essential part of Meycauayan's environmental resilience.

The establishment of Kariktan ng Meycauayan Eco Park aligns with Mayor Henry Villarica's vision of transforming the city into a highly urbanized yet environmentally conscious community. Initiated in 2016 and officially opened on December 10, 2024, the park demonstrates how urban areas can incorporate sustainability into development plans.

The park's infrastructure incorporates eco-friendly designs, including minimal concrete use and the integration of native plant species that require less water and maintenance. These sustainable choices reflect biophilic urban planning, an approach that integrates nature into city landscapes to enhance both environmental and human well-being.

Beyond its ecological benefits, Kariktan ng Meycauayan Eco Park is also designed for public enjoyment. Visitors can engage in various activities, from picnics and playground fun to more adventurous experiences like ziplining.

Since its opening, visitors have praised the park's serene atmosphere and diverse attractions. Many plan to return, not just for leisure but also to experience it's refreshing, nature-filled ambiance. Open from Wednesday to Sunday, between 7:30 AM and 4:30 PM, the park is free to the public, making it an accessible retreat for everyone.

As climate change and rapid urbanization continue to challenge cities worldwide, parks like Kariktan ng Meycauayan Eco Park set an example for sustainable urban planning.

With this ecological landmark, Meycauayan proves that a greener future is not just a dream—it is a reality in the making.

COMMUNITY ENGAGEMENT

BRIDGE OF ACTION: Science to Community

JESTAR POLICARPIO

The blocks of science were once again set into action by laboriously making their way to lay the foundation for building the bridge of knowledge, creating awareness to emerge from the abyss of desolation and serving its sole purpose to empower the society to the path of progress.

Within the research study conducted by Mr. Rodel Victor D. Dimasin and his students: Jestar Arnoleen O. Policarpio, Jasmine Yvone I. Sanchez, and Maria Celestine O. Sangcap with a title "Bridging the Antimicrobial Resistance Awareness Gap: An Infographic Poster Development on Potential Presence of Antibiotic Heteroresistant Escherichia coli Meycauayan River Isolates", pave the path of a crucial adventure by exploring the arising phenomena in the field of life science. As each of them bears the stance to weave the thread of awareness about health within the community of Meycauayan, they have created a significant approach that will aid the society from the dangers that lurk beyond.

As dreadful as it sounds, the once famous town of Meycauayan that glimmers with the shine of its distinguished pieces of jewelry is also infamous to the whole world by its reputation of having the dirtiest river. The glint of rays of the sun in the ripples of the river reflects the irony of the situation the residents experience; as in every waking hour, the stench of the dilemma fills their minds, which eventually affects how they live their lives, specifically their health. However, the existing global phenomena of the unfolded health issue regarding antimicrobial resistance acts as a salt that further adds to the crisis that negatively impacts the community.

This dire situation rings like an alarm that awakened the eyes of the researchers to explore the plight in health surrounding the city. With the problem at hand, the researchers conducted a thorough surveillance to scale the severity of the invisible invaders that creep beneath the river. In order to properly assess the existence of antimicrobial resistant E. coli, the researchers embarked on a journey that will bring them the flicker of information that can enlighten the community.

Jasmine, one of the researchers, shared her experience in obtaining water samples from the Meycauayan River as she emphasized that the feeling of riding in a boat that sways with the dance of the wind and small waves while carrying the purpose to build the bridge of awareness even though the risk is visible stayed as a reeling encounter that lingers within. But the quest doesn't stop there, as Celestine stated the difficulty of transporting the samples to the Polytechnic University of the Philippines — Engineering Science Research Center (PUP–ESRC) wherein she considers it as one of the unforgettable encounters, as they are taught to accomplish laboratory works that truly rekindle their love to contribute to the nature of science.

Even so, the crusade to shed the light upon the existence of antimicrobial resistance is not complete if it is not shared within the residents of the City of Meycauayan—particularly the people near the river. As Mr. Dimasin emphasized to his students that the main highlight of their study is to deliver knowledge at the steps of the people to engage their attention and bring the shadows of the crisis to the light. In that way, through the strategy of integrating an infographic poster designed to inform the people, this study can serve as a stepping stone for everyone to practice safety precautions and take immediate action as to how they can prevent it from harming the city.

Indeed, this exploration demonstrates how the principle of science bridges the gaps between research and community action that truly fuels everyone to shape the society into a progressive future. This study is proven to be not just a project compiled in a pile of paper—it is a call to action that, together through collaboration and sustainable practices, environmental health challenges can be addressed effectively. As this study knits the role of science closer to the people it serves, it ignites the flame that will foster the environment forward.



Photo by: Rodel Dimasin

Scientific Scrutiny: ***Researchers from MNHS investigates antimicrobial resistance in the Meycauayan River, aiming to bridge the awareness gap.***

Courtesy of: Cristan Dela Cruz

Rhythm and Resilience: ***MNHS students showcased their talents and cultural pride through dynamic festival dance performances.***









GRADE 12 MOVES WITH *PASSION AND PRECISION* IN FESTIVAL DANCE PERFORMANCE

HARMAN ZAMORA

Meycauayan National High School became a vibrant hub of cultural expression on November 20th and 21st, 2024, as Grade 12 students showcased their talents in a festival dance performance. Twenty sections participated, each bringing unique energy and artistry to the stage.

Students adorned in colorful costumes performed dances representing various Philippine festivals, celebrating the country's rich cultural heritage. This event also served as an assessment of their skills in Health Optimizing Physical Education.

Leading the performances was the 12 HUMSS Confucius section, whose dynamic Ati-atihan festival dance captivated the audience. The infectious energy and precise movements earned them standout recognition.

Sir Cristan Dela Cruz, the mastermind behind the event, assigned specific festival dances to each section. He explained that the performance task aimed to "revisit our culture," emphasizing the importance of connecting students with their roots while fulfilling academic requirements.

The event transformed the area in front of the Star Building into a lively stage. The rhythmic drumbeats and vibrant costumes created an atmosphere of celebration and pride.

This festival dance performance highlighted both artistic talent and cultural appreciation. It was a testament to the students' dedication and their teacher's commitment to promoting Filipino heritage.

Meycauayan Athletes Reign Supreme in Bulacan Meet, Earn CLRAA Berths

PRINCE GABRIEL VALDEZ

Meycauayan National High School athletes showcased exceptional prowess at the Bulacan Sports Complex on November 22-23, 2204, securing a remarkable haul of 4 gold and 6 silver medals in athletics. The standout performances of Kenneth Cuntapay and Seph Asher Irigon propelled the team to victory, with both athletes clinching multiple gold medals. Their remarkable achievements have earned them spots in the prestigious CLRAA Meet, along with two other high performing athletes from their school.

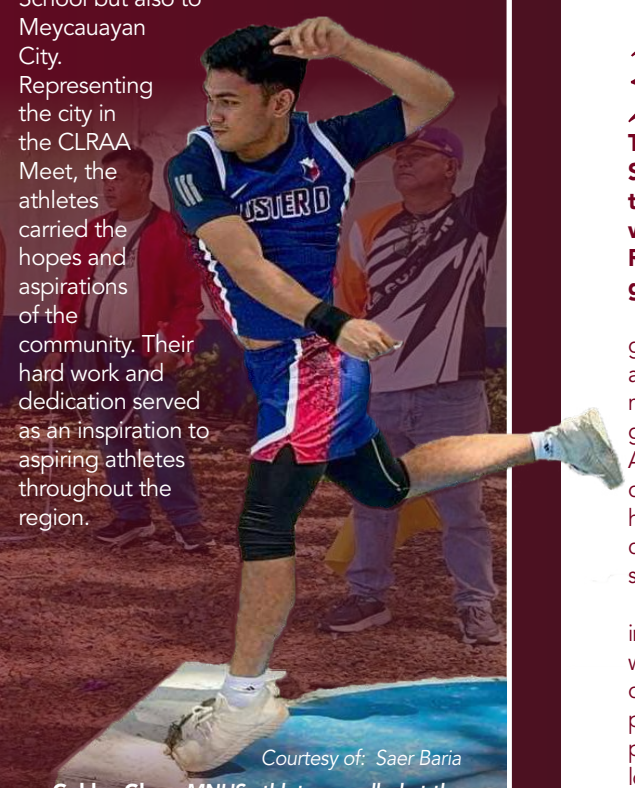
Kenneth Cuntapay's athleticism was on full display as he captured gold in both the Triple Jump and High Jump events with the record of 12.4 meters in Triple Jump and 1.68 meters in High Jump. His explosive power and precision in these events solidified his position as a top contender. Cuntapay's double gold victory underscores his dedication and talent, setting a high standard for his fellow athletes.

Seph Asher Irigon mirrored Cuntapay's success, dominating the throwing events with gold medals in the Discus Throw and Shot Put Throw. Irigon's strength and technique were unmatched, proving his mastery in these demanding disciplines. His consistent performance contributed significantly to Meycauayan National High School's overall triumph.

The stellar performances of Cuntapay and Irigon were not the only highlights. Saer Baria's exceptional skill in the shot put category with a record of 8.18 meters and Lloyd Contreras's impressive speed in the 1500-meter sprint and 3K run also earned them coveted spots in the CLRAA Meet. Meanwhile, Joshua Zuñiga secured a silver medal; however, he will not be advancing to CLRAA.

Under the guidance of Coach Joseph Angelu Matibag, the athletes demonstrated exceptional teamwork and sportsmanship throughout the competition. Matibag's coaching expertise and dedication played a crucial role in preparing the athletes for their outstanding performances. The coach's ability to motivate and train his team was evident in their collective success.

The athletes' success brought glory not only to Meycauayan National High School but also to Meycauayan City. Representing the city in the CLRAA Meet, the athletes carried the hopes and aspirations of the community. Their hard work and dedication served as an inspiration to aspiring athletes throughout the region.



Courtesy of: Saer Baria

Golden Glory: ***MNHS athletes excelled at the Bulacan Sports Complex, earning multiple gold and silver medals.***



Courtesy of: Rowan Aguilar

Checkmate Champion: ***Rowan Dale Aguilar clinches gold at the Meycauayan City Meet 2024, his strategic brilliance paving the way to the CLRAA games.***

Chess Prodigy Rowan Dale Aguilar Secures CLRAA Spot

KIRSTEN COYOCA

Rowan Dale Aguilar won the gold medal in the Chess SB division at the Meycauayan City Meet 2024. The competition, held at Bancal Integrated School on November 22, 2024, showcased the city's best young chess players. Aguilar's win is a step towards the Central Luzon Regional Athletic Association (CLRAA) games, showing his skill and commitment.

The atmosphere in the school's gymnasium was charged with anticipation as Aguilar faced off against his rivals. Each move was deliberate, each calculated to gain a strategic advantage. Observers noted Aguilar's calm demeanor, even in the face of intense pressure. His ability to anticipate his opponents' moves and execute precise counter strategies proved to be the key to his success.

Coach JC Camarao, who has been instrumental in Aguilar's development, watched with a mix of pride and focused observation. "Magaling siya pero more training pa tayo para maging mas magaling at huwag pabayaan pag-aaral at maniwala lang kay lord," Camarao emphasized.

Aguilar's journey to the top was not without its challenges. The competition featured a strong field of participants, each vying for the top spot. He faced several tense matches, requiring him to draw upon his reserves of mental fortitude and strategic thinking. In one particularly gripping encounter, Aguilar found himself in a precarious position, but his ability to maintain composure and find a winning sequence demonstrated his exceptional talent.

The victory at the Meycauayan City Meet serves as a testament to Aguilar's hard work and dedication. His success underscores the growing popularity of chess in the region and the talent being cultivated at the grassroots level.

As Aguilar prepares for the CLRAA, he carries with him the hopes and aspirations of his coaches, teammates, and supporters. His performance has not only earned him a gold medal but also inspired a new generation of young chess players.

Looking ahead, Aguilar's focus remains on refining his skills and expanding his strategic repertoire. With the continued guidance of Coach Camarao, his journey is a reminder that with dedication, discipline, and a calculated approach, even the most complex challenges can be conquered.

Meycauayan National High School's CLRAA Dream Derailed in Thrilling Basketball Finals

HARMAN ZAMORA

Like a ship lost at sea, the Meycauayan National High School (MNHS) basketball team saw their CLRAA dream slip away, falling to Trinitas College Meycauayan (TC) in a nail-biting championship series. The hard-fought battle, which spanned two days on November 22 to 23, 2024, at the Banga Elementary School/Banga Sports Complex, ended with Trinitas College clinching the coveted regional spot.

The series began with a heart-stopper. MNHS drew first blood, edging out TC in a thrilling 107-104 overtime victory. Bryan Macaraig was a force to be reckoned with, his performance leaving spectators breathless.

TC, however, proved their mettle in the second game. They bounced back with a vengeance, leveling the series at 1-1 with an 85-73 win. Their teamwork and strategic adjustments proved too much for MNHS to handle.

The decisive third game was a spectacle. Anticipation hung thick in the air as both teams clashed in a do-or-die showdown. Macaraig once again shone for MNHS, but it wasn't enough.

TC emerged victorious, securing a 98-89 win and the championship title. They will now represent their district at the CLRAA Meet.

Despite the loss, MNHS Coach Alvin Dela Cruz remained optimistic. "Gano'n talaga boys, babawi tayo, magsikap lang sa training. Bawi tayo next year, atin na 'to!" he encouraged his players.

The MNHS team, though disappointed, displayed remarkable sportsmanship. Their hard work and dedication throughout the season inspired many.

The first game was a rollercoaster of emotions. The nail-biting overtime finish had everyone on the edge of their seats. Trinitas College's comeback in the second game showcased their resilience. They adapted and executed their strategy flawlessly.

The final game was a classic showdown. Trinitas College's strategic adjustments and consistent performance secured their championship victory, while Meycauayan National High School's valiant effort and individual brilliance fell just short of the regional goal.



Photo by: Darling Domingo Dela Cruz

CLRAA Dreams Dashed: ***The MNHS basketball team's journey ended in a heartbreaking championship loss to Trinitas College.***

Silver Linings: MNHS Table Tennis Squad Secures Four at Meycauayan City Meet

CLYDE BALANAY



Courtesy of: MNHS Sports Community Facebook Page

Resilience on the Table: ***MNHS table tennis players overcame obstacles to secure silver medals at the Meycauayan Athletic Meet.***

The Bancal Integrated School buzzed with competition on November 22, 2040, as the Division City of Meycauayan Athletic Meet unfolded. Among the standout performers were the table tennis players from Meycauayan National High School (MNHS), who battled their way to four silver medals.

Jerome Pacheco, the team captain, led the charge, securing the first silver after a month of rigorous training. "Despite the hectic schedule and a lot of schoolworks, plus the lack of support," Pacheco stated, "we maximized the use of the one room that provided for us, and for the days that we weren't able to train inside the school campus, we are training outside using our own money."

Maria Celestine Sangcap followed suit, adding another silver to the team's tally. Her dedication and focus proved instrumental in her success.

Princess Camisha Felicilda, who underwent the most extensive training of two months, secured the third silver. "The most important thing I did was to have discipline and hard work in training, because discipline and hard work are essential in activities, especially in training. It is also important to always listen, not only to listen but to follow the coach because the coach knows what will be best for me and for my fight in the competition."

Althea Cristine Ignas, despite a shorter two-week training period, clinched the fourth silver medal. Her quick adaptation and determination were evident in her performance.

Coach Claire Aguilos Roca expressed pride in her team's achievements but acknowledged the challenges faced. "They didn't have a conducive place for training and shortage of resources to the point they needed to travel just to be able to train properly," Coach Roca lamented.

Coach Roca emphasized the importance of balancing academics and athletics for aspiring student-athletes. She encouraged them to dedicate equal effort to both aspects of their lives.

The MNHS table tennis team's performance at the Meycauayan City Meet showcased their resilience and determination. Their success served as an inspiration to fellow students, highlighting the power of perseverance in the face of adversity.

THE OFFICIAL NEWSPAPER OF MEYCAUAYAN NATIONAL HIGH SCHOOL

ang hiyas

AUGUST 2024 - APRIL 2025 YEAR VII | VOLUME I

Courtesy of: Philippine Star, ESPN, & Spin.PH

Yulo's Golden Triumph: ***Filipino gymnast Carlos Yulo etched his name in Olympic history, claiming two gold medals at the 2024 Paris Olympics.***

SPORTS

GOLDEN GLORY: CARLOS YULO'S OLYMPIC WIN

CLYDE BALANAY

Filipino gymnast Carlos Yulo engraved his name into history at the 2024 Paris Olympics, securing two gold medals and earning the title of 2024's Athlete of the Year. His remarkable performance captivated audiences and made his position as a dominant symbol in international gymnastics.

On August 4th, Yulo showcased his out of the ordinary skills in the men's vault. He executed a flawless piked dragulescu vault, a maneuver with a high difficulty rating, earning an impressive average score of 15.116. This performance placed him firmly in the lead, leaving his competitors to battle for the remaining podium spots. Artur Davtyan of Armenia took home the silver medal with a score of 14.966, narrowly edging out Great Britain's Harry Hepworth, who scored 14.949.

Yulo's second gold medal came in the men's floor exercise, where he delivered a routine marked by precision and power. His performance earned him a score of 15.00, demonstrating his mastery. Artem Dolgopyat of Israel, a formidable competitor, secured the silver medal, adding the intensity of the competition.

"I'm grateful for the people who truly believed in me through the ups and downs," Yulo expressed in a post-event interview. "I was just hoping to perform well today. I didn't really expect a medal. It really felt like a bonus for me. It's crazy, because last night I couldn't sleep." His words reflected the emotional weight of his achievement and the dedication that fueled his success.

Yulo's double gold victory not only brings glory to the Philippines but also serves as a powerful inspiration to aspiring athletes across the nation. His journey, marked by perseverance and dedication, demonstrates that with hard work and belief, even the most ambitious dreams can be realized.

Beyond the medals and accolades, Yulo's performance will have a lasting impact on Philippine sports. His success helps the profile of gymnastics in the country, potentially inspiring a new generation of athletes to pursue the sport. Furthermore, his achievement serves as a testament to the potential of Filipino athletes on the global stage, shaping national pride and demonstrating that with dedication and support, they can compete and excel against the world's best.