



The CHRONICLES

The Official School Publication of
Tagum City National
Comprehensive High School

Better Safe
Than Sorry
Editorial | Page 5

Defying the Odds:
Stories of Hardship and Perseverance
Feature | Pages 8 and 9

LGU Pet Bottle
Bins Project
SciTech | Page 9

City Meet 2025:
The Intense Champ Battle
Sports | Page 16

Issue No.: II Volume No.: II Date: August – December 2024

24TH
GAWAD KALASAG
Compre High Bags 2nd
Place Special Award



See Page 2

TCNCHS Strengthens VAW Advocacy

By: Jane Kimberly D. Jumilla

Selected students and teachers of Tagum City National Comprehensive High School participated in the celebration of the 18-day campaign to end violence against women that started on November 25 to December 12, 2024.

The said campaign aimed to inform Comprehensians about the advancement, resistance and empowerment of women who experienced severe abuse.

Ma'am Jackie Lyn O. Dumlaog, GAD coordinator emphasized that by conducting the activity, the Comprehensians will be able to know the steps in increasing awareness about VAW, defend their rights and support of the right of women.

The Gadvocates Club also became a part of the celebration where it fully supported and prepared the activities such as the launch of VAW on November 25 and the Culmination Day where student artists also participated in the poster making contest.

The said campaign was successfully carried out culminating with the Culmination Day on December 12th.



Skill-O-Rama Competition: Sr. Scout Endless Marie demonstrates head open-wound bandaging.

DISCIPLINE, DISASTER-READY COMPRE SCOUTS RISE AS BEARERS OF SKILLS AND PREPAREDNESS

By: Ayen Faith C. Aguilar

Senior Scouts stepped up as champions of knowledge, truth, and essential survival skills. Demonstrating their discipline and disaster-readiness, they faced challenges head-on at the Skill-O-Rama Competition held at the Davao del Norte Sports Complex and Botanical Park on October 24, 2024.

TCNCHS BSP proved that preparedness and controlled behavior lead to success. They secured victories in the March Drill, Smartness and Good Order, Knot Relay, Scout Law Relay, and Adventure Race. These activities showcased their teamwork, problem-solving, and leadership.

"Scouting helped me become who I am today and who I will be in the future. It taught me teamwork, leadership, and overcoming obstacles. Activities like the Chariot Relay, compass navigation, and bandaging made my high school life special and memorable," shared Jelian Palua, a dedicated scout.

TCNCHS BSP Coordinator Sir Jay Clarino highlighted scouting's impact. "Scouting builds character, resilience, and leadership. It equips scouts with valuable skills that prepare them for real-world challenges," he said. The Skill-O-Rama showcased scouts' expertise in knot tying, emergency preparedness, and survival skills.

Oplan Kalusugan Champ COMPRE HIGH GETS 200K FROM DEPED

By: Franz Catherine Bermoy

Tagum City National Comprehensive High School is one of the Healthy Learning Institution National Award Winners as they guaranteed the Oplan Kalusugan sa DepEd – Healthy Learning Institution (OKD-HLI) implementation of health-related policies in school in ensuring the promotion of a healthy school environment together with the turnover of 200,000 pesos prize turnover by the Department of Health (DOH) Davao CHD Regional Director, Dr. Annabelle P. Yumang.

See Page 2

SAFE SPACE

By: Niña Emmarie R. Pasajol



Any unauthorized presence of students on the school grounds beyond the stipulated times must be reported immediately

Sir Dionisio Siglos
School Principal IV



See Page 3

Spoonful of Change

Sagip Tanghalian provides meals for students

By: Ashley Adlaon



The sight of an empty lunchbox is a reality that no student should face. As food prices rise, the rumbling of hungry stomachs grow louder. In these difficult times, Sagip Tanghalian ensures that no one is left without a meal.

See Page 13

TCNCHS, PNP TAGUM CONDUCT NDEP SYMPOSIUM

By: Irish Nicole Canon

With the strong partnership of Tagum City National Comprehensive High School and PNP Tagum, the school gave emphasis on the importance of Drug Education through the conduct of NDEP Symposium last November 11.

The activity was made possible thru the comprehensive discussion of PNP personnel PCMS JOSEPH M. PAGARAN and PSSG KERRNIEL R. CATALINO through PTLCOL WILDEMAR T. TIU, Chief of Police and PCPT EMMANUEL E. MONTERO.

Pursuant to Section 43 of Article IV of R.A. No. 9165 otherwise known as the "Comprehensive Dangerous Drugs Act of 2002", the Department of Education reiterates its support to the National Drug Education Program (NDEP) with the school head fully responsible for its effective implementation.

Instructions shall include like adverse effects of the abuse and misuse of dangerous drugs on the person, the family, the school and the community.



Police Lieutenant Colonel Wildemar Tiu giving insights about drug awareness during NDEP symposium at TCNCHS gymnasium



COMPRE HIGH BAGS 2ND PLACE IN GAWAD KALASAG

By: Niña Emmarie R. Pasajol

TCNCHS Principal, Mr. Dionisio Siglos, together with other winners, attends the awarding ceremony of Gawad Kalasag at SMX Convention, Davao City.

The 24th Gawad Kalasag Special Awards for Disaster Risk Reduction and Management (DRRM) was clinched by Compre High placing second in Best Public Secondary School in the entire country as they guaranteed the implementation in ensuring the learners' protection in times of natural disasters and human-made emergencies last December 9, 2024 at SMX Convention, SM Lanang, Davao City.

This achievement was made possible with the approval of making collective effort, disaster preparedness and resiliency among students, teachers, staffs, and stakeholders.

"We are fully prepared with any disasters, we won national awards because we are resilient, our school is very resilient regarding sa mga disasters," Sir Earl Owen Aala, the school nurse said.

This is the third time the school topped in the National Gawad Kalasag Special Awards for Disaster Risk Reduction and Management (DRRM) in the Philippines.



Grade 8 Rep in Korean Hanbok dress.

Compre High celebrates UNO '24

By: Niña Emmarie R. Pasajol

United Nations Organization (UNO) 2024 celebration was participated by Comprehensians to give importance of diversity, culture, and global unity organized by the Araling Panlipunan Department with range of cultural and educational events that emphasize the value of world peace and sustainability last October 25, 2024 at the school gymnasium.

TCNCHS Cooperates with Agencies for NSED

By: Niña Emmarie R. Pasajol

The National Simultaneous Earthquake Drill (NSED) in Compre High carried the collaboration with different partnered agencies including the Bureau of Fire Protection (BFP), Provincial Disaster Risk Reduction and Management Office (PDRRMO), Philippine National Police (PNP) and Disaster Risk Reduction and Management Office (DRRMO) to prompt the building occupants and ensure safety in times of disaster.

In the discussion with the evaluators and teachers about NSED, they talked about what to improve about the school safety guidelines, and to assign personnel to switch off the power switch and lane breaker.

"Diba pag abot didto sa area, kinsa'y mag lead sa head count? Si teacher," Reben Cardinal, City Health Supervising Admin Officer said.

He also added that it is



Comprehensians raising their hands to a DRRMO officer during the conduct of NSED at TCNCHS

important to quickly raise the flag lets to show if there is someone missing injured, or when they are complete.

"To prepare the student when it comes to real scenario para may idea sila," Alexander James

Lanzon, BFP Tagum Fire officer 1 emphasized the importance of NSED said.

He also added that it is important to collaborate with different agencies to conduct the NSED.

SHS Head: Efficient Distribution of Education

By: Zhanids Darwin C. Gono

Compre addressed challenges faced by school teachers in managing resources, with the implementation of the MATATAG Curriculum by DepEd on August 10, 2023. Anchored in DO No. 012, S. 2024, the policy allows schools to adapt their schedules based on specific needs. In line with DO No. 10, S. 2024, all learning areas will have a 45-minute time allocation for five days a week, alongside the Homeroom Guidance Program.

This adjustment aims to create a more structured and balanced learning environment for both students and teachers. By streamlining lesson durations, educators can manage their teaching loads more effectively, ensuring that instructional time is maximized while reducing burnout.

"The 45-minute teaching load helps distribute education efficiently and makes the process smoother," an official stated.



Sir Owen Earl Aala (school nurse) receiving 200k pesos check turn over by DepEd for being an OKD-HLI winner

COMPRE HIGH GETS 200K FROM DEPED

Tagum City National Comprehensive High School was named Top 2 Outstanding Non-Last Mile School in the OKD-HLI (Oplan Kalusugan sa Deped-Healthy Learning Institute) Awards hosted by the Department of Health (DOH) held at the Apo View Ballroom on September 26, 2024.

Compre High received a 200,000 prize under the leadership of Sir Dionisio B. Siglos in recognition of its health initiative and in addition, TCNCHS was also recognized for their best practices in Pillars 1,4,5 and 6 that showed excellence in various health programs that received a Very Satisfactory rating in the Health School

category. Some of the participating schools that won and were honored in Tagum City are: Nueva Fuerza Elementary School (NFES) and San Agustin Integrated School (SAIS) which were both recognized for their outstanding contribution in creating a healthy and suitable environment or community for learning.

This achievement demonstrates DepEd Tagum's strong dedication to promoting the health and well-being of students, allowing it to become a role model in the region when it comes to promoting student health.

By: Franz Catherine Bermoy

Oplan Kalusugan sa Deped - Healthy Learning Institute (OKD-HLI) is a program that aims to make schools safer, healthier, and more inclusive for students. It's a collaboration between the Department of Education (DepEd) and the Department of Health (DOH).



Ms. Angelique Roie M. Bercero (SPJ President) receiving the SPJ handbook from Sir Dionisio B. Siglos (School Principal IV) during the Ceremonial turnover at TCNCHS Gymnasium

COMPRES LAUNCHES SPJ CURRICULUM FOR ASPIRING JOURNALISTS

By: Ayen Faith C. Aguilar

In order to enhance the journalistic skills of potential writers Tagum City National Comprehensive High School introduced the Special Program in Journalism (SPJ) this academic year.

Students from grade 7 to senior high school that are willing to join the SPJ curriculum are to undergo specialized test on both written and broadcast.

“Dapat naay structure na curriculum na sundon aron

naay time ang bata sa journalism,” ma’am Shiela Mae Abucay, SPJ coordinator stated in a statement.

This curriculum follows the Campus Journalism Act of 1991 or known as RA 7079 an Act Providing for the Development

and Promotion of Campus Journalism.

Mrs. Uy-Salazar highlighted the importance of being a keen reader and observant when it comes to campus journalism.



SAFE SPACE By: Niña Emmarie R. Pasajol

Compre High Ensures Students' Welfare

A school memorandum in Tagum City National Comprehensive High School about the strict adherence of students' departure time from the school premises for Comprehensians' safety and security was released from the office of the school principal, last December 13, 2024.

In the said order, the school dismissal was emphasized at 4:30 p.m., unless students are involved in authorized extracurricular activities in which case they must be accompanied by their coaches and may leave by 6 p.m. such as Special Program in Sports and Arts students in their respective training.

Any unauthorized presence of students on the school grounds beyond the stipulated times must be reported immediately

to the school's security personnel and school administration.

One of the main reasons to strengthen the memorandum was due to the current incident last December 12, 2024 that involved two student athletes that got hold up.

This school memorandum serves as a strict reminder and directive to ensure that all the students are accounted for and dismissed from the school premises at the appropriate times.

Dela Cuesta Reigns Mutya ng Wika 2024

By: Ayen Faith C. Aguilar

Mary Annica Dela Cuesta from Tagum City National Comprehensive High School reigned as Mutya ng Wika 2024 during the culmination of Mutya ng Wika 2024 together with the Division Schools Festival of Talents last September 7, 2024.

The said mutya stated that she worked hard to obtain the title as Mutya ng Wika 2024.

Dela Cuesta also achieved many special awards including Best in Casual attire, Best in Filipiniana, and Most Eloquent.



Ma'am Gladys Abastillas holding a microphone for the two students that asked questions about the ARH Program at TCNCHS Gymnasium

Compre Implements ARH Program

Tagum City National Comprehensive High School administrated the Adolescence Reproductive Health Program (ARH) in order to keep the youth healthy and safe.

By: Ayen Faith C. Aguilar

Nevertheless, the ARH program is implemented in congruence to the Republic Act No. 10354 or known as the Responsible Parenthood and Reproductive Health of 2012.

“Kana siya is bahin sa ilang pagdalaga, pagbinata ug kung

nay mga problema, mga mental problems, family problems kay naa tay counselors ana,” School clinic head Sir Earl Owen Aala said.

Back when the school started, counselors from the school guidance office have always been available for students with health problems.

Aside from that, naa sad tay WINS program or Wash in School program ug kana siya about handwashing, hygiene, and toothbrushing and then we also have NDEP or National Drug Education Program na naay mga coordinator ana and panagsa naay symposium with police ug drug speaker, naa ta ana and kaning Medical Nursing ug Dental health

Program kay mao na ang gi base sa training sa mga health problems,” he added.

Sir Aala stated that this ARH program is one of the five programs the school has to offer about the wellbeing and security of the learners.

In addition, RA 10354 or RH Law aims to promote reproductive health and family planning.

Adolescence and youth mostly students have been known to be more common to health-related concerns such as mental and physical health problems.

“The ARH is important for adolescence and youths for them to not to be depressed,” Samantha Vismanos, a student stated.

She added that the ARH program can help students with their mental and physical problems.

This program also aimed to help the youth and help with the potentialities and talents of any kind despite many health concerns.

PNP Tagum joins Compre High's Teachers Day Celebration

By: Niña Emmarie R. Pasajol

The Philippine National Police Tagum distributed roses to TCNCHS teachers in celebration of World Teachers Day this October 4.

The purpose of this is to make the teachers in Tagum happy and the police to join in the celebration and to thank the teachers for their dedication.

According to Police Chief Master Sergeant Joseph Pagaran of PNP Tagum, they

will show their support to the teachers who he said have a great contribution in shaping the students.

“We cannot be fruitful in our professions if we do not respect our teachers and teachers are our second parents,” said PCMS Pagaran.

PNP officers giving out flowers to TCNCHS teachers during the Celebration of World Teacher's Day



Mary Annica Dela Cuesta



TCNCHS honors IP Day '24

By: Irish Nicole F. Canon

National Indigenous People Day was honored by Tagum City National Comprehensive High School thru the inclusive Education where they highlighted the important rule of the indigenous groups.

In accordance with Republic Act No. 10689, declaring August 9 as National Indigenous People's Day and mandating the meaningful observance.

"Para maisabuhay ang ating kultura at ipakita ang ating pagiging katutubo at maging inspirasyon ng mga susunod pang kabataan," Mariathel Campilo, Speaker Kagan Representative said.

Ma'am Campilo also added that inclusive education aims to preserve the tradition in clothing even the native language.

"Inklusibong Edukasyon para sa ating mga katutubong Kapatid kaya sa Araw na ito hindi lamang pinagdiriwang natin ang kani lang araw kundi isang paalala na patuloy nating itaguyod ang karapatan ng mga katutubo," Sir Wyan Omel Bustillo, IPED Coordinator said as he gave important details about the native people that live in the Davao region.

Sir Bustillo also said that this is not only celebrated but also to take care of their culture, language and mission that developed the Filipinos' dignity.

It is hereby declared a policy of the government to advance the rights and collective well-being of indigenous peoples through the annual observance of the National Indigenous Peoples Day in the Philippines.



Shanethal Maureen D. Cardeno, Grade 7 - Ilang-Ilang, participates in the Tower of Hanoi challenge during Mathletics.

Compre mathletes join Math Quest '24

By: Franz Catherine Bermoy

The school-based Mathematics and Interactive Skill Competition has been officially launched at Tagum City National Comprehensive High School led by the Mathematics Department to showcase and enhance the exceptional skills of learners last September 16, 2024 at the TCNCHS gymnasium, this also serves as the preparatory for the upcoming Division Sci-Math Quest 2025.

The said interactive skill competition also featured different activities that challenged learners through series of mentally stimulating mathematic activities such as Damath, Rubik's Cube, Sudoku, and Tower of Hanoi.

Mr. Paglomutan encouraged the contestants in critical thinking, managing challenges even under pressure, and developing skills through math games.

He also added that this initiative is a help to improve the low scores of the Programme for International Student Assessment (PISA) in Mathematics.

Uy said that she joined the interactive skill competition to further enhance and test her mathematical skills by competing with other participants.

The winners were announced after the event, those who showed their best in solving basic calculations to complex problems are the top contenders that aimed a spot in Division Sci-Math Quest 2025.



Jake Constantino and Allyn Grace Beluan trying out the Voter Education ACM by Comelec Tagum at TCNCHS gymnasium

Comelec Tagum, Compre held ACM tour to SHS studs voters

In order to demonstrate the features of new voting machines, the Commission on Elections (Comelec) Tagum City conducted Voter Education Automated Counting Machine (ACM) Roadshow held at Tagum City National Comprehensive High School Gymnasium on January 15, 2025.

This activity was aimed to inform Senior High School students who will vote on the upcoming election by exercising their right to vote

and was supported by the effort of the Tagum City Election Officer Mr. Gladiel Jim Casinto who is also the speaker of the said event.

Mr. Casinto said in his speech that there are 205 counting machines in Tagum city and these are new to experience and much unique than recent



QUICK RESPONSE TO EMERGENCY: TCNCHS QR Codes Successfully Boost Learners' Security

by: Aleah Jhen Bughao

Compre High has successfully strengthened the safety and security of students through the Student Attendance Management (SAM) app. The QR coding scheme, launched on February 12, 2024, has significantly improved monitoring and attendance tracking within the school campus.

With the implementation of this system, parents now receive real-time notifications when their children enter the school premises. The QR codes also serve as a digital attendance tracker, streamlining student monitoring. This initiative is closely supervised every morning by Secondary School Principal IV Mr. Dionisio Siglos, alongside School Disaster Risk Reduction Management (SDRRM) Coordinator Mr. Apolinar J. Timbal, Head Teacher IV Mr. Lazaro Suello, and School Facility Coordinator Mr. Cris Huevos. Their efforts ensure the smooth and efficient scanning process.

This successful innovation is part of TCNCHS' Resiliency Project under the advocacy of Kalamidad at Sakuna Labanan, Sariling Galing ang Kaligtasan (KALASAG), recently recognized during the National Gawad Kalasag Competition. The school has ensured that students without mobile phones are not left behind, as all learners have been provided with printed QR codes for attendance tracking.

vote counting machines used before. He also shared information on voters' responsibilities of students and for the teachers that will become election board in the upcoming election 2025 and reminded students the proper ways of voting. Therefore this lecture is to help the SHS learners apply what they have been taught by exercising their right to vote.

By: Peeh Jay Susas

BETTER SAFE THAN SORRY

Danielle Joy R. Galiza

The recent memorandum issued by the administration of Tagum City National Comprehensive High School regarding students' departure time has sparked discussions among students, parents, and faculty members. This policy, which mandates that students leave the school premises by 4:30 p.m., except for those involved in authorized extracurricular activities, is a necessary response to pressing safety concerns.

One of the key reasons behind the memorandum is the unfortunate incident on December 12, 2024, where two student-athletes were held up. This alarming event highlights the urgent need for heightened security measures to protect the welfare of students. The school administration's swift action in implementing stricter dismissal policies demonstrates a proactive approach to ensuring student safety.

While the intent of the policy is commendable, it raises important questions regarding its implementation. With only 31 out of 36 CCTV cameras in working condition—one of which was intentionally disabled—security measures still



require improvement. The school must prioritize repairing these cameras and ensuring that surveillance is fully functional to deter potential threats.

The initiative to report any unauthorized student presence on campus after hours addresses a critical aspect of school safety and community responsibility. It recognizes that school environments must prioritize the well-being of all individuals by minimizing the risks

associated with unsupervised students on school grounds during late hours.

For this directive to be effective, however, it requires more than just the formulation of rules. It calls for diligent enforcement by security personnel, who must be well-prepared to handle potential situations that arise. This involves ensuring that clear protocols are in place for reporting and responding to unauthorized presences.

Ultimately, safety should always be a top priority. The memorandum serves as a crucial reminder of the responsibility that the school community shares in safeguarding students. While the policy may be met with some resistance, its implementation is a step in the right direction. As the school continues to refine its security measures, collaboration and open dialogue will be key to making Tagum City National Comprehensive High School a safer place for everyone.

THE SILENT STRUGGLE: *Mental Health Crisis Among Students*

by: Luisse Andregrace Limosnero

The pressure cooker of modern academia is taking its toll. According to a recent report by the World Health Organization (WHO), 1 in 7 teenagers experiences a mental disorder, accounting for 15% of the global burden in this age group. Even so, it is anticipated that this issue will be effectively addressed and resolved in the near future.

The dilemma nowadays is that students around this age group of 10-19 are more emotional since they are in the development stage, making them more sensitive and impulsive. This is not a question of periodic stress but a full-blown crisis demanding immediate

and comprehensive attention.

The dilemma nowadays is that students around this age group of 10-19 are more emotional since they are in the development stage, making them more sensitive and impulsive. This is not a question of periodic stress

but a full-blown crisis demanding immediate and comprehensive attention.

The more risk factors adolescents are exposed to, the more significant the potential impact on their mental health. Young people today face unique stressors, such as social media pressures,

peer pressures, academic demands, and economic uncertainties, which can impact their mental health.

While the United Nations aims to ensure healthy lives and promote well-being for all at all ages, currently, young people, especially students, are grappling with mental well-being. In this context, schools should strive to foster a supportive community that encourages individuals to seek help when they feel empty, distressed, or overwhelmed by adversities. Moreover, modern parenting must be encouraged and practiced, prioritizing safety and protection, which can sometimes limit young people's exposure to risk and failure that are potentially hindering their resilience. It is essential for these young individuals to confront their silent struggles, recognizing that they are not alone in their experiences. This opens the possibility of appropriately addressing and fixing this issue in the best way possible.



Letter to the Editor

To my fellow students,

While I am recognizing that the school is great, let me share my thoughts on proper waste disposal management, specifically emphasizing the need to strengthen recycling efforts within our school community. As a student at Tagum City National Comprehensive High School, I've noticed that there are times when garbage is left unattended in the corridors, especially near the canteen. It can be a bit disheartening to see, as I know we all want to keep our space clean and welcoming for everyone. Unquestionably, this issue poses potential health risks not just for me, but for all of us.

One possible solution to this problem could be the strict implementation of recycling practices in the classroom. By taking action to advance our recycling initiatives, we can benefit our school through waste reduction, resource conservation, and energy savings.

I urge my fellow students to take this issue seriously and unite to find effective solutions. By raising awareness and taking proactive steps, we can make a significant impact.

Thank you for your time and consideration. I hope my letter inspires discussions and actions aimed at making our school campus cleaner and better.

TCNCHS SPJ

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STANDPOINT

Audrey Dennise A. Pelaez

EQUAL OPPORTUNITY FOR EQUAL DREAM

The issue of inequality in education is true in many countries, including the Philippines. Our country has made significant strides in implementing Special Needs Education (SNED). On March 11, 2022, Former Philippine President Rodrigo Roa Duterte signed the Republic Act 11650 into law. This provides that all schools, both public and private, shall deliver accessible quality education to every learner with disability. In the eyes of a student like me, this is a notable milestone for our educational system, as I firmly believe that no child should be denied access to proper education.

The United Nations Educational and Cultural Organization (UNESCO) stated

that inclusive education requires us to address the systemic barriers that prevent some students from accessing education. For me, this is very important as it can significantly improve and boost a child's self-esteem. Being included in regular classrooms and activities helps them feel part and included in the group.

Moreover, according to a study from Alpha School on

promoting self-esteem in a special needs child, "Children gain self-esteem when they do something well. Help your child focus on what they are really good at and encourage them to use those skills as much as possible." As a student during the pandemic, I experienced a lack of confidence due to social isolation. Inclusivity positively affects everyone in the school environment.

Equality is not the only benefit that the SNED program provides. The program also develops the student's life skills as it focuses on teaching functional and social skills, preparing them for independence and adulthood. Positive Action stated that learning these necessary skills helps young people understand

what they want out of life. This aligns with the person's basic right to education, which can help them grow and succeed.

"Presently, there are 25 students included in the mainstream and 3 self-contained students," said Jeniveb Calibugan, SNED Coordinator in TCNCHS highlighting that it is a practice in the school to educate students with special needs alongside their peers to help them break down stereotypes and stigmas. Kids with special needs cannot participate in the same activities as other kids, which is one of the biggest misconceptions about children with disability. By addressing these false assumptions, Special Needs Education helps create a more supportive and accepting environment for children.

In conclusion, the SNED makes an inclusive and diverse learning space where all students, regardless of their disability, can access a quality education. I strongly support and encourage this, and I believe we should all care about issues such as inequality and lack of empathy for others. To see them as people and supporting them is the first step in making a change, for according to Eleanor Roosevelt, "The future belongs to those who believe in the beauty of their dreams, and equality is the foundation of those dreams."



BEYOND THE SURFACE

Pee Jay Susas

GENDER NEUTRAL UNIFORMS: UNITY OR DISPARITY?

Wearing uniforms in school has long been a common rule, frequently acting as an indication of harmony to the school's identity. In a survey conducted through new government research, 99% of schools in the Philippines require students to wear uniforms. This includes both public and private schools. Nevertheless, as society evolves, institutions must review their rules with equality in mind, especially for students who prefer to wear clothes that reflect their gender identity.

Compliance with prescribed uniforms is crucial in school security protocols. It helps create a more secure atmosphere for both students and teachers and guarantees that school staff monitors individuals by wearing uniforms. In addition to that, it has the ability to identify outsiders that may cause harm inside the school, which, in turn, brings benefits to the school community. Despite the policy, there are students who cannot afford school uniforms as of now, and purchasing uniforms can be an additional

financial burden for families already struggling to make ends meet. In 2022, it can be recalled that the Department of Education (DepEd) made school uniforms optional to ease the financial burden on families affected by the COVID-19 pandemic. This policy received mixed reactions, with some people supporting it for economic reasons and others preferring the uniform for its practicality and equality.

In the post-pandemic, Tagum City National Comprehensive High School pursues reviving

the wearing of prescribed uniforms daily. Incontestably, the influence of social media and a few LGBTQ+ community promote gender-neutral uniforms in some offices is the key to why some students believe that this idea should also be implemented in schools. This proposed action by the school on uniforms created confusion about whether students who belong to the LGBTQ+ community should wear the prescribed uniforms or their preferred clothes.

The Department of Economic and Social Affairs, as of 2023, 61.5% of the latest report indicates that the world is not on track to achieve gender equality by 2030; henceforth, it is best to align with one of the Sustainable Development Goals, that is to adopt and strengthen sound policies and enforceable legislation for the promotion of gender equality.

In summary, even if the introduction of school uniform policy may have good intentions, it is important to rethink compulsory uniform standards from an inclusive perspective, especially with students who might want to use clothing to express their sexuality and resolve students' valid concerns. It is an urge to focus on unity rather than disparity.



TIME'S UP: A Closer Look at Teaching Time in Philippine Education

By Princess Angela S. Cacam

One of the largest educational systems in Asia is the Philippines, with over 27 million students enrolled in public and private schools by the Department of Education in 2022. Can we really be capable of learning given only 45 minutes of class? When knowledge is not that easy to achieve? I personally disagree with the 45-minute teaching time, not merely due to its brevity but because it highlights an ongoing challenge in time management within the curriculum.

As the composer Hector Berlioz said, "Time is a great teacher, but unfortunately, it kills all its pupils." In fact, this adjustment dramatically affects students' mental health. As for me, I have to balance eight subjects in 10 hours in class, and only 45 minutes per subject can make it difficult to stabilize it all.

In addition to balancing academic lessons, students are tasked with projects, assignments, and other extracurricular obligations. The brevity of each class period restricts the depth of instruction and limits opportunities for more complex activities. It also reduces the chances for individualized attention, forcing teachers to rush through materials. This often results in students failing to grasp critical concepts fully, undermining the goal of quality education.

Therefore, it limits the depth of learning, making it challenging to carry out complicated tasks or activities, reduces opportunities for individualized instruction, and frequently pressures teachers to cover materials quickly, which could result in students lacking comprehension of a particular topic.

While the changes to teaching time are intended to reform the educational system—by balancing instructional time and improving outcomes—the 45-minute model has both merits and shortcomings. On one hand, shorter periods allow for a more structured schedule and targeted focus on core subjects like reading and numeracy. However, this benefit comes at a cost: the depth and quality of learning are compromised.

Ultimately, I believe the curriculum should prioritize meaningful, in-depth education over rushed explanations. Extending the teaching time to one hour per subject would better equip both students and teachers to achieve this goal. Education should empower students with comprehensive understanding, not leave them racing against the clock.

RISE ABOVE: TAKING A STAND AGAINST BULLYING

By Ianna Ilesha D. Padillo



Bullying is a pervasive issue that disproportionately impacts individuals, particularly students. According to the Program for International Student Assessment (PISA) 2018, the Philippines had the highest percentage of bullying among all participating countries. Around 65% of Filipino students reported being victims of some form of bullying a few times a month, with 40% being bullied frequently – once a week or more. Even if some have not experienced it yet, they have likely witnessed it happen. Indubitably, bullying hurts students.

From 2013 to 2018, the number of reported bullying cases in the Philippines surged from 1,158 to 20,172. The sad reality is that bullying victims often experience severe psychological distress, leading to low self-esteem, anxiety, depression, and even physical illnesses.

In recent years, reports of bullying within various schools have raised concerns among students, parents, and guardians. Bullying can take many forms, such as verbal, physical, and even cyberbullying. Victims often experience anxiety, depression, and a decline in academic performance.

According to Gilmer Bacunlay, SWA Coordinator of Tagum City National Comprehensive High School, fewer than 20 students in the School Year 2023-2024 had bullying cases. He also added that the rate of reports and cases in recent years has decreased because TCNCHS' faculty acknowledges students about the effects and consequences of bullying.

From a broader perspective, bullying can be addressed under the Sustainable Development Goal (SDG) 4: Quality Education. Specifically, SDG 4 aims to ensure inclusive and equitable quality education and promote lifelong learning opportunities for all. Within this goal, tackling violence and bullying in schools is essential to providing a safe learning environment where all students can thrive.

Simple acts of kindness can go a long way in creating a supportive environment. Initiatives like Kindness Week or peer monitoring programs can help build connections among students and prevent bullying. Additionally, open lines of communication between home and school can help identify bullying early on.

Moving forward, it is essential to recognize that bullying is not merely a challenge confined to schools but a broader societal issue necessitating a collective response. By working together, TCNCHS can cultivate a supportive and inclusive environment where every student feels empowered to voice their concerns without fear. In conclusion, unity is vital in the fight against bullying. Now is the time to take action, raise awareness, and provide support to one another, thereby embodying hope, resilience, and a commitment to positive change.



IN FOCUS

Christianne Lloyd Solis

John Jonathan Estrella, acting President of the Supreme Secondary Learners Government, shared his experiences of the ways and means that the school's educational resources have positively and significantly contributed to his academic endeavors.

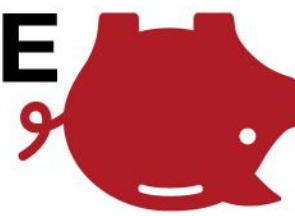
"It is helpful as the information does not solely revolve around technology but also with textbooks and modules.

school students expressed in an interview that the lack of reliable internet connection has become a barrier. When accessing essential learning materials such as uploaded presentations and other online resources. The internet sometimes hinders their ability to engage with the resources provided to them fully.

Undeniably, there is still a lack of educational resources, considering the need to keep up with 21st-century learning. The absence of sufficient materials has several negative effects on students' education. Shortage of these means that students often struggle to keep up with the curriculum.

In conclusion, accelerating progress towards Sustainable Development Goal 4: Quality Education should be prioritized as it will have a catalytic impact on achieving the overall 2030 Agenda of the United Nations. To be more specific, policymakers must prioritize education funding to ensure that all schools—whether private or public, urban or rural—have the resources needed to deliver quality education to every student. Furthermore, stakeholders, including parents and school administrators, should collaborate to advocate for greater investment in educational resources. By making learning materials universally accessible, it is feasible to address resource disparities and foster equitable opportunities for all learners.

RESOURCE DEFICIT



The integration of technology in education has revolutionized

learning experiences. Educational resources refer to a wide range of tools, materials, and technology. According to UNESCO, approximately 74% of students in urban areas were able to participate in technology integration during classes, compared to only 32% in rural areas. Viewing the local situation, Tagum City National Comprehensive High School has invested in many resources that help students engage with their studies. However, further enhancements still need to ensure that every student has the best chance to succeed in the educative process.

As a student from Media Arts, I spend approximately 12 hours per week working on computer activities like video editing and capturing shots," Estrella said.

One of the most noticeable benefits of these resources is the increased access to information. With these, students can quickly research topics, explore various references, and complete assignments more efficiently. Moreover, textbooks and modules are also reliable sources of information, helping students grasp more knowledge in major subjects. This self-paced learning encourages students to develop better study habits.

On the other hand, senior high



WEIGHING IN

Danielle Joy Galiza

Alessandra Tirador, a Special Program in the Arts student, said that when obtaining information such as an announcement, it is a must to check the official page first to see if it is coming from the school, such as when students assume that there is no class on that specific day. Also, Eunice Uy, a 10th-grade student, stated that researching on a deeper level of a specific topic will help her recognize if it is truthful or false information. Using this

President, posted awareness and demanded that all the unofficial pages that use the school's logo be deleted.

Furthermore, the Department of Education in Region 11 stated in a Facebook post that social media platforms are widely used among students. However, this also means they are more susceptible to spreading misinformation through every channel. Moreover, this statement shows that every social media platform is not about being positive, as there is so much behind it.

To align with the UN Sustainable Development Goal 16: Peace, Justice, and Strong Institutions, which targets ensuring public access to information and protecting fundamental freedoms, one of the important steps to lessen the issue is to have media literacy on every platform, providing and sharing credible information. They need to have regulations from them to identify the information that is coming out quickly. These steps are not as easy to make, but they have a big impact on every user. With possible information wars, it is essential for users to understand the distinction between accurate and inaccurate information, as well as the importance of identifying what is true and false in every post they share.

INFORMATION WARS



In an age where students largely control the manner in which they access and consume information—whether through online platforms or other means—they face significant challenges in cultivating critical thinking skills. According to a recent survey, 80% of students now engage with social media, where they are exposed to a wide range of content, including societal issues, personal grievances, and individual achievements. Nonetheless, social media is now revealing the naked truth of every individual.

method, students can get an idea of how to check and critique a post.

Moreover, TCNCHS students have encountered various pages where anyone can freely message the page, and the admin will immediately post it. Unfortunately, there are unfiltered posts that contain criticism, insensitive topics, and bullying, along with words of encouragement and compliments. It has been so alarming to the schools because of the word choice on the page. With this, Kiara Beth Bacunawa, SSLG Vice

COURAGEOUS, SMART, AND SWEET



When *Disability* Does **NOT** **DELAY**

Sean Andrei Dimakiling

T Here is a moment to shed light on the inspiring journey of a student who navigates life with crutches. She paved the way in proving that disability is not synonymous with inability – truly an advocate for acceptance and inclusivity.

This is how most people would describe Arianne Rose Cervantes, a Grade 9 student of Tagum City National Comprehensive High School and a girl with a physical disability. At a young age, she experienced early life struggles and tough encounters. Having been bullied and discriminated against, her perspectives have always been different from those of the world where physical abilities often define one's limitations.

In an interview, one of the most difficult things for Arianne before was when others made fun of her appearance or the way she walks. Nonetheless, instead of succumbing to these challenges, she has embraced the power of adaptation and maintains an optimistic outlook. Eventually, she learned to disregard the remarks of those people who looked down on her, tried to prudently filter her inner thoughts, and focused more on those who had faith in her abilities in light of the difficulties she had encountered.

From a different perspective, recognizing that her peers can help create a sense of belonging which led her to have a positive self-esteem and overall well-being, Arianne surrounds herself with whom she considers good people – her friends and churchmates. For her, they are the ones who value social inclusion and heighten emotional support.

In navigating the educational landscape, aside from the unwavering determination and the support of her family and teachers, Arianne is also a recipient of the Sulong Dunong Scholarship Program of the Local Government Unit of Tagum, which provides equal access to resources and opportunities. She was relieved that her parents would no longer be stressing over the PTA fees. Subsequently, this is one of the things that motivated her and inspired her to ascend and do well in school. She put a significant amount of effort, time, and enthusiasm toward academic pursuits. Now her achievements serve as a testament to her resilience.

Arianne became an excellent example that disabilities do not define a person's potential, and it does not impede possibilities, but rather it is their strength of character and determination that propels them towards success. Their story reminds us of all that with the right mindset, perseverance, and support, one can overcome hurdles and live life, making the most out of it.



A *Story* of **PERSEVERANCE** and **FAITH** Lovenie Navarez

In a quiet corner of Purok Papaya, Barangay Mankilam, Tagum City, Rey Labajo was born a young man shaped by trials and dreams. He was still a child when he

At a young age, he learned to spin bones to help the family. He entered as a cleaner in a funeral home, a job rarely liked by others. Instead of being ashamed or afraid, he embraced it as an opportunity to lift himself out of trouble. With his hard work and determination, he soon became a licensed embalmer, a profession he was proud of.

experienced the first blow in his life when his parents separated when he was only three years old. Since then, poverty has been a part of his daily life, where he is often hungry and has an empty stomach. But despite this, he never lost hope.

For Rey, his work is not just a job but a decent way to pursue a dream. It's not easy, but he does it wholeheartedly for his family and education. While others may reject this work, for him, it is a blessing that gives him hope and a chance to rise in life.

DEFYING *Expectations*

Peeh Jay Susas

You will see him smiling, waving, and radiating positivity. You will never know his personal battles. You will never identify he has skipped his breakfast. You will not have a clue he was laid off from his workplace.

In a world where societal norms dictate the expected path of education and personal growth, there are individuals who challenge these conventions and embark on a unique journey. Meet Richard D. Buyan, also known as “Kuya Buyan,” a remarkable 35-year-old high school student who defies expectations by continuing his schooling. Delving into his inspiring story, Richard is currently enrolled in a Grade 10 class, but what is more touching is the fact that nothing hampers him even though he is tagged as a learner with Special Education Needs. He remains steadfast

amid developmental delays and specific learning differences. Fortunately, his fellow students and teachers go the extra mile to guide him during classes and aid him find his strength, coupled with expressing respect and empathy.

Sometime in November, the Comprehensians contributed supplies for him, while the non-teaching staff searched for suitable work he could be at.

To boot, he pursues his involvement in the scouting community. Richard was filled with excitement at hearing of his acceptance into one of the school's organizations, the Boys Scouts of the Philippines; this encouraged him even more to persevere in the face of adversity. With genuine smiles, every single scout welcomed him. Every noon time, you will see him determinedly and enthusiastically training along with his younger peers. No doubt, it is his resilience

and unwavering willpower that made him overcome obstacles. Kuya Buyan has shown us the importance of embracing individuality and finding fulfillment in unconventional journeys. His story reminds us that it is never too late to embark on a path of personal growth and it is never too impossible for someone to explore what is deemed to be beyond his capabilities. The only limits in life are the ones we set for ourselves; henceforward, we must break free from expectations and soar. Truly, age is just a number.

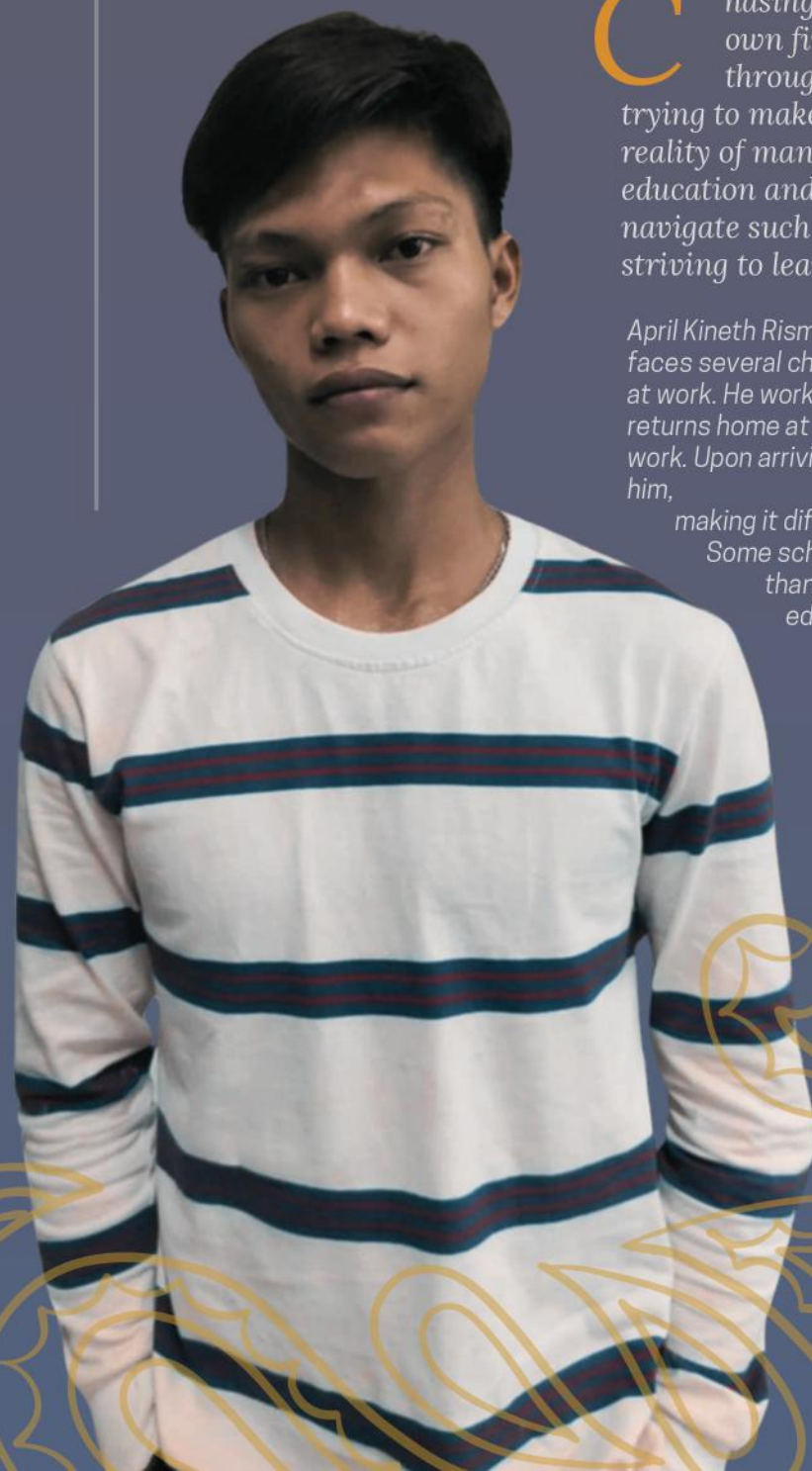


Although he grew up without a father, he did not consider it a deficiency. Instead, he considered it a challenge to be overcome. He knows that a family doesn't have to be complete for a dream to be complete. What's more important is being strong, hardworking, and true to yourself.

Now, as a Grade 12 student, he continues to pursue his dream. Despite the tiredness of work and hardships in life, he does not give up on education. He knew this would be the key to his better future. It's not easy, but for Rey, every sacrifice comes with a victory.

In his faith, he continues to fight. He believes God always has a way to light his path. He is not alone in his journey, because he knows that there is a higher force guiding him. His story is an inspiration to many that poverty should not be a barrier to success. With hard work, perseverance, and faith, anyone can achieve their dreams. Life is full of trials, but with courage and determination, nothing is impossible.

Rey Labajo is not just a name, he is an example of resilience, hard work, and faith. Proof that no matter how hard life is, a person with a dream will never defeat the challenge of destiny.



The *Hustle* for a *Brighter Tomorrow*: APRIL KINETH RISMA'S STORY

Emjay S. Gregorio

Chasing through the depths of his own financial struggles, running through an open wild storm, trying to make ends meet—this is the reality of many students who juggle both education and work. But how does one navigate such a difficult path while striving to learn and grow as a student?

April Kineth Risma, a Grade 11 working student, faces several challenges in life, both in school and at work. He works as a construction laborer and returns home at 2 o'clock in the morning after work. Upon arriving home, exhaustion overtakes him,

making it difficult to focus on his studies. Some school projects remain pending, but thanks to the understanding of his educators, he is able to catch up.

He goes to school using his bicycle, a hard-earned possession acquired through sheer determination. However, the long journey from his house to school often leaves him drained before the day even begins. Yet, his resolve remains unshaken—he is determined to complete his education. To support himself, he continues working tirelessly to pay for his tuition. Despite the challenges, he stands among the top students in his class, proving himself as a remarkable student capable of accomplishing tasks and demonstrating resilience in everything he does.

He is someone who finds light in the darkness, not because he has a choice, but because he must. With inflation on the rise, even meeting the most basic needs has become increasingly difficult. Wants have long been set aside; survival is his utmost priority.

Currently studying at Tagum City National Comprehensive High School, he is one of many working students who endure hardships in pursuit of a brighter future. His hard work and courage serve as his greatest strengths, reinforcing his belief that his blood and sweat will one day pay off.

Determination and resilience push him forward, even when the path is painful. His sacrifices are fueled by a singular vision—a better tomorrow.

Being a working student is a gut-wrenching experience. It is a daily challenge, a constant battle against poverty. Yet, despite the overwhelming hardships, hope still flickers in his heart.

The life he leads is an endless torment of exhaustion. With multiple jobs demanding his energy, he often finds himself fatigued beyond words, his body screaming for rest. The chaos of his reality leaves him drained, unable to fully comprehend the mayhem that surrounds him. In these moments, the only solace he finds is in sleep—a brief escape from the disarray of his existence.

COMPRES CLUBS:

Empowering Students, Building Futures



Hi! I'm Nicole Reyes, President of BKD Club, with our coordinator, Sir Ferdinand Deloy. Barkada Kontra Droga (BKD) is a youth-driven program promoting a drug-free lifestyle through peer influence, education, and community involvement. We empower young advocates through seminars and activities that foster awareness and healthy living. Last November, we held an Anti-Drug Symposium, and more activities are coming soon. Join us in making a difference!



Hi! I'm Shyn Carla Cal, President of TLE Club, with our adviser, Ma'am Jeanette Hijada. TLE Club fosters creativity and skill development in technology, culinary arts, beauty care, and more. We provide a supportive space for students to explore their passions, whether in software engineering, cooking, or cosmetology. Our holistic approach encourages collaboration, helping students grow in multiple fields. Join us and turn your passion into skills!



Hi! I'm Christian James Nasol, President of WATCH/EsP Club, with our adviser, Ma'am Glory May Alcular. Our club promotes time consciousness, honesty, and the values of Edukasyon sa Pagpapakatao. Through workshops, seminars, and outreach programs, we blend character education with practical life skills. We've organized impactful events like 'Project K.A.B.I.L.I.N' and 'Honesto ng Compre,' earning recognition for our commitment to integrity and community service. Join us in shaping responsible and ethical individuals!



Hello! I'm Luisse Andregrace Limosnero, President of the CSE Club, with our adviser, Ma'am Jeanette Ejandra. Our club educates students on sex, relationships, and reproductive health through accurate, age-appropriate information. We promote healthy relationships, informed decision-making, and awareness of rights to safety and choice. CSE empowers young people to make responsible life choices while fostering a supportive and inclusive environment. Join us in creating a safer, well-informed community! 🌈❤️



Hi! I'm Ashley Khyriss Adlaon, President of the Mathematics Club (SY. 2024-2025), with our adviser, Ma'am Jessel Blanza. Our club makes math fun and engaging through problem-solving activities like Damath, Sudoku, and Rubik's Cube challenges. In October 2024, we held the Math Interactive Events Workshop, combining learning with play. Join us as we explore the exciting and practical side of math!



Hi! I'm Ivey O. Cromente, President of HEARTeens, with our adviser, Ma'am Mary Joy Doctolero. Our mission is to support students' mental health, provide a safe space for open conversations, and break the stigma around seeking guidance. Last year, we assisted the City Health Office in Usapang Youth, and we continue to create a safe and supportive environment for all. Join us in making a difference!



Good day! I'm Janlyn Monteseven, President of the Earth Savers' Club, alongside our adviser, Ma'am Daisy Pelandas. Our mission is to protect and preserve our planet through sustainability, waste reduction, and environmental awareness. With tree planting, recycling programs, and clean-up drives, we take action for a greener future. Join us in making a difference—every small effort counts!



Good day! I'm Queenie V. Pecolados, President of the Info Streamline Club, with our adviser, Ma'am Irene T. Lagumbay. As part of the Special Program in Journalism at TCNCHS, our club hones students' skills in news writing, editing, and broadcasting. We promote unity, critical thinking, and factual reporting while engaging in school events. More than just a club, we are a community of campus journalists dedicated to truth and storytelling. Join us and explore the world of journalism!



The Tagum City National High School, for the school year 2024-2025, has around 30 recognized student organizations and clubs. To learn more about them, stay tuned for the next issue of The Chronicles.

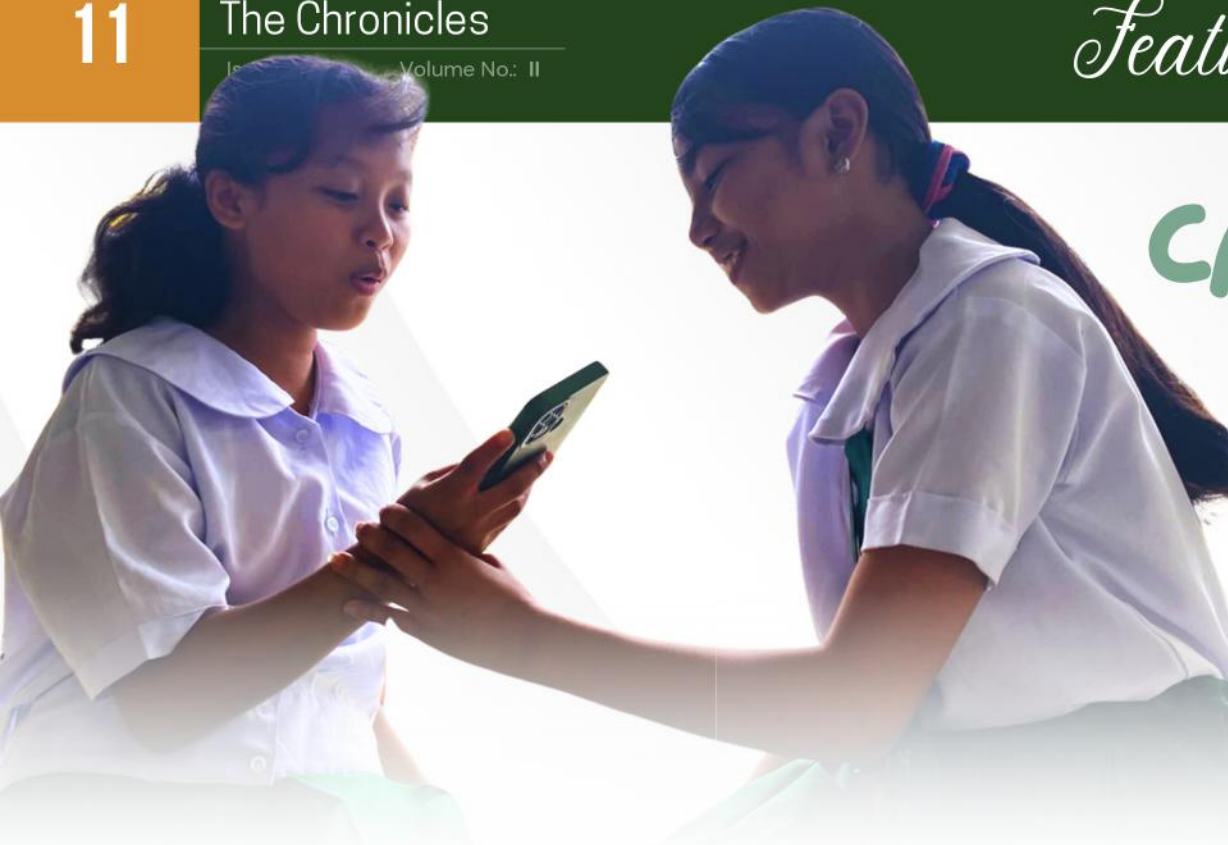


CAMPUS HOTSPOTS

By: Ines Emily C. Espiritu

In a quiet school, once the time turns into breaktime, eager students rush out of their classes, turning the once quiet school into a massive Chatterbox. The teachers trudge through the hallways to their quiet offices. Students babbling with their friends, each have their place to be.

In the vibrant tapestry of life at Tagum City National Comprehensive High School, the heartbeats of junior high and senior high students rhythmically echo in various cherished corners of their academic sanctuary. Recent interviews, comprising 13 junior high students, primarily from the bustling halls of 7th grade, 8 senior high students predominantly from the 11th grade, and 20 teachers from both realms, reveal a rich narrative of the school's favorite haunts.



The Canteen: Sharing Smiles, One Meal at a Time

The junior high canteen is a lively hub where students meet, share meals, and bond over stories. More than a place to eat, it's a space where friendships flourish and lasting memories are made.

Gymnasium: Your Active Escape

The gymnasium is a lively space for games, hangouts, and unwinding while waiting for a ride. It's where students stay active, bond, and embrace a healthy lifestyle.



Teen Tambayan: A Mental Paradise

The Teen Tambayan at the Guidance Office is a cozy retreat for games, reflection, and support. More than a hangout, it's a safe space where students find comfort, guidance, and emotional well-being.

Library: A Silent Escape

For academic-focused seniors, the library offers a quiet retreat for study and discovery. Filled with books and wisdom, it's a space for learning, reflection, and focus.



Teachers Corner: Plan, Teach, Recharge

Teachers have their own cherished spaces—classrooms feel like second homes, while some prefer the "teachers' corner" to observe student life. Others retreat to the wellness classroom for peace or their tables to prepare lessons and guide students.



Shared Spaces: Common Ground for Connection

Shared spaces foster interaction, collaboration, and creativity. Whether in courtyards, halls, or multifunctional rooms, they bring students and staff together, building friendships and community.



Within the walls of the school, memories are woven into a rich tapestry of experiences. From the excitement of school events to the quieter moments spent in personal discovery, these cherished favorites form an essential part of each individual's journey. It's in these familiar settings that laughter is shared, challenges are overcome, and lifelong friendships are formed, leaving an indelible mark on every heart.

Tagum City National Comprehensive High School's best places—the canteen, gymnasium, library, and wellness spaces—are more than just physical spots;

they embody the school's commitment to the Sustainable Development Goals (SDGs). These spaces foster **good health and well-being (SDG 3)** through social interaction and mental rejuvenation, support **quality education (SDG 4)** by promoting learning and collaboration, and encourage **sustainable communities (SDG 11)** by nurturing inclusivity and shared responsibility. By aligning daily school life with global goals, these cherished spaces not only enhance the school experience but also inspire a commitment to building a sustainable and inclusive future.

Compre High encourages dental care to students

By: Ashley Adlaon

In support of DepEd Order No. 10, S. 2016, where students should perform supervised daily group handwashing and tooth brushing, Tagum City National Comprehensive High School (TCNCHS) encourages students to take care of their teeth and practice good hygiene, like brushing their teeth daily and washing their hands. These help students stay healthy, do well in school, and avoid problems like toothaches.

Through the Wash in Schools (WINS) program, students can brush their teeth at the sinks around the school after meals. Nurse Earl Owen Aala reminds everyone to brush their teeth

at home too and visit the dentist if they have serious problems, like needing a tooth pulled.

Nurse Earl also mentioned that about two students visit the school clinic every day with toothaches or other dental issues. To help them feel better, the clinic keeps pain relievers, like mefenamic acid, on hand to ease their pain.

According to Health Secretary Teodoro Herbosa, dental care should be part of Universal Health Care (UHC). He says the best way to make dental services available to everyone is by including them in basic healthcare services. This ensures that Filipinos can get preventive dental care without worrying about the cost.

At TCNCHS, students are

encouraged to use these benefits for regular dental check-ups. With support from programs like PhilHealth, they can keep their teeth healthy, helping them stay focused in class and perform well in school.

Nurse Earl said, "Ma appektuhan jud ang ilang mga academics kay dili sila maka focus sa learning kay in pain man sila" (Their academics will be affected because they cannot focus on learning because they are in pain).

Teachers and staff also remind students to brush their teeth and take care of their oral health. They set a good example and encourage students to keep their teeth clean and healthy.

With all these programs,



TCNCHS isn't just teaching students, it's helping them grow up healthier and more confident. Healthy teeth lead to brighter smiles and brighter futures.

LGU Tagum provides PET Bottle Bins to school, public areas

By: Ashley Adlaon

The City Government of Tagum, led by Mayor Rey T. Uy, donated a PET bottle bin to Tagum City National Comprehensive High School (TCNCHS). The bin is designed to help separate plastic bottles from other waste, making the school cleaner and encouraging proper recycling.

This project follows Republic Act No. 9003, also known as the Ecological Solid Waste Management Act of 2000. The law requires communities to sort and dispose of waste properly to reduce pollution and protect the environment.

Aside from schools, the city also placed PET bottle bins in hospitals, churches, and public areas like the Tagum Overland Transport Integrated Terminal (TOTIT). Each bin can hold up to 30 kilograms of plastic bottles, helping to prevent littering and ensuring recyclable materials are reused.

Aside from schools, the city also placed PET bottle bins in hospitals, churches, and public areas like the Tagum Overland Transport Integrated Terminal (TOTIT). Each bin can hold up to 30 kilograms of plastic bottles, helping to prevent littering and ensuring recyclable materials are reused.

Moreover, by reducing plastic waste, the bin helps keep drainage systems clear, preventing flooding in the surrounding areas. It also minimizes the harmful effects of improper waste disposal on the environment.

For example, properly disposing of plastic bottles ensures waterways stay clear, preventing floods during heavy rains. It also reduces trash that could cause harm.

The PET bottle bins also help students by making it easier for them to keep the school clean. With bins available, they're more likely to sort their trash properly,

which contributes to the school's surroundings.

Furthermore, Parent-Teacher Association (PTA) President Josephine Quintana shared her gratitude for the city's efforts. "Karon naay mga projects pa nga ipanghatag sa atong city". she said, mentioning more projects are planned for the school year 2024-2025.

This project shows that the city cares about taking care of the environment with easy solutions. By encouraging recycling and proper waste disposal, Tagum City is helping make the community cleaner and more responsible.



(From Left) Daisy Pelandas and Rick Rubio with CENRO Tagum personnel during the Turn-over of one of the two Pet Bins last October 9, 2024



WEATHER UPDATE

RAINFALL ADVISORY

MODERATE WITH OCCASIONALLY HEAVY RAINS ARE BEING EXPERIENCED, AND MAY AFFECT NEARBY AREAS.

4.5-7.5 with occasionally 7.5-15 liters/meter² per hour

Source: MINDANAO PRSD

✉ cdrmo.tagumcityph@gmail.com

📱 @TagumdrmoEMsteam

📞 Providence Base: 0926 717 1566

📞 CDRMO Rescue: 0927 531 3119

Withering the Storm

By: Neri C. Villaber

As storm clouds gather and winds begin to howl, students across the region prepares for the question, "Will classes be suspended today?" Memorandum and guidelines on class suspensions during weather disturbances gives clarity to all citizens amidst the chaos of nature.

A memorandum serves as a resource for educators and administrators, articulating clear protocols that dedicate how and when classes should be suspended. The latest memorandum was DO-S2024-022 which is the Revised Guidelines on class and work suspension in schools during Disaster and Emergencies.

Local weather reports and advisories can be used as a reliable source of guide. The school's monitor these sources and assess the

severity of impending storms. This proactive approach allows administrators to make informed decisions, weighing the safety of students against the educational continuity.

Moreover, the memorandum

class suspension, taking into account factors such as wind speed, precipitation levels and road conditions. For instance, a heavy rainfall can make going to school difficult to students and may even endanger their lives.

Communication is another cornerstone of these guidelines. Some schools send text alerts, post on social media and local news broadcast to spread information quickly and efficiently.

RA.11861, known as "Expanded Solo Parents Welfare Act", at the heart of this initiative lies a commitment to address the unique challenges faced by single parents. Many juggle multiple responsibilities from managing careers to handling childcare and household duties, often feeling overwhelmed and isolated. The legislation recognizes these struggles and aims to provide practical solutions.

One of the most impactful aspects of this initiative is the establishment of community support networks. The network enables single parents to connect with each other, share experiences, and advices. This can help them build their confidence and encourage personal growth.

Moreover, the legislation also prioritizes the children's well-being by supporting their parents, it indirectly nurtures a healthier environment for young minds to flourish. This approach recognizes that investing in parents is an investment in the future of the society.

Single parents who once felt trapped in their

circumstances find new opportunities to pursue education and career advancements. With access to training programs and resources, they go on a journey of self-discovery becoming role models for their children.

Furthermore, this initiative emphasizes the importance of mental health. Many single parents grapple with feelings of anxiety and depression.

By providing access to counseling and support groups, this will not only benefit the parents but also creates a nurturing atmosphere for children.

As communities rally around this initiative, local organizations and volunteers play a vital role in its success. Their efforts create a ripple effect, spreading awareness and encouraging more people to engage in the movement, reinforcing the idea that collective action can lead to profound change.

In a world where single parents often navigate the stormy seas of life alone, a transformative force emerges, offering a lifeline

With a foundation built on community, resources and understanding, families are given tools to overcome challenges and embrace brighter futures.

Jessiel Salas Bana-ay and Zaijan Salas Bana-ay

p-AREN'T SOLO

Uniting in honing one's future

By: Neri C. Villaber

and support and empowerments. As stories of these brave individuals unfold showcasing how collective strength can redefine the journey of parenthood. In this new era of support for single parents, the potential for transformation is limitless.



Spoonful of Change

Sagip Tanghalian provides meals for students

By: Ashley Adlaon

The sight of an empty lunchbox is a reality that no student should face. As food prices rise, the rumbling of hungry stomachs grow louder. In these difficult times, Sagip Tanghalian ensures that no one is left without a meal.

As food prices continue to rise, many families struggle to make ends meet. According to the Philippine Statistics Authority (PSA), the country's inflation rate rose to 2.9% in December 2024 from 2.5% the previous month.

"It has a big impact," said Ma'am Elma Centillas, a Master teacher IV at Tagum City National Comprehensive High School (TCNCHS), about the rising prices. "There is an imbalance because our salary is low, but the prime commodities increase so high. There are needs of the family that affected me, especially needs like clothing, food and other basic needs."

Ma'am Centillas mentioned that the increasing price of rice has greatly affected many Filipino families, with some unable to have three meals a day due to this ongoing issue.

The PSA reported that, around 165,410 families in Davao Region lived below the poverty line, struggling to afford basic needs like food. While Davao has the lowest poverty rate in Mindanao, hunger remains an issue. Meanwhile, the Zamboanga Peninsula, with a 24.2% poverty rate, faces an even bigger issue with access to food.

To help address the issue of hunger, TCNCHS introduced Sagip Tanghalian, a program that provides free lunches to students in need from October 2024 to April 2025. This program ensures that students have the energy to focus on their studies without worrying about where their next meal will come from.

Students who cannot afford lunch can approach Ma'am Josephine Senate to get a meal chit. The chit allows them to receive a meal from the school canteen. The program is supported by the generosity of good Samaritans, who funds the initiative to make sure no student goes hungry.

"I did it out of mercy and empathy para sa mga nangangailangan. (I did it out of mercy and empathy for those in need)". shared by Ma'am Senate, explaining the motivation behind the program.

MANAGING INFLATION, ASSURANCE

By: Neri C. Villaber

After a bedazzling showcase of fireworks and a joyous celebration of the new year in the Philippines leads to new dreams and plans for the future to rise. Right after the celebrations, a smoke of sorrow began to fill the city of Tagum, as they noticed that the inflation was rising with them. Citizens are keeping an eye on the p-rice.

In Tagum city, the rising cost of rice has become a pressing issue, as early of 2025, the Philippines Statistics Authority (PSA) reported that the average retail price of well-milled rice has reached 52 to 56 pesos per kilogram. To address this challenge, sustainable practices must be harnessed to align with United Nation Sustainable Development Goals (SDG) 2: Zero Hunger

Farmers in Tagum face rising production costs, unpredictable weather patterns and outdated farming practices. Climate change has made the Davao Region more prone to extreme weather like El Niño and La Niña. According to the Global Climate Risk Index 2024, the Philippines remains one of the top 10 countries most affected by Climate Change.

Past-harvest losses are another significant contributor to high prices. In the Philippines, and estimated 14-16% of rice is lost annually, equivalent to nearly 2.2M metric tons. In Tagum, where many farmers still rely on traditional post-harvest methods, these losses translate to reduced supply and higher cost for consumers, Modern post-harvest methods and facilities align with SDG 12: Responsible Consumption and Production, which emphasizes reducing food waste across the supply chain.

Beyond technological advancements, policy interventions are crucial to addressing rice prices in Tagum. Programs like the Rise

Competitiveness Enhancement Fund (RCEF), which provides financial and technical support to farmers, should be localized to address the specific need of Tagum's agriculture sector.

Community engagement also plays a vital role. Public awareness campaigns can encourage consumers. These efforts reflect the principles of SDG 17: Partnership for the Goals, which highlights the importance of collaboration between governments, communities, and private sectors in solving complex challenges like food security.

The rising cost of rice in Tagum City is both a challenge and an opportunity. By embracing science, technology, and sustainable practices, the city can strengthen its agricultural sector. What is needed now is the collective will implement these solutions at the local level.

As Tagum continues to grow as regional agricultural powerhouse, its success in tackling food security challenges can serve as a model for other cities in the Philippines. By aligning its efforts with the sustainable Development Goals, particularly SDG 2: Zero Hunger, Tagum can pave the way for a future where no family goes hungry due to expensive rice. The time act is now, and Tagum has the potential to lead the charge toward a food secure future.



DRUG DRAGS

NDEP Symposium Discusses About Drug Abuse

A momentary pleasure, a taste when you were never exposed before. A glimpse of sparkly white like dust in your lips that makes you high and aggressive. Seeing the alluring world you have created, unmindful of the circumstances that could cause your life.

NDEP Symposium was conducted at TCNCHS on November 11, 2024. This discussion is regarding the impact of drug abuse in your body. This activity was participated by PNP personnel PCMS Joseph M.

Pagaran and PSSG Kerniel R. Catalino through PTLCOL Wildemar T. Tiu, Chief Police and PCPT Emmanuel E. Montero.

According to the Food and Drugs Administration, drugs have many side effects such as heart attack or liver damage. This is the outcome of drug abuse.

Thus, it will kill you slowly but surely if you will not stop in-taking drugs. According to the World Health Organization (WHO) in June 25, 2024 over 0.6 million deaths to psychoactive drug use.

However, new drug war was

declared in Davao City on April 7, 2024. Sebastian Duterte, the son of the former President Rodrigo Roa Duterte, continued his father's campaign. This is also a reminder that people should not forget about the drug war.

According to the Drug-Free World. Com, 208 million people internationally consume illegal drugs. Results from the 2007 National Survey on Drug Use and Health showed that 19.9 million Americans in the United States used illegal drugs.

Therefore, this information does not only apply to our school and in our country but also around the world. Teachers and students actively engaged in the NDEP symposium to widen their knowledge and awareness about the abuse of drugs.

Drugs are often use for pleasure and also to run away from reality. However, we must be reminded that every action has a big consequence.

6 POOR TO 67 GRANT

NEDA Plans for New Poverty Treshold

Rihanna Rayne Perez

National Economic and Development Authority (NEDA) expected to release a new poverty threshold, which is estimated to be 67 pesos in May 2025. Public are left angry and upset as the new report threshold is released.

According to a student 67 pesos is not enough for their daily needs even rice is very expensive enough that it cost 55 pesos, now that what could they buy for they buy for the remaining money?

However, even if this inflation is lower than the December 2023 inflation. It is still hard for Filipinos to afford their daily needs with just 67 pesos.

Stated by NEDA, with 67 pesos you could buy basic food items for your meals. Breakfast, instant coffee and pieces of pandesal, a pack of instant noodles for lunch and cups of rice from a carinderia, if there is still money left a can of sardines is also included for dinner.

You can say that it is a good idea to save up money or to fit your money. Though, there is no nutrition left for the body to consume.

“Wala jud siya’y nutrition kay instant noodles palang daan wala na gyud nutrition didto sa food. Mas better ng mangita ka ug fruits or vegetables na mas less ang price para masigo gyud ang 67 pesos in one day,” a MAPEH teacher said.



Beyond the Field

By: Raybern B. Pamulo

It is impossible to utter a word that contains a valuable milestone. But here are worthy praises as Gwendy A. Sapois brought home a gold acquired on TCAA Meet 2025 last January 28, 2025, at Tagum Sports and Tourism Complex.

A grade 8 athlete in Tagum City National Comprehensive High School (TCNCHS), her expectations became reality when she ambulated to the art of athletics in the age of 11. It was destined that she has chosen to break the record of the school and turned into a majestic chronicle she possessed.

Managing academics and athletics is a slavish stage in her journey. Gwendy controls herself to avoid concentrating on either of the two.

Therefore, the best thing she could do to keep herself from surpassing her objective was to make them equal. She makes use of her remaining time to train and get ready to be resolute when the game starts. When the test is approaching, she uses the opportunity to study in order to improve her grades rather than wasting it on senseless activities.

The Tagum City Athletics Association (TCAA) Meet in January 2025 is an engrossing vigilance throughout Gwendy's year. She compassed 1st place in shot that caused her to feel Amalgamated in consequences. Due to her extreme power, she managed to capitulate her hostile thinking and not to show her agility prejudiced.

When she found it difficult to balance her studies and athletics, she forced herself to go above and beyond her goal to level the playing field.



Gwendy A. Sapois



L-F: Yi chen O. Balista, Ma. Antonia T. Culangan, Keisha Cleoffy M. Gulla, Fairy Jenelle L. Jinayon

TCNCHS Girls' Sepak Takraw stuns LFNHS in a Commanding Championship Match

By: Samantha Garcia

Undeniably, anticipation filled La Filipina Elementary School Gymnasium as Tagum City National Comprehensive High School (TCNCHS) and La Filipina National High School (LFNHS) clashed for supremacy in the Tagum City Athletes Association (TCAA) 2025 Secondary Girls Sepak Takraw Championship last January 31, 2025.

Eagerly, TCNCHS players stepped onto the court with unwavering determination, striving to seize their first-ever championship title.

"First of all, it's our first time to secure the championship, and we're so happy," expressed Yi Chen Ballista, the TCNCHS' spiker.

Instantly, TCNCHS asserted dominance, securing the first set with an overwhelming 15-5 advantage, leaving LFNHS struggling to keep pace.



Gold and Grades: The Student-Athlete's Pursuit of Excellence

Christianne Lloyd Solis

Being a student athlete is not easy especially for those who are in the Special Program in Sports (SPS). The challenge of maintaining good grades while excelling in sports requires discipline, time management, and determination. Many student athletes struggle to balance their academic responsibilities with training and competitions, often facing exhaustion and pressure from both teachers and coaches.

According to a study by the Philippine Sports Commission, student athletes who effectively manage their time perform just as well academically as

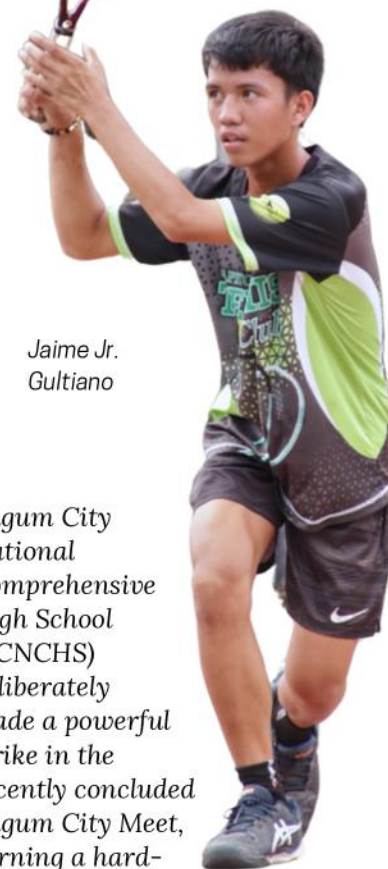
their non-athlete peers, proving that discipline and commitment extend beyond the playing field. Lance Derek Garcia, a Sepak Takraw player and SPA student, talked about

his experiences. He underlined, "I think time management is really important."

"I allocate specific hours for training and ensure that my academic responsibilities are met. If I missed any activities I comply them as soon as possible once our training is finished." When asked about the challenges he faces, Lance cited the difficulty of the training sessions and the mental strain of upholding excellent academic standards when questioned about the difficulties he faced. But he sees these difficulties as chances for development.

TCNCHS Men's Doubles Aces Silver, Advances to DAVRAA Tournament

By: Allan Viaje



Jaime Jr. Gultiano

Tagum City National Comprehensive High School (TCNCHS) deliberately made a powerful strike in the recently concluded Tagum City Meet, earning a hard-fought silver medal in the men's doubles lawn tennis competition.

Facing tough competition from top schools in the city, the TCNCHS duo displayed exceptional teamwork, resilience, and strategic play throughout the tournament. Their road to the finals was marked by intense rallies, powerful serves, and well-coordinated net play, proving their skill and determination on the court.

"Before a match we warm ourselves up by stretching and practicing some positions," stated by Jaime Gultiano. He confidently said keeping himself ready truly aided him.

Meanwhile, Zaijan Ace Bantula, the other player shared that he often stations himself to favor his forehand stroke, using it to control rallies and dictate the pace of the match.

Take, for example, many high school and college athletes who wakes up early for practice, attend a full day of classes, and then train again in the evening. The dream of stepping on the podium with a gold medal is as powerful as the dream of receiving a diploma with honors. For student athletes, both achievements are possible. At the end of the day, education remains the top priority. Moreover, schools should also recognize the struggles of student athletes and provide necessary support. While championships, receiving a medal, and getting a gold are rewarding, academic excellence secures opportunities beyond the game.

TCNCHS Boys' Sepak Takraw overpowers LFNHS, seizes glory in a Thrilling Showdown

By: Samantha Garcia

Anticipation surged within La Filipina Elementary School Gymnasium as Tagum City National Comprehensive High School (TCNCHS) battled with burning determination driven by unrelenting desire to reclaim a lost title for two years in the Tagum City Athletics Association (TCAA) Meet 2025

"For two years, the title has gone, and now we're bringing it back and feeling of securing the championship is just another level of happiness," expressed Gabriel Flores, TCNCHS' team captain.

LFNHS unleashed early dominance, securing the first regu with a decisive 2-0 victory that rattled TCNCHS's initial confidence. But rather than succumbing to pressure, TCNCHS recalibrated its approach, delivering a powerful 2-0 counterstrike in the second regu.

SPORTS

RECLAIMING THE CROWN



Lance Derek Garcia playing sepak takraw TCAA Meet 2025



Rochen Mae I. Trangia, Unit 1 Middle Blocker

UNIT 1 ACKNOWLEDGES TEAM'S EFFORT, VOWS STRONGER COMEBACK

By: Rachael B. Manangki

In a fierce battle for the championship at La Filipina National High School, Unit 1's secondary girls volleyball team fought hard but fell to Unit 5, finishing with a 2-0.

The winning team executed their strategy with precision, while Unit 1 showed resilience despite setbacks.

"Grabe ka-intense ang dula. Gihatag namo among best, pero kusgan jud ang opponent namo. Bisan pildi, proud gihapon ko sa among team kay wala mi ni-give up ug nakigbangga jud mi ug maayo," said team captain Mary Joy Catot.

She noted the intensity of the game and expressed pride in their perseverance despite the loss.

Their defense remained strong, while teamwork and communication played key roles.

"Dili ni kataposan, kundi isa ni ka leksyon para sa sunod. Proud kaayo ko sa inyoha. Dapat gamiton nato ni nga motivation para mas mapalig-on pa ta ug mag-andam para sa sunod nga season," Catot added.

She encouraged the team to use the experience as motivation for the next season.

City Meet 2025: Tagum's Top Basketball Teams Clash in an Intense Championship Battle

By: Lenard Anjello Martizano

On the City Meet 2025 the JS Gaisano Mall of Tagum became a battleground for the two greatest basketball teams, Tagum City National Comprehensive High School (TCNCHS) vs. Tagum City National High School (TCNHS).

With scores of (n) 65-73 the teams dribbled to see who would win, all of this happened January 30, 2025.

The crowd cheered and shout to support both teams."Mix emotions actually kulbaan ko and also happy ko kay naabot mi'g championship, sakit pud kaayu sa part ba na silver lang mi, so mubawi mi next year," Chelito Gamonid the captain - Ball of the game.

Though TCNCHS loss the game the match was still packed with highlights, and tension between the two teams.



Cheliano Gomoniid against Mamaran of TCNHS in TCAA Meet 2025

Team Dumog armlocks pot of golds, hails Overall Champion in Wrestling TCAA Meet 2025

By: Ayan Faith Aguilar



Vonn Rasheed To-ong against Vince Gabriel Jomolo in TCAA 2025

The wrestling team of Tagum City National Comprehensive High School reserved their place towards DAVRAA, as they wrestled a total of 19 golds, 19 silvers, and 2 bronze during the City Meet 2025 on January 28, tuesday at NCCC Mall of Tagum.

Previously, team Dumog nabbed 1 gold, 5 silvers, and 2 bronze during the National Batang Pinoy Championship 2024 in freestyle wrestling category in Palawan.

Bryan B. Jusayan was the only wrestler in the team to cop

gold under the U15 62kg boy's category during the Batang Pinoy 2024 held in Puerto Princesa, Palawan meanwhile, this year's City meet he pinned another yellow medal in the 54kg freestyle wrestling cadet boys.

On the other hand, the sibling duo Kent Josh Mativo and James Mativo both bagged their respective golds in the 46kg freestyle wrestling cadet boys and 54kg freestyle wrestling junior boys.

TCAA PARTIAL OFFICIAL RESULTS

as of January 30, 2025 | 5:00 PM

SECONDARY UNIT	MEDAL COUNT		
	GOLD	SILVER	BRONZE
Unit 1 (TCNCHS, FIS, LNHS)	61	83	75
Unit 2 (TCNHS, TCRASHS)	69	47	48
Unit 3 (PMNHS, JTMNHS, LIS, BIS, CNHS)	8	14	22
Unit 4 (LFNHS, MNHS, SAIS)	21	32	40
Unit 5 (TNTS)	42	22	30
Unit 6 (Private Schools)	67	58	36