THE OFFICIAL SCHOOL PAPER OF LIPUTAN INTEGRATED SCHOOL • SCHOOLS DIVISION OF CITY OF MEYCAUAYAN, REGION 3

SALAKAB EXPRESS

THE TRANSIT TO RESPONSIBLE CAMPUS JOURNALISM



EMPOWERING DIGITAL LEARNERS FOR A BETTER TOMORROW. CAMPUS JOURNALISM PROMOTES CRITICAL THINKING AND MEDIA LITERACY FOR NAVIGATING THE COMPLEXITIES OF MODERN MEDIA. **PHOTO BY: ALLIANA KYLIE D. DILLENA**

TRANSCENDING LIMITS

Campus scribes launch digital literacy program for global competitiveness

CHARLES JAYDEN B. DUMALAY



To nurture holistically developed learners, equipped with 21st century skills within an inclusive learning environment, salakab staffers of Liputan Integrated School (LIS) launched a digital literacy program entitled, "Project Digital Literacy for Liputeños (DLL)" in support of MATATAG Curriculum.

According to Salakab Express Editor-in-Chief Charles Jayden B. Dumalay, the program empowers learners with base knowledge and skills that can be applied using technology that promotes diverse learning.

"As campus journalists, it is our responsibility to use various platforms such as multimedia and other tools in promoting digital literacy among our fellow learners. We introduce different applications to help them improve their literacy and numeracy skills using technology," Dumalay said.

He added that under MATATAG Curriculum, digital literacy is essential in producing learners who are globally competitive equipped with essential skills for academic success.

Meanwhile, School Paper Adviser Leonard B. Termulo stressed that skills learned through journalism with the aid of technology can amplify learners' voices in support of the new curriculum.

"Unfortunately, for a country that is considered among the world's top social media user, the nation's state of digital literacy is very dismal. Our campus journalists who possess ICT skills are helping their fellow learners who encounter difficulties in using modern gadgets, tools and application," Termulo said.

The mentoring initiative of the campus journalists is in support with the MATATAG Curriculum that is being carried out by the school which envisions of producing well-rounded and competitive learners.

LIS IN FIGURES

100%
OF LEARNERS IMPLEMENTING 'MAGALANG BOW' AND 'DEPED CORE VALUE'

96.91%
2023 SCOUT MEMBERSHIP CAMPAIGN 'GOLD ACHIEVER AWARDEE'

92.82%
EXCELLENCE IN LITERACY AND NUMERACY AWARDEE

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WELL WORTH THE WAIT

Liputan's conversion into an integrated school hailed

XIAN KELVIN D. DIONICIO

After years of preparation, Liputan Elementary School (LES) is now officially Liputan Integrated School (LIS), reaching new heights for improved and quality service to all stakeholders in Barangay Liputan on January this year.

Minerva L. Siongco, Head Teacher I welcomed the fruit of the hardwork and perseverance of all the stakeholders who did their share in achieving the said milestone. Meanwhile, Mrs. Siongco also accepted the challenges of providing quality education among new Junior High School (JHS) learners.

Parents shared the same vision as they wanted the school to offer JHS program for their children. "We are all delighted upon knowing the good news. Finally, our children will no longer need to travel to continue their secondary education", said Mrs. Evelyn A. Dumalay, Grade 7 parent.

LIS together with other stakeholders are continuously working together in providing unified instructional programs to help their learners develop skills that are useful in the real world.



COMING UP WITH SOMETHING NEW. THE FIRST BATCH OF JUNIOR HIGH SCHOOL STUDENTS WITH THEIR ADVISER, SIR REYMART M. RUCIO DURING THEIR DISCUSSION IN THE NEWLY OPENED BUILDING. **PHOTO BY: ALLIANA KYLIE D. DILLENA**

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PARTNERING FOR PROGRESS. MA'AM LEONORA A. PANTANILLA TOGETHER WITH VOLUNTEER-PARENTS DURING THE IMPLEMENTATION OF PROJECT DARE. **PHOTO BY: ALLIANA KYLIE D. DILLENA**

COMMUNITY COLLABORATION:
PARENTS, TEACHERS, SERVE 'PROJECT DARE' TO BOOST LITERACY

KIM JILLIANE U. SIONGCO

As part of its initiative to improve literacy skills and to nurture the culture of reading, Liputan Integrated School (LIS) together with parent volunteers spearhead a reading program entitled, ''Project DARE (Digital Assistance on Reading Enhancement) last August 5.

According to Leonard B. Termulo, school reading coordinator, the said project will cater those identified learners with reading difficulties during the reading assessment test conducted in their respective grade level.

"Reading is the bridge for learning. A learner no matter how hard he tried to listen during classroom discussion will never learn anything once he has difficulty in reading. Reading has a direct connection with learning. The learner learns because he knows how to read", Termulo said.

The problem among learners' with reading difficulties gave birth to Project DARE, a developmental reading program that promised to give the most effective reading remediation based from the learners' individual reading level and needs using gadgets and technology.

"This is the start of our fight to achieve zero non-reader in our school. I am asking the full support of the stakeholders specially our dear parents towards the success of Project DARE. This reading program was designed to provide the most effective reading intervention to help our learners with reading difficulties", said Minerva L. Siongco, School Head Teacher.

LIS partners with brgy.
TO INTENSIFY NO SMOKING POLICY

CHARLES JAYDEN B. DUMALAY

Due to the increasing number of youth smokers in the country, the Supreme Elementary Learner Government (SLGG) together with the Sangguniang Barangay conducted an awareness seminar on the effects of smoking last October 11 at the school ground.

Teachers, parents and learners participated in the said seminar. Topics were discussed by speakers during the one-day seminar. Mrs. Emily L. Dumalay, Barangay Health Officer discussed the harmful effects of smoking. She emphasized that smoking causes many dreadful diseases like lung and skin cancer.

"It is our responsibility to educate our children on the harmful effects of smoking. Parents should be responsible enough to always remind their children not to smoke. Let us work together to make our school and barangay free from smokers," said Mrs. Dumalay, Barangay Health Officer.

Meanwhile, the 'No Smoking Policy' is being implemented seriously among all the school faculty and personnel members. "I can assure you that no one from us is smoking. We are also encouraging those parents who are smoking to stop. The best way for them to tell their children not to smoke is for them to set as good example", said Minerva L. Siongco, School Head.

The school together with the sangguniang barangay promised to conduct more seminars regarding smoking to educate and inform the LIScians on the possible dangers they can get once they try to smoke.

BOUNCING BACK:
LIS journalists undergo intensive training through Div. Enchancement Camp

XIAN KELVIN D. DIONICIO

With its mission to continuously improve and put into practice the skills and talents of campus journalists, the Schools Division of City of Meycauayan conducted Division Journalism Enhancement Camp for school paper advisers (SPAs) and campus journalists (CJs).

The 3-day training-seminar aims to enhance the writing skills of participants in different individual and group categories under the supervision of well-trained speaker-trainers in their line of expertise.

Liputan Young Journalists participated in the said intensive training to equip them with new trends and approaches in campus journalism. Meanwhile, SPAs also participated to enhance and update their knowledge in journalism needed during their trainings.

"We are so privilege to be part of this training-seminar in campus journalism. All the learnings we gained can be used in the upcoming Division and Regional Schools Press Conferences," Charles Jayden B. Dumalay, one the LIS campus journalists, expressed.



HONE YOUR CRAFT, ACHIEVE GREATNESS. SIR LEONARD B. TERMULO GIVES SOME POINTERS ON SCHOOL PAPER MANAGEMENT DURING THE 2025 DIVISION ENHANCEMENT CAMP. **PHOTO BY: ALLIANA KYLIE D. DILLENA**

As an ecouragement, Mr. Leonard B. Termulo, School Engish and Journalism Coordinator said, "Keep moving, keep dreaming, just focus on what you are looking for and achieve it. With prayers, the right attitude you will achieve it. Just always put your heart to your work, and everything follows".

Liputan Young Journalists also pledge to be committed with prudence, accuracy and fairness. They pledge to write only what holds in their hearts to be true.

NEWS FEATURE

Liputan delicacy shines spotlight as one of the best Pinoy Foods

KIM JILLIANE U. SIONGCO

As foods represent our cultures, they come to be core parts of our identities. Recently, two of Liputan well-loved foods - Atcharang Dampalit and Salagunday were published in the book 'Mga Kwentong Pagkain at Kasaysayan (PAGKAYAN)'.

Written by Maestro Jose Benigno Salvador, a heritage advocate, it features different delicacies in different provinces in the country.

Atcharang Dampalit and Salagunday are staple foods in Baranggay Liputan. Atcharang Dampalit was first introduced by Nanang Lumeng during 1970s. It is usually made of dahon ng dampalit that is served during fiesta along with shrimp, crabs and other sea foods. Meanwhile, Salagunday is a popular dessert made from coconut that is best partnered with hot pandesal or even in hot steamed rice.

"Nakakaproud, sobra! Iba yung pakiramdam na mabasa mo sa mismong libro ung mga pagkaing sariling atin, kaya noong kinausap ako ni Maestro Salvador kung pwede niya ko makapanayam without hesitation, I said yes!", said Herbert M. Bollas, a teacher and heritage advocate.

Meanwhile, sangguniang barangay together with Nanang Lumeng's family are working together to continue their legacy.



TASTE THE TRADITION, EXPERIENCE EXCELLENCE. ENJOYING ATSARANG DAMPALIT, ONE OF LIPUTAN'S DELICACYS BEST PARTNERED WITH FRIED FISH FOR LUNCH. **PHOTO BY: ALLIANA KYLIE D. DILLENA**

In celebration of National Heritage Month, LGU declares 'Pagoda ng Liputan' a cultural heritage

XIAN KELVIN D. DIONICIO



As part of the celebration of National Heritage Month, City Mayor Atty. Henry R. Villarica officially declared 'Pagoda ng Liputan' as one of the City's cultural heritage last May 8.

Pursuant to City Ordinance 361 of 2023, 'Pagoda ng Liputan' is officially listed as one of the city's cultural heritage along with 'Panandang Pamana ng Pamanhikan ng Santong Gapos ng Calvario.

The said momentous event was headed by City Mayor Atty. Villarica together with City Councilors and Provincial History, Arts, Culture, Tourism Office Head, Dr. Eliseo Dela Cruz.

On the other hand, Former PB Andres T. Legaspi with Sangguniang Barangay, Sangguniang Kabataan and SPPC Liputan witnessed the symbolic signing of documents.

"Napakasaya ng lahat ng aking mga kababaryo, sa wakas napasama ang aming pagoda bilang isa sa mga cultural heritage ng Lungsod ng Meycauayan", said former PB Legaspi.

PRESERVING TRADITIONS, INSPIRING GENERATIONS. CITY MAYOR ATTY. HENRY R. VILLARICA HEADED THE INAUGURATION OF 'PAGODA NG LIPUTAN' AS ONE OF THE CITY'S CULTURAL HERITAGE. **PHOTO BY: ALLIANA KYLIE D. DILLENA**

As support to school's reading program School Alumni reads with LIS learners

XIAN KELVIN D. DIONICIO

To promote the value of reading among LIScians, Engr. Jerico O. Conquilla, alumni and School Reading Ambassador encourages learners to use their spare time in reading books.

Engr. Jerico point out that his love for reading helps him to reach his dream. He also stresses the importance of reading as it serves as the foundation of learning. "I want to encourage all of you to love reading as early as now. It will give you a head start on expanding your vocabulary and building independence and self-confidence. Reading will help you travel far places in different parts of the world through your imagination" said. Engr. Jerico

Meanwhile, School Reading Coordinator Leonard B Termulo stated that in pursuit of DepEd's goal to produce functionally literate learners, everyone should do their part in helping learners with reading difficulties.

"To make every child a reader at his/her grade level is not an easy task, but if everyone will do their part no one will be left out. Everyone's effort are in consonance with the school reading program which seeks to improve the reading skills and reading levels of learners from frustration to instructional level".

Engr. Jerico along with his batchmates have consistently supported every reading initiative that the school has implemented since they graduated from college.



FUELING IMAGINATION, FOSTERING GROWTH. SCHOOL AMBASSADOR JERICO O. CONQUILLA PROMOTES READING AMONG LIS LEARNERS DURING THE CELEBRATION OF BUWAN NG PAGBASA. **PHOTO BY: ALLIANA KYLIE D. DILLENA**

Filipino Folklore identities afloat at LIS' buwan ng pagbasa celebration

CHARLES JAYDEN B. DUMALAY



PINOY FOLKLORE COMES ALIVE. INTEGRATING FILIPINO FOLKLORE INTO READING MATERIALS AND READING PROGRAMS TO FOSTER DEEPER APPRECIATION FOR FILIPINO CULTURE. **PHOTO BY: ALLIANA KYLIE D. DILLENA**

Promoting the love for reading, Liputan Integrated School (LIS) conducted "Book Character Parade", featuring various book characters and some Filipino Folklore identities during the celebration of Buwan ng Pagbasa last November 22.

In her speech, school head Minerva L. Siongco, expressed full support for the event that showcased beauty and style and, most importantly, to promote Filipino's rich heritage and culture by supporting local books and Pinoy comics characters.

"Having this kind of quality program is what we need to develop culture of reading among our learners. It is timely and relevant to encourage our learners to drop their gadgets and take time to read books. They should

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PARTNERS IN SAFETY, PARTNERS IN TRUST. PMC- BULACAN BONDS WITH LIS LEARNERS VIA 'PROJECT KLASE' TO BUILD TRUST AMONG COMMUNITIES. **PHOTO BY: ALLIANA KYLIE D. DILLENA**

OUTREACH PROGRAM
PNP bonds with LIS learners through Project KLASE

CHARLES JAYDEN B. DUMALAY

With no hesitations, Provincial Mobile Force Company (PMFC) - Bulacan presents an act of generosity last September 18 as they deliver bulk of school supplies and food packs among intermediate learners of Liputan Integrated School (LIS) as part of their 'Project Klase'.

Portraying the mantra of the organization, giving is one of the integral parts of the brotherhood as it gives inspiration and hope specially among underprivilege learners.

Grades 4-6 learners are the main beneficiaries of the program as they received various supplies such as pencil, papers, and notebooks. They also received food packs and surprise gifts after the program.

"This kind of endeavor also encourage our learners to always be good to others. Some of the members of the group were alumni of the school. Their purpose is to give back for the betterment of the community and their alma matter," said Minerva L. Siongco, school head.

Meanwhile, this program bridges the gap between police authorities and the civilians by reaching out to the people by providing them with basic services and needs that would help enhance their image as they could provide protection for their safety

"This act is a sincere effort on our part, and the main purpose is to help underprivileged learners who can't afford to buy the basic necessities," said Captain Benigno R. Aquino, one of the sponsors.

Grade 6 learner, Charles Jayden B. Dumalay, expresses his gratitude for considering LIS as one of the recipient schools.

"Ngayon po hindi na kami takot lumapit sa mga pulis. Napakabait po nila at handa po sila na pangalagaan kami at aming paaraalan," he stressed.

4P's solves LIS drop-out

XIAN KELVIN D. DIONICIO

The Pantawid Pamilya Pilipino Program better known as 4p's lessens the number of dropouts based on the data reported by School 4P's Coordinator Bernardo R. Morte Jr. in cooperation with the different classroom advisers where it facilitates the said program.

Learners who are members of 4P's registered perfect attendance from months of August – December based on the data given by each classroom adviser. "We are definitely happy; indeed, the 4P's program was effective to achieve perfect attendance. I'm hoping that this will continue till the end of the school year", said Haydee A. Capili, Grade 4 adviser.

In line with this, teachers also conducted regular home visitations especially to those learners who are member of 4P's. This is to check the condition of 4P's members and if the financial support of the government is being properly used.

Meanwhile, the school is in regular contact with the Department of Social Welfare and Development thru Ms. Hazel Zindayen, 4P's coordinator in order to further monitor the condition of these children – 4P's recipients.





BREAKING THE CYCLE OF POVERTY. 4P'S MEMBERS WORK TOGETHER FOR REPAIRING SCHOOL FACILITIES AND PROMOTING QUALITY AND ACCESSIBLE EDUCATION. **PHOTO BY: ALLIANA KYLIE D. DILLENA**

FILIPINO FOLKLORE...
CONTINUED FROM P.3

understand how important is reading in their studies", uttered Siongco.

Highlighting the program, are leaners who dressed in famous Filipino folklore identities such as tikbalang, kapre, dwende and tsanak, ramped their way out to evoke the manifold culture of the Filipino.

"Masaya po kami na naging bahagi ng programa, nabigyan po kami ng pagkakakataon na mas makilala pa ang ilan po sa mga sikat na tauhan sa mga pelikula at komiks," boasted Aljen L. Daligdig, Grade 5 - Malikhain participant.

With the success of the program, new line up of activities will be added as part of the yearly celebration of Buwan ng Pagbasa to develop the culture of reading.

SPTA launches 'Zumba for a Cause' project



GET FIT, GIVE BACK. SPTA OFFICERS LAUNCH 'ZUMBA FOR A CAUSE' TO SUPPORT SCHOOL'S PROGRAM AND ACTIVITIES. **PHOTO BY: ALLIANA KYLIE D. DILLENA**

KIM JILLIANE U. SIONGCO

Liputan Integrated School (LIS) received a ray of hope as School Parents and Teachers Association (SPTA) partnered with Barangay Liputan Council to conduct a fund-raising program "Zumba for a Cause." The event was a phenomenal success, with almost 300 participants from different ages grooved last November 30 at Liputan Sports Complex.

All the proceeds of the said program will be used to repair school facilities like canopy, school gate and flag pole. SPTA President Mrs. Chin G. Mondano expressed her gratitude to her fellow officers, volunteers, and sponsors for making the event possible.

Mrs. Minerva L. Siongco, the School Head, echoed Pres. Mondano's sentiments, emphasizing the programs help in improving school facilities. She noted that the aid will also help the learners by making their school safe and conducive for learning.

Brgy. Chairperson Oliver R. Dumalay delivered an inspirational message, reminding the learners of their potentials and the importance of education. He emphasized that his team is fully committed in serving the community and empowering future generations.

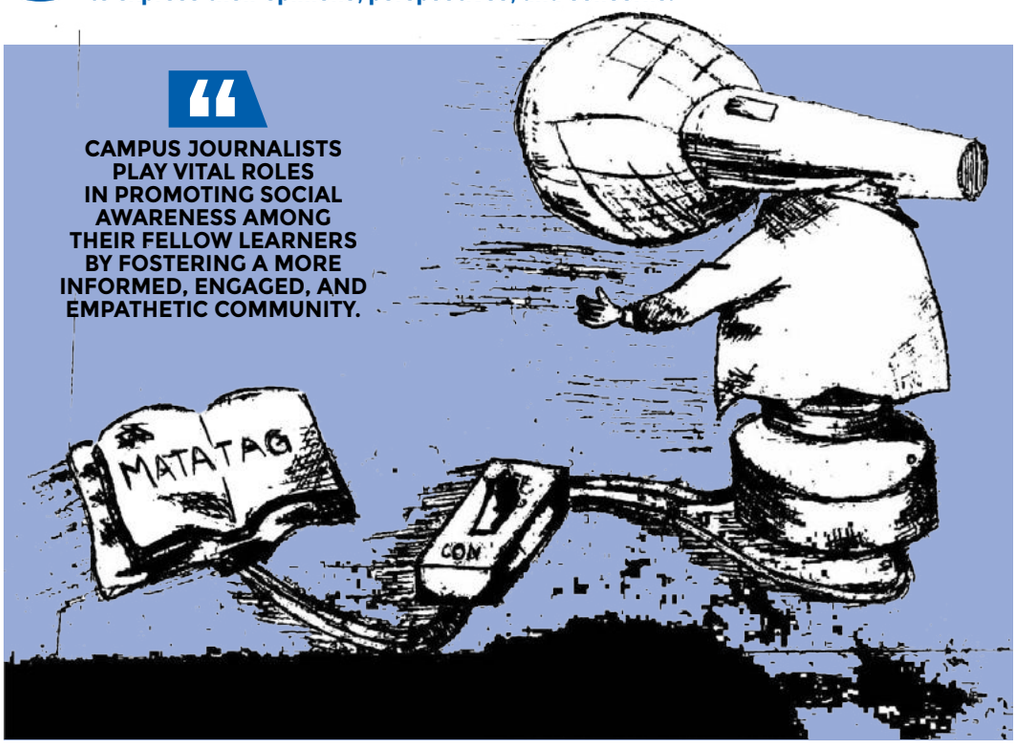
"Zumba for a Cause" was a triumph of collaboration and goodwill, inspiring hope and positive changes among the learners. The SPTA commitment to the learners' welfare demonstrates the power of collective action in creating brighter future for all.

editorial

CAMPUS JOURNALISM IN MATATAG ERA:

EMPOWERING LEARNERS FOR SOCIAL AWARENESS

Undoubtedly, campus journalism plays a vital role in the implementation of the MATATAG Curriculum as it amplifies learners' voices and provides platform for learners to express their opinions, perspectives, and concerns.



"CAMPUS JOURNALISTS PLAY VITAL ROLES IN PROMOTING SOCIAL AWARENESS AMONG THEIR FELLOW LEARNERS BY FOSTERING A MORE INFORMED, ENGAGED, AND EMPATHETIC COMMUNITY.

By integrating campus journalism with the MATATAG Curriculum, learners can develop essential skills, values, and competencies that prepare them for success in their personal, academic, and professional lives.

Meanwhile, campus journalism serves as platform for MATATAG Values transformation Maka-Diyos. It promotes, values such as respect, empathy, and compassion, reflecting the Makadiyos aspect of MATATAG. Makatao, by highlighting social issues and promoting civic engagement, campus journalism embodies the Makatao values. Makabayan, fostering national pride and awareness of Philippine history, culture, and values, aligning with the Makabayan aspect of MATATAG.

Campus journalists play vital roles in promoting social awareness among their fellow learners by fostering a more informed, engaged, and empathetic community. It also promotes equality and inclusivity among marginalized people, such as LGBTQ+, women, and minority groups. Sharing the same vision with MATATAG Curriculum that highlights respect for diversity by recognizing the uniqueness of each individual and group.

By promoting inclusivity, the MATATAG Curriculum and campus journalism help create a more equitable and just society, where all individuals are valued and respected. Moreover, the teachers under the new curriculum are also encouraged to use culturally responsive teaching practices to acknowledge the diversity of learner's experiences and backgrounds.

Overall, the MATATAG Curriculum emphasizes the importance of co-curricular activities like campus journalism in developing learners' skills and values. In fact, integrating campus journalism into the curriculum helps the schools and teachers to produce learners who are critically thinking and socially aware individuals.

With the integration of campus journalism into MATATAG Curriculum, we can expect to produce learners who use their voices in addressing social issues to promote understanding and diversity.

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"EVERYONE SHOULD WORK TOGETHER TO MAKE EVERY SCHOOL IN OUR COUNTRY A SAFE PLACE FOR THE LEARNERS.

KIDS CAN TELL

CHARLES JAYDEN B. DUMALAY Editor-in-Chief

School Safety, a shared responsibility that unites the community

A safe learning environment is important to every learner. It provides perfect place for leaning since they will have focus on acquiring different skills they needed in the future. It also promotes social and creative learning that opens space for learners to explore, learn and grow, but when can we actually say that a school is a safe place for the learners?

The school is the second home for the learners. Same with their own homes they must be comfortable in the school where they are. In others words, safe school provides comfortability on the part of the learners. School which are well ventilated and clean with enough space, chairs and teachers is said to be comfortable. Physical structures and facilities of a school really affect the learning skills of the learners.

A school which is free from all forms of violence. School's security is very essential to provide peace among learners. The school should provide protections among learners against bullying, discrimination and illegal drugs. Teachers intensify awareness programs and activities that promote gender equalities, drug prevention and ending of bullying.

Learning will never take place without teachers who facilitate knowledge on their learners. Teachers can make or break his/her learner. Schools with loving and patient teachers provide a harmonious place of learning free from verbal, corporal and sexual abuse. Learners tend to learn more and easily from teachers who are patient in handling their behaviors without shouting at them. In the other hand, parents must also help the teachers in disciplining their children especially at home.

On the other hand, the school headed by the principal should set an effective emergency procedure in times of calamities like earthquake, flood and typhoon. Emergency plans and phone numbers should be posted in every classroom. This will give the learners confidence and knowledge they needed to act quickly in times of emergency. The school must partner with the Sangguniang Barangay in identifying the hazardous place in school and proving evacuation center.

Everyone should work together to make every school in our country a safe place for the learners. Though safety inside the school is the ultimate responsibility of the school authorities, parents can involve themselves by increasing school safety by watching the school premises. If we want to invest better future for the youth, we must put them in the safe school to let them learn and grow.

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EDUCATION IS THE KEY TO SUCCESS, THE GOVERNMENT MUST PROVIDE EQUAL EDUCATIONAL OPPORTUNITIES TO EVERYONE REGARDLESS OF THEIR BACKGROUND AND CIRCUMSTANCES

INTROSPECT

KIM JILLIANE U. SIONGCO Associate Editor

Education for all: everyone has the right to education

Education is vital in empowering individuals and providing them better opportunities to become successful in life. If this is true, how about those who are not capable of going to school due to poverty?

Based from data released by the Philippine Statistic Authority (PSA) that provides a glimpse into another troubling aspect of education in this country, 18.6 percent of Filipinos aged five to 24 did not attend school in 2022. This is equivalent to 7.85 million children and youths.

The study also revealed that the main reason for staying out of school is the completion of a college or post-secondary degree, which means that most parents are not capable of sending their children to school due to poverty.

With these alarming and disappointing figures, the government thru the Department of Education (DepEd) must do their mandate, to provide accessible and quality education for all Filipinos!

DepEd is continuously implementing various programs to ensure that every Filipino has an access to education. Free universal education is provided from kindergarten to tertiary level in all public schools and state universities nationwide. Good news among parents that they don't have to shoulder expenses like tuition and basic miscellaneous fees in sending their children in schools.

Meanwhile, Alternative Learning System (ALS) program provides opportunities for out-of-school youth and adult learners to develop basic and functional literacy skills, and to access equivalent pathways to complete basic education.

Lastly, DepEd also offers special programs like Special Needs Education (SNED) program with its ultimate goal of mainstreaming learners with special needs into the regular school system and eventually in the community as well.

And because education is the key to success, the government must provide equal educational opportunities to everyone regardless of their background and circumstances, should have an access to a high-quality education that prepare them for a successful life.



SCHOOLS AND TEACHERS SHOULD BE ENCOURAGED TO MAKE USE OF TECHNOLOGY TO ACHIEVE A WELL-STRUCTURED EDUCATIONAL SYSTEM

RECKONING

XIAN KELVIN D. DIONICIO News Editor

Reshaping today's educational system through social media

It is undeniable that social media plays an integral part of our lives, and its impact on education cannot be ignored. While many believe that social media has a positive impact on education, others are concerned about its negative impact.

Nowadays, learners have quick access to information and research, thanks to social media! Based from the studies conducted by LIS research team, 90% of LIScians have internet connection that is using at least one social media platform.

The best tool available for teachers is social media itself. Teachers may use technology to their advantage. According to the survey conducted by Salakab Staffers, among 69 learner-respondents from the intermediate level, 65 of them agree that using social media makes the lesson more interactive and motivating.

However, social media is also blamed for the lack of attention by learners during discussion. Thus, cellphones and other gadgets are prohibited during school hours. Some learners spend too much time in playing mobile games that may harm their health and affect their academic performance.

The bottom line is that social media is a big part of our day to day life and there's no point of keeping it away from the education process. Schools and teachers should be encouraged to make use of technology to achieve a well-structured educational system that will help produce competent and productive citizens.



CORPORAL PUNISHMENT SHALL NOT BE IMPOSED ON ANY LEARNERS IN SCHOOL FOR THE PURPOSE OF DISCIPLINE, TRAINING OR CONTROL.

STANDPOINT

MARU KHYLE S. DUMALAY Cartoonist

No room for bullying in schools!

Schools are said to be our second home, it gives the same sense of comfort, security and happiness that we feel with our family. We should feel safe in schools together with our family - teachers and classmates.

However, according to PISA 2022, one out of three Filipino students are being bullied in schools. This is about 43% of girls and 53% of boys in the Philippines encounter bullying incidents multiple times a month.

Sadly, with these alarming figures unwanted thoughts keep coming to my mind; Are we still safe in school? Is the Department of Education (DepEd) doing their best to protect us from bullying?

DepEd Order No. 55 s. 2013 or the Implementing Rules and Regulations (IRR) of the Anti-Bullying Law is set to address the alarming incidence of bullying in the country's schools. This is to ensure that all schools across the country are free from any forms of bullying.

Meanwhile, schools are also encouraged to strengthen their child protection policy to ensure that learners are protected from all forms of violence, exploitation, and discrimination. Thus, teachers shall implement positive and non-violence mode of disciplining learners. Corporal punishment shall not be imposed on any learners in school for the purpose of discipline, training or control.

Moving forward, DepEd should be vigilant in the strict reinforcement of DepEd Order No. 55 s. 2013 to address the alarming incidents of bullying. Parents, learners, and teachers should be aware of their responsibilities to permanently stop bullying. We should work together to promote safe and child-friendly schools in the country!

SURVEY SAYS

As a learner, what is your viewpoint about the Marcos-Duterte rift?

The political rivalry of President Ferdinand Marcos Jr. and Vice President Sarah Duterte has become worse and more personal. The two powerful dynasties formed a coalition and clinched a landslide victory in the 2022 elections, but this so-called "uniteam" imploded in the last quarter of 2023.

In a school where diversity is present, let us take a look upon the different opinions from different learners trying to voice out their thoughts about the country's biggest political rift. Be inspired and moved with their ideas.

Malungkot po. Bilang mga matataas na pinuno ng ating bansa dapat po silang magkaisa at magtulungan para sa ikabubuti ng lahat.

JERRYAN P. RUCIO
Grade Six Learner

Disappointed! It only shows what kind of political system we have in our country.

MICO FRIZ A. DUMALAY
Grade Seven Learner

Patuloy ko pong pinagdarasal na matigil na po ang di pagkakaunawaan nila Pangulong BBM at VP Sarah.

RENZ RUDY C. DUMALAY
Grade Five Learner

Praying for possible reconciliation between our president and vice president the soonest.

RHIAN SHANE L. RUCIO
Grade Four Learner

It's a complex and dramatic situation, with many Filipinos watching closely to see how it will all play out. Praying for their reconciliation.

KRISTAL S. AGUSTIN
Grade Seven Learner

The feud between the president and vice president has significant implications for the country's democracy, with concerns about dynasty dominance. Hoping that they set aside their differences and move forward.

CHRISTIAN BLAZE A. BELZA
Grade Six Learner



IT IS IMPORTANT TO REMEMBER THAT PARENT-TEACHER CONFERENCES PLAY VITAL ROLE IN LEARNERS' DEVELOPMENT AND ACADEMIC SUCCESS.

MANIFESTO

JASMIN RUTH R. LEGASPI Feature Editor

Parent-Teacher conferences, a must!

Teachers are considered as second parents in schools but to achieve holistic transformation, parents and teachers must join hands to guarantee that while children are developing their intellectual abilities and skills at school, parents are also doing their job at home in strengthening the moral foundation of their children.

A parent-teacher conference is a time when important people in a learner's life can talk about how that learner is doing in school. It's a chance for parents to ask questions about the class or their child's progress. It is also a time for parents and teachers to work together as a team to discuss ways in which they can both help their sons or daughters. Teachers need parents to help them provide first class job. They can use this time to establish rapport and develop common goals.

Parent-teacher conferences provide opportunities for the teacher to increase parents' awareness of their child classroom behavior, performance and how their children cope with the school environment. There are several things that both parents and teachers can do that may help conferences be more successful and fruitful.

Some of these include: planning ahead of time, having list of names who will be in the conference, being polite and approachable to set the mood of the parents, avoiding giving lectures by making comments brief and developing common goals to acknowledge everyone's role to support their children about the area of concern.

It is important to remember that parent-teacher conferences play vital role in learners' development and academic success. So always encourage your dad and mom to attend these conferences for them to know you better when you are in school.



READING IS NECESSARY FOR LEARNING, SO INSTILLING A LOVE OF READING AT AN EARLY AGE IS THE KEY THAT UNLOCKS THE DOOR TO LIFELONG LEARNING.

NOTEWORTHY

RENZ RUDY C. DUMALAY Sports Editor

Why read?

Ensuring every child has the necessary skills, they need to read is an essential component of literacy education. It enables children to not only learn across the curriculum but also to access numerous aspects of daily life, influencing the opportunities that they have available to them in the future.

Teaching children to read is complex and encompasses a range of skills, such as word decoding, comprehension and fluency. But how do these components build on one another, and connect, to ensure children reach the goal of reading and understanding texts?

No wonder, the Department of Education (DepEd) implements countless reading programs to boost the literacy skills of learners, such as K-3 reading program among kindergarten to grade 3 that aims to implement and solidify the mastery of reading before the advancement to grade 4. Meanwhile, several reading interventions are being implemented among struggling readers in the intermediate level based from the results of reading assessments.

In support, Liputan Integrated School (LIS) together with stakeholders are implementing specified reading programs among all learners. Princess Elayssa T. Ramirez, School DAP-ELLN Coordinator together with K-3 teachers are doing their best to develop the phonemic awareness of their learners. This is to ensure that all K-3 learners are readers before advancing to grade 4.

On the other hand, intermediate teachers headed by Leonard B. Temulo, School Reading Coordinator focus on learners' reading comprehension. An effective reader must fully understand the written passage or text he read. Without reading and comprehension skills, children will struggle to grow academically, as reading is the foundation to all academic subjects such as History, Mathematics and Science.

Reading is necessary for learning, so instilling a love of reading at an early age is the key that unlocks the door to lifelong learning. As such, teachers and parents are in a great position to ensure reading is a key part of children's daily routine. Building better future starts today and future leaders are todays readers!

CAMPUS INBOX

Dear Editor,

Greetings in the name of our Lord Jesus Christ!

The SDO City Schools of Meycauayan intensifies canteen policy in schools and DepEd offices thru reiteration of DepEd Order No. 13, s. 2017. This is to ensure that school canteens offer healthy food and beverages by using a system of categorizing local food and drinks. Do you think our school canteen strictly follow and implement the guidelines impost by the DepEd Order? Is the school together with the barangay health office closely monitoring the school canteen operation?

Yours truly,
Yohan Akieh R. Garcia

Dear Yohan,

Thank you for your concern regarding the reiteration of DepEd Order No. 13 regarding the implementation of the intensified canteen policy in schools and DepEd offices. Rest assured that the school canteen is strictly following the guidelines by serving healthy meals (green food category) everyday based on the suggested food category. Candies and junk foods are strictly prohibited since it lucks of essential nutrients that promotes healthy body. The school together with Mrs. Emily L. Dumalay, Barangay Health Worker conduct weekly monitoring on food handling and sanitation. However, if you want to make sure that your food is safe and healthy, you may bring your own baon.

The Editor

COGNITIVE, EMOTIONAL, PHYSICAL AND SOCIAL ASPECTS OF SEXUALITY – ENABLES YOUNG PEOPLE TO PROTECT AND ADVOCATE FOR THEIR HEALTH, WELL-BEING AND DIGNITY BY PROVIDING THEM WITH A NECESSARY TOOLKIT OF KNOWLEDGE AND ATTITUDES.

GUEST EDITORIAL

AIDS DOES MATTER

By Noel Benedict T. Marquez
LAWISWIS KAWAYAN, CJO ICP MEYCAUAYAN



Acquired Immunodeficiency Syndrome (AIDS) is the fourth leading cause of death worldwide with an estimated 39.9 million recorded cases at the end of 2023, of which 1.4 million are children aging 14 below and 38.6 million adults aging 15 above.

Unfortunately, Human Immunodeficiency Virus (HIV) cases in the Philippines are arising at an alarming rate, with 58 daily new cases in 2024. HIV once untreated may lead to AIDS with more serious damage in the immune system.

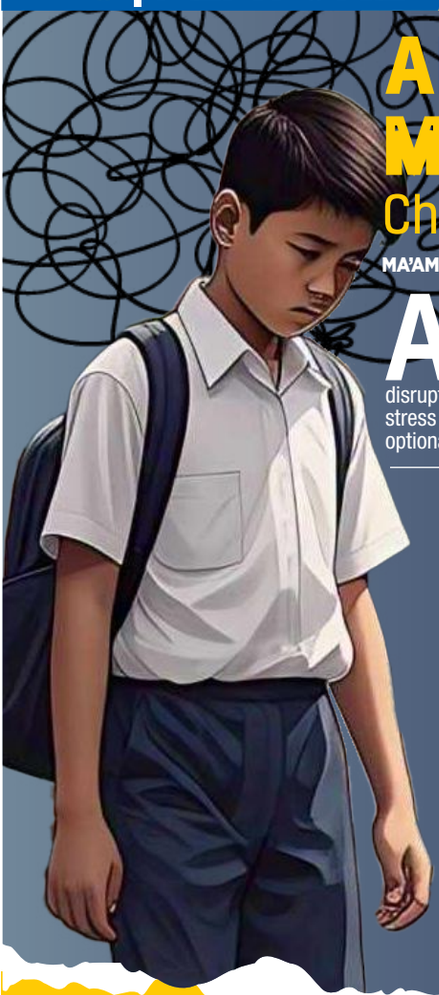
As response to the rapidly increasing cases of HIV, RA 8504 was revised into the Philippine HIV and AIDS Policy Act of 2018 (RA 11166) in 2018. This law expanded HIV testing to include provider-initiated counseling and testing, allowing licensed social workers and health service providers to provide HIV testing services

In 2024, nearly half of new cases were young individuals aged 15-24 years. A sad reality that many young Filipino today are exposed with sexual activities at a very young age. It is also an implication for the government to lower the HIV testing age without parental consent.

Comprehensive sexuality education is also being push to be taught in schools. It is a curriculum-based process of teaching and learning about the cognitive, emotional, physical and social aspects of sexuality – enables young people to protect and advocate for their health, well-being and dignity by providing them with a necessary toolkit of knowledge and attitudes.

As the saying goes, 'Prevention is better than cure' the best way to fight HIV/AIDS is still prevention. Dissemination campaigns and more HIV test kits should be prioritized by the government. Everyone should have full awareness of HIV because of the alarming increase in the number of positive carriers.

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SALAKAB EXPRESS



ADDRESSING LEARNERS' MENTAL HEALTH IN PH:

Challenges and Opportunities by 2025

MA'AM PRINCESS ELAYZA T. RAMIREZ

As we look towards 2025, the issue of learners' mental health in the Philippines is expected to become even more prominent, especially as the education system faces the complexities of modern-day pressures. The emergence of new challenges, such as the pervasive impact of social media, which influences self-image and mental well-being, alongside the continued disruptions caused by external factors like climate change and natural disasters, adds layers of stress to students' lives. These pressures make it evident that addressing mental health is no longer optional but essential to the overall health of learners.

The government's response to mental health issues within the educational system is evolving. In 2022, the Philippines passed the Mental Health Act, which mandates that schools develop programs to address mental health concerns, ensuring that counseling services, emotional support, and mental health education are accessible to all students. By 2025, the government's role in shaping policy and funding for mental health resources in schools is expected to expand, especially with the expected rise of mental health professionals being integrated into school systems nationwide. This effort is part of a broader initiative to destigmatize mental health issues, offering learners more avenues to access support without fear of judgment.

Additionally, technology's role in mental health is growing. The use of mobile apps, telemedicine, and online counseling platforms is on the rise, providing students with immediate access to professional help. These tools, often designed with young people in mind, offer a level of anonymity and convenience that encourages students to seek assistance more freely. Such innovations are expected to be more deeply embedded into the mental health framework in Philippine education by 2025, ensuring that rural and marginalized communities also benefit from accessible support services.

The growing intersection between academic pressure and mental health is another concern that calls for attention. While the Philippines has long emphasized academic excellence, the competitive culture of achieving high grades and passing national exams contributes to a climate where students often face heightened anxiety and fear of failure. With this in mind, the shift towards a more holistic approach to education is likely to gain momentum. Schools and universities will increasingly focus on the development of life skills, emotional resilience, and mental well-being as part of their curriculum, alongside traditional academic achievements. A well-rounded approach that nurtures both intellectual and emotional growth will be a key theme in addressing the mental health needs of learners in the Philippines by 2025.

Moreover, the rise of youth-led advocacy groups and student organizations advocating for mental health awareness signals a shift towards greater peer support networks. These initiatives are empowering students to take control of their mental health journeys, promoting dialogue and action from the grassroots level. Peer support programs, where students are trained to identify mental health issues and offer initial help, are expected to expand, fostering a culture of care and understanding among young people themselves.

Despite the promising developments, there remains a gap in resources, particularly in remote areas, where access to qualified mental health professionals and infrastructure is still limited. This gap is particularly noticeable in public schools, where resources are already stretched thin. As such, achieving an equitable distribution of mental health resources across the Philippines remains a significant challenge. The government and private sector must work together to ensure that mental health care is integrated into school budgets, with sufficient funding allocated for training educators, hiring counselors, and implementing necessary programs.

The road to improving learners' mental health in the Philippines is multifaceted and will require continued collaboration, research, and commitment. However, with the groundwork laid by the Mental Health Act, the advocacy of young people, the integration of technology, and the prioritization of mental health in education policies, there is reason to be optimistic. By 2025, the hope is that the mental health of learners will no longer be a marginalized issue, but rather a pillar upon which a more compassionate and effective educational system is built—one that values the well-being of its students as much as their academic success.

The Global Shift:

MA'AM PRINCESS ELAYZA T. RAMIREZ

WHY FILIPINO TEACHERS ARE CHOOSING TO GO OVERSEAS

In recent years, an increasing number of Filipino teachers have chosen to leave their classrooms in the Philippines and seek opportunities abroad. This growing trend has sparked a nationwide conversation about the challenges facing the local education system, the allure of teaching in foreign countries, and the long-term implications for the Philippine education sector. By 2025, it's projected that this shift will continue to reshape not only the teaching profession but also the future of education in the Philippines.

One of the primary reasons teachers are making the decision to go overseas is the search for better financial compensation. While Filipino teachers are often praised for their dedication and expertise, the reality is that salaries in the Philippines are not on par with the rising cost of living. According to recent data, many teachers in the Philippines earn far less than their counterparts in other countries, particularly in nations like the United States, Canada, and the Middle East. As teachers face the pressures of raising families, paying bills, and securing their future, the promise of higher salaries, benefits, and career growth overseas is an appealing solution.

Countries like the United Arab Emirates, Qatar, and Saudi Arabia, for example, offer competitive salaries and tax-free income, along with attractive housing allowances and other incentives. In addition to the financial benefits, these countries have built state-of-the-art educational institutions and are actively seeking qualified teachers to help improve their educational systems. For Filipino educators, this presents an opportunity not just for better pay, but for career advancement and professional development.

However, the decision to leave home and teach abroad is not purely motivated by financial gain. Many teachers are drawn to the experience of working in different cultural contexts, gaining exposure to diverse educational systems, and developing a global perspective on teaching. Countries like the United States, Australia, and the United Kingdom offer a wealth of professional development opportunities, where teachers can collaborate with peers from around the world and access training and resources that might not be available in the Philippines.

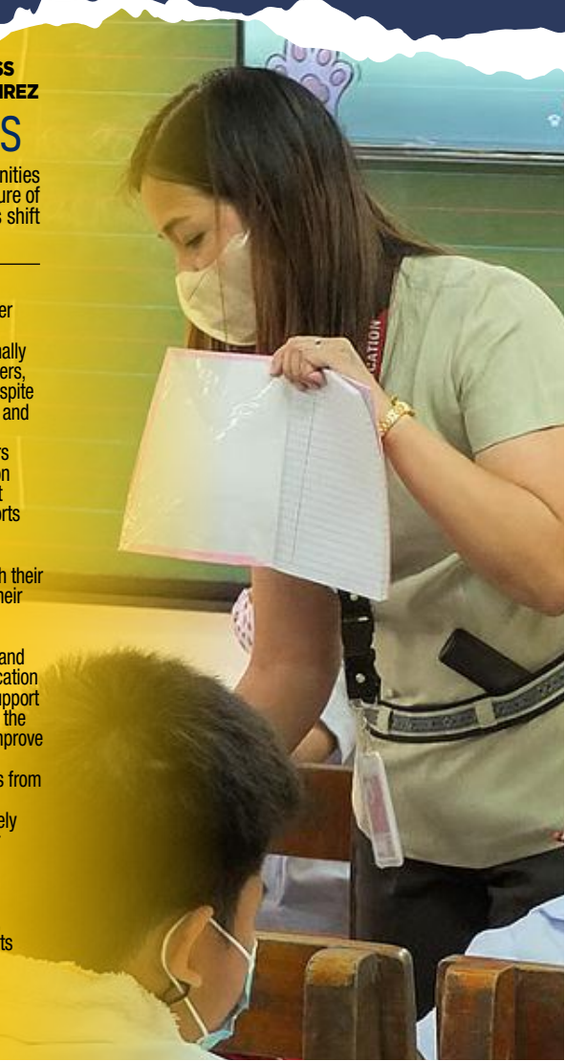
This global exposure enhances teachers' pedagogical skills, enabling them to bring fresh ideas and innovative teaching methods back to the Philippines should they choose to return. Some teachers view their time abroad as an investment in their own growth, equipping them with skills that will benefit not only their careers but also the students they teach. The chance to build an international network, learn new technologies, and experience different educational philosophies is an attractive proposition for many.

Nevertheless, leaving the Philippines and teaching in another country comes with its own set of challenges. For many teachers, being away from family and familiar surroundings can be emotionally difficult. The adjustment to different work cultures, language barriers, and sometimes difficult living conditions can also be daunting. Despite these challenges, many teachers are finding that the professional and financial rewards outweigh the sacrifices.

Another factor contributing to the exodus of Filipino teachers is the relatively slow pace of reform within the Philippine education system. While there have been significant improvements in recent years—such as the implementation of the K-12 program and efforts to modernize school facilities—teachers often face overcrowded classrooms, lack of resources, and limited support from the government. This has led some educators to feel disillusioned with their careers and to seek better opportunities abroad where they feel their skills and expertise are more valued.

As Filipino teachers continue to migrate, the Philippine government is facing mounting pressure to address these issues and make teaching a more attractive and sustainable profession. Education officials have acknowledged the need for better compensation, support systems, and opportunities for professional development to retain the country's best and brightest educators. Efforts are underway to improve the salaries and working conditions of teachers, but the question remains whether these measures will be enough to keep teachers from seeking opportunities abroad.

For now, the trend of Filipino teachers going overseas is likely to continue. While this migration of talent presents a challenge for the Philippine education system, it also highlights the importance of investing in educators and valuing their contributions. Teachers are the backbone of any education system, and if the Philippines hopes to strengthen its educational landscape in the years ahead, it must prioritize the well-being and professional development of its teachers—both at home and abroad.



UNLEASH THE UNCONVENTIONAL, UNLEASH THE POSSIBILITIES

CHARLES JAYDEN B. DUMALAY

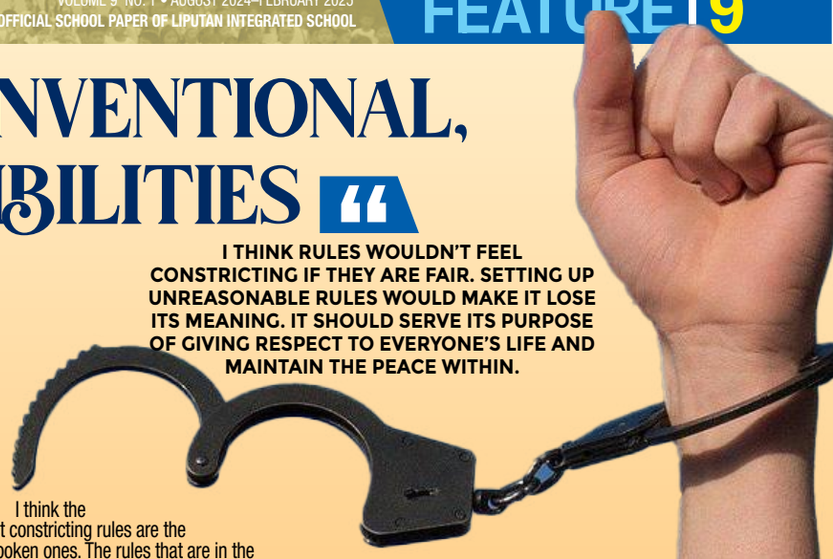
Humans are social beings longing to be a part of something. This need is satisfied through social interactions. And social interactions give way for this community to thrive. To achieve this, they have to come up with rules: an agreement between members of the group that dictates what is right and wrong. It is a compromise that prevents chaos and preserves peace.

In a civilized society, these are implemented in the form of laws. These are systematic rules that govern the actions of the people in accordance with their social responsibility. This social responsibility urges every individual to cooperate with each other for the greater good. Fulfilling this obligation contributes in building a progressive society as it allows them to work together in harmony where the treatment is fair for everyone, creating an environment where there is respect for the lives of one another. To maintain this peaceful setting, it is necessary to set rules and guidelines; hence, the existence of laws. Written in these laws are the punishments that come when someone defies them, whether intentional or not. Therefore, their purpose is to remind the people of the consequences of their actions. With this, safety and security are ensured, and trust is built within the system. Although it doesn't guarantee the absence of disorder, this will minimize the conflicts that could possibly escalate to something worse if not controlled. And so, without these legal rules, there will be a perpetual chaos and a disruption in the development.

On the other hand, there are still rules that are not legally imposed. Most rules that exist today are rooted from the collective culture that the society has formed over the years. Starting from a simple household, there is already a rule, created by the parents, that every member of the family must follow. Stepping outside of their homes, there will be policies in school, at work, and even in churches. And as time passes, the practice of these rules then becomes traditions and later turns into a norm. In other words, these rules shape society. Needless to say, they serve as a guide to what is bound to the moral standards and culture of the society.

To sum it up, rules are both a guideline and a reflection of the culture. And thus play an essential role in the lives of social beings.

Rules are constricting. By definition, they control or limit people's actions to avoid causing harm to others-to prevent people from crossing the boundaries. Most of the time it is a good thing, but sometimes, they tend to do the opposite.



"I THINK RULES WOULDN'T FEEL CONSTRICTING IF THEY ARE FAIR. SETTING UP UNREASONABLE RULES WOULD MAKE IT LOSE ITS MEANING. IT SHOULD SERVE ITS PURPOSE OF GIVING RESPECT TO EVERYONE'S LIFE AND MAINTAIN THE PEACE WITHIN.

I think the most constricting rules are the unspoken ones. The rules that are in the form of expectations and standards. Although they are not exactly policies or rules that are written, they function just the same. The look of disappointment, the cold treatment, the threatening glares, and the judgments are the consequences if such expectations are not met. Just like laws, they control people's behavior; however, in this case, they control people how they live.

In this world run by patriarchy, a woman's life is burdened with a heavy weight of pressure. She is required to obey some unofficial rules handed down for her specifically by society, whether from her own family or from society. And, as a result of society's rules, her own family tends to follow them by enforcing them on the women in the family. They are required to act and live in a specific way. They are expected to be ambitious and pursue education, but not too much because it will threaten the man. They must not show too much skin or they will be slut-shamed. They are not allowed to go out at night or else they will be sexually harassed and it will be her fault. They should carry a child otherwise their essence would decrease. And the list goes on. People tend to mindlessly obey these society's absurd rules for women. In fact, some women believe that adhering to and playing by these social rules is a need for a woman. These standards are suffocating, restraining women from doing things. For this reason, I consider them as rules as they control women how to live their lives.

In an attempt to meet these expectations, they are slowly losing their true selves. Rules are made to constrict people from causing harm to others lives, so if these expectations and standards are harmful to women, it is already contradicting its sense. All in all, I think rules wouldn't feel constricting if they are fair. Setting up unreasonable rules would make it lose its meaning. It should serve its purpose of giving respect to everyone's life and maintain the peace within.



A FRIEND IS A PRICELESS POSSESSION

KIM JILLIANE U. SIONGCO

Everyone will say that a friend would be the most prized possession, but I beg to differ. A friend, as long as this person stays as what he is considered as - a friend, will never be priced by any amount. Hence, priceless.

I had a childhood friend from kindergarten. I had another friend from first grade. I had a bunch of friends from fourth to sixth grade. I had a bunch of friends from junior high school. But all of the aforementioned are in past perfect tense - all indicate actions or status that are already completed in the past, and not any more at the present. With these instances, I have never spent a single penny befriending people, same as why all of them have left me without any owes of amount as well. Yes. a friend can be obtained without spending any money, and if you possess them, they will never be priced with any amount as well. That's all because a friend will stay as a friend by choice, and not by any price.

Besides a lot of people, I've considered my friends, same people whom considered me as theirs as well, I've also had some who have stayed with me up to this day.

I have been friends with a bunch of people from elementary, a bunch as well from high school and college. This aforementioned, on the other hand, is in the past perfect progressive tense - exhibiting an action or status which progresses up until the present time. Of course, I've had some friends as well who have stayed with me until today, and I've considered them my priceless ones. What am I heading into? I am exemplifying that I, as someone's friend who has stayed for a lot of years up to the present, am considering myself possessive of my own friends, as they are of me.

CANCELING CANCEL CULTURE

JASMIN RUTH R. LEGASPI

From the term itself, popular culture can simply be described as the culture that is popular. These are mainstream practices, beliefs, behaviors, traditions, customs, and essentially any culture reflected in arts and other mediums that are frequently prevalent in society at a given point in time. In the modern day, mass media plays a huge role in shaping popular culture. In this generation, heavily influenced by the digital world, most of our views and attitudes are shaped by the things we see on the internet. This influence became even more pronounced during the pandemic when almost all our social interactions were limited to online platforms. Longing to feel connected, many of us tend to follow trends, often without realizing how much they are already changing us. As humans are social beings, this desire to belong can lead us to change some of our ways just to "fit in." Of course, change can be a good thing or a bad thing.

In social media, there is a phenomenon called "cancel culture." This occurs when netizens, mostly Millennials and Gen Z, expose- or in online vernacular, "call out"-a subject's wrongdoings, mistakes, problematic behaviors, atrocities, unacceptable beliefs, or any other actions that the majority of the public strongly disagrees with. Due to the strong influence of media, other users often jump on this hate train, leading to widespread boycotting. The subject or target is then branded with a bad reputation, which can become permanent in the eyes of the public; hence, the term "cancelled." This act of public trial by media has been widely practiced for many years now and is considered a part of popular culture.

The irony lies in the fact that its purpose is to address problematic people or issues, but due to the excessive hate it generates, the act itself becomes problematic. People tend to enjoy throwing hate to the point where they lose sight of its original purpose. Instead of using a more constructive approach, they allow their emotions to take over. Consequently, nothing truly gets resolved, and "cancelling" develops a negative connotation. I, myself, am guilty of contributing to this toxic practice. Reflecting on the times when I actively used social media solely to participate in this trend-although, to be honest, I still occasionally do-I realize now how pointless it was to let my emotions control me instead of focusing on using the practice to address the actual problem.



One positive contribution of popular culture to our society is the rise of youth proactiveness on social media platforms. With every post, more individuals are getting informed, which means there is an increase in awareness. Awareness is the first step in addressing societal issues. Many topics that were once considered taboo are now openly discussed. Consequently, some unhealthy practices in our culture are being corrected. This shows that "cancel culture" can be applied in a more constructive way to address such matters.

Now that we recognize the toxic nature of cancel culture, it's time to take responsibility for how we practice it. We should "cancel" the old way of cancelling and adopt a healthier approach. Not everything from the past is worth preserving. Sometimes, we need to leave behind toxic practices and carry forward only those that contribute positively to our growth. After all, the essence of studying the past is to gain insights into how certain issues were addressed, allowing us to improve and innovate our society. If we do this, future generations will inherit a healthier culture. Like a tumor, if toxic patterns are not addressed early, they can develop into a societal cancer, passed down from one generation to the next. In this case, we should stop perpetuating these toxic patterns and labeling them as "culture."

At the end of the day, culture defines a community; it is their identity. However, as a member of that community, I would prefer to be identified by the positive aspects of our culture rather than the negative practices. Therefore, I will start with myself. Changing something ingrained in culture is undoubtedly a challenging task, especially since it is widely practiced and a part of popular culture.

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THE DILIGENT LEADER:
A Portrait of a Grade 7 Student

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader." —John Quincy Adams. In the bustling corridors of Liputan Integrated School, where the echoes of laughter and learning intertwine, one student stands out not just for academic prowess but for an unwavering commitment to excellence: Jillian Conquilla. As a seventh grader, Jillian has become a beacon of diligence, leadership, and performance.

Jillian's journey is defined by her remarkable work ethic. Her diligence is not merely about completing assignments; it reflects a deep-seated belief in the value of hard work. She often stays after school to help classmates maintaining the cleanliness of their classroom and some other stuff. This commitment to helping others not only reinforces her own understanding but also cultivates a collaborative spirit within her classroom.

Beyond her academic achievements, Jillian embodies the qualities of a true leader. As the president of the class, she has taken on the responsibility of representing her peers' voices. Under her guidance, they were able to generate ideas that helped not only their classmates but also in improving the teaching-learning process.

In addition to her academic and leadership roles, Jillian shines as a performer. She is a key member or most of the time one of the choreographers whenever there's a dance practice for a specific event. Her performances are marked by a blend of passion and authenticity that leaves a lasting impression on everyone who watches.

Her dedication to the arts complements her academic pursuits beautifully. She often draws parallels between performing and learning—both require practice, resilience, and the courage to take risks. This perspective enriches her classmates' understanding of creativity as an essential component of education.

> "HER DEDICATION TO THE ARTS COMPLEMENTS HER ACADEMIC PURSUITS BEAUTIFULLY. SHE OFTEN DRAWS PARALLELS BETWEEN PERFORMING AND LEARNING...

Jillian Conquilla exemplifies what it means to be a diligent student, strong leader, and talented performer. Her commitment to excellence resonates throughout Liputan Integrated School, inspiring others to strive for their best while fostering a supportive community. As she continues her journey through junior high school and beyond, there is no doubt that she will leave an indelible mark on those around her—one that reflects hard work, compassion, and creativity in all its forms.

THE BEAUNITY OF UNITY IN DIVERSITY

SIR REYMART M. RUCIO

There is indeed beauty that lies beneath unity in diversity, and in advocating for inclusio regardless of gender, socio-economic background, and other differences. Same goes i every classroom of different schools. Success is possible if there is unity, and unity can a be achieved if we know how to fully embrace differences and diversity.

A BEACON OF PERSEVERANCE AND KINDNESS

"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do." —Pele. Roshelle Legaspi, a seventh grader, has become a source of inspiration for teachers and classmates alike. Despite facing personal challenges, Roshelle has proven that perseverance, kindness, and intelligence can shine through even in the toughest times.

> "LIFE HASN'T ALWAYS BEEN EASY FOR HER, BUT ROSHELLE REFUSES TO LET HARDSHIPS DEFINE HER. INSTEAD, SHE CHANNELS HER ENERGY INTO HER EDUCATION...

Roshelle's diligent nature is evident in everything she does. Whether it's tackling a difficult math problem or carefully reviewing her notes for an upcoming exam, she approaches her studies with a level of focus and determination that surpasses many of her peers. Teachers often commend her for her ability to grasp complex topics quickly, yet she never hesitates to ask questions when she needs clarification. This relentless pursuit of knowledge is a testament to her work ethic and intelligence.

What truly sets Roshelle apart, however, is her kind-hearted spirit. She is always willing to help her classmates, whether it's lending a hand with homework, drawing something for them in poster-making, or offering a comforting word during stressful moments. Her empathy for others creates an atmosphere of warmth and positivity within the classroom. Roshelle believes in the power of kindness, and she exemplifies this by spreading joy and encouragement to everyone around her.

But perhaps the most admirable quality in Roshelle is her resilience. Despite the obstacles she faces in her personal life, she remains focused on her goals and continues to persevere. Life hasn't always been easy for her, but Roshelle refuses to let hardships define her. Instead, she channels her energy into her education, working harder each day to overcome the challenges before her.

Roshelle Legaspi is more than just a student at Liputan Integrated School; she is a symbol of the strength that comes from within. Her story reminds us all that with perseverance, kindness, and a sharp mind, there are no limits to what one can achieve, no matter the circumstances.





A TESTAMENT TO PERSEVERANCE AND FAITH

"When you have faith in God, you don't have to worry about the future. You just know it's all in His hands. You just go to and do your best." —Elder Bryan Mathison. At Liputan Integrated School in Meycauayan City, a remarkable seventh grader named Mico Frinz Dumalay embodies the spirit of perseverance and Godliness. As a differently abled child, Mico faces unique challenges, yet he approaches his studies with an unwavering determination that inspires both his classmates and teachers.

Mico's journey in a regular classroom is not without its hurdles. Navigating the complexities of academic life can be daunting, but Mico's tenacity shines through. He dedicates extra hours to his studies, often seeking help from teachers and peers to ensure he grasps the material fully. His commitment to learning is evident in his participation during class discussions and group activities, where he actively engages with his peers.

Despite the obstacles he encounters, Mico remains undeterred. His perseverance is a powerful reminder that challenges can be overcome with hard work and dedication. Teachers at Liputan Integrated School have noted his progress and growth, often highlighting his ability to adapt and thrive in a standard educational environment.

Beyond his academic pursuits, Mico is known for his kind-hearted nature. He treats his classmates with respect and compassion, often lending a helping hand to those who need it. This kindness fosters a supportive atmosphere in the classroom, encouraging others to follow his example. Mico's ability to connect with his peers transcends any barrier, creating friendships that enrich the school community.

Mico's character is further illuminated by his strong faith. He often shares uplifting messages or even singing worship songs in class. His Godly spirit resonates throughout the school, as he exemplifies values of love, kindness, and understanding. Whether participating in school events or simply interacting with friends, Mico's faith serves as a guiding light for those around him.

Mico Frinz Dumalay is not just a student but also a role model in Liputan Integrated School. He might be differently abled, but he can, surely, achieve his dreams through his hard work and faith in the almighty God. His life is a living testament to the strength of the human spirit

> **"WHETHER PARTICIPATING IN SCHOOL EVENTS OR SIMPLY INTERACTING WITH FRIENDS, MICO'S FAITH SERVES AS A GUIDING LIGHT FOR THOSE AROUND HIM.**



A JOURNEY OF INQUIRY AND FRIENDSHIP

"Remember that the secret of all learning is patience, and that curiosity is not the same thing as a thirst for knowledge." —Iris Murdoch. Liputan Integrated School is indeed blessed to have such wonderful students. Despite facing speech challenges, his eagerness to understand his lessons and his ability to foster friendships make him a beloved member of his school community. He is Niño Jesus Capili, the toughest one.

Niño embodies the spirit of inquiry; he is never afraid to ask questions when he encounters difficulties in his studies. This inquisitive nature not only reflects his desire to learn but also encourages a culture of curiosity among his classmates. Teachers appreciate his proactive approach, as he often seeks clarification on complex topics, demonstrating that he values understanding over mere memorization. His persistence in asking questions showcases a commitment to his education that is both admirable and inspiring.

While Niño faces the challenge of stuttering—often pausing once in a sentence—he does not let this deter him from participating in class discussions. Instead, he approaches each situation with courage and resilience. Undergoing therapy has helped him navigate his speech difficulties, and he continues to work hard to improve. His classmates admire his bravery, and many express their support, creating an inclusive environment where everyone feels empowered to share their thoughts.

Beyond academics, Niño is known for being a good friend. His kindness and empathy shine through in his interactions with others. He is always ready to lend an ear or help, making him a reliable companion for his peers. This supportive nature fosters strong bonds within the classroom, as students feel comfortable approaching him for help or simply to share their thoughts.

Niño Jesus Capili's journey at Liputan Integrated School is the evidence to his hunger for knowledge and friendship. His eagerness to learn, coupled with his ability to overcome challenges, serves as an inspiration to both students and teachers. Niño's story illustrates that with determination and support from friends, one can thrive despite obstacles, making him a cherished member of his school community.

> **NIÑO'S STORY ILLUSTRATES THAT WITH DETERMINATION AND SUPPORT FROM FRIENDS, ONE CAN THRIVE DESPITE OBSTACLES, MAKING HIM A CHERISHED MEMBER OF HIS SCHOOL COMMUNITY.**



TOUCHING AND INSPIRING LIVES OF THEIR STUDENTS IS INCOMPARABLE. BUILDING A WORLD OF SUCCESSFUL PEOPLE IS THE MOST POWERFUL THING YOU CAN DO.

THE MANY HATS A TEACHER WEARS

MA'AM HAYPEE R. CAPILI

Teaching as they say is one of the most "stressful" professions in the world. Working eight hours for five days a week is not an easy task to do. Sometimes they even spend weekends and holidays in school doing paper works or other school related tasks at home. Moreover, because of these reasons, they usually take for granted the people who are closest to their hearts… their families. Weekend gala with them or even a simple movie marathon is some of the family bonding that they often missed during the busiest days in school. These are some of the sacrifices that teachers are continuously doing in fulfilling their responsibilities and ensuring that their learners will receive the best teaching that will cater their thirst and crave for knowledge.

"Teaching is the noblest profession!" Indeed, other professions will not be possible without the loving teachers who are patiently guiding them from the simple addition to the most difficult Algebraic expression they encountered. They are the people behind everyone's successes and without them civilization will remain barbaric. Imagine the world we live without teachers. This world will be dusky filled with perplex people without directions in their lives. We are going back in time when people are barbarian and civilization is not yet established. No formal words both for oral and written communications will be used. People are behaving like animals because there are no teachers who are the lamp bearers of enlightenment, knowledge, civilization and morality.

Teachers are the most "positive" people! Everyday they smile as they give hope to every single pupil they have. We inspire them to be on their best in everything they do. They meld our learners like clay into works of art as they weld them to be like us someday. But despite all of this, teachers are being surrounded by problems and worries leading them to anxiety and uncertainties.

Teachers give hope to their pupils even on the darkest time of their lives. They project the sweetest smile on their faces at the most bitter time of their lives. Setting aside their own issues and problems, just to be worthy of their job is one of the most challenging yet most fulfilling part of being a teacher.

The best part of being a teacher is to be the parents of your students. Their students spend most of their time in school. Some of their most memorable experiences happened in school. From the moment they learned to write their names up to the very first essay they wrote. From the first poem, they recited when they were young graders until that emotional speech they delivered during their graduation. In all these momentous events in their lives, there are teachers whose hearts are filled with joy and proudness as they see their sons and daughters reaching their dreams. No one can question the genuine love being given by teachers to their students. All their sacrifices for their students are same with the sacrifices rendered by the parents of their students. They are proud in every achievement their students achieved; they are also the first person who cries in every failure of their learners. Truly, a teacher's love is equal with a mother's love.

Living a life of a teacher is not as easy as 1, 2, 3… Many challenges will measure your patience on how long you can handle different students of yours with different personalities. As they say, "There is no money in teaching." Teachers are given tons of work that even require them to work more than the time they should in return of small amount of money, not even enough for their personal needs. Despite these dilemmas, living the simple yet meaningful life of a teacher is the greatest experience you could ever imagine. Touching and inspiring lives of their students is incomparable. Building a world of successful people is the most powerful thing you can do. Even the greatest architect in the world has no power to design better future for the young generations of today. Always be proud that you are a teacher, tomorrow's faith depends on you!



TEACHERS MAKE THINGS HAPPEN FOR THE CHILDREN

SIR VINCENT L. CONQUILLA

Teachers make things happen with the education of children upon their shoulders lay the future of the youth. Competent, committed and dedicated, they yield enormous influence in instilling upon the growing minds a zest for learning, thus providing them a firm foundation for a lifelong learning.

Educating children for self-directed learning is not an easy task. To be able to do so effectively, teachers must themselves be active learners and critical thinkers and should be able to model some among their learners. Inculcating such worthwhile attitude is the best investment in their future as they carry on more and better learning tasks throughout their education journey.

What then goes into the making of the teachers that could insure the nurture of the desired mold?

A sustained growth in knowledge competence, teaching skills and a competent embodiment of worthwhile values and futuristic outlook satisfactory address our quest. Teachers must be caring, warm and enthusiastic and above all with a strong faith in the worth of the children whose lives they affect and inflame.

Teachers must have a high motivation to continue learning, ensuring their own growth as individuals, as facilitators of learning and as professionals. Since growth projects changes, they become persistent change agents, patiently moving onward to attainable heights.

Teachers must likewise manifest strong leadership ability. To be able to lead they must be the first to try and innovate - instructional techniques and approaches. They set the pace and influence others to follow with the same drive and energy. They must be ready to take risks and pioneer educational reforms and challenges that confront them.

In a nut shell, teachers with profound professional thinking and practice securely routed in sound values and personal attributes would definitely go far as they reach out for the children under their care. With kindred spirits they can inspiringly lead the children by the hand to grow and learn for a life time.

Only the teachers can make a difference. They deserve the highest esteem and emulation.

Meanwhile, before the starts of the forum, almost hundred pupils gathered to vow for their commitment board.

HOW TO MAKE TEACHING A RECIPE FOR SUCCESS?

SIR LEONARD B. TERMULO

Everyone has their own desire to achieve in life, an ardent desire for fame, fortune or power. Our ambitions in life give us the desire that pushes us to work hard upon our limit. But there are people who also dream not for themselves but for others, they have this strong determination to fulfil their dreams not for money but to uplift the lives of many Filipinos.

Dedication for a cause! Despite better opportunity working abroad, many still choose to stay despite of low compensation and benefits. It is their devotion and love for the country that drive them here working in the country's most isolated areas. The commitment and strong passion to practice their profession is their utmost priorities, more than the money that they would be earning if they leave the country to work. Stupidity for some but dedication and patriotism for those who's willing to sacrifice their own happiness for the good of many.

Reality over expectations! Working in the country is full of challenges and problems - insufficient budget that diverse to countless problems especially in services from government agencies and corruption in the government that delayed progress in the country. Hospital without available medicines, lack of medical personnel and poor medical facilities, are some of the challenges, while the education sector is also beset with hurdles. Despite the preparedness and determination of our fellow public-school teachers' problems are still arising within the education field. Yearly, there are reports of shortages in classroom, books and even public-school teachers. With this, teachers were forced to use their personal money to buy things they needed to give the quality education mandated to them by the Department of Education.

Self-fulfilment! Working with your own country gives you that sense of fulfilment that makes you completely happy. Serving your fellow countrymen is both an honor and responsibility. An honor to give back the goodness and love you received from them; and responsibility to serve them at all times with all cause. It teaches us the lesson that long term happiness will never be gained from material things. Instead look for the beauty in every situation whether it is good or bad, it will give you the power to choose happiness over anything else.

At the end of the day, true happiness comes to those who follow their hearts and share their happiness with the people around them. Working abroad is always an option, all of us wanted to have a better life not just for ourselves but also for our family. I've always been praying to God that our government will use the public funds wisely to increase wages and creates more jobs. If this happens, no one will leave the country and their family to earn more in other countries. They know in their hearts that it's always happy to serve here than serving other nations.

AT THE END OF THE DAY, TRUE HAPPINESS COMES TO THOSE WHO FOLLOW THEIR HEARTS AND SHARE THEIR HAPPINESS WITH THE PEOPLE AROUND THEM.

REVIEW:

TV

Pulang Araw: Giving us the Glimpse of the Past

SIR LEONARD B. TERMULO

In a world where family dynamics are often tested by the pressures of modern life, Pulang Araw offers a portrayal of personal struggle, resilience, and the deep connections that bind us together. This television movie is, directed by a visionary filmmaker, that brings us into the complexities of human emotions, bringing to the forefront the themes of love, sacrifice, and identity. With stunning visuals and powerful performances, Pulang Araw resonates with viewers, offering both an intimate look into the lives of its characters on the socio-cultural challenges faced by many. In this feature article, we explore the emotional depth, standout performances that makes Pulang Araw a must-watch for fans of meaningful and compelling storytelling.

Pulang Araw is a 2024 Philippine television drama war series broadcast by GMA Network. It stars Barbie Forteza, Sanya Lopez, David Licauco, and Alden Richards, as four childhood friends whose lives are affected by the Japanese occupation of the Philippines and World War II. The series will showcase the courage, sacrifice, and patriotism of the Filipino people during that era. It is directed by Dominic Zapata and written by Suzette Doctolero.

Pulang Araw means "red sun" in Filipino, which is a symbol of the rising sun in the Japanese flag. Manila was described as the second most devastated city in the world, during the Second World War. Each of these characters, with their distinct personalities and relationships, serves as a vehicle for the film's deeper exploration of the emotional and societal issues at play. As their individual stories unfold, Pulang Araw becomes more than just a movie it's a portrayal of human resilience, love, and the quest for redemption amidst life's most trying moments.

If you're a fan of emotionally charged narratives that explore the complexities of family, love, and personal redemption, Pulang Araw is a must watch. The film offers an intimate and compelling look at the struggles of its characters, with performances that resonate long after the credits roll.

The movie's stunning cinematography, creates a captivating atmosphere that draws you in from the very beginning. The careful use of lighting and color reflects the emotional intensity of the story, turning each frame into a visual experience that enhances the film's themes.

The film's emotional depth ensures that Pulang Araw stays with you long after the final scene. Whether you find yourself reflecting on the characters' choices or thinking about how the story mirrors your own experiences and also in our country, Pulang Araw offers a cathartic and reflective journey that will stay in your heart.

In conclusion, Pulang Araw is more than just a television movie, it's an emotional rollercoaster that offers thought provoking insight into family, personal growth, and societal pressures that happen in our country. Whether you're drawn in by the gripping performances, the powerful storytelling, or the relatable themes, this film is worth every minute of your time. If you haven't watched it yet, this is your sign to do so.

In the end, Pulang Araw delivers more than just a story, it offers a reflection on the human condition, our capacity for resilience, and the choices that define us. As the characters face their most difficult moments, the film leaves audiences with a sense of closure, yet invites contemplation on the ongoing journey of self-discovery, love, and family.

With its deeply moving performances, stunning cinematography, and layered storytelling, Pulang Araw is not just a film to watch, it's one to feel. Its powerful themes resonate across generations, making it a piece of art that transcends time and place. Whether you're captivated by the raw emotion of the characters or the beautiful plot, Pulang Araw leaves a lasting imprint on the heart.

This movie is a reminder of the complexities of life, the pain and beauty of family, and the hope that comes with finding redemption and healing. Pulang Araw is undoubtedly a must see for anyone who appreciates films that dive deep into the complexities of the human spirit, making it a standout in the landscape of Filipino television cinema.



MOVIE



Choose your Democracy Wisely

MA'AM PRINCESS ELAYZA T. RAMIREZ

The Filipino political drama Balota 2024, a film written and directed by Kip Oebanda, star by Marian Rivera is a gripping and thought-provoking film that delves into the power of democracy and the struggles of an ordinary citizen against corruption. The film follows Rivera's character, a dedicated election officer, who uncovers a large-scale electoral fraud scheme that threatens the integrity of the nation's democracy. As she risks her safety to expose the truth, the movie highlights the challenges faced by those who fight for justice in a system plagued by dishonesty and power struggles. With its intense storytelling, strong performances, and relevant social themes, Balota 2024 successfully captures the tension and urgency of ensuring fair elections in a country where political manipulation remains a pressing issue.

One of the film's strongest aspects is its ability to mirror real-life issues in Philippine politics. It effectively portrays how political dynasties, vote-buying, and electoral manipulation continue to plague the country. The cinematography captures the tension and urgency of the elections, with scenes depicting ballot-snatching, intimidation tactics, and the struggles of ordinary citizens who simply want their voices heard. Marian Rivera delivers a compelling performance, bringing depth and emotion to her character, making Angela's struggle feel personal and deeply relatable. Supporting characters, including journalists, local leaders, and activists, add layers to the narrative, showing different perspectives on the election process.

Beyond its thrilling plot, Balota 2024 imparts several powerful lessons. It highlights the significance of electoral integrity and reminds viewers that democracy is a responsibility all citizens share. The film underscores the idea that a single vote can shape the nation's future, reinforcing the need for vigilance and active participation in governance. It also sheds light on the dangers faced by individuals who challenge corruption, emphasizing the courage to stand up against powerful forces. Ultimately, Balota 2024 serves as both a cautionary tale and an inspiration, urging Filipinos to remain engaged, informed, and fearless in protecting their democratic rights.

BOOK

Legends are made from Vision & Sweat

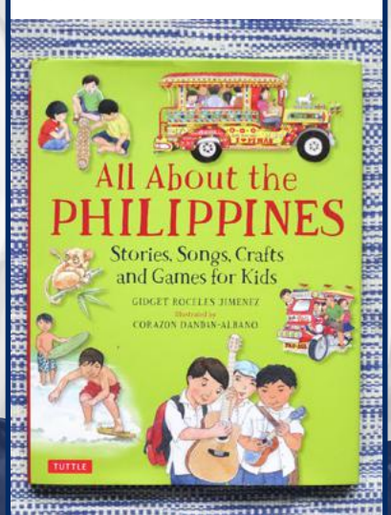
MA'AM HAYDEE R. CAPILI

In All About the Philippines there are three kids that share their story. Meet Mary, Jaime and Ari. They are all cousins (their mothers are sisters) but have a very different culture from one another due to their different fathers.

The book goes through the basics of the history of the Philippines and shares the Filipino Legend of the Sleeping Giant. It also shares the everyday life of each child. Mary's father has Chinese ancestors and they live in Mandaluyoung City. Jaime's father has Spanish explorer ancestors and they live in Cebu. Ari's father has Arab descendants and lives in Zamboanga City. They are examples of the mix of cultures throughout the Philippines. There are over 7000 islands in the Philippines. Less than half of them have names and only 2000 are large enough to be inhabited.

The kids describe everything from trips to other islands as well as festivals on different islands to some of their holidays. They talk about the various languages and what life is like in their home and culture. There are games explained with a craft to make one as well as recipes for one of each child's favorite meal. We have not tried the recipes yet. We did however make a parol which is used to light the way to church on Christmas Eve. The craft in the book is very simple and does not includes a light.

The illustrations in this book are beautiful as well. I feel the entire book gave us a glimpse at life in the Philippines. I can highly recommend this book especially among children to appreciate the diverse culture and heritage of our country. It is perfect for learning about our country with stories, crafts, recipes and information and so much more. All About the Philippines by Gidget Roceles Jimenez and illustrated by Corazon Dandan-Albano goes into so many details about the Philippines as well as the culture.



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SALAKAB EXPRESS

EDITORIAL



SAY **YES** TO COMPREHENSIVE **SEXUALITY EDUCATION!**

The proposed inclusion of Comprehensive Sexuality Education (CSE) to both elementary and high school level evoked varying opinions, huge deals of arguments and debates in Philippine Senate. Also, the Catholic Church opposes its implementation as well as the distribution of contraceptives.

According to United Nations Education, Scientific, and Cultural Organization (UNESCO), CSE is a curriculum-based process of teaching and learning about the cognitive, emotional, physical, and social aspects of sexuality. It aims to equip children and young people with knowledge, skills, attitudes, and values that will empower them to: realize their health, well-being, and dignity; develop respectful social and sexual relationships; consider how their choices affect their own well-being and that of others; and understand and ensure the protection of their rights throughout their lives.

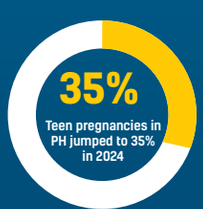
In 2018, the Department of Education (DepEd), issued DepEd Order No. 31, series 2018 that aims to enhance the holistic wellness of the Filipino adolescents and effectively address their needs for health and protection through education. A strong indication of support by the department under the leadership of former DepEd Sec. Leonor M. Briones.

Teen pregnancies in the Philippines jumped to 35% in 2024 that prompts call to implement CSE in schools. Thus, DepEd appealed that teaching sex education in school is meant to equip and empower learners in making informed choices and decisions on issues that affect their safety and well-being.

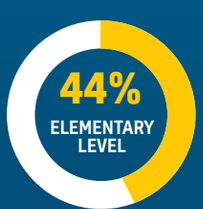
Furthermore, present DepEd Sec. Sonny Angara acknowledged the objections raised against CSE but stressed how the agency has been working with experts to ensure that its programs are "effective and culturally sensitive."

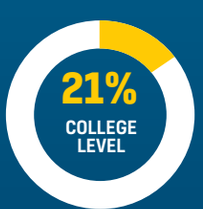
The stigma that sexuality education is merely about sex has to be debunked immediately since education would also open up the young minds in the science of reproduction, physical care and hygiene, and puberty. Gender and sexuality, correct values, and the discouragement on teenage pregnancy are also discussed in this curriculum.

Right now, is the right time we stop labeling the word "sex" as a taboo and start talking about it because the children's education about this will also serve as their protection against sexual abuse.



Early pregnancy is more common among young student women age 15 to 24 with less education than those with higher education





1 in 10 young Filipino women age 15 to 19 is already a mother or preganant with first child.



Advancing sustainability, fighting climate change

JASMIN RUTH R. LEGASPI

As time goes by, more and more companies and factories are established. This is to satisfy humankind's constant economic needs. Although everyday activities became easier, the pollution on earth increases daily as well.

One big factor contributing to the build-up of pollution is the production and use of plastics. This particular material takes decades to decompose, but it is being produced daily in bulk to be sold to the public. People are creating more than they can use, consume and recycle, so where does the excess plastic end up? They end up everywhere, becoming pollutants in our surroundings. Wouldn't it be better to stop or reduce the production of plastic-made materials?

Some will agree. After all, it is Earth that is at risk. There are lots of alternatives to plastic or ways to reduce the constant need to buy plastic materials such as bringing our own water bottle with us to avoid buying plastic containers or bottles constantly, bringing our own basket or bayong to the market to avoid using plastic bags and refusing straws in fast food establishments. As for the future, there are other materials such as wood and metal to replace the use of plastic. We can avoid or replace plastic but we cannot replace our only planet, Earth.

Still, there are some who disagree. People who owns factories or companies mainly producing or using plastic will disagree, given that these are their businesses. Some would say that replacing plastic will be too much of a hassle and will be inefficient. Some alternatives like paper bags are also less ideal than plastic bags. Wooden alternatives to plastic are likely to be more expensive too.

Least to say, mankind's opinion will definitely vary because there are some who would prioritize the planet and some who prefer things like they are now. However, if people keep things as they are now, we might not have a planet to live for in the future and even if we do, it could come nearly uninhabitable because of the constantly increasing pollution.

The use of plastic makes tasks easier, but it is not worth the life of the Earth. The small sacrifice of avoiding plastic could mean a lot, especially if more and more people make it a habit to reduce the usage of these kinds of materials. If it is impossible to avoid using plastic, then the least we can do is to learn how to dispose plastic properly, so that they don't pile up and cause problems in our surroundings.

The constant need for the use of plastic can be controlled and it is not impossible to revert the damages that the world has received.

However, people must act now if we want changes because by the time we start acting in the future, it might be too late to save our only planet.

FRUITS VS. VEGETABLES: Which is healthiest?

KIM JILLIANE U. SIONGCO



As technology rises, food also takes one step ahead. It became more and more unhealthy but fruits and vegetables are the remaining natural food that are free from chemical-causing diseases, except from the artificial ones, since these are different varieties of vitamins and nutrients.

Most people classify fruits and vegetables similarly for they both contain essential minerals and vitamins such as; iron which helps in the circulation of blood, Vitamin C that nurtures the body and makes the immune system stronger and active, Potassium and almost all the letters in the alphabet have its equal vitamin.

Fruits maybe a little acidic since they do have extracts, but they serve as antioxidants in our body and fights harmful bacteria inside our body like potassium on bananas. Some fruits may also contain sugar that can be converted into carbohydrates, which is needed by our body to perform daily tasks. Maybe this is such a cliché that we used to hear since our childhood that "an apple a day keeps the doctor away." Apples may look plain but surprisingly it is one of the most nutritious fruits that contain numerous vitamins and minerals.

Vegetables incredibly support our digestive system for it is useful in grating foods smoothly. They do have lots of minerals than vitamins but it doesn't mean that vegetables are less essential than fruits. Leafy vegetables are good for constipated people. Fibers which are abundant in leafy vegetables promote good digestion.

Vegetables are also good for our sense organs. For example, squash is highly recommended for good eyesight and cucumber for fairer and smoother skin.

Recommended by doctors, fruits and vegetables are also useful in terms of cure over common illnesses. These are effective and natural medicines for some common illnesses like fever, cough, measles, chicken fox, cough, and cold.

Generally, both fruits and vegetables are highly needed by the body as both have countless vitamins and minerals which are essential to our holistic growth and well-being.



TECH IT EASY:

HOW AI MAKES LEARNING MORE EFFECTIVE AND ACCESSIBLE

JASMIN RUTH R. LEGASPI

Education has always been a dynamic field and constantly adapting. new technologies, research, the universal shift to virtual learning during in-person restrictions, and now AI. Artificial intelligence (AI) is recently gaining popularity in every industry, but how is AI used in Education?

AI is constantly evolving and adapting to new challenges, which means the possibilities for using it in education are virtually limitless. Whether you're looking to improve student learning outcomes, reduce teacher's workload, or increase access to education, there are numerous ways AI can help you achieve your goals. So, let's dive in and discover how AI is changing the face of education!

■ Differentiated Learning

It has always been the Department of Education (DepEd) priority to promote differentiated learning, but with the help of AI, it has become easier to design teaching instructions to meet the individual needs of learners.

AI-powered differentiated learning also provides learners with opportunities for self-directed learning and mastery-based progression, allowing them to work at their own pace and focus on areas where they need the most support.

■ Universal access for all students

Learning can be accessible to all learners including those who speak different language and those who are visual or hearing impaired, thanks to AI! Presentation Translator is a free plug-in for PowerPoint that creates subtitles in real time for what the teacher is saying. It also provides opportunities for learners who might not be able to attend school due to some reasons.

■ Translation and language learning

One of the most direct applications of AI in education is translation and language learning. ChatGPT can handle translations capably and can serve as a language-learning tool, helping learners check their work and teaching them vocabulary and grammar. Another is AutoGPT, an AI application that can complete task without human intervention.

■ AI in writing

While some learners have already discovered that ChatGPT can be a useful tool for outsourcing homework, the generative AI technology also offers real benefits for students who are learning how to write or trying to write more clearly.

Grammarly, the AI-based spelling and grammar check tool, is one well-known example of an AI tool being used to help with writing. The program offers advice for clarity, tone, and other qualities to improve writing.

■ Early childhood education

There is also a wide range of existing and potential applications for AI in Early Childhood Education.

AI can be used to create interactive games and other teaching tools that can teach young children academic or social skills. Some studies have shown that AI can improve teaching and learning in early childhood education, including developing language skills. There are also AI-powered toys that can help introduce children to artificial intelligence concepts and improve early learning.

CYBER LIFE

FOR A BETTER LIFE

KIM JILLIANE U. SIONGCO

In an era where the digital and physical worlds merge, cyber life technologies are revolutionizing how we live, work and interact. "Cyber Life" is the seamless integration of technology into our routines, allowing digital systems to enhance productivity, communication, well-being, and personal growth. It is about living in a world where technology doesn't just coexist with us but actively empowers us. Rather than isolating us, the goal of Cyber Life is to create interconnected systems that enable us to thrive in healthier, more efficient, and meaningful ways.

Think back to a time when it was a better and carefree time. Well, these are the years before 1990's to 2000's where all the children would play piko, patintero, Chinese garter and taguan. That was the time we really enjoy our physical and mental childhood days.

From artificial intelligence that powers our smart devices to segmented reality that transforms entertainment and education, these innovations are reshaping society. One of the most visible aspects of Cyber Life is the evolution of smart homes. Imagine a home where everything is connected. The refrigerator orders groceries when supplies are low, your lights shift to optimize your mood, washing machine that can make your laundry an easy wash. With the rise of the Internet of things, smart homes are not only making everyday tasks more convenient, but also helping to improve sustainability by monitoring energy usage and reducing waste.

Education, too, has undergone a digital transformation. Gone are the days when learning was confined to a classroom. Today, anyone with an internet connection can access a wealth of information and resources, making education more accessible than ever before. Virtual classrooms, online courses, and interactive platforms allow individuals to pursue lifelong learning. Whether they're picking up a new skill, advancing their careers, or exploring a hobby.

With advancements in AI, learning can now be tailored to each person's pace and preferences. Personalized learning pathways ensure that students are not just absorbing information, but deeply understanding it, making education a more inclusive and empowering experience for all.

As we continue to integrate technology into our lives, sustainability has become a key focus. Cyber Life can play a significant role in creating a more sustainable future. These days cyber life is no longer confined to science fiction; it is the fabric of our everyday existence, influencing everything from healthcare and transportation to communication and security.

Cyber Life is more than just a trend, it's a new way of living that promises to make our lives better, more efficient, and more connected. As we continue to evolve alongside technology, the possibilities for improving health, happiness, and sustainability seem endless. However, as we embrace this new reality, it's essential that we remain mindful of the challenges and strive for a balance that maximizes the benefits while minimizing the risks.

By harnessing the power of technology thoughtfully and responsibly, we can create a future where Cyber Life doesn't just coexist with us but actively enhances every aspect of our existence. Cyber life is most essential if we use it responsibly.



Blood donation, giving a drop of life

CHARLES JAYDEN B. DUMALAY



EVERY DROP OF BLOOD COUNTS. HAVING THE POWER TO SAVE LIVES BY SIMPLY DONATING BLOOD.
PHOTO BY: ALLIANA KYLIE D. DILLENA

Donating blood is a vital way to help save lives. Along with helping save lives, there are a number of reasons why donating blood is important. Despite medical and technological advances, blood cannot be made, so donations are the only way we can give blood to those who need it.

Whether a patient receives whole blood, red cells, platelets or plasma, this lifesaving care starts with one person making a generous donation. A single donation can actually save three lives. One blood donation provides different components that can help up to three different people.

As much as we all wanted to help and save lives, not all of us are allowed to donate blood. People who are in good health, weight at least 110 pounds and are 17 years old are eligible to donate blood. While those who used self-injected drugs, which are non-prescription are not eligible to donate.

In celebration of World Teachers' Day, the Schools Division of City of Meycauayan conducted a blood-letting activity among teaching and non-teaching personnel at Academic Senior High School of the City of Meycauayan (ASHCOM) last December.

This activity is in line to promote awareness on how important donating blood is, not only to the recipients but also to the donors. Hundreds of teachers and division staffs participated in the said activity as they want to make their day more especial by saving lives thru their bloods.

Donating blood is beneficial to our health as it reduces harmful iron storage, preserves cardiovascular health, reduces the risk of cancer, burn calories and free blood analysis. It is very safe as disposable materials are used by each doctor, so there's no risk of contracting a blood borne infection. Within 24 hours your body replaces the lost fluids and after several weeks, your body replaces the lost red blood cells.

Blood is the most precious gift that anyone can give to another person – the gift of life. A decision to donate your blood can save a life or even several for every drop of blood is important as it gives life to thousands or even millions of patients.

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LIS to prioritize robotics to promote digital literacy

JASMIN RUTH R. LEGASPI



PRIORITIZE ROBOTICS, EMPOWERING FUTURE INNOVATIONS. PROVIDING LEARNERS WITH COMPREHENSIVE EDUCATION THAT PREPARES THEM FOR SUCCESS IN A TECHNOLOGY-DRIVEN WORLD. **(PHOTO BY ALLIANA KYLIE D. DILLENA)**

Liputan Integrated School (LIS) has already proved itself in different fields like journalism and athletics. Thus, the school should now consider exploring robotics through the implementation of different programs that will motivate learners' interest and capability in the said field.

LIS is one of the recipients of robotic package from the Schools Division City of Meycauayan as part of the division's vision to make every school in the City of Meycauayan competitive in robotics.

This kind of competition will definitely help the learners improve their critical thinking skills, thus implementation of robotic programs will also help Liputeños the same way.

Moreover, robotics will open doors of opportunities among learners as it develops their passion in the said field. Exploring robotics in early age will help them decide in choosing the right career in the future.

Creative mind and precise knowledge in engineering and technology are requirements in robotics to create something new. Thus, it will fulfill the school's visions – intelligence, creativity, and productivity once implemented.

LIS science teachers are highly encouraged to attend robotics trainings provided by the division office. In this way, the favor of having robotics will not only cover the learners and school, but it will also extend to the teachers' professional growth.

Having cited all the benefits, we can get from robotics, much attention and budget should be given for this. It is already clear that implementing it in school will boost LIS's capability to nurture the minds of learners.

SAY NO TO PLASTIC
LIS basuHERO learners to promote plastic-free school

XIAN KELVIN D. DIONICIO

To promote eco-friendly methods of solid waste management, environmental laws, and related barangay projects, Liputan Integrated School (LIS) BasuHEROes participate in cleanliness campaign program headed by Supreme Elementary Learners Government (SELG) last January 20-24 at the school ground.

According to Kim Jillian U. Siongco, SELG President, they wanted to instill to the learners the importance of proper waste management in building a clean school environment that is free from plastic.

"Mas naging mulat po ako sa malaking problema sa basura na kinakaharap po namin dahil sa mga single use plastic lalo na po nung tinalakay po sa amin ito ni Sir Termulo. Naniniwala po kami na ngayon ang tamang panahon para tumindig. Lalo pa't napapadalas po ang malalakas na bagyo at matinding pagbaha sa bansa," Siongco stressed.

Meanwhile, LIS' Youth for Environment in School Organization (YES-O) and classroom presidents supported the free-plastic campaign by launching the 'Christmas Lantern' and 'May Pera sa Basura' contests. The said contests encourage learners to become creative in making their own lantern out of empty plastic bottles, and promotes camaraderie among learners in collecting plastic waste materials that can be sold.

"We don't want our everyday litter to turn into wasted waste so we will continue to reduce, reuse, and recycle until it becomes a habit of every LIScian. If we will be careful enough to segregate our trash at the source, then recovering them will be much easier, a big help to the school as well as to the community," told Xian Kelvin D. Dionisio, YES-O President.

The sangguniang barangay also imposed a single-use plastic ban in the barangay to address the problem in waste segregation and to promote the culture of "bayanihan" as they combat the harsh effects of waste in the community. In consonance with EO No. 16 s. 2024 or No Segregation, No Collection Policy, this program is part of Sangguniang Barangay's latest information dissemination campaign strategies to win the war against waste.



EDUCATE, INSPIRE, SUSTAIN. PROMOTING ZERO-PLASTIC ENVIRONMENT FOR A SUSTAINABLE FUTURE. **(PHOTO BY ALLIANA KYLIE D. DILLENA)**

JUICE COLORED!

The Miracle Power of Coconut Juice

JASMIN RUTH R. LEGASP



Coconut Juice is the ultimate thirst quencher and offers a tasty alternative to water. This pure liquid is packed with nutrients that yield an array of health benefits. Here are some benefits of buko juice that explain why it become so popular...

■ Aids in Weight-Loss Efforts

The fat content in coconut water is extremely low, so generous quantities can be consumed without the fear of immediately packing on the pounds. It also suppresses the appetite and makes you feel full because of its rich nature.

■ Picture-Perfect Skin

For those with acne or other blemishes on the surface of the skin, typical application of coconut water can go a great distance as it has the ability to clear up and subsequently tone the skin. It also moisturizes the skin from within if ingested orally and eliminates large amount of oil.

■ Reduce Blood Pressure

In many instances, disproportionate level of electrolytes can result in high blood pressure, because coconut water contains adequate supply of each. It can be used as a balancing mechanism. Sometimes, it is recommended that coconut water be consumed at the start of each day to foster the balance of these electrolytes.

■ Facilitates Digestion

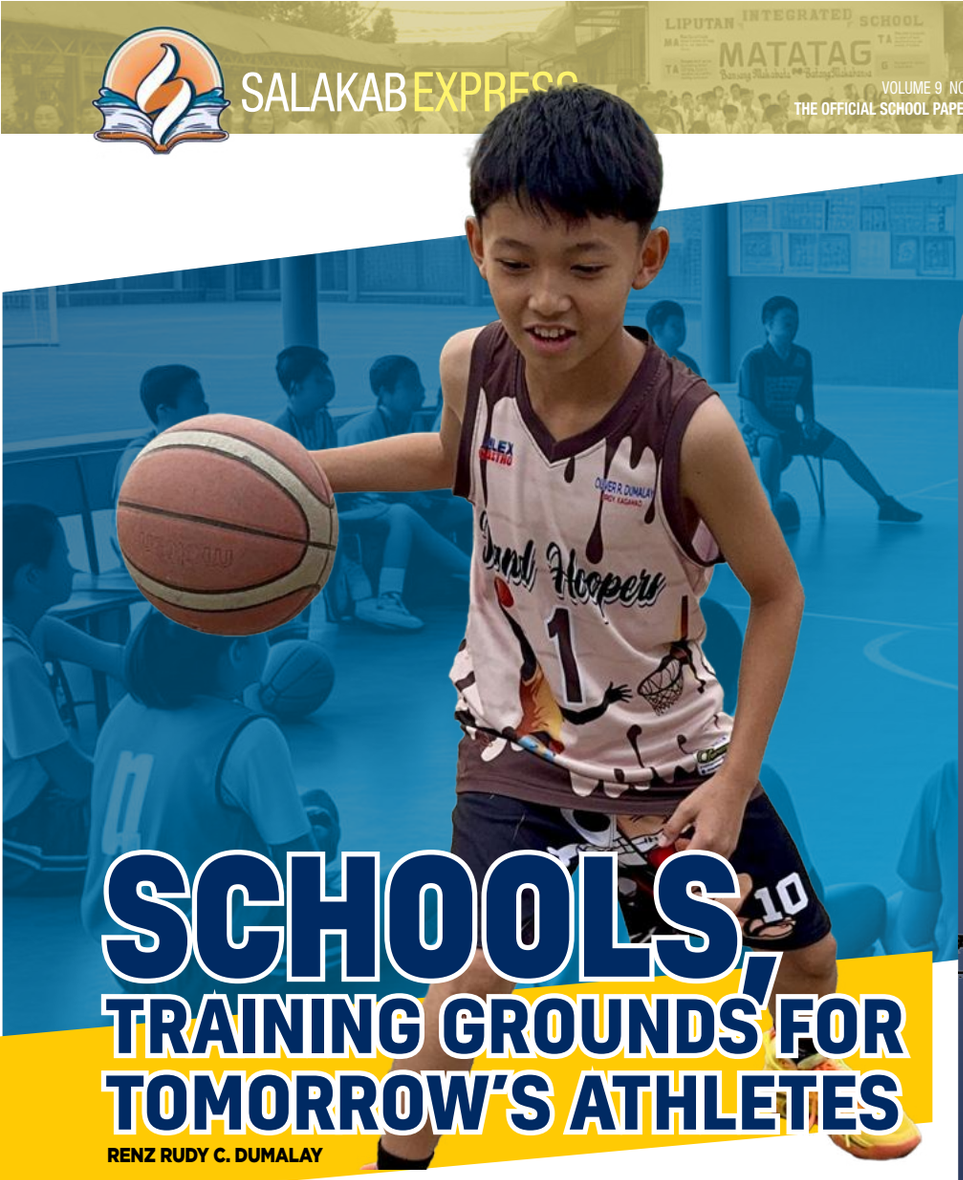
If you could encounter difficulty during the digestion process, coconut water may provide a source of relief. Because of its high concentration of fiber, it aids in the prevention of indigestion and reduces the occurrence of acid reflux.

■ Rich in Nutrients

Unlike the other beverage on the market, coconut water contains five essential electrolytes that are present in the human body. These include: calcium, magnesium, phosphorous, potassium, and sodium. Because of its unique composition, coconut water can be enjoyed by individuals with varying medical conditions.

■ Boosts Hydration

The ingredients in coconut water are way more effective at hydrating the human body than those of sports and energy drinks. Coconut water serves as an excellent replacement medium with 294 mg of potassium and 5 mg of natural sugar per glass, unlike your favorite sports drink that only contains half of the potassium content and five times the amount of processed sugar.



SCHOOLS, TRAINING GROUNDS FOR TOMORROW'S ATHLETES

RENZ RUDY C. DUMALAY

Schools are the perfect places to discover and develop learners' potentials, whether academic or non-academic such as sports. The school served as the training ground for every learner to develop the skills of tomorrow's national athletes. Participation in any sports is also a skill that must be given attention and support since people nowadays are much aware with 'Multiple Intelligence'. Learners who are experts in sports are now considered gifted like those learners who manifest superior performance in academic areas.

How big is the role of schools in discovering and developing their potential athletes? Being the home of these potential athletes gives the schools the huge responsibility in ensuring that their potential athletes will be given all kinds of support they needed. Aside from moral support, the school must provide training places with enough facilities that can be used in their trainings. Every sports has their own required equipment needed by players. This will ensure that every athlete will be given appropriate trainings depending on the sports they belong.

Meanwhile, the school must also balance the time and interest of their learners. It is important for the athletes to understand that studies are on the top of their priorities. They should spend more time doing their school works and focus not only in their trainings and games. This set-up is definitely a sure win on the part of the learners since they excelled not only in sports but also in their classes. Better academic performance will also encourage their parents to support their child's dream of becoming an athlete.

Every school in the country promotes sports since it is an important part in the child's development during their formative years. Through sports many children find themselves as well as the career path they wanted to cross in the future. Never discourage them to engage in sports for they will be tomorrow's basketball, volleyball, football, chess or boxing superstars of the country.

editorial

Physicality or sophistication: WHICH WEIGHS MORE?

The modern-day youth were deemed to be less athletic compared to the previous generations. However, this era paved the way for the rise of e-sports which led the youth to indulge and discover the wonders of technology.



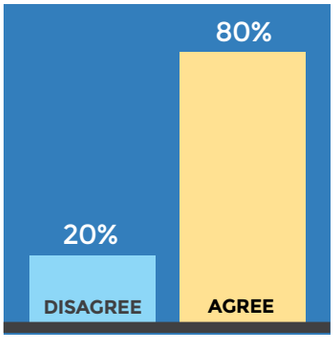
However, this new era ushered by technology in physical activity led to sophisticated mobile software that soon predominate against physical activity and led to massive addiction to it by younger generations. Known as the Gen Alpha, the current generation that comprises the people born from 2016 - to the present, are mostly known as globally 'Apple Kids' due to the extreme integration of digital devices and social media into their lives eventually affecting their minds and movement, physically and emotionally, both positively or negatively.

Though, portable devices are easy to assemble, tools for physical activities and sports for children were also invented in our digital age, people, particularly the youth, mostly choose gadgets and mobile games over physical activities and sports.

After all, time spent with technology means time spent sitting, which could lead to extreme consequences such as obesity and sitting disease! Even with portable devices, active indoor or outdoor playtime has largely been replaced by sedentary activity because of its convenience and ease of use. However, a child can still use gadgets in a good way... in a way to further his/her physical activity as there are mobile apps that can track your fitness level, and can teach you exercise and sporting techniques.

Aside from that, many children still excel in sports, especially in the areas where technology use is limited though, in other countries such as South Korea and China, many children become athletes and still have their gadgets with them. They just know the health effects of gadgets and seemed to focus more on their sporting and physical discipline.

Therefore, the key here is not limitation or prohibition of gadgets to children, but instead, for the parents, to teach the children how to use them in a balanced way and enlighten them with both the pros and cons of gadgets so that they will develop consciousness and discipline in using it, thus, effectively giving the children the power to be familiarized with technology and physical activity at the same time. Everything can be forbidden, but everyone can only follow education and good balance.



SURVEY

LIS ok for additional sports or physical activities

KIM JILLIANE U. SIONGCO

According to studies, 31% of adults and 80% of adolescents do not meet the recommended levels of physical activity. Physical activities are important in promoting bone health, encourages healthy growth and development of muscle, and improves motor and cognitive development.

The Salakab Express staffers surveyed 80 learners on whether the school should conduct more sports activities such as sports fest and other extracurricular activities. Sixty-four or 80% agreed to the idea while 16 or 20% did not.

Yes, because playing different sports teach us life skills such as teamwork, leadership, accountability, patience, and self-confidence and prepares us to face life challenges," Lianne Rose R. Conquilla of Grade 6-Matulungin said.

An 80% - 20% is a lopsided ratio as it only shows that more learners are becoming more aware with the benefits they can get from playing sports.

There is no wrong engaging with physical activities in schools, as it provides physical, emotional and mental health that can lead to improved performance in all other academic subjects. However, learners should always prioritize their studies over playing.

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SALAKAB EXPRESS



UNSTOPABLE DEFENSE, UNBEATABLE TEAM. ACTIVE BLUE TEAM REDEEMED THEMSELVES AFTER SMASHING MIGHTY RED DURING SCHOOL SPORTS FEST. PHOTO BY: ALLIANA KYLIE D. DILLENA

Active Blue whitewash enervated Mighty Red, snatch triumph in Finals, 46-31

XIAN KELVIN D. DIONICIO

Liputan Integrated School (LIS) learners cheered out as they celebrate their sportsmanship and good leadership during their week-long sports fest last January 30-31 and February 2-3 at Liputan Sports Complex.

The sports fest started by a parade where players wearing their respective dress coding, which identify their grade levels. Pink shirt for grade one, yellow for the grade two, grade three wore black, grade four white, while blue for the grade five, and red for the grade six.

The turning point of the competition was the basketball championship match between Mighty Red and Active Blue, to determine the over-all champion. Each team's determination to win is flaming and unstoppable as both teams gave their best shot to secure victory.

"Excited po kami bumawi ngayong taon, last year po kasi natalo po kami ng Mighty Red kaya naman po mas pinagbuti po namin ang pagsasanay bilang paghahanda sa muling paghaharap po namin," Active Blue Captain, Aljen L. Daligdig quoted regarding the upper hand of the consistent champ.

The Active Blue redeemed themselves as they bounce back from their previous letdown against the Mighty Red after walking straight right to the victory for gold, 46-31 in the finals. The epic win of the Active Blue served as the key for them to be this year's sport fest over-all champion.

With the combined effort and guidance of teachers and parents the sports fest was successfully conducted.

FLASH FROM THE PAST

LIS promote Laro ng Lahi

JASMIN RUTH R. LEGASPI

It's time to put down your gadgets!

Holding the white pieces, Dumalay manipulated a queen's gambit and invaded his adversary's territory.

Liputan Integrated School (LIS) conducted its annual mini sports fest among intermediate learners loaded with laro ng lahi activities last November 29.

With the participation of grades 4-6, LIS's Supreme Elementary Learner Government (SELG) President Kim Jillian U. Siongco said that it was a successful project as they were able to achieve the theme "Nurturing the Values of Unity and Excellence through Sports."

"Ang layunin po namin ay muling ipakilala ang mga larong pinoy sa mga kabataan upang labanan ang mga masamang epekto ng labis na paglalaro ng mga computer games," said SELG President Siongco.

Featuring original Filipino games like sack race, kadang kadang, human caterpillar race, obstacle relay, and tag of war, learner-athletes found joy even without their gadgets.

"Tunay na mas masaya pala laruin ang mga laro ng lahi games. Mainam pa po ito sa aming kalusugan dahil lahat po ng bahagi ng aming mga katawan ay gumagalaw di tulad po ng online games na lagi lang po kami nakaupo o nakahiga," Jillian D. Lucero stated.

Furthermore, it just proved that laro ng lahi will never be forgotten and never be lost in the heart of every Filipino child as it helped mold our humanity and become victorious.



PLAY, LEARN, AND PRESERVE. LIS CELEBRATES PINOY PRIDE BY PROMOTING LARO NG LAHI DURING SCHOOL ACTIVITIES LIKE SPORTS FEST. PHOTO BY: ALLIANA KYLIE D. DILLENA

Dumalay gains dominance in sacrificial ploy, outwits rival

KIM JILLIANE U. SIONGCO

Topnotch woodpusher Renz Rudy C. Dumalay baited his opponent in a sacrificial tactic to pull out a squeaker against Xian Luis S. Gutierrez in his 32nd move and snatch the chess crown.

Holding the white pieces, Dumalay manipulated a queen's gambit and invaded his adversary's territory.

His incursion into enemy lines became fiercer when he forced Gutierrez to trap his queen which appeared to be a bait in order for him to have an open-check and eventually force a checkmate at the 32nd move.

Dumalay carefully read his opponent's move as he maintained an unbreakable defense while slowly launching an inside attack towards his opponent's turf.

In the midgame, Dumalay isolated nearly all of his counterparts' pawns while obtaining a bishop pair in the process and won a complicated rook ending.

Gutierrez couldn't create much counterplay as his defense further weakened.

"Pananalig sa Dios at laging pagtratraining after school, yan po talaga ang naging susi kung bakit ko po naipanalo ang laban." Dumalay said.

Daligdig outlives Resurreccion, grabs badminton tilt athletes

RENZ RUDY C. DUMALAY

Aljen L. Daligdig rallied from two matches down to capture the men's badminton title, 20-15, 18-11, 21- 17, 21-15, 16-13, against determined shuttler Yco A. Resurreccion during the 2024 Sportsfest on November 22.

Daligdig banked on his deceiving flick serves, crafty drop shots, and fiery smashes to snatch three straight sets after trailing by two sets to hack out a hard-earned come from behind win.

Daligdig was poised to claim the title after taking an early 2-0 advantage, 21-17, 21-15, courtesy of his unrelenting hits and pinpoint volleys.

But Daligdig turned his fortunes around and came roaring back to sweep the succeeding three nerve-racking sets owing to his accurate returns, well-calculated crosses, and superb court coverage.

Resurreccion was virtually in total control of the match but ran out of gas down the stretch which allowed Daligdig to get back in the game and eventually secure the victory.

"Mahusay po ang kalaban ko kaya dinoble ko po ang lakas ko at nung maramdaman ko po nanghihina na siya, binigay ko po ang buong pwersa ko sa pagtira," Daligdig said.

He embarked on aggressive backhand smashes and forceful forehand drives as he breezed through the fifth set, 21- 17.

Daligdig covered all bases running after every shot thrown by his opponent to take the fourth set, 21-14.

The same kind of tenacity and court mastery was shown by Legaspi to capture the third frame.

The triumphant smasher will represent the school in the upcoming Cluster Meet.



FLY LIKE A SHUTTLE. ALJEN L. DALIGDIG MAKES HIS TEAM PROUD AS HE OUTLAST HIS OPPONENT IN THE MEN'S BADMINTON. PHOTO BY: ALLIANA KYLIE D. DILLENA

New equipment to boost LIS sports programs

RENZ RUDY C. DUMALAY

In previous years, Liputan Integrated School (LIS) has been on the rise in the sports arena. It has been the result of hardworking coaches and athletes, and promoting sports related programs as part of the learners' holistic growth.

But as the LIS Athletes family grows with the increasing number of populations, the old sports facilities like net, ball and goggles that have been the partners of our team need to be replaced.

This has been evident during the recent sports fest wherein players in different sports events are having hard time due to unavailability of equipments.

But these problems might soon be resolved, as LIS is about to provide sports facilities at the new building. The school also coordinated with the Sports Committee Chairperson Coun. Arnel R. Legaspi and Sangguniang Kabataan Chairperson Rizza Camille G. Rodela, in providing additional sports equipment like balls, goggles, nets, chess boards, and badminton rackets which will surely propel the school's sports program.

According to LIS School Head, Minerva L. Siongco the school is planning to provide a sports hub to accommodate indoor games such as chess and table tennis.

All of these are welcome developments to LIS learners who wants to see our school pursue athletic excellence and dominate not just Meycauayan City, but Bulacan, Central Luzon and the rest of the country. We laud this and hope that everything they have planned will come to reality as soon as possible.

FEATURE

ALL IN HIS WRIST, Coach Morte aims Gold

RENZ RUDY C. DUMALAY



Bernardo Rucero Morte Jr, a grade six teacher and School MAPEH Coordinator of Liputan Integrated School (LIS) has been coaching basketball and volleyball for five years and gave several recognitions for their school in several competition when he was still in a private school.

He graduated at City of Malabon University (CMU) with Bachelor of Science in Elementary Education (BEED) major in General Education. He is teaching in LIS for seven years and spent two years of teaching in a private school in Valenzuela. Now he is one of the most promising teachers in the school and he is ready to bring recognition in division up to the national level.

He is also the School Mathematics Coordinator and one of the trainers of school campus journalists who was responsible to the success of school events like Sports Fest, Ok ka sa DepEd and Division Schools Press Conference (DSPC). On top of these, he is one of the contributors for the school paper, Salakab Express and the new sports coordinator that made him responsible for all school athletic engagements and competition. Indeed, a very good start for his long journey as a teacher.

As early as June, Coach Morte conducted series of try-outs to select only the best players for his basketball team that will represent the school for sports events from cluster meet and hopefully untill Palarong Pambansa.

After different stages of intense try-outs, he had finally assembled the school's basketball team. New members were Charles Jayden B. Dumalay, Carlos Miguel Lucero, Xian Kelvin D. Dionisio, Mary Khyle S.G. Dumalay, Jerryan P. Rucio, Carl Gutierrez, Aljen L. Daligdig and John Santonio D. San Jose All of them passed the high standard of Coach Morte as they are now the official athletes of the school.

"This team is really promising. I'm hoping that soon we can be able to compete in cluster and city meet. But for now, we will have regular trainings after their class to prepare them for future competitions", Coach Morte said.

The school and other stakeholders are in full support for the team. Recently, the Sangguniang Barangay headed by Brgy. Chairperson Oliver R. Dumalay gave sports equipment to support the players with their goal of bringing gold medals not for themselves but for the school's pride and recognition.

> **"THIS TEAM IS REALLY PROMISING. I'M HOPING THAT SOON WE CAN ABLE TO COMPETE IN CLUSTER AND CITY MEET. BUT FOR NOW, WE WILL HAVE REGULAR TRAININGS AFTER THEIR CLASS TO PREPARE THEM FOR FUTURE COMPETITIONS**

NO PLACE TO PLAY

CHARLES JAYDEN B. DUMALAY

We used to hear elder people talk about how happy they were swimming on the rivers and beaches with their friends and relatives. Nothing can escape the rides on the backs of the carabaos and free skiing on the mud during the rainy season.



Now, all we have is inflatable pool.

Obesity is prevalent in the younger generation. This is not just because of the food we eat and the cliché' that says we spend more with the gadgets than outdoor.

But where do we play?

We are encourage to leave our gadgets for a day and try playing the 'Traditional Pinoy Games' like patintero, tagu-taguan and jumping rope but the space in our home and even in our environment would not be capable of accommodating such games.

In as much as we would like to go outside, our parents will surely forbid us because of security reasons, pollution and negative influences and not to mention the scarcity of spaces due to land conversion.

Playing are not only past time for children, it is also a channel of education where learning will take place. It can teach a child a lot of things particularly socialization, critical thinking, camaraderie, and many more.

In all honesty, we get curious on Pinoy Games which are highlighted during barangay fiestas and school sports fests. Most of us lived in places with limited spaces, in addition to the danger of cars passing by if the only space we have is the streets.

Only those who can afford have the luxury of lawns to play safely.

Online or outdoor games, we play. That is not by choice, but we have really no choice!

Why play basketball?

JASMIN RUTH R. LEGASP

There are a lot of activities that you can do in your leisure time. Some people are so tired of work that they prefer to use their free time just for resting and sleeping. Others spend their free time on their favorite activities. For example, they listen to music, play their favorite musical instrument, go on a picnic, take a trip, go to the nature and enjoy the fresh air, hang out with their friends, go partying, go shopping, visit their relatives, spend some time with their kids and play games with them, read and write, watch TV, watch movies or cartoons, go to the theatre, surf the net, cook, do some gardening, etc. Some people like me choose sports to enjoy my free time. Among different kinds of sports, I prefer basketball.

When you play basketball with your teammates, you have a chance to get rid of all the negative energies that are piled up in you throughout work or study time. Your body is wholly involved. Basketball involves both your mind and your body. It's an extremely physical activity, so that even your fingertips have to be strong. In basketball, you need both stamina and speed to be a successful player. It's not that important if you're not tall. Your strength is of much more importance. Both feet and hands must be strong. Even you need to be wise in this game. If you know where to stand so that your rival has a weak chance of blocking you, you'll more successfully get close to the basket to shoot and score. Sometimes, by being wise and finding the right place to stand and block the rival saves your team.

Basketball is teamwork and this is what I like the most about this sport. You learn how to cooperate with other teammates. Sometimes, you need to sacrifice yourself by blocking the rival so that your teammate can find space to go to the basket and score. Passing the ball to other members of your team makes the chance of winning higher and higher.

Overall, basketball is so enjoyable and fun if you play it in a group, not individually.



INSIDE SPORTS



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WE GOT GAME

ISLAND HOOPERS SWEEPS LANGKA BALLERS

SIR BERNARDO R. MORTE JR.

Playing like a well-oiled machine, power-hilling Liputan Integrated School (LIS) Island hoopers unleashed down-the-line attacks to take away beyond the reach of lopsided Langka Integrated School Ballers, 64-59, to clinch the basketball championship title in Cluster Meet B – Elementary Boys, last November 8 at Banga Elementary School Covered Court.

With his Finals team captain plum, Charles Jaydan B. Dumalay orchestrated Island Hoopers' sterling plays with 24 points and 13 rebounds to lead his team on their first championship after five years.

Team Captain CJ was the hero of the game, sinking a buzzer-beating three-pointer from beyond half court to seal the victory. Dumalay finished with a game-high. "I'm speechless," he exclaimed in the post-game interview. "This is an incredible feeling. We worked so hard, and to have it pay off like this is amazing."

To provide a solid backup role from Dumalay's performance, 2024 Sports Fest Most Valuable Player Xian Kelvin D. Dionisio added 18 points and 9 rebounds while Carlos Miguel B. Lucero shared for 15 points and 7 rebounds.

The supportive parents, school head Ma'am Minerva L. Siongco and other teachers at Banga Elementary School Covered Court witnessed a nail-biting contest that saw both teams trade leads throughout the game. With the help of Coach Bernardo R. Morte Jr (MAPEH Coordinator) and Asst Coach Gilbert L. Mamuyac, the team scored 64 at the end of regulation, the Island Hoopers dominated the ballgame, outscoring the team of Langka I.S. with 5 points.

The Liputan Team's championship in Cluster Meet B win marks their first title as they were defeated by Lawa Team in last year's ball game. The team's success can be attributed to their strong team chemistry and determination. As coach Morte noted, "This team has shown tremendous heart and resilience all season. I'm proud of each and every one of them as I've seen them training after their class hours. Congratulations to all!"

"THIS TEAM HAS SHOWN TREMENDOUS HEART AND RESILIENCE ALL SEASON. I'M PROUD OF EACH AND EVERY ONE OF THEM AS I'VE SEEN THEM TRAINING AFTER THEIR CLASS HOURS.



UNSTOPPABLE UNDER THE HOOP. TEAM CAPT. CHARLES JAYDEN BAUTISTA STRIKING THE PERFECT BALANCE BETWEEN DEFENSE AND OFFENSE LEADING HIS TEAM TO VICTORY. **PHOTO BY: ALLIANA KYLIE D. DILLENA**

FIRST AID IS BETTER THAN LAST: CDRRMO conducted the first Rescuelympics: School Edition

RENZ RUDY C. DUMALAY

To perform first aid properly and prevent further harm and potentially save lives, the City Disaster Risk Reduction and Management Office (CDRRMO) conducted the first-ever Rescuelympics: School Edition last December 4 at City of Meycauayan Sports Complex.

Teachers and non-teaching personnel from all schools in SDO City of Meycauayan participated and showed their prowess as responders in the different activities prepared by the CDRRMO such as, cardio-pulmonary resuscitation (CPR), lifting and moving and bandaging.

City Mayor Atty. Henry R. Villarica announced and awarded the winning schools, First Place-Camalig Elementary School, Second Place-Meycauayan National High School, Third Place-Lawa Elementary School, and Fourth Place-Schools Division Office. Meanwhile, consolation prizes was given to schools that participated.

"We learned a lot from this activity such as basic first aid knowledge and skills which are very important in times of emergency. By being able to provide basic care we can stabilize a patient until emergency medical services arrive," stressed by Princess Elayza T. Ramirez, teacher-participant from LIS.

The said event was part of the celebration of Gintong Kawayan Festival and 18th Cityhood Anniversary headed by CDRRMO.



ACT FAST, SAVE LIVES. EMPOWERING TEACHING AND NON-TEACHING PERSONNEL TO TAKE ACTION IN EMERGENCY SITUATIONS TO CREATE SAFE, RESPONSIBLE, AND COMPASSIONATE ENVIRONMENT. **PHOTO BY: DEPED TAYO CITY OF MEYCAUAYAN**

FIRST TIME IN HISTORY
SDO City of Meycauayan hosted 1st Schools Division Paralympics

RENZ RUDY C. DUMALAY



ABILITY NOT DISABILITY. SDO CITY SCHOOLS OF MEYCAUAYAN PROMOTES INCLUSIVITY, EMPOWERMENT, AND EXCELLENCE, HIGHLIGHTING THE PARALYMPIC VALUES AND SPIRIT. **PHOTO BY: DEPED TAYO CITY OF MEYCAUAYAN**

To embrace all impairments and to give equal opportunities to learners with special needs, the Schools Division of City of Meycauayan hosted the 1st Schools Division Paralympics last January 8 at Meycauayan Sports Complex.

In support with RA 11650 also known as the 'Inclusive Education Act', SDO City of Meycauayan implements policy of inclusion and services for learners with disabilities in Meycauayan City such as Special Needs Education (SNED) program and recreational activities.

Also, the event serves as preparation for the upcoming CLRAA Athletic Meet for Special Events that they may qualify and provide them the opportunity to achieve sporting excellence.

This was participated by learners enrolled in SNED classes in the division, accompanied by their teachers and parents/guardians.

Meanwhile, there are ten public schools in the City of Meycauayan that offer SNED Program that promotes accessible and relevant curricula among children with special needs.

The following are public schools offering SNED Program:

- Saluysoy Integrated School
- Bancal Integrated School
- MWCIS
- Pandayan Elementary School
- Iba Integrated School
- Perez Elementary School
- Bagbaguin Elementary School
- Lawa Elementary School
- Malhacan Integrated School
- City of Meycauayan Senior High School

Indeed, SDO City of Meycauayan made a history by taking the big step in pursuing its ethical responsibility to change sport to make it meaningfully inclusive for all.

Similarly, LIS is about to provide sports facilities at the new building. The school coordinated with the Sports Committee Chairperson Coun. Arnel R. Legaspi and Sangguniang kabataan Chairperson Rizza Camille G. Rodela in providing additional sports equipment like balls, goggles, nets, chess boards, and badminton rackets which will surely propel the school's sports program.

According to LIS School Head, Minerva L. Siongco the school is planning to provide a sports hub to accommodate indoor games such as chess and table tennis. "We are also planning to invite professional basketball players and swimmers to provide trainings for our athletes. This will give the school a bigger chance to perform well in different sports tournament," said Siongco.

All of these are welcome developments to LIS learners who wants to see our school pursue athletic excellence and dominate not just Meycauayan City, but the regional and national arena. We laud this and hope that everything they have planned will come to reality as soon as possible.