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'TIL THE INK BLEEDS DRY

THE OFFICIAL NEWSLETTER OF SPJ
SLYHERIN SCHOOL YEAR 2024-2025
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newsbit

Ang Niyog's Online Publishing Team places 4th at DSPC 2024

BY ANGELA AVES

Ang Niyog's Filipino Online Publishing Team wins 4th Place at the Division Schools Press Conference (DSPC) 2024 in Recto Memorial National High School, Tiaong, Quezon.

The team consists of Heloise Justine G. Evasco (Web Designer), Maria Ysabella M. Abulencia (News Writer), Kylie Madelaine Borja (Opinion Writer), Christine Joyce P. Nanas (Feature Writer), and Danica Joyce Agustin (Sports Writer).

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ON STREAK

QNHS continues 21 years of championship in Quezon Province DSPC

BY HELOISE EVASCO

Quezon National High School's Student Publication, *The Coconut / Ang Niyog* wins Top Best Performing School in Division Schools Press Conference (DSPC) 2024, marking its 21 years of being Quezon's champion. It is held in Tiaong, Quezon, Recto Memorial National High School on November 25-27, 2024.

QNHS scored an overall 133 points and a total of over 80 school publications participated in this year's DSPC.

10 Campus Journalists (CJ) achieved a place in individual categories. One in News Writing Filipino, one in both Editorial Writing English and Filipino with one each, two in both Column Writing English

and Filipino with one each, one in Editorial Cartooning Filipino, two in both Copyreading and Headline Writing English and Filipino with one each, one in Sports Writing Filipino, and one in Feature Writing Filipino.

While seven group categories placed: TV Broadcasting English and Filipino, Radio Broadcasting English and Filipino, Collaborative Desktop Publishing

English and Filipino, all with seven members each, and Online Publishing with five members, with a total of 33 Campus Journalists.

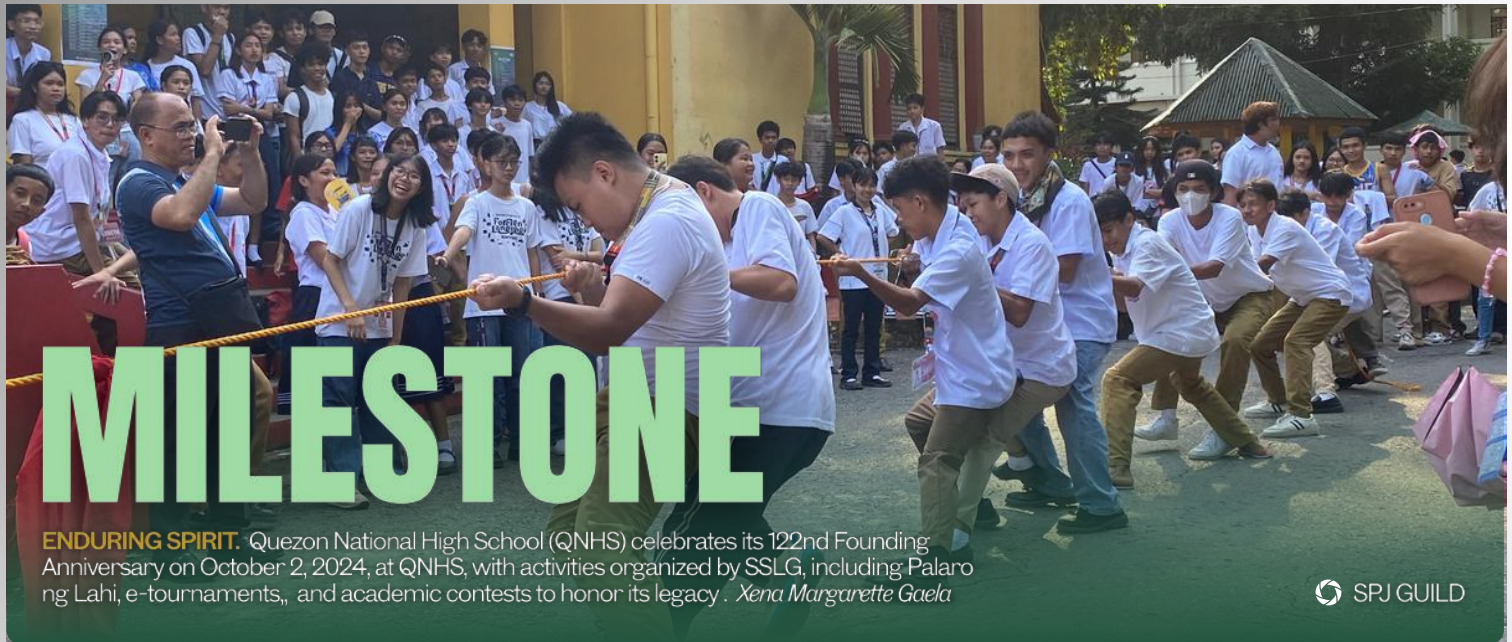
A total of 28 Campus Journalists out of over 70 competitors from QNHS are on its way to compete for the Regionals Schools Press Conference (RSPC) in January 2025 at Batangas City.

"I feel really proud and happy for our school. Imagine being Quezon's champion in DSPC for 21 years," Queen De Ramos, one of Ang Niyog's staffers expresses.

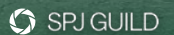
QNHS' CJs, along with the School Paper Advisers stayed there for a total of four days, including Day 0.



02 NEWS



ENDURING SPIRIT. Quezon National High School (QNHS) celebrates its 122nd Founding Anniversary on October 2, 2024, at QNHS, with activities organized by SSLG, including Palaro ng Lahi, e-tournaments, and academic contests to honor its legacy. *Xena Margarette Gaela*



QNHS celebrates 122nd Foundation Day

BY SOPHIA DE GUZMAN

In honor of the timeless traditions and modern innovation in Quezon National High School (QNHS), the school celebrates their 122nd Founding Anniversary along with a few activities last October 2, 2024.

The QNHS Supreme Secondary Learner Government (SSLG) held 'Palaro ng lahi' and 'E-tournament Games' for Quezon Highers and local Filipino games like Tug of War, Tumbang Preso and Sack Race. While E-tournament Games were Mobile Legends and Call of Duty.

Academic contests like Essay Writing, Spoken Poetry, Battle of the Brains and Poster Making were also held.

The QNHS' SSLG also did one of their projects for this school year, "Project KITANG QHAY". Wherein they sell multiple things such as Button Pins, Wrist Bands, Flower Clips and

"Isang Kesonhay T-shirt". They also had a booth where students can enjoy and capture moments. "Project KITANG QHAY". Wherein they sell multiple things such as Button Pins, Wrist Bands, Flower Clips and "Isang Kesonhay T-shirt". They also had a booth where students can enjoy and capture their moments.

"I enjoyed the activities during the 122nd Foundation Day in QNHS. I especially enjoyed the academic activities such as the "Pagsasagawa ng Tula" since I was a participant during the activity. I also enjoyed watching the many games of "Palaro ng Lahi", it was fun and very

entertaining to watch. I believe that the celebrated anniversary for the milestone of QNHS was necessary not only for the school, but also for the students of QNHS." Yosef Sean Leonidas, a Grade 9 student.

Similarly, Heloise Evasco, a Grade 9 SPJ Student says "This year marks the 122nd year of Quezon High, making it an honorable day for Teachers, School Staffs and Personnel, and even in Quezon High Alumnis. The experience will forever be a core memory, something good to look back on. I had so much fun! From events, activities, and games."

> ADVANCED STORY

QNHS proposes Lakbay-Aral 2025

BY SOPHIA DE GUZMAN

Quezon National High School (QNHS) announces that Lakbay-Aral, the educational field trip will be held again this school year for Grade levels 8-9 on January 19, 2025.

The students will go to Rizal Shrine, Cuartel De Sto. Domingo, Nuvali, Paseo De Sta Rosa and Enchanted Kingdom with the Aguila Admission.

The educational field trip costs PHP 2,290.00 within the Tourist Bus and entrance fees.

Additionally, the purpose of Lakbay-Aral is to give the students a learning-related experience outside the classroom and be able to apply them to their life.

Rolando Merle, QNHS' Grade 9 Chief Adviser says that joining is only

voluntary and was not actually mandatory.

Registered nurses and first aid kits are available in each bus. Teachers, Tour Guides, and other people are also present to guide the students.

Students will gather in school at 4:00 in the morning and is expected to come back in the city by 11:00 in the evening.

"I am looking forward for this year's Lakbay-Aral." Tathana Angela Padora, a Grade 9 SPJ Student stated.

5 THINGS YOU SHOULD KNOW ABOUT QUEZON NATIONAL HIGH SCHOOL

BY HELOISE EVASCO

Quezon National High School (QNHS) has been one of the longest standing schools in the country. It's full of history that some don't know. Here are five things that you might want to know about QNHS.

- 1 Quezon National High School started 122 years ago, **1902**.
- 2 **QNHS' Acacia Tree** is the representation of the school's life, standing for 121 years.
- 3 The first ever Principal of the School is **William I. Larkin**.
- 4 The **Gabalton Building** is the oldest building in the school. It witnessed a hundred years worth of memories.
- 5 Standing for 122 years with many historic events, QNHS is also **filled with horrors** through the hallways.



QNHS celebrates Student's Day

BY ANGELA AVES & LOUWELLA LASCANO

Quezon National High School (QNHS) celebrated Student's Day on November 16 with the theme "Kabataan ng bukas: Sama-samang magdidiwang at magpapamalas ng husay ng isang estudyanteng Quezong High" bringing students together for a day to celebrate the students day.

The event was hosted by the QNHS Supreme Secondary Learner Government (SSLG), who worked tirelessly to create a day that would highlight the unity as well as the talent of QNHS Students.

Mark Kennan Reason, QNHS SSLG Adviser, emphasized the importance of celebrating Student's Day to entertain as well as to bring joy to students while fostering a sense of belonging to the Quezon High community stating "Isa rin sa benefits kung bakit tayo nagconduct ng Student's Day is to entertain, enjoy, and celebrate ang pagiging estudyante natin dito sa Quezon High."

Various booths were set up by school organizations, where students showcased their products, including foods, together with accessories, while also offering inter-active games such as those hosted by BKD, System Club, as well as the Builders Club.

The Org to Impress segment was another highlight where each organization's representative showcased their symbolic cape and explained their group's advocacy emphasizing the importance of student organizations in the school.

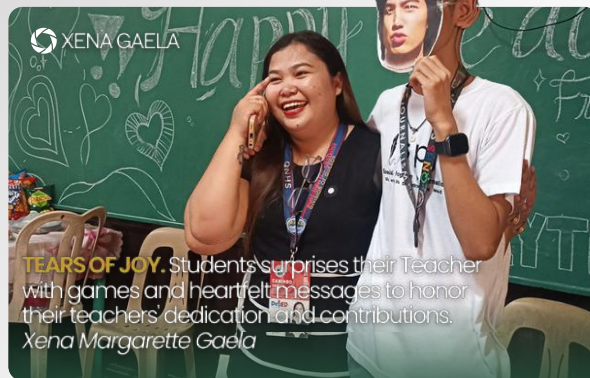
Despite facing some challenges in organizing the event, Daniela Sophia Ibarrola, QNHS SSLG President, expressed gratitude for the collective effort that made Student's Day 2024 a success,

acknowledging that they overcame obstacles to prepare a memorable event for everyone.

As part of the the Students' day, each organization also prepared an advocacy video featuring their importances or roles, missions, and visions as part of the community, aimed to inspire and inform students about the contribution each club makes to the school's development and success.

The event not only entertained but also encouraged students to express their creativity and connection with others, including fostering pride in their school, leaving lasting memories, and strengthening friendships.

> NEWS FEATURE



TEARS OF JOY. Students surprises their Teacher with games and heartfelt messages to honor their teachers' dedication and contributions. Xena Margarette Gaela

A Day for our Second Parents

BY TATHANA PADORA

Quezon National High School celebrates Teacher's Day along with the students to appreciate efforts and recognize their contribution on October 3-4, 2024.

The students prepared foods, surprises, exciting games, parties, karaoke, dancing and others had a message to their beloved advisers before giving their gift.

The Teachers celebrated the second day of Teachers day with some karaoke, dance and raffle with a price of money or a material as the prizes.

"I was so stressed out and anxious at the thought that the party we planned may fail. At first, I was on the verge of accepting that the party sucks and that we were too broke to set up a simple party. But, with just a little help from my classmates, we made the day unforgettable for our teacher, Ma'am Anna." said Louwella Lascano, a Grade 9 SPJ Slytherin student said.

"During the 2nd day of teachers day, it was fun and memorable kase muling nagsama-sama ang mga guro sa iba't ibang department," Anna Z. Canindo, SPJ Slytherin's adviser expresses. "Nagpapasalamant din sa mga mag-aaral na nagsilbing lakas din namin sa araw -araw at kung bakit kami lumalaban sa pagod na aming nadarama" Canindo added.

> NEWS FEATURE

Quezon Highers explore Science Fair 2024

BY SHAKIRA MELENDREZ

A science fair exhibit engages students through hands-on activities and demonstrations, promoting understanding of scientific concepts in an interactive and practical way.

The exhibit runs from September 30 to October 1 and is divided into two rooms, each rooms were designed for specific grade levels.

Room 1 is for Grades 7 and 8, featuring eight stations with activities and questions aimed at enhancing students' knowledge of science.

Room 2 is for Grades 9 and 10, offering 11 stations with similar interactive features.

Grade 7 STE Curricular Officers, along with Grade 8 and 9

students, operates Room 1 to assist participants.

Grade 9 and 10 students manages Room 2, ensuring smooth facilitation of activities for older participants.

Stations encourage students to answer questions that reinforce their understanding and engagement with the scientific concepts.

"My experience during the science exhibit is full of learnings and great moments," said Trish Sio, a participant and an operator of the exhibit from Grade 9 STE Titanium.



HANDS-ON Students explored scientific concepts through interactive exhibits during the QNHS Science Fair, held from September 30 to October 1, with activities tailored for Grades 7 to 10 in two dedicated rooms. Xena Margarette Gaela

SHAKIRA MELENDREZ

04 OPINION

editorialboard

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> EDITORIAL

Stay matatag on MATATAG



Despite the numerous challenges confronting Schools and Teachers, the Department of Education (DepEd) is improving our education system through the implementation of the MATATAG Curriculum.

While this policy has brought relief to Teachers by reducing their administrative tasks, it has unfortunately placed a heavier burden on students. Under the new system, a 45-minute shortened class period was introduced, with all subjects taught over five days each week.

At first, it seemed like a good solution. But with less time for each class, lessons end up feeling rushed, and there's not enough time to properly go over important topics. Instead of students really understanding their lessons, it feels more like a quick run-through that barely scratches the surface.

Moreover, because class time is shorter, there has been an increase in homework and projects to make up for the time lost in class. And who is suffering the most? It's the students, who are now struggling to find time to rest. Many are now feeling overwhelmed and anxious—issues that no young person should have to face.

It's clear that DepEd's intentions were to ease the workload of Teachers and improve the quality of education. However, we must also make sure that this does not come at the cost of the well-being of students. If the result of the shortened class periods is increased stress and anxiety, it's time to take a step back and rethink this approach.

Education should be something that builds the self-confidence of students and not something that becomes a burden to them. To this end, the MATATAG Curriculum must achieve the right balance between the amount of time spent in class and the level of detail that students can learn.

We call on DepEd to truly listen to the voices of Students, Parents, and Teachers. There needs to be an open conversation to find a solution that works for everyone—an education system that not only ensures better learning but also allows students the time they need to grow, relax, and succeed as individuals.

letter to the editor



Dear Editor, I've been struggling with time management ever since the MATATAG Curriculum was implemented. Do you have any affective tips on how to manage our time well?



Dear Sender, kudos and thank you for sharing your experience! To manage your time more effectively, start by setting goals, creating to-do lists, and allocating time for studying, resting, and leisure. Focus, avoid procrastination, and start tasks early to stay on top of deadlines. Limit distractions such as phone use during study sessions and find a quiet, peaceful place where you can focus. But don't forget to take a break, too.

OPINION 05



COMMENTARY

Stray animals wandering into the school may seem like a minor issue, but it is important to balance concerns for both the animals and the school community. While many students see these animals as harmless, they can pose risks, such as bites or scratches that might transmit rabies—a potentially fatal disease preventable through vaccination. These animals are often helpless, abandoned, or neglected creatures seeking food, protection, and affection. Rather than resorting to harsh methods, the school and local community should collaborate with animal welfare groups to address the issue responsibly through measures like vaccination and adoption, which not only protect the school but also offer these animals a chance at a better life.



Treat or Threat?
BY XENA GAELA

STRAYing safe



But the responsibility doesn't fall on the school alone. Students, teachers, and parents must also play a part.

Stray animals, both dogs and cats are a common sight on school campuses. Like in Quezon National High School (QNHS), many students feel sympathy for these animals. But could their presence put us at risk?

For students, the risk is particularly concerning. Many kids, eager to be friendly or simply curious, often try to interact with stray animals. Whether it's feeding them or attempting to pet them, these actions can unknowingly put them in harm's way.

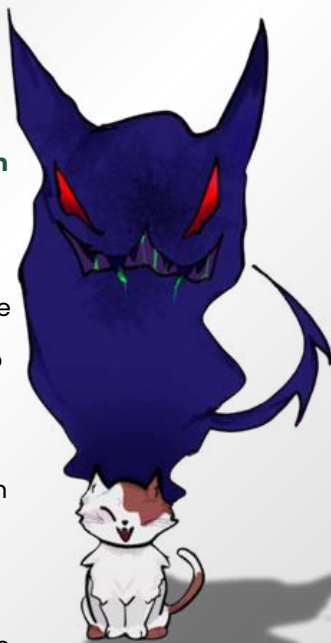
I really believe this issue goes beyond the physical threat to students. Stray animals can carry rabies, a deadly disease that spreads through bites, scratches, or even saliva, and can have severe consequences if not treated properly.

According to World Health Organization (WHO) reports, dog bites account for over 95% of rabies infections worldwide. Although rabies is 100% preventable with

proper care and vaccination, many people still fall victim to the disease each year due to delayed treatment or a lack of awareness. With stray animals frequently found near schools, the risk of rabies transmission is higher than we may realize.

So, what can we do about this problem? It's time for our school to take action. Our administration should collaborate with locals to ensure that stray animals are rescued from campus and gets treatment against rabies. But the responsibility doesn't fall on the school alone. Students, teachers, and parents must also play a part.

We need to educate students about the dangers of interacting with stray animals and teach them the importance of reporting



any strays they see all around in school ground.

By working together, we can create a campus where students can focus on learning without fear, and where animals are treated humanely through proper care and action. Let's take this opportunity to protect both our well-being and that of the animals around us.

Less or Stress?
BY STACY MONCELER



Too much, too fast

It only targets students who are capable of handling pressure and responsibility



August 10, 2023, saw the unveiling of the MATATAG Curriculum, which was put into effect for the 2024–2025 academic year. This curriculum, which targets students in grades K–12, attempts to improve the educational system.

Since the MATATAG curriculum provides us students greater responsibility yet was only delivered in such a short amount of time, I strongly disagree with it, we were already lagging behind in education, and this curriculum puts us further behind, which has an impact on the children and the nation's standing.

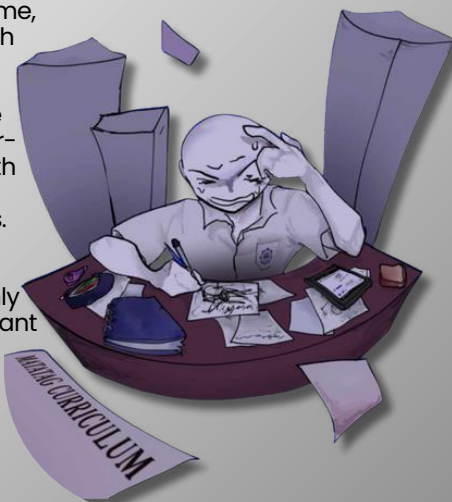
Our country placed 76th out of 81 participating countries in the 2023 student evaluation, according to Philippine Star. Since the implementation of the MATATAG Curriculum, we have not seen any improvement in our nation; instead, we have only been surpassed by other nations.

Even though the minimum subjects for students were eight and for the special programs are ten, we find it difficult to catch up and turn in the assignments at the right time, because each student has a different learning style and was overburdened with assignments and activities.

This curriculum not only aims to enchant us, but it also aims to place us

far behind other educational systems. It only targets students who are capable of handling pressure and responsibility; these students are human beings, not robots.

The MATATAG Curriculum was supposed to enchant us, but because of its hasty implementation and the excessive demands it places on students, students not only grow weary of studying but also fail to meet DepEd's expectations. The curriculum's emphasis on increased responsibility runs the risk of making the difficulties already faced by students worse. Apart from preventing us from achieving our own goals in life, it also restricts our ability and willingness to learn.



06 OPINION



inFAIRNESS
BY SOPHIA LOGMAC

Announcing the new set of sections for another school year sounds exciting for most students, especially to those newly enrolled in Senior High School (SHS). But what will happen if the method of the sectioning is different than they've expected?

has drastically changed. Unlike before, where the students from the Special Program are usually put in one section together, now, all students who had enrolled have been hetero-mixed.

they have been struggling to keep up, especially since they have classmates who don't comply.

rely on, they don't comply, expecting the other students to do it for them, unlike before where they had no choice but to do it themselves if they want to pass.

Wrongly Mixed

“There is no fairness when there is a student who is struggling just because of new set of section.”

Just recently, the method of distributing students in the SHS Grade 11 in Quezon National High School

Hetero-mixing of sections is basically assigning students to different sections without basing one their grades or averages.

Though teachers will often say that it's just an easy fix, just assign something to them, or just talk to them, this doesn't work for everyone most of the time.

If this set-up aims to help each section improve their achievements, what about those who contribute so much to their success, isn't it unfair to be one of the few people who are working for the whole section's success?

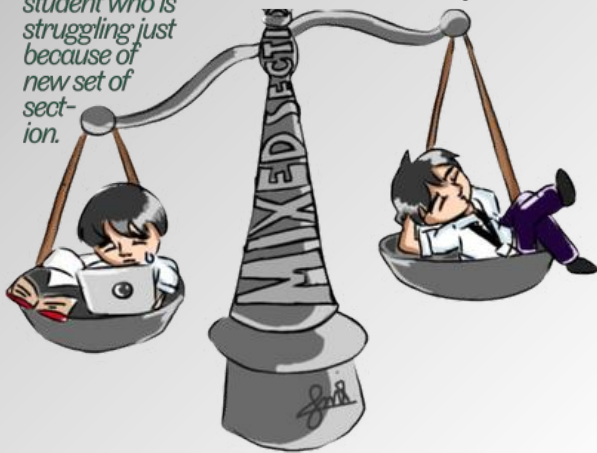
Though this does sounds good because students would no longer be discriminated against or looked down on anymore because there will no longer be a lower section, the problem goes deeper with each student.

Though teachers will often say that it's just an easy fix, just assign something to them, or just talk to them, this doesn't work for everyone most of the time. Even though you assign parts to those students, they wouldn't do it if they don't want to, that leaves the other students with no choice other than doing it themselves.

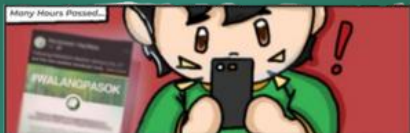
Having a set-up like this doesn't make it fair, though many people say that that is the case why they hetero-mixed the section. There is no fairness when there is a student who is struggling, it can be one, two, three, or more, if they are struggling because of their classmates, it will never be fair for them or for anyone.

Because of this new way of assigning sections, many students carry the burden for those who don't participate well. Because they were separated from their usual group of people,

This is no discrimination to those students who are not as good as the others, but because they have another student to



comics



Students at Quezon National High School (QNHS) frequently face difficulty concentrating on their lessons due to the unpleasant odor coming from the waste collection area behind the Gabaldon building. The garbage storage area seriously affects the learning environment, especially for students in nearby classrooms.

The pervasive smell and unsightly appearance of garbage not only hinders focus, they also pose health risks. Insects drawn to the waste can contaminate food, potentially spreading illnesses. The unpleasant conditions not only disrupt learning but also tarnish the school's reputation as a place for growth and their education.

A collaborative proposal is needed to relocate the garbage, outlining locations, costs, and benefits for students. Highlighting initiatives like Youth for Environment School-Organization (YES-O) and addressing concerns will enhance the plan's success.

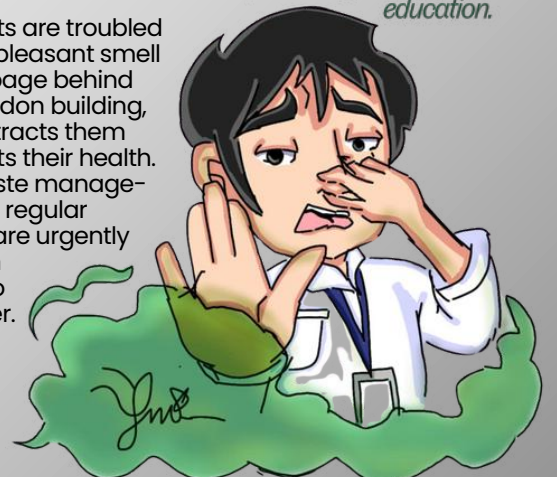
The garbage in this area should be moved to minimize distractions and risks for students. There are better locations in the school for waste management that won't impact student well-being, such as placing it at the end of the oval, away from classrooms.

Students are troubled by the unpleasant smell from garbage behind the Gabaldon building, which distracts them and affects their health. Better waste management and regular cleaning are urgently needed in regards to this matter.

CALL TO ACTION
BY XIANDRINE LEYOLA
Sort it out



“The unpleasant conditions not only disrupt learning but also tarnish the school's reputation as a place or growth and education.”



Lights, Camera, SCREAM!

BY CHANEL OROBIA

What happens when a group of creative minds goes into the field of horror? Grade 9 SPJ Slytherin's *Kulang* might just have the answer. The teaser offers a glimpse into a terrifying story of a students' survival story, but what went on behind the scenes is just as engaging. How did a group of students transform their ideas into a thrilling teaser? And what challenges could they possibly face along the way?

Behind every scary film has its behind the scenes, and for these students, they created not only scenes, but also some fond memories for this Academic Year. From coming up with the story to filming the scenes, they faced challenges but also found moments full of laughter. And when it comes to this, they have to find the perfect casting of roles who are capable of this.

Finding the Perfect Cast to Bring Fear to Life

Directors Sophia Logmao and Lana Lascano were also asked about casting. "I don't usually look at their abilities to act first as it will be developed while filming. The thing that I really looked for when casting was their willingness to participate in the teaser. Because, for me, it's easier to teach someone who's not so

good in his part than teaching some guy who is not willing to do his part," Logmao said.

Lascano shared the same statement. "While we were searching for our cast or actors, Sofie and I weren't really bothered with their individual qualities, but we looked for those willing to act. What is so great about these willing actors, however, we see that they already possessed a natural spark for acting," she added.

Sophia balanced fun and professionalism to create the right atmosphere on set. "We wanted to keep it light so they could enjoy filming, gave her own twist to the scene where she died. I suggested that the killer should stab me in the back since one of my bad personalities is a backstabber," Tathana said.

Behind the Screams

While the actors brought the story to life, it was the writers

and editors who built its foundation. Heloise Evasco, Chanel Orobias, Mary Joy Maralit, and Maaja Samosa crafted a script that gave suspense, emotion, and horror. Their teamwork shaped the story's flow and gave the cast the material they needed to stand out.

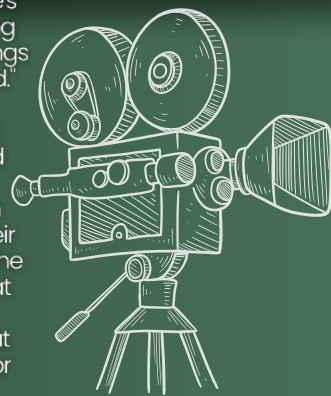
Behind the lens, videographer and editor Zygian Del Mundo made sure every scene was captured and polished to perfection, turning raw footage into a gripping teaser.

But no project is without it's struggles, and *Kulang* was no exception. The team's biggest challenge was a lack of a finalized script, which sometimes caused confusion during filming. "It was hard because scenes weren't arranged clearly," Sophia admitted.

Despite this, brainstorming and open discussions helped the team come out with things. Lana pointed out the collaboration that kept them

on the right track: "Everyone's ideas contributed to making the scenes work even if things did not go the way planned."

As reflected by Sophia, "It was talking, consulting, and agreeing as to how to make it work. And in the end, everyone gave their best, which is what made the teaser so powerful." So what comes after all these in *Kulang*? Time can tell, but at any cost, the Slytherin horror tale is one worth following.



08 FEATURE

SPFL-K.Official_

QNHS Hanguul Day: Honoring Korean Roots

BY ALEXANDRA DELA CRUZ



Once October 9 hits, students in the Special Program in Foreign Language-Korean (SPFL-K) at Quezon National High School come together to celebrate. This annual event honors the creation of the Korean writing system by King Sejong in 1443, a historic achievement that marked a turning point in Korea's cultural and their linguistic identity.

There are competitions allowing students to display their skills and talents. Storytelling contests features the students narrating Korean folktales, while spelling bees and language quizzes test their proficiency in Hanguul. Musical performances inspired by the global popularity of Korean music, add another layer of excitement to the celebration.

"Every time Hanguul Day is celebrated, SPFL-K students gather as one, showcasing talents, joining competitions, and building friendships with others in the program," Khate Nadine, A Grade 9 SPFL-K student expressed.

As QNHS continues to uphold this tradition, Hanguul Day becomes more than just an event, it is a reminder of the power of language to connect and inspires. Bridging cultures and celebrates the shared stories and friendships made po through learning Korean language.

The SPFL-K program at QNHS flourishes with Hanguul Day acting as a platform to Korean culture and language. By bracing the bond between the Philippines and Korea, uniting both nations.

Rooted in the growing global influence of Korean culture, or Hallyu, Hanguul Day at Quezon National High School has become a vibrant celebrating. It offers students a platform to showcase their passion for the tudents a platform to showcase their passion for the Korean language while embracing its cultural significance. In participating various activities and competitions, that students develop a deeper understanding of Korea's unique heritage and signifying Hanguul Day as a special event.

The festivities kick off with an exciting dance craze, where each grade level performs routines that energize the crowd. This tradition sets a lively tone for the event and reflects the

National Book Month: S

In the spirit of November, it may be known for honoring the dead and horror, but it's also a month to celebrate National Reading Month. Where every page of a book takes place to tell their own story with an artistic cover.

This year, a Book Cover contest was held among the Junior High students of Quezon National High School. This is where students can test their creativity whether in digital or traditional book cover making.

KARATULASTASAN: COMPETE TO WIN IT

Karatulastasan is a Tagalog term in which a learner shows their creativity in creating novel covers of a certain theme. Last November was National Reading Month where Quezon NHS students were all assigned to make their own "karatula" or book cover to honor the celebration.

Grade 9 - SPJ Slytherin also participated in the contest. They created a group consisting of five members, namely: Sophia De Guzman, Tathana Padora, Chanel Orobida, Mary

Joy Maralit, and Shakira Melendrez.

The girls worked on their Karatulastasan as soon as it was announced by their adviser, Maam Anna Canindo. They took pictures around the campus as well at Perez Park by the Lucena City Capital.

"I enjoyed taking pictures at Perez Park, it was really fun. The only downside was a place to change our attire - we couldn't find a place." Expressed by Melendrez.

As for the layout, the group's layout team took approximately just a day to finish designing and arranging elements for their work. The award-giving

Undas: Keeping Memori

BY ANGELA AV

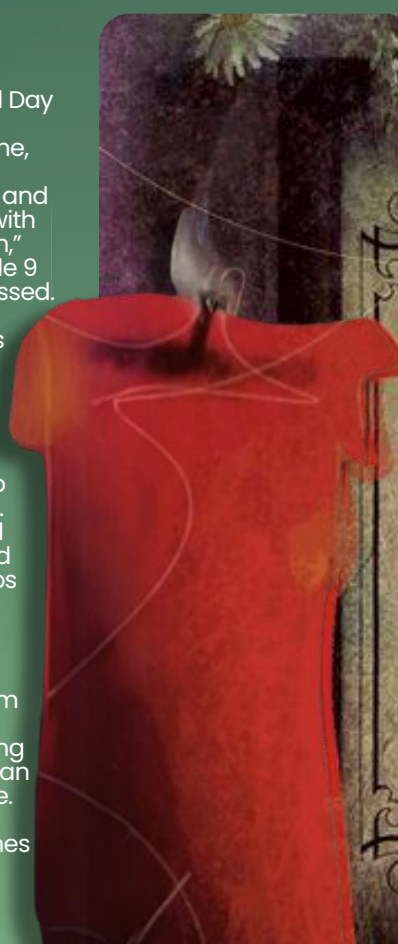
The smell of food, the sound of laughter, and the gentle hum of prayers throughout the day. Filipino families prepare early, not just for a holiday but for a sacred tradition that connects generations and generations that have passed.

Every November 1 to 2, Filipinos celebrate All Saints Day and All Souls Days or collectively known as Undas or as the Araw ng kaluluwa, this cherished occasion is a heartfelt expression of faith and a testament to the enduring Filipino value of family where families gather to recognize and remember their loved ones who are no longer in this world.

As a Catholic nation, the Philippines observes Undas with deep spiritual devotion, it is a time for prayers, reflection, hope. Families light candles along with attending mass to bring their loved ones spirit closer to eternal rest.

Relatives often travel great distances to visit their relatives graves, reunite at the gravesites of their ancestors, turning the occasion into some get-together.

One of them, a balikbayan from London, named Daisy Abulencia, shares her experience that even after being away for so long, she always comes home for Undas. "It's not just about honouring our loved ones but also about reconnecting with family and our roots." she added.



FEATURE 09

Slytherin in NOVEMBER

BY PRECIOUS ALCOREZA

THE BITTERSWEET ENDING



ceremony was held last November 27th, and their team placed 2nd in the 9th grade.

they represented not just their writing skills, but breath life into art.

“Placing 2nd is pretty okay since our hard work paid off; from taking pictures, layouting, and creating the slogan and all that.” De Guzman states.



De Guzman also admits that it's kind of disappointing to 'just' place 2nd, but they are indeed very grateful that they got to that state.



Through their journey in the world of novels, spiralling stories and creativity embodied them. As SPJians,



HORCRUXWORD PUZZLE



HORIZONTAL H VERTICAL

- | | | |
|------------------------------|---|---------------------------------------|
| 2. Horror Film Name | H | 1. Favorite thing to do of the class |
| 4. Class Adviser | I | 3. Slytherin's Favorite Hangout Place |
| 6. Slytherin's Favorite Game | N | 5. Movie origin of the name Slytherin |
| 8. Class President | T | 7. Symbolism of SPJ Slytherin |
| 10. Section Name | S | 9. Favorite canteen food |

es Alive

S & MAJA SAMOSA

In today's fast-paced world modern lifestyles moreover urban challenges have led to changes in how Filipinos celebrate Undas, some families visit cemeteries days before or after November 1 and 2 to avoid the crowds, while the others light candles at home instead.

But despite these adjustments, the essence of Undas remains unchanged, the act of remembering and honouring those who came before.

As candles flicker and prayers rise into the November night, Undas continue to connect generations, ensuring that no loved one is ever forgotten.



Send a message to Ma'am Eden!

BY MABY BAUTISTA



It's been a few months since the school year started, July 29 is the day we have met our lovely teacher in CTLE, Ma'am Eden Villadiego.



I hope ma'am Eden can teach us more about improving our technical skills that we can use for the future. I also hope that ma'am will stay healthy so she can teach us more as spj students

Hi Ma'am Eden, thank you for being our Teacher ngayon Grade 9. You're so bait po Ma'am, and napaka humble niyo po. My first impression of you is that you are a very happy teacher and a kind person. I love your teaching skills ma'am I've been inspired po. I love you ma'am

Helloooo Ma'am, First of all ang pretty pretty niyo po huhu. You're also my favorite teacher po because you're so cool and nice. Thank you po for everything that you taught us and Happy Holidays po!

Annyeonghaseyo, Ma'am Eden! I just want to say that you're truly the best! Your vibes are so uplifting, and we really appreciate the way you make everything enjoyable and insightful. I love how you're always positive and engaging, and it's so cool that you can speak Korean too! Thank you for being such an amazing teacher!

10 SPORTS

> EDITORIAL

Worth it or Worth less?

Intramurals have always been considered a strong tradition that unites the students, but its comeback at Quezon National High School raises some questions. Is it a productive avenue for student development, or does it divert the focus from the studies to which the students are tasked, especially in a school trying hard and dealing with the demands of the MATATAG curriculum?

In intramurals, many benefits are provided. It gives the student opportunity to show their skills in athletics, teamwork, and represent school spirit. Some events which could be volleyball and basketball and others to the traditional Filipino games open for students another way out from their thick classroom life to relieve them more and make unforgettable memories and love moments. To some, these games provide them an opportunity in major tournaments or even big career as a sport.

"Nakakatuwa dahil muli ang mga estudyante magkakaroon ng masasalihan ang kanilang kinahihiligang isports at ang mga may potential ay magkakaroon ng exposure sa mga Division meet, municipal meet at iba pa" Pomar said.




However, critics assert that intramurals may also poorly be scheduled.

With the school calendar already so short, a number of students and teachers argue that the time devoted to organizing and participating in games would have been better utilized in catching up with missed lessons or preparing for essential exams. Limited resources and facilities make it rather challenging for schools to hold such events effectively and well, thus reducing the impact of the event. Ultimately, the issue over intramurals boils down to balance.

They are more than just games, they are the celebration of students' potential. However, to be able to make a worthy impact on their lives, schools must address some of the challenges that come along with them. Education is not just about academics, it's about preparing individuals for life, both on and off the field.

Remember, Sports is not just about playing; it's about learning important values, growing as a person, and understanding life's priorities. It teaches us discipline, teamwork, and perseverance, helping us face challenges both on and off the field.

> OFFICIAL INTRAMURALS SCORE SHEET

DOLPHINS	TIGER	EAGLE
GOLD SILVER BRONZE	GOLD SILVER BRONZE	GOLD SILVER BRONZE
7 17 12	14 27 17	28 3
		

> SPORTS COLUMN



MISSING DEVELOPMENT
BY JOSH LAGUNA

Resource Unavailability

SPORTS ISN'T JUST A LUXURY; IT'S ALSO A CORE OF THE LUXURY MIND.

In terms of education, sports play an important role in the development of students, yet many schools, like the Quezon National High School's (QNHS) Special Program in Sports, struggle because of the lack of training grounds and insufficient equipment. This issue not only affects the students' physical capabilities to do sports but also hinders their performance in skills such as teamwork.

The absence of sports facilities and equipment blocks students' capacity and opportunities to grow. This learning experience is where students discover and learn new things to improve their own skills,

which is crucial if there is not enough training grounds how are they able to improve and find their skills and abilities if the equipment is lacking?

For me, sports is not just about winning; it is more about training to learn, so it's just sad for me that our campus lacks sports facilities, which is resulting in the delay of students from discovering their true potential in sports.

Furthermore, sports provide a shield from stress and a platform where you can show who you really are. For many students, sports can be the bridge to better academic performance and social integration.

In agreement with Jhed C. Belen, a student from Grade 9 SPS B, stated that it's hard to make improvements without enough sports facilities, as it hinders him from challenging himself and reaching new heights. Addressing this issue needs a more focused project.

The government must prioritize funding for public schools' sports infrastructure. Partnerships with the Philippine Sports Commission (PSC) or NGOs can help greatly.

In accordance with another student-athlete from the SPS, Cloude Keefe Jewel Egamino stated that it is alarming for him

that QNHS lacks proper equipment for athletes like him. for those players who have no budget to provide their own jerseys or equipment for events like intramurals and other sports events.

Imagine a world where every child has access to sports facilities like basketball courts, football fields, and volleyball courts, without ever having to worry about buying a jersey for sports events or thinking about the expenses of playing sports. Just imagine how sports can impact this generation's mindset.



THE COCONUT / ANG NIYOG

LEADING THROWS - Gillane Causapin, a Grade 10 student, won the Shot Put and Discus Girls Finals at the QNHS Intramurals 2024 on September 26 at the Alcala Sports Complex, with distances of 7.34m and 17.54m. *Xena Margarette Gaela*

Gillane Causapin throws 7.34, 17.54 meters in Throwing Intramurals 2024

BY JOHN REY ESCALONA

Gillane Causapin, a 10th-grader, secured the championship with foul throw in both the Shot Put and Discus Girls Finals of the Intramurals 2024 held at the QNHS Alcala Sports Complex, September 26.

Causapin recorded a distance of 7.34 meters in the Shot Put using a reverse throw in her second attempt. In the Discus Throw, she achieved a distance of 17.54 meters.

"Naging inspirasyon ko ang pamilya ko," Causapin said, attributing to her victory to their support.

The first throw in the Shot Put was close, with Causapin edging out Erica Mae Eco, a 10th-grader, by 0.42 meters, the same pattern followed in the Discus, where Causapin led by 0.71 meters.

Causapin maintained a significant lead over Eco in the second throw of the shot Put, achieving a distance of 7.34 meters using a glide throw, while Eco managed to make a 6.92 meters.

In the Discus, Causapin secured a score of 17.54 meters using her glide technique, surpassing Erica's score of 16.93 meters.

Causapin clinched the victory in the second throw, despite making a missed attempt in the third throw of the Shot Put.

She completed her third throw in the Discus, achieving a distance of 17.31 meters, while Eco secured second place at 15.19 meters.

Drivon Ania De Chavez secured third place in the Shot Put, while Chelszey Barrera claimed third place in the Discus Throw.

LES	STALLIONS	JAGUARS
VER BRONZE	GOLD SILVER BRONZE	GOLD SILVER BRONZE
5 19	47 21 23	40 16 18

Student-athlete life behind swimming competition

BY MARYJOY MARALIT

Tathana M. Padora, a talented student-athlete, impressively balances swimming and journalism. Her remarkable dedication as well as her management skills make her a shining example to her fellow students

Tathana's love for swimming started when her brother inspired her to take the plunge. Now, she's hooked on sprinting and relay races. "I enjoy pushing myself to beat my times and working with friends," she exclaimed.

In recent competitions, Tathana showcased her skills with notable achievements: She clocked 27.34 seconds in the 50-meter freestyle, earning a bronze medal. Her winning time in the 50-meter breaststroke was 47.16 seconds, securing a gold medal. She also claimed bronze medals in the 100-meter freestyle (1:29.40 minutes) and 200-meter freestyle (3:25.43 minutes), and a gold medal in the 100-meter breaststroke (1:50.81 minutes).

Improving swim times isn't easy. "Shaving just one second takes months," Thana admitted.

"Journalism helps me communicate better, research effectively and express myself" she said.

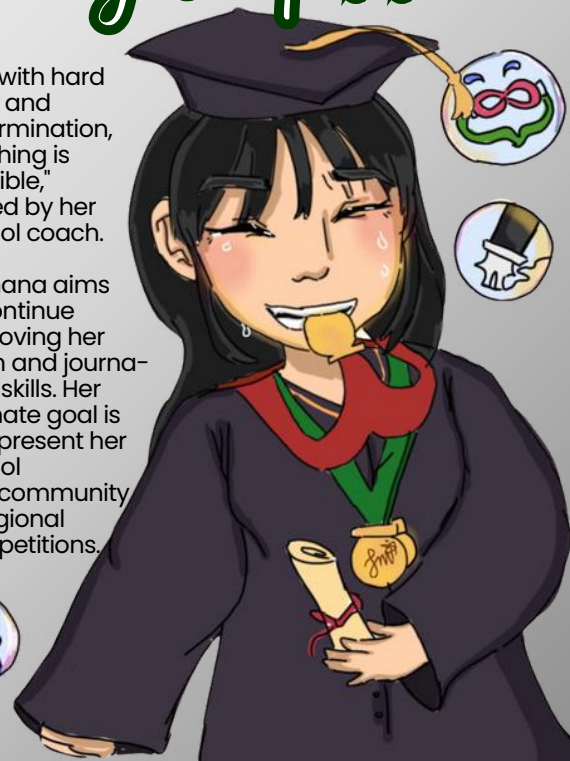
Tathana attributes her success to effective time management. "I prioritize tasks, set goals and make schedules," she explained.

"Swimming relieves stress, while journalism fosters growth and learning. "Both passions make me a well-rounded person," Tathana expresses.

Tathana's dedication inspires fellow students to explore multiple interests. "She's proof

that with hard work and determination, anything is possible," stated by her school coach.

Thana aims to continue improving her swim and journalistic skills. Her ultimate goal is to represent her school and community in regional competitions.



WORTH IT OR WORTH LESS?

READ ON PAGE 10



AQUATIC ACE Adarlo dominates five swimming categories

BY JOHN REY ESCALONA

Quezon National High School's aquabelle Sairene Adarlo won five gold medals in the Secondary Girls division of the Municipal Meet 2024.

QNHS Adarlo first showcased her speed in the Backstroke Secondary Girls category, clocking in at 1:32.9, simultaneously with the 4 x 50m Relay at 3:03.

"Masaya ako na medyo malungkot kasi even na nag-first ako sa mga langoy ko, mataas po ang aking naging oras sa iba kong langoy," Adarlo shared.

Adarlo led the first 50-meter lap in the 100m freestyle but failed to maintain her lead in the next lap against Quezon Science High School (QSHS), causing her to be overtaken.

The QNHS aquabelle bounced back immediately after losing 100m freestyle and 50m freestyle. Adarlo seized the 50m backstroke, securing 1st place with a time of 45.03.

Adarlo continued her momentum, lifting her team in the 4x50m freestyle at 2:44.06, once again securing the gold medal.

In the final event, the 200m freestyle, she didn't hold back, finishing the race and claiming first place with a time of 3:20.23.

The QNHS swimmers proved their strength and will now compete in the upcoming Provincial Meet.

Ramos, Malabanan dazzles to extend reign in Single Dances

BY ZYGIAN DEL MUNDO

After showcasing elegant strikes and fierce posture, Quezon National High School's (QNHS) Renz Ezekiel Ramos and Niovie B. Malabanan fashioned their way on the dance floor as they nabbed the gold podium in Bracket 3 of the Grade-A Junior Latin Single Dances during the Municipal Meet 2024 held at Pacific Mall on October 26.

The couple who came from Grade 10 Special Program in the Arts Section Nakpil had ranked 1st in the Single Dances which consisted of the Samba, Cha Cha Cha, the Rumba, Paso Doble, and the Jive.

Putting on a show for the audience with synchronized steps with each performance

striking multiple gold medals during the awarding ceremony.

Ramos mentioned he trained and grinded his way to victory, along with his partner Malabanan putting all their efforts into this competition.

A word from his partner Niovie where she mentioned they

had trained with foreigners, she thought they weren't able to apply most of it to due to the rushed time where Niovie added they needed to work it out more in-order to perfect it.

Ramos and Malabanan were the only ones to compete in Bracket 3, to which Malabanan said that she enjoyed performing at the Municipal Meet.

GOLD RUSH. Sairene Adarlo of QNHS won five gold medals at the 2024 Municipal Meet, dominating the Backstroke, Freestyle, and Relay events. Despite challenges, she finished strong and secured a spot in the Provincial Meet. *Xena Margarette Gaela*

