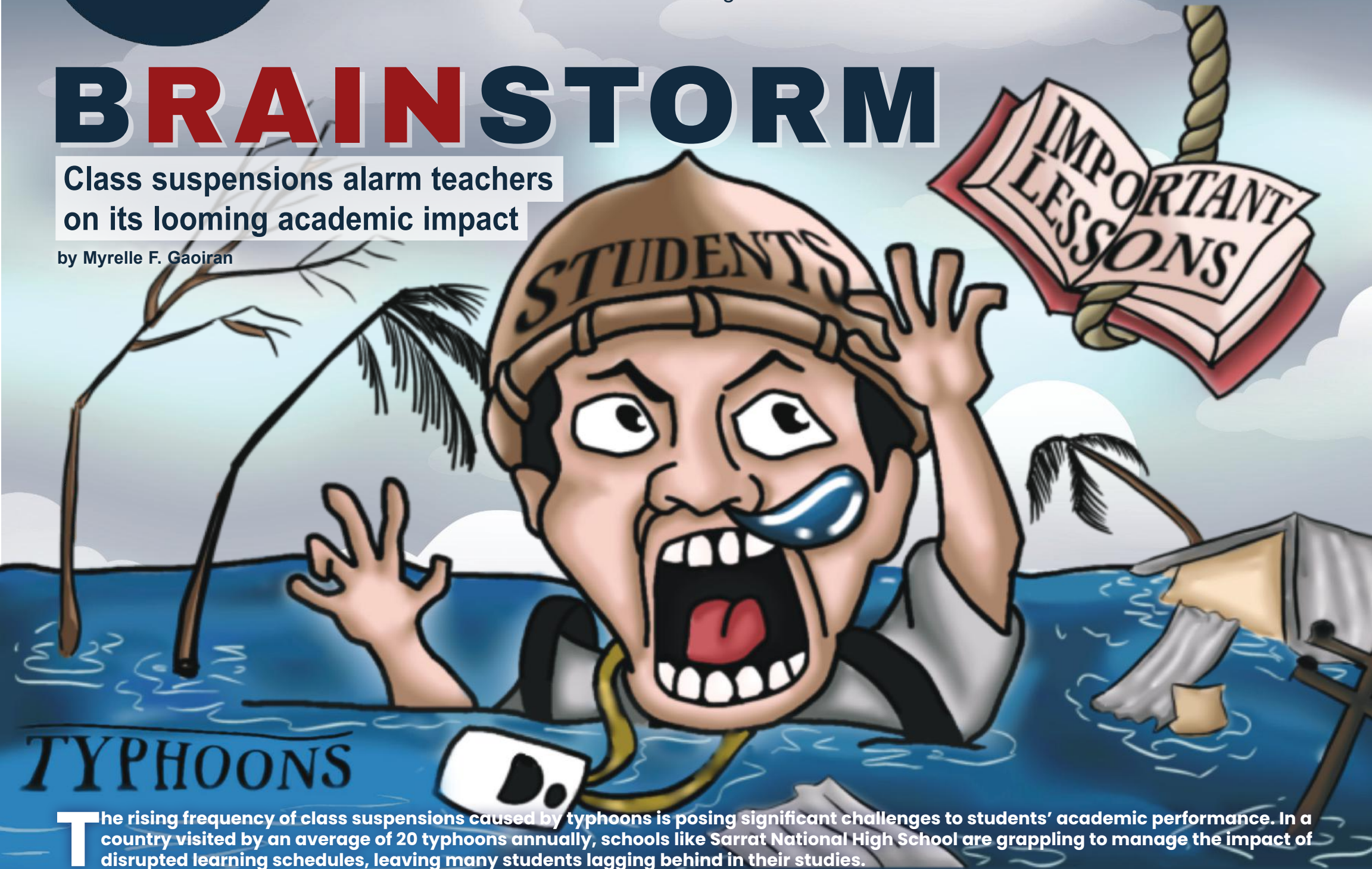




BRAINSTORM

Class suspensions alarm teachers on its looming academic impact

by Myrelle F. Gairan



The rising frequency of class suspensions caused by typhoons is posing significant challenges to students' academic performance. In a country visited by an average of 20 typhoons annually, schools like Sarrat National High School are grappling to manage the impact of disrupted learning schedules, leaving many students lagging behind in their studies.

In recent months, Ilocos Norte has experienced multiple class suspensions due to typhoons and heavy monsoon rains. These interruptions have forced teachers to adjust by compressing lessons, postponing school activities, and shifting to alternative teaching strategies like modular and online learning. However, these measures face challenges, especially for students without access to technology or struggling with independent learning.

Teachers have expressed concern over the widening learning gaps caused by these frequent disruptions. “We often have to rush through the lessons, which compromises the depth of understanding for our students. It’s especially challenging for those who already need more support in mastering complex topics,” said Mrs. Romelyn Pascua, guidance designate.

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LETRA	
OVERALL SUMMARY OF RESULTS (PRETEST)	
44	Comprehension (Academic Text)
16	Academic Text
11	Comprehension (Local Material)
31	Local Material
13	Comprehension (Story)
36	Story Level
17	Paragraph Level
18	Sentence Level
8	Word Level
7	Below Word Level

Percentage of Total Assessed

Advancing Health and Gender Equality with Bakuna Eskwela Immunization Program

by Abigail Calaranan

In a collaborative effort to promote health and gender equality, Sarrat National High School, in partnership with the Department of Health and the Sarrat Rural Health Unit (RHU), conducted the Bakuna Eskwela immunization program on October 17, 2024. The initiative provided vaccines for Measles, Rubella, Tetanus, and Diphtheria (MRTD) to all Grade 7 students, ensuring they received

continue to page 2

SNHS Olympians rake awards in Nat’l Mathletics Challenge

by Kaye Ceyah F. Yu

Math enthusiasts from Sarrat National High School (SNHS) have achieved remarkable success, bringing home an impressive collection of awards from the National Mathletics Challenge held online on October 20, 2024. Competing against thousands of students nationwide, SNHS mathletes won a total of six awards—2 Gold, 2 Silver, and 2 Bronze—showcasing their mathematical prowess and problem-solving skills.

This national competition tested students’ abilities in a range of mathematical topics,

requiring agility in calculations, advanced problem-solving skills, and logical reasoning. SNHS participants excelled in these areas, a feat that reflects both their dedication and the school’s supportive environment for academic growth and excellence.

In the Proficient Problem Solvers (Grade 10) category, Zyrene Angelica Concepcion Dulluog clinched the coveted Gold Award. Her success was guided by the expertise and mentorship of her coaches,

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Sarrat Robotics Team triumphs at World Robot Games 2024...
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Team Sarrat Triumphs as First Runner-Up in 2024 CUSSAA Meet
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Sarrat Robotics Team triumphs at World Robot Games 2024 in Singapore

by: Arianne Nicole Rasalan



ENGINEERING SUCCESS | SNHS robotics team showcases their robots and research projects with remarkable intellect and innovation.

Photos by: Czeaweiyn Chigne Caluya

The Sarrat Robotics Team from Sarrat National High School made a mark at the World Robot Games 2024, held on November 6 to 9 at Nanyang Polytechnic in Singapore, achieving a stunning total of 1 gold, 5 silver, and 3 bronze medals.

Leading the charge was Jade Lhester Malejana, who captured the gold medal in the K-BEAM Line Tracing Senior category, displaying impressive precision and innovative robotics design. In the K-BEAM Line Tracing Junior division, David

Kyle Rocero earned a silver medal, showcasing his exceptional technical skills and resilience in the competition. The team also excelled in the Incredible Robot Machines category. In a powerful display of teamwork, Jade Lhester Malejana, David Kyle Rocero, Thamara Balino, and Carl Melvic Hilario collaborated to win a silver medal, demonstrating their ability to work as a cohesive unit under pressure. Meanwhile, their teammates Leizel Gantala, Nadine Ann Faelmoca, and Anne Gelyne Ruiz added to the school's medal haul by securing a

bronze medal in the same category. The success of the Sarrat Robotics Team was made possible through the unwavering support and expert guidance of their coaches, Mr. Czeaweiyn Chigne U. Caluya, Ms. Vishia Gantala, Mrs. Gemmalyn Rocero, and Mrs. Judith Castillo. Their commitment to mentoring and preparing the students for the global stage was contributory in helping the team reach its full potential. The achievements of the Sarrat Robotics Team have brought immense pride to Sarrat



National High School and the entire community, inspiring future generations of young roboticists. The school continues to be at the forefront of technological excellence, fostering a culture of innovation and teamwork among its students.

SNHS earns 3rd Place at Prov'l NSM Quiz Bee

by Nadine Faelmoca
SNHS proudly secured 3rd Place in the 35th National Statistics Month (NSM) Quiz Bee Provincial Elimination held on October 14 at Robinsons Place Ilocos in San Nicolas, Ilocos Norte.

The team, consisting of Peter Simon Laguna, Stephanie Andres, and Anne Gelyne Ruiz, exhibited their knowledge and quick thinking in a competitive environment. Their outstanding performance underscores the school's commitment to academic excellence and the growing importance of statistical literacy in today's data-driven world. Guided by their dedicated coach, Ms. Analyn Constantino, the team underwent extensive preparation, delving into statistical concepts, data analysis, and problem-solving techniques. This accomplishment reflects not only the students' determination and resilience but also the invaluable support provided by Ms. Constantino, whose mentorship has been essential in their success.

This achievement brings pride to the entire SNHS community, serving as an inspiration to fellow students and a reminder of what can be achieved through dedication, teamwork, and a passion for learning. It also highlights the school's ongoing commitment to promoting academic competitions as a platform for students to hone their skills, broaden their perspectives, and prepare for future challenges.

The team's success at the NSM Quiz Bee is a testament to the school's holistic approach to education, fostering not only intellectual growth but also critical thinking and collaboration. As the students continue their academic journey, they carry with them the invaluable experience of competing at the provincial level, which will undoubtedly fuel their ambition to reach even greater heights.

Advancing Health and Gender Equality with Bakuna Eskwela Immunization Program (from page 1)

essential preventive care with full parental consent. Aligned with the principles of Gender and Development (GAD), the program addresses health disparities by fostering equal access to healthcare services for all students, regardless of gender. Recognizing immunization as a vital component in promoting gender equality, the initiative aims to enable both boys and girls to participate fully in educational and social activities, free from the risk of vaccine-preventable diseases. The program was successfully implemented under the visionary leadership of Dr. Marietta B. Yap, School Principal IV, and

the dedicated efforts of School Nurse II Vanessa Ponce. Key support was also provided by GAD Coordinators Mr. Joe Allan Mark Tumamao and Mrs. Agnes Calilao, the Grade 7 advisers, and the RHU personnel who contributed to the initiative. By embedding this program within the GAD framework, SNHS underscores the role of immunization in building a healthier, more inclusive future for all students. The program reflects the school's commitment to both health and gender equality, supporting the national mandate to safeguard the well-being of young Filipinos.

SNHS Olympians rake awards in Nat'l Mathletics Challenge (from page 1)

Mr. Edmund Timosa Respicio and Miss Isabelle Cortez Malabo, whose dedication in nurturing students' talents played a significant role in her achievement. The Grade 9 Proficient Problem Solvers also shone, with Natalie Margaret Balisacan claiming another Gold Award for SNHS. Her remarkable accomplishment was further complemented by her teammates, Allen Iver D. Barroga and Brian Jansen Vallejo, who each secured a Silver Award in the same category. Their coach, Mr. Michael Malvar, provided invaluable guidance and strategic preparation, helping his students

tackle the challenges posed by this high-level competition. In the Masterful Mathematicians (Grade 12) category, Jushiem Barroga and Ma Cassandra Duque both earned Bronze Awards, underscoring their impressive grasp of advanced mathematical concepts. Their coach, Mr. Jenifer Balisacan, played an instrumental role in ensuring that they were equipped with both knowledge and confidence to hurdle the rigorous demands of the competition. The achievements of SNHS mathletes reflect the collaborative effort of students, coaches, and parents. The school extends its deep appreciation to

the committed coaches who dedicated countless hours to prepare these students, tailoring practice sessions to sharpen their analytical skills and deepen their understanding of complex mathematical concepts. The coaches' support was matched by the sacrifices of the parents, who played a key role in the students' academic journey.



LEADERS IN ACTION | SNHS students actively participated in the Coastal Clean-Up at the Padsan River on September 21.

Photo by: Ashley Quibol

Environmental News

The Cost of Coastal Clean-Up: Student Leaders Take Action for Marine Protection

by Patricia Zambrano

Sarrat National High School's student-leaders have once again displayed their commitment to environmental stewardship during the recent Division Science Month Celebration Festival Activity, themed "Ocean Wonders: Exploring Marine Science," September 21, 2024.

Under the leadership of the YES-O officers and Science teachers, students actively participated in a clean-

up drive at Padsan River and Amparo Park, alongside Homeroom Officers and the SSLG.

The initiative aimed to raise awareness about the importance of preserving marine life and combating climate change. By removing waste from local rivers and parks, the students contributed to the protection of oceans, reduced pollution, and supported the health of aquatic ecosystems. Their

efforts serve as a reminder of the critical role that community action plays in environmental conservation and the fight against climate change. This collective endeavor inspires others to engage in similar initiatives for a sustainable future.

Empowering Future Innovators: SNHS receives Robotic Kits from PGIN

by: Princess Kyla Castillo



A LEAP INTO INNOVATION | SNHS proudly received two Ultimate Robotic Kits from the PGIN with the aim to enhance STE and STEM programs.

Photo by: Ashley Quibol

SNHS receives robotics kits from the Provincial Government of Ilocos Norte (PGIN) during the SDOIN Science Fiesta 2024, held at Sta. Rosa National High School on October 11-13.

The school was one of the fortunate recipients of the said kits, receiving two Ultimate Robotic Kits, giving more opportunities to students to have a more hands-on approach to learning from the school's already growing programs in Robotics and Electronics.

Other recipients included other high schools and some elementary schools in the Sarrat District. The support from the PGIN is greatly appreciated, as it demonstrates a strong commitment to enhancing education.

This generosity will have a significant impact on the students, nurturing them as future innovators who strive for sustainability and a better community. This contribution empowers young minds for a brighter future.



SHARPENING MINDS | SNHS mathletes gear up for international glory.

Photos by: Michael Malvar



Sarrat Mathletes excel in International Olympiad, set sights on TIMO and WIMO Finals

by Eliha Grace D. Duldulao

Thirteen exceptional mathletes from Sarrat National High School, representing Team Philippines, have achieved remarkable success at the Thailand International Mathematical Olympiad (TIMO) Heat Round held on October 27, via the Eklavya platform.

This year's competition, described as the toughest yet for Team PH, tested the mathematical aptitude of students across the nation. The outstanding performance of the Sarrat mathletes has earned them a spot in the TIMO Final Round, set for February 2025 in Chiang Mai, Thailand.

Among the qualifiers, six students have already secured coveted slots in the prestigious World International Mathematical Olympiad (WIMO), which will take place on January 3 to 6, 2025, in Shenzhen, China. The WIMO gathers the best Gold medalists from various international mathematical competitions, underscoring the caliber of these young achievers.

Sarrat mathletes brought home a total of 1 gold, 6 silver, 6 bronze, and additional merit and participation awards. Brian Jansen Vallejo led the charge with a gold medal in the Secondary 3 division, emerging as Rank 1 and the sole gold medalist in his category. He was followed by silver medalists Allen Iver D. Barroga (Rank 2) and Natalie Margaret Balisacan, under the guidance of Coach Michael Malvar.

In the same division, Ivy Fiona Laguna earned silver while Earl Jeriz Pacog clinched bronze, with coaching support from Dr. Agnes Calilao. In the Senior Secondary category,

Jushiem Barroga and Ma Cassandra Duque both secured silver medals, coached by Mr. Jenifer Bumatay Balisacan. Zyrene Angelica Dullug added another silver, and Ivan Genesis Calaro earned a bronze medal, with Miss Isabelle Cortez Malabo as their coach.

The Secondary 2 team, coached by Mrs. Riza Peralta, delivered an impressive performance, with Alyssa Lorraine Barroga, Richard Jee Casison, and Scarlett Lucaten each earning bronze medals. Meanwhile, in the Secondary 1 division, Cyrus Dwayne Concepcion won bronze, while Patrick Jirah Cabasaan and Ghyllane Sabido received merit awards. Myke Ghenn Agustin also contributed with a participation award, coached by Mr. Harvey Balicoco.

School officials, including Mr. Edmund Timosa Respicio, head teacher III in Mathematics, and Dr. Marietta B. Yap, school principal IV, praised the hard work and dedication of the students and their coaches. They also expressed deep gratitude to the parents for their unwavering support in nurturing the talents of these young achievers.

This triumph reflects Sarrat National High School's unwavering commitment to academic excellence and innovation. Through initiatives like TOUREX, the school continues to empower students to excel on international platforms. As the TIMO Final Round approaches in February 2025, the community stands proud and united behind its mathletes, wishing them the best of luck in their quest for further glory.

GAD Job! SNHS clinches third place in Regional Mega Category for Most Outstanding GAD Implementers

by Leizel A. Gantala



CHAMPIONING GENDER EQUALITY | SNHS as a proud recipient at the GAD Awarding Ceremony

Photos by: Joe Allan Mark Tumamao

La Union, October 9, 2024 — Sarrat National High School achieved another milestone in its journey of excellence by securing third place in the Mega Category for Most Outstanding School Gender and Development (GAD) Implementers at the NEAP Region 1 Araw ng Parangal.

The prestigious event was held at the NEAP Hall in La Union, gathering educators and stakeholders from across the region to celebrate exemplary achievements in advancing educational excellence and inclusivity.

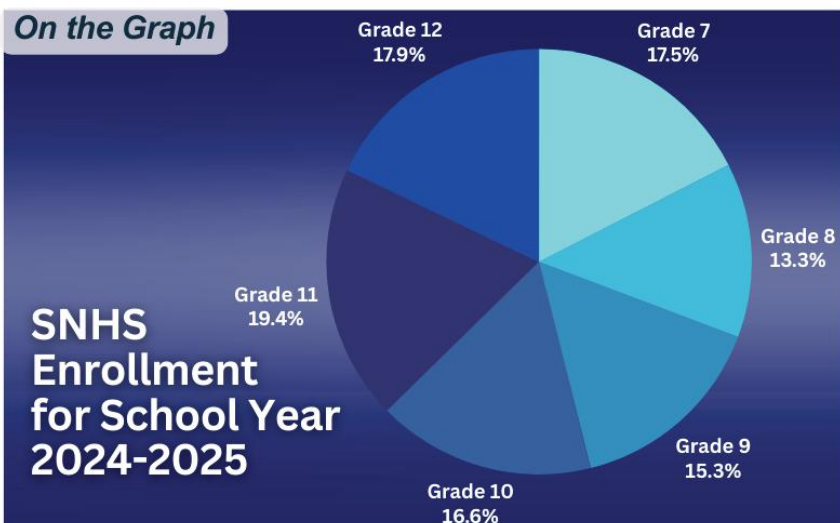
The award was proudly accepted by Dr. Marietta B. Yap, school principal IV, and Mr. Joe Allan Mark G. Tumamao, School GAD coordinator, who were joined by Atty. Donato Balderas Jr., schools division superintendent, and other esteemed personnel from the schools division of Ilocos

Norte (SDOIN). Their presence highlighted the strong support and collaborative efforts that have made this recognition possible.

Also in attendance was Senior Education Program Supervisor, Mrs. Maybelle Dela Rosa-Madamba, an unwavering advocate for the school's GAD initiatives, who celebrated this accomplishment with the team. The award reflects the hard work of Dr. Agnes Compa Calilao and Mr. Joe Allan Mark G. Tumamao, the school's GAD coordinators, who, together with the GAD Club, have spearheaded programs and initiatives promoting gender equality and inclusivity in the school community.

This recognition serves as a testament to the school's commitment to cultivate an environment where every individual is valued, respected, and empowered to contribute meaningfully.

On the Graph



SNHS Enrollment for School Year 2024-2025



SNHS TECHTALES | Sarrat Robotics Team redefines learning with their innovative reading solution.

Photos by: Czeaweryn Chigne Caluya

Innovative Storytelling: Sarrat Robotics Team joins Araw ng Pagbasa 2024

by Myrelle F. Gaoiran

Sarrat Robotics Team proudly represented Sarrat National High School at the National Araw ng Pagbasa celebration in the City of Batac on November 22.

The team showcased the groundbreaking program "SarratNHS TechTales: A Robotics and Storytelling Challenge," an innovative initiative launched by the school in 2021.

This transformative program, a collaborative effort between the Science and English departments, seamlessly blends technology with literature to inspire young minds and spark creativity. SarratNHS TechTales bridges the gap between literacy and innovation, fostering a love for reading while cultivating essential skills in technology, critical thinking, and storytelling. By merging the imaginative art of storytelling with robotics, the initiative empowers students to become adaptable, multi-skilled learners ready to thrive in the ever-evolving 21st-century landscape.

The National Araw ng Pagbasa celebration provided the perfect platform to showcase this unique initiative to educators, students, and stakeholders. Audiences were captivated by the seamless integration of storytelling and robotics, demonstrating how literacy and technology can be harmonized to create engaging, impactful, and future-ready educational experiences.

Through visionary programs like SarratNHS TechTales, SNHS continues to lead in fostering a culture of innovation and creativity. The school remains committed to nurturing students who are not only technically skilled but also empathetic and articulate communicators, capable of addressing real-world challenges with a balanced approach to knowledge and imagination.

As SNHS forges ahead with groundbreaking initiatives, the school stands as a beacon of transformative education and builds a brighter future where students thrive at the intersection of creativity, literacy, and technology.



TYPHOONS
National News

Class suspensions alarm teachers on its looming academic impact (from Page 1)

Parents are equally alarmed by the academic impact of the repeated suspensions. Many shared that their children are finding it difficult to stay motivated and focused, especially when classes are delayed for extended periods. For families in remote areas, the challenges are compounded by poor internet connectivity, making online learning a less effective solution.

Despite efforts to implement disaster-resilient education strategies, such as pre-distributing learning modules and using text-based instructions, many schools are still struggling to maintain the quality of education during calamities. The Department of Education's recent introduction of the MATATAG Curriculum

seeks to address learning gaps, but the challenge of typhoon-related interruptions remains a significant hurdle.

Educational leaders and teachers are calling for more proactive solutions to mitigate the impact of natural disasters on learning. Proposed measures include enhancing infrastructure to support blended learning, equipping students and teachers with better resources, and implementing catch-up programs to ensure no learner is left behind.

With the typhoon season far from over, the effects of these disruptions on students' overall academic performance and well-being continue to be a pressing concern. The need for adaptive educational policies has never been more urgent.

A New Bite:

SNHS canteen revamp enhances students' comfort

by Frances Betinna Mayos



PTA'S INITIATIVE | Students find convenience in the newly improved school canteen.
Photos by: Nadine Ann Faelmoca

SNHS recently unveiled its newly upgraded canteen, a project led by the Sarrat Parent-Teacher Association (SPTA).

The newly renovated facility aims to offer healthier food options while enhancing the overall dining experience for both students and staff.

The upgraded canteen now boasts a modern kitchen, spacious dining areas, and a broader menu focused on nutritious meals. This project was made possible by the dedicated efforts of the SPTA

and the support of the school community.

"We are dedicated to fostering a healthy environment for our students, and this canteen upgrade is one of the many steps we are taking to prioritize their well-being," shared SPTA President of S.Y. 2022-2023, Ms. Kathleen D. Adena.

With this improvement, the canteen is set to play a crucial role in enhancing student nutrition and supporting the school's commitment to promoting healthier lifestyles.

News Brief

LETRA Pre-Test identifies Students' Reading Proficiency by Asella Garma

Sarrat NHS administered the Language Enhancement Through Reading Assessment (LETRA) Pre-Test as part of its initiative to evaluate and improve students' reading skills.

The pre-test aimed to identify the reading levels of students, providing valuable insights into their comprehension, vocabulary, and fluency. This data will guide

tailored interventions and programs to enhance literacy and ensure academic success. Teachers emphasized the importance of the activity in addressing learning gaps and fostering a culture of reading among students, noting that such assessments are vital to boost literacy and academic achievement.

Empowering Parents: SMEC Ilocos, Sarrat NHS, SPTA, GAD Club carries out seminar on Faith and Equality

by Nadine Ann Faelmoca



GUIDING LIGHTS IN PARENTING | Rev. Provy Cadelina inspires parents to nurture faith, listen actively, and model positivity in today's evolving world.

Photos by: Joe Allan Mark Tumamao

In a collaborative effort to empower parents with valuable insights into gender and spiritual development, Spiritual and Moral Enrichment Class (SMEC) Ilocos, Sarrat National High School (SNHS), the Supreme Parents-Teachers Association (SPTA), and the Gender and Development (GAD) Club organized a seminar titled "Nurturing Faith and Equality: A Parent's Journey in Gender and Spiritual Growth" on October 12, at the Sarrat Mini Gym.

The seminar featured the inspiring Rev. Provy Cadelina as the keynote speaker, who highlighted essential aspects of parenting in today's evolving social and spiritual landscape. Rev. Cadelina stressed the importance of nurturing children's faith, practicing active listening, and modeling positive behavior to guide them in their spiritual and personal development.

"Parenting is a sacred journey of love and understanding. By fostering faith and equality, we create a nurturing environment where children can thrive as individuals," Rev. Cadelina shared during the seminar.

The session also delved into practical approaches to addressing gender sensitivity and inclusivity within families, aiming to strengthen the role of parents as models of empathy, respect, and equality. Discussions encouraged parents to be active participants in their children's growth, emphasizing open communication and active involvement in their daily lives.

The initiative was met with overwhelming appreciation from attendees, who expressed gratitude for the opportunity to learn and grow as parents. One participant shared, "The seminar was an eye-opener. It reminded us of the vital role we play in shaping our children's character, both spiritually and socially."

Organizers hope that the seminar will inspire lasting change within families and the community, promoting a culture of faith, respect, and equality that aligns with the values of holistic development. The success of this event further strengthens the commitment of SMEC Ilocos, SNHS, SPTA, and the GAD Club to fostering meaningful initiatives for the benefit of students and their families.

Sen. Imee hails FEM's commitment, inaugurates new care facility

by Aissa Carreon

Sarrat, Ilocos Norte – The Sarrat community came together on September 13, to commemorate the 107th birth anniversary of the late President Ferdinand E. Marcos, with a series of events that honored his legacy and service to the nation.

The celebration was marked by a wreath-laying ceremony and the inauguration of the newly constructed primary care facility in the heart of Sarrat.

Hon. Imee R. Marcos highlighted her father's commitment to public service, noting the new facility as a tribute to his vision for accessible healthcare. The primary care facility, equipped with modern medical resources, aims to improve healthcare access for Sarrat residents.

Local officials expressed pride in the facility's opening, emphasizing its role in enhancing healthcare services and continuing the late president's legacy of development. The event was a poignant reminder of President Marcos' impact, with the community coming together to honor his life and contributions.



HONORING LEGACY | The Sarrat community celebrates President Marcos' 107th birth anniversary with tributes.

Photos from: Sarrat FB Page

Nourishing Minds and Bodies: TLE Department launches feeding initiative

by Abigail Calaranan

In an effort to promote better health and nutrition among students, the Technology and Livelihood Education (TLE) Department of Sarrat National High School, in collaboration with School Nurse Mrs. Vanessa Ponce, has initiated a supplemental feeding program for underweight learners.

The program identifies undernourished students and provides them with a free, nutritious meal every morning during their break. This initiative aims to address nutritional deficiencies, improve academic performance, and enhance overall health and well-being.

"Proper nutrition plays a crucial role in a student's growth and learning. Through this program, we hope to help students meet their dietary needs and empower them to perform better in school and other activities,"

Mrs. Vanessa Ponce shared.

Each meal is carefully prepared by the TLE Department, integrating lessons on food preparation and nutrition for students taking TLE classes, ensuring the meals are both nutritious and educationally enriching.

The initiative has been warmly received by the school community, with parents expressing their gratitude for the program's efforts to support their children's health. The school administration has also extended its full support, recognizing the importance of health in achieving academic success.

With the program's continued implementation, the school hopes to see significant improvements in the health and confidence of its students, fostering a brighter and healthier future for all, while promoting the importance of balanced diets and active lifestyles within the school community.

Health News



THE NEW SPEARHEAD

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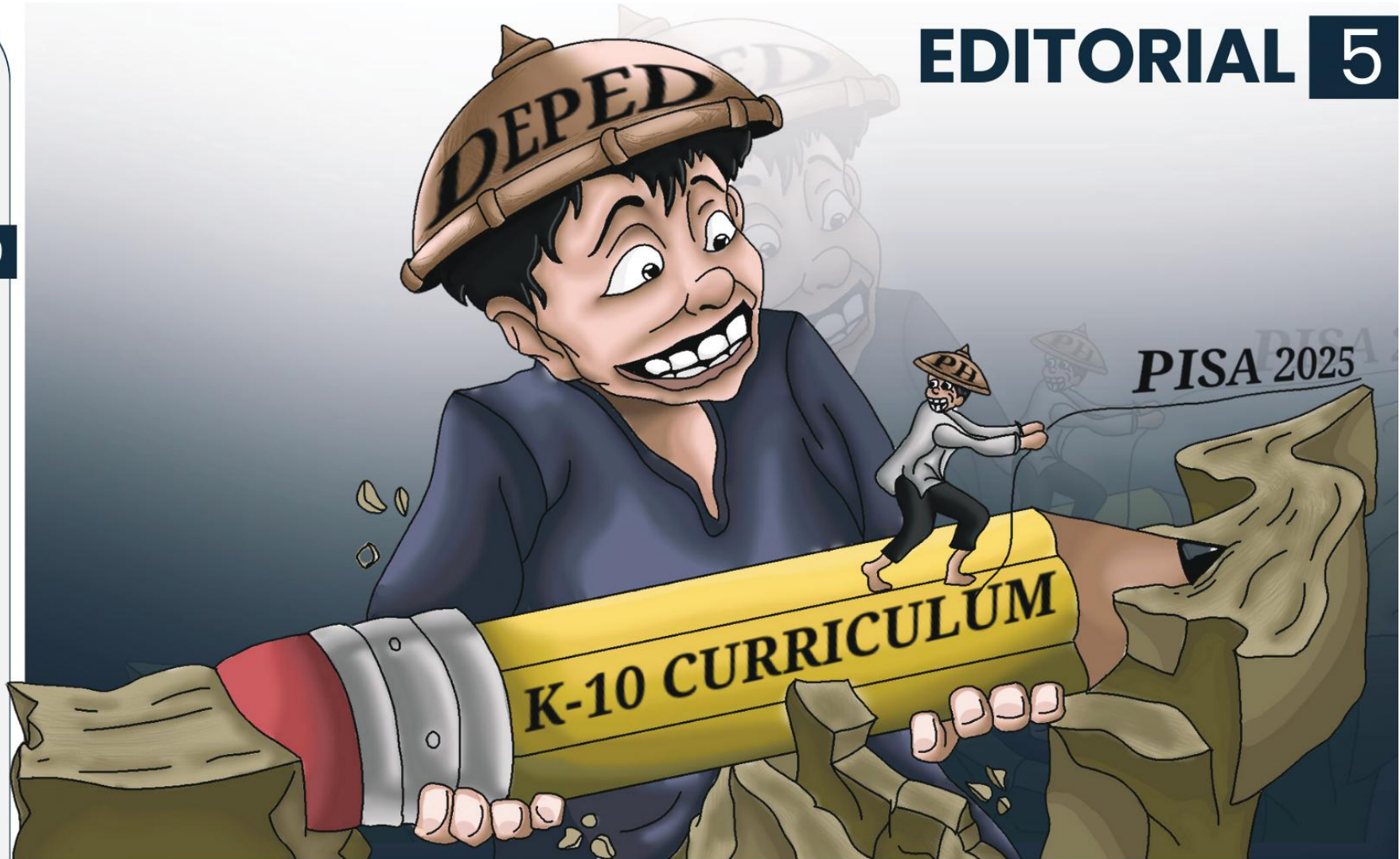
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COUNTDOWN TO PISA 2025

As the Philippines prepares for its participation in the 2025 Program for International Student Assessment (PISA), expectations are tempered by the educational challenges at hand. The Department of Education (DepEd) has expressed cautious optimism, recognizing that while this international assessment presents an opportunity to gauge the country's educational progress, it will also likely underscore persistent literacy and learning gaps.

DepEd Undersecretary for Curriculum and Teaching Gina Gonong has acknowledged the nation's limited timeframe for seeing major shifts in outcomes, given the ongoing implementation of the new MATATAG curriculum. Although designed to address these challenges by enhancing critical thinking, problem-solving, and foundational skills, the curriculum has yet to be fully integrated into classrooms nationwide.

The PISA assessment, which evaluates 15-year-old students' abilities in reading, mathematics, and science, has proven to be a challenging benchmark for the Philippines. In the 2018 PISA results, the Philippines ranked last out of 79 participating countries in reading and was near the bottom in science and mathematics, bringing attention to critical educational gaps. With literacy at the heart of academic success and lifelong learning, the stakes for 2025 are high. However, despite years of reform initiatives, national assessments reveal that approximately half

of Filipino students at the Grade 4 level still struggle to achieve basic reading competencies. This concerning statistic highlights an urgent need for targeted strategies to address literacy issues that impact both individual student success and broader national development goals.

Various factors contribute to the literacy challenges in the Philippines, including limited access to quality resources and the need for more extensive teacher training in foundational skills. For the MATATAG curriculum to make a substantial impact on literacy rates, teachers require tailored professional development to implement these changes effectively. Additionally, inconsistencies in the availability of learning materials, coupled with disparities in urban and rural educational resources, create a gap that affects students' ability to learn and thrive. While urban schools may have better access to teaching tools and resources, rural areas often lack these essentials, posing significant obstacles to

standardized curriculum implementation.

The focus on standardized international assessments like PISA also raises questions about the broader objectives of the Philippine educational system. While improving PISA scores is a valuable goal, it should not overshadow the fundamental purpose of education—to foster a love for learning, creativity, and resilience among students. An overemphasis on standardized test preparation could risk narrowing the curriculum and limit students' engagement in learning experiences that nurture curiosity, cultural awareness, and critical thinking. To create an education system that not only meets international standards but also enriches students' lives, the Philippines must balance the pursuit of academic achievement with holistic, student-centered development.

With PISA 2025 on the horizon, DepEd's commitment to elevating literacy levels across the country remains crucial. This

includes refining the MATATAG curriculum, investing in teacher training, expanding access to learning materials, and fostering community support in educational initiatives. Addressing these needs will empower students to not only meet assessment benchmarks but also to engage meaningfully with the world around them.

In conclusion, as the Philippines approaches PISA 2025, there is both a challenge and an opportunity to improve its educational standing. Past assessments have illuminated critical areas for improvement, particularly in reading comprehension and literacy. By prioritizing these areas within educational reforms, the nation can work towards a system that ensures all Filipino students are equipped with the skills to succeed academically and socially. Let this countdown to 2025 be a reminder of the importance of an inclusive, equitable education system that nurtures the potential of every Filipino learner.

VIEWPOINT

Weathering the Impact of Typhoon-Induced Class Suspensions

by Nadine Faelmoca

Every year, the Philippines endures around 20 typhoons, many of which result in significant class suspensions across affected areas. While prioritizing the safety and well-being of students is essential, the frequent nature of these interruptions causes substantial academic disruptions. These suspensions lead to shortened class hours and a condensed curriculum, forcing teachers to compress lessons and often rush through essential topics to keep up with their plans. For students, this can mean a lack of adequate time to fully grasp subjects, thus creating a knowledge gap that accumulates over time.

The effects go beyond immediate academic setbacks; the repeated disruptions strain students' overall preparedness, potentially impacting their long-term educational journey and skill development. Although suspensions are crucial to safeguard against the hazards of extreme weather, the continual interruptions raise significant concerns about maintaining academic continuity and ensuring students receive a quality education.

In response to the recurring natural disasters, the Department of Education (DepEd) has implemented guidelines to standardize class suspensions during typhoons and similar emergencies. According to the "Guidelines on the Cancellation or Suspension of Classes and Work in Schools in the Event of Natural Disasters, Power Outages/Power Interruptions, and Other Calamities" (DepEd Order No. 37, s. 2022), both in-person and online classes are automatically canceled, along with the Alternative Learning System, in schools located within local government units (LGUs) that experience Tropical Cyclone Wind Signals 1, 2, 3, 4, or 5, as issued by the

Philippine Atmospheric, Geophysical and Astronomical Services Administration (PAGASA). This policy ensures a cohesive approach across regions, empowering LGUs to act based on current conditions and make timely, informed decisions to protect students and teachers. Even without formal storm signals, LGUs are authorized to suspend classes based on local weather patterns, ensuring flexibility in responding to community-specific risks.

While necessary, these suspensions highlight the vulnerabilities faced by the education sector in a climate-sensitive region like the Philippines. The impact on students' learning is significant, as prolonged breaks and restructured school schedules can create gaps in essential knowledge and skills, affecting academic performance. Teachers face similar challenges, as they are tasked with the difficult responsibility of adapting lesson plans and maintaining learning outcomes under shortened timelines. To address these issues, there is a growing need for more resilient educational solutions. Digital learning alternatives, such as remote or hybrid teaching platforms, can provide continuity during temporary suspensions, while the development of disaster-resilient school infrastructure may allow safer physical learning environments. With these solutions, the education system can better withstand disruptions, enabling students to access learning despite the challenges posed by the weather.

Collaboration among educators, policymakers, and communities is key to developing adaptive learning models and enhancing disaster preparedness that keep education consistent despite frequent natural disruptions.



PERSPECTIVE

The Fight to Preserve Filipino Subjects

by Myrelle F. Gaoiran

The Department of Education's recent proposal to remove or minimize Filipino subjects in Senior High School has sparked widespread debate. As educators, students, and citizens, we must carefully consider the consequences of such a decision. Filipino, as our national language, is not just a subject in the curriculum—it is a core part of our identity, history, and culture. To remove or reduce its presence in the classroom would be a step backward in our pursuit of national pride and unity.

The rationale behind the proposal is understandable. The Department aims to streamline the curriculum, potentially making room for more specialized subjects that cater to career readiness and global competitiveness. In a world that increasingly values technical skills, multilingual abilities, and adaptability, it's tempting to prioritize subjects that align with these goals. However, sidelining Filipino in favor of more "practical" subjects risks undermining the very foundation of what makes us distinctly Filipino.

Language is not merely a tool for communication—it's a vessel of culture, values, and shared history. Filipino connects us to our roots and binds us together as a nation. It is through our language that we pass down stories of resilience, bravery, and

heritage. By keeping Filipino strong in the curriculum, we reinforce our collective identity amidst the pressures of globalization. Minimizing its presence, on the other hand, could weaken the sense of belonging that is crucial to national unity.

Moreover, Filipino is not an "easy" subject to dismiss. It plays a crucial role in developing students' critical thinking, communication skills, and emotional intelligence. Through literature, poetry, and essays written in Filipino, students learn to express their thoughts in ways that are uniquely grounded in our cultural context. The language fosters creativity and deepens understanding of social and national issues that may otherwise be glossed over in more technical subjects.

It is also worth noting that many students come from regions where Filipino is either a second language or not spoken at home. For them, school is one of the few places where they can become proficient in it. If we remove Filipino from the curriculum, we risk widening the gap between the urban and rural populations, between the Tagalog speakers and those who speak other regional languages. Filipino, as our national language, should be an equalizer—not a casualty in the race for modernization.

While we recognize the need for students to be globally competitive, this should not come at the cost of our national identity. Filipino subjects in Senior High School are not just academic requirements; they are essential tools for cultivating pride in who we are as a people. Our education system should prepare students for the future, but it should also anchor them in their heritage. We need a balanced curriculum that fosters both global and national consciousness, where career readiness goes hand in hand with cultural appreciation.

The Department of Education's proposal warrants serious reflection. As a country, we need to ask ourselves: What kind of future do we envision for our students? One where they are prepared to succeed globally, but have lost touch with their roots? Or one where they stand tall as global citizens, firmly rooted in their identity as Filipinos?

Rather than removing or minimizing Filipino subjects, perhaps the better solution is to rethink how we teach it. By modernizing the approach—integrating it with other disciplines, using it as a medium for critical thinking, and highlighting its relevance in the contemporary world—Filipino can remain a vital part of the

curriculum, while also supporting the broader goals of education reform.

In the end, we must remember that education is not just about creating workers for the global economy. It's about shaping individuals who understand their place in the world, and who, no matter where life takes them, will always carry the heart of a Filipino. By preserving Filipino in our schools, we ensure that future generations remain grounded in their roots, carrying forward the legacy of our language, values, and culture. Our national language holds within it the stories, struggles, and triumphs of those who came before us, reminding each student

of the shared history that binds us as one nation. It is through this connection to our language that young Filipinos learn resilience, empathy, and a sense of pride in their heritage, fostering not just academic success but a deep commitment to their communities and the greater good.

Language is not merely a tool for communication—it's a vessel of culture, values, and shared history.



Illustration by: Peter Saimon Laguna



FOCUS

Celebrating Success or Inflating Standards?

by Arianne Rasalan

Across Philippine schools, the rising number of students graduating with honors has sparked both pride and debate. While more students achieving distinctions reflects positive trends, it raises questions about whether today's students genuinely excel beyond past generations or if honor standards have been broadened too liberally.

Over the past decade, criteria for distinctions like "with honors," "with high honors," and "with highest honors" have expanded, aiming to recognize a range of academic efforts beyond test scores. Project-based learning, extracurriculars, and holistic grading now allow more students to earn distinctions, celebrating their varied hard work and contributions.

However, as honor rolls grow, some educators and parents question if standards have been lowered. The new MATATAG Curriculum emphasizes critical thinking, real-world skills, and resilience, which has contributed to more students earning honors. But if criteria doesn't evolve alongside these shifts, the significance of honors may diminish, with distinctions becoming less motivating for those aiming to excel. Honors boost morale, inspire students to work hard, and reward teachers'

dedication, yet as such become more common, they risk losing value, potentially dampening the drive for exceptional performance.

As honors recognition expands, it's also essential to consider the broader impact on students' future opportunities and self-perception. For those excelling within these more inclusive criteria, honors provide a sense of achievement and confidence, often essential for success in competitive fields or higher education. However, if the criteria are perceived as too lenient, the value of these distinctions may be questioned by both students and potential employers, creating a challenge for graduates to differentiate themselves. Striking a balance that ensures honors remain meaningful without discouraging academic inclusivity is key to supporting students' long-term success and encouraging them to pursue excellence with genuine effort and purpose.

Ultimately, academic honors should serve as a meaningful celebration of hard work, resilience, and growth. As schools continue to adapt to modern educational needs, maintaining a balance between recognizing diverse achievements and preserving the value of honors will help foster a motivated, capable, and future-ready generation.



ON-POINT

Are we MATATAG?

by Leizel A. Gantala

The MATATAG Curriculum, recently launched as a reformed K-10 program, seeks to address persistent gaps in the Philippine education system by emphasizing mastery, relevance, and improved assessment. By prioritizing essential competencies and reducing repetitive content, it aims to foster deeper understanding, allowing students to build solid foundations in core subjects and develop skills applicable to real-world challenges.

While promising, the curriculum's success largely depends on its implementation. Teachers require rigid training and resources to manage these changes effectively. Without sufficient support, the new curriculum could place added strain on educators, potentially leading to inconsistencies in instruction and gaps in student comprehension.

Additionally, streamlining content may enhance focus. However, there are concerns that this approach might unintentionally lower academic standards. Simplified content must still support comprehensive learning, and students' mastery of essential subjects should remain the priority. True comprehension and skill-building demand time, adequate resources, and sustained efforts from both educators and learners. The MATATAG Curriculum will require collective commitment to fully realize its potential in creating a resilient and high-quality education system for future generations.

The MATATAG Curriculum offers an opportunity for purposeful learning, potentially setting a new standard for education in the Philippines. If executed well, it could address foundational learning gaps and raise educational outcomes. However, only time will tell if it can deliver lasting improvements or if it will become yet another reform in need of adjustment.

New message



← → ↻ 🔍 The New Spearhead ☆ ☰

To... The Editor

Subject... Letter to the Editor

As a graduating student, I'm facing the challenge of balancing a demanding academic workload with other responsibilities, including preparing for final projects, exams, and making plans for the future. Managing these tasks without feeling overwhelmed is proving difficult, and I often find myself struggling to keep up.

Could you provide any advice on how to prioritize effectively, stay organized, and manage my time better? I'd appreciate any tips on maintaining a healthy balance as I work toward graduation.

Thank you and God bless!

New message



← → ↻ 🔍 The New Spearhead ☆ ☰

To... Concerned SNHSian

Subject... Editor's Reply

Graduating is not an easy feat, and juggling a mountain of responsibilities can feel like a test of endurance. Balancing workloads as a graduating student can be tough, but with a few strategies, it's possible to manage everything effectively. Start by prioritizing tasks based on deadlines and impact—focus on what's due soonest and will have the most significant effect on your grades or goals. Consider breaking larger tasks into smaller, manageable steps to make them less overwhelming, and schedule specific blocks of time for each one.

Remember, self-care is just as important as productivity. Taking regular breaks can improve focus and help you recharge. Good luck with your final stretch—you're almost there!



VANTAGE

From Screens to Political Seats

by Kaye Ceyah F. Yu

As election season heats up in the Philippines, a surprising trend is grabbing the public's attention: the rise of celebrity and influencer candidates. From actors and musicians to vloggers with millions of followers, these public personalities are transitioning from entertainment to politics, hoping to use their popularity to win votes. On the surface, this trend might seem harmless, perhaps even refreshing in a political arena often dominated by traditional figures. However, as voters, we must question if popularity alone is enough to guarantee effective leadership—and whether this celebrity-driven phenomenon is helping or hurting our political landscape.

The Philippines has a long history of electing celebrities, from movie stars to athletes. In recent years, this trend has expanded to include social media influencers, whose power lies not in television ratings or blockbuster movies, but in YouTube views, TikTok followings, and Instagram likes. Vloggers, especially, have amassed massive amounts of following, creating a direct line of influence with millions of Filipinos who watch, comment, and engage with their content daily. The undeniable connection these influencers have with their followers is powerful, and for some, this has translated into a sense of authority or even trust that can be leveraged at the ballot box.

The question we should ask ourselves is whether these celebrities and influencers are genuinely ready to serve as public servants. Popularity is one thing, but public office is a realm that demands not just fame but also competence, experience, and a deep commitment to public welfare. While some celebrity candidates may indeed be well-intentioned and passionate about change, others have questionable credentials. Vlogging about one's lifestyle or personal opinions may garner likes and shares, but it does not necessarily prepare someone to address complex issues like poverty, education reform, or climate change—problems that require skill, planning, and negotiation.

There are real dangers in electing individuals based on celebrity status alone. One is the risk of "celebrity politics," where officeholders prioritize image over policy and visibility over impact. Instead of substantive debates, these candidates often bring superficial charm and slogans to the table, distracting from the real issues at hand. With the election of a popular influencer or actor, we may end up with leaders more concerned with maintaining their media image than making difficult, sometimes unpopular decisions that are in the public's best interest.

Moreover, celebrity candidates often have the resources and platforms to outshine others who might be more qualified but lack the same level of visibility. Elections become a popularity contest rather than a careful consideration of the best candidate for the job. This trend sidelines grassroots candidates, community leaders, or dedicated civil servants who have a proven track record in governance but lack the same public recognition.

Of course, there are exceptions. Some celebrities genuinely care about the nation's well-being and come into politics with a clear vision and a determination to make a difference. We've seen examples in the Philippines and globally of entertainers who successfully transitioned into politics with positive outcomes. But those cases are few and far between, and they typically involve individuals who took the time to educate themselves on governance, policies, and the intricacies of public service.

As voters, it's our responsibility to critically assess each candidate, regardless of their social media following or entertainment fame. Ask the tough questions: What does this person know about public service? What is their stance on key issues? Do they have a clear, actionable plan for their platform, or are they relying on their public image to carry them through? Are they prepared to listen to experts, work with seasoned professionals, and, above all, serve the people above their own interests?

In the end, politics isn't entertainment, and we can't afford to view it as such. Governance affects every aspect of our lives—from the quality of our children's education to the management of our natural resources, to the job market and public health. It is far too important to be reduced to a popularity contest, and it's up to us, as responsible voters, to ensure that we elect leaders based on merit, not just media clout. As the Philippines prepares for its next election, it's time to put substance over style, to look beyond the screen and evaluate candidates on their ability to lead effectively. Only then can we hope for a government that truly serves the people, addressing our nation's most pressing issues with depth, integrity, and expertise. Let's not let the allure of celebrity blind us to the genuine qualities that make a good leader—vision, competence, and a sincere commitment to the public good.



INSIGHT

Cutting Out MTB-MLE

by Jan Pearl A. Sison

With the ever-changing eras of our world, the Philippines is known to be one of the most patriotic countries. Filipinos are known to be heavily appreciative and proud of our culture. Not only do we find importance in our culture, but we also have taken notice of the academic state of our country. President Ferdinand Marcos Jr. supported and signed a law that proposed the removal of the subject 'mother tongue' from the curriculums given to kindergarteners to 3rd graders. The Senate approved the bill on July 23, 2024. This means that instead of kids learning how to speak, read, and listen in their local language in school, they will only be taught Filipino and English; meaning that kids born in places with a specific dialect will only learn from outside of their education, further weakening the use of their mother tongue.

With the discontinuation of teaching the subject of mother tongue to our children, it would be like they're trying to erase the cultures of these specific regions from the basic education curriculum. Is this law trying to erase our regional identities? President Ferdinand Marcos Jr. is also an Ilocano himself, so why pass this controversial bill?

Students who are educated in their local dialect demonstrate higher engagement during class time and have extensively better academic performance as stated by Poverty Action. Because of this, the passed bill raises many questions from teachers' perspective since this might lead to a disastrous transition for the students and educators in regional areas. Teachers who specialize in Mother Tongue-Based Multilingual Education (MTB-MLE) will have a hard time trying to figure out how to adapt to this change. Further proving that this law will be seen as more of a liability – a hindrance, rather than an advantage.

"We are studying to appeal that law because it violates the right for expression of our youth and teachers inside the school", as stated by Rep. France Castro in TeleRadyo Serbisyo's Story Outlook. Rep. Castro has a point, removing the

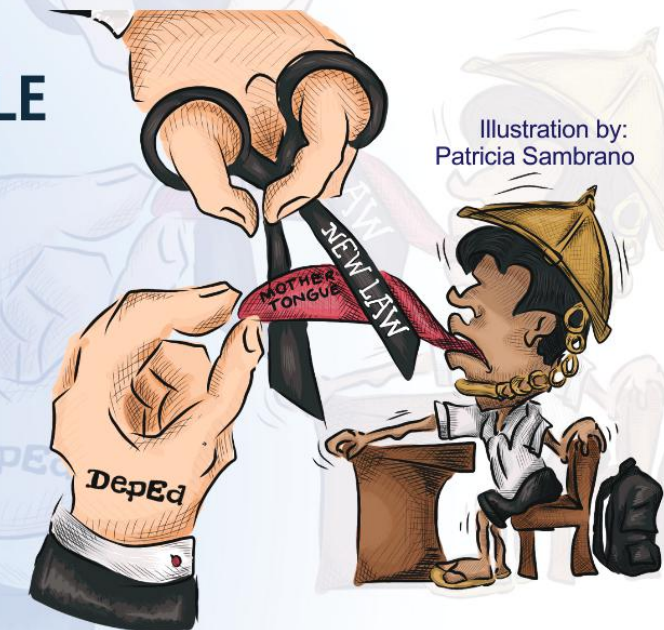


Illustration by: Patricia Sambrano

mother tongue from the Basic Education Curriculum (BEC) might hinder the academic performance of both the educators and students by risking miscommunications since they did not learn about their dialect in school.

While erasing this core subject is quite a problem, let it be known that this also means students will have less stress from an academic perspective. Students who have relatives who have lived in their region for years and have perfected their dialect have difficulty answering activities from the subject 'mother tongue'. It is also important to note the difference between language and dialect – while language is about writing and reading, dialects are often used when speaking and communicating with other locals. Moreover, using an international and national language might be better for us as knowing these languages can help us introduce other regions – even other countries – to our diverse regional cultures.

As our nation values education and patriotism, the government must strengthen academic values while preserving our cultural identity. Our dialects are vital to who we are. Will changes in the education system strengthen our nation, or will they erode the foundation of our cultural pride?



LET'S BE REAL!

by Nadine Ann Faelmoca

At Sarrat National High School, we strive to foster a culture of respect, responsibility, and school pride—values that are central to every student's success. These values are the foundation of a positive, supportive environment where everyone feels valued and motivated to succeed. Yet, as we look around our campus, certain issues challenge our vision of a united school community.

On Flag Ceremony

The flag ceremony stands as one of Sarrat National High School's most time-honored traditions, embodying unity, patriotism, and a shared pride in our heritage. However, it has been observed that some students choose not to attend or even sing during the flag ceremony, and they miss an opportunity to connect with their classmates, teachers, and the values that unite us as a community. Participating is not just a formality; it's a respectful acknowledgment of who we are and where we come from. To those who have fallen out of this routine, we say: join us in honoring this tradition. Let's stand together, sing together, and proudly uphold this symbol of our shared identity.

On Attendance

Regular attendance is essential to creating a supportive, engaged learning environment at SNHS. Class-cutting and frequent absences disrupt not only individual learning but also the sense of community we're striving to build. Each class is an opportunity to learn, grow, and connect with others. By attending daily, students not only keep up with coursework but also contribute to a dynamic, respectful learning atmosphere. We encourage everyone to see school as a place of discovery, where every day offers new insights and possibilities.

On Cleanliness

A clean environment reflects respect for oneself and others, and each of us plays a role in maintaining the appearance and well-being of our campus. Litter in hallways, classrooms, and stairways tarnishes not only our surroundings but also the pride we have in our school. Simply disposing of trash in proper bins contributes to a cleaner, more welcoming environment for everyone. Let's make cleanliness a daily practice, a shared commitment that reflects who we are as members of the SNHS community.

On Student Leadership

Student leaders at SNHS hold the unique responsibility of representing the voice of their peers. Leadership is a call to action—a commitment to serve, inspire, and guide. We ask our student leaders to reflect on their roles and consider how their actions align with their duties. Are they organizing activities, supporting classmates, and fostering positive change? True leadership means leading by example and putting the welfare of others before one's own. Let's hold ourselves accountable to these ideals, creating a school environment that inspires all students.

As a school community, we have the power to uplift one another. The responsibility lies with each of us to make Sarrat National High School a place where respect, commitment, and pride flourish. To those who hear this call, let's take the steps needed to build a school we can be proud of—together.

COMMENT

Comfort rooms play a crucial role in maintaining a healthy and comfortable environment for everyone at school. What are your thoughts on the current condition of our school's comfort rooms and its facilities?



The comfort room in our building often has an unpleasant smell and limited water supply, making it difficult for students and teachers to use regularly. This could lead to accidents and hinder students' focus. Cooperation between students and staff is essential to maintain the cleanliness and usability of the facility. - Cezlee Hermanto, Grade 11 student



A key issue with certain school comfort rooms is the occasional lack of water, which discourages students from flushing and leads them to hold their urine. This also complicates cleaning efforts, as proper sanitation is challenging without a reliable water supply. - Carl Hilario, Grade 11 student



Our building often faces water shortages in the bathrooms, forcing us to fetch water from outside. This leads to unflushed toilets, causing dirt and odors. Broken doorknobs allow unrestricted access despite reminders. A solution could be fixing the locks and limiting access to authorized users with keys. - Mar Lean Malvar, Grade 11 Student



The 4th floor of our building faces water supply challenges, often requiring students to fetch water from lower levels. On a positive note, the reading materials displayed in each comfort room add a thoughtful touch, creating a more engaging and uplifting space that promotes both learning and cleanliness. - Mr. Bernard Salvador, Science Teacher



Improving public school comfort rooms ensures hygiene, safety, and accessibility by enhancing ventilation, water supply, and maintenance while promoting cleanliness. I am glad that with the coordination of PTA, we were able to put up two electric water pumps in the school, which will be a great help to solve issues on water supply. - Mr. Romel Apilada, PTA EXECOM Collecting and Disbursing Officer



STANDPOINT

Finding Balance

by Erinn Sambo

In today's competitive world, students are constantly expected to balance rigorous academic demands with a multitude of extracurricular activities. While these experiences are essential for personal growth, skill development, and college readiness, the ever-growing workload can quickly become overwhelming. The pressure to excel academically while participating in extracurriculars creates a challenging dynamic that leaves many students feeling stressed, fatigued, and struggling to keep up. For many students, this burden not only affects their academic performance but also impacts their mental health, resulting in anxiety, sleep deprivation, and an overall sense of burnout.

One of the biggest issues is that students are often spread too thin. Schools encourage well-roundedness, and as a result, students join clubs, participate in sports, and volunteer in the community—all while keeping up with assignments, tests, and projects. This packed schedule leaves little time for rest or hobbies outside of school. For some, this balance can lead to burnout, which ultimately affects both academic performance and the quality of engagement in extracurricular activities. The constant juggling act leaves little room for self-care or relaxation, creating a vicious cycle of stress that seems never-ending.

Moreover, students who try to manage heavy workloads in both academics and extracurriculars may end up underperforming in one or both areas. They might rush through assignments or miss deadlines just to free up time for other commitments, which detracts from both the depth of their learning and the enjoyment of their activities. These overscheduled students often miss out on the true purpose of extracurriculars—discovering passions and gaining valuable skills—because they're too focused on meeting multiple demands. The lack of genuine engagement can make extracurriculars feel like another item on a checklist rather than an opportunity for personal growth.

The solution lies in creating an environment where students can pursue a balanced schedule without feeling overwhelmed. Schools can play a key role in helping students prioritize by promoting time management skills, setting realistic expectations, and offering guidance on how to select meaningful extracurriculars rather than simply packing schedules. Educators can also collaborate to provide a more cohesive academic and extracurricular framework, ensuring that students have adequate time to excel in both areas without sacrificing one for the other. Additionally, flexibility from teachers regarding assignment deadlines or

workload adjustments during particularly busy periods can go a long way in supporting students. More importantly, schools should offer emotional and psychological support to help students cope with stress and prevent burnout.

Ultimately, striking a balance between academics and extracurriculars is about quality, not quantity. Schools, teachers, and parents should encourage students to pursue passions and excel academically without compromising their mental and physical well-being. By creating a culture that values balance, we can foster an environment where students can thrive both inside and outside the classroom. When

students are given the tools and space to manage their commitments effectively, they are more likely to achieve success without sacrificing their overall health and happiness.

In addition to these strategies, fostering a more supportive school environment can help students manage stress more effectively. Schools should not only focus on academics and extracurriculars but also actively promote well-being programs that address mental health. Workshops on stress management, mindfulness, and coping strategies could provide students with valuable tools to handle pressure in healthier

ways. Incorporating regular breaks, promoting physical activities, and encouraging students to take time for themselves could also help them recharge. When mental health is prioritized alongside academic success, students can perform better in both areas, ultimately leading to a more fulfilling and balanced school experience. Schools that adopt this holistic approach are more likely to produce well-rounded students who thrive academically while maintaining their mental and emotional health. Having academic and emotional support can make students successful and resilient.

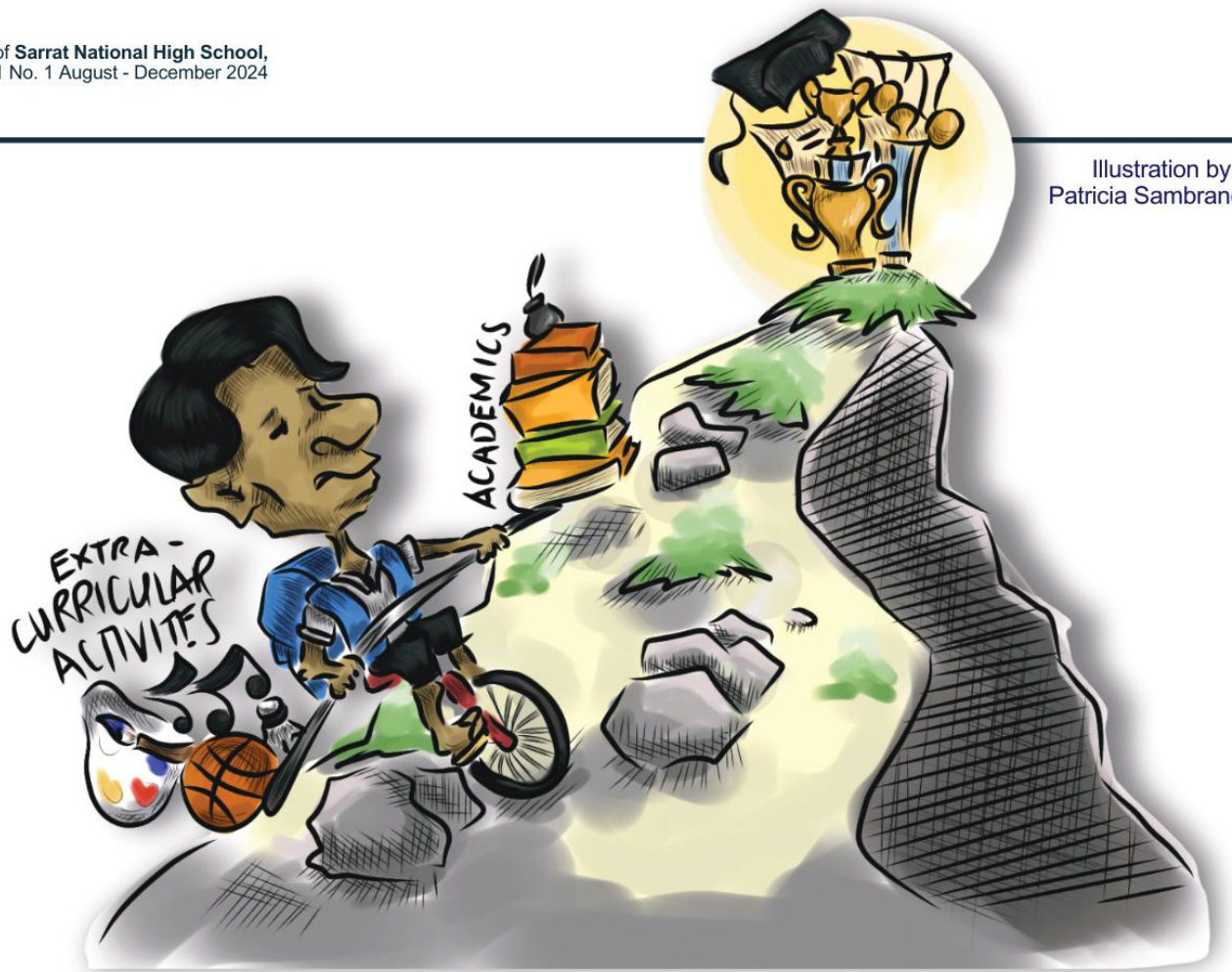


Illustration by: Patricia Sambrano



OUTLOOK

Resilience in the Storm

by Peter Saimon Laguna

The recent typhoon season in Northern Luzon has wreaked havoc on educational facilities, with Typhoon Julian being one of the most impactful storms of 2024. As of late September, the typhoon caused severe flooding and wind damage to over 300 schools across multiple provinces, including Cagayan, Isabela, and Ilocos Norte. Many schools reported significant damage to roofs, classrooms, and essential materials, forcing the suspension of classes in affected areas.

In Cagayan alone, more than 50 schools were directly impacted, with at least 10 severely damaged, including the destruction of teaching resources furniture, and the flooding of classrooms. The Department of Education (DepEd) immediately mobilized efforts to assess and repair these facilities, but logistic challenges, including widespread power outages and impassable roads, delayed the recovery process. Reports indicated that up to 15% of the region's schools had been temporarily shut down due to these conditions, highlighting the vulnerability of educational infrastructure to natural disasters.

As of October, recovery operations are still in progress, and it is anticipated that full repairs may take several months. This devastation underscores the critical need for more disaster-resilient school infrastructure, particularly in regions frequently affected by typhoons. Efforts to rebuild are further complicated by the damage to roads and bridges, delaying the delivery of materials and hindering the mobility of

repair crews. In addition to physical infrastructure, the lack of educational tools such as textbooks, computers, and other resources has impeded the ability of schools to continue lessons remotely.

The government, along with local authorities, has called for increased funding and technical support to rebuild and fortify schools in typhoon-prone areas. Furthermore, there is an emphasis on incorporating

50 schools were impacted

at least 10 severely damaged

15% has been temporarily shut down

climate-resilient building practices and retrofitting older schools to withstand future storms. Given the rising frequency and intensity of typhoons in the region, this tragedy highlights the need for a more proactive approach to safeguarding educational institutions, ensuring that learning can continue despite the challenges posed by natural disasters.

The impact of Typhoon Julian has significantly disrupted education in Northern Luzon, with many schools still closed or struggling to recover. The unstable internet connections has made remote learning difficult. This situation highlights the need for stronger disaster preparedness and infrastructure that ensures continuity in education during calamities.



MINDSET

Duterte's Drug War Under Fire in Senate

by Princess Kyla Castillo

In recent Senate hearings in the Philippines, several issues have been brought to light, with former President Duterte's controversial drug war remaining a significant topic of discussion. One of the most notable hearings focused on the drug-related deaths during his administration, with opposition Senator Risa Hontiveros challenging Duterte's justifications for the violence. Hontiveros raised concerns about the deaths of children and civilians, questioning whether they were truly involved in drug-related crimes or were simply caught in the crossfire of extrajudicial killings. The hearings

have been particularly intense, with Duterte defending his policies and criticizing his detractors, despite the growing body of evidence and criticism from international human rights organizations.

The Senate investigation into the drug war continues as the International Criminal Court (ICC) probes whether Duterte's drug campaign constituted crimes against humanity, with concerns raised over the disproportionate targeting of impoverished communities and extrajudicial killings. Duterte has continued to deny any wrongdoing, asserting

that his actions were necessary to curb a national drug crisis.

These hearings highlight the ongoing divide within the Philippines on how to address the drug issue, with some advocating for a focus on rehabilitation while others defend the aggressive tactics used during Duterte's tenure.

As international scrutiny intensifies, particularly with the International Criminal Court (ICC) investigating possible crimes against humanity, the debate continues to polarize the nation. This calls the need for tough drug control over human rights abuses.



VISION

The Marcos-Duterte Rift Shaking Philippine Politics

by Nadine Faelmoca

The escalating political conflict between President Ferdinand "Bongbong" Marcos Jr. (BBM) and Vice President Sara Duterte has stirred intense public discourse and raised concerns about governance and stability in the Philippines. This clash, rooted in accusations, alleged misuse of public funds, and extreme rhetoric, threatens to overshadow pressing national issues and erode public trust in leadership.

The feud intensified after Vice President Duterte's controversial remarks suggesting retaliation in the event of harm against her, perceived as a threat against the president and his allies. While Duterte claimed her statements were taken out of context, the remarks have

prompted investigations, heightened security for the president, and calls for accountability. Meanwhile, Duterte has accused Marcos and his allies of political harassment and corruption, further deepening the divide. These exchanges have exposed fractures within the government and the underlying power struggles since their once-unified electoral campaign.

This conflict distracts from critical national challenges, such as economic recovery, education reform, and territorial issues in the South China Sea. Moreover, the spectacle of high-ranking officials engaging in public disputes risks fostering cynicism among citizens and undermining democratic institutions. While accountability

and transparency are essential, addressing these issues requires moving beyond sensationalism and focusing on substantive reforms to rebuild public trust.

As the situation unfolds, the emphasis should shift from personal grievances to systemic accountability, ensuring that public funds are used appropriately and political discourse upholds the dignity expected of national leaders. The nation deserves leadership committed to unity and progress, not entrenched in power struggles and divisive rhetoric. It is only through prioritizing the people's welfare over political drama that true progress and stability can be achieved, allowing leaders to rebuild trust and nation's future.

OLDIES BUT TECH GOODIES: A MUSEUM OF TECHNOLOGICAL WONDERS

by Princess Althea Hermano

In the quiet streets of Barangay 1, San Joaquin, Sarrat, Ilocos Norte, stands a hidden gem that captures the evolution of technology and the passion of a man devoted to preserving its legacy. The museum of 68-year-old John Teofanes Garcia is more than a collection of old phones, calculators, cameras, and gadgets—it's a testament to his unwavering dedication to sharing knowledge and inspiring young minds.

John Teofanes Garcia, a retired educator with a lifelong love for gadgets and photography, began his journey almost two decades ago. Long before the establishment of his museum in 2016, he had been collecting an array of devices, driven by a singular vision: to share the marvels of technology with the younger generation. For nearly 10 years, he meticulously acquired items, some donated by friends, others purchased from flea markets and online sellers. Each piece in his collection holds a story of its own, reflecting the rapid advancements in technology through the years.

"I wanted children to see how technology evolved," Garcia shares. "It's not just about looking at gadgets; it's about understanding how people's lives have been changed by these inventions."

His museum, which he proudly calls his "House of Gadgets," is a treasure trove of nostalgia and innovation. Visitors are greeted with rows of vintage cameras, classic mobile phones like the iconic Nokia 3310, and calculators that date back to the 1970s. The collection even includes rare items such as typewriters and the early models of digital cameras, offering a glimpse into a time when technology was simpler but no less groundbreaking.

Garcia's love for photography also plays a central role in his collection. His passion started when he was gifted his first camera as a young man. Over the years, he amassed an impressive assortment of cameras, ranging from analog film models to early digital prototypes. These cameras not only document his journey as a hobbyist photographer but also represent the evolution of capturing moments—a theme he emphasizes to young visitors.

His museum is not just a static display of gadgets but an interactive space where children and adults alike can engage with technology. Visitors are encouraged to touch and operate some of the items, sparking curiosity and igniting their imaginations. Garcia also conducts free workshops for children, teaching them about the history of technology, the basics of photography, and how to appreciate the tools that have shaped the modern world.

"My goal is to make learning fun and tangible," he explains. "When kids see these gadgets, they realize how far we've come and how much more is possible in the future."

The museum has become a local attraction, drawing visitors from neighboring towns and even tourists who are intrigued by its unique charm. For Garcia, the museum is not just a passion project but a way to give back to his community. He believes that **technology, no matter how old, has the power to educate and inspire.**

Despite his age, Garcia remains active and deeply involved in maintaining his collection. He continues to hunt for new additions, scouring thrift shops and online platforms for items that could enrich his museum. His enthusiasm for gadgets is matched only by his commitment to ensuring that the younger generation appreciates the significance of these technological milestones.

"I'm not just collecting for myself," he says with a smile. "I'm collecting for the future, for the children who will one day change the world with their ideas."

Garcia's story is a powerful reminder that passion has no age limit. His museum stands as a bridge between generations, showing that even the simplest gadgets from the past can inspire greatness in the present and future.

As the sun sets over San Joaquin, the lights of Garcia's museum glow warmly, a beacon of learning and wonder in the heart of the community. For those who visit, it's not just a journey through the history of technology but also an encounter with the boundless spirit of a man who turned his passion into a lifelong mission.

Indeed, John Teofanes Garcia and his museum of gadgets remind us all that sometimes, the greatest treasures are not just the gadgets we use but the stories and lessons they carry—oldies, but undeniably goodies.



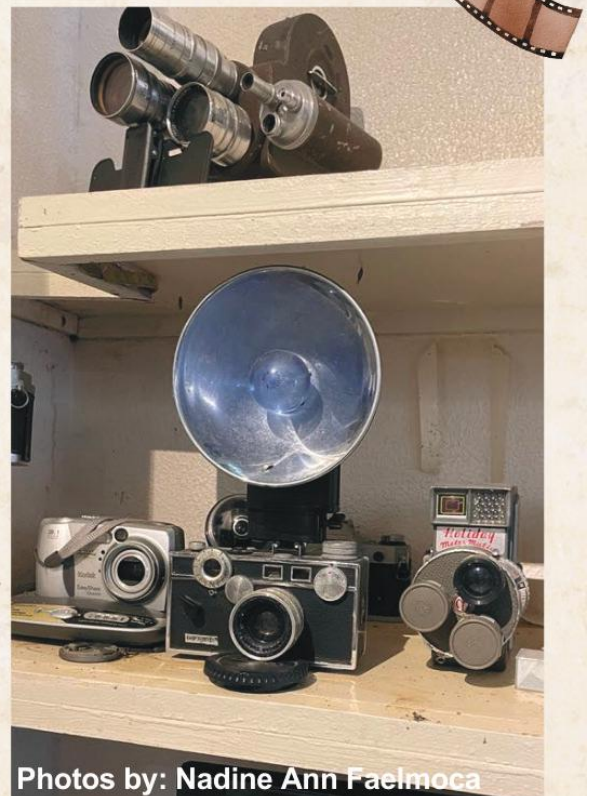
SMART CARE FOR SMART DEVICES: A GUIDE TO GADGET LONGEVITY

by Thane Bel Flores

Proper gadget care is essential to ensure their longevity and optimal performance. First, always handle your devices with clean hands to prevent dirt and oils from accumulating on screens, buttons, and ports. Using protective cases and screen protectors can minimize the risk of scratches, dents, and accidental damage. It's equally important to keep gadgets away from extreme temperatures, as heat can damage batteries and internal components while cold can cause condensation. Regular cleaning with a soft, lint-free cloth helps remove dust and smudges, but avoid using harsh chemicals that might harm sensitive surfaces.

Charging gadgets correctly is also vital; use the original charger or compatible alternatives to avoid overloading the battery, and unplug the device once it's fully charged. Ensure proper ventilation to prevent overheating, especially during intensive tasks like gaming or streaming. Keeping software up-to-date is another critical step, as updates often include security patches and performance improvements.

Lastly, practice safe storage by keeping gadgets in dry and secure places when not in use, away from potential hazards like water spills or direct sunlight. By following these steps, you can maximize the lifespan of your gadgets and enjoy their full capabilities for years to come.



Photos by: Nadine Ann Faclmoca

The Rise of SNHS Robotics

In the quiet yet ambitious halls of Sarrat National High School (SNHS), a group of young innovators is turning dreams into reality. The SNHS Robotics Team, mentored by the brilliant and passionate Mr. Czezarweyn Chigne Caluya and a dedicated team of Science teachers, has emerged as a powerhouse in the field of robotics, gaining recognition not just locally but on the international stage.

What started as a small school initiative to encourage students to explore STEM (Science, Technology, Engineering, and Mathematics) has transformed into a platform for excellence. The SNHS Robotics Team has brought home numerous awards from prestigious international competitions, showcasing their ingenuity and dedication. From creating environmentally-focused robots to developing automated systems that solve real-world problems, the team's projects are a testament to their creativity and technical skills.

"Our goal is not just to win but to inspire," shares Mr. Caluya. "We want our students to see the endless possibilities that STEM can offer and to use their skills to make a positive impact on the world." This vision, supported by the school's Science department, has driven the team to consistently outperform competitors, proving that determination and teamwork can conquer even the toughest challenges.

The Robotics Team's success has not only elevated the school's reputation but also inspired younger students to dream big. With their mentors' guidance, they've learned more than just technical skills—they've developed resilience, critical thinking, and a collaborative spirit that will serve them well in the future.

From designing robots for disaster response to developing innovations for sustainable energy, the SNHS Robotics Team continues to push boundaries and explore new frontiers. Their achievements remind everyone that even from a small town like Sarrat, greatness is within reach. As they prepare for their next international competition, the team's story is far from over.

Their journey, however, has not been without challenges. Limited resources and access to advanced technology could have been significant hurdles, but through perseverance and creativity turned these obstacles into opportunities.

With the support of school administration, parents, and the community, they have overcome these challenges, proving that passion and innovation can overcome any obstacle. Alumni and local stakeholders have also played a vital role in their success, providing essential tools and materials to keep the team's momentum going.

The students behind the Robotics Team bring unique strengths to the table. From creative problem-solving to exceptional design and problem-solving, they've demonstrated the values of collaboration and teamwork, often going unnoticed, as they often spend hours in the workshop, driven by a shared passion for innovation.

The impact of their work is far-reaching. Their projects have shown that technology can be used for good, and their dedication has inspired others to pursue their dreams.

As they continue to grow, they've learned that it's not just about the technology, but about the people behind it. **"Robotics is about better future, change, and me."**

The Masters of Numbers

SNHS has become a beacon of excellence in mathematics, thanks to the remarkable achievements of its Mathletes. Over the years, these young mathematical wizards have not only dominated local competitions but have also consistently brought home prestigious awards from international contests, earning recognition for their unparalleled skill and dedication.

Guided by a passionate and highly skilled team of Math teachers, the SNHS Mathletes have turned abstract equations and complex computations into opportunities for learning and triumph. Their mentors' commitment to fostering a deep love for mathematics has cultivated a culture of perseverance, analytical thinking, and creativity. This strong foundation has propelled the team to excel on the global stage, where they compete against some of the brightest minds from around the world.

"Our goal is to show that math is not just a subject; it's a tool to solve real-world problems and unlock new opportunities," shares one of their mentors. This philosophy has driven the team to continuously push their limits, tackling intricate problems and developing innovative solutions. Their successes in international math olympiads, problem-solving challenges, and research presentations stand as a testament to their hard work and the unwavering support of their mentors. What sets the SNHS Mathletes apart is not just their skill but their passion for learning and collaboration. They spend hours after school practicing, solving problems, and supporting one another. Their camaraderie and shared commitment to excellence have not only strengthened their team but also inspired other students to pursue mathematics with enthusiasm and confidence.

Beyond competitions, the SNHS Mathletes have taken their expertise to the community, conducting workshops and tutoring sessions for their peers and younger students. These initiatives aim to spark a love for math among students of all levels, creating a ripple effect of learning and inspiration. Their efforts prove that their impact goes far beyond trophies and medals—they are shaping a generation that values critical thinking and problem-solving.

The SNHS Mathletes' journey is a testament to the power of resilience and teamwork. Despite the demanding nature of their training, they find joy and fulfillment in tackling complex mathematical problems and sharing their knowledge with others. With the support of their dedicated mentors and a school community that champions their efforts, they are not only excelling in competitions but also fostering an environment where learning and innovation thrive.

As they prepare for yet another international competition, the SNHS Mathletes continue to embody the school's commitment to academic excellence. Their achievements remind everyone that with teamwork, and strong mentorship, even the most challenging problems can be overcome. They have become ambassadors of hope and excellence, proving that barriers can be overcome with passion and persistence.

"Mathematics is more than numbers," says Mr. Michael Malvar, one of their mentors. **"It's about finding patterns, creating solutions, and understanding the world. The Mathletes of SNHS are not just competitors—they are innovators shaping the future."** Their inspiring story continues to shine brightly, paving the way for more students to follow in their footsteps.

The Legacy Builders

Behind every successful student and every celebrated achievement at SNHS lies the unwavering dedication of its teachers, faculty, and staff. These remarkable individuals form the backbone of the institution, tirelessly working to ensure that every learner is equipped not just with knowledge but with values, skills, and inspiration to achieve greatness.

The teachers of SNHS are more than just educators—they are mentors, motivators, and role models. Day in and day out, they pour their hearts into their work, creating lesson plans, engaging students in creative ways, and fostering a love for learning. Whether it's the Science teacher guiding students through experiments, the Math mentor solving equations with a smile, or the English instructor unlocking the beauty of language, each teacher contributes a unique strength that collectively shapes the school's culture of excellence.

Beyond the classroom, the faculty and staff ensure that the school runs seamlessly. From the administrative team managing school operations to the maintenance crew keeping the campus clean and safe, their efforts often go unnoticed but are deeply appreciated. The guidance counselors, librarians, and support staff all play vital roles in providing a holistic learning environment where students can thrive.

Their commitment extends far beyond the regular school day. SNHS teachers and staff often spend late hours preparing for events, mentoring extracurricular activities, and attending professional development programs to improve their craft. Their passion and perseverance have been instrumental in guiding SNHS to success, from academic competitions to sports and community initiatives.

As Dr. Marietta B. Yap, the school principal shared, **"Teaching is not just a profession; it's a calling. And here at SNHS, we answer that call every day, knowing we are shaping the future."**

The legacy of Sarrat National High School is built on the shoulders of these hardworking individuals. Their sacrifices, efforts, and love for their students leave a lasting mark, proving that education is truly a labor of love. Together, the teachers, faculty, and staff of SNHS are the heart of the school's success, driving it toward a bright future.

The Power of Parents



FEATURE 11

Champions Behind the Legacy of SNHS

by Princess Althea Hermano

Behind every successful school is a community of supportive and hardworking parents, and at Sarrat National High School, this holds especially true. The parents, led by the dedicated SPTA President, Mr. Romel D. Hilario, have proven to be an indispensable part of the school's achievements.

From organizing fundraisers to attending countless meetings, these parents tirelessly work to ensure their children have the best educational experience. Mr. Hilario's leadership inspires unity and collaboration among the parent community, fostering a strong partnership with the school. Under his guidance, parents have played a significant role in creating solutions to challenges, from enhancing classroom facilities to supporting school-wide programs and events.

Their contributions go beyond material support. These parents provide moral guidance, actively engage in their children's educational journey, and volunteer their time to assist teachers and staff. Whether it's cheering on students during competitions, helping maintain school facilities, or contributing ideas during consultations, their presence is a constant source of strength for the school.

The unwavering commitment of Sarrat National High School's parents not only elevates the quality of education but also fosters a culture of care and collaboration. Their efforts remind everyone that education is a shared responsibility, and success is a product of unity and perseverance. Truly, the parents of Sarrat National High School, led by Mr. Hilario, are pillars of its enduring triumph and growth.

Moreover, the parents' influence is felt in the way they encourage students to embrace their potential. They serve as role models, demonstrating the value of hard work, perseverance, and the importance of giving back to the community. The students of SNHS are not only academically prepared but also equipped with life lessons that will serve them well beyond their years at the school. As Mr. Romel D. Hilario often says, **"The success of our students is a reflection of the strength and unity of our community. Together, we build not just better learners, but better individuals for a brighter tomorrow."**

sustainable new horizons. Their global excellence is one thing is certain—their

limited resources and access, but the team's determination. With the support of the school, they made the most of what they weigh limitations. Donations from a crucial role in providing the team their projects thriving.

Team are a diverse group, each bringing coding and programming to mechanical work seamlessly as a team, embodying perseverance. Their hard work does not go and long hours after school perfecting their shared vision of success.

The SNHS Robotics Team extends beyond competitions. It inspired local communities, demonstrating how to address everyday problems. As Mr. Caluya puts it, **"It's not just about machines; it's about building a future. These students are not just inventors—they're makers."** With their unwavering passion, strong mentorship, and the support of the SNHS community, the Robotics Team is set to continue inspiring others and making history on the global stage.

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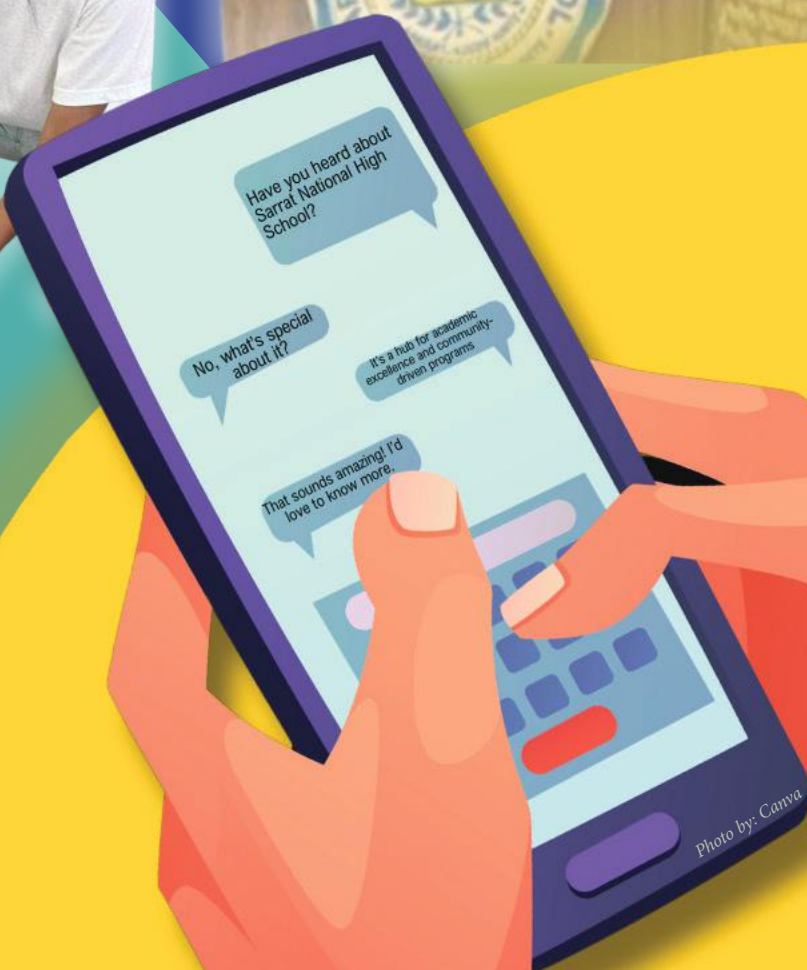
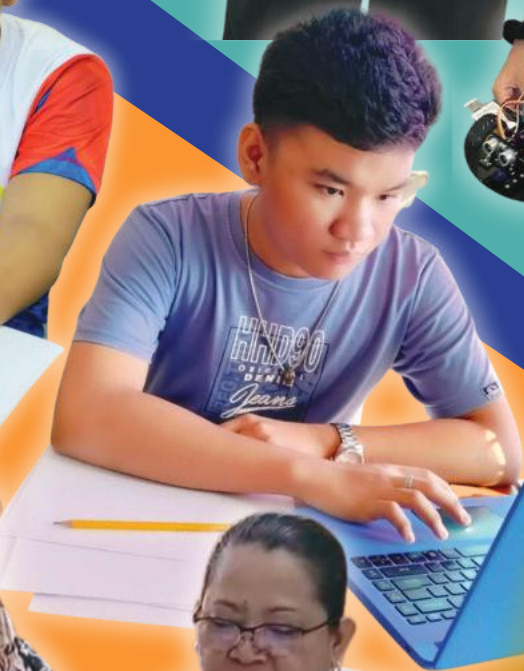
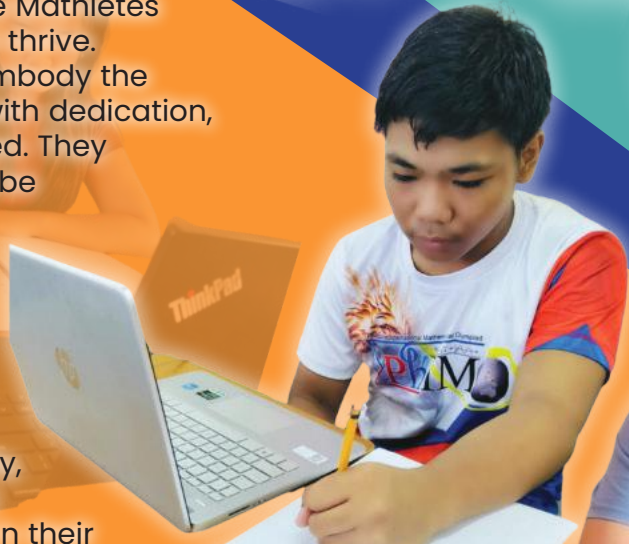
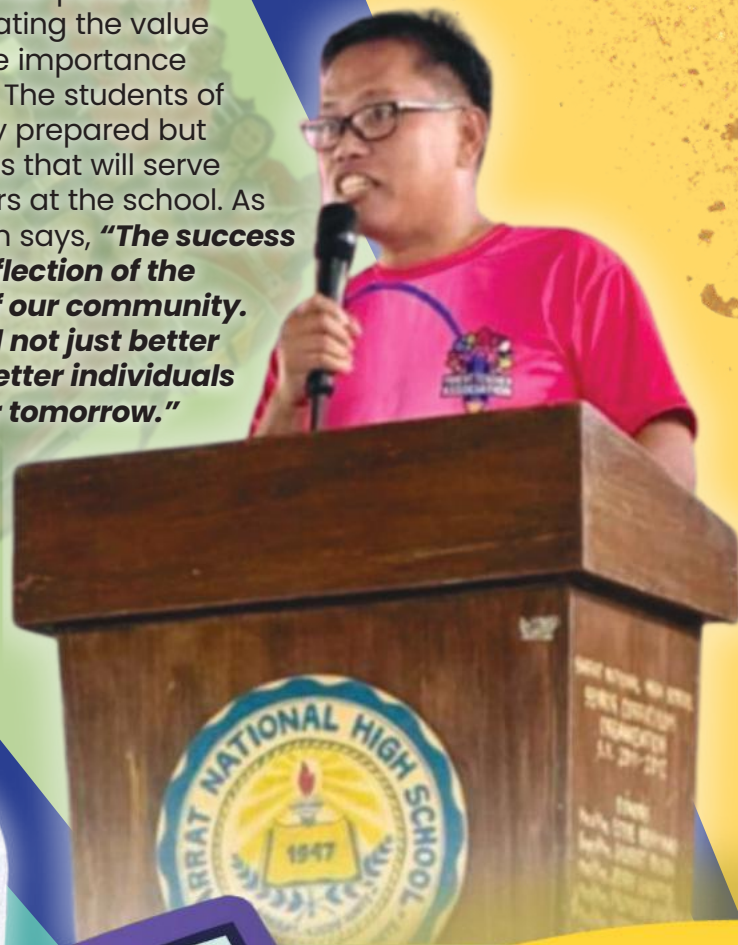
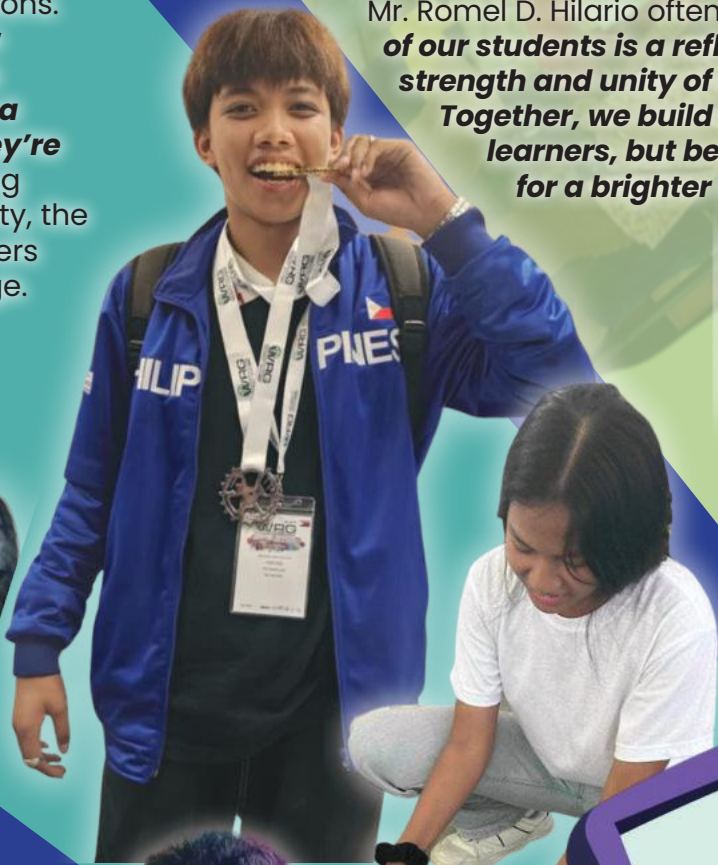


Photo by: Canva



Christmas After the Storm

by Reighfelices Lavane Zabala

In the Philippines, Christmas is not just a holiday—it's a season of hope, joy, and togetherness. But this year, as the parols sway under battered roofs and holiday lights flicker amid darkened streets, the season takes on a deeper meaning. Typhoons have come and gone, leaving communities drenched in loss and destruction. Yet, in true Filipino fashion, the spirit of Christmas remains unshaken.

For weeks, families have been rebuilding their lives from scraps. Houses have turned into piles of rubble, while streets still bear the muddy scars of the storms. Clothesline ropes now sag with drenched laundry, and trees that once stood tall now lean with broken branches. But amid these grim scenes, signs of resilience shine brightly.

In one small barangay, a family strings together a makeshift Christmas tree from driftwood collected after the floods. Adorned with bottle caps and scraps of tinsel that survived the storm, the tree stands as a testament to the Filipino's ability to create beauty from brokenness.

"Christmas is about hope," shares a father, his hands calloused from days of repairing their home. "And no typhoon can take that away from us."

Holiday traditions continue, albeit with adaptations. Children rehearse carols, singing with laughter that out the memories of howling winds. Families gather for meals—no grand feasts, but every dish cooked with love. Churches overflow with devotees for Simbang Gabi, prayers echoing louder than in grief.

Relief efforts also bring unexpected gifts of kindness. Strangers become family, as volunteers share meals, blankets, and stories of survival. In evacuation centers, displaced families exchange smiles, their laughter lighting up the space like Christmas lanterns.

"Filipinos are like bamboo," says a grandmother sitting beside her salvaged nativity set. "We bend, but we don't break. We celebrate Christmas not because everything is perfect, but because we believe better days are coming."

The resilience of Filipinos shines not just in their ability to rebuild but in how they carry their faith. In towns where churches have been reduced to ruins,

mass is still held, with priests standing under open skies as congregants gather on damp ground. Their prayers rise into the heavens, a collective cry for strength and renewal.

As the clock ticks toward Christmas Eve, the flicker of hope begins to glow in even the darkest corners of the country. Across landscapes scarred by the storms, signs of resilience and joy slowly emerge like stars piercing through a cloudy night. Children unfazed

by the destruction around them, splash gleefully in muddy puddles, their laughter ringing like the first notes of a Christmas carol.

Families gather under patched roofs, stringing together makeshift decorations from salvaged ribbons, bottle caps, and bits of tinsel clinging to fragments of their former lives. Neighbors, many of whom have lost just as much, exchange small gestures of kindness—a bowl of soup, a shared candle, or a simple hug—reminders that even in times of despair, the Filipino spirit finds ways to uplift. Each small act of celebration becomes a quiet but powerful rebellion, an unspoken declaration that the season's meaning cannot be drowned by the floodwaters of misfortune.

In every storm-wrecked village and along every waterlogged street, a shared truth becomes evident: no typhoon, however fierce, can extinguish the joy of a Filipino Christmas. The scenes are not as grand as in years past—there are no dazzling light displays or lavish feasts—but the warmth of the season is more vivid than ever. Families sing carols with gusto, their voices rising above the hum of generators and the rustling of tarpaulin roofs. The simplicity of their celebrations serves as

a poignant reminder that joy is not rooted in material wealth but in the unwavering connections of community and kinship. This Christmas, quieter and humbler than before, shines brighter because it is infused with the resilience of a people who have weathered countless storms and emerged with their hope intact. It is a living testament that amidst ruin, the Filipino heart finds a way to celebrate, to rebuild, and to give thanks.

Christmas, after all, is not about what has been lost but about what endures. For Filipinos, it is a season not defined by gifts or glitter but by the presence of faith, the strength of family, and the courage to take the next step forward, even when the path seems uncertain. The heart of the Filipino, unwavering and filled with faith, shines brightly even in adversity. In a land where the spirit is as enduring as the soul, even the harshest storms cannot dim the light of the season. Christmas is not just celebrated—it is lived, proving that the true magic of the season lies in the unyielding strength of the human spirit.



Illustration by: Patricia Sambrano

SNHS' Captain of Success: Leading with Vision and Dedication

by Princess Althea Hermano

Since 2016, Dr. Marietta B. Yap has been at the helm of Sarrat National High School, steering it toward unparalleled success and earning her place as a respected and beloved figure in the community. As School Principal IV, her visionary leadership, dedication, and innovative spirit have transformed the institution into a beacon of excellence, achieving accolades and recognition both locally and internationally. Her tenure reflects a deep commitment to shaping a school environment where students thrive academically, socially, and emotionally, and where teachers are empowered to achieve their best.

Among her many groundbreaking initiatives, TOUREX (Tour for Excellence) stands out as a hallmark of her administration. This innovative program serves as a blueprint for schools aiming to achieve holistic development through strategic leadership, efficient resource management, and a strong emphasis on educational and professional growth. TOUREX has not only elevated Sarrat National High School to new heights but has also inspired neighboring schools to adopt similar practices, fostering a culture of excellence and collaboration across the region. By initiating TOUREX, Dr. Yap has demonstrated her commitment to ensuring that education extends beyond the classroom, becoming a cornerstone for community and national development.

Under her leadership, Sarrat National High School has reached remarkable milestones that testify to her effectiveness as a leader. The school has garnered numerous international awards, reflecting the extraordinary talents and competencies of its students and teachers. These achievements span diverse fields, from academic competitions and research presentations to cultural and artistic showcases on the global stage. Dr. Yap's ability to inspire a culture of excellence and perseverance has played a pivotal role in these victories, instilling in students and staff alike a belief that they can compete and succeed at the highest levels.

Dr. Yap's success as a leader stems from an exceptional blend of qualities that distinguish her from the rest. Her inclusive and empathetic leadership style ensures that every member of the school community feels valued and heard. She creates an environment of mutual respect and open communication, empowering teachers, students, and staff to collaborate effectively. By maintaining high standards while fostering a nurturing atmosphere, she has cultivated a school culture that prioritizes growth, innovation, and well-being. Her proactive problem-solving skills and ability to adapt to challenges with creativity and resilience allow her to turn obstacles into opportunities for progress.

Her leadership extends beyond administrative duties; Dr. Yap is deeply invested in the personal and academic development of her students. She is known for her hands-on approach, often engaging directly with students to motivate them and instill a strong sense of purpose. Her unwavering commitment to student success is evident in her encouragement of young minds to dream big, take risks, and work toward their goals with determination and discipline. She has created a school environment where students feel supported and empowered, enabling them academically but also as confident, socially responsible individuals.



Dr. Yap's influence also extends to her team of educators, whom she inspires to strive for excellence in their teaching practices. Her emphasis on professional development, mentorship, and collaboration has empowered teachers to innovate in the classroom and foster meaningful learning experiences for their students. By promoting teamwork and recognizing the efforts of her colleagues, she has built a strong sense of community and shared purpose within the school.

Colleagues and students alike describe Dr. Yap as a leader who inspires unity, excellence, and resilience. Her ability to balance discipline with compassion has earned her the admiration and trust of everyone she works with. Teachers respect her for her fairness, encouragement, and ability to guide them through challenges. Students see her as a role model who leads by example, demonstrating that true success comes from hard work, dedication, and a passion for learning.

As Dr. Marietta B. Yap continues her journey as the principal of SNHS, her legacy of dedication, innovation, and unrelenting pursuit of excellence grows ever stronger. Her impact goes far beyond the confines of the school grounds, influencing the broader educational landscape and inspiring countless individuals to reach their full potential. She exemplifies the profound difference a visionary leader can make in shaping not just a school but an entire community, leaving a legacy that will be cherished for generations to come.



SNHS emerges as Overall Champion at Division Science Fiesta 2024

by Abigail Calaranan



LEADING THE WAY IN SCIENCE | SNHS proudly stands as the Overall Champion at the Division Science Fiesta 2024, showcasing excellence in innovation and teamwork.

Photo by: Jessica Agustin

Sarrat National High School emerged victorious as the Overall Champion in the prestigious Division Science Fiesta 2024, with the theme "Advancing Science for a Sustainable Future," held at Sta. Rosa National High School from October 11-13.

The event celebrated the innovative minds and dedication of both students and teachers, showcasing exceptional talent and passion for science.

The school's impressive performance spanned multiple categories, with students dominating in both contests and research presentations. Highlights include the first-place finish in the SCI-SPOTLIGHT Contest, where

Thamara S. Balino, Marah R. Pascual, and Ashley R. Quibol, coached by Mary Ann Melchor, dazzled the judges. In the Research Poster Competition, the team led by Balino, Patricia Anne R. Zambrano, and Nadine Ann Faelmoca secured first place in the Robotics and Intelligent Machines category, coached by Vishia Gantala. Sarrat's strength in this category was further cemented by a third-place win from the team of Cassandra Duque, Quibol, and Babielyn Dela Torre, coached by Lovelyn Rasalan. The school's students, Arianne Rasalan, Luigi Moreno and Aisen Rone Baluan also earned top spots in the Physical Science category, the Sci. Video Contest with Peter Saimon

Lagua and Leizel Gantala as the speakers and the breathtaking performances of Elijha Grace Duldulao and Leizel Gantala during the SciGot Talent.

SNHS also demonstrated its scientific prowess in teacher competitions. Multiple educators took home accolades in the E-SIM Presentation category, with standout performances from Mrs. Cellin U. Caber, Mr. Bernard Salvador, Mrs. Lovelyn Rasalan, and Ms. Vishia Gantala, who earned first and second places across several grade levels. Mrs. Caber also shone in the Teaching Demonstration (Grade 9) category, securing first place.

The school's success in the Science Fiesta is a testament to the collaborative effort of the entire Sarrat National High School community. Special recognition is given to the unwavering leadership of Dr. Marietta B. Yap, school principal IV, whose support and encouragement guided the participants to victory. Mrs. Analiza Barcarse, head teacher III in Science, was also commended for her inspirational leadership, alongside the collective effort of the Kasciencia: Science teachers, parents, and participants.

This achievement reflects the school's unwavering commitment to advancing

scientific excellence and innovation, underscoring the importance of determination, teamwork, and resilience. With this triumph, SNHS continues to set a high standard, inspiring students and educators alike to pursue their passions and excel in their pursuits. This victory not only highlights the hard work and creativity of the talented students but also showcases the support of dedicated teachers and the school community.

President of the SNHS YES-O Club said, **"This achievement reflects our collective effort and passion for science. Let's keep dreaming big and working hard, knowing our dedication today paves the way for a brighter future."**

Eco-Fashion Fusion: Turning Trash to Sash

by Myrelle F. Gairan

On September 26, 2024, Sarrat National High School celebrated the grand finale of Science Month with a vibrant blend of creativity, culture, and science. The highlight of the program was the much-anticipated "FaSCIENista" event—a unique fashion showcase that celebrated student artistry and environmental consciousness by transforming trash and traditional binakol textile into stunning eco-friendly attire.

The event was a collaborative effort between SNHS's Science Department and Youth for Environment in Schools Organization (YES-O) officers, with Dr. Rajah Adib G. Reyes, the Education Program Supervisor in Science, in attendance. Dr. Reyes's presence underscored the critical role of creativity in fostering an appreciation for both scientific principles and cultural heritage. The combination of trash materials and binakol fabric in the costumes made FaSCIENista more than a fashion show; it was a powerful message of how art can serve as a medium for environmental advocacy and cultural celebration, inspiring future generations to innovate sustainably.

This year's titles of Mr. and Miss FaSCIENista were awarded to Gboy Estavillo of

Grade 11 and Leizel A. Gantala of Grade 10, who captivated the audience with their resourceful, meaningful, and creative designs.

"KolHabi Trashion: Binakol Habu Trash Fashion"

Gboy's costume was an homage to the resilience and craftsmanship of Ilocano weavers, designed from a combination of used fishnet, recycled straw, and binakol fabric scraps. The fishnet symbolized tolerance and diligence, embodying the patience and skill of local weavers. A cape crafted from fishnet and indayon represented the intricate construction of the binakol pattern, while recycled straw bottoms conveyed the "sirpit," the secure threading essential in weaving. His shoes, symbolizing the weavers' role in shaping each piece, and a hat made from repurposed materials, reflected resourcefulness and dedication to preserving nature. Every element in Gboy's attire honored the patience, precision, and creativity that define both traditional weaving and sustainable fashion.

"A-Line Eco Elegance"

Leizel's gown, titled "A-Line Eco Elegance," showcased her commitment to environmental responsibility and cultural pride. Made from repurposed trash

bags, old newspapers, compact discs, and highlighted with binakol accents, the gown embodied both preservation of nature and heritage. The petal-like skirt represented a blooming of hope, while the binakol fabric on the bodice symbolized the region's weaving traditions. Leizel's design made an impactful statement: by blending recycled materials with traditional textile, her gown honored both ecological sustainability and regional pride in an elegant, modern form.

Through the fusion of discarded materials and binakol fabric, FaSCIENista sent a powerful message about the potential for combining environmental responsibility with cultural heritage. The students' creations demonstrated that fashion can transcend aesthetics, becoming a platform for exploring scientific concepts, environmental advocacy, and cultural identity.

As Science Month 2024 concluded, SNHS left the community inspired and proud. The event not only celebrated scientific curiosity and cultural pride but also encouraged students to think creatively and responsibly, setting a meaningful example for the next generation. Through FaSCIENista, SNHS has shown that innovation and tradition can seamlessly blend.

EMPOWERING ECO-CHAMPIONS | Dr. Rajah Adib G. Reyes inspires FaSCIENista candidates with words of passion and pride.



Photos by: Ashley Quibol



STEM students reap silver, 2 bronze medals at ISOCSEA

by Myrelle Gaoiran

SNHS celebrates the impressive achievements of three STEM students who recently showcased their skills on the international stage. Myrelle F. Gaoiran, Asher Loran Grace R. Ganal, and Dixon G. Doctolero proudly brought home one silver and two bronze medals from the Round 2 National Round of the International Science Olympiad Competition of Southeast Asia (ISOCSEA), held on August 17.

ISOCSEA, a prestigious competition attracting top students from across

Southeast Asia, challenges participants in various fields of science, including biology, chemistry, physics, earth science, and space science. The competition's structure included two rounds, the first of which took place on July 7, followed by the second on August 17. In both rounds, students demonstrated their scientific expertise through rigorous multiple-choice and short-answer sections, conducted through the online platforms Quilgo and Zoom.

Despite limited preparation time, Gaoiran,

Ganal, and Doctolero excelled, with Myrelle securing a silver medal and Asher and Dixon each earning bronze medals. Their success reflects not only their dedication and hard work but also the guidance of their coach, Ms. Wendy Balisacan, who supported them throughout their journey.

With this victory, they have the chance to represent the country at the ISOCSEA international final round from December 20 to 24, 2024, in Chiang Mai, Thailand, joining the brightest scientific minds from the region.



SNHS boosts Digital Learning with new laptops from DepEd

by Aissa Carreon

SNHS recently received 46 new laptops as part of the Department of Education (DepEd) Computerization Project, aimed at enhancing the educational experience for its students. The laptops were officially received by Principal Dr. Marietta B. Yap, Mr. Czeareweyn Chigne Caluya, Mrs. Ellen Marie Tiboc, and Mrs. Liezel Anne Galera, who expressed gratitude for this valuable addition to the school's resources.

These laptops will be used by the students, providing essential tools for research, collaboration, and online learning. Dr. Yap highlighted the significance of the donation, stating, "These laptops will significantly enhance our students' learning opportunities and equip them with the necessary skills for the 21st century." This initiative marks a significant step towards bridging the digital divide and preparing students for a technology-driven future. With these new tools, SNHS is committed to nurturing a generation of innovative thinkers and problem solvers.

PGIN recognizes, confers commendation to SNHS programmers, Science enthusiasts

by Nadine Faelmoca



LEADERS MEET PROGRAMMERS | SNHS student-programmers receive a Resolution of Commendation from the Ilocos Norte Provincial Government for their achievements at the HKICO and HKISO competitions in Singapore.

Photo by: Aisen Baluan

A group of talented student-programmers and science enthusiasts from Sarrat National High School received a Resolution of Commendation from the Provincial Government of Ilocos Norte during the 95th Regular Session on August 5. They were recognized for their achievements at the Hong Kong International Computational Olympiad (HKICO) and the Hong Kong International Science Olympiad (HKISO) held on June 15-16, 2024, at the Singapore Institute of Management. Their success highlights SNHS's

commitment to fostering excellence in STEM education.

The students brought home numerous awards, showcasing their skill and dedication in programming and robotics on the international stage. This commendation honors their efforts and the support of their teachers, coaches, and families. Present at the event were the student awardees; Dr. Marietta B. Yap, Principal; teachers and coaches; Ilocos Norte Vice Governor Cecilia Araneta Marcos; and other provincial officials.

Promoting Wellness: SNHS practices Water O'Clock habit

by Betinna Mayos

In a proactive effort to promote health and wellness among students and staff, Sarrat National High School (SNHS) has joined the initiative introduced by the Schools Division Office of Ilocos Norte (SDOIN) called "Water O'Clock." This activity aims to make drinking water an essential and mandatory part of the daily routine for every learner and school personnel, thereby reducing health-related risks and enhancing productivity and efficiency.

Principal Dr. Marietta B. Yap expressed her support for the program believing that incorporating regular water breaks into the daily schedule is vital for the students and staff. The program not only aims to support students' physical health but also serves as a reminder of the importance of healthy habits. As SNHS embraces this initiative, it aims to cultivate a culture of wellness that fosters academic success and personal growth. By prioritizing hydration, the school hopes that students will be more energized and focused for their studies.



STAY HYDRATED | Students pause for a refreshing drink to fuel their learning journey.

Photo by: Jonabelle Agoo

SNHS joins 3rd Quarter NSED

by Princess Althea Hermano



PREPARED FOR SAFETY | Students practice the "duck, cover, and hold" during the earthquake drill, reinforcing their preparedness skill.

Photo by: Ionica Samali

SNHS conducted its 3rd Quarter National Simultaneous Earthquake Drill (NSED) on September 26, reinforcing its commitment to safety and disaster preparedness.

The drill, held as part of the nationwide initiative, aimed to ensure that students and staff are equipped with the knowledge and skills to respond effectively during an earthquake.

Key partners—including the Bureau of Fire Protection (BFP), Municipal Disaster Risk Reduction and Management Council (MDRRMC), and Philippine National Police (PNP)—actively participated in the drill, alongside the school's

Disaster Risk Reduction and Management (DRRM) coordinator, Mrs. Vanessa Ponce. The event focused on simulating proper evacuation procedures and emphasized the importance of staying calm and responsive during emergencies.

In addition to evacuation practice, students and staff received guidance on essential survival tips, such as securing heavy objects and finding safe cover, which are crucial in earthquake-prone areas. By fostering these skills, SNHS aims to empower its community to act swiftly and safely in real-life scenarios, ensuring that disaster preparedness remains a top priority. Through the active involvement of both the school community and first responders, SNHS reaffirms its commitment to maintaining a culture of safety and disaster preparedness.

Arduino Project sparks curiosity among SNHS STE students

by Arianne Rasalan

As part of the SDOIN's Science September Fiesta, SNHS' Science Department hosted an engaging robotics activity where Grade 10 Science, Technology, and Engineering (STE) students successfully assembled and programmed an Arduino-based obstacle avoidance robot. This hands-on project provided students with practical experience in coding, problem-solving, and real-world engineering applications.

The initiative underscores the importance of robotics in modern education, with students developing technical skills while fostering critical thinking, teamwork, and creativity. Science Department Head Mrs. Analiza Barcarse emphasized that the project aligns with the school's commitment to innovation, empowering students to explore technology as a powerful tool for learning and future career readiness. The successful completion of the project truly inspired a greater interest in robotics.

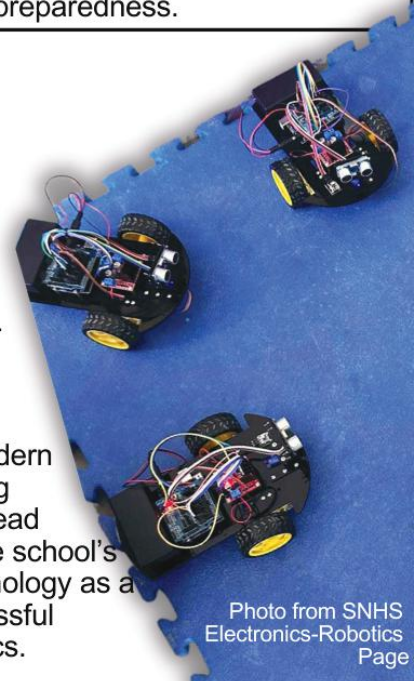
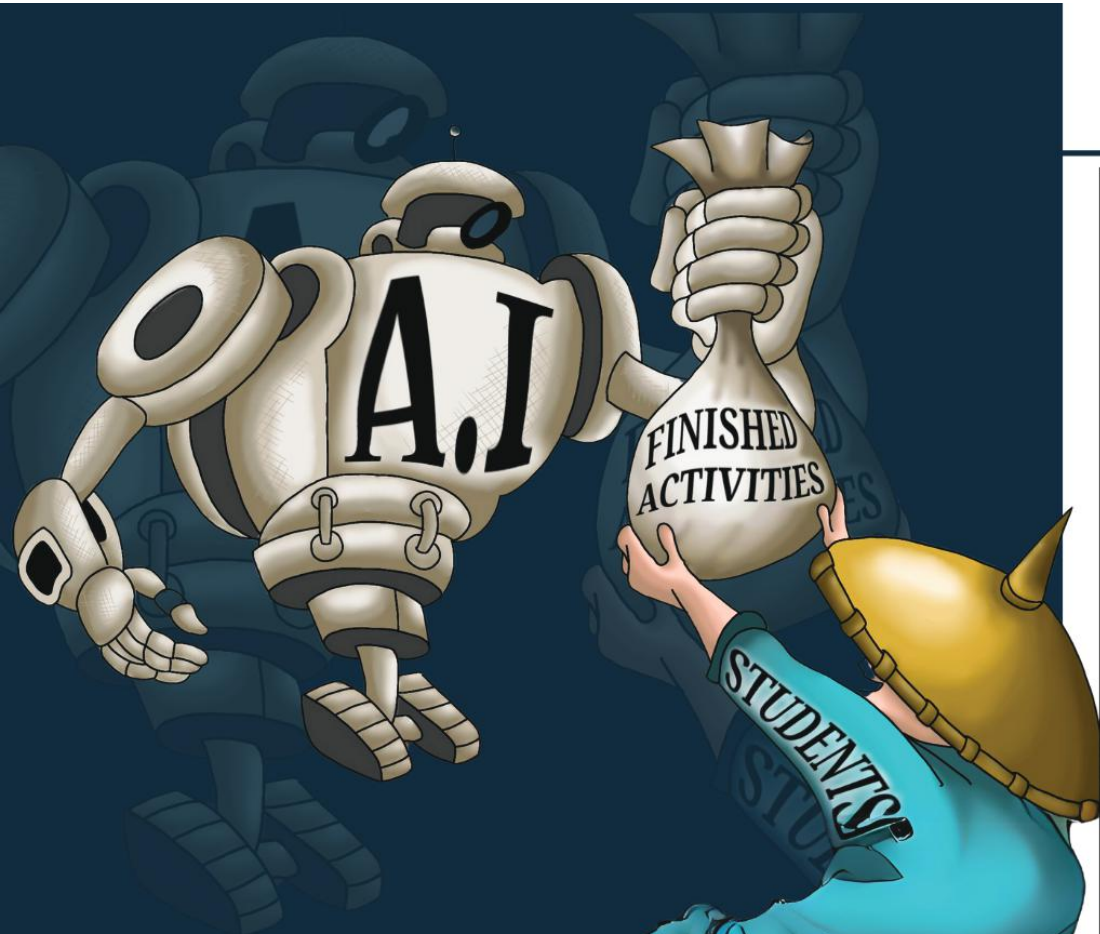


Photo from SNHS Electronics-Robotics Page

83%
of the SNHS students claim that they bring their own tumbler in school



EDITORIAL

AI in Education: A Tool for Empowerment or a Crutch?

Artificial Intelligence (AI) is revolutionizing education, reshaping the way students conduct research and engage in academic activities. From generating quick summaries to solving complex equations, AI-powered tools like ChatGPT, Grammarly, and Turnitin have become staples in classrooms, providing unparalleled support for learning. However, while these innovations offer tremendous potential, they also raise important questions about their role in education: Are we empowering students to learn more effectively, or are we creating a reliance on machines that stifles critical thinking and creativity?

AI undoubtedly brings significant advantages to the academic world. For research, it accelerates the process of gathering, analyzing, and synthesizing information. Tools like plagiarism checkers, citation generators, and even AI-assisted writing programs save students valuable time, allowing them to focus more on developing ideas than on the mechanics of formatting and editing. In group projects or collaborative activities, AI-driven tools can streamline communication, provide real-time feedback, and enhance the quality of outputs.

Moreover, AI makes education more accessible. Students from remote areas or those with limited access to traditional resources can use AI to access libraries, tutorials, and academic databases from anywhere. Language barriers are also reduced, as AI-powered translation tools allow students to engage with resources in multiple languages.

However, the increasing dependence on AI comes with risks. One of the most significant concerns is the potential erosion of essential skills, such as critical thinking, problem-solving, and creativity. When students rely on AI to draft essays, solve equations, or summarize articles, they may miss out on the intellectual rigor and satisfaction that come with mastering these tasks independently. Over-reliance on AI could inadvertently create a generation of learners who lack the depth and adaptability required to thrive in a rapidly changing world.

Additionally, ethical concerns arise from the use of AI in education. Academic integrity is at stake when students misuse AI to generate entire assignments or plagiarize content. Schools and educators must strike a balance, teaching students how to use AI responsibly while ensuring that technology enhances learning rather than replacing it.

The key lies in education and regulation. Schools must integrate AI literacy into the curriculum, teaching students not only how to use AI effectively but also its limitations, biases, and ethical implications. Educators should design assignments that encourage deeper engagement with material, fostering creativity and analysis rather than simple AI-assisted outputs.

AI is a tool—neither inherently good nor bad. Its value depends on how it is used. When integrated thoughtfully, AI has the potential to democratize education, making learning more personalized, efficient, and engaging. But this must come with an emphasis on responsibility, ensuring that students develop not just knowledge but also the wisdom to navigate an increasingly AI-driven world.

Moreover, the role of AI in education should be viewed as an opportunity to foster collaboration between humans and machines, rather than competition. As AI continues to evolve, its potential to assist in personalized learning grows. Imagine an AI tutor that can adapt to a student's unique pace, provide instant feedback, and suggest tailored learning resources. In research, AI can help students navigate vast amounts of data, identifying patterns and connections that might otherwise go unnoticed. This creates an environment where students can focus on higher-order thinking—synthesizing information, generating new ideas, and addressing complex problems. By embracing AI as a supportive partner in the learning process, we open the door to a future where technology and human intellect work in harmony, driving innovation and shaping the next generation of thinkers, leaders, and creators.

As we stand at the crossroads of innovation and tradition, the challenge for educators and students alike is clear: to harness AI as a tool for empowerment, not as a crutch that undermines the very essence of education.



LENS

Technology in Disaster Response: A Lifeline or a Burden?

by Dustin Mark Valdez

In times of disaster, technology has proven to be not just helpful, but essential. From natural calamities like earthquakes and typhoons to man-made crises, technology provides crucial tools for mitigating the impact and speeding up recovery efforts. Whether it's through early warning systems, GPS tracking, or social media for real-time updates, technology has become a lifeline for both responders and victims.

One of the most significant contributions of technology during disasters is the use of early warning systems. Advances in meteorology, seismic detection, and satellite imaging have made it possible to predict certain types of disasters—like hurricanes, floods, and tsunamis—before they strike. This allows governments and organizations to alert communities, giving people valuable time to prepare or evacuate. Technology also helps in resource management, ensuring that aid reaches those who need it most. Drones, for instance, can assess damage in areas that are hard to access, delivering supplies or helping to find survivors in situations where human rescuers can't reach.

Social media platforms have also proven instrumental in disasters. They provide a fast, reliable way for individuals to communicate with family and friends, coordinate relief efforts, and share important information. In addition, crowdsourcing platforms enable people to report problems, such as missing persons or blocked roads, helping authorities respond quickly and efficiently.

However, while technology has its undeniable benefits, there are also challenges. One issue is that not all communities have equal access to these technologies. In rural or impoverished areas, the lack of infrastructure, internet access, or digital literacy can hinder the effectiveness of technology in disaster response. Furthermore, during large-scale disasters, technology can sometimes become overloaded. Cell networks may crash, and social media can be flooded with misinformation, complicating efforts to deliver accurate updates and resources.

In my opinion, technology is undeniably helpful in disaster situations, but it's not a panacea. It should be viewed as a powerful tool that, when integrated with traditional response systems and combined with a strong community foundation, can significantly improve the effectiveness of disaster management. However, it's equally important to address issues of access and literacy, ensuring that no one is left behind when the next disaster strikes. Ultimately, technology should be used to complement human effort, not replace it, allowing both to work together to save lives and rebuild communities.

WHAT TO DO DURING DISASTERS

by Aisen Baluan

<p>TYPHOON</p>	<p>BEFORE</p> <ul style="list-style-type: none"> • Store some food and clean water. • Prepare candles, flashlights and extra batteries. • Listen to the radio or watch TV for news updates. 	<p>DURING</p> <ul style="list-style-type: none"> • Stay indoors and listen to the radio for updates. • If you need to evacuate, stay calm. Close the windows, turn off the main electricity switch, and bring your survival kit. 	<p>AFTER</p> <ul style="list-style-type: none"> • If your house was affected, make sure that it is safe before you enter. • Report any fallen posts or open cables to the authorities
<p>FLOOD</p>	<p>BEFORE</p> <ul style="list-style-type: none"> • If your house is in a flood prone area, research on the tides, and weather updates. • Store clean water, food, flashlights, extra batteries, matches and candles. • Store items higher up off the floors. • Decide on a place if you will be evacuating from your house. 	<p>DURING</p> <ul style="list-style-type: none"> • Listen to news updates. • Disconnect appliances in your house which may be reach by the flood. • Eat food which were cooked well. • If you will evacuate from your house, close all doors and windows, turn off the electricity and bring your survival kit. • Do not go into the flood water to avoid diseases and incidents. 	<p>AFTER</p> <ul style="list-style-type: none"> • Report any fallen post, broken cables and phone lines to barangay authorities. • Do not turn on the electricity switch, not unless you are sure it is dry and safe
<p>LANDSLIDE</p>	<p>BEFORE</p> <ul style="list-style-type: none"> • Find out if your area is prone to land slides. • Know your evacuation area route. • Prepare the contents of survival kits (flashlights, candles, matches, first aid kit, etc.) 	<p>DURING</p> <ul style="list-style-type: none"> • Get as far away as possible. • Follow the barangay evacuation plan. 	<p>AFTER</p> <ul style="list-style-type: none"> • Only use the phone in case of emergency so as not to interrupt communication lines for rescue and relief operation. • Stay away from the land slide affected area. • Keep safe distance.
<p>EARTHQUAKE</p>	<p>BEFORE</p> <ul style="list-style-type: none"> • Find out if your area is prone to earthquakes. • Prepare the contents of your survival kit (flashlights, candles, matches, first aid kit, etc.). • Know your evacuation area and routes. • Participate in drills and simulations. 	<p>DURING</p> <ul style="list-style-type: none"> • If inside your house, duck under a sturdy table or stay under a doorframe, and keep away from glass windows and possible falling objects. • If outside, go to a safe place, away from collapsing buildings, electrical posts and trees. • If inside the car, keep away from bridges and posts. • If you are near the coastal area, head to higher ground to avoid tsunamis. 	<p>AFTER</p> <ul style="list-style-type: none"> • Stay away from the coastal area. • Only use your phone in cases of emergency so as not to interrupt communication lines for rescue and relief operations. • Be prepared for after shocks.

Source: Philippine Red Cross

The Philippines is hit by an average of 20 typhoons each year. Of these, about 8 to 9 typhoons make landfall, causing significant damage to infrastructure, agriculture, and lives.

In response to the increasing frequency of natural disasters, the Philippines enacted the Disaster Risk Reduction and Management Act in 2010, which aims to strengthen the country's disaster response and preparedness capabilities. The law focuses on proactive measures to reduce the impact of disasters and improve community resilience.



Windy App

by Hershey Laguna

A New Era of Forecasting at your Fingertips

The Windy app has become an essential tool for weather tracking, especially in regions prone to extreme weather, such as the Philippines, which regularly experiences typhoons. Known for its visually engaging interface and data accuracy, Windy caters to a broad audience—from casual users to professionals in need of precise meteorological information. Its comprehensive features make understanding complex weather patterns simple and accessible, ideal for planning a weekend hike, navigating a sailing route, or managing daily commutes.

At the heart of Windy is its detailed, real-time data, which is gathered from multiple reliable sources, including the European Centre for Medium-Range Weather Forecasts (ECMWF) and the Global Forecast System (GFS). These models provide updates on temperature, wind speed, precipitation, cloud cover, and pressure, ensuring users stay informed with accurate and regularly updated forecasts. This level of data access is particularly helpful in regions like the Philippines, where the app's ability to track changes quickly can help residents and travelers prepare for sudden weather shifts. Windy's interactive and customizable maps enhance its usability. The app offers high-resolution maps that users can zoom in on to view specific areas or zoom out to observe broader patterns, with layer options displaying wind, rain, temperature, and air quality. By enabling users to personalize the information displayed on their screens, Windy ensures that each person can prioritize the data that is most relevant to their needs. This feature is invaluable during typhoon season in the Philippines, as residents can closely monitor weather patterns and take necessary precautions.

For outdoor enthusiasts, Windy's advanced wind tracking is a standout feature. Initially designed with kite surfers in mind, it provides real-time data on wind direction and speed at multiple altitudes, making it suitable for activities like surfing, sailing, and paragliding. The app's color-coded wind maps also allow users to spot high and low-pressure areas easily, a vital tool for aviators and sailors needing accurate wind conditions for safe travel.

Moreover, Windy's radar and satellite imagery provide a real-time visual of storm activity, rain intensity, and cloud movement. This feature is highly practical in the Philippines, where storm tracking is crucial for safety. Users can monitor storms and precipitation patterns, with the app delivering timely alerts on severe weather, making it a reliable choice for those who need to make rapid decisions in the face of approaching storms.

The app also includes an air quality monitoring feature, which has become particularly important as environmental awareness grows. The app displays real-time AQI (Air Quality Index) levels, which is beneficial for anyone concerned about pollution exposure, especially those with respiratory issues. Finally, customizable weather alerts allow users to set notifications for specific locations or weather conditions, ensuring they are always updated on relevant changes, which is essential in areas frequently affected by storms.

For Filipinos, especially during typhoon season, Windy has proven invaluable by offering a detailed, easy-to-understand forecasting tool that goes beyond basic weather apps. Its combination of accuracy, accessibility, and customization has solidified Windy's reputation as a top choice for reliable weather information globally.



Photo from: Google Images



DeepFake Deceptions

by Patricia Anne Zambrano

DeepFake technology, which uses artificial intelligence to create realistic but manipulated videos, images, and audio, has quickly gained momentum, making it increasingly difficult to discern authentic content from altered media. For students who spend much of their time online, this technology presents both opportunities and serious ethical challenges. The rise of DeepFakes underscores the importance of digital literacy, especially as manipulated media becomes more accessible and harder to detect.

DeepFake technology leverages deep learning algorithms to mimic human appearance, voices, and expressions. This process, while complex, has been democratized through user-friendly applications, allowing almost anyone to create highly realistic edits. For students, this can be an exciting creative tool—opening opportunities for engaging educational projects and visual storytelling. For example, students studying history might use DeepFakes to recreate historical figures in interactive presentations, making learning more immersive and memorable.

However, DeepFakes also present real risks. Increasingly, DeepFakes are used to spread misinformation, a pressing issue in a digital landscape where false information can quickly go viral. For students, who often rely on social media and online videos for news, this can lead to confusion and a skewed perception of reality. Additionally, DeepFakes are sometimes used maliciously in cyberbullying or to create non-consensual content, leading to privacy violations, mental health issues, and potential damage to one's reputation. The misuse of this technology makes it clear that, while the tool itself is neutral, its application can carry serious consequences.

In regions like the Philippines, where students and the public increasingly turn to online sources for updates, the impact of DeepFakes can be amplified. Misinformation around critical topics, such as disaster warnings or public health, could lead to real-world consequences. Understanding how to critically evaluate media is, therefore, an essential skill for students, who will need to navigate a world where AI-altered content is only becoming more common.

Teachers and parents play a vital role in addressing these challenges. By promoting digital literacy, they can help students develop skills to identify manipulated media and verify information from credible sources. Media literacy courses can introduce students to the techniques and ethics of digital content creation, empowering them to use AI responsibly. Schools could also incorporate discussions about the ethical implications of AI and DeepFakes, helping students understand the impact of their digital actions on others.

For students, protecting themselves starts with being informed. Recognizing the signs of a DeepFake—such as unnatural blinking, odd facial movements, or inconsistent audio—is one step toward critical media consumption. As DeepFake technology advances, these markers may become harder to detect, making it even more important for young people to understand how digital content is made and to approach online information with a discerning eye.

The world of DeepFakes, while fascinating, serves as a reminder of the power and responsibility that comes with digital tools. For students, developing the ability to engage responsibly with this technology can help them become thoughtful digital citizens, well-prepared to navigate and contribute to the rapidly evolving digital world.

As technology advances, students' ability to critically evaluate digital content is crucial. DeepFakes offer exciting possibilities but also demand caution and responsibility. By strengthening digital literacy, students can safely explore these tools, becoming informed and ethical digital citizens.

Powered by Sun, Driven by Purpose: Meet WALL-e, Our Eco-Friendly Campus Hero

by Arianne Rasalan

In the bustling campus of Sarrat National High School, a new hero has arrived with a mission to keep our surroundings cleaner and greener. Meet WALL-e—Waste Automated Logistics and Litter Eliminator. This innovative waste management system is inspired by the beloved animated character from WALL-E, a little robot tasked with cleaning up a waste-filled Earth. Just like its on-screen inspiration, our WALL-e is here to tackle the litter and waste on campus with efficiency and environmental responsibility, turning an ordinary trash bin into a smart, tech-driven solution.

The idea to create WALL-e stemmed from our admiration of the movie's environmental themes. In the film, WALL-E tirelessly picks up trash, dreaming of a cleaner world. We wanted to bring that same spirit to our school, creating a system that doesn't just collect waste but actively promotes sustainability. After months of planning and designing, WALL-e came to life as more than a waste container; it's a self-sustaining environmental assistant powered by robotics and solar energy.

WALL-e's capabilities go beyond typical waste bins. Equipped with an ultrasonic sensor, the lid opens automatically when it detects an object, allowing for hands-free waste disposal. When the bin reaches capacity, a GSM module sends a notification to a connected mobile device, ensuring timely collection. WALL-e can also follow a set path, thanks to its line-tracing sensor, and can detect obstacles along the way. To make it even more sustainable, WALL-e runs on solar power, regulated by a solar charge controller, meaning it doesn't rely on traditional electricity. And as an added bonus, WALL-e has a USB charging port, allowing students to charge their devices sustainably. At night, an automatic lamp ensures WALL-e is visible and accessible, further enhancing its usability.

WALL-e's presence on campus offers more than convenience; it brings a new level of environmental awareness to Sarrat National High School. By taking over some of the manual tasks involved in waste management, WALL-e not only lightens the load on staff but also sets a standard for sustainability. The charging port provides students with an eco-friendly option for powering up devices, while the automated waste management keeps our surroundings neat.

This project represents a step toward a greener future, encouraging everyone to think about how small changes can make a significant impact. Through WALL-e, Sarrat National High School is embracing a culture of sustainability, proving that innovation and environmental responsibility can work hand in hand. By managing waste, promoting renewable energy, and raising awareness, WALL-e isn't just another waste bin—it's a symbol of what we can achieve when technology and responsibility meet. As WALL-e continues to operate on campus, it serves as a daily reminder that our actions, however small, contribute to a healthier, cleaner environment.

Beyond its practical benefits, WALL-e also fosters a sense of pride and responsibility among students, encouraging them to be active participants in environmental conservation. By seeing a tangible example of green technology in action, students are inspired to think creatively about sustainability and explore ways to make positive changes in their own lives. WALL-e serves as both an educational tool and a catalyst for change, inviting the school community to adopt eco-conscious habits and empowering the next generation to be stewards of a greener world. In this way, WALL-e is not just a campus fixture—it's a movement toward a sustainable future that everyone can be part of.



Photo by: Arianne Rasalan

Sierra Madre

The Guardian of the North

by Princess Althea Hermano

Stretching across more than 500 kilometers from Cagayan down to Quezon, the Sierra Madre mountain range is often called the “backbone of Luzon” and for good reason. This extensive and towering mountain chain is not only a beautiful natural landmark; it also plays a crucial role in protecting the northern part of the Philippines from the harshest forces of nature. Every year, as typhoons barrel across the Pacific and make landfall in the Philippines, Sierra Madre becomes the first line of defense for millions of Filipinos in North Luzon, standing resilient against winds, rains, and floods. However, as development encroaches on its landscapes, this natural guardian is under increasing threat—jeopardizing not just the ecosystem but also the safety of those who live in its protective shadow.

The Sierra Madre mountain range acts as a natural barrier to incoming typhoons, which often form in the Pacific Ocean and gain strength as they approach the Philippine archipelago. When these storms hit Sierra Madre, the mountain range absorbs and disrupts the wind speeds and heavy rains, weakening the typhoon’s force before it can reach densely populated areas. This “shield effect” minimizes the destruction that would otherwise impact the inland cities, towns, and farmlands. Without Sierra Madre, many areas in North Luzon, including Metro Manila, would experience even greater devastation during typhoon season.

This role was starkly evident in recent years when powerful typhoons such as Typhoons Julian and Kristine hit North Luzon. In each case, the Sierra Madre range bore the brunt of the storm, absorbing much of its initial fury and sparing downstream regions from catastrophic damage. Experts attribute the decrease in fatalities and damage in these areas to the critical buffer Sierra Madre provides, reducing the typhoon’s velocity and the strength of its winds. Beyond its physical attributes, the mountain range’s forests act as natural absorbers of rainwater, preventing landslides, soil erosion, and flash floods.

Sierra Madre’s forests are rich in biodiversity, home to hundreds of plant and animal species, some of which are found nowhere else in the world. Rare animals like the Philippine Eagle, Luzon Bleeding-Heart, and Golden-Crowned Flying Fox make their homes in this dense forest canopy. These species depend on Sierra Madre’s delicate ecosystem, which in turn benefits humans by maintaining the balance of natural resources, like clean water and fresh air. However, despite its protective role, Sierra Madre is under constant threat from illegal logging, mining activities, and large-scale agricultural development. Every year, thousands of hectares of forest cover are lost due to these destructive activities, weakening Sierra Madre’s capacity to protect and nourish its natural environment. Each tree felled, each plot cleared, is a step closer to losing the buffer that stands between us and nature’s fury.

Efforts are underway to protect this invaluable mountain range, with initiatives led by environmental groups, local governments, and indigenous communities. Laws like the Expanded National Integrated Protected Areas System (ENIPAS) Act aim to preserve Sierra Madre and other critical ecosystems in the Philippines. However, these laws are not always enforced consistently. Even with regulations in place, development projects often push through due to economic interests, putting the Sierra Madre’s future in peril. Communities have a pivotal role in advocating for Sierra Madre’s protection, and grassroots campaigns have proven powerful in raising awareness and mobilizing resources. Planting activities, environmental education, and sustainable ecotourism initiatives are gaining ground, inspiring more Filipinos to appreciate the mountain range and rally for its protection.

There are ways for individuals and communities to contribute to these conservation efforts. One way is to support local reforestation initiatives and conservation programs led by environmental organizations. Practicing responsible tourism by following sustainable guidelines, avoiding littering, and respecting local wildlife when visiting Sierra Madre can also make a difference. Raising awareness on social media and other platforms can inspire more people to take action to protect Sierra Madre, while advocating for stronger environmental legislation is essential to ensure that existing laws are enforced and new protective measures are created. Supporting indigenous rights is equally important, as indigenous groups who have lived in Sierra Madre for centuries possess rich knowledge of sustainable land management practices.

The Sierra Madre has shielded the people of North Luzon from storms for generations, standing tall against nature’s most powerful forces. Yet, its continued ability to serve as our protector depends on the steps we take today to preserve it. This mountain range has given us a legacy of safety and can. Let us not wait until it is too late, until the mountains are bare and the forests gone, and typhoons hit with unmitigated force. The Sierra Madre, the guardian of North Luzon, deserves our respect and protection. Only then can it continue to serve as the natural shield that keeps millions of lives safe each year.





BALANCING ACADEMICS AND SPORTS: STRIKING THE RIGHT RHYTHM FOR STUDENT SUCCESS

In today's fast-paced educational landscape, the importance of balancing academics with extracurricular pursuits like sports cannot be overstated. Sports provide students with unique opportunities for physical fitness, teamwork, discipline, and resilience—qualities that are invaluable both on the field and in the classroom. With benefits ranging from improved health and mental well-being to enhanced social skills and leadership development, sports can play a transformative role in shaping well-rounded individuals.

However, achieving a harmonious balance between academics and athletics requires careful time management, flexible school

policies, and the collaborative support of teachers, coaches, parents, and school administrators.

For student-athletes participating in events like the Ilocos Norte Division Athletic Association (INDAA) Meet, Region 1 Athletic Association (R1AA), and Palarong Pambansa, this balance becomes even more crucial. Preparing for these rigorous competitions, which bring pride and recognition to both students and their schools, requires intensive training and focus. Establishing reasonable training schedules that don't detract from academic responsibilities is vital; early morning and late afternoon sessions may work well to accommodate both

studies and training, while still considering students' need for rest and the mental demands of a full school day. Schools, sports coordinators, and athletic programs should collaborate to prevent burnout, ensuring that practices and training do not overwhelm students.

It's equally essential for student-athletes to develop strong time-management skills. When they learn to prioritize tasks and allocate time for studies, rest, and sports, they gain skills that prepare them for adulthood. Additionally, the academic community must acknowledge the value of sports and adjust expectations as necessary. Allowing student-athletes

reasonable flexibility on assignment deadlines and school attendance—within limits—can ease the pressure and help maintain academic integrity.

Educators and administrators should foster an environment where students feel encouraged to pursue both academics and sports without fear of compromising one for the other. When schools promote a balanced approach, they help mold well-rounded, resilient students who excel in both mind and body, better prepared to handle the challenges of life beyond school. Balancing academics and athletics isn't just about meeting immediate goals; it's about preparing students for

a future where they can thrive in all areas of life.

Moreover, research shows that student-athletes who feel supported by their schools in both academics and sports are more likely to succeed in both areas. A collaborative approach, where teachers, coaches, and administrators work together to create a balanced schedule, allows students to pursue their passions without sacrificing academic standards. This holistic support system not only promotes higher achievement but also instills a sense of pride and motivation that can positively impact students' long-term goals and personal growth.

BULLSEYE

Fair or Fear Access?

by Arzhyle Dez Corpuz

Student-athletes often represent the heart of school spirit, embodying dedication, resilience, and teamwork. Yet, in many schools, these athletes lack basic resources, such as proper sports equipment and safe, accessible training venues. This lack of support not only hinders their growth and success in athletics but also sends a troubling message about the value placed on their efforts and well-being.

Insufficient sports equipment and inadequate facilities can have serious consequences for young athletes. From an educational standpoint, sports programs are designed not only to build physical skills but also to develop essential life qualities like discipline, focus, and time management. When students are forced to share worn-out equipment or make do with limited training spaces, they miss out on opportunities to refine their skills, stay safe from injury, and experience a true sense of team identity and pride. The contrast is especially apparent in underfunded schools, where athletics budgets are stretched thin, compared to schools with more resources that can provide state-of-the-art facilities and equipment.

Additionally, unequal access to quality sports resources can create disparities in athletic performance and motivation. Student-athletes may feel discouraged or undervalued when they see their counterparts in better-funded schools enjoying the benefits of modern equipment and well-maintained

fields. This lack of equitable resources in sports can also prevent talented athletes from pursuing scholarships or athletic careers, where opportunities often depend on skill refinement and exposure that come from comprehensive training environments.

To truly support student-athletes, schools, communities, and educational stakeholders must advocate for fair and adequate funding across all institutions. This could include allocating funds for equipment upgrades, improving training venues, and ensuring that all athletes, regardless of their school's financial status, have the resources to reach their full potential. By investing in the tools and spaces that athletes need, schools can foster a more inclusive sports environment that recognizes and nurtures the talent, dedication, and potential of all students, helping to create a fairer, more supportive landscape for youth sports.

Moreover, addressing this issue is not just about fairness in sports but also about promoting overall student development. Sports play a crucial role in fostering teamwork, discipline, and leadership—qualities that extend into academic and personal success. Providing equitable resources ensures that every student-athlete, regardless of their school's financial standing, has the opportunity to grow in these areas. A commitment to leveling the playing field reflects a broader dedication to educational equity, affirming that no student's potential should be limited by a lack of support.

TRASH TALK IN E-GAMES: WHERE'S THE LINE?

by Erwin Balicoco

Trash talk has been a staple of sports, both physical and digital, adding intensity and drama to competition. When clever and non-toxic, it energizes games, fuels rivalries, and showcases the personality of players. In e-sports, it can elevate matches, drawing in audiences and creating memorable moments. However, the fast-growing world of e-games also exposes the darker side of trash talk—harassment, bullying, and outright toxicity—especially in the anonymity of online platforms.

This behavior doesn't just stay in the game; it fosters an unwelcoming environment, particularly for women and marginalized groups, threatening diversity and inclusivity in the gaming community. The global nature of e-sports magnifies the issue, with offensive remarks reaching audiences of all ages. For impressionable younger players, this can normalize hostility, perpetuating a cycle of toxic behavior.

Finding the balance between playful banter and harmful speech is crucial. Governing bodies, game developers, and tournament organizers must set clear guidelines on acceptable conduct, while players must recognize their role as ambassadors of their sport. A witty, well-timed remark can entertain and energize, but personal attacks or hate speech cross the line into destructive territory.

As e-sports grows, so does its responsibility to promote respect and professionalism. By encouraging positive interactions and holding players accountable, the gaming community can ensure that trash talk enhances the competition without compromising sportsmanship.

In the end, trash talk should inspire energy, not hostility. It's an art when done thoughtfully—but when it turns toxic, it becomes garbage, and no one needs that in their game.

The Final Leap:

Taganas' Journey in Aero Gymnastics

by Arzhyle Dez Corpuz

For Brynher Taganas, a Grade 12 STEM student at Sarrat National High School, gymnastics is more than just a sport; it's a testament to his resilience, discipline, and passion. As he enters his final year competing in aerobic gymnastics, Brynher reflects on his journey—a path filled with challenges, growth, and countless moments of triumph.

A Passion Reignited

Brynher's love for gymnastics began in Grade 6 when he joined as an artistic gymnast. However, the pandemic disrupted his budding career in Grade 7, forcing him to take a hiatus. Despite this setback, he returned to gymnastics in high school with renewed vigor, shifting his focus to aerobic gymnastics. Since Grade 10, he has been competing consistently, even earning medals at the regional level.

"Watching gymnasts perform incredible moves inspired me," he shares. "Their strength, flexibility, and confidence made me want to try it myself. That feeling keeps pushing me to chase my dreams in aero gymnastics."

Strength Through Adversity

Brynher's journey has not been without hurdles. Injuries, including a sprained ankle, hip joint issues, and back problems in 2023, tested his determination. Yet, he refused to let these setbacks define him. "I turned my passion into action," he explains. "Even when injuries slowed me down, I focused on moving forward instead of staying stuck." His biggest challenge

also became his most significant source of strength, proving that passion and perseverance can overcome even the toughest obstacles.

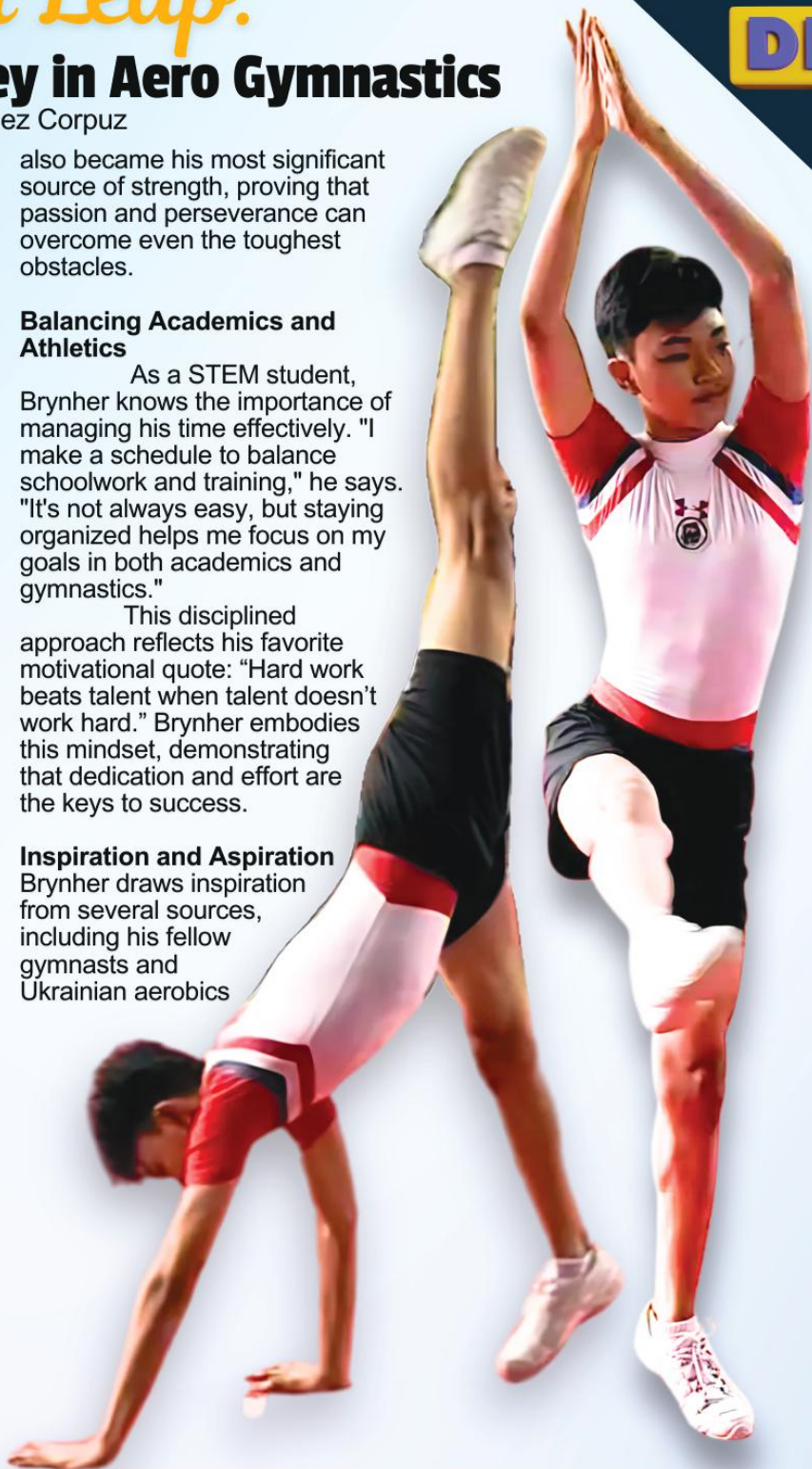
Balancing Academics and Athletics

As a STEM student, Brynher knows the importance of managing his time effectively. "I make a schedule to balance schoolwork and training," he says. "It's not always easy, but staying organized helps me focus on my goals in both academics and gymnastics."

This disciplined approach reflects his favorite motivational quote: "Hard work beats talent when talent doesn't work hard." Brynher embodies this mindset, demonstrating that dedication and effort are the keys to success.

Inspiration and Aspiration

Brynher draws inspiration from several sources, including his fellow gymnasts and Ukrainian aerobics



DID YOU KNOW?

Aero gymnastics originated in the late 1980s and early 1990s as a competitive discipline in the International Gymnastics Federation (FIG). It has since become a recognized sport, with competitions held at the national and international levels.

Aero gymnastics routines are often performed at such high energy that they can burn up to 500 calories in just a 2-minute performance! This makes it not only an exciting sport to watch but also a great full-body workout.



champion Anastasiia Kurashvili. "She made history as the first Ukrainian to win a gold medal in aerobics at the 2022 World Championships," he says. "Her routines tell powerful stories, especially about the war in her country. That motivates me to use my performances to inspire others and send meaningful messages."

As he looks to the future, Brynher dreams of competing at the national level and beyond. "I want to graduate, prepare for college, and continue achieving my goals in gymnastics," he shares. "More importantly, I hope to use this sport to help my family while creating lasting memories of doing what I love."

The Final Year

This year marks Brynher's final opportunity to compete as a high school gymnast, and he is determined to make it count. "Performing in competitions is exciting because it showcases all the hard work I've put in," he says. "I dream of winning a gold medal and competing at an even higher level."

With his unwavering dedication and passion, Brynher Taganas is poised to leave an indelible mark on the gymnastics scene. As he takes his final leap

in high school, he serves as an inspiration to others—proof that with hard work, resilience, and a dream, anything is possible.

The pressure of the final year hasn't deterred Brynher—it has fueled his commitment to excel both on and off the mat. Each practice session is approached with a sense of purpose, as he fine-tunes routines and pushes his physical and mental limits. His hard work recently paid off when he clinched a gold medal at the Ilocos Norte Division Athletic Association meet, a moment that marked one of his proudest achievements. Now, Brynher is ready to take on an even bigger stage, the Region 1 Athletic Association meet, where he hopes to showcase his passion, and unwavering determination.

CALL FOR VALUES: Yap opens Triangular Meet 2024 with a call for sportsmanship

by Erwin Balicoco

"Beyond competing, this event is about building character and fostering true sportsmanship. Let us remember that real champions are not just determined by their victories, but by their discipline, integrity, and respect for others," said Dr. Marietta B. Yap, as she officially declared the opening of the Triangular Meet 2024 last October 7,

The resounding applause from the crowd signaled the collective enthusiasm and commitment of all participants to uphold the essence of sportsmanship throughout the event. With representatives from Sarrat National High School, Sta. Rosa National High School, and Pandan Integrated School, the Triangular Meet aims to foster camaraderie and unity through spirited competition.

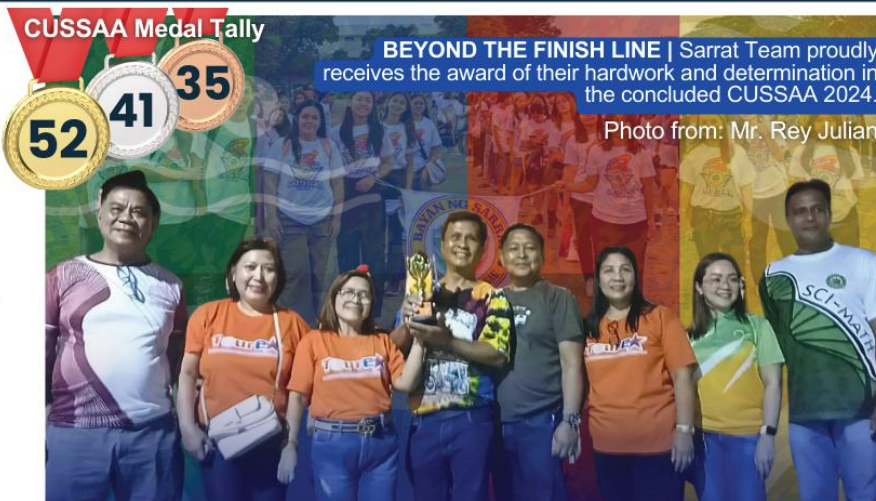
As athletes prepared to take the field, their determination and excitement were evident, reflecting countless hours of training and preparation. Coaches and mentors encouraged their teams to not only aim for victory but also to demonstrate fairness and respect, embodying the true spirit of the games. Beyond the competitions, the event also provided an opportunity for the schools to showcase their creativity, with colorful banners, lively cheers, and cultural presentations adding to the festive atmosphere.

The Triangular Meet 2024 stands as a testament to the power of sports in uniting communities and inspiring young individuals to strive for excellence, both on and off the field. It promises to be more than just a showcase of athleticism, but a celebration of the values that build character and strengthen bonds among the participating schools.



TALK TO CHALLENGE | Dr. Marietta B. Yap ignites camaraderie, and sportsmanship among Sarrat, Sta. Rosa, and Pandan schools during the Triangular Meet 2024.

Photo by Jhay Aizen Balidoy



CUSSAA Medal Tally

BEYOND THE FINISH LINE | Sarrat Team proudly receives the award of their hardwork and determination in the concluded CUSSAA 2024.

Photo from: Mr. Rey Julian

SARRAT TRIUMPHS AS FIRST RUNNER-UP IN 2024 CUSSAA MEET

by: Aisen Baluan

Sarrat National High School recently achieved the First Runner-Up title at the 2024 Central Unit Secondary Schools Association Meet (CUSSAA), held in Bacarra, Ilocos Norte, on October 28-29.

Competing against teams from three other towns, SNHS athletes showcased determination, teamwork, and grit throughout the event. Their dedication bore fruit, with the team securing an impressive haul of gold, silver, and bronze medals.

The achievement was not just a testament to their athletic prowess but also a proud moment for the entire school community. The journey is just as important as the destination. In sports, it's not just about winning—it's about the hard work, sacrifices, and lessons learned along the way. These experiences shape athletes into resilient individuals, preparing them for bigger challenges ahead.

More than a competition, the CUSSAA Meet provided athletes with invaluable

opportunities for growth. Beyond personal glory, winning awards instilled essential life lessons. Teamwork and cooperation played a critical role, as athletes relied on and trusted one another for support. Through discipline and time management, the athletes balanced their academic responsibilities with the rigorous demands of training, emerging as well-rounded individuals.

While the First Runner-Up title is a remarkable milestone, it is just the beginning for the athletes of SNHS. Their hard work and determination continue to pave the way for future triumphs, inspiring the school and the community to support their champions on and off the field.

Likewise, the encouragement and guidance of the coaches and mentors were instrumental in motivating the athletes to push beyond their limits and aim for greatness. The collective efforts of everyone involved created a nurturing environment where athletes could thrive, fostering a sense of pride and unity that extends beyond the competition.

EJ Obiena brings global-standard pole vault facility to Ilocos Norte

by Arzhyle Dez Corpuz

Philippine pole vaulting sensation EJ Obiena has taken a monumental step in advancing athletics in the country with the unveiling of a world-class pole vault facility at Marcos Stadium, Laoag City on November 22.

The launch marks a groundbreaking moment for Philippine sports, offering top-tier training resources to aspiring athletes in Northern Luzon.

The facility, fitted with international-standard equipment, is designed to cultivate the next generation of pole vaulting talents while boosting the sport's prominence in the region. During the grand opening, Obiena captivated the crowd with a thrilling exhibition, demonstrating his exceptional skills and inspiring the young athletes in attendance.

The initiative was warmly welcomed by Ilocos Norte Governor Matthew Marcos Manotoc, alongside local officials and sports enthusiasts, who lauded the facility as a transformative development for grassroots athletics. Governor Manotoc highlighted the potential of the facility to position Ilocos Norte as a hub for athletic excellence, fostering opportunities for local athletes to excel.

This new pole vault facility is expected to not only enhance the skill levels of athletes but also ignite passion and hope for those dreaming of representing the Philippines in international sports. It stands as a testament to Obiena's commitment to uplifting Philippine athletics and inspiring the next wave of champions.



FOR THE NEXT GEN | EJ Obiena's world-class pole vault facility in Laoag City sets the stage for a new era of athletic greatness in the Philippines.

Photo from: INDAA 2024 Athletics FB Page



THE NEW SPEARHEAD

*Pioneering Thought,
Driving Change*

The Official School Publication of
Sarrat National High School,
Division of Ilocos Norte Vol. 1 No. 1
August - December 2024

SPORTS

A DECADE OF DOMINANCE

CENTRAL UNIT SWATS SOUTH UNIT, BOOKS R1AA BERTH

by Arzhyle Dez Corpuz

Skill and determination reign supreme in the clash of titans.

In a commanding display of refined skill and lionhearted determination, Sarrat National High School of the Central Unit claimed a resounding 5-0 triumph over the relentless South Unit, represented by Currimao National High School, during the 2024 Ilocos Norte Division Athletic Association (INDAA) Meet Futsal Championship unfurled at Sarrat Civic Center on November 22.

Marianne Lynette Sadora, the Central Unit's star striker, shone brightly as she delivered a stellar performance, netting three crucial goals. Her formidable partnership with left winger Jandhie Legaspi ensured a relentless offensive onslaught that left the South Unit struggling to recover.

"Our game was simple: play our best game and defend our title," shared Sadora, reflecting on their strategy and motivation.

The Central Unit took control early, with Sadora igniting the scoreboard in the 8th minute, blasting a powerful strike into the bottom corner. Just moments later, a thrilling combination play between Legaspi and Sadora led to another goal, electrifying the crowd.

As the South Unit scrambled to regain composure, Legaspi unleashed a sharp cross in the 15th minute, which set up Sadora for her second goal, widening the lead to 3-0 before halftime.

The second half brought even more excitement as the Central Unit continued their relentless pressure. In the 18th minute,

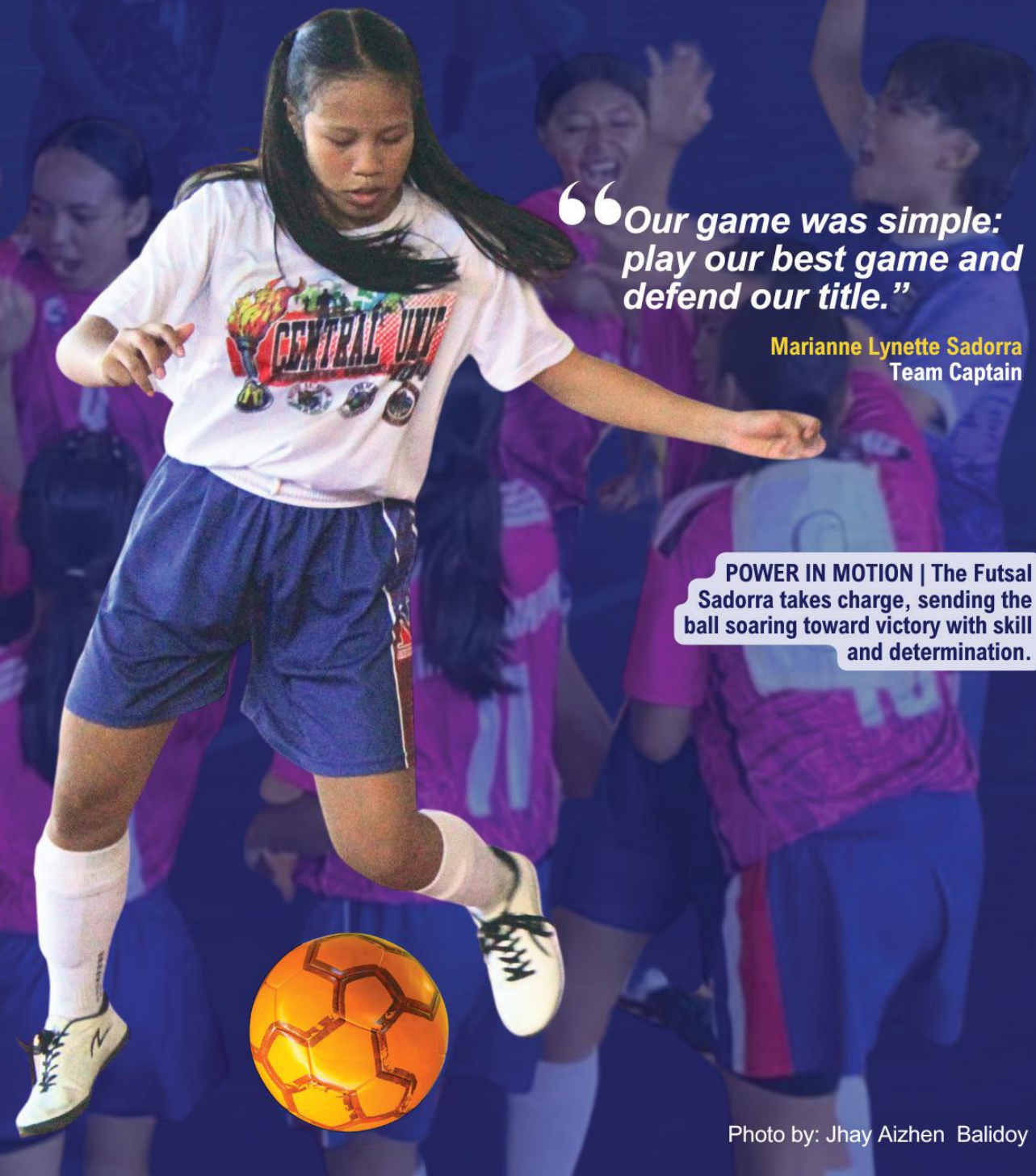
Legaspi dazzled with a breathtaking solo run down the left flank, weaving past defenders before firing a pinpoint pass to Sadora, who completed her hat trick with a clinical finish.

Despite valiant efforts from the South Unit, particularly their captain, who orchestrated several counterattacks, they struggled to penetrate the Central Unit's airtight defense, anchored by a commanding performance from goalkeeper Mia Fe Mauricio.

Trainer Mr. Esperidion Agbayani praised the team's dedication, stating, "This victory isn't just about talent—it's about heart and hard work. These athletes have the drive to keep pushing forward."

The victory marked the Central Unit's 10th consecutive futsal championship, further cementing the Sarrat National High School squad's legacy of excellence.

With this dominance, the Central Unit advances to the prestigious Region 1 Athletic Association (R1AA) Meet, where they aim to extend their winning streak and showcase their reign on a larger stage.



"Our game was simple: play our best game and defend our title."

Marianne Lynette Sadorra
Team Captain

POWER IN MOTION | The Futsal Sadorra takes charge, sending the ball soaring toward victory with skill and determination.

Photo by: Jhay Aizhen Balidoy



Photo by: Princes Asuncion
POWER SMASH |
Gervacio showcased her sports prowess during the INDAA Meet.

Gervacio secures historic R1AA spot for SNHS badminton
by Ionica Samalio

A new star has risen in the world of badminton, as Princes Gaile Gervacio, a Grade 7 student from SNHS, delivered an exceptional performance at the INDAA 2024. Gervacio clinched the silver medal in the badminton singles category, marking a significant milestone for the school.

This achievement is particularly historic for SNHS, as Gervacio becomes the first-ever badminton player from the school to qualify for the prestigious R1AA Meet.

The tournament, which brought together the best players from across Ilocos Norte, showcased Gervacio's talent, determination, and composure on the court. With swift smashes, tactical plays, and unwavering focus, she outshone seasoned opponents to claim her spot on the podium.

"It's a dream come true," Gervacio shared after her victory. "Representing SNHS in the R1AA is an honor, and I'm determined to give my best and make my school and community proud."

Coach Frances M. Ganotisi of Sta. Rosa National High School, who has been mentoring Gervacio, lauded her dedication and discipline. "Princes has worked incredibly hard to reach this point. Her achievement is not just a personal victory but a testament to the potential of SNHS athletes."

The silver medal and R1AA qualification highlight the growing prominence of badminton at SNHS, inspiring other young athletes to pursue excellence in the sport.

As Gervacio gears up for the R1AA Meet, the entire SNHS community is rallying behind her, confident that she will continue to showcase the same passion that has brought her this far. Her determination inspires all, embodying excellence and perseverance.



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CALL FOR VALUES



Photo by: Nadine Faalmooca

Dynamic Duo in the Spotlight: Caber and Flores deliver an inspiring song number highlighting the spirit of inclusivity.

CHAMPIONING INCLUSIVITY:

Caber, Flores captivate the audience with a song number
by Erwin Balicoco

The Triangular Meet 2024 was more than just a showcase of athletic prowess; it became a powerful symbol of inclusivity and empowerment.

On October 7, during the event's opening program, Samantha Caber, a Grade 9 student, and Rhea Flores, a Grade 8 student, both with special needs, took the stage and delivered a heartwarming song number that captivated the audience. Their remarkable performance, under the guidance of their dedicated trainer, Ms. Audrey Bartolome, underscored the event's commitment to creating opportunities for every student to shine, regardless of their abilities.

The crowd erupted in applause, with cheers echoing across the venue as Sam and Rhea sang with passion and confidence. Teachers and students expressed admiration for their talent and for their courage in taking center stage.

Ms. Bartolome, who worked tirelessly to prepare the duo for their moment in the spotlight, shared her pride in their achievement. "It's inspiring to see how far they've come. This performance is a testament to their hard work, determination, and the unwavering support of the community," she said.

By featuring performances like Samantha and Rhea's, the Triangular Meet 2024 goes beyond the traditional definition of sportsmanship. It highlights the importance of inclusion, respect, and equal opportunities, inspiring everyone to look beyond competition and focus on the values that truly build a community.