

The Pauliteen



“The Voice of the Paulinian Youth”

THE OFFICIAL PUBLICATION OF THE BASIC EDUCATION DEPARTMENT - JHS OF SPUD

September 2022 - December 2022
Volume 1 | Issue 1
16 Pages

SPUD - Basic Education Department
www.spud.edu.ph



SOCIAL MEDIA

JUNIOR HIGH SCHOOL CELEBRATES JUNIOR'S ASSEMBLAGE 2022

The Junior High School (JHS) students of the Basic Education Department grades 7, 8, 9, and 10 conducted the first-ever face-to-face acquaintance party since the beginning of the COVID-19 pandemic lockdown to celebrate the togetherness among uniqueness of students at the Mere Maria Hall-SPUD Open Hall, last September 16, 2022.

The Junior High School Student Coordinating Council (JHSSCC) of Academic Year 2022-2023 organized the unification function with the event title: Juniors' Assemblage celebrating with the theme "Journeying Together: Unifying the Paulinian Spirit."



Russel Ganaan — Grade 9 male students dressed in their Hathorian color-themed outfits crouches on the floor as part of their group performance routine preparation.

Continued on NEWS, Page 4...

What's Inside

Letter to the Editor

2

Letter from the Editor

3

EDITORIAL

PAGE 2

NEWS

PAGE 5

FEATURE

PAGE 7



LEARNING LOSS: a wound to heal

The COVID-19 prevention measures that were erected for months to years caused extensive learning loss which left a deep wound in the education status of the country. At present, public and private educational institutions in the Philippines are gradually reverting to the face-to-face mode of learning with the first order that the education secretary, Vice President Sara Duterte, had issued. The mandate was largely inferred from the retrogressive state of the country's education status.

Now, a hardcore effort is in need with going back to F2F classes as the first step of indemnification to the educational decline of the Philippines.

Audrey Azoulay, director-general of the United Nations Educational, Scientific, and Cultural Organization (UNESCO) said in an event that "Despite progress, 771 million youth and adults around the world still do not possess basic literacy skills. Covid-19 is exacerbating this issue. School closures and disruptions caused by the pandemic have likely driven learning losses and drop-outs." Furthermore, the United Nations International Children's Emergency Fund (UNICEF) said in a report that less than 15 percent of schoolchildren in the Philippines, or about three in every 20, can read simple texts in large part. As such, this deploring and poignant data postulates that a myriad of

youth and adults have faint literacy skills which we must address as the first course of action.

With the maneuver of going back to face-to-face classes, there is a higher need to pursue the learning recovery of the Philippines. In the second webinar of the 9th Annual Public Policy Conference (APPC), the Chief of Education of UNICEF Philippines said, "The Philippines must recover learning losses from the COVID-19 pandemic and other disasters that hit the country." Especially with our pre-pandemic learning crisis which is apparent in the 2018 data from the Programme for International Student Assessment (PISA) where the Philippines ranked last in reading and math among 79 countries.

Abhijit Banerjee, co-chair of the Global Education Evidence Advisory Panel (GEEAP) said in the report, "Learning losses due to school closures are one of the biggest global threats to medium- and long-term recovery from COVID-19." Hence, the laudable move of the country's education sector to push beyond the pandemic phase and establish education in the new normal is worth its merits. Moreover, the education sectors should continue the needed efforts to rectify the country's learning crisis by conducting expeditious essential learning competency assessments and employing remediation to raise academic proficiency, developing a



LETTER TO THE EDITOR

Valerie Bolongaita

Regarding the Editorial article on page 2, "Learning loss: a wound to heal," I wish to say that I agree with the editorial statement. The COVID-19 pandemic has beyond any doubt caused a deep wound in the educational development of the students in our nation.

Currently, there is still a big struggle in adjusting from the two years of online learning to face-to-face learning. It is undeniable that we would have to put in a great deal of effort to recover the time and resources that we have lost over those two years. I agree that we Paulinians should do our part as students to strive hard and make up for the learning losses. Only then, we can catch a breath.

socio-emotional inclusive learning strategy integrating mental health with parental support, and taking advantage of the digital circumstance of the new normal in utilizing technology to enhance learning.

A tribulation that has indefinitely damaged the educational status of the country...

This learning loss that the Philippines suffers from is intrinsically an adversity to beat.

...with the COVID-19 pandemic event as one of its most prominent factors. Henceforth, we must continue the endeavors of the country in raising the academic and socio-emotional competencies of the youth. As Paulinians, we should do our part as students to reach the level of standard that will galvanize education growth, strive hard in attaining academic proficiency, and make up

SOCIAL MEDIA: ADIKSYONG HIRAP BITAWAN

Paano mo pinapalipas ang iyong araw? Kasama ba rito ang pag-scroll sa iyong gadgets nang ilang minuto hanggang hindi mo na namalayan ang takbo ng oras? Paano nga ba ito nakakaapekto sa atin? Ang araw natin ay puno ng mga iba't ibang gawain. Ngunit ang isang bagay na karaniwang ginagawa natin ay ang paggugol ng malaking bahagi ng ating oras sa social media. Bagama't nakatulong ito sa atin sa maraming paraan, mula sa komunikasyon hanggang sa edukasyon, ang labis na paggamit nito ay maaaring humantong sa adiksiyon na nagdudulot ng mga nakababahalang negatibong epekto sa ating buhay. Sa panahon ngayon, alam na natin ang mga negatibong implikasyon ng labis na paggamit ng social media. Magkagayunpaman, bakit marami pa rin ang nalululong dito?

Ayon sa Digital 2023, pang-apat ang mga Pilipino sa tuntunin ng oras na ginugol sa social media ngunit kabilang sa mga pinaka-masigasig na kumunkunsumo ng *vlogging content* at *video game*. Ayon sa ulat, habang ang pandaigdigang dami ng oras na ginugol sa mga may edad na 16-64 taong gulang sa *social media* araw-araw ay 2 oras at 31 minuto, ang mga gumagamit ng internet sa Pilipinas ay gumugol ng 3 oras at 43 minuto. Dagdag pa rito, inaasahan na sa 2026, mahigit 91 milyong Pilipino ang magiging social network users. Sinasalamin lamang nito ang mataas na katanyagan ng social media sa bansa kung isasaalang-alang ang tinatayang populasyon na humigit-kumulang 118 milyong.

Sa ating buhay, hinahangad natin ang kasiyahan at kaginhawaan. Madalas nating nararamdaman



ang mga damdaming ito kapag tayo'y nag-scroll sa Facebook, YouTube, TikTok, at iba pang social media. Sa tuwing maglalog in tayo sa ating mga paboritong apps, ang mga signal ng *dopamine* sa ating utak ay tumataas. Ang mga *neurotransmitter* na ito ay naiugnay sa pagdaramdam ng kasiyahan. Kapag nakakaranas tayo ng mas maraming dopamine pagkatapos gumamit ng social media, kinikilala ng ating utak ang aktibidad na ito bilang isang kapakipakinabang na gawain na dapat nating ulitin. Ngunit, ang mga positibong damdaming dala nito ay pansamantala lamang; kaya, nakikita na-

tin ang ating mga sarili na laging nag-i-scroll sa social media upang maranasan ang kasiyahan

Hindi nakikinabang sa ating mga sarili sa panandaliang kasiyahan. Kapag masyado nating ginugol ang ating oras sa ating mga *gadget*, ang mga positibong damdamin ay nawawala at nagiging pagsisisi at panghihinayang. Nararamdaman natin ito dahil nasayang natin ang panahon na sana ginamit natin para sa mga mas mahalagang bagay. Maiwasan ito kung nailimita lamang natin ang paggamit ng *social media* at pipiliing gawin ang gawaing nakakabuti sa atin. Ang labis na paggamit ng *social media* ay hindi dapat priyoridad, lalo na kapag inilagay nito ang ibang aspeto ng ating buhay sa hindi kanais-nais na posisyon, tulad ng mababang *school performance* at problema sa *mental health*. Dagdag pa rito kung paano nagreresulta ang adiksiyon sa *anxiety* at depresyon, pagbaba ng pisikal na aktibidad, mababang pagpapahalaga sa sarili, at iba pa.

Ang problema rito ay hindi *social media* kundi ang sobrang paggamit nito. Nakatitig tayo sa ating mga *gadgets* kahit na ang ating tinitingnan ay minsan walang kabuluhan, walang silbi, at isang pag-aaksaya lamang ng ating oras. Ang oras ay isang napakahalagang regalo na ang lahat ay meron. Ito ay may kapangyarihang pagalingin tayo at baguhin tayo, para sa ikabubuti man o hindi. Nagbibigay ito sa atin ng pagkakataong umunlad at maging produktibong mga indibidwal na patuloy na naglalayon para sa isang maliwanag at masayang kinabukasan. Ngunit ang lahat ay nakasalalay sa ating mga desisyon. Ang manatiling adik sa *social media* o hindi. Ang tumutok sa ating mga priyoridad o hindi. At ang magpadala sa mga tukso o hindi. Nakasalalay sa atin ang ating hinaharap. Kaya ngayon, ano ang iyong desisyon?

THE PAULITEEN | EDITORIAL



Let me introduce myself. I am the Editor-In-Chief of the official school publication of the Junior High School Unit. The publication this school year is centralized on the programs and activities organized by the school to rekindle the liveliness of the students and teachers in their engagements and involvements. This school year covers on the happenings in the Basic Education Department

and the department of the which is timely and/or relevant. Especially, the activities that were nigh-impossible to undertake due to COVID-19. Now after the slow reversion of the COVID-19 lifestyle to the new normal, the door to inform, persuade, and entertain the Paulinian community is now open for more.

Celdrich Lance G. Curaza
Editor-In-Chief

LETTER FROM THE EDITOR

JUNIOR HIGH SCHOOL STUDENTS CELEBRATE JUNIOR'S ASSEMBLAGE 2022

Continued from Page 1...

Students and respected advisers of each grade level wore color-themed outfits inspired by the different kingdoms of the 2016 Philippine television drama fantasy series reboot, "Encantadia", a 2005 television drama aired by GMA network.

Each grade level was assigned a kingdom from the program concept which dictates the color to wear as an outfit and the theme to base their performances from. Grade 7 was assigned to wear green as Brilliant Adama, Grade 8 wearing brown-yellow as Dauntless Sapiro, Grade 9 wearing red as Proud Hathoria, and Grade 10 on their blue-themed outfits as Regal Lireo. The organizers of the event, the Junior High School Student Coordinating Council (JHSSCC), partook as the Sentinels of Light.

The JHSSCC Vice-president Kaia Bengoechea and the JHSSCC Grade 8 representative Rhyle Venin De Los Santos facilitated the entire program as mistresses of ceremony. The stu-

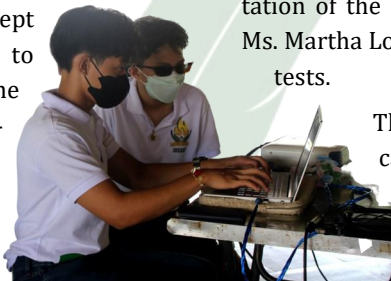
dents participated in the many competitions of the entire program presenting their performances and playing various games which lasted from 1 PM in the afternoon to 6 PM striking evening.

Mr. Celdrich G. Curaza, the JHSSCC President, opened the event proper with welcome remarks followed by a presentation of the guidelines and criteria by Ms. Martha Louise Dingcong for the contests.

The students then showcased their talents through their performances. After the presentations, a potluck party was arranged, where students were asked to bring snacks to share with their fellow Paulinians.

The awarding and presentation of winners followed soon after. Closing remarks were given by Ms. Sundae Catadman. The dance hall was then set up where every Paulinian learner attendee danced and cheered as the curtains close upon the successful event.

✦ Angellie Omana



Russel Ganaan — JHSSCC Officers plays music and sounds as technical team.



SHSSCC / Documentation Team — Students take photos on the decorated stage.

BASIC EDUCATION CELEBRATES WORLD TEACHERS' DAY

The Basic Education Department undertake the Pauliformators' Gala with the theme: "Pagbunyi: Journeying Together in Honoring Paulinian Formators" to celebrate the World Teachers' Day at the Father Louise Chauvet Hall, SPUD Gymnasium, October 14, 2022.

The organizers of the program pre-assigned the teachers in different teams for the games during the event with team names inspired by the movie, Guardians of the Galaxy.

After the morning rites, the students proceeded to the gym while the teachers immediately began their Amazing Race game in order to enter the venue proper with the lowest time possible.

Students applauded and cheered for their teachers in their colored themes as they strut the runway one by one.

Teachers participated in many games and activities and the group with most wins were awarded with prizes.

In honor of every teacher, a thank you message from the department was shown and each of them received appreciatory tokens and medals with unique messages per teacher.

✦ Sundae Mae Catadman



JHSSCC / Aliyah Aganon — Student Homeroom and Club Officers are listening to the CES Capability Planning talk from Ms. Jessica Aranganin.

OFFICERS ATTEND FIRST LEADERSHIP TRAINING AFTER PANDEMIC

DUMAGUETE - October 15, 2022, homeroom and club officers from the Basic Education Department gathered in the Fr. Louis Chauvet Hall to test and enhance their leadership skills.

Last year, the homeroom and club officers from the Basic Education Department held their leadership training with the theme "Student Leaders Journeying Together through Transformational Leadership."

The leadership training was held in the Fr. Louis Chauvet Hall at 8:00 in the morning, where participants were greeted with an invocation and energizer before the program began.

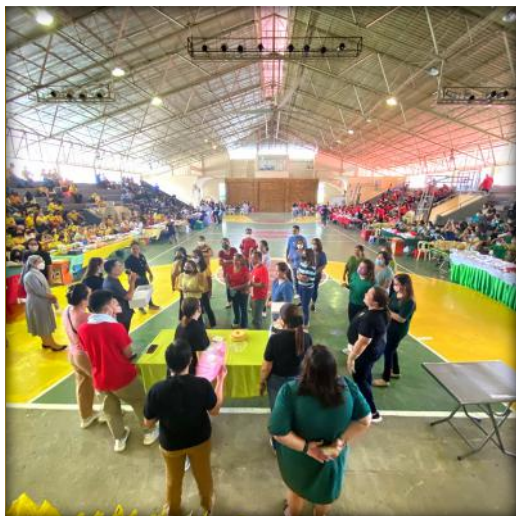
The students were given an activity to interact and mingle with fellow schoolmates, class-

mates and friends. Shortly after, Mr. Adam Rashid Mannai gave a talk with the young leaders about what it means to be a leader. In the afternoon, Ms. Jessica Aranganin conducted CES Capability Planning.

Maeda Faith Albina, a Grade 7 student and one of the participants of the said activity, shared that she is grateful for the training that she had experienced. She thinks that she can use what she had learned to be of service to her classmates and the school.

This leadership training focused more on mind challenging games compared to the previous leadership trainings. The participants played mind games which taught them teamwork and effective leadership. Mrs. Vanessa Pis-an ended the program with the closing remarks.

✦ Alenea Duka



BED / Jerlyn Manila — Parents from each grade level in their theme-colored outfits gathered at the front to participate in a parlor game facilitated by the PHCC.

JHS FAMILIES GATHER FOR A FUN DAY CELEBRATION

The Parent's Homeroom Coordinating Council (PHCC) together with the faculty of the Basic Education Department Junior High School organized a fun day activity last December 3, 2022 for families to gather in one venue as a way to celebrate their familial bonds together with other families in the JHS Community held at the Father Louise Chauvet Hall, SPUD Gymnasium in the morning.

All families coming from the Junior High School Department were invited and given a perfect opportunity to take a break from their daily routines and connect with their loved ones.

Early morning, Rev. Fr. John Renil Quiliope presided the mass before the event. The University Chaplain gave a homily about the essence and value of our families and the significance of showing our love to them.

In the event, students were able to put effort into showing love to their parents during their lovely singing and dancing performances on the floor area.

Students and their family members were able to engage in numerous activities such as parlor games and the BINGO game.

Each family brought their own food contributions to be shared by their entire grade level.

Patrick Eli Lumagas

PAULINIANS CELEBRATE MARIAN CAMP WITH A BLAST

In honor of the celebration of the feast of the Immaculate Conception, St. Paul University Dumaguete hosted a Marian Camp on December 7, 2022 from 3:00 PM to 9:30 PM with the theme "Paulinians Journeying Together with Mary".

The plan was to celebrate it a day earlier since the actual date of the feast of the Immaculate Conception was on December 8, 2022, which was a national holiday.

All participating students from different department were asked to answer a Microsoft Form in which they were classified in their corresponding colors: Red, Yellow, Purple, Green and Blue.

The event officially began at 3:00 PM starting with a talk from Rev. Fr. Carmelito Limbaga Jr— sharing his life story and journey as a servant of God which was held at the Fr. Louis Chauvet Hall (FLCH).

The talk and sharing lasted the entire afternoon from 3:00 PM to 5:00 PM. The students then witnessed the skies light up with the fireworks being launched and a few dance performances by the Kindergarten pupils.

Later on, the school's recognition message and gift giving to Ms. Abigail Ramirez, RN who was the topnotcher (1st Place) in the Nursing Licensure Examination last Novem-



PPG / Kin Mark Tindog — Nursing Licensure Examination Top 1 taker, Ms. Abigail Ramirez, RN, did the final ornamentation of the school Christmas tree with a star.

ber 2022.

She inspired Paulinians to aim high and keep up the good work. One student from grade 10 who wanted to study nursing commented on Ramirez's message, "Sana din kami, maparihas ni Ate Ramirez (I hope we'll achieve the same things as Ate Ramirez.)"

To spice up the event, the students were transferred to the School Ballfield to participate in the Youth Jam led by the College students' band.

Matthew Balonglong

GRADE SCHOOL AND JUNIOR HIGH SCHOOL LEARNERS

On the 3rd day of SPUD's Foundation Anniversary celebration (October 28, 2022) which was held within the campus of St. Paul University Dumaguete, the friendly games took place in the Mere Marie Hall for the Junior Highschool and Grade school units with the theme "Journeying Together in Manifesting Healthy Competition through Friendly Games".

All BED learners were ordered to wear their PE t-



G10 / Irah Pintacasi — Students actively participates in the crawling version of "Red Light, Green Light."

PARTAKE THE TRIALS OF OLYMPUS

shirts paired with jogging pants.

It was set to be that the friendly games were to be held after the 3rd Triduum at 9 AM.

This activity was held to cultivate a healthy competitive mindset in the manifestation of their skills, and improve a sense of sportsmanship and dexterity in the various Pinoy games. The hosts for this activity were Grade 8 student Rhyle De Los Santos and Grade 5 student Gio Alejado. During the range of this activity, a lot of games were already being played with the hears of the children laughing and the exclaiming of our dear teachers.

The junior high school teachers also participated in this activity by playing a game of dodgeball before it ended.

The closing remarks were then to be led by Mr. Celdrich G. Curaza the SCC President of the JHS department.

Jusmien Seño

PAULINIANS CONDUCT CAREER DAY



Paulinian Blended Hugs — Grade 10 dancers receive their certificate from Ms. Geneviev Deang, RGC, for winning the dance competition..

St Paul University Dumaguete celebrated their career day last September 23, 2022. Every student from Grade School to Senior High School participated with the said event by wearing their chosen career attire.

The event started with the morning rites and immediately proceeded to Fr. Louis Chauvet Hall where the event was held, which started at exactly 8:15 am.

The program was organized by the guidance buddies under the Guidance & Counselling office in order to allow students to embody and to enliven the career they dream to have when they grow.

The guidance buddies blew the opening with

their dance performance dawning their dream career outfit while dancing .

After their marvelous performances, the guidance facilitators talked about different careers and gave advice about choosing the right career by saying...

"continue pursuing your dreams, nothing is impossible if you believe in yourself that you can achieve it someday."

Students from different grade levels also showcased their talents like singing, dancing and monologue performances.

Efforts were exerted by every student by wearing their respective career attires. To name some, there were doctors, flight attendants, lawyers, businessmen, pilots, police officers and seafarers.

The organizers roamed around the venue in the duration of the event as they selected students to be awarded with the best outfit for the day.

The event ended at exactly 12:00 noon and was facilitated by Celdrich Lance G. Curaza and Anne Beth Melodia.

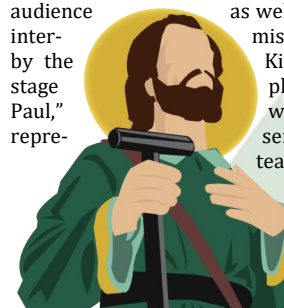
✦ Angellie Omana



SHSSCC — Basic Education Department students from dressed up as one of many saints and portray holiness during the commemoration of the life of St. Paul

SPUD COMMEMORATES SPECIAL EVENT ON THE LIFE AND VIRTUES OF SAINT PAUL

The SPUD community recently gathered last January 20, 2023 for a special event to celebrate devotion and learning, anchored by the theme "Journeying Together: Imitating the Life and Virtues of Saint Paul," which aims to educate Paulinian learners on the life and teachings of Saint Paul and how to apply them in their daily lives, that brought together members of the community to honor the legacy learned from his example. Along with the organized program, the morning rites kicked off at 7:10 until 7:30 in the morning, followed by a Sinulog festival and a parade of saints and bible characters. Different activities were prepared for the audience as well. Among them were the inter- mission numbers prepared by the Kindergarten pupils and a play on the "Life of St. Paul," which demonstrates a sentation of the life and teachings of the Apostle Paul, providing an engaging and interactive way for Paulinians to learn about him.



A Bible Quiz was also held, where selected participants from each section were tested on their knowledge of the Bible and the course of Saint Paul. The winners of the Best in Saint/Bible Character Look-a-like and Bible Quiz were awarded during the event. Afterward, the audience gathered in the center for the Youth Jam delivered by the Youth for Christ (YFC). The youth jam organized by the Youth of Christ (YFC) aimed to foster unity, provide an opportunity to explore faith and spirituality, and inspire personal growth and positivity among Paulinian learners and mentors through singing worship songs and raising hands, creating an atmosphere of inspiration for the youth. It left a lasting impression on all those who attended and proved to be a vital step in their spiritual development. Following Saint Paul's morals and teachings is significant as it allows individuals to live a virtuous and meaningful life guided by principles of love, compassion, and selflessness, as exemplified by Saint Paul himself.

✦ Roue Hontucan

BASIC ED HOLDS CHRISTMAS FOR THE SEASON



BED — Junior high school students and a kindergarten pupil re-enact the nativity scene with Sr. Maria Althea Alfonso, SPC.

The Basic Education Christmas celebration started with an Aguinaldo Mass at 5:00 in the morning which was attended by the whole Basic Education Department. It was immediately followed by the program at 7:30 AM. The event started with a prayer, opening remarks and lighting up of the 4th Advent Wreath candle. The students showcased different performances such as Christmas musical plays presented by Junior High and Senior High School respectively.

On the other hand, the Grade School pupils performed an extraordinary Christmas intermission number by their grade level. Afterwards, the students welcome Sr. Maria Althea Alfonso, SPC, who shared her gratitude to everyone that contributed to the success of the event and for actively participating during the program.

Awards were given for the amazing performances of the students who presented in front. At exactly 10 AM, students proceeded to their respective classrooms to celebrate their Christmas party. Efforts were exerted by every student wearing their Christmas attire based on their respective themes.

Students also invited their other non-advisory subject teachers to dine with them as they celebrated the Christmas event. Christmas is a week of giving, loving and sharing our blessings to others. Celebrating the Christmas season was indeed memorable to everyone.

✦ Nona Martinez

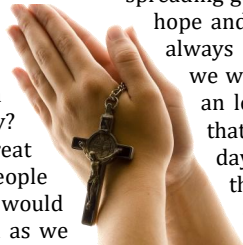
PAULINIAN CULTURE

• THE NATURE OF PAULINIAN STUDENTS

“Once a Paulinian, always a Paulinian” this is my favorite line that I will always be proud of. Paulinian identity does not only refer to being a Paulinian student. The values that is firmly establish in our self doesn't end on being a Paulinian student only. We carry it on until we leave the halls of St. Paul University-Dumaguete. We carry it anywhere we go. The moment we graduated and become professionals someday, the core values of St. Paul is within us. It is already part of us being a Paulinian, a trademark so to speak.

On one hand, a Paulinian is a responsible, a law-abiding, an environment conscious, a family-oriented and above all, a God- fearing individual.

Deep personal relationship with God, love of Christ, sensitivity to the Holy Spirit, reverence, awe and inner peace. These are some of the traits of a Paulinian that we need to have, we need to carry on and pass it on to the younger ones. When we have these core values within us, we will have a smooth relationship with our fellowmen. Why? Because, we are conscious on how we treat others, we are sensitive on how other people feel, we are sensitive on their needs and would reach and will try to help them as much as we



could because the core values is in our mind. We are mindful in dealing with others because we are aware that how we treat

*One of our traits on being a Paulinian is that we are **Christ-centered**. We tend to spread the good news of God.*

others is the very the same way on how we follow Jesus.

Christ Centeredness as one of the core values, which simply means we imitate and follow Christ. Being kind to others is an indirect way of following Christ. Commission which is part of our core values implies spreading good news to others, giving them hope and encourages them that there is always a rainbow after the rain. That we will act as an instrument to them an let them know the word of God that brings sunshine on their rainy days. We tend to let them know than there is always a light at the end of the tunnel. Community is the third core value that we

have. When the time comes that we leave the halls of St. Paul University we should not forget to help others in our community especially those who are handicaps. Charism, is the fourth. As we go out on the four corners of St. Paul University, we are sure enough that we are the strongest version of our selves. We are a highly motivated individual because we are being filtered by the best mentors of the University. We are equipped with knowledge and wisdom, we are being sharpened spiritually, mentally and emotionally. Charity is fifth one. We are always willing to extend our hand to help and love others. They are God's creation and they also deserve to live.



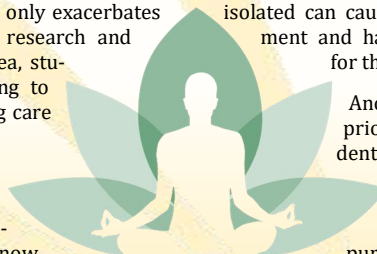
Paulinians will strive and show the people that the Paulinian identity doesn't just end on campus.

Stephanie Gie Tito

MENTAL HEALTH a priority in society

As students, there is no denying that we face a barrage of daily challenges that can take a toll on our mental health. Juggling academic requirements, extracurricular activities, and even maintaining relationships can be overwhelming, leading to mental exhaustion and burnout. Unfortunately, mental health is still a taboo topic in many communities, which only exacerbates the problem. However, as more research and advocacy are dedicated to this area, students themselves are now starting to recognize the importance of taking care of their mental well-being.

The first and foremost reason why mental health is essential for students is that it affects their academic performance. As we all know, academics can be tough and demanding. Without proper mental health, students may find it difficult to concentrate, retain information, and properly process complex information. Mental health illnesses like anxiety and depression can also lead to procrastination, poor time management, and lack of motivation - all of which can severely affect academic performance.



Moreover, poor mental health can also take a significant toll on students' social lives. Stress and anxiety can cause some people to become isolated, making them feel alone and unsupported. At a time in life when students are learning to form relationships, being socially isolated can cause issues with social development and have long-lasting consequences for the student's life trajectory.

Another very important reason to prioritize mental health as a student is because it sets the foundation for our future. When we leave college or university and enter the workforce or pursue further education, poor mental health can have a profound effect on our choice of career paths and our overall satisfaction in life.

To prioritize mental health, students have to take proactive steps like reaching out for help when they need it, speaking to a trusted indi-

vidual about their struggles, and practicing self-care. Self-care can include a whole range of activities, such as meditation, regular exercise, or even taking a break from social media from time to time. In addition, schools should also prioritize mental health policies and provide resources such as counseling, programs, and hotlines for their students.

In conclusion, the benefits of prioritizing mental health can never be overemphasized, especially for students.

A healthy mind is a foundation for success in every other aspect of life; academia, social life, and career ambitions.

It is time for our society to start treating mental health on par with any other health concern and prioritize it for our future generations.

Jhewelle Anne Amores

THE CLUB REVOLUTION: WHY EXTRA-CURRICULARS ARE ESSENTIAL FOR STUDENT DEVELOPMENT

School clubs are more than just a way to pass the time - they can unlock hidden talents and inspire students to pursue their passions. From academic to sports, religious to performing arts, and civics clubs, each one offers unique opportunities to learn, grow, and make new friends. Let's dive into some of the exciting clubs that our school has to offer.

1 ACADEMIC CLUBS

For students who want to challenge themselves academically and broaden their horizons, academic clubs are a perfect fit.

Power Paul is a club for young leaders, providing them with opportunities to develop their leadership skills through various projects and activities.



Math Wizards is a place for those who love numbers and solving challenging problems, while Junior Scientists is perfect for curious minds

who love to experiment and discover. Digital Arts and Visual Arts provide creative outlets for students to explore their artistic skills in the digital and traditional mediums, respectively.

Lastly, the Paulinian Debate Society hones students' critical thinking and public speaking skills as they debate important issues.

Power Paul is a club for young leaders, providing them with opportunities to develop their leadership skills through various projects and activities.

Math Wizards is a place for those who love numbers and solving challenging problems, while Junior Scientists is perfect for curious minds

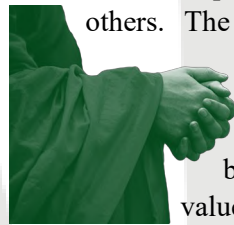
who love to experiment and discover. Digital Arts and Visual Arts provide creative outlets for students to explore their artistic skills in the digital and traditional mediums, respectively.

Lastly, the Paulinian Debate Society hones students' critical thinking and public speaking skills as they debate important issues.

2 RELIGIOUS CLUBS

For students who seek spiritual growth and wish to deepen their faith, religious clubs provide a supportive and encouraging environment.

Acolytes, a group of students who serve in liturgical celebrations, learn about the Catholic faith and the importance of serving others. The Paulinian Noble Society is a community of students who live by the Paulinian values of charity, humility, and service.



Lastly, Children of Mary is a group of young students who share a devotion to the Blessed Mother and participate in various religious activities.

3 ATHLETICS CLUBS

For those who love physical activity and want to stay fit, sports clubs offer a way to channel their energy and competitiveness. Basketball, volleyball, badminton, table tennis, football, swimming, and chess are some of the clubs available.

They offer opportunities for students to develop their teamwork, discipline, and sportsmanship while having fun and staying active.

They offer opportunities for students to develop their teamwork, discipline, and sportsmanship while having fun and staying active.

They offer opportunities for students to develop their teamwork, discipline, and sportsmanship while having fun and staying active.

They offer opportunities for students to develop their teamwork, discipline, and sportsmanship while having fun and staying active.

4 PERFORMING ARTS CLUBS

For students who have a passion for the arts, performing arts clubs are a perfect fit. Contemporary Fold and Dance, Band and Orchestra, Choral Voice/Glee Club, Social Media and Gamers Club, and Junior Chefs offer various opportunities for students to express their creativity, collaborate with others, and showcase their talents. These clubs provide a platform for students to explore their interests in music, dance, culinary arts, and social media.

Gamers Club, and Junior Chefs offer various opportunities for students to express their creativity, collaborate with others, and showcase their talents. These clubs provide a platform for students to explore their interests in music, dance, culinary arts, and social media.



5 CIVICS CLUBS

For students who want to make a positive impact on their community and learn about civic responsibility, civics clubs provide a way to get involved. Scouting Girls and Boys, Paulinian Volunteers, and Paulinian Ushers and Usherettes offer various activities and opportunities for students to volunteer, learn leadership skills, and develop a sense of responsibility and service to others.

For students who want to make a positive impact on their community and learn about civic responsibility, civics clubs provide a way to get involved. Scouting Girls and Boys, Paulinian Volunteers, and Paulinian Ushers and Usherettes offer various activities and opportunities for students to volunteer, learn leadership skills, and develop a sense of responsibility and service to others.

If you're already part of a school club, you're on the path to greatness! By taking the initiative to join a club, you're opening yourself up to a world of endless possibilities. You're tapping into your hidden potential and exploring talents you didn't even know you had. You're meeting like-minded people, building friendships, and creating memories that will last a lifetime.

If you're already part of a school club, you're on the path to greatness! By taking the initiative to join a club, you're opening yourself up to a world of endless possibilities. You're tapping into your hidden potential and exploring talents you didn't even know you had. You're meeting like-minded people, building friendships, and creating memories that will last a lifetime.

It's also about personal growth and development. You're gaining new skills, learning from others, and developing habits that will help you succeed both in school and in life. These experiences will help you stand out and make a name for yourself in the future.

The Paulimpics was a huge success, with students from all grade levels participating in various events.

The program officially began on January 24, 2023, with a gathering at the ball field. Students were excited to showcase their athletic abilities and support their teams throughout the whole event.

The program's highlights included events like basketball, volleyball, and soccer. The intense competition was a sight to behold, with students pushing themselves to the limit to bring glory to their respective teams.

Throughout the program, the school community demonstrated a strong sense of camaraderie and teamwork, with students cheering each other on and celebrating each other's victories.

In the end, the winners were awarded on stage during the Paulimpics Awarding Ceremony on January

But regardless of the results, every student who participated in the festival left with a sense of pride and accomplishment.

The Paulimpics served as a reminder of the importance of physical activity, teamwork, and sportsmanship in the development of young individuals.

It was a wonderful experience that brought the school community together and created lasting memories for everyone involved.

PAULIMPICS order on the court

Sports play an important role in the overall development of students, both physically and mentally. Engaging in sports activities can have a positive impact on students' academic performance, social skills, and physical fitness.

Paulimpics took place at St. Paul University in Dumaguete City from January 24–28, 2023. Paulinian students were thrilled to take part in the competition and showcase their sport and the thunderous applause from the crowd definitely showed the Paulinian spirit.

I've never been a particularly sporty person, but I've ways found myself pulled the world of sports. While I may not have the skills or

PPG—Princess Barerra holds the ball in her hand as she arms herself preparing for a serve.

Students who participate in sports can form lifelong healthy habits like Mental Health. By lowering stress and anxiety, enhancing mood, and elevating self-esteem, sports can have a favorable effect on mental health. School athletics can also give teens a sense of community and camaraderie, which helps lessen feelings of loneliness or isolation. Skill Development: School sports offer an opportunity for students to develop skills such as teamwork, leadership, and communication. These skills can be valuable both in and outside of the classroom, and can help students to succeed in their future careers. Academic Achievement: Research suggests that students who participate in sports tend to have better academic outcomes, including higher grades and test scores, improved attendance, and lower dropout rates.

This may be due in part to the positive effects of physical activity on cognitive function and academic performance. Community Building: School sports can bring together students, families, and the community as a whole. Sporting events can provide a fun and exciting way for people to come together and support their school and local teams.

In conclusion, while I may not be a sporty person myself, my love for watching sports is a testament to the powerful and positive impact that sports can have on individuals and communities alike. Whether you are an athlete yourself or simply a fan of the game, there is no denying the importance of sports in our lives and the incredible role that they play in shaping who we are and what we can achieve. Caritas Christi Urget Nos!



Princess Barerra
Ceremony
30 2023.



Nino Mercialdo

PAULINIAN PLAYDOWN BASIC ED skill fest



SHSSCC – Basketball player from the Basic Education Department leaps to shoot a point on the ring.

St. Paul University Dumaguete Basic Education Department held this academic year's Paugat skill fest to further develop the extra-curricular skills of students in the field of sports, dancing, and singing, last November 28-29, 2022.

The SHSSCC and the JHSSCC collaborated together in organizing the entire 2-day skill fest event with the theme: "Journeying Together in Manifesting Paulinian Charism Through Sports and Cultural Playdown"

utilizing the concept of a Hollywood movie, Hunger Games.

All grade levels from the JHS and the division sectors of SHS were grouped and assigned to bear the identity of one of the districts inspired by the event concept.

All students and teachers wore their themed outfits derived from their assigned district and participated in various playdowns of sports and cultural competitions in the events of Basketball, Volleyball, Soccer, Badminton, Chess, Table Tennis, Dance sport Latin, Hip-hop Dance, Vocal Solo, Vocal Duet, Yells, and Moving Squad.

The entire BED gathered together for the opening sequence of the event on the morning of

November 28, 2022, at the ballfield to partake in the parade with the districts and the opening salvo. The GS Unit proceeded to the Open Hall for their Friendly Games while the JHS and the SHS students dispersed to participate in the different playdown activities.

The playdown players wore their color as they proudly represented their districts in the different contests and competitions and the other members of the districts clamorously cheered for their district players.

The skill fest continued until the second day of the Paulinian Playdown in the afternoon at 2:00 pm where every district from the JHS and SHS unit gathered at the Father Louis Chauvet Hall, SPUD Gymnasium for the culmination of the 2-day event.

The organizers of the event presented the awards to the winners of the respective sports contests and cultural competitions and the overall-champion award for the JHS Unit was given to the district of Grade 10 and the Gifted Givers for the SHS. The event ended with the winners proudly bringing their trophies and certificates outside the culmination venue.



Ode to Renaissance Art

By: Shan Carby P. Fulmaran

Oh, art of the Renaissance age,
How much your beauty does engage,
Your artists' skills and minds so bright,
Have filled our world with wondrous light.

From Michelangelo's David so grand,
To Leonardo's Mona Lisa's demand,
The emotions they portrayed so true,
Have left a lasting mark on me and you.

The colors of Titian's brush,
The perspective of Raphael's rush,
The details in Botticelli's flow,
Have made our hearts overflow.

Each stroke of their skilled hand,
Has created masterpieces so grand,
And though their souls have long since passed,
Their art shall forever last.

So let us honor their great legacy,
And cherish their art for eternity,
For through their works, we can behold,
The beauty of life, so pure and bold.

Shan




THE VOID OF NIHILISM

By: Shan Carby P. Fulmaran

The abyss of nothingness looms,
In the void of nihilism's gloom,
Where life seems meaningless and vain,
And purpose, but a fleeting strain.

No hope to cling to, no belief,
As the soul descends into grief,
And nothingness becomes the norm,
With no direction, no form.


The universe seems cold and stark,
As nihilism's void leaves its mark,
On those who seek a higher ground,
But in nothingness, only drown.

Yet in this bleak and empty space,
There's room for a profound embrace,
Of life's uncertainties and woes,
And the beauty that in chaos grows.

For in the void of nihilism's hold,
A new perspective can unfold,
That life is but a fleeting spark,
And in that spark, we leave our mark.



Shan




The Unforgiving Ravages of Time

By: Shan Carby P. Fulmaran

Oh, how the ravages of time
Leave scars upon our fragile minds,
As dementia slowly creeps,
And steals the memories we keep.


The pain of loss we cannot bear,
As memories fade into thin air,
And loved ones become strangers anew,
As if they never once we knew.



The mind, once sharp and clear as day,
Now lost in the fog of decay,
And all that once seemed bright and true,
Is now a distant, fading hue.

But though the mind may falter and fade,
And memories vanish into the shade,
We must not forget the life we've lived,
And the love and joy we once freely gave.

For though dementia may take its toll,
And rob us of our very soul,
Our legacy and impact will remain,
A testament to a life well-lived, and not in vain.



Shan



The Pain of Love Lost

Love, a beautiful emotion,
Fills our hearts with pure devotion.
But when it's gone, the pain is real,
And it's hard to know just how to feel.

The memories we shared, so sweet,
Now haunt us as we try to sleep.
The laughter, joy, and tender touch,
Are replaced with tears that hurt so much.

We try to move on, to start anew,
But the pain of love lost, it just won't do.
We hold onto hope, that someday we'll find,
A love that's true, and always kind.

But until then, we'll carry on,
With a heavy heart, and a mournful song.
For love and loss go hand in hand,
Leaving us to struggle to understand.

Shan



Love's Palette

By: Shan Carby P. Fulmaran

Love's palette holds a spectrum bright,
More vivid than the sun's pure light.
It paints the world with hues so fair,
And every heart it does ensnare.

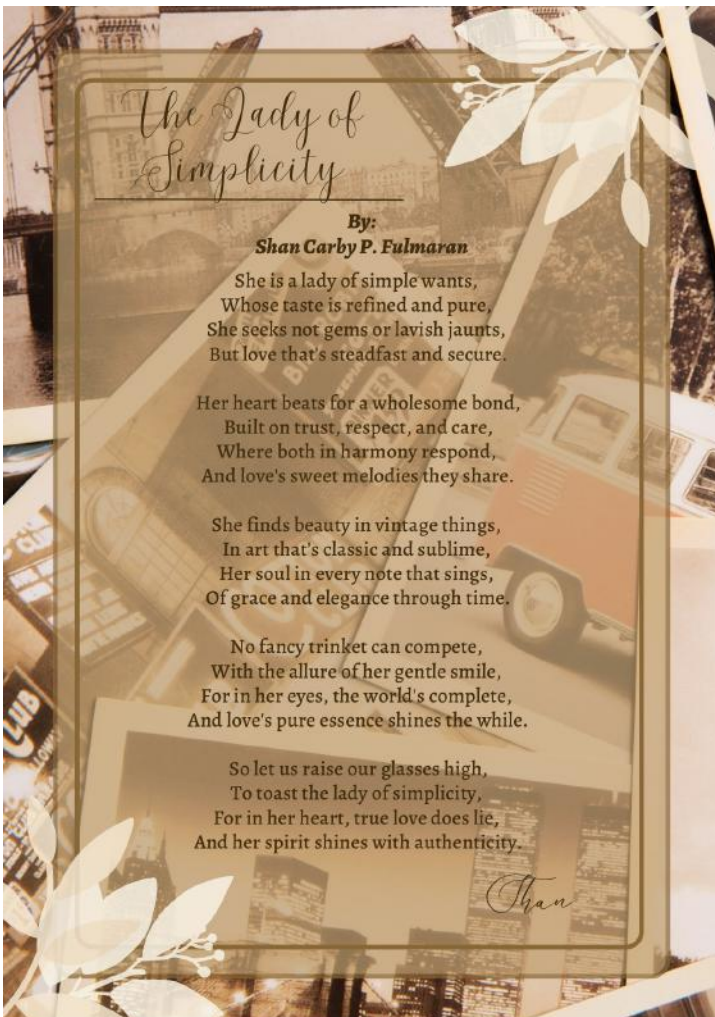
The rose that blooms with crimson hue,
Is but a hint of love so true.
The golden sunsets that we see,
Are but a glimpse of ecstasy.

The verdant forests, lush and green,
Are but a prelude to love's scene.
The ocean's blue, the sky's pure white,
Are but reflections of love's might.

For love's the force that moves us all,
And through its grace we stand so tall.
It fills our lives with endless bliss,
And in its light we find our peace.

So let us cherish love's bright flame,
And let it guide us through life's game.
For with its glow, our world's more bright,
And in its warmth, we find delight.

Shan



The Lady of Simplicity

By: Shan Carby P. Fulmaran

She is a lady of simple wants,
Whose taste is refined and pure.
She seeks not gems or lavish jaunts,
But love that's steadfast and secure.

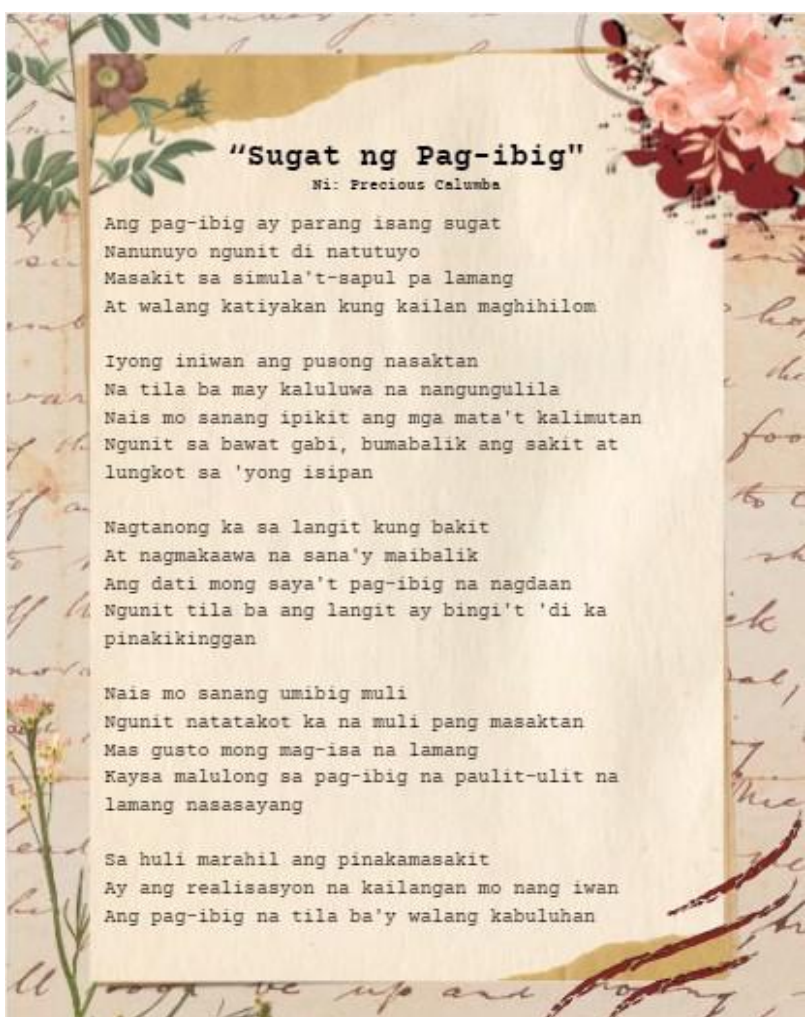
Her heart beats for a wholesome bond,
Built on trust, respect, and care,
Where both in harmony respond,
And love's sweet melodies they share.

She finds beauty in vintage things,
In art that's classic and sublime,
Her soul in every note that sings,
Of grace and elegance through time.

No fancy trinket can compete,
With the allure of her gentle smile,
For in her eyes, the world's complete,
And love's pure essence shines the while.

So let us raise our glasses high,
To toast the lady of simplicity,
For in her heart, true love does lie,
And her spirit shines with authenticity.

Shan



"Sugat ng Pag-ibig"

Ni: Precious Calumba

Ang pag-ibig ay parang isang sugat
Nanunuyo ngunit di natutuyo
Masakit sa simula't-sapul pa lamang
At walang katiyakan kung kailan maghihilom

Iyong iniwan ang pusong nasaktan
Na tila ba may kaluluwa na nangungulila
Nais mo sanang ipikit ang mga mata't kalimutan
Ngunit sa bawat gabi, bumabalik ang sakit at lungkot sa 'yong isipan

Nagtanong ka sa langit kung bakit
At nagmakaawa na sana'y maibalik
Ang dati mong saya't pag-ibig na nagdaan
Ngunit tila ba ang langit ay bingi't 'di ka pinakikinggan

Nais mo sanang umibig muli
Ngunit natatakot ka na muli pang masaktan
Mas gusto mong mag-isa na lamang
Kaysa malulong sa pag-ibig na paulit-ulit na lamang nasasayang

Sa huli marahil ang pinakamasakit
Ay ang realisasyon na kailangan mo nang iwan
Ang pag-ibig na tila ba'y walang kabuluhan

LEFT WITH THE PAIN

By: Precious Calumba

I was told a lie,
It came as no surprise,
I should have known better,
Than to trust and believe her.

Her words were so sweet,
But now I can't sleep,
Thinking of all the times,
She played with my mind.

I gave her my heart,
But she tore it apart,
With the lies that she told,
And the secrets she sold.

Now I'm left with the pain,
Of knowing I was played,
But I'll learn from my mistake,
And my heart I'll retake.

I won't be fooled again,
By the lies and the sin,
I'll find someone true,
And start my life anew.



REALITY THE REALITY

By: Fe Macmod



AS I GROW
THE REALITY OF LIFE
SEEMS TO HAUNT ME.

THINGS SEEM TO GO
LIKE A STAB OF A KNIFE,
I CAN'T SEEM TO BE FREE.

ALL THE RESPONSIBILITIES,
THE NEW BEGINNINGS,
SEEMS SO SCARY.

BUT I HAVE TO GO ON
AND BE PART OF THESE HAPPENINGS,
BE WITH THE WORLD AND LIVE
HAPPILY.

"ALAALA"

By: PRECIOUS CALUMBA

Nangangamba sa gabi
Sa bawat pag-ihip ng hangin
Dumadampi ang alaala
Ng taong minsan ay minahal, nang
mabuti't buong pagsinta

Mga sandaling masaya
Ngayo'y naglaho na parang bula
Mga yakap at halik
Lumipas na parang isang panaginip

Mga ngiti at tawa
Ngayon ay mga ala-ala na lamang
Nakakapanghinayang
Na ang pag-ibig na ito'y nagtapos na

Ngunit sa kabila ng lungkot
Sa puso ko'y may natitirang pag-asa
Na sa kabilang buhay man
Tayo'y magkikita pa

At kung hindi man ito'y magkatotoo
Ang alaala mo'y mananatiling buhay sa puso ko

Ang taong minsan ay minahal ko ng lubusan
Ay kaylan ma'y 'di maliliimutan.



"PURSUIT OF PEACE"

By: Nekiandro Alcantara

To make peace is to believe in what can be
A future free from violence and animosity
A vision that ignites the soul
And fuels the fire to make it whole

To achieve peace takes strength and will
A steadfast resolve to climb the hill
And face the obstacles that lie ahead
With courage, grit, and a focused head

With every step, we learn and grow
As we navigate through the highs and lows
We help each other and stand together
United as one, now and forever

Peace brings us together and unites us all
It's the answer to the world's enduring call
Let us work towards it with all our might
And fill this world with love and light.

Time is Life

By: Shan Carby P. Fulmaran

Tick-tock, the clock goes on,
Time's unceasing march we can't outrun,
A precious gift we often squander,
As if it's ours to waste and ponder.

But time is fleeting, a fleeting grace,
That we can't reclaim once we misplace,
So let us use each second wise,
And cherish every moment that flies.

For life is short,
and time is brief,
We must not waste it in idle grief,
Instead, let's fill each passing day, With joy, with love,
and work and play.

Let us remember that time is gold,
More valuable than wealth untold,
So let's make every moment count,
For time is life, and life's amount.

Shan

The Strength in Silence

By: SHAN CARBY P. FULMARAN

Oh how the stone-faced men doth bear,
Such weight of pain and sorrow's snare,
Their stoic visage may not reveal,
The depths of hurt they truly feel.

And oft times do they suffer more,
Than those who weep and wail before,
For control of their emotions strong,
Is but a sign of wisdom long.

Maturity doth mark their ways,
And guides them through the darkest days,
So let us not be quick to judge,
The strength of those who do not budge.

For though their faces may be stone,
Their hearts doth beat and feel alone,
And in their pain they find release,
In silent tears that bring them peace.

Shan

Release Me, Love

By: Shan Carby P. Fulmaran

Oh, love, why must thou hold me tight,
And keep me from my needed flight?
I beg of thee, release me now,
For I must leave and take my bow.

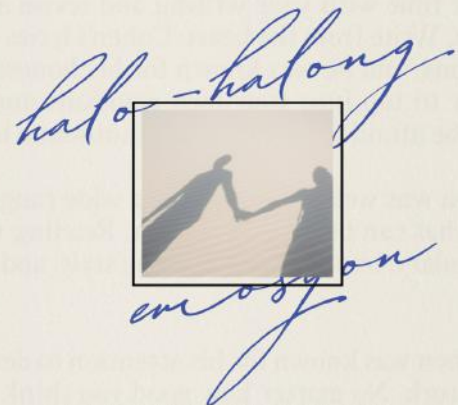
My dreams are calling me away,
And with them, I cannot delay,
So let me go, release me, please,
And set my troubled spirit free.

My heart doth ache with every breath,
As I struggle with this endless depth,
Of love that binds me to thy side,
And will not let me run or hide.

But now the time has come to part,
And though it breaks my weary heart,
I must be free, and so I plead,
Release me, love, and let me be.

Shan

NI : PRECIOUS CALUMBA



Lahat na yata ng paraan ginawa ko na.
Pero sa'yo'y wala pa ring dating,
Bakit ba ganito ang tadhana?

Ang sakit sa dibdib, aking nararamdaman,
Sa isip ko'y nangangarap,
Nangangarap na sana'y magkatulayan tayo.
Ngunit sa puso mo'y kaibigan lang pala ako.

Nakakatawa dahil umasa,
Umaasa na may magbago pa.
Ngunit malungkot dahil alam ko na,
Wala na akong ibang magagawa.

Kaibigan lang ang turing mo sa akin,
Kahit na nasa loob ng puso ko'y ikaw pa rin.
At kahit na masakit at mahirap tanggapin,
Ako'y magpapakatino mula ngayon at sa bawat araw na darating.

Sa huli, magpapakatapatang ako't haharapin,
Ang katotohanang di mo ako kayang mahalín.
Kaya't sa ngayon, magiging kaibigan na lang ako,
At baka sakaling sa susunod na bukas, makakamove on na ako sayo.





EDITORIAL BOARD

EDITOR-IN-CHIEF

ASSOCIATE EDITOR



STEPHANIE GIE TITO



CELDRICH LANCE CURAZA

MANAGING EDITOR



JHEWELLE ANNE AMORES

CIRCULATION EDITOR



NIEL SERION BALSAMO

FEATURE EDITOR



NONA MARTINEZ

NEWS EDITOR



SUNDAE MAY CATADMAN

LITERARY EDITOR



SHAN CARBY FULMARAN

SPORTS EDITOR



MARTHA LOUISE DINGCONG

CARTOONISTS



LEO GERARD RUBIA



NEIL KRISTIAN AMISTOSO

SCHOOL PAPER ADVISER



MR. CARL JOEL L. TILOS

CONTRIBUTORS

Matthew Balonglong
Nino Mercedo
Angellie Earl Omana
Alenea Duka
Patrick Eli Lumagas
Jusmien Seno
Roue Hontucan
Fe Macmod
Nekiandro Alcantara
Antoinette Marie Lebajo
Charlz Cabello

CONSULTANTS

MS. JERLYN V. MANILA
MR. KENNETH PAUL C. DURAN
SR. MARIA ALTHEA B. ALFONSO, SPC

Digital
COPY
AVAILABLE



SCAN ME