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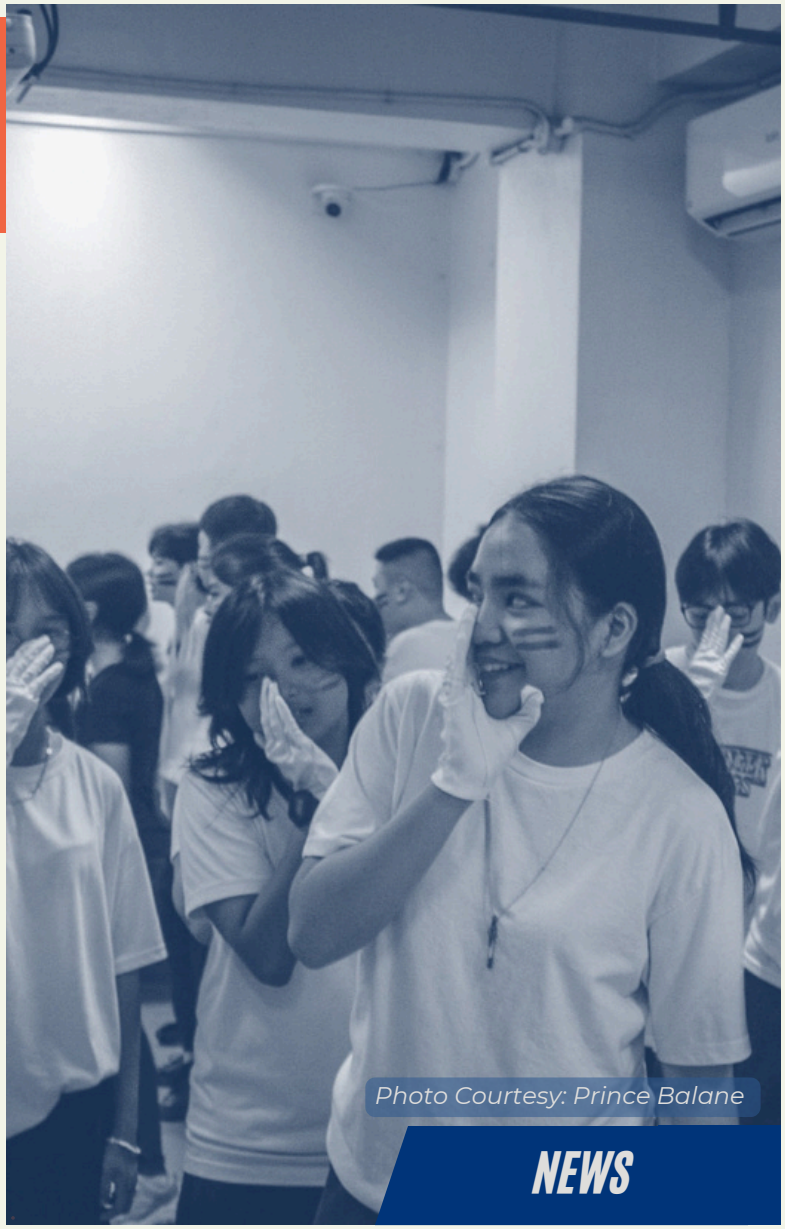


Photo Courtesy: Prince Balane

NEWS

LITERARY APPRECIATION MONTH IN APEC NEW MANILA

As part of the Literary Month celebration last November 2023, all APEC New Manila students from all grade levels and sections competed in a speech choir contest and were given the challenge to incorporate the theme of "Navigating the Era of Fake News Through Media Literacy."

THE SHADOWS OF ROMANCE ON SCREEN : THE UNTOLD TRUTH BEHIND THE FACADE OF SOCIAL MEDIA

In the world of showbiz, love teams captivate the hearts of many in the world. However, with all the fun people get and the wonderful aspects of this, there exists a darker side.

EDITORIAL

STARBUCKS AS A HAVEN FOR ANEWMANS

Conveniently located across APEC New Manila building, Starbucks has become the go-to spot for Anewmans. Whether it's for before classes caffeine fixes, study sessions, and relaxing with friends. The popular coffee shop has become a part of their daily routines.

LIFESTYLE

TIPS TO COMMUNICATE WITH YOUR TEEN

Grades 7–12 are pivotal in the Philippine education system, with teens facing hormonal changes and academic pressures. Effective communication is crucial as they gain independence. Our upcoming article shares tips for fostering understanding with your teenager.

PARENT CORNER

Layout by: Raveena Julia Ocampo

TABLE OF CONTENTS

NEWS SECTION

03 Literary Appreciation Month in APEC New Manila

04 OCExP Winter Wonderland: A tale of English Fluency and Global Bonds Unwrapped

05 Project IGNITE: A Humble Fight for Addressing Gaps in Education

06 Creative Works: In action!

07 END OF AN ERA: KATHNIEL NO MORE!

08 The Strike for Jeepney Phaseout and its Effects on the Students

EDITORIAL SECTION

09 Sharks, a Victim of Stereotypes

10 THE SHADOWS OF ROMANCE ON SCREEN : The untold truth behind the facade of social media

LIFESTYLE SECTION

11 Time Management Tips for Highschool Students

12 Starbucks as a Haven for Anewmans

PARENT CORNER

13 Tips to Communicate With Your Teen

14 Dates to Remember for 2024

SPECIAL ADDED

15 “Christmas Will Never Be the Same” by Unknown (Poem)

16 “Unmasking Fake News” by CO3-Excellence-9-1 (Poem)

17 “Unmasked” by CO3-12-COLLABORATION-STEM-1 (Poem)

18 a Haiku Collection by CO3-Service-8-1

LITERARY APPRECIATION MONTH IN APEC NEW MANILA

WRITTEN BY: RAVEENA JULIA OCAMPO









"Speech is power; speech is to persuade, to convert, to compel."
— Ralph Waldo Emerson

As part of the Literary Month celebration last November 2023, all APEC New Manila students from all grade levels and sections competed in a speech choir contest and were given the challenge to incorporate the theme of "Navigating the Era of Fake News Through Media Literacy."

Literary Month, or English Month, is celebrated every November by all schools in order to enhance language skills and expression among the youth by promoting the importance of reading and literature in our everyday lives. The speech choir competition gave the students the opportunity to put their creativity and English skills to the test as they worked together as a class to write a piece that effectively navigates and articulates the theme in a clever way, while also letting their imagination run wild as they put an entertaining spin to their performances with their choreography, composition, etc.

The preparation also gave the students the chance to practice their teamwork skills as they united to produce a captivating speech choir performance for the judges.

On November 30, 2023, was the day of the competition, and the spotlight gleamed upon the students of APEC New Manila as they gave the judges a performance that demonstrated their hard work for all the weeks that went into the preparation. The blood, sweat, and tears that each grade level and section have shed through numerous hours of practicing and brainstorming in between classes were definitely witnessed in all their performances. It also unveiled the raw talent embedded in these remarkable students, as it not only gave them the opportunity to showcase their artistic prowess but also a deep understanding of the challenges within our society surrounding fake news and media literacy, which emphasized the vital role of language in tackling complex societal issues.

The winners were announced on December 7, 2023. In the AM shift, CO3-Excellence-9-1 took the lead for first place, with CO3-Collaboration-12-ABM-1 earning second place, then CO3-Service-8-1 securing third place. In the PM Shift, CO3-Innovation-11-STEM-2 emerged as the first-place winner, followed by CO3-Collaboration–12-STEM-1 who reigned in second place, and CO3-Collaboration-12-STEM-2, who achieved third place.

A warm applause to all of our Anewmans who participated in the speech choir competition! All of you did amazing and contributed immensely to the vibrant spirit of the Literary Month event because of your dedication and talent. Great job, everyone!







Photo Courtesy: Prince Balane

OCEXP WINTER WONDERLAND: A TALE OF ENGLISH FLUENCY AND GLOBAL BONDS UNWRAPPED



December 5, 2023 - In a triumphant finale to the Winter Season of the Online Cultural Exchange Program (OCExP), a collaborative effort between APEC Schools and the Kyotango City Board of Education (BOE), students from Japan had the chance to hone their conversational English skills while delving into the diverse cultures of their APEC counterparts.

The initiative, aimed at fostering global connections, witnessed a successful conclusion on December 5, 2023. Through OCExP, Japanese students engaged in meaningful conversations, transcending geographical boundaries to embrace the rich tapestry of cultural exchanges with APEC students.

Participants enthusiastically shared their experiences, with one APEC student expressing, " I learned a lot about Yuri's (his Japanese counterpart) way of life and culture, which helped me understand things from a different point of view" Another APEC student added, "The times where we can laugh together are the most memorable, when I narrate a funny experience or just make a fool out of myself. I'm glad humor can cross through language barriers"

These heartfelt testimonies highlight the impactful nature of the program. Under the partnership, the Kyotango City BOE played a pivotal role in orchestrating this immersive experience, ***facilitating a platform where language acquisition and cultural exploration seamlessly coexisted. APEC Schools, known for its commitment to education, contributed to the program's success by providing a conducive environment for students to connect and learn.***

The Winter Season served as a testament to the program's efficacy in bridging linguistic and cultural gaps, creating an enriching environment for participants. As the curtain falls on this chapter of OCExP, it leaves behind a legacy of cross-cultural understanding and language proficiency, laying the foundation for continued collaboration and future endeavors in global education. See you on the next season!

END OF AN ERA: KATHNIEL NO MORE!

WRITTEN BY: EPHRAIM SANCHEZ



In the Philippines, loveteams are a common phenomenon in our televisions and cinemas, this is where two actors, a male and a female, work in the industry as a pair and appear lovers within their filmography. Among the dozen of loveteams that emerged within the years, no one was as popular and notable as Kathniel. The real life couple consisting of famous actors Daniel Padilla and Kathryn Bernado are superstars in the country, loved through their amazing works and undeniable chemistry, they were an epitome of a perfect couple and Ideal relationship to the filipino people.

As time shows us however, there isn't anything perfect in this world and that everything has inevitable flaws that appear within time. Both Kathryn and Daniel including their relationship was no different, it had its ups and downs where eventually it led to the recent heartbreaking news that the couple decided to part ways from each other. To break down possible reasons for the split, we have to look at past events between the couple.

It was reported during 2014 that actor Daniel Padilla's audio scandal had been leaked where there were numerous conversations with a girl that he apparently cheated with, this however didn't result in anything negative as Kathryn Bernardo forgave the actor and was still climbing the way up in the industry together.

However as they moved forward, actress Kathryn Bernardo has been expressing to have wanted much more diverse roles and this includes pairing up with other actors as well, Daniel Padila is said to be not the biggest fan of such but still the actress was able to do so and snatched the Philippines highest grossing film of all time with "Hello, Love, Goodbye" alongside actor Alden Richards. In a lot of interviews and programs as well Daniel has stated explicitly of not letting Kathryn wear revealing clothes. Lastly, with the recent controversy going on before Kathryn's flight to Korea, Daniel admitted to cheating and the reason for Kathryn's foul mood in the awardings held in Seoul.

Along with that Daniel Padilla is linked with many other actresses including Andrea Brillantes as the most recent one and believed to be the final straw for Kathryn.



This belief was further emphasized for the netizens when Actress Kathryn Bernardo unfollows Andrea on Instagram.

Whether any of the events are real or fake is something we'll never know, as supporters of the actors we should be here to respect whatever decision they have decided to make. What is sure however is both of them grew within the public eye, including their relationship.

Kathryn and Daniel had their ups and downs, eventually leading to the recent heartbreaking news where the couple decided to part ways from each other. To break down possible reasons for the split, we have to look at past events between the couple. It was reported during 2014 that actor Daniel Padilla's audio scandal had been leaked where there were numerous conversations with a girl that he apparently cheated with, this however didn't result in anything negative as Kathryn Bernardo forgave the actor and was still climbing the way up in the industry together. However as they moved forward, actress Kathryn Bernardo has been expressing to have wanted much more diverse roles and this includes pairing up relationship which indicated lots of pressure. That's why we shouldn't be too harsh or set too high expectations with what we see on others, as we're all imperfectly perfect in our own ways.

PROJECT IGNITE: A HUMBLE FIGHT FOR ADDRESSING GAPS IN EDUCATION

WRITTEN BY: AMEDEE AGUIRRE



The Philippines is one of the countries with the lowest literacy rates in Southeast Asia and the world. A study entitled "Southeast Asia Primary Learning Metrics (SEA-PLM) 2019" conducted by the United Nations Children's Fund (UNICEF) and the Southeast Asian Ministers of Education Organization determined that the Philippines is included in the lower half of the study's rankings in 3 learning domains: Reading, Writing, and Mathematics. It is noted that most of the Philippines' 5th graders in the study have a reading comprehension of the first years of primary education in other Southeast Asian countries, therefore being the second-worst performer with 10% performance while Vietnam with 82% performance.

Three years later, it was yet again determined that the Philippines is still among the countries with the lowest proficiency in learning domains such as reading comprehension, mathematics, and science through an assessment conducted by the Organisation for Economic Co-operation and Development (OECD) entitled "Programme for International Student Assessment (PISA) (2022)."

It is highlighted in the PISA 2022 results that the Philippines' performance has not improved since 2018, with 16% of Filipino students achieving a minimum score of Level 2 Proficiency in Mathematics, significantly lower than the OECD's average score of 69%. Additionally, 24% of Filipino students achieved a minimum score or higher of Level 2 Reading Proficiency, still substantially lower than the OECD average of 74%.

Both of the aforementioned studies were conducted to assess the current situation of the Philippines and its progress in achieving the 4th Sustainable Development Goal (SDG): Quality Education, a goal that will be addressed by the current Student Council through Project IGNITE.

Project IGNITE, an acronym for "Inspiring Growth, Nurturing Individuals Toward Excellence," seeks to contribute to alleviating problems surrounding lack of education and access to learning resources. To implement this project, APEC Schools New Manila students may help by learning basic skills like dancing, arts and crafts, basic literacy skills, etc. managed by different clubs. They may also be given the chance to apply what they have learned by teaching children in the Department of Social Welfare and Development - Reception and Study Center for Children (DSWD-RSCC). Additionally, Project IGNITE aims to collaborate with different organizations to (1) improve the learning experience during the project's implementation, and (2) address the children's basic needs like clothes, hygiene materials, food, books, art materials, and the like.

The word "ignite" was chosen as this represents the overall objective of the project: to hone their learning and spark interest in discovering more of the children's unseen talents. Furthermore, the project targets three UN SDGs: Quality Education, Good Health and Well-being, and Partnership for the Goals.

To kickstart the implementation of Project IGNITE, we encourage the ANEWMAN community to donate their old clothes, books, art materials, and toys suitable for use for children under 10 years old. We also encourage everyone to provide the following for the hygiene kits that will be provided to the children:

- Alcohol
- Wet wipes
- Tissues
- Soap
- Toothbrush
- Toothpaste
- Mini comb
- Plastic mirror
- Face mask
- Insect Repellent Lotion
- Bandaids
- Small handkerchiefs

Donations will be open until February 29, 2024. Other activities related to Project IGNITE's implementation will be announced soon!

CREATIVE WORKS: IN ACTION!

WRITTEN BY: ZARIEAL JOHAN MANTE

As the countdown to Fun Week draws near, excitement is building at APEC Schools - New Manila as a group of talented students from the Creative Club are hard at work planning exciting activities. With the guidance of their dedicated club facilitator, these imaginative minds are set to make Fun Week even more memorable.

The Creative Club's plans will leave hearts fluttering, as they have been busy preparing materials for the event over the past week. From self-made decorations to booths, the students crafted every piece with care and creativity.

The club's dedication and hard work are a testament to the innovative spirit at APEC. With such talented and passionate students leading the way, it's clear that Fun Week is set to be an unforgettable experience for all involved.







THE STRIKE FOR JEEPNEY PHASEOUT AND ITS EFFECTS ON THE STUDENTS

WRITTEN BY: TROY SANDI

With the implementation of upgrades in the public transportation system in the Philippines comes the initiative of being able to replace the current Jeepneys that have been commonly used for many years. Having new upgrades for good use for the environment, such as having upgrades that allow the modern use of transportation.

Have we ever wondered why jeepneys have been the modern use of transport for many years despite the oldness of some vehicles that still function and the most popular choice of transport among Pinoys?

The jeepney originated from the surplus of military jeeps after World War II, when jeeps left had become used for Filipinos and were made as a form of transportation for all. With the problems people experience, such as safety, the harmful effect of the release of gas from the exhaust, and the overall functionality of the vehicle, despite its working condition, people tend to love it, but due to this issue, it becomes a hassle, thus requiring the government to phase it out.

With the new set of propositions set by the DOTr having initial plans for the new modern transportation to replace the old ones, it creates problems not only for some commuters but also for the operators of the jeepneys.



Having this new set of modernized upgrades, which are great, leads to a financial burden for operation and issues in terms of the system when using the brand new vehicles. Commuters are also affected by these fears of having a mode of transportation, which are the increase in fees based on the systems of the Jeepney drivers. With the increase in gas range and problems in earning money from the drivers, we had changes such as today having the minimal fee for transport at a 13 peso range where before it was much less, such as less than 10 pesos excluding the students, and pwd discounts.

With the phasing out of the jeepney on January 1, 2024, in the past months before the phase, numerous keep operators protested having the phase-out lifted, for not only the loss of their income and earnings from driving their jeepney but also trouble. They have problems being able to adjust to the new ones if they are released, and they can increase the fees for them, which some commuters are not fond of.

Having the strikes daily for the past few months has become a hassle, especially for students who use the mode of transportation for learning. Although it results in having online classes instead of face-to-face, it becomes a burden especially for the parents of their children not being able to go to school just for the simplicity of the strike because of the phase-out. Parading on the Road especially EDSA alongside their family not only causes traffic but affects the classes or works of many. Being able to cancel classes and work due to these transport strikes, causes problems for students and affects them in being able to learn due to not being able to go to school. it becomes a problem for students not only resulting in having online classes but also hindrance the learning process that is applicable and effective in face-to-face sessions.



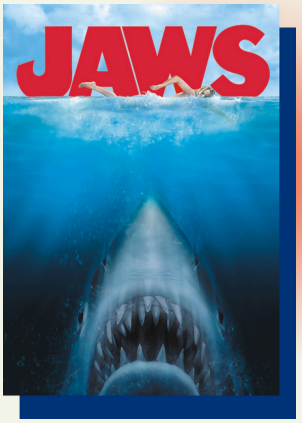




SHARKS, A VICTIM OF STEREOTYPES

WRITTEN BY: CASSANDRA OLIVEROS

Jaws, a 1975 thriller film directed by Steven Speilberg based on the 1974 book by Peter Benchely, is about a police chief of a beachside town attacked by a killer shark—a Great White shark, to be specific. In the end, the chief kills it with the help of a shark expert. In the movie, the shark is shown to be a mindless killer that hungers for human flesh, while in reality, sharks don't actively hunt humans; their main diet consists of tuna, seals, crabs, and some species of sharks feed on phytoplankton, a microscopic marine algae. These animals are not as dangerous as these movies make them out to be.



FUN FACT! Sharks have survived four of the five mass extinctions in Earth's history. They largely remain unchanged in their evolution, as they are the top predators in the ocean. The oldest fossil evidence of shark ancestors was found 450 million years ago. Most of the shark's skeleton is made out of cartilage, which does not fossilize, but their teeth, on the other hand, do. That's why most of the shark fossils we see are their teeth.The so-called fact that sharks are older than the North Star, Polaris, is unfortunately false, as Polaris is a system of three different ones with varying ages.

The primary star, Polaris Aa, is approximately 50 million years old, which is younger than the oldest shark ancestor. The ages of the other two components, Polaris Ab and B, are not as well defined, so we cannot tell for sure if the stars are younger or older than our fishy friends.

Sharks have no fault; we humans kill over 73 million sharks per year for their fins. This includes the amount fishermen accidentally kill while catching the fish these sharks eat. Sharks do not hunt humans; if a shark bites you, it is merely by accident, as they might have mistaken you for a seal, which is a part of their diet. Sharks suffer from the pollution mankind creates. Sharks that feed off of plankton, like the basking shark, are prone to swallowing microplastics or plastic bags that are found in their habitat because corporations are littering the ocean. Whale sharks are said to swallow 137 pieces of plastic during an hour of feeding. Other sharks are affected not only by plastic but also by oil spills caused by the same corporations.







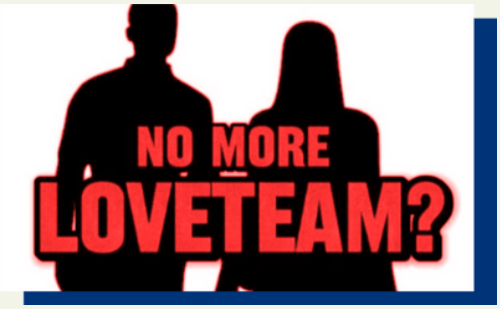


If sharks were to go extinct, this would cause irreversible damage to the ocean ecosystem. We need to keep the balance, as they are worth more alive than dead. They may have an intimidating presence when you encounter them in the water, but they are quite friendly if you pay them no attention and do not panic or splash around. Sharks may be dangerous, but they are not as deadly as other creatures in the ocean. For example, the Box Jellyfish, which has enough venom to kill you in a matter of seconds, and another animal, the Stonefish, have venomous spines that could kill you and, hence the name, are camouflaged as rocks, which means you could step on them while walking around.

In the end, sharks aren't the bloodthirsty creatures they are portrayed to be. They are just animals doing the best they can with the world shifting and changing around them. We humans are destroying their habitat and killing them, causing them to become an endangered species. That's why we should try to give them the benefit of the doubt in certain situations. The moral of the story is that the ocean is dangerous and we should stay as far as possible from it.

THE SHADOWS OF ROMANCE ON SCREEN : THE UNTOLD TRUTH BEHIND THE FACADE OF SOCIAL MEDIA

WRITTEN BY: TROY SANDI



Have you ever partnered with someone before? Your favorite artist? We are all not too far apart when it comes to this kind of stuff, but do you know the secret behind those sweet and romantic things? Let's dive right into their world and know what's behind it all.

In the world of showbiz, love teams captivate the hearts of many in the world. People being partnered, or in other terms in this society, "ships." Being partners for shows, or people finding interest and thinking of a perfect couple. These are not just those celebrities on television but rather on many platforms that have been brought up to this modern time, such as TikTok, Instagram, Twitter, Facebook, and more. However, with all the fun people get and the wonderful aspects of this, there is a dark aspect to the online world.

What are these dark aspects of social media? Are they really that bad? Well, one thing is for sure: they are things that are not right anymore and are way below becoming dangerous and toxic.

INVASIVE BEHAVIOR

How far can you go to show your love for your love team? In this society, the online culture holds the unappealing, disgusting, toxic, uncool, and more things fans do just to be able to learn more about them, even if they dug all the information and personal things that should be kept. These types of things are beyond control and way out of line. Damage to celebrities' reputations and cause problems in the world of celebrities.

BULLYING AND HARRASSMENT

Have you ever felt bored? Or had you seen bullying and possible harassment either through the post or comment section? This happens often: people bullying others or a form of harassment, especially for people who are newbies. If you do not know the details about the couple because you are new, then people often target those who create toxicity among themselves, fighting and causing problems.

Is it due to a lack of knowledge of the situation? Information about the couples? History? Not really a fan? And more, these are just baseless ideas and things happening to either gain for their own benefits or, for other terms, "pasikat." This kind of behavior is something that is happening in this society, and it is just sad.

FAKE NEWS AND MANIPULATION

The most common thing among the online community is the spreading of fake news and manipulation. This fake news drives people into having mixed emotions. Have you ever seen groups of bashers or haters and groups of true fans? These two groups are often seen in many love triangles: the fans and haters, with the bad ones being able to recruit others, or, in other words, become more toxic and change ways. So does this mean the good fans are in the right? Not all, because some influence others to act against their wills, which causes problems. A sample can be a fan idolizing his or her idols, and then this group page of other fan members gains influence, such as spending money, posting, or engaging in behaviors that are good at first but turn out to be bad and end up in trouble. One is going against parents, stealing, posting inappropriate behavior, being a bully to those who dislike their idols, and more. This changes everything, and not all fan pages are good, but some are fakes or scams to gain members and, way worse, steal from them information, money, and more.

EXPLOITATION OF LOVE TEAMS

This problem causes exploitation of others words using their love teams, such as faces and information for their own personal beliefs and usage. One of these problems is the usage of marketing. Have you ever heard phrases like “Marian Rivers uses this product"? If so, those things are lies and just fake news that uses other people for their own sake.

What do these dark sides of them make you really think? Am I right for being a fan or not? There is nothing wrong with being a fan of someone; it's just that how you express it questions everything. Just be mindful and ideal of things, keep the best of them, and know what is right and wrong.

TIME MANAGEMENT TIPS FOR HIGH SCHOOL STUDENTS

WRITTEN BY: ZARIEAL JOHAN MANTE

As high school students, we are often bombarded with so much tasks and responsibilities. From attending classes, deadlines of projects, studying for OAs, participating in Club activities, and managing social lives, it can be overwhelming to keep track of everything. However, effective time management skills can help us navigate through these demands and achieve a healthy work-life balance. We will explore some practical tips for managing time efficiently as high school students.

1. *CREATE A SCHEDULE*

The first step to managing your time is to create a schedule. This could be a physical planner or a digital calendar. Write down all your plans, deadlines, activities, including classes, OAs, and social events. This will give you an overview of your week and help you prioritize tasks.

2. *PRIORITIZE TASKS*

Once you have a schedule, prioritize your tasks based on their importance and urgency. Urgent tasks are those that have a deadline approaching soon, while important tasks are those that have a significant impact on your academic or personal life. Prioritizing tasks will help you focus on what needs to be done first and avoid procrastination and/or multitasking, multi-tasking can lead to a lot of error and a lot more work and time can be wasted

3. *SET REALISTIC GOALS*

Setting realistic goals is crucial for effective time management. Make sure your goals are achievable within the given time and aline with your priorities.

For instance, if you have an important exam coming up in a week, set a goal to study for two hours every day leading up to the exam.

4. *ELIMINATE DISTRACTIONS*

Distractions can significantly impact our productivity and ability to manage our time effectively. Identify the distractions that lessen your productivity, such as social media notifications or loud noises, and find ways to eliminate them. For instance, you could turn off your phone notifications or wear noise-cancelling headphones while studying.

5. *LEARN TO SAY NO*

As high school students, we often feel the need to participate in every extracurricular activity or social event that comes our way. However, this can lead to overcommitment and burnout. Learn to say no to commitments that do not align with your priorities or overwhelm your schedule. This will help you manage your time more efficiently and avoid unnecessary stress.

6. *TAKE BREAKS*

Taking breaks is essential for effective time management as it helps us recharge and refocus our minds. Schedule breaks into your day to relax, exercise, or do something you enjoy. This will help you stay productive throughout the day and avoid burnout.

7. *PRACTICE GOOD STUDY HABITS*

Effective study habits are crucial for managing time efficiently as high school students. Some good study habits include breaking down assignments into smaller tasks, setting deadlines for each task, studying in short bursts with breaks in between, and reviewing notes regularly instead of cramming at the last minute.

In conclusion, managing time effectively as high school students requires discipline, prioritization, and planning skills. By creating a schedule, prioritizing tasks, setting realistic goals, eliminating distractions, learning to say no, taking breaks, and practicing good study habits, we can navigate through our demanding schedules with ease and achieve a healthy work-life balance. Remember to be kind to yourself and celebrate small victories along the way



STARBUCKS AS A HAVEN FOR ANEWMANS

WRITTEN BY: RAVEENA JULIA OCAMPO



Conveniently located right across the APEC New Manila building, Starbucks has become the go-to spot for Anewmans, the popular coffee shop even becoming an essential part of their daily routines. Whether it's for that pre-classes caffeine fix, a place to study and get some school work done with a tasty drink on the side, hanging out with friends, or just simply enjoying the pastries and beverages offered by Starbucks to decompress from the demanding hours of a school day.

The ambient hum of activity and the comforting aroma of freshly brewed coffee creates a laid back atmosphere that warmly embraces Anewmans, making it a place of comfort. "I like to go to Starbucks because of its cozy atmosphere which helps a lot with productivity, such as finishing schoolworks. They also offer a variety of beverages aside from coffee, as well as different pastries. The fact that the place is also aesthetically pleasing makes it a good spot to hangout." Shared by one of the senior-high students at APEC New Manila.

A junior-high school student at APEC also notes, "For me, I think the scent of freshly brewed coffee, the cold air, and the overall aesthetic makes Starbucks a comfy place to escape from the bustle and chaos."

The baristas and staff at Starbucks also contribute to the welcoming atmosphere of the place, adding to the satisfying experience of the students who frequent the place. As another senior-high student at APEC New Manila puts it, "Starbucks has friendly staff which makes my stay comfortable every time I go there."

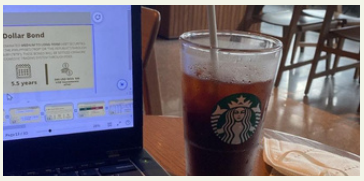
The proximity of Starbucks to the school is also a huge game-changer, its strategic location turning it into some sort of unofficial extension of the APEC campus as it has become the ideal meeting spot for students before and after classes. "I have come to like Starbucks because it's near the school and has air-conditioning, which is really good for those who wait for their classes. It's also a nice place to hangout with friends after school hours." Mentions another senior high school student.

When home is too distracting but classrooms feel too stifling, Starbucks has become the preferred spot for Anewmans to study for their open assessments and tackle their performance tasks. Seeing other people who do the same and go there to get their own work done is also a plus as seeing them work diligently boosts the focus and ultimately the productivity of Anewmans. One of the juniors at APEC New Manila explains, "I like to do my school activities at Starbucks because sometimes it's more quiet and calming than at home or in class, plus you're surrounded by people who are also there to study."

"Since there are a lot of people who study and work at Starbucks, seeing them makes me motivated to finish my own activities as well." Noted by a senior at APEC New Manila.

Starbucks also has a variety of seat options that cater to different students, from the communal spaces that are fitting for group discussions, to solo spots for focused study sessions. They also have charging ports near the tables where students can easily plug in their devices when they run out of battery, making it an ideal setting for long hours of school work.

In essence, Starbucks has become more than just a coffee shop; for many APEC New Manila students, it is a haven where schoolworks finds completion, friendships are nurtured, and weary minds find comfort while enjoying delicious beverages off of the menu. Just as Anewmans find solace within its walls, Starbucks also flourishes as an integral part of the APEC New Manila community. The symbiotic relationship formed between the two creates a unique experience where both the students and the coffee shop thrive together, making Starbucks an intrinsic chapter in the Anewman experience.







TIPS TO COMMUNICATE WITH YOUR TEEN

WRITTEN BY: CASSANDRA OLIVEROS



Grades 7–12 are a vital part of the Philippine education system, where your children are growing into teenagers and becoming their own people. These years are a stressful time for teenagers due to their hormonal increase as well as the increased workload from school. Because of the increase in responsibilities, they will begin to be more independent and start having their own opinions, as well as spending more time with their friends.

These years are where your guidance is most needed since this is when your teenager can make impulsive decisions due to their hormones, making it harder for them to regulate their emotions. But communicating with your teen is a difficult task because there may be difficulty on your side or theirs. The request that may seem reasonable to you may seem like an outrageous demand to them, so the key is to form an understanding between you and your teenager.

So take a deep breath, reflect, and let's get started:

1. ***LISTEN*** - You can communicate with them directly, but do not be too pushy. Teenagers are more likely to open up if they are not pressured into it. You also have to listen and not hear. Pay attention to what they are saying; don't speak over them. Active listening is important when you communicate with them. You need to be non-judgmental, caring, and empathetic to what they are saying.

2. ***VALIDATE THEIR FEELINGS*** - Don't downplay their feelings. "It's not that bad." You should not say that because you are dismissing their emotions; to them, the experience or problem may seem like the end of the world. Instead, say, "It must be really disappointing." You need to acknowledge how they feel; don't ignore them. If you push away what they are feeling, they won't come to you when they are troubled or have another problem.

3. ***SHOW TRUST*** - Show that you trust your teen. With their newfound independence, they want to be taken seriously. Giving them tasks they can fulfill will boost their confidence in themselves. Another way to establish trust is to try to make reasonable house rules. Having a conversation with your teen and compromising on the rules will show that you trust that they will follow them. Pushing boundaries is natural for teenagers, and it would help to explain the rules you make, because hearing the explanation for the rule may make it more reasonable to them. Not just "because I said so," but a real reason why.

4. ***GIVE PRAISE*** - You may think that teenagers may not care what you say, but as their parent, you are the main source of approval your teens want. So remember to be positive and praise your child when you can. Giving praise can improve your teens self-esteem and encourage them to continue their good behaviors.

5. ***CONTROL YOUR EMOTIONS*** - When your teen is being rude, don't respond back by being rude yourself. You are the adult in the situation talking to a very emotional teen with raging hormones. Take a deep breath to calm down, or if both of you are too upset, take a break and continue when both of you have calmed down.

6. ***DO THINGS TOGETHER*** - Take an interest in their hobbies. Being interested can create positive scenarios for both of you. Doing things you both enjoy without asking personal questions can show your teen that you can have positive interactions with each other and that you won't always be questioning or scolding them.

7. ***BE OBSERVANT*** - It's normal to go through changes as your teen matures, but pay attention to their mood, behavior, energy level, and appetite. Otherwise, pay attention to their hobbies if they stop doing the things they love or enjoy. If you notice them isolating themselves, or if you notice their behavior getting worse, they may need to talk to a mental health professional. When you ask about it, do not be judgmental; ask politely and be supportive. Remember that mental health is just as important as physical health.

DATES TO REMEMBER FOR 2024

WRITTEN BY: ZARIEAL JOHAN MANTE

We all know that Q2 Just finished and Q3 is just around the corner. While quarter 3 is approaching, so are the activities awaiting to welcome us. These are the upcoming dates to be remembered.

MONTH OF JANUARY

12 - End of Quarter 2
13 - Fifth Club Day
15 - Start of Quarter 3
22 - Deadline for Payment of Field Trip + Virtual Meeting for Parents
23 - Math and Science Day Celebration, Math and Science Quiz Bee
30 - Grade 7 Hour of Code

MONTH OF FEBRUARY
2 - Field Trip
10 - Lunar New Year
17 - Alumni Homecoming
19-23 - Fun Week + Career Development Week
23 - Release of Q2 Progress Report
25 - EDSA Revolution Anniversary

MONTH OF MARCH
8 - End of Backsubjects (Senior High)
9 - Amplify Journalympics
16 - Seventh Club Day
19 - End of Quarter 3
20-22 - Asynchronous Classes for Students + In-Service Training for LFs
25-27 - Academic Break
28 - Maundy Thursday
29 - Good Friday
30 - Black Saturday

MONTH OF MAY

11 - Prom Night (Grade 10 and 12)

Kindly note that the given information is based off of the schedule from the class heads, information about the events will be posted and updated.

"CHRISTMAS WILL NEVER BE THE SAME"

WRITTEN BY: ARWEN NOELLE TOLOSA



Christmas time has come again
As every other year, I've grown a little more
The winter air hits me differently than before
I will never be the same as I was afore

The parol stars align the lanes
But they no longer twinkle in my eyes
Old holiday pictures seem unfamiliar
Oh, where has that child gone

I spend the days drifting away
Reflecting on my naive ways
As each holiday season goes through
I hold onto every cherished memory hitherto

Each December is unlike the other
Yet amidst the bittersweet changes, I find solace in the new
The memories of my youth, I grieve
For with new experiences, I retrieve

“UNMASKING FAKE NEWS”

WRITTEN BY: CO3-9-EXCELLENCE-1



In our world in today’s digital era
dominated by floods of information and data
Up, down, right, round we search for something true
Discerning the deception from the actual truth

Fake Information floods our media
To know the truth, what are the criteria?
People believe what they read without fact checking
Causing harm to people and misunderstanding

In a world of bytes and likes, beware of the fake news’ disguise
Some spread lies for money's sake, thinking that nothing is at stake
people are not using their heads when reading information
People are confused in the era of misinformation

Fact check the notes, look for a reliable source
Something with credibility must be our resource
For In a world of lies, Media literacy helps truth rise
Let’s have a clear mind and open our eyes

Before you act, comment, share, and react,
Always remember you make an impact.
In this digital era where truth and lies intertwined
In truth and wisdom, we shall always confide

“UNMASKED”

WRITTEN BY: CO3-12-COLLABORATION-1



Different news, come from different sites
Different gossips, come from different mouths
In the domain of tweets and viral shares,
Misinformation lingers everywhere

Today’s a generation of deceit
Where fairness cease to repeat
It’s hard to know what’s real and what’s not
In the world of fake news, a lot can get caught

Let us be vigilant, discern and question,
Before accepting fiction without reflection,
For in this era of the digital haze,
Veracity is a precious, dwindling blaze.

In the chambers of our own belief,
We must not succumb to this digital thief,
With our sources checked, and biases surpassed.
We question, we probe, we outlast

In the end, it's the truth that will last,
As we navigate this era, unmasked.
With facts that matter, and literacy broadcast,
We'll conquer the era of fake news, at last

SPECIAL ADDED

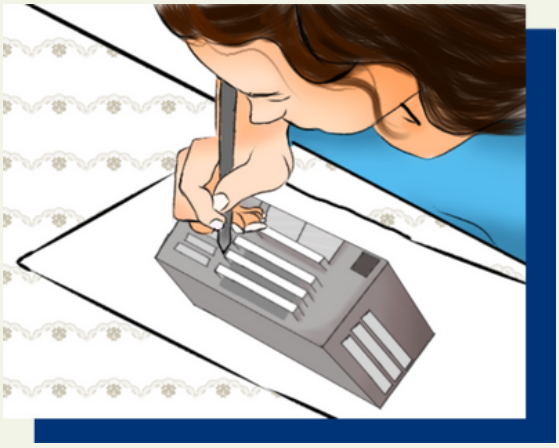
A HAIKU COLLECTION

WRITTEN BY: CO3-8-SERVICE-1

HAIKU #1

LOUISE ANGELO MA., GUERRERO

Ink flows on paper
Fountain pens dance with delight
Markers paint in joy.



Artwork by: Kylie Gutierrez



HAIKU #2

EOWYN ARWEN, NATIVIDAD

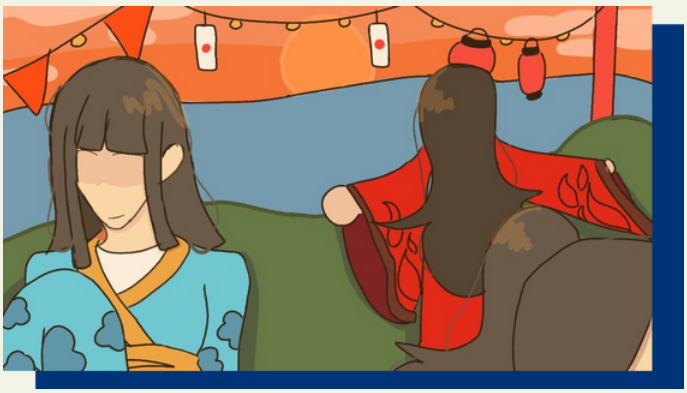
The cold Winter ends
Greeted by a picturesque
Cherry pink blossom

HAIKU #3

ALLYSA, ALAVA

"Sunsets so pretty"

The sun is setting
with colors so comforting
pretty as always



Artwork by: Dwayne Tuazon