S.Y '23 - '24

APEC NEW MANILA

QUARTER 3 ISSUE

AMPLIFY NEWSLETTER



Student Fair 2024

With Quarter 3 proving to be quite a challenge for students, bringing out their inner skills and competencies as they struggle to finish their IPBAs, OAs, and outputs, the students of APEC Schools New Manila await a fun escape and an enjoyable activity. With this, as the announcement and news for a sports event spread, the halls of APEC Schools New Manila were filled with excitement as students awaited with excitement the yearly five day sports event: the Student Fair.



In this event, students will be able to showcase their different talents, skills, and, most importantly, their sportsmanship and camaraderie with one another. This event is ultimately dedicated to all the students who want to have a blast while participating in different sports games and booths.







STUDENT FAIR 2024

WRITTEN BY: TRISTAN PAGARIGAN

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In this event, students will be able to showcase their different talents, skills, and, most importantly, their sportsmanship and camaraderie with one another. This event is ultimately dedicated to all the students who want to have a blast while participating in different sports games and booths. As the students were divided evenly, this year's student fair was composed of 4 teams, each based on the different groups and elements found in the popular animated television series, Avatar: The Last Airbender. These groups and elements include the Air Nomads, the Earth Kingdom, the Fire Nation, and lastly, the Water Tribe. As each team dukes it out in different sports and games, we also first need to acknowledge the efforts of our organizers.

With the schedules being hectic and them fulfilling other roles, it is important to remember that the success of the student fair event was the result of the collaborative effort between the school administration, learning facilitators, staff, and the student council, who worked tirelessly to ensure that everything ran smoothly.

Each of the clubs also contributed to the success of the event, with clubs setting up different booths and overall helping the flow of the event. The first of the clubs is AMPLIFY, which has set up a karaoke booth and a room filled with board games that the students can enjoy. The Descendance Club, who handled and worked tirelessly to create and manage both the wedding booth and the jail booth; the Creative Works Club, who organized the movie booth for students to be entertained; he Student Council, who had a photo booth for students to save their memories as photographs; and lastly, the First Responders Club, who assisted and performed first aid for the students who had injuries.

Additionally, each team also played a critical role in the preparation of the event, putting together their cheer dances and spirited yell chants to showcase their team spirit. It was inspiring to see how both the teams and the organizers collaborated and contributed to the success of the event. With that said, we have finally come to the conclusion of the student fair. As February 23, 2024, marks the end of the event at San Martin de Porres Court, the long-awaited victor and champion of the event are now ready to be announced. After a series of grueling competitions, tournaments, and games, the Water Tribe ultimately claimed victory at the Student Fair 2023-2024, emerging as the new champions of the event. The Earth Kingdom secured the first runner-up position, while the Air Nomads followed closely behind as the second runner-up. And lastly, the third runner-up position was taken by the Fire Nation.

In the end, the student fair demonstrated the true spirit of sportsmanship, cooperation, and teamwork. By having the key values of APEC Schools and applying them to achieve cooperation, sportsmanship, and camaraderie, as a team, we can achieve anything.



BOMB THREAT HITS QUEZON CITY

WRITTEN BY: TROY SANDI

This year 2024 has become hard with these bomb threats, whether uttered in jest or with genuine intent, have become a and a serious concern, particularly when these threats are directed at schools that are within Quezon City.

Now with this worries have reached new levels as these bomb threats are getting worse. Each occurrence stimulates student anxiety, disrupting the regular flow of daily school life and producing distress on a large scale. Whether the threats prove to be legitimate or fictional, the consequences are severe and go beyond just emotional distress to involve financial hardship and difficulties throughout those who are affected.

The mere mention of these threats not only catches the eye of government officials but also sends shocking news throughout the education sector. This caused lots of reasons for why bomb threats are happening. Speculation arises whether these threats originate from within the school premises or outside.

Possible explanations of individuals or groups reasons to cause such damage include factors like bullying, attention-seeking behavior, mental health challenges, personal vendetta and hidden motives like to gain attention, popularity, extortion or gain money, revenge and more.

In response to this alarming trend that continues from the start of the year of 2023, schools are compelled to step up their security measures. Collaboration between school administrators, law enforcement such as the police, and other agencies. Protecting the well-being of students, staff, and the community surrounding school property has emerged as a must. Notices of schools, like universities or private schools, often tighten security measures, such as adding guards and implementing strict protocols to ensure there are no complications such as students or staff members bringing items that cause potential harm especially if those items are not authorized by administrators of schools to all.

With schools being targeted, such as San Francisco National High School, when they had received false information in regards to bombs inside the facility, New Era Elementary School also received a threat when administrators and teachers got messages on their phone.

In conclusion, the large numbers of bomb threats targeting schools in Quezon City demands immediate attention and quick action. The stakes are high, with the lives of a person hanging on the edge. By working together and implementing securities, we can mitigate the threat posed by these malicious acts and ensure safety and well-being of the communities



DUTERTE-MARCOS ALLIANCE: WHAT WENT WRONG?

WRITTEN BY EPHRAIM SANCHEZ

On January 29, 2024, during one of his speeches Former President Rodrigo Duterte called his successor Ferdinand Marcos Jr. a drug addict, " May drug addict tayong presidente" Said by Duterte. He continues by saying that when he was a former mayor in Davao City, The Philippine Drug Enforcement Agency showed evidence that proved the current president is in fact a drug addict.

With all of this happening, the question in the mind of the people is why are such conflicts occuring, are there any specific reasons? Is there truth to the things said publicly? Can there be personal and political motivations for such actions? It's a tale of members of two strong political dynasties and the ties that bonded them over the years and how it's slowly severing at the moment.

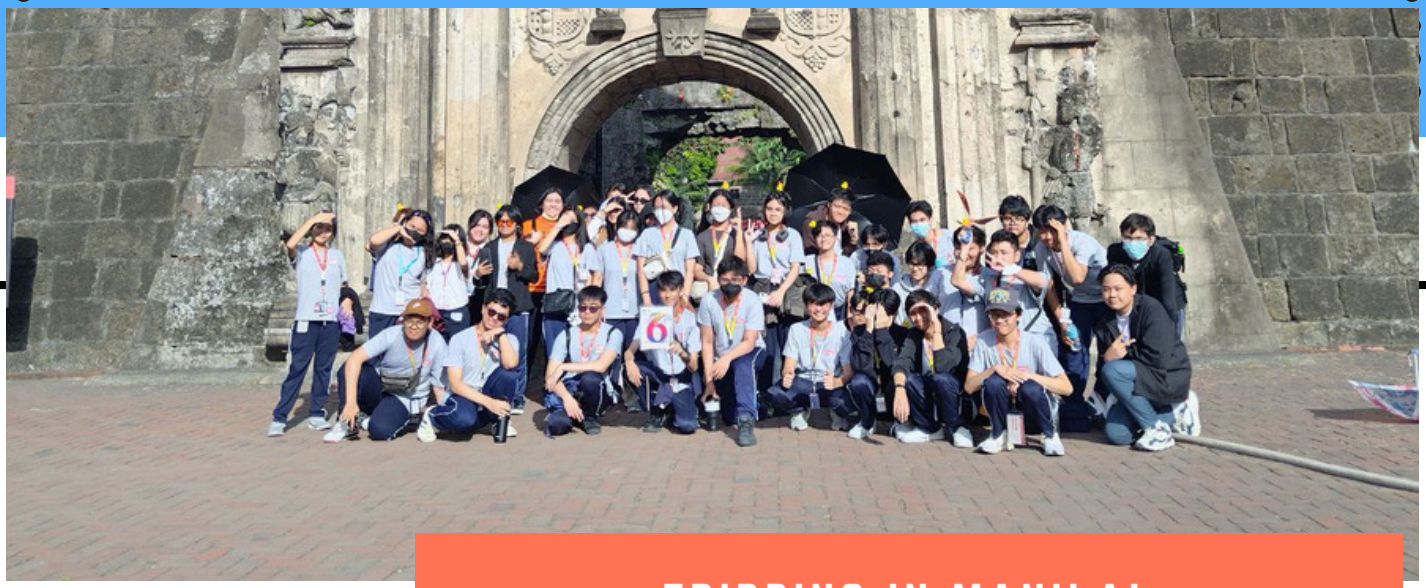
Before the 2022 presidential elections, the Marcos-Duterte were frontrunners to win it all as new leaders of our country's, different public surveys would affirm that. As the tandem are able to lead all major surveys from Filipinos it was a consensus

Ferdinand Marcos Jr. and Sara Duterte will reign supreme in this upcoming elections. Both parties have done favors for each other, it will be remembered that during the time of Rodrigo Duterte, he allowed the burial of the late Ferdinand Marcos in the "libingan ng mga bayani" after so many years of former president's not allowing to do so. Such favors were also given by the Marcoses showing full support for the reign of Rodrigo Duterte. As most expected the tandem won easily with such high margins that it seems like they'll head strong for a long time, however there's always cracks to every relationship.

It was clear that these two weren't really friends, more of allies. Behind the cameras this duo did not have much interactions, and people around them would describe their relationship as okay and not friend-like. Still they kept this ship together and succeeded throughout the early years of their leadership. In actuality there were minor differences and issues that were already occurring behind the scenes, the Uniteam movement wasn't necessarily endorsed by Sara Duterte's Father, Former President Rodrigo Duterte. According to him, Ferdinand Marcos Jr. was a weak president and would not be suitable for the job, aside from that he saw that Sara Duterte led polls for presidential candidates, even more than those of BBM which was why he wasn't fully in favor of the decision to settle for vice president.

Under Marcos, the Philippines has grown its ties with the United States and other existing/new countries. Along with that however is a decreasing relationship with China, which Rodrigo Duterte fostered, it was a crossroad for the government.

This could be a triggering reason for the Former President, as he announces such things in his speech. Despite that relationship between Sara and Marcos seems unaffected as the vice president stays at Marcos cabinet despite the things said. Time will tell how successful the tandem will be, will they make the Philippines a better place to live in or make it worse, let's watch as it unfolds right in our eyes.



TRIPPING IN MANILA!

WRITTEN BY: EPHRAIM SANCHEZ & TROY SANDI

February 2, 2024, marks the very first APEC Schools-New Manila Field Trip. It gave pure joy to students considering it was their first time having a field trip, as APEC Schools announced their first educational tour for the students. Students come to school at around 5 in the morning to officially start the day of traveling to the designated locations. The buses were gathered at the school sites of each branch to be able to complete the attendance of the students. Regulations and rules were stated for the safety of all the students. Everyone was filled with joy and excitement as they approached the locations. The students' laughter and bonding filled their buses as they talked about the things that they would go to and the experiences that would be made. As the bus arrives at the first destination, it marks the start of their fun-filled experience. Everyone is ready to go and complete this amazing day. Pack your bags as we experience the fun-filled day.

RIZAL PARK



Rizal Park showcased all the beauties and histories that occur in our country. It carries a rich history that happened in the Philippines, formerly known as Bagumbayan. On the tour, we first visited the Rizal monument, the center of the Rizal park. The students were able to take pictures and observe the surroundings as the design and form show mesmerizing beauty. It was built to celebrate and remember the life of Rizal, and mourn his execution. Proceeding to the rest of the park, the Rizal Shrine which is a museum dedicated to the life works of Rizal, students were able to see the original artworks of our late hero and learn the history behind it.



Lastly the tour comes to an end with the Japanese Garden, it contains beautifully crafted and colorful bridgeway that show different sceneries and contains life quotes that students can internalize and learn from, the said garden was constructed to build the friendship between the Japanese and the Filipino.



FORT SANTIAGO

Fort Santiago is one of the oldest fortifications in Manila, it was highly sought by the Spaniards due to the fact that the land where the Pasig River flowed into Manila Bay was a very strategic location.

TRIPPING IN MANILA!

WRITTEN BY: EPHRAIM SANCHEZ & TROY SANDI



Students were able to learn more about the technical reasons for it as they crawl and discover the in's and out's of the fort. Along with that students were able to learn of the executions of numerous Filipinos and the hardships they'd experienced. In one of the attractions, students were able to look around in the underground, where all the malicious things that were done to our ancestors were done. Moreover, the methods and ways we're displayed on the walls show graphic ways of torturing that we should mourn for more. Fort Santiago was declared a Shrine of Freedom, and restoration began the following year. Today, it stands as a memorial to the victims of World War II and their sacrifices.



INTRAMUROS

Intramuros is located south of Pasig River and east of Manila Bay, and it's a popular destination for tourists. During the tour, because of the large area that encompasses Intramuros, buses are not able to enter some areas creating chances for students to walk around the streets and visit the breathtaking views within them. There were numerous activities that were explored, including horseback riding, where we could tour the area while riding it. There were also numerous spaces that were viewed, including the San Agustin Church where you can start your day with a prayer, think of your blessings and desires, student's light candles to make their desires and wishes come true. Also they were able to buy refreshments and food to fill their stomach as it reaches the halfway mark of the trip, duckling and roses clips became a trend within the school community because of the vendors here as well.



MANILA OCEAN PARK

It is an oceanarium of the country with world-class acts and is a perfect place for entertainment and fun for friends and family to enjoy. It showcases different kinds of animals, both land and sea, that show the beauty of our animals. Manila Ocean Park is the country's first world-class marine theme park and a premiere educational facility. An integrated urban resort with marine life attractions. There were numerous attractions that can be seen here, the oceanarium performances included the Sea Lion and Bird Show, where audiences were gathered in an area to watch the brilliant and impressive talents and knowledge guided by our hard-working workers. Then there were trails to Antarctica where students were able to see penguins and their movements, and also be able to feed them personally.



Then there was the world of creepy crawlies. It focuses on the ignored creatures and being enlightened through the insects, worms, and other misunderstood and feared creatures. There were a lot of activities for students for this location, among others that weren't mentioned.

QUEZON CITY MEMORIAL CIRCLE (QCMC)

The Quezon CIty Memorial Circle is a national park located in Quezon City, Metro Manila, Philippines. It was named after our second official president of the Philippines Manuel L. Quezon and his wife, First Lady Aurora Quezon.

TRIPPING IN MANILA!

WRITTEN BY: EPHRAIM SANCHEZ & TROY SANDI



As the field trip reached its end, the QCMC was the perfect way to end the joyful experience. As the students arrived at the location, they were gathered at the center where the museum of our Late President is kept. Along with that, the museum also contained the things that were used by the president and gifts from people close to him, which the students got to see.

As the museum tour finishes, students were given free time for another hour to visit the entire circle. But worry not as the attractions here are endless. In open fields, people can go picnic and eat with their loved ones, jogging and running around can also be an option to do. There we also workout using their manual equipment where you can lift yourself up, spin yourself, etc. there are also biking and playground activities which you can take your loved ones to. Food and Item Bazaar's that we can use after the activities to rehydrate our body. It was a memorable experience because it shows the bond of the students from different Apec School branches and how we all collaborated for this educational trip.





OLYMPHYSICS

WRITTEN BY AMEDEE NICOLE AGUIRRE

In celebration of the significant discoveries found in the wonderful world of Physics, the 16th Olymphysics Competition organized by the Technological Institute of the Philippines - Quezon City was held on the 8th day of March 2024. More than 70 schools within Metro Manila, Rizal, and Baguio, including APEC Schools New Manila, were invited to participate.

Grade 12 STEM students from the invited schools served as their school's representatives. In APEC Schools - New Manila, the participants were as follows:

C03-Collaboration-12-STEM-1:

- Aguirre, Amedee Nicole
- Oyo, Mark Cyrus
- Salvador, Bheya Claite Xalimar

C03-Collaboration-12-STEM-2:

- Agustin, Nathalie
- Dagdag, Hannah Lyka
- Nerida, Rob Chester

Diverse topics in physics were tackled, from basics like scalar and vector quantities, motion, work and energy, momentum and impulse, electricity, thermodynamics, optics, and more. The competition consisted of two rounds: the elimination round and the final round.

The elimination round involves the theoretical or computational aspect of physics where all participants are required to select an answer through a Quizizz-managed test. Once the participants reach the top 30 slots, they are eligible to move on to the final round.

The final round applies the physics concepts through fun activities; a set of materials was given per activity to achieve each activity's goals and conditions and identify the physics concept applied.

The participants were also given the opportunity to tour the university's campus, exploring the works and equipment used by engineering and architecture students. The participants were also greeted by the various laboratories, from science to computers. The participants were also shown the wonderful sculptures, paintings, and murals showcasing the university's history, culture, goals, and achievements.









Project IGNITE Fundraising Initiative: Kindling Hope in Children's Hearts

Written by Amedee Nicole Aguirre

Throughout the third quarter of A.Y. 2023-2024, the Student Council focused on fundraising for APEC Schools New Manila APEX-SL's Project IGNITE through income-generating activities and projects. Fundraising activities for Project IGNITE are crucial for a successful implementation like giving food, clothes, toys, and other operational expenses crucial to the smooth running of the event that will happen on April 6, 2024.

The Student Council focused on major events and celebrations during the third quarter of the school year, namely the Student Fair and Valentine's Day. They served as fun ways to enjoy every aspect of each celebration while supporting a noble cause: educating and lending a hand to supply the children's needs. Screams of enjoyment and kilig, wide smiles, and, echoes of laughter filled the halls of the site, basketball court, and the social hall are highly evident on every student's face. Enthuse the specific details regarding each fundraising activity in this quarter's issue.

- Cupid Serenaders
- Merchants of Love
- Fun Week Photobooth
- SINAGTALA: ANEWMAN Showcase for Project IGNITE

Other activities done by the student council included a donation drive where most students pledged to donate various items to be included in their hygiene kits. Profits earned from the Class Picture Photoshoot will be used for the operational and donation expenses of the Student Council. Toothbrushes courtesy of TVP Dental B Corporation were also kindly given to the APEC Schools New Manila Student Council to show full support of the project.

Other school clubs also used the Student Fair as an opportunity to raise funds for their specific contributions to Project IGNITE, namely the movie booth, wedding booth, jail booth, open mic, and more.

With the support of the ANEWMAN community, the Student Council has raised enough funds to execute Project IGNITE! This served as a testament to the generosity and kindness of the community to the vulnerable people of our society who are grateful for your support. The Student Council extends its gratitude to our various school clubs, the ANEWMAN community, and TVP Dental B Corporation for their support and dedication to making Project IGNITE possible.

April 6, 2024, marks the implementation of Project IGNITE at the Department of Social Work and Development - National Capital Region - Reception and Study Center for Children (DSWD-NCR-RSCC). Several club volunteers tasked to empower education and fun in children will be involved to make this project possible. Stay tuned for more updates!



The Rising Temperature at APEC Schools New Manila

WRITTEN BY: KATCHEL OCAMPO

On this day, April 4, 2024, PAGASA forecast that the heat index reached 42 to 43 Celsius degrees in specific places including Quezon City. This puts some schools to have suspended classes as a result of the temperature rise falling within the danger category.

This exposes students in APEC Schools New Manila experiencing the high temperature during the day. The striking heat of the sun has restrained students from functioning well outdoors, especially those students who commute to school. Not only does it restrain students from functioning well but also there's a possibility that they might suffer dehydration and heat exhaustion especially that the temperature is so hot that students can feel the dryness of their throats and dizziness during this time of the day.

It's best if students will have a bottle of water with them to keep them hydrated throughout their time outside the school premises, or while waiting for their shifts to start, umbrellas or hats are some things to wear during the day, that can avoid worst case scenarios like heat exhaustion or heat stroke.

Having tiny fans might help students too to cool off outside, while waiting, can help lessen the heat of the surroundings. It's a good thing that the school has AC that allows students to cool down during their time studying, allowing students to perform effectively in the educational setting.

In situations such as these, caution is advised. Always carry bottled water with you, along with a few essentials like hats, umbrellas, fans, and spray bottles to keep your skin hydrated when you venture outside in the face of the constantly increasing heat index, so that we do not suffer from dehydration, heat fatigue, or worse, heat stroke. Stay safe! And be careful!



SCI-MATH WEEK!

WRITTEN BY ZARIEAL JOHAN MANTE

In a thrilling celebration of Math and Science Day, the APEC branch in New Manila has organized a Quiz Bee competition among students within their campus. The event aimed to encourage students to showcase their knowledge and skills in these essential subjects, fostering a competitive yet supportive atmosphere. Prior to the competition, students from various sections spent days in rigorous preparation, reviewing and honing their abilities to excel in the academic challenge. The excitement reached its peak as the day of the competition finally arrived.

The inaugural event featured a Senior High School category, where three representatives from each section participated in a heated battle of wits. The students demonstrated their analytical prowess and quick thinking as they brainstormed and answered a series of challenging questions. As the final question was posed, the Senior High School participants rose to the occasion, eager to prove their mastery of the subjects.

Upon the conclusion of the competition, the awarding ceremony commenced. The 3rd place in the Senior High School Quiz Bee category was awarded to Section 12-ABM-I, who displayed remarkable resilience and determination throughout the contest. Section 12-STEM-2 secured the 2nd place, showcasing their exceptional understanding of the subject matter. In a triumphant conclusion, the champion of the Senior High School Quiz Bee competition was announced as coming from Section 12-STEM-1. Their outstanding performance and dedication to their studies made them the ultimate winners of the day.

The APEC New Manila Campus Quiz Bee competition not only celebrated Math and Science Day but also nurtured a passion for learning and academic excellence among its students.

In the recent junior high school quiz bee competition, students from different grades were grouped into four teams, each consisting of one student from grades 7, 8, 9, and 10. The teams were as follows:

Team 1: Andrade Deihv, Natividad Eowyn Arwen, Peraita Alexander Moises, and Cajucom Johaness.

Team 2: Tuazon Dwayne Ong, Tuico Jacob, Evangelista Carl, and Redulla Marcia Ysabel.

Team 3: Ortega Shawn Sebastian, Bato Lance Jacob, Fababier Jevaughn Kenn, and Jano Arianne Jazmine.

Team 4: Lisondra Jayden Mattew, Bonife Wilfred Aaron Lyn, Marano Antonious John, and Sanchez Maria Angelita.

As the competition progressed, the matches became more intense, with questions getting increasingly difficult and leading towards the finals. Among these teams, one team stood out and managed to secure the top position. Team 4 emerged as the winner, followed by Team 1 in the second place. Team 2 and Team 3 ended up in a tie for the third place in this exciting quiz bee event.



CAREER DEVELOPMENT WEEK

WRITTEN BY: KATCHEL OCAMPO

On February 26, 2023, a program Career Development Week was held at APEC Schools New Manila. Students were able to showcase their career interest as they exhibited the job that they want to pursue in the future, with the help of their efforts for their costumes and props.

Students in grade 12 identified themselves as future teachers, architects, engineers, surgeons, and lawyers, among other professions. By going from room to room, they introduced themselves and shared details about their aspirations, and the motivations behind their chosen careers. Enabling us to learn more about their future visions, which could inspire those students that were able to witness their presentation.

This fun and exciting activity during Career Development Week (CDW) is a good start for students to be proud and introduce themselves to other people, with courage and passion as they talk about their dreams and aspirations.

As they shared their dream careers to us, we were able to observe these students' eagerness for them. Their desire to learn and study in order to achieve it shows that all of their efforts and perseverance will be rewarded in the future.

This will provide motivation to other pupils to dream more about what they want to be. And, hopefully, that dream can turn into reality with the right determination, passion, and motivation. Nothing is impossible as long as you believe in yourself and never give up.









VALENTINES' DAY AT APEC NEW MANILA

WRITTEN BY: TRISTAN PAGARIGAN



February, also known as the month of love, celebrates the long-awaited Valentine's Day. Whether with our family, friends, someone special, or all by ourselves, we all celebrate Valentine's Day. APEC Schools New Manila is also no exception, with different activities promoting the expression of love through different means. Whether you want to serenade another person, want to dress to express your feelings, or your love language is gift-giving, there are plenty of ways students were able to show their love in the APEC Schools New Manila.

With that said, in the advent of Valentine's Day, the student council prepared three activities, namely Cupid Serenaders, Merchants of Love, and Paint Your Love, ensuring a fun and interactive Valentine for everyone. These events and activities were held on both February 14 and 15

The first and probably most anticipated activity during Valentine's Day is the Cupid Serenaders. In this activity, students were able to sing serenades to other students accompanied by the student council. In this activity, students had a choice: either they joined the singers or they gave the serenaders a song and they would stay anonymous. Students were also able to give letters and gifts such as chocolates, balloons, and flowers to the persons who were being serenaded.
Overall, the halls and rooms of APEC Schools New Manila were filled with sweet voices and symphonies of love courtesy of the student council and the dedicated lovers who wanted to channel their love through songs.

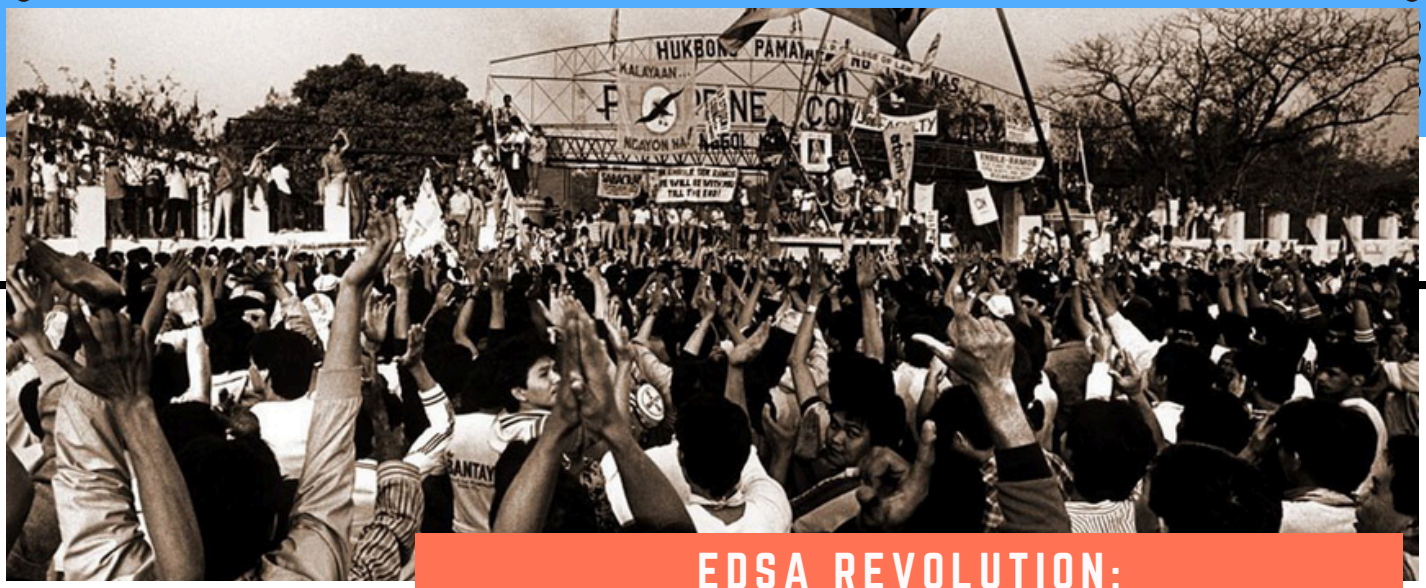


The second event that the student council organized was the Merchants of Love. Regardless if it's a gift for someone or to themselves, students want to buy and give gifts like chocolates, flowers, or balloons. In line with this, the student council got the students covered with the Merchants of Love. The booth set up by the student council offered different gifts and items like dried and fresh flowers, chocolates, heart and duck clips, and plastic roses, which students could buy for themselves or give to someone.

Lastly, the students were also able to express their feelings and their sentiments to others and themselves in the activity called Paint Your Love. In this activity, students wore different colored shirts with corresponding meanings. In this way, they were able to represent and convey their feelings to other people. White represented self-love, red represented being in a relationship, blue represented someone waiting, purple represented being in a no-label, pink represented being ghosted, orange represented being friend-zoned by someone, green represented pinaasa, brown represented marupok, and school uniforms represented focusing on one's studies.

All in all, it was a blooming and heartfelt Valentine's Day in APEC Schools New Manila. With serenades being heard in the halls and rooms to the exchange of fragrant flowers, the spirit of affection and love filled the air during Valentine's Day. Indeed, Valentine's Day at APEC Schools New Manila was not just a day of hearts and love, but a testament to the beauty of connection and compassion shared among its students.





EDSA REVOLUTION: NOT A HOLIDAY THIS 2024?

WRITTEN BY MOIRA VICTORIA



It was decreed in the Proclamation No. 368 signed by President Ferdinand Marcos Jr., that the EDSA People Power Anniversary be excluded from the list of official holidays for 2024, which appeared to be more than just an administrative adjustment to Filipinos– more so a symbolic omission that risks erasing a chapter of the nation's history.

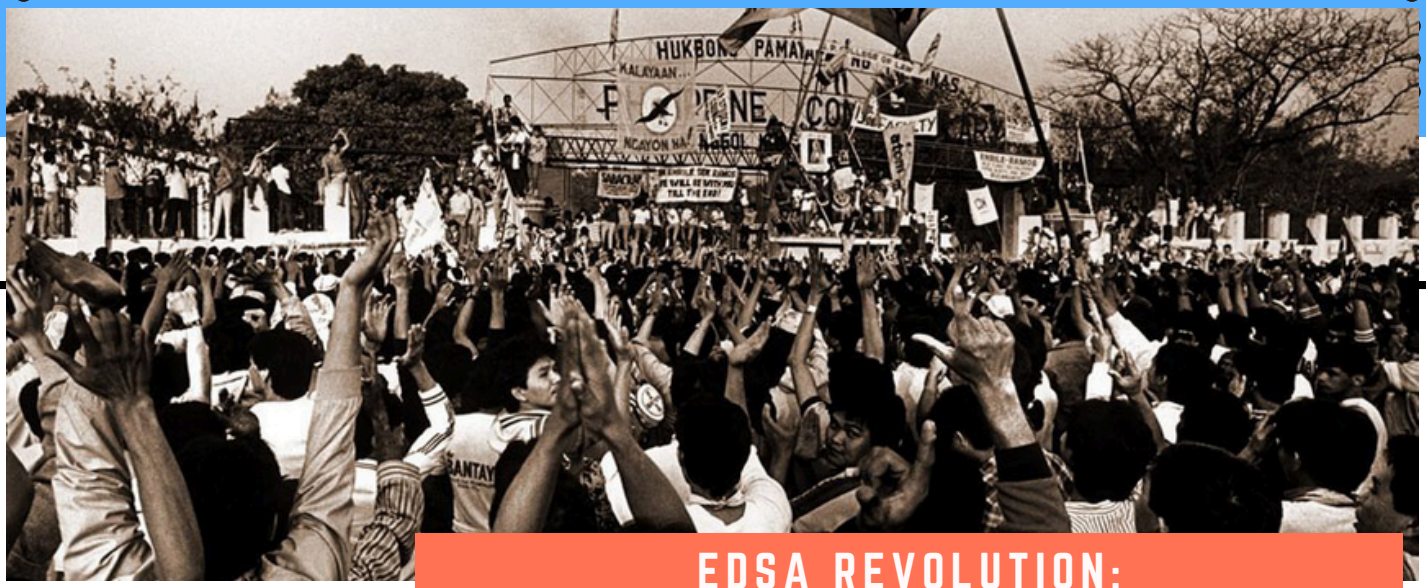
Many Filipinos regard February 25 as a significant day. It's a day when the people, united in spirit and resolve, reclaimed their democracy from the clutches of dictatorship. The images of that historic day, where throngs of ordinary citizens converged along EDSA, armed not with weapons but with courage and conviction, are indelibly imprinted in our national consciousness. Excluding the EDSA Revolution as an official holiday does not diminish the importance of it in shaping our nation's identity. However, it does reflect a lack of appreciation for the values it represents: democracy, freedom, and the power of collective action.

On the other hand, the Office of the President says that they still hold respect for the commemoration of the event in 1986. However, they say that it isn't listed as a "special non-working day for the year 2024, as February 25 falls on a Sunday." True to this, previous years had still listed the EDSA Revolution as a special non-working holiday, but not when it had been on a Sunday; important dates that had fallen on Sunday had only been declared as special holidays mostly when it's either in religious context, or on New Years.

They added that doing so would give "minimal socio-economic impact in declaring such a day as a special non-working holiday since it coincides with the rest day for most workers/laborers"

Nonetheless, Filipinos still chose to not forget the holiday, remembering the courage and sacrifice of those who stood up for the country to defend democracy and human rights.

While it hadn't been a special holiday this year as a symbolic gesture to respect the past, the unity behind the EDSA Revolution still holds true in the nation.



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Healthy BAON Options: A Necessity For The Wellbeing Of APEC Students

WRITTEN BY RALPH TIMOTHY FEROLIN

What is food? Food is a nutritious substance that we, among all other living beings, eat or drink in order for us to absorb nutrients in order to continue living and growing. A balanced diet is essential for survival, providing essential nutrients, enhancing physical and mental health, preventing diseases, and improving overall health and quality of life which is important for us students as according to Team Careers (2022), Healthy Food are essential for both ensuring that students are healthy enough to go to school every day and for preparing them for learning. The development of the brain, energy, focus, memory, and cognitive function—all of which are essential for absorbing and remembering information—are all impacted by nutrition a healthy diet gives.

Unfortunately not all students have the ability to cook as having the ability to cook well often requires practice, knowledge, and skill. Some students may lack the necessary experience or resources to create tasty and nutritious meals. Additionally, factors such as busy school schedules and extracurricular activities can make it challenging for individuals to consistently cook meals from scratch, leading to them to divert to other convenient food that may not be as healthy.

Lacking Time To Prepare Food? Here are 5 Healthy Food Options that are easy to prepare!



OPEN-FACED EGG SANDWICH

From the traditional sunny-side up or scrambled options to more adventurous toppings like avocado, smoked salmon, or sautéed veggies. Pair your Open-Faced Egg Sandwich with a whole grain bread or a bed of greens for added fiber and nutrients. Not only will this breakfast keep you full and satisfied, but it will also give you the energy you need to tackle whatever the day throws at you. Whether you're rushing out the door or enjoying a lazy weekend brunch, an Open-Faced Egg Sandwich is a simple and nutritious choice that is sure to become a staple in your breakfast rotation.



PEANUT BUTTER SANDWICH

Peanut butter contains healthy fats, protein, and fiber, making it a perfect option before hitting the gym. Pair it with whole grain bread for added carbs to fuel your workout. With just a spread of creamy peanut butter, you can transform a plain sandwich into a satisfying meal that will keep you full and energized.

Healthy FOOD Options: A Necessity For The Wellbeing Of APEC Students

WRITTEN BY RALPH TIMOTHY FEROLIN

Not only is peanut butter a convenient option for busy schedules, but it's also versatile and can be paired with sweet or savory ingredients. Add sliced bananas and a drizzle of honey for a sweet treat, or top it with crispy bacon and sliced apples for a savory twist.

Whether you're a child or an adult, the irresistible combination of peanut butter in a sandwich is sure to satisfy your cravings. Don't overlook this classic sandwich and bring it back into your meal rotation for a delicious and nutritious boost.



BANANA OATMEAL

The creamy texture of the oatmeal and the natural sweetness of the bananas create a delicious and comforting dish that is perfect for any time of day. Whether enjoyed as a warm bowl for breakfast or as a comforting snack before bed, this oatmeal and banana combination is a versatile and nutritious option.

Additionally, oatmeal and bananas are both budget-friendly and easy to find at most grocery stores. They are also quick and easy to prepare, making this meal perfect for busy weeknights or lazy weekends.

Overall, oatmeal and bananas are a delicious and nutritious combination that can be enjoyed in multiple ways. Whether you prefer them warm or cold, as a sweet treat or a savory option, adding oatmeal and bananas to your meal rotation is sure to provide a satisfying and wholesome option. So next time you are in need of a quick and nutritious meal, consider reaching for some oatmeal and bananas to create a nourishing and delicious dish



OATMEAL PANCAKES

Oatmeal pancakes are a healthier alternative to flour, providing fiber, protein, and nutrients like magnesium and phosphorus. They are satiated due to slow carbohydrates, reducing hunger. Oatmeal pancakes are easy to make, requiring only a few ingredients and a quick batter. They are versatile, allowing for customization with flavorings and toppings. They are suitable for various diets, including vegetarian and vegan, and can be gluten-free if using gluten-free oatmeal. The recipe is quick to prepare and baking, making it a versatile and nutritious option.



MILKSHAKES

Milkshakes are a rich source of calcium, protein, nutrient-rich ingredients, energy, hydration, weight management, nutritional support for children, digestive health, mood enhancement, and nutrient absorption. They can be made with fruits, berries, or mangoes, providing essential vitamins, minerals, and dietary fiber. Blending milk with fruits or natural flavors can create delicious and refreshing options. Milkshakes can also help with weight management, promote digestive health, and enhance mood by containing tryptophan.

Celebrating Women's Month 2024: Embracing Equality and Inclusivity

In the spirit of empowerment and unity, the National Women's Month of 2024 adopts the poignant theme of “WE for Gender Equality and Inclusive Society”. This significant campaign is dedicated to fostering a culture of equality and inclusiveness for women, striving to eradicate discrimination and elevate the remarkable achievements of women across the nation.

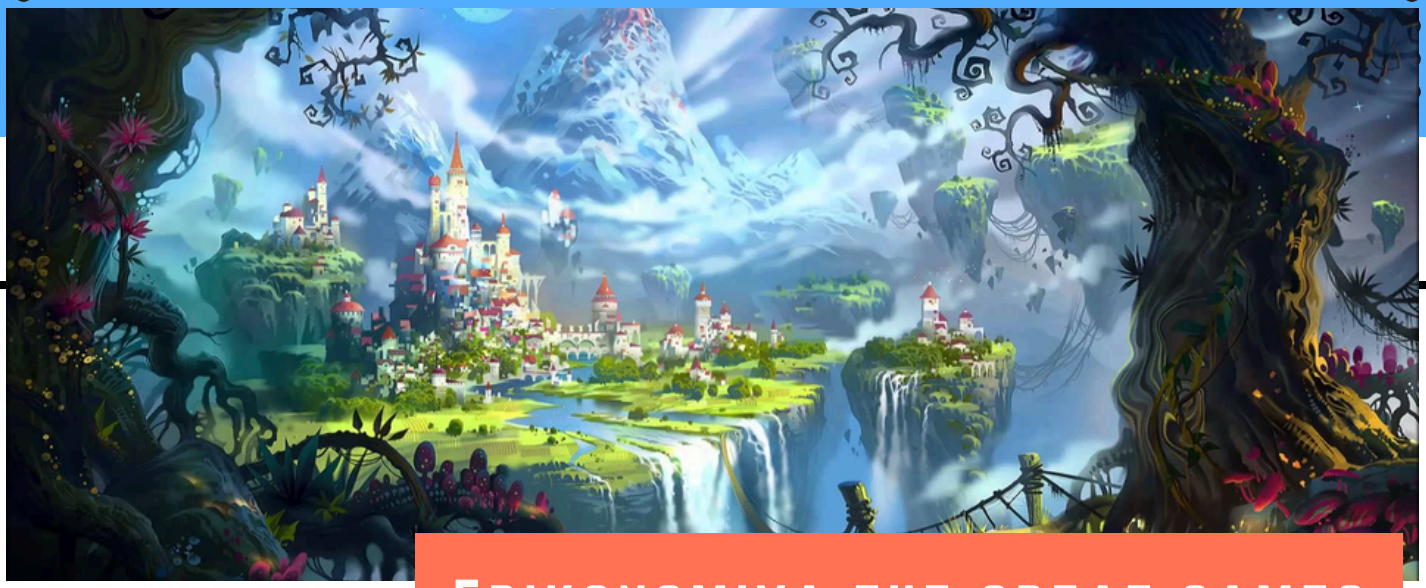
The embodiment of love and reverence is vividly portrayed through the donning of purple attire and accessories, symbolizing the unwavering commitment to equality. Throughout this Women's Month celebration, students across the country come together on March 8, 2024, to honor the indomitable spirit of their beloved mothers, grandmothers, inspirational teachers, and all the women who have touched their lives with care and affection.



Numerous educational institutions have orchestrated a myriad of activities to pay tribute to the tireless efforts of working women, devoted teachers, school nurses, maintenance personnel, security officers, administrators, and more. These initiatives serve as a heartfelt acknowledgment of the pivotal roles played by women in various facets of society.

As the narrative of inequality gradually evolves, women are unlocking the full spectrum of their talents and proving their mettle as influential leaders across diverse fields. In defiance of lingering stereotypes, women boldly proclaim, “Whatever a man can do, a Woman can do better.”

This Women's Month, let us embrace the collective strength and resilience of women, reaffirming our commitment to a future where gender equality thrives and inclusivity reigns supreme. Together,we stand, WE stand, championing progress and unity towards a brighter, more equitable tomorrow.



EPIKONOMIYA THE GREAT GAMES

GRP. 4 - CO3-EXCELLENCE-9-1

The game consists of four great epics, they are considered as powerful and courageous heroes who can beat any battles or challenges given to them; of course with imperfection, as they also have flaws. All of them have their own stories and hardships, that's why we're there to see how it turned out, and play as them.



Hildagarde has been alone her whole life, trapped in the forest, afraid of what lies beneath the surface - scared to get out of her bubble. She may be able to speak to nature and its beautiful creations, yet, where are those who are like her?

She has this curiosity and loneliness driving her mad, she wants to see what's behind those tall grass and trees, are there people like her? So she tries to get out, facing mobs that may or may not harm her with the help of trash and nature surrounding her, can she escape this forest?

Hugho is a robot that hasn't felt the touch of a human for two years, ever since his creator died, Donte, he never tried to venture on his own. He can't do it alone, where is his creator to guide him? Teach him everything?

The only sentient being he's seen those two years are the cats that Donte left with him. What is this feeling? Grief? Aren't robots supposed to not feel? Did he also learn this from his creator? Curiosity fogged Hugho's mind, stronger day by day. Donte left him a puzzle to leave the house before his death, it reminded Hugho of what his creator made, what he likes. Can he solve the puzzle that he's faced with?



SPECIAL ADDED



EPIKONOMIYA THE GREAT GAMES

Pira is just another one of the employees of a tyrant who treats his workers like factory machines. Though like most of the workers, he's tired of the tyrant's inhumane treatment of them. Others try to escape, yet they can never do, they're trapped like a machine that can't walk.

You're stuck there until you no longer work, then they throw you out. However Pira is determined to get out, and avenge all of the workers stuck there. Though, can he get out like the others? Some puzzles are rigged for your failure, some can be worked through, will he be lucky and be the first ever worker to escape?



Gin has a very chaotic personality, she almost took care of herself, almost ignored anyone who's around her, they say she's different. She tried her best to not let her loneliness get the best of her, she always tried to find her purpose, or if she even had one.

Noone ever really understood her creativity, her chaoticness, her personality. She tried and tried, and she was never noticed. So she moved on and tried to become someone that can express who they are, who has freedom and become what they want to be. Can she fight off her own shadows of insecurity and finally be free?



SPECIAL ADDED

I WANT TO MAKE FRIENDS

FABABIER, JEVAUGH KENN
C03-EXCELLENCE-9-1

When I was young I guess I was about four, making friends is not hard to do.I had a lot when I started school and gained more as the seasons come and go. And when the pandemic hits, it hits really hard.

Loneliness lingers as the sun tries to set, labyrinths of longing for my grandmother's death. I longed for laughter as I was having a lot in my head. I feel like I'm on a solitary island, I feel that I have no one. I feel that the doors are closed to let a companion in, I feel the connections crumble, I feel numb with all the pain.

I want to have a connection that lasts forever, even just a few friends, as long as they are true and we can stand together. It can make my life shine, as my burdens fade with the gift of lightness. That is my prayer as the night grows longer. After the pandemic when everything stopped being hectic, I can now go back to school.

Everything for me is skeptic. As they paved the way through social dynamics, everything was tangled, and I don't think I can make it.

There were days I was hopeful, as somebody came to me I was grateful. But then I was full of anticipation only to find that he wants me to guide and it made me look like a tutor. That's when I realize that the shores of friendship may seem distant, but little by little we will draw closer in distance.

First quarter, Second quarter, as I count the days giving them assistance, I gained some friends. It made me happy in an instance. Albrei, Ayesha, Eunice, and Nea, their kindness is a ray of sunshine with a taste of plum wine. Ant, Jaycob, Karl, and Vince, with their intellect added with humor, they can surely convince. I found refuge in their company, I found warmth and I am no longer lonely.





Nothing is new

Limpiado, Adrian Joseph
C03-Excellence-9-1

I Woke up and then got up then I showered, brushed, ate, and went to school with a bored face. I feel like I'm locked in jail because I'm doing the same thing every day, every night, and every morning.

I'm always staring at the wall, at my phone, doing work, playing, and sleeping again, and again and again and again! I'm so tired, I want something new, but nothing is new like I'm tied up in one place. I'm bored as if I'm trapped in an endless loop... I looked around and searched a lot of things to find something new but I found the same thing again!

When will I find something that can satisfy me? Oh man, what a life I even became lazy... just let me have some fun again.

I miss those old days when I always found a lot of new things but now I'm really really really bored.

What a pain, just stuck with these things I have but it is what it is, and I have to stick with it.

I feel like a slave doing things over and over again. The time is so slow too whenever I'm bored it's like I'm doing it on purpose and the time is fast when I have fun. What a pain this is...

What can I do? What can I find? Nothing? I'm so so so bored! But sometimes, it's actually very peaceful and calming to be bored. Sometimes I actually like being bored and peaceful, but only sometimes.