

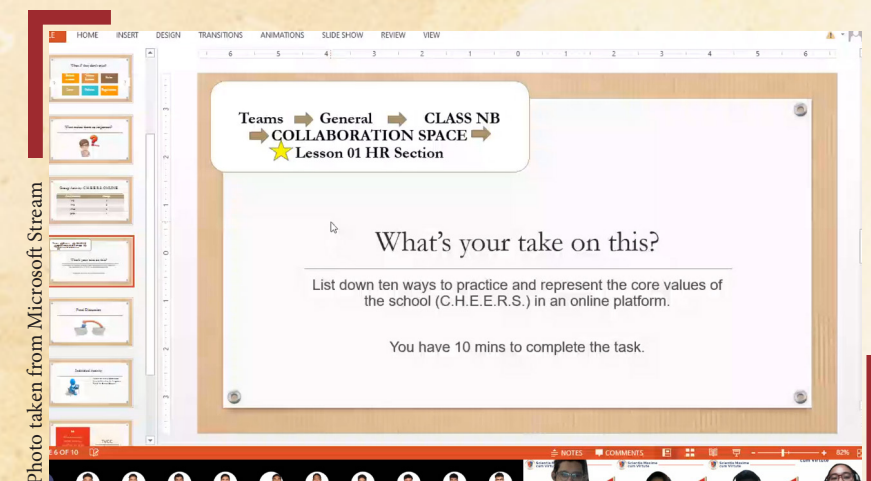
CLARET ADAPTS TO ONLINE LEARNING

by Lex Michael Johann A. Sala

In compliance with the recommendation of CHED and DepEd for private schools who choose to resume educational programs through virtual means, Claret School of Quezon City launched the Claret Operative Distance Education (CODE) on the 10th of August 2020 as a response to the need to resume schools despite the present global pandemic crisis.

As part of the implementation, CODE employed the entirety of Microsoft Office through school-wide subscriptions as the primary tool for the online education. The Microsoft Teams application was chosen to serve as the main online platform for all academic activities including but not limited to classes, extra-curricular activities, co-curricular activities, and consultations assisted by a portal website wherein each student can access the several programs used for schoolwork online separate from the program.

In spite of all this, latency and issues with connections are the main concerns of the students, parents and teachers as it affects the daily activities of the school in addition to the sheer number of students using bandwidth, occasionally resulting to cancellation of classes due to maintenance conducted by the Internet Service Providers, rainy days interfering with connections, among others or more often than not, the simple lag-riddled session.



MITING DE AVANCE, MATAGUMPAY NA NAISAGAWA ONLINE

isinulat ni Anton M. Hidalgo

Matagumpay na naisagawa ng Claret School of Quezon City Central Board of Students (CBS) ang kanilang Miting de Avance sa pangunguna ng mga tagapayo nito na sina Gng. Marjorie Cabilan at G. Robemar Albano sa pamamagitan ng online platform na MS Teams, ika-7 ng Setyembre.

Bago magkaroon ng halalan ay isinasagawa ang Miting de Avance at ayon kay Gng. Cabilan, isinasagawa ang pagpupulong na ito bilang pagpapakilala sa mga gustong maging opisyal ng CBS at upang maipakita ang kanilang paniniwala bilang mga kabataang Pilipino at Claretianong pinuno.

Dalawampung posisyon sa nasabing organsasyon ang kailangang punuan at ang pagkapangulo ang pinakamataas na posisyon. Ayon kay G. De Leon, dating Pangulo ng CBS, ang pagiging pangulo ng organisasyon ay pagiging isang “jack of all trades.” Lahat ng nangyayari sa loob ng organisasyon ay dapat alam ng tagapamuno.

Idiniin din ni G. De Leon ang kaisipan ng student leadership para sa mga magiging pangulo kung saan mas importante ang mga tao na nasa ilalim ng isang tagapamuno.

Ayon parin kay G. De Leon, maraming benepisyo ang pagiging



Photo taken from Microsoft Stream

opisyal ng CBS. Dito, tinuturuan ka maging competent at flexible pagdating sa mga araw-araw na gawain. Ang organisasyong ito ay hindi lamang naka-pokus sa pagpapaunlad ng iyong mga kasanayan, tinuturuan ka ring ilabas ang potensyal. Makatutulong din daw ito sa resume at mas madaling makakapasok sa mga scholarship programs sa kolehiyo. Tinutulungan ng CBS ang bawat indibidwal na maging mabuting lider na siyang hanap ng mga institusyon at iba't ibang panlabas na organisasyon.

Hindi lamang ang mga botanteng mag-aaral ang makikinabang dito dahil nailalabas din ng organisasyon ang potensyal ng bawat susunod na mga tagapamuno.

JUNIOR HIGH SCHOOL LITERACY WEEK 2020: LITERACY TEACHING AND LEARNING IN THE COVID-19 CRISIS AND BEYOND

by Aedan O. Arcedera

Last September, Claret School held its 2020 Literacy week. The theme for this year was “Literacy teaching and learning in the COVID-19 19 crisis and beyond”.

On September 11, the Grade 7 students had a contest on Proverb making. The objective of the contest was for students to write a motivational proverb about the pandemic.

The Grade 8 students, had the Infographic making. The objective of the contest was to develop language and research skills among the students, and to raise awareness on health issues present in select African countries. Each section was divided into groups, and the group with the highest score was to represent the section, in the contest. The winners were able to show relevant information on the health issues, in a clear and creative way.

Meanwhile, Grade 9 students had Poetry Chant MV Tribute. This contest was dedicated to our frontliners who work hard every day for hours, to keep us safe from the virus.

To conclude our literacy week, here are the results of the said contests:

Contest	Results
Grade 7 Proverb Making	Champion: Chase Denzel Bareng (7-SGA)
	1 st Runner up: Arkin Dabon (7-SAG)
	2 nd Runner up: Joel Alexavier Sy (7-SAG)
Grade 8 Infographic Making	1 st Place: 8-SJE
	2 nd Place: 8-SPAG
	3 rd Place: 8-SFA
Grade 9 Poetry Chant MV Tribute	1 st Place: 9-SAM
	2 nd Place: 9-SPC
	3 rd Place: 9-SLR

TEMA NG BUWAN NG WIKA 2020, ALAMIN!

by John Gabriel C. Agpawa

Wika ng Kasaysayan, Kasaysayan ng Wika. Ang mga Katutubong Wika sa Maka-Filipinong Bayanihan Kontra Pandemya, ito ang temang ibinaba ng Komisyon sa Wikang Filipino o KWF ngayong taon na nakasentro sa halaga ng Filipino at mga katutubong wika sa bansa bilang mabisang sandata sa pakikidigma laban sa pandemya.

Ayon sa KWF, ang nasabing tema ay naglalayong himukin ang sambayanang Pilipino upang magbayanihan at gamitin nang wasto ang ating Wikang Pambansa sa pagpapalaganap ng makatotohanang impormasyon upang makatulong sa pagsugpo sa pandemya.

Higit pa rito, ang pag-unawa ng publiko upang makaiwas sa pagpapalaganap ng virus ay maituturing nang isang mainam na paunang gamot.

Bilang pakikiisa ng Claret School of Quezon City sa nasabing pagdiriwang, nagsagawa ang bawat klase, sa pangunguna ng mga guro sa Filipino, mula ikapito hanggang ikalabindalawang baitang ng oryentasyon ukol sa tema ng Buwan ng Wika. Sa nasabing oryentasyon, nagkaroon ng pagtalakay tungkol sa maikling kasaysasyan ng pagkakaroon ng Wikang Pambansa ng Pilipinas. Tinalakay din ang kasalukuyang tema ng Buwan ng Wika. Taliwas sa nakagawiang pagdiriwang ng Buwan ng Wika ng nasabing paaralan, walang anumang patimpalak o programa ang isinagawa dahil na rin sa mga limitasyong hatid ng online classes.

COVID-19’S DANGER AND COUNTERMEASURES

by Juan Paolo B. Ignacio

PHILIPPINES - An alarming number of 1,631 cases were added to the number of active Covid-19 cases to a total of 30,047, the number of recoveries totaled 387,616 with an additional 370 patients recovered from the virus, deaths have increased to 8,255 with 46 dead. The cases of Covid-19 have summed up to 425,918 cases last November 27 (Cabico, 2020).

The World Health Organization continues to inform that the virus can infect people by touching surfaces contaminated by Covid-19, followed by touching their faces, eyes, nose, or mouth. The World Health Organization urges the public to follow health measures to further slow the virus from spreading. These measures include observing proper hygiene by washing with soap and water, staying at home when sick, covering the nose and mouth when coughing or sneezing, and cleaning contaminated surfaces with disinfectants.

A pharmaceutical company and a biotechnology company, Pfizer and BioNTech, produced a vaccine that was found to be more than 90% effective in preventing Covid-19 (Pfizer, 2020). Another vaccine created by the biotech company, Moderna, was found to be 94.5% effective against the virus (Palca, 2020).



NEWS



PBA BUBBLE

isinulat ni Aryx Niko C. Dizon

Matapos ang ilang buwan na paghinto ng PBA, muli itong nagbukas sa Angeles Univeristy Foundation Gym sa Angeles City, Pampanga noong Oktubre 11. Ito ay pinahintulutan dahil sa ibinigay na “provisional approval” mula sa IATF.

“I think we are all excited to go and play and get back to work, I mean, that’s the most important thing.” Ani ng head coach ng Ginebra San Miguel na si Tim Cone mula sa kanyang pahayag sa CNN Philippines.

Dahil sa kasalukuyang pandemya, pinahinto nito halos lahat ng negosyo at kumpanya sa bansa, kasama na rito ang larangan ng sports. Ngunit sa kabila nito, gumawa ng paraan ang mga malalaking korporasyon upang maibalik ang sports at nagbunga sa pagbuo ng mga “bubbles.”

Una na itong nalaman ng mga tao dahil sa NBA bubble kung saan, hindi maaaring lumabas ang mga manlalaro sa lugar na pinagdadausan ng kanilang mga laro. Mayroong nakatakdang lugar ang mga manlalaro kung saan sila magpapahinga, mag-eensayo at maglalaro.

Ayon sa Spin.Ph, kasalukuyang tumutuloy ang mga manlalaro ng PBA sa Quest Hotel, Clark Pampanga at maglalaro sa Angeles University Foundation Gym, 10 minutong layo lamang ito gamit ang pampribadong bus na nakalaan para sa kanila.

“We are getting offers from LGUs and Resorts where they are offering us to stay there and put the bubble in those areas.” Mula kay Ricky Vargas, chairman ng PBA sa panayam sa kaniya ng One Sports. “They are willing to bring in 350 people to accommodate them.” Dagdag pa niya. Aasahan na mananatili ang mga manlalaro sa loob ng bubble ng dalawang buwan.

Dalawang court ang ipinagamit ng Angeles University Gym para sa PBA. Ang isang court ay gagamitin para sa mga pagsasanay



Source: <https://cnnphilippines.com/sports/2020/10/25/PBA-player-COVID-positive.html>

ng mga manlalaro habang gagamitin ang isa pang court para sa aktuwal na laban ng mga koponan.

Ipinahayag ni BCDA chief Vince Dizon na magpapatupad ng mas mahigpit na mga batas sa liga tulad ng pagsuot ng facemask sa lahat ng mga manlalaro na nasa bangko, iniwasan din ang pag-aapir ng mga manlalaro, pati na rin ang pagpupunas ng bola sa jersey na kalimitang ginagawa ay ipinagbabawal na rin.

Lahat ng laro sa PBA ay mapapanuod sa One Sports at PBA Rush sa SignalTV. Makikita rin ang replay sa One Sports FB page at One Sports YouTube channel.

CSQC HELD ONLINE RECOGNITION DAY AMIDST PANDEMIC

by Zachari Kean R. Magas



Source: <https://factsuite.com/blog/5-best-practices-for-employee-recognition/>

Claret School of Quezon City (CSQC) held virtual events in live streams year-end ceremonies to end the school year 2019 - 2020. The live streams were accessible to students, teachers, and parents alike as the country adjusted and implemented safety protocols during the ongoing pandemic, June 19, 2020 (HS Graduation Day), June 20, 2020 (Grade 10 Moving-Up), June 23, 2020 (HS Recognition Day).

Before this, the school administration issued an official announcement of the postponement of activities and work until further notice including Recognition Days, Graduation, and Moving-Up ceremonies that caused concern for students, teachers, and parents alike especially to those looking forward to their anticipated ceremonies.

The Office of the School Director issued an announcement last June 7 regarding the use of live streams in the school website in order to fully close the school year with the Recognition Days, Moving-Up, and Graduation Ceremonies. Each event had a live stream held on the streaming platform, YouTube, which was accessed through the link that the official school page posted.

The school year nationwide halted as classes were postponed when a sudden surge of COVID-19 cases rose, and quarantines were implemented nationwide last March. In the same month, the Malacanang Palace announced that face-to-face classes will be canceled due to the rising COVID-19 cases.



LITERACY WEEK: HELD ONLINE

by John Henri D. Villena

Literacy Week, an event that is yearly anticipated by every Claretian offered exciting activities virtually through the school’s main online platform, Microsoft Teams. With the theme, “Literacy Teaching and Learning in the COVID-19 Crisis and Beyond”, The students were called to have a mindset wherein, “life goes on no matter what,” as we are expected to continue our journey of learning in this institution.

Furthermore, according to Audrey Azoulay, UNESCO Director-General, “on the occasion of International Literacy Day during the pandemic when the world is still in pursuit of finding hope to hold on to, we students and teachers are called to double our efforts and tailor them into what will help us in the present and give way for the success of finding everyone’s maximum potential in working for the success of the world we all live in.”

ABM

Essential Coping Strategies to use during Quarantine





Socialize Online

You have to remember that you're not alone. Your loved ones are always just one click away.

Learn New Things

Learning new things ensures that you stay productive, while increasing your range of expertise.





Unwind and Rest

Setting time to rest and meditate can really help one stay sane and relaxed amidst the pandemic going on.

Group 15
Chris Garcia, Mariboulay, Silbo
12-57A

STEM

DEALING WITH THE PANDEMIC

How to cope up with stress due to COVID-19

People were affected by the pandemic...

"In a time where people are more stressed & anxious than ever, where jobs are lost, people are isolated & our lives are shifted, we need to tend to our emotional health."



Financially

Families have lost their jobs & incomes as the economy has collapsed.



Mentally

Stress and fear is shown around us for the uncertainty of our future.



Socially

People are isolated due to the lockdowns resulting to little to no face-to-face contact.

How to cope with the times

- ##### 1. Connect with others online

-Talking to others about how you feel can reduce stress and isolation.


- ##### 2. Structure your day

-Keeping a consistent schedule can make body feel more energetic.


- ##### 3. Adapt to digital technology

-To prevent contact, the Internet is now used to do transactions, education, and business.


- ##### 4. Find time to relax

-Find a hobby or activity that you can enjoy. Put time into not staring at your screen.


- ##### 5. Manage your news feed.

-Find sources that are reliable (e.g. WHO & CDC) and don't excessively check for the bad news.


- ##### 6. Stay active!

-Exercise can make you feel more productive and healthy during these times.



Members: Bueno, Crisostomo, Hidalgo, Marquez, Rillas, Tecson
Group 1, 12-SPB

During the Literacy Week, activities were prepared for the students to share their individual, eye-opening insights, and express their creativity. The Junior High School students were expressing their various insights and thoughts on what possible plans of action to follow to address the side-effects of possible depression and loneliness brought by the recently issued quarantines, and the English Faculty of the Senior High School Department handpicked exceptional outputs of mini-research writing posters from the students of Grade 12, by a creative compilation of activities to do to cope with being limited with the space of each and everyone’s home.

The chosen projects from the strands of ABM, HUMMS, and STEM are posted in the General Channel of the Grade 12 Students Channel.



NEWS



HUMSS

Ways to cope with the effects of the pandemic



Source: https://en.wikipedia.org/wiki/Manila_Bay_Beach

Kung paghahambingin, ang karampatang gastos ng double-lane na kalsada ay aabot sa P25 hanggang P30 million bawat kilometro. Ang parehong halaga ay maaaring pondohan ang isang buwan ng social amelioration para sa halos 80,000 na pamilyang nangangailangan.

Bukod sa nakakabahalang gastos nito, maaari din itong maging sanhi ng mapanganib na epekto sa kalusugan kapag nalantad sa matagal na panahon. Ito ay posibleng magdulot ng pangangati, iritasyon, at pamumula ng mga mata; nanunuyo at iritasyon sa balat, pag-ubo at pangangati ng baga, at sa mga matinding kaso, silicosis, brongkitis, empysema, at cancer.

Ayon kay Carlo Arcilla, dating direktor ng National Institute of Geological Sciences, malamang ay aanurin lang din ang ‘puting buhangin’ lalo na kung may bagyo. Dahil ang Pilipinas ay isang bansang kadalasang dinadaan ng bagyo, maaaring hindi rin magtagal ang itinambak na dolomite. “Pag tumatama ang mga waves sa Roxas Boulevard, mataas pa sa mga puno. Kahit na walang bagyo, may tinatawag na long short drift, may movement ‘yan laterally kaya napupunta sa ibang lugar overtime,” ani Arcilla sa kaniyang panayam sa TeleRadyo.

DOLOMITE: PANANDALIANG SOLUSYON O PERMANENTENG PINSALA?

isinulat ni Cymone Philip B. Docabo

Marami sa atin ang nakakaalam na mayroon na ngang white sand sa Manila Bay, pero bakit nga ba talaga naglagay nito? “Manila Bay’s ‘white sand’ makeover will give immeasurable benefit to Filipinos’ mental health,” wika ni presidential spokesperson Harry Roque noong depensahan niya ang proyekto sa mga kritikong nagsasabing mas mainam kung inilaan na lamang ng gobyerno ang pondong ginamit dito sa kanilang tugon sa COVID-19. Nilinaw din niya na dinurog na dolomite ang ginamit sa proyekto at hindi tunay na puting buhangin.

Ang naaprubahang badyet para sa rehabilitasyon ng Manila Bay ay P397,897,000 ayon kay Teddy Ridon, ang dating urban poor chief ng administrasyong Duterte.

Sa limang daang metrong haba ng Manila Bay, lumalabas na humigit kumulang P795,000 ang inaasahang gastos bawat metro. “The unit cost of dolomite sand should be no more than P600 per metric ton (or no more than the total amount of P56.977 million for 62,100 cu. meters), which is the highest retail price recorded by the Mines and Geosciences Bureau in 2017. The current market price of dolomite sand is P469.50 per metric ton. Anything more will lead the public to believe that the project is not only a health hazard, but also overpriced,” pahayag ni Ridon.



OPTIMISTIC CINEMA

by Javier Andrei Villaluz

Saving the world through a punk song, humanity in a samurai, trying to get your house back that underwater creatures stole, and stopping a hopping vampire or jiangshi from causing trouble in a small town. Not all optimistic pieces of cinema have to be straight-forward in their optimism throughout the film’s wavelength, we’ll get tired of it eventually; we’re all looking for cinema that’s different and offers a different brand of optimism through small emotions, bonkers stories, and life itself.

MR. VAMPIRE



Source: <http://blueprintreview.co.uk/2020/07/mr-vampire-eureka/>

Classic Hollywood vibes in the veins of Buster Keaton and old monster films. A highly influential film that started the jiangshi sub-genre.

Mr. Vampire is pulpy yet uplifting, and accessible for adults and kids. Death and sex are sacred and ultimately a part of life here, through the usage of the Taoist magic featured, how it affects people around; how some ideas of love aren’t just meant to be as shown in a sub-plot about a seductive ghost trying to get the attention of one of the main characters.

Typical; fittingly silly Hong Kong comedy, an abundant use of various kinds of rice, cool Taoist magic, holding your breath to hide from the vampire, and disciple mischief. Being a mortician does not seem too bad.

(Sidenote: Just a warning, there is a snake and a chicken that does die in the film, please take note that during that time in Hong Kong, food was commonly prepared with live animals. Take note of cultural differences, too.)

KIKUJIRO



Source: <https://theasiancinemacritic.com/2018/07/17/kikujiro/>

Takeshi Kitano of Takeshi’s Castle fame directs and stars in this contemplative; off-beat family road trip film.

Slow-paced, child-like, endearing, and silly in its own special Japanese way. Featuring exaggerated dream sequences only a child would think of.

A hip romantic couple, biker gang members who are soft-spoken; light-hearted, suspicious yakuza who run a festival, Takeshi Kitano himself as an ex-Yakuza who learns to be responsible; caring, and his tough; caring wife. It’s a reversal of character archetypes that we see in these kinds of films. Displayed is a world that’s ultimately good, melancholia is a part of it; the sad drama here feels real, and a part of many gorgeous mundane moments. Takeshi Kitano’s character may not control his nature and gangster antics, but he can still be caring, and be a father figure to the main character.

THE TWILIGHT SAMURAI



Source: <https://www.nichi-eidomain.com/the-twilight-samurai-2002-yoji-yamada/>

Presents a realistic and sincere outlook of what it means to be a low-ranking samurai in the 19th century. Love and honor in film form.

Nominated for an Academy Award for Best Foreign Language Film at the 76th Academy Awards, The Twilight Samurai is a personal favorite jidaigeki of mine, a fine work of humanist values and where a world is loving, not full of action, but of quiet moments. Being a samurai here means feeling the weight of duty and violence, but the world here is far from despairing. The titular Twilight Samurai may be mocked by his colleagues, but all that he needed to be happy was to take care of his children and be loved by a childhood friend.

PATERSON



Source: <https://thesundae.net/2020/09/27/anti-drama-and-hobbyism-in-paterson-film-daze/>

A slice of life in the purest sense. There is not really a plot, just you listen to Adam Driver reading his character’s poetry.

Paterson is an ode to mundanity and poetry, we read; write meaningful poems and they come alive in beautiful ways. Everyone has their struggles when they live a quiet life, and that is ok. There’s so much repetition, but there’s always intricate details that stand-out occasionally. A poetic walk in a park.

A TOWN CALLED PANIC (2009)



Source: <https://zeitgeistfilms.com/film/atowncalledpanic>

Quirky, absurd, and fast-paced. A French animated stop-motion with heart, and insane comedic set-pieces.

Only an animated film like this can have a giant robotic penguin that throws giant snowballs, characters playing a card game while they are in danger, an incredibly long piano, a website to specifically order bricks, fishmen who steal an entire house, and many other moments that are equally absurd. Learning to accept people despite their differences is ultimately the message here.

(Sidenote: There is an Indigenous people stereotype, The Indian character isn't treated differently in the film, but some may find it offensive.)

FISH STORY (2009)



Source: https://asianwiki.com/Fish_Story

The power of musical influence through an obscure Japanese proto-punk song, that sets off a series of seemingly unrelated events that leads to an apocalyptic end of the world scenario that is ultimately stopped, but how?

Fish Story gives off the feel of an album, a series of unrelated ideas that are satisfying formed by the end of it, intensified by shifts in tone in each story. Martial arts, musical gigs, and conquering your flaw of being cowardly, musical influence can just do that. Watch it without knowing anything.

CHARADE (1963)



Source: https://commons.wikimedia.org/wiki/File:Charade_1963_Audrey_Hepburn_and_Cary_Grant.jpg

Peak classic Hollywood film with Cary Grant and Audrey Hepburn. Everything about this is perfection in its wavelength and filmmaking. Many other films have tried to do the same kind of story that Charade has, but nothing will ever match the charm and wittiness of the original. Precise in its genre-shifts and screw-ball comedy, the quintessential thriller/romantic comedy/unchoreographed; charming fight scene/multiple identities/spy film.

KIDS RETURN



Source: <https://letterboxd.com/film/kids-return/>

Childish pranks; jokes, bullies, and getting in trouble. Another Takeshi Kitano film is here for it's wonderful portrait of youth.

Two friends drop-out of school; go off in separate ways, one becomes a boxer, the other a yakuza member. Other sub-plots include two other friends who become successful comedians, and another a quiet student wanting to be loved by a waitress. The world is occasionally cruel, but this story ends with a new breathing life of a second chance. Getting lost at around this age is common, and Kids Return perfectly captures that. Once the school years end, we go off in different directions, people may stop; tragically pass away, but the others will go on.

NETFLIX SERIES: BINGE OR CRINGE?

by Manguba, Anton Zaki L

Quarantine has been very boring; everyone can agree on that. But thanks to Netflix, we are blessed to have a variety of shows and movies available for streaming. You probably have a hard time looking for something to binge. If you are, this list might help you. There are a lot of series and shows you can watch, but the question is: is it binge or a cringe?

Pose BINGE

Pose is a series about the ballroom culture of the African American and Latino LGBTQ community in the 80s. The show, debuted in 2018, has two seasons and is renewed for a third one.

The show was able to give its viewers an inside look on the underground ballroom scene of the LGBTQ community. It was also able to raise awareness about the discrimination they are facing, especially transgender people. The show properly represented the culture and community through the story and lives that they depict. Overall, Blanca and her community's stories are motivational.

Avatar: The Last Airbender BINGE

Avatar is an animated series about a world where some people can bend the four classical elements: fire, air, water, earth. Aang, the only airbender in the world and the Avatar, is tasked to bring peace by defeating the Fire nation in the war they started.



ENTERTAINMENT



Within the span of three years, Aang must be trained to control all four elements and defeat Fire Lord Ozai.

Avatar: The Last Airbender was able to create a whole new fantasy world for its viewers to experience. For an animated series during the early 00s, it had good graphics considering the amount of action in the show. Each character's uniqueness contributed to a great plot. Morals and values were properly integrated all throughout the series; social issues like sexism and dictatorship were also present. Avatar has set the standard for future animators and aspiring story makers.

The three seasons of ATLA and its sequel, The Legend of Korra, is available on Netflix.

Elite BINGE

Elite is a Spanish thriller-drama that shows how lives of some students of Las Encinas have changed following the events of the murder of Marina, a student in the said school. Everything that led to Marina's death is unraveled through Samuel and his acquaintances. The three seasons will show what changes have happened and how they will adapt.

This series was well-constructed, and its twists were strategic. Aside from its great storyline, socio-economic issues were tackled; difference in social classes was very prominent and was the main issue throughout the series. Also, marginalized groups like the LGBTQ and Islam communities were given representation. To be able to create a show with amazing murder mystery that is also socially relevant is one for the books.

Three seasons of Elite is available in Netflix, and a new season is confirmed to debut in 2021.

Riverdale CRINGE

Riverdale is series inspired by the famous Archie Comics that stars Archie, Betty, Veronica, and Jughead. The series is about how they were trying to solve a murder that happened in their small town, Riverdale. What happened caused a massive change in their lives and the people around them as well. The second to the fourth seasons show the aftermath of the said event and other mysteries they faced too. Their characters develop as the seasons progress.

First season was about Jason Blossom's death. The season was very cohesive; the plot was planned and created well. It had its twists and shocking revelations, which made the story more interesting. But when it came to the next seasons, it was kind of tacky. While it is good to always have a mystery to solve, it should be reasonable and realistic. The story snowballed and escalated into something that teens, like Archie and his friends, should not be facing or experiencing. The overall problem of each season was creative, but the execution and storytelling could have been improved.

Everyone's preference might differ when it comes to thriller-mysteries like Riverdale; some may like it or some may not, it will all depend on the viewer. If you like these kinds of mysteries, the four seasons, and an upcoming fifth season, of Riverdale is on Netflix

Emily in Paris BINGE

Emily in Paris is one of the new series released by Netflix in 2020. It is about Emily, an American girl, tasked to fly to Paris for work. Going there for the first time, she experienced culture shock, especially in the workplace. Adapting to her new environment was not easy, but with the help of her new-found friends, she can keep up. She will learn more about French culture and most especially, more about herself.

The show was very interesting and colorful. As early as the fourth episode, twists were already revealed leaving viewers to be curious. Aside from the fun plot, Emily in Paris became captivating because it showcased French culture – something rarely presented in movies and shows. Viewers were able to have an inside look on the French way of life: their daily routine and habits. The cast may have also caused the show to be viral; viewers went crazy for Lucas Bravo, who plays Gabriel in the series.

Season 2 has not yet been confirmed, but viewers can enjoy the 10 episodes of the first season von Netflix.

There, hope that this list was able to help you decide what series to watch next. Always remember not to only view a show as it is; try to evaluate and learn something from the things you watch. Now you know what series you should binge! (and what series are cringe)

BANG FOR BUCK PC BUILDS

by Enrique Silverio



Source: <https://www.newegg.com/insider/building-a-gaming-pc-for-the-first-time-dont-panic-this-guide-can-help-you-out/>

Due to recent events of the pandemic and the implementation of lockdowns throughout the country, there has been a surge of demands for acquiring computers because of the recent implementation of online learning and many jobs being done from home. But the problem is most people are not that knowledgeable with computers and technology. So here is a good starting point for those people who are looking for a computer for their work or for school.

In this guide, we will be focusing on a "bang for buck" PC build. The budget will be around the 45-50-thousand-peso range as of the time of writing. This price range will be a good mid-range build that will suffice all your working, leisure, and gaming needs, and last you for a good amount of time. But first we must understand what makes up a computer. So here is a rundown of the anatomy of a computer.





ENTERTAINMENT



We start off with the brains of the computer which is the CPU or Central Processing Unit. This will be the one who will be doing heavy lifting in terms of executing the tasks. Some examples of CPU's are Intel Core I7 and AMD Ryzen 5 2600. The next component is the GPU or the Graphics Processing Unit, which will comprise a substantial chunk of the budget we have set. This is the one responsible for rendering the image you see on your monitor. Some examples of GPU's are NVIDIA GTX 1660 and AMD RX 5600. Next is the motherboard which will be the one to connect all components such as the CPU, GPU, storage, and memory. Next is the RAM or the memory of your computer which oversees holding data temporarily. The more programs and tasks you do; the more memory your system uses. Next will be storage, as the name implies it stores all your data such as documents, files, pictures, and videos. This may be in the form of a hard drive or SSD (Solid State Drive). The difference between the two is that the SSD provides faster reading and writing of files compared to a Hard drive, though it is more expensive. Next is the power supply. This will be the one to power all your computer components. And the last component of a computer is the computer case or sometimes referred to as the tower. This will house all your computer components.

Now that we have established the components, we can now pick out our computer components for this build. For the CPU or the processor, we are going for the AMD Ryzen 5 3600. This processor is hailed among the best processors of the year 2019 due to its excellent price to performance ratio. This will be able to handle all your work-related tasks such as word documents, spreadsheets, rendering, or even video editing. Next for the GPU we will be choosing the NVIDIA GTX 1660 Super. This GPU will be able to provide a good amount of performance in hardware accelerated tasks such as streaming and rendering while being able to play most games in high settings. For the motherboard we are going for a B450 Motherboard, particularly the MSI B450M Mortar Max. This will be able to suffice and connect all your components while providing future upgradability such as adding more RAM and storage. For storage we have a 120 GB SSD that will store the windows operating system and a 1 TB Hard Drive to store all your files and documents. Next, we have the. For the RAM you can choose any brand if the specs are dual 8 GB sticks, CL16, 3200 mhz. For the power supply we recommend getting any 600-650W Power Supply with a minimum 80+ Bronze certification from a reputable named brand such as Corsair, Seasonic, Coolermaster, and BeQuiet. Please do not cheap out on your power supply as a cheap power supply can damage some or even all your components when it fails. Lastly, the case which is up to you depends on how you want your PC to look like. Whether it may be simple and minimalist with a plain design and few or no lights or a case with an outrageous design and color with plenty of lights. And with the parts picked out all that is left is to build the computer. It is entirely up to you whether you want it to be built by a professional or build it by yourself. There are a lot of resources and tutorials online on how to build a computer.

With you completed PC build. You may now do whatever you want with it. Whether it be for school or work, gaming, personal use, or to make it as your new hobby for this quarantine. But if your budget does not align with this guide. Remember to use the information given in this guide as a reference or a starting point in picking out your computer components that will fit your budget. You can choose whatever parts you want according to your budget, your needs, and preferences. That is the beauty of custom PC building. Now stay at home, be safe, and welcome to the PC Master race.

NETFLIX: COBRA KAI

by Joshua L. Fernandez



Source: <https://www.indiewire.com/2019/04/cobra-kai-review-season-2-youtube-premium-1202127560/>

“We built this city...” you sang that right? Oh, you know I am right. Have you ever wondered about reliving the 1980's lifestyle? From movies to music and even how to court a girl! We all love the retro-vibes, the classic box type Cadillac cars, and the simple McDonald fast-food chains. Well, Netflix did bring the past onto our screens, adapting a series called “Cobra Kai” as a sequel for the 1980 hit three-part movie series of Karate Kid of Ralph Macchio and Noriyuki “Pat” Morita. Sit back, chill, play some retro wave, and enjoy.

The Cobra Kai series first appeared on YouTube as its premium videos, then it was further adapted by Netflix in order to stream the famous series into its servers. When it was released on Netflix Philippines, the series emerged and stayed in the Top 10 Hits Philippines for five days. The plot of the series meant to continue the lifestyle of the characters in the movie, do not worry about their “karate” for it is still superb.

“Cobra Kai” is cast by its original actors in their golden age. Ralph Macchio still played Daniel LaRusso, a rich car salesman who owns a successful motor-trade. And the infamous “antagonist” Johnny Lawrence, a misled adult, still played by William Zabka, who works as a maintenance guy who has no planned future. Sadly, Noriyuki “Pat” Morita passed away on November 5, 2005, he is only mentioned by the characters and was teased in flashbacks from the original movies. The ending of “Karate Kid” affected the outcome of the two main characters, Johnny Lawrence was neglected by his sensei, Kreese, and Daniel LaRusso traveled to Japan to learn in-depth training in karate and gained more wise knowledge from Mr. Miyagi. Fast forward to 30 years, the neglect of Sensei Kreese led Johnny Lawrence into a misguided life leading to his occupation as a mere maintenance guy. Mr. Miyagi's wise words towards the hard-working businessman Daniel LaRusso has its effects, him being a rich CEO owning his own motor-trade for he loved cars as shown from The Karate Kid.

Why is it Cobra Kai? If you watched “The Karate Kid”, Cobra Kai is a dojo created by John Kreese, still played by Martin Kove in this series. His character is a veteran soldier who came to America after the war in Vietnam. He opened his own karate dojo, for he is a karate champion, and he is the one who instilled the quote “Strike first. Strike hard. No mercy.” Johnny Lawrence resurrected the dojo along with its own quote and principles, because of a low self-esteem bullied student Miguel Diaz played by Xolo Maridueña.

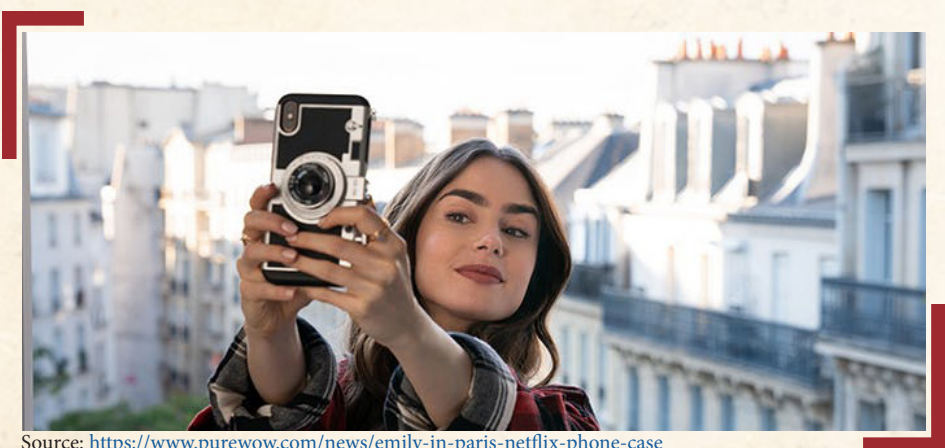


The sole reason for resurrecting the dojo is for Diaz and his friends to gain self-esteem and protection from harm.

Cobra Kai has 2 seasons with 10 episodes each, and a length of 25 minutes to 31 minutes per episode. As a fan of the whole franchise, I highly recommend this series. It depicts values such as family, perseverance, and strength of will. This series will keep you on pressing “next episode” because of its strong plot and the sudden shift of events. Enjoy, and always remember “Wax on, wax off”

SERIES REVIEW: EMILY IN PARIS

by Magas, Zachari Kean R



Source: <https://www.purewow.com/news/emily-in-paris-netflix-phone-case>

Emily in Paris is the sweet escape that we all need right now in a world full of chaos and problems. It perfectly captures the desired love, dream lifestyle, and sweet ecstasies of life that we all dream of, especially in the most romantic city in the world.

The series is the new Netflix comedic drama released last October 2 exclusive to the streaming platform and stars actress, Lily Collins, a well-known actress who starred in films and series such as Les Misérables and The Mortal Instruments. The show follows the journey of Emily Cooper, a marketing executive in a firm called The Gilbert Group based in Chicago where Emily’s boss, the supposed employee to be sent to Paris to work at the newly acquired firm, Savoir, had to cancel plans due to health issues. With Emily’s lifelong dream to live in Paris and become one with the locals, she was sent to France as a substitute, but there is one catch, Emily can’t speak French. Each episode progresses Emily’s life in Paris as she aims to acquire new and old clients for Savoir as she tackles problems such as sexism, family, relationships, love, affairs, and work as they all intertwine with each other.

The show has a total of 10 episodes and with a run time of 20-30 minutes each in its first season. Each episode follows Emily’s daily life in Paris as a marketing executive in Savoir as she tries to acquire new clients and work her duty to market the luxury brands that her firm represents and help bring an “American perspective” in the marketing industry in Paris. As the show was conceptualized 2 years prior and was filmed a year ago, the series was filmed in Paris and some parts of countryside France and included scenes such as parties, gatherings and the like which is a great escape and a reminder of what we had before this unfortunate pandemic happened.

The show’s screenplay was the typical American romantic comedy that we are all familiar with. With some arcs that we all know but also included ones that are unique to the plot and the characters that surrounds it. The acting was very well executed even with the whimsical and exaggerated natures of a comedic drama, especially for the main of Lily Collins. Collins was able to greatly execute the typical working American millennial girl and how one would react when presented with different situations and was sent outside one’s comfort zone and accustomed practices while at the same time, was able to show the different sides and dimensions to Emily Cooper’s character as well as her wits, natural skills and intelligence as a marketing executive.

As the genre suggests, Emily in Paris has a lot of unrealistic things incorporated into the story of the series such as her co-workers speaking English to adjust for her and some stereotypes that are quite untrue. But even with its fictional background and hyperbolic instances, the series have a lot of underlying truths that can be found within each character and their relationships such as her new friend Mindy. Mindy’s family background of over-controlling parents that her new life in Paris liberated her from giving representation to people of Asian descent or culture and the hardships they go through especially because of the Family values their culture gives importance to, as well as Camille’s faltering relationship with her partner and the issues that arises between her partner and her family’s business.

Emily in Paris gives us a sweet taste and reminder of the beauty of life especially pre-pandemic during our time in quarantine. In Emily’s journey, we may follow her adventures through Paris and France as we experience the ecstasy and heights of the French life as Emily faces the adult life of falling in love, enjoying a foreign country and as well as solve mysteries and problems and cry our hearts out in every episode of the brand new comedic drama. Catch Emily in the new series now available for streaming on Netflix!

FILIPINOS LOVE MUSIC

by Lorenzo Rowell A. Eserjose

Hey, have you ever wondered what an online concert looks like? How will we catch our favorite artists and bands playing their great music? From LEU, Paskuhan, UP Cosmos and gigs to Facebook live, Instagram live, and TikTok live. We all love going to concerts especially with our friends and families. We all love that usual Friday night open-air concert, going there with your “THE ONE”, sweet and grand music, looking at each other’s eyes and holding each other’s hands while listening to IV of Spades, Ben&Ben, Munimuni, Lola Amour and many more. Do you miss it? Yeah, I miss it too. Well, Globe, Smart, and other brands showed us what it’s like to have a concert through an online platform. They displayed and revived the gig culture where every Filipino loves to go to and to experience.

Last September 26, Globe celebrated National G Day, a free online musical festival where Globe gets the chance to celebrate and thank their subscribers through an online concert.

Various bands and artists performed their music and the highlight of the program is they invited bands and artists such as Lany, SB19, Ben&Ben, December Avenue, UDD, The Juans, Kiana V, and Massiah. The line-up made the audience free themselves from their quarantine problems and worries because of the great, memorable performance coming from the bands and artists. The best part of this festival that the live stream for the music fest was FREE last September 26 through Globe’s Facebook page.

Aside from Globe’s National G Day, Smart also celebrated their own online music festival to return the month-long ‘Smart Giga Fest’, where prepaid and post-paid users will not receive additional charges. (Smart Communications, September 17, 2020 | Smart Telcom Pany).

Last September 26, Smart continued to give back to subscribers with the GigaFest Virtual Concert. Top local artists Curtismith, KZ Tandingan, James Reid, and Nadine Lustre performed and entertained the audience. Smart also added a private stream of the iHeartRadio Musical Festival featuring international bands and artists such as BTS, Coldplay, Miley Cyrus, Bon Jovi, and more. (Singh, S. September 24, 2020 | NME asia).

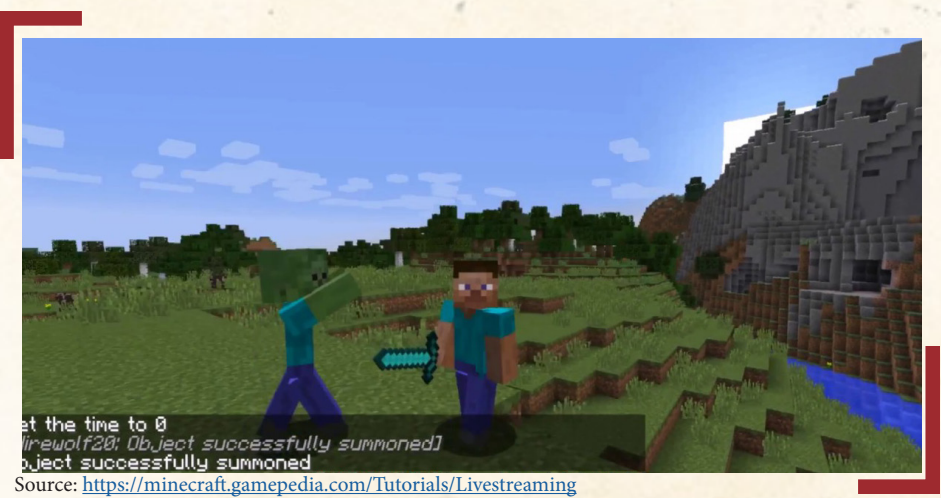
I attended Globe’s National G Day last September 26 and if you’re going to ask me, Globe’s G Day was fun and exciting because most of my favorite bands played. Ben&Ben performed my favorite song, “Ride Home.” While they were playing the song, I felt alive and relieved from the worries and problems of what was happening in my life. There were a lot of lessons and meanings that I learned from this song.

If you’re going to ask me, which is better: attending an online concert or attending a face-to-face concert? My answer would be face-to-face concert because, through this, we can experience interacting with other people, spend time with our loved ones, and being alive for a moment in order for us to forget the worries and problems that are happening in our life. Not just the experience but you will make memories at your first concert, these memories can last a lifetime and you can always look back to these memories once you will get old. Live music has always been beneath us because it is important in other fields of culture and entertainment.

As a music lover, live music is one of the greatest things that you need to check on your bucket list, but since we’re in a bad situation right now, attending a concert using the online platform is also memorable and exciting. You can play and listen to music anywhere and anytime but it depends on how you appreciate the music. Despite the pandemic we are currently facing, online concerts help us to bring back the good old days where the situation is great, where everybody is safe and sound, and where every person is having a good time and making memorable memories that they can look back at someday. Look at the brighter side, music will always be there for us whenever we feel alone, sad, or anything.

MINECRAFT YOUTUBERS: THEY’RE BACK?!

by Yoriq William B. Laxa



Minecraft, a game made for players who seek creativity, skill, or just casual fun! The world of Minecraft just has an infinite amount of possibilities as not only the developers of the game, Mojang, continue to add more features, but also the players who make builds, quests, mods, texture packs, servers, and even entertainment for the masses.

If you were one of those kids who were interested in the game back in the glory days of 2013, you may recognize some of the most popular names such as SkyDoesMinecraft, PopularMMOs, DanTDM, CaptainSparklez, ExplodingTNT, and the list goes on! As Minecraft is made for everyone it is hard not to pass by and be interested in watching one of these content creators, some even striving to be a YouTuber like them. The true charm of what makes this funny block game so special is not just the actual game, but the players, how they react, play, and their overall personality. How does she react when a creeper explodes? What redstone contraption does he build next? Who the smartest, loudest, funniest, nicest, or even weirdest in the group? It was a blast seeing how much these people grew with the game until... they vanished. Mojang had no new ideas, Microsoft bought the company and made their version, YouTubers got bored of it with some thinking that there is nothing else to do anymore. Minecraft died.

But in 2019, the new 1.14 “Village and Pillage” update got announced by Mojang, adding new mobs, features, blocks, and more to the game! The renaissance of Minecraft was set, but how about the YouTubers? Some never left the game in the first place, many of the big ones that tried something new like Fortnite were coming back, but it’s the ones that we’ve never seen before that changed YouTube’s view of Minecraft once again.

PewDiePie, the biggest self-grown YouTuber played Minecraft for the first time, even making a full series and plot for his channel as he continued to reach 100 Million subscribers! Many were intrigued, excited, and inspired to get themselves out there for the public to see. New personalities started to rise, some from the ground up and just starting, as some were getting a massive boost after a long time of growing slowly. And so, if you are one of those kids who were and still are interested in the game now in 2020, the “Renaissance of Minecraft”, you may recognize some of the most popular names such as Dream, GeorgeNotFound, Sapnap, TommyInnit, WilburSoot, Mumbo Jumbo, Grian, and many more! With the rise of new personalities, many inspired by mods from the past, apply coding to add a new kind of spice to the game.

As the most popularized term on YouTube now is “Minecraft, But...”, where people add challenges that make them test their overall skills in the game. While others play around with the game’s new mechanics as Minecraft continues to update, now with a Nether update and a soon to come Cave update, where builders and redstone engineers get to have more fun in the creative mode of Minecraft gameplay.

Minecraft overall depends on the players, the entertainers, and the audience. Mojang always wants their game to be perfect but incomplete, where it’s up to everyone else to decide what to do. People play the game and explore all they want, entertainers entertain others by being a personality to represent the game online, and the audience gives criticism, suggestions, and ideas for Mojang to add to the game, with everyone forming a community of Minecrafters. The first generation was in the past, the second generation is in the present, and finally, the future, who knows? It could be you.

The game is actually similar to some party games you’d play with friends during meetups, such as games like “Mafia” or

“Werewolf”. But since meetups aren’t really possible or even plausible during the current pandemic, those games are incredibly tough to play while everyone’s social distancing. But that’s what makes Among Us incredibly popular! Not only is it accompanied by adorable, child-friendly artwork, but since it’s an online game, you can make a private lobby or join a public one to play with anyone around the country or even the world! You can get on a call with your friends to bond and solve who the imposter could be during discussion time & emergency meetings, and you can panic together while a silent but deadly imposter tries to rip you to pieces as you try to do tasks.

The game is incredibly fun to play with friends and though it may seem simple, the game brings out a lot of brainpower and guts in order to succeed. So if you want a challenging and fun activity to do with your friends, call them up, get in a game lobby, and let the mind games begin! Act fast, think cautiously, be smart, and don’t let the imposter get you. Because in this spaceship, no one can hear you scream... or at least when you mute your microphone.

THERE’S A NEW GAME CRAZE AMONG US!

by Adrian Rafael L. Peralta



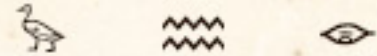
Source: <https://www.cnet.com/how-to/among-us-heres-how-to-play-everyones-game-obsession-online-this-holiday-season/>

If you haven’t been introduced to it already, there’s a new game craze rising in popularity among us! That game goes by the name of... well... “Among Us”, made by game producers “InnerSloth” previously popular for the “Henry Stickman Collection” games. Both available on mobile and desktop, the game’s concept is decently simple, you are a group of 4-10 crewmates going around trying to do tasks in order to win. But lurking among you all is an imposter, sabotaging your tasks and taking lives in the process (there can be up to 3 imposters among the 10 crewmates).

Your goal as an imposter is to prevent the crew from finishing all their tasks and to murder everyone until you eliminate enough people or time runs out for the crew to do tasks, all while keeping your identity secret and keeping your sneak mode on 100% at all times. As a crewmate, you must prevent the imposters from winning by voting them off during discussion time which happens when a dead body is reported and/or an emergency meeting is called. You also complete a set amount of tasks before you die, but even if you do, you can still do them as a ghost.



FEATURES



NEW TEACHERS IN THE SENIOR HIGH SCHOOL

by John Gabriel C. Agpawa

Claret School of Quezon City hires a new set of intellectual teachers who are competent in facilitating learning to Claretian students.

Mr. Bautista graduated from the University of Santo Tomas where he took AB Journalism and AB English. He is currently teaching Contemporary Philippine Arts from the Regions. According to him, his Filipino professor, Professor Eros Atalia, and the fictional characters GTO and Gosuken inspired him to become a teacher. It is because of their randomness in teaching and the content they share with the people when he was just a student made him feel like teaching is an awesome job where you can be yourself and share your knowledge with other people at the same time. He chose Claret School of Quezon City for a change of pace and to learn the ins and outs of Senior High School. He described his first impression among Claretian students as an “organized chaos”, just the way he wants: a mix of chipper, rowdy, rambunctious, attentive, and other qualities, but gets serious and proper once the class starts. For Mr. Bautista, the first impression he got among Claretian students did not fail him. He said that facilitating online classes is quite the challenge for many reasons, but having a personal goal for the day to have a sense of focus and having pep talks together with the students as if they are his younger brothers help a lot in overcoming the struggles of online classes. His message for his students is “Experience will teach you three important things – live your life, love the ones you love, and learn the things that will make you better.”

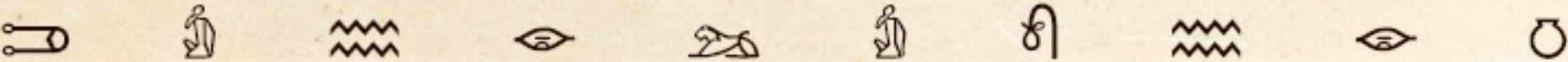


Mr. Mac Bryan N. Bautista
Grade 12 Contemporary Philippine Arts from the Regions



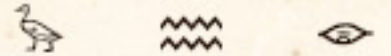
Mrs. Editha L. Alfonso
Grade 11 Pre - Calculus

Mrs. Alfonso took Bachelor of Secondary Education Major in Mathematics in Centro Escolar University and completed academic requirements in the Philippine Normal University, where she took Master of Arts in Mathematics Education. She is currently teaching Pre-Calculus to the grade 11 students. She stated that her mother together with some teachers that she met inspired her to become a teacher, although teaching is her choice as well. She said that their hard work, patience, and love for what they do inspired her to become a teacher. According to her, “When you get older, or as we age, there are a lot of things you realize to be predominant and that keeps you going despite hardships and struggles of the teaching profession.” She chose Claret School of Quezon City for the opportunity, and it is her first time to teach in an exclusive catholic school as well. Her first impression among Claretian students is that they are well-mannered, thoughtful, and eloquent. For Mrs. Alfonso, the struggles she faced on her profession are mostly paper works, evaluating her students’ performances, and the choice between being the good and kind or being right and objective given that the course she is teaching is a challenging one. She was able to overcome them through her own experience, by being conscientious, and by asking guidance from God. Her message for her students is “As they say, ‘Don’t let what you cannot do interfere with what you can do.’ Always strive to do the best in everything you do.”





FEATURES



NEW HEROES OF CLARET SCHOOL

by Joseph Matthew D. Ramos

As we go on with the new school year through this new way of learning, Claret School of Quezon City once again welcomes a new set of teachers to our campus, but this time, virtually. Tanglaw ng Claret introduces to you the newest addition to the growing family of Claretian Heroes.

“To the world they may just be a teacher, but to us, they are a HERO.” Ms. Ursua is an Araling Panlipunan teacher for Grade 7 and 9 – St. Ambrose of Milan. She graduated from the University of Santo Thomas, she says that the University shaped her to be better, and to become who she is right now. They gave her quality education, most especially the rigid training during their practicum at UST Education High School. As a fresh graduate, Ms. Ursua is looking forward to these new experiences despite the new way of learning and teaching. She wants to learn more from both her colleagues and her coordinator, for she wants to become a better teacher. “I believe no matter the situation is, an experience is an experience. These experiences are something that I can bring with me as I journey on.” she added.

She is looking forward to meeting students who are hard-working. Ms. Ursua was indeed a hard-working student during her college days that’s why she knows the struggle of passing outputs on time with excellent quality.

Like us students, she experienced reviewing for exams and finishing requirements that resulted to only 4-5 hours of sleep a day. Like every high school student, she was also a student-athlete, she was a member of the table tennis varsity team and they competed in different schools in NCR. She wants to keep reminding her students to just go with the flow.

Focus on your priorities. This pandemic is not permanent, that soon everything will go back to normal, just pray.

“Thank you, Ms. Ursua for all of your hard-work and considerations, and for teaching us all the topics we need to learn without failing despite this pandemic.” A message from her Grade 9 student, for her efforts and kindness was seen during the first few months of the virtual school year.



Ms. Raven Kris Ursua
Grade 7 & 9 Araling Panlipunan



Ms. Santa Fe Aquino
Grade 8 & 9 Filipino

Ms. Aquino is one of the new addition to the family of Claretian Heroes. She obtained her bachelor’s degree with the help and guidance of her college teachers at the Rizal Technological University. She believes that foundations such as basic information to complex theories, strategies for learning, experiences which taught her to push through and never give up for what her heart desires, and most importantly to lift everything to our Almighty God despite the difficulties and struggles along the road helped her reach her dreams and to become a better person.

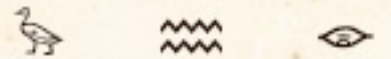
Ms. Aquino loves to sing and one of her biggest dreams is to perform in a crowd, but she would also want to have a jamming session with her students. In line with this new way of teaching, she expects that the situation right now will be tough and challenging, but she says that we just have to embrace that this is the new normal. “For the meantime, no blackboard and chalks, no school chairs, no corners of classroom and face to face interaction is now virtual.” She mentioned that she believes that this will not hinder her from nurturing young minds, feed their soul with wisdom, and help them build their future.

As for the qualities she is looking for in a student, Ms. Aquino prays that she would have students who are obedient, disciplined, respectful, polite, motivated, and very eager to learn. “Don’t give up for your dreams and keep believing in yourself. Do not let this pandemic stop you to study hard. Trust, everything will be fine.” a message for Batch W and Batch V.





FEATURES



Ms. Cruz is a Practical Arts teacher for Grades 9 and 10. She had a very long journey in college. She obtained her bachelor’s degree at the Technological University of the Philippines where she graduated twice. Prior to Claret, Ms. Cruz taught at the University of the East, where she was also a teacher for Practical Arts. She was also an interior designer at Shell Canvas and was also an email and chat support of freelancer.com, an Australian owned company. She believes that all the knowledge she gained and the experiences she has been through have been helpful in educating her beloved students. As for the qualities she is looking for in a student, Ms. Cruz says, “We cannot look for a specific quality in a student. Every student is unique in their own ways.”

When asked about her expectation in her first year in Claret, she said that she had high expectations. She looked forward to meeting people with high value standards, and for the past few months, she can say that the Claretians had exceeded her expectations. She also mentioned that Mr. Mas Malbas, the TLE Coordinator, is the best coordinator she has ever had and that choosing Claret is one of the best choices she has ever made.

Ms. Cruz loves art, collecting art and craft materials, doing miniature house models, listening to old music and having a warm bowl of ramen. “Life is too short to focus on negativities. Try to look for a positive thing in every situation, and you’ll realize that out of all the 99 problems you have, it takes one simple thought or act of positivity to swipe all your negativities away. Make your heart happy and always be kind.” a message for her beloved Claretian students.



Ms. Honey Grace Cruz
Grade 9 & 10 Practical Arts

A graduate of the University of the Philippines – Diliman. Mr. Miranda believes that teaching is the profession that will challenge you every day yet will make you feel fulfilled each day. Prior to becoming a teacher, his first goal back then was to become an astronaut or an engineer, but when things changed, he found his passion for teaching. During his college years in UP, Mr. Miranda was involved in various outreach programs, as well as in different national issues that would help him better understand the society and how he can make students more socially aware once he becomes their teacher. “My goal each day is to help my students understand our role as citizens of our nation.” he added.

Regardless of the challenges brought by this new set-up, Mr. Miranda expects his students to learn from him, and that he will learn from them. He says that learning is a two-way street, a collaboration of teachers and students in everyday classroom set-up. He also expects that he gets to feel the warmth of the Claretian Community even during this new set-up.

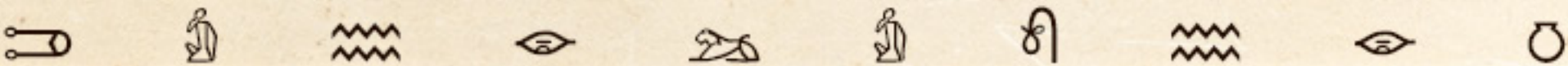
“Asking questions shows courage and confidence” he mentioned. Mr. Miranda feels happy and more inspired to teach whenever his students ask him questions. He is proud of those students who ask questions regardless of time, relevance and timing. He also added that he looks up to students who are critical-thinkers and are socially aware.

As for his hobbies, he enjoys watching Netflix series. Like most of us students, Mr. Miranda is also a gamer who plays Mobile Legends and Call of Duty Mobile. He is also a student-leader, he served in the UP Diliman University Student Council, so he is open for a talk with CBS leaders who needs advices or insights for future projects

“Kung napapagod, magpahinga kahit sandali. This set-up is difficult for every one of us, but I am always here to talk to. Your mental health matters more than your grades. If there are bad days, please let us know. Please let me know because I am willing to hear you out. Keep fighting! Lagi’lagi para sa Bayan!” a message for his Grade 8 students, 9 – St. Lorenzo Ruiz, and 9 – St. Pedro Calungsod.

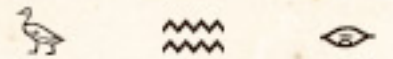


Mr. Kristiene Nathaniel Miranda
Grade 8 & 9 Araling Panlipunan





FEATURES



ON OPPOSITE SIDES: TRADITIONAL AND ONLINE LEARNING

by Julian Ignacio Q. Roque

The current COVID-19 pandemic has brought unprecedented changes to all facets of life. The current system of education is no exception. From the traditional means of a classroom, schools have now switched to online platforms like MS Teams and Google Meet to better accommodate the school year faced with the pandemic. This generation of students must now cope with a changing climate with their education, continually adjusting and coping with requirements given to them. To better familiarize themselves with their environment, it is best to differentiate between traditional and online learning.

Before the pandemic, traditional means of learning were more prevalent. This meant academics were performed inside the confines of the classroom. Classes were physical and synchronous as students and teachers alike interacted through lectures and various activities related to the subject. If any concerns were raised, these would be answered immediately. Aside from its academic aspects, the classroom also acted as a social setting for students to interact with people from other backgrounds and form long-lasting relationships. This itself is an important aspect of the classroom as it allows students to exercise and hone their social skills.

Additionally, traditional learning extends outside of the classroom. Many facilities are catered to deepen the learning experience of students. Libraries, laboratories, and sports complexes contribute to this. Students can also pursue extracurricular interests through clubs available on the campus, allowing them to explore plausible career paths as early as then.

All of these aspects of traditional learning were either axed or revamped once COVID-19 struck. Schools were now forced to switch to this new mode of online learning. Instead of students and teachers interacting freely, they now face a screen and push microphones to talk. Classes have been shortened to a maximum of four hours and were split between synchronous and asynchronous classes. Students can now work at their own pace while still following lectures provided online.

As the name suggests, online learning necessitates the need for constant internet connections and the availability of gadgets in coping with the requirements of the new curriculum. Not all students have access to these resources. As such, schools have become considerate of their absences or tardiness in online classes.

Perhaps the most glaring difference between traditional and online learning is the absence of a school environment. Academia is still present, of course, but fostering social skills are lacking. Chatting through apps is not the same as face-to-face interactions between students and teachers. Though this remains a problem as online classes continue, it is currently being addressed by teachers and students alike through adjustments in teaching style and active participation.

Now that there is a familiarity between the two modes of learning, it is important to adapt when one of these is applied.

This pandemic would not last forever and soon students will be back again in the classroom. Being comfortable is important for students to learn but too much of it, to the extent of ignoring change, is harmful. To put it simply, do what you can with what you have.

THE BEAUTY OF THE DIGITAL AGE: USEFUL TOOLS AND WEBSITES FOR YOUR ONLINE LEARNING EXPERIENCE

by Kirk Matthew C. Mara

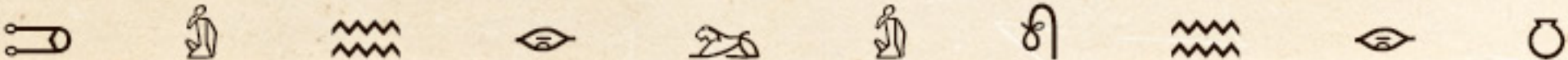
The COVID-19 pandemic has proved to be one of the most challenging times in humanity's history, and it's no wonder that many different sectors, including education, have been greatly affected by the obstacles this crisis has given us. With the adaptations needed in this new normal setup being made, many people have been struggling to cope up, and some students who aren't used to this online education system have had a harder time compared to others. Maybe you, yourself have a harder time too, coping up and trying to submit your requirements and activities needed to pass your subjects. However, the rise of online education gives a fair number of advantages too! Online education enables us to use various tools, apps, and websites that we can utilize and maximize to make our lives a tad bit easier. A variety of learning, time management, and interactive tools exist on digital platforms. So, if ever you feel like this method of learning is way too challenging, I have listed some very useful tools and websites that can hopefully solve and help with your endeavors!

Khan Academy



Source: <https://www.khanacademy.org/>

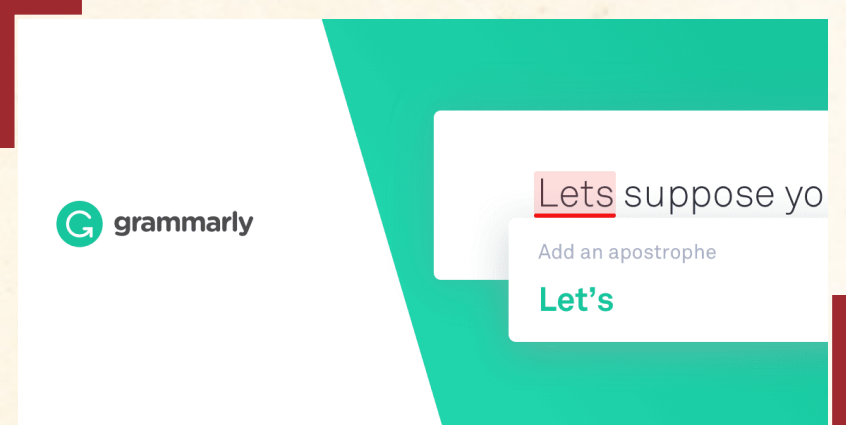
Khan academy is arguably one of the most helpful learning tools out on the web. A free non-profit educational organization, it allows students to learn different courses and lessons from its unique library of videos and reading materials dedicated to subjects like Mathematics, Chemistry, Biology, Medicine, History, and many more. Moreover, it has various practice exercises and interactive teaching methods within the app which can enrich a student's learning and empower the learners to have more fun in studying. If ever you need more examples to learn and relearn certain matters, this can be the app you need. It only requires you to register before you can get started.





FEATURES

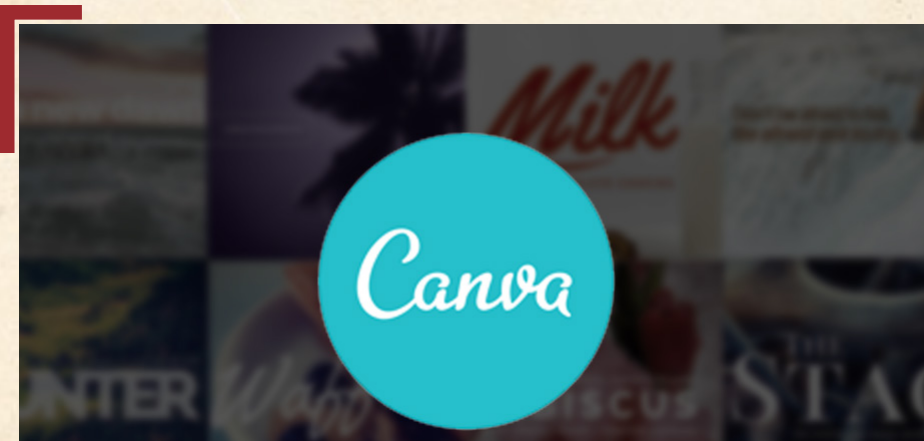
Grammarly



Source: <https://www.grammarly.com/grammar-check>

Grammarly is an application that is very helpful in proofreading, checking, and editing your written works as it allows students to check their grammar, improve their sentence structures, make their statements more creative and empowering, and improve the overall quality of their outputs. If you are prone to typo and grammar issues, this app can be your lifesaver for multiple occasions. It's fast, easy, clear, and effective. Just paste what you've written on the website and it'll automatically start checking it. It also checks plagiarized works to help you avoid cases of plagiarism which, as we know, is a serious academic violation. You just need to simply register an account to the website, or you can download the web extension which can allow you to edit your sentences wherever you are on the web. While it is mostly free, Grammarly also has a premium option that allows its users to edit their outputs in clearer, more concise, and creative ways. But if you don't have the money for it, then simply downloading and registering into the app is just as useful and gives you the amount of help you need in making well-structured sentences.

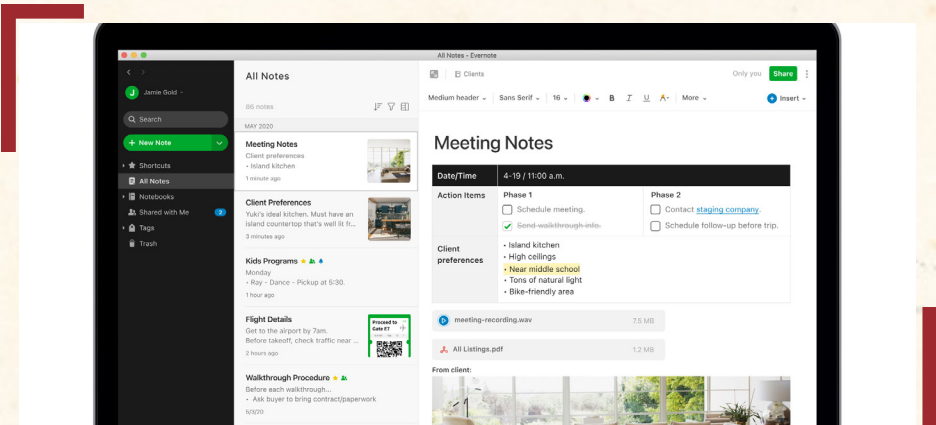
Canva



Source: <https://www.canva.com/>

Canva is without a doubt one of the most useful design tools one can use to help in their projects. Canva allows its users to create posters, graphics, infographics, and the like without much hassle. It offers a wide variety of templates and layouts you can use to satisfy your needs. It also has various elements that can make outputs more aesthetically pleasing to the eye. So, if ever you're uncomfortable nor confident in your digital art skills, then Canva can come to your aid. While it has a premium subscription that can give you a wider variety of options and elements to enhance your outputs, you can work with it for free without much hassle by registering into the app.

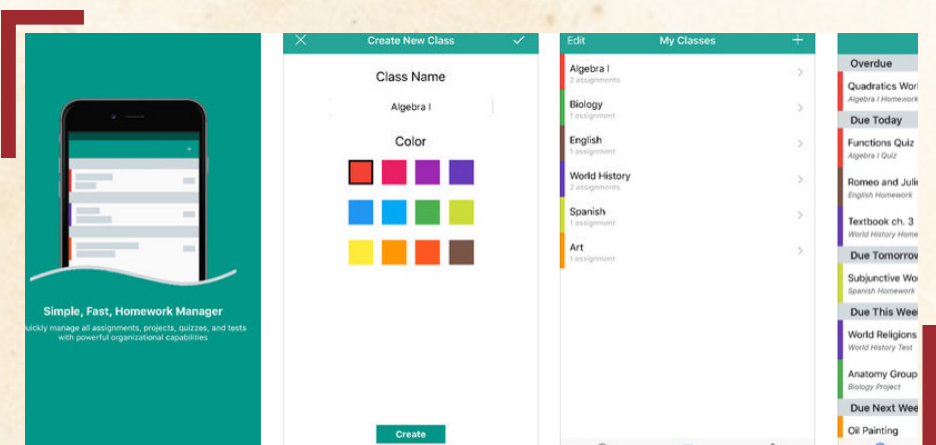
Evernote



Source: <https://evernote.com/>

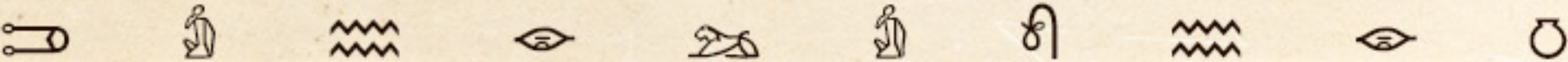
We undoubtedly need an app that can help us store our notes and keep track of what we learn from different lessons. Evernote is useful for that as it allows you to write, keep track, and design your notes in an organized manner. It allows you to sync your notes on different platforms and store them easily. It's useful for arranging your ideas, creating outlines, making chapters, and managing and archiving your tasks. It can also insert pictures, audio, and other saved contents that can help you understand what you've typed even more. Besides, it's free and the majority of the useful tools in the app are optional to pay. A simple registration can help you come a long way with the notetaking app.

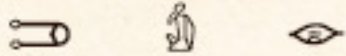
Any.do and Egenda



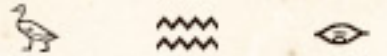
Source: <https://techzillo.com/best-student-planner-homework-apps-android-ios/>

Any.do and Egenda are two apps that are benefitting in managing one's time. Any.do is a free app that allows a person to manage their tasks, take note of their assignments, and schedule meetings and events with a calendar. It can sync with different social media platforms and create useful reminders to help you remember things you need to do. You can manage your daily agenda and it is convenient in making your life and studies more organized. If you do not have the time to utilize these things, or if you prefer a simpler user interface, Egenda is helpful for that. Just like Any.do, it can help a student manage their tasks and assignments, but it's so much simpler and is easier to manage because you'll only need to write down the subjects you need, then specify if it's a test, homework, or a project. While it doesn't exactly have a calendar, it's great for planning the things you'll need to do, and just like Any.do, it's also free.





FEATURES



Forest and Study Bunny



Source: <https://healthgamea.com/tag/study-bunny-for-pc/>

One of the rising trends in study-centric apps is experimental tools that can help a student manage their focus and make them more motivated to accomplish their duties. Forest and Study Bunny are a few examples that do that. These apps are somewhat like a game that rewards you for staying in focus after a given amount of time and allows you to interact with their interface through “games” and fun activities a student can gain after a long and hefty focused study session. Forest, for example, though isn’t free on iOS (it’s free on Android devices), allows you to grow a tree the more time you spend on studying, and overtime, you can create a forest. The moment you touch your phone or get distracted, your tree dies along with all your progress to help ensure that you keep focusing on your studies. Furthermore, using this app enables a student to contribute to their environment because for every tree that they can grow, the organization associated with the app, plants a tree somewhere in the world that symbolizes a student’s effort to study. Study Bunny, on the other hand, is an interactive game-like focus timer. It allows the student to stay productive and, in a way, take care of their digital friend by studying. The longer a student studies, the more coins they can obtain which can be used to make the bunny happier by buying food or doing different playful activities with the bunny. Unlike the Forest app, the Study Bunny app is free on all operating systems.

And there you have it! Some useful tools and websites that can help manage your focus, keep track of your time, improve your outputs, and enrich your learning. Online learning will prove to be a hassle for many and some of us might become frustrated by the different challenges we’d have to face during these times. Despite this, let’s not become demotivated in learning and realize the beauty of the new digital age that allows us to utilize different tools to make our lives easier. As this unique school year moves forward, hopefully, these tools can help make your learning experience become more fun, easier, and in a way, much better and effective from now.

TOP 5 LAPTOPS TO ADJUST TO ONLINE EDUCATION NEEDS THIS 2020

by John Henri D. Villena

Through High School, there were times when we are taught how to use Adobe Photoshop, GIMP Image Manipulation Program, and various video editing software in our computer classes. Then, there would also be times wherein we will continuously procrastinate and have our assigned tasks piled up. Let us be honest, all of us have done this at least once in our lives.

Depending on how powerful our computers are, we should limit the number of tasks we execute at once.

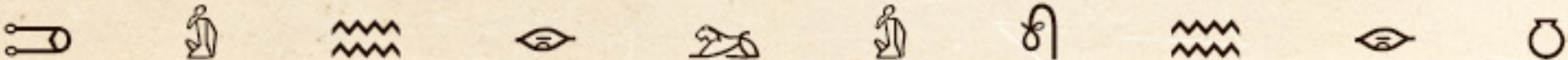
Moving on, in getting a laptop dedicated for seamless online education, one must be knowledgeable of what processor, graphics card, storage type and amount, random access memory he or she needs. 10th generation laptops of 2020 went through a spike in their prices due to high demand for online learning and offers for greater temperature and performance optimization. Although, laptops from 2018 to 2019 have sported 8th and 9th generation processors that can also perform demanding tasks are overlooked by customers despite their affordable prices this current year.

Claret School of Quezon City has required its students to have a laptop having at least an i5 processor. Personally, an 8th generation Intel i5 or a 3rd generation AMD Ryzen 5 with the letter “U” at the end of its specification, would enable students to seamlessly do assigned tasks while editing in browser-based and installed editing applications – all while joining a video call with their subject teachers during synchronous classes. The “U” at the end of processors’ names indicates what a certain processor chip is specialized in doing. For example, a processor with a “U” can make a mobile computer run with less energy and for longer periods of time. A processor with an “H” which pertains to high performance on the other hand, specializes in running demanding programs and applications at the expense of a shorter battery life cycle. With this, students should opt with the use of power efficient devices to avoid interruptions caused by notifications of low battery life during classes. Considering the initially stated claim that laptops released 2 years ago are ideally bought, entry-level graphics cards such as NVIDIA MX130 and AMD Radeon 530 are to be expected to be shipped with the laptop. If you are willing to shell out a larger portion of your savings, I recommend going for laptops with an m.2 NVME Solid State Drive (SSD) storage type to enjoy faster boot time and seamless maneuvering from one application to another when multitasking and alt-tabbing. Although, if not, I recommend opting for a standard SSD paired with a Hard Disk Drive with Windows 10 to enjoy the mentioned benefits with a large storage capability for a less price. Finally, for the Random-Access Memory, also known as RAM, which allows you to run numerous applications at the same time, I recommend going for laptops with at least 4 gigabytes of the latest DDR4 RAM capacity to run Microsoft Teams and other applications run at the same time.



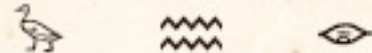
Source: https://www.asus.com/media/global/gallery/LgfrMFifuA3vVqY6_setting_fff_1_90_end_500.png

If you are not willing to splurge a great portion of your savings for something you are going to use dedicated for your education with manageable capabilities, this one is for you. The ASUS Vivobook 14 X407UF model has an 8th generation Intel I5 8250U processor, 4gb of DDR4 RAM, 2GB of Nvidia MX130 Video Memory, 128gb SSD for the operating system, and 1tb of HDD for storage of personal files. Currently, this is the laptop I have been using for my online classes. It has saved me from being late when I wake up with 10 mins left before Homeroom because of its fast boot time made possible by the SSD where the operating system is installed. Finally, this laptop is on retail for Php 34,000.00 in PC Express, SM Marikina.





FEATURES



Source: <https://cdn.pocket-lint.com/r/s/970x/assets/images/141884-laptops-review-acer-swift-3-image1-2gnuzdywwb-jpg.webp>

Moving on, if a large and quick storage is what sparks your interest, the Acer Swift 3 (2020) is good for you. It boasts a 4th generation Ryzen 7 4700U processor, Vega 8 graphics, 8gb of DDR4 RAM, and a 512gb NVMe SSD – all for Php 32,450.00 In addition, if a storage worth half a terabyte is not what you are looking for, you can easily get the product serviced in Acer’s authorized service centers for them to install a larger NVMe SSD of your choice. Furthermore, like the previous laptop, this is also capable of using energy efficiently. Considering that you would not reach Php 34,000.00 like the previous puppy, investing on an SSD upgrade would not be very punishing.



Source: <https://www.wit.ru/images/tempo/81YH0065RK-148485.jpg>

Followed by the recent beast is a determined puppy of AMD – the Lenovo Ideapad Slim 3. The laptop flaunts a compact and sleek design while not being stripped of its light gaming capabilities. The Ideapad Slim 3 is composed of an AMD Ryzen 5 4500 processor, 8gb of 2666Mhz RAM that exceeds the previously mentioned laptops, Radeon Vega 6 graphics and a pair of 1tb HDD and 128gb SSD for fast boot sequences for those who wakes up late. At an affordable price of 29,995php you would be able to enjoy powerful hardware without having anything compromised. Moreover, a fingerprint scanner is also installed to safeguard a user’s files while being able to easily login. It also weighs one and a half kilo only, thus further signifying an ideal laptop for a future college student who constantly transfers from one building to another to attend classes.



Source: <https://c1.neweggimages.com/ProductImage/34-847-228-V13.jpg>

The Lenovo Ideapad 330S-15ARR on the other hand is the ideal laptop for those who desire to retain a processor equivalent to an Intel I5 with an affordable price of 23,995php paired with a light gaming capable graphics card, Radeon 540. The laptop is powered

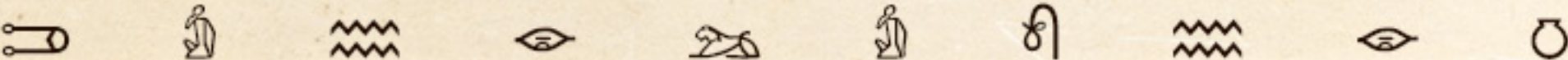
by a 3rd generation AMD Ryzen 5 3500U and is made better by a 1tb hard disk drive. You must be wondering why there was a sudden drop in the price. The compromises are exhibited in the entry level HD display which is ideally supposed to be an IPS FHD+ variant when it comes to laptops with capable video cards. Then, an earlier released generation of Ryzen 5 was used instead of the latest 4th generation variant. A tight budget may be limiting you, but this laptop will be giving you a little bit of everything you would want in a laptop with a hint of little compromises.



Source: <https://ksr-ugc.imgix.net/assets/024/428/619/0afc9526184faa30a8dd6c41809dd588-original.jpg?ixlib=rb-2.1.0&crop=faces&w=1552&h=873&fit=crop&v=155267>

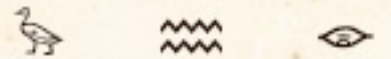
Last, is the device for the resourceful. If you are willing to use your phone as a camera for video call in classes, this setup is for you. This time I will be going against the idea of having certain hardware specifications for a usable laptop for online learning. The Nexdock 2 only has a screen and a keyboard with ports that is powered by a phone. Yes, you have read that right – a PHONE. Once you connect your IOS or Android phone to the Nexdock 2, you are pretty much ready. In order to make this work, connect a provided dongle to your phone then launch Microsoft Teams and join a class. Then, you can do your assignments and asynchronous tasks on the laptop-like monitor. At the price of another mid-range smartphone like the Samsung Galaxy M31 and Huawei Y9s, you could have a usable imitation of a laptop for less price. Although, going for this option has its drawbacks. You would not be able to use GIMP, for Grade 12 students and Windows Live Movie Maker for High School Freshmen. Android really is another world to explore. It offers other applications that could fill in anyone’s editing and working needs like FilmoraGo and Adobe Premiere Clip for basic video editing necessities which would still enable students to pass quality video outputs for their projects and performance tasks. The device is sold internationally for 259\$ which is equivalent to 12,950php when converted.

Buying a new laptop is no joke. It requires immediate outgoing cash from your savings. Remember to think of out of the box first and develop ways to continue attending classes without depleting the bank. If and only if there is nothing left to work with outside the box, you should ask for these devices from your parents who work hard and would not want a single cent of their hard-earned money be wasted.





FEATURES



MS 365 AS AN ONLINE PLATFORM DURING THE PANDEMIC

by Julian Jr. E. Villa

With the pandemic affecting all sectors of our society including the education sector, institutions like Claret School of Quezon City opted to use online platforms such as MS 365 to continue educating students while safe at home. The question is, what exactly is MS 365 and how does it perform its job as an online platform for students and teachers alike?

MS 365 is a subscription-based service offered by Microsoft Corporation for its products such as Microsoft Word, Microsoft PowerPoint, Microsoft Outlook, etc. As a subscription-based service, users pay a monthly subscription fee to have access to the latest products that Microsoft has to offer. Microsoft offers different plans for MS 365, usually depending on the needs of the user. As these plans are often offered in bundles, companies, and now schools, are usually the ones who avail MS 365 for either their employees or students.

With how versatile MS 365 is when it comes to productivity, it is no wonder that various institutions and companies have chosen it to be their online platform. Take for example the Microsoft Teams. As an app, it is designed for its users to organize virtual meetings with ease. It also allows the virtual meeting to be recorded, which can be useful, whenever the participants want to go back to a certain timestamp in the meeting, they will watch the replay. It can also be configured so that other Microsoft related apps can be integrated into it for easy access and convenience. Organizers can easily send out notes or forms to other users which supports better workflow management.

Along with Microsoft Teams, another frequently used app would be the Microsoft OneNote. It allows the user to create virtual notebooks as well as sections on it, which can then be used to store and organize important notes. OneNote also allows the user to share media files with other users, which contributes to having a flawless workflow, especially in a classroom setting.

As a set of productivity tools, MS 365 can prove to be useful, especially now that most people are in lockdown in their homes. It allows people to connect virtually and do work, despite being stuck at home. With that, just like any other productivity platforms out there, MS 365 has its fair share of problems, with one being its servers. At times, people have reported having issues connecting to their accounts, hampering their ability to do whatever they need to do on the platform. This is problematic, especially for schools and companies that rely on the platform 100%. Another problem, albeit small, that users face, would be certain bugs and glitches in the apps. This ranges from an annoying, but manageable glitch, to a game-breaking one that can ruin the user's work.

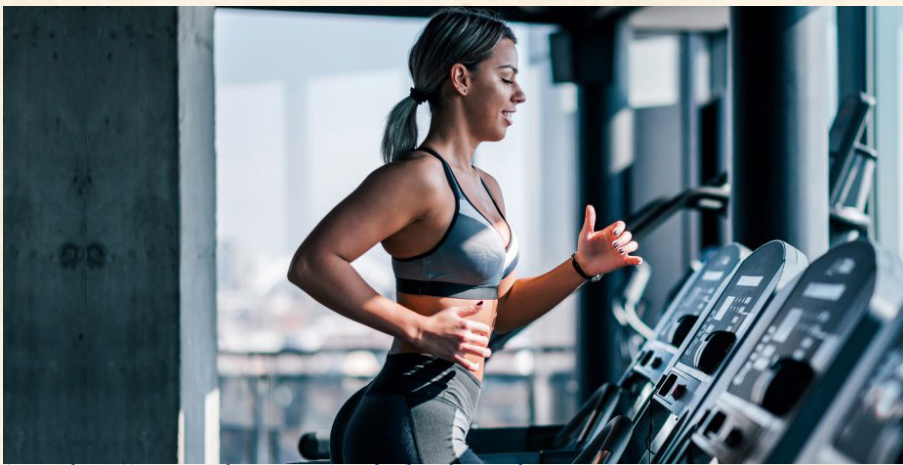
Despite the number of issues and complications that MS 365 faces, Microsoft strives to fix these problems, and improve user experience. It remains arguably, one of the most robust and useful online platforms offered in the market. Its features-rich apps that revolutionized our products have proven to become the most popular programs by individuals and organizations alike now and in the foreseeable future.

FITNESS AND DIET DURING QUARANTINE

by Edward C. Pesigan

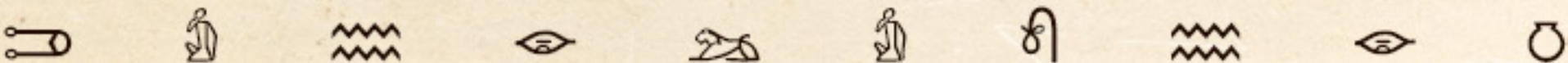
The period of staying idle in our homes amidst the Covid-19 was what made me think of trying to lose some weight. Back in April 2020, I weighed a staggering 98kg on the scale. I may be a member of the Juniors' Basketball team, yet I was on the heavy side. I was not obese, I have a decent body, and I was taller compared to others, but I had a bulging belly and a heavy body. Those were the things that hindered me from having a physically fit body. With that I decided that I wanted to lose at least 5kg of my figure because this timing was an opportunity given to me. I did cardio exercises every day, intermittent fasting (IF) for two months, did the no-rice diet after intermittent fasting, lifted some weights, and did HIIT's to reach my current frame of 87kg. With the grace of God and my determination, I ended up losing more than 5kg which exceeded my goal!

I know nothing about how to go on a fitness and trim program. Research was a crucial factor in starting the process. According to the article How to Burn Fat Effectively Using Cardio by Anderton (2020), to lose weight one must "lift weights and do high-intensity cardio training." Lifting weights help promote the release of growth hormones that burn fat which in the end may help you add more muscle. Building these muscles will reward you with the benefit of making your body burn more calories, even at rest!



Source: <https://www.netsolutions.com/insights/best-hiit-workout-apps/>

Another thing to do is High-intensity interval training (HIIT) because it has an identical effect on your body as weight training and does not stress your body too much compared to lifting weights. HIIT are "short, intense bursts of sprinting, cycling or any other type of traditional cardio. Typically, it is a brief period of all-out effort followed by a slower period to recover, then repeating this pattern." Now working out or exercising may seem to be the magic spell to lose weight completely. Where in fact, it only burns 10% - 30% of the fat we have per workout session. So, what is the main factor for weight loss?





FEATURES

Diet. We are mostly deceived by the notion that if you do physical activity or work out for 2 hours, you can continue eating an unhealthy diet that disregards the number of calories, sugar, and sodium intake. That is a myth as Prof. Herman Pontzer of City University of New York (CUNY) states that “Exercise is really important for your health. But what our work adds is that we also need to focus on diet, particularly when it comes to managing our weight and preventing or reversing unhealthy weight gain.” You see, what exercise does for weight loss is to just burn a few of the thousands of calories that you have in store. Reducing your calorie intake that aims for you to cut down on the carbs, sugars and more would help you drop your weight significantly.

In this process of losing weight, I have only tried two diet plans that are doing wonders for me. The intermittent fasting (IF) and no rice diet. The article Intermittent Fasting 101— The Ultimate Beginner’s Guide by Gunnars (2020) defines IF as “an eating pattern that cycles between periods of fasting and eating. It does not specify which foods you should eat but when you should eat them. In this respect, it’s not a diet in the conventional sense but more accurately described as an eating pattern.” Fasting intermittently is done by using the three popular methods: “The 16/8 method: Also called the Lean gains protocol, it involves skipping breakfast and restricting your daily eating period to 8 hours, such as 1–9 p.m. Then you fast for 16 hours in between. Next, the Eat-Stop-Eat: This involves fasting for 24 hours, once or twice a week, for example by not eating from dinner one day until dinner the next day. Lastly, the 5:2 diet: With this method, you consume only 500–600 calories on two non-consecutive days of the week but eat normally the other 5 days.” Having learned all these popular methods, you are advised to pick the method that is easy for you to incorporate in your lifestyle. I personally picked the 16/8 method because even before I dwelled on all this weight loss stuff, I have unknowingly skipped breakfast every morning before school. But the 16/8 method is not just about skipping breakfast, it designates only an eight-hour window for eating as the remaining sixteen hours are left out for fasting. Another important tip of this method is that after you have completed the sixteen hours of fasting, do not “compensate” your body with a huge amount of food intake because doing so defeats the purpose of the fasting. The second diet plan that I made as an effort to sustain the weight that I currently have is the no rice diet. The no rice diet dates to 1939 as it was established for people with heart disease, high blood pressure, high cholesterol, and type 2 diabetes. This diet does not only limit to losing calories but also to losing sodium, fat, sugar, and protein. Since my goal is just to lose weight, I did not bother anymore to the complexity of the diet just no rice at all. Nowadays, I have been eating only viands and other foods without rice as I can count with my fingers the number of times, I ate rice. Since then, I ‘ve been able to maintain the weight that I have despite eating foods I like.

Looking back at it now, I cannot fully believe how I was able to muster the strength to work out every day and to put myself on a diet which I have never done in my whole life. But if there is one thing that I learned from this experience, it is that if you work hard, set your mind, and stay determined, then you will reach the goal that you are trying to achieve. Losing weight is not an easy thing to do. To do so, you will have to fully commit to yourself and be prepared to work out hard and resist eating recklessly. Weight loss allows you to avoid serious health problems as well such as high blood pressure, heart disease, stroke, type 2 diabetes, some types of cancer, osteoarthritis, and potential back pain (NHS,2018).

The quarantine period somehow is serving me good as I can take care of myself more and achieve a physically fit body.

KEEPING UP

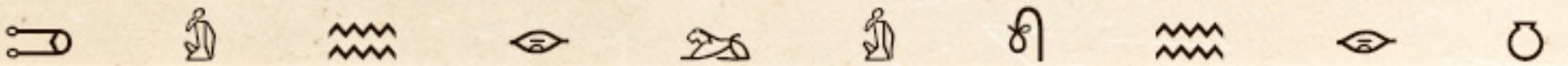
by Elijah V. Marigmen

Keeping up with assignments has always been a tricky thing to deal with, especially when multiple is given to you. And now with online classes, the number of assignments has risen, and so did the need to keep up with them. It’s hard, it’s exhausting, stressful in many ways. Without the proper preparation and execution, you’ll surely burnout. Good thing I got your back with tips on how to keep up with assignments.

According to The British University of Columbia one of the best ways to study and/or do assignments with little to no burnout and an increased attention span is to follow the “Pomodoro Technique”. Basically, you start a 25-minute timer every study and/or assignment session, once the 25 minutes is done you take a 5-minute break, once the 5 minutes is over, restart the timer once again. Once you’ve reached your fourth 5-minute break, you take one for 30 minutes instead of 5. And, if a thought pops in your mind that ends up with you procrastinating write it down on a piece of paper and continue with your tasks. The breaks are to ensure you get consistent breathing time throughout your session to avoid burnout, and to increase productivity. And writing down your thoughts that you think will end up with you procrastinating helps deal with that itself.

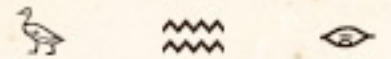
Some other ways to keep up with assignments according to Neville Medhora from the Hubspot is to, first make a list of what assignments you’re going to do to that day, if you haven’t already and write their dates. Second is to keep up with your time. Categorize what assignments you’re going to do on this specific time, till this time. This will help you properly space out and schedule assignments to avoid cramming. Fourth is to write a specific summary every night on what you’re going to do on the next day. Some personal tips I can give is to research before answering any assignments. This is so that when you finally start writing and answering you know what the topic is and what to write down. And last personal tip I can give you to keep up with assignments is to do all the things you want to do that might clog up your schedule before doing any assignments. This is so that you get minimal distractions and help you focus on your tasks.

Keeping up with not just assignments might be hard, but that doesn’t mean it’s impossible without burning yourself out. Follow a routine and keep organized. And you, might just be able to keep up with assignments.





FEATURES



PLAGUE OF THE CROWN

by Deion Chanliongco and Charles Bareng



Source: <https://twitter.com/SreeHarsha/status/1373572959739080704/photo/1>

As COVID-19 takes a big toll on the world, millions of people are now stuck trapped inside their homes with no hope of coming out. Now that a few months have passed, it seems that the toll of quarantine is starting to show itself...

The Psychological Impact of Quarantine

Several studies were done to check the Mental Health of individuals during COVID-19 quarantine. We have compiled their notes here.

Here are the results:

One study observed hospital staff in quarantine. When the test ended, they showed lots of negative qualities like acute stress, exhaustion, anxiety, & many more worse side effects.

Another test studied quarantine for people with PTSD & those without. They discovered that being in quarantine worsens PTSD, along with the other side effects it brings. Even after quarantine, their behavior was so badly affected that their symptoms carried on while their activity went back to normal.

In quarantine, no one is safe from its effects, whether they are health experienced or not.

From our findings, providing mental health services during quarantine is significant now. Mental health, first aid training, and support could benefit both students and their parents significantly to fight off the dangerous side effects of quarantine.

“Depriving people of their liberty for longer than is needed has long-term detrimental consequences, which require careful handling by health authorities and governments.” say researchers.

MENTAL ILLNESS AND WHAT TO DO

Mental illnesses can badly affect the ways we think & act. Nowadays, it is common to have them, especially since we are stuck inside a pandemic. You may think no one loves us the way we love other people, that no one cares for us or help us, but that is wrong. Know that many people like family or friends are willing to help if we feel down.

For those with a friend experiencing these, there are many ways to help that special friend:

Pay attention to them. There is a reason they tell you personally about their problems, so the least you could do is listen.

Take their problems seriously. That friend trusts you, so try to comfort them. Give them advice, do anything to cheer them cheer up, or try to seek more support for them.

Mental illness is a serious issue, because people everywhere suffer from these sicknesses. If they are not helped, then that problem would continue to get worse. Just as Hayley Williams once said, *“When you feel like giving up, just remember the reason why you held on for so long.”*

Give those who suffer, all the love they need.



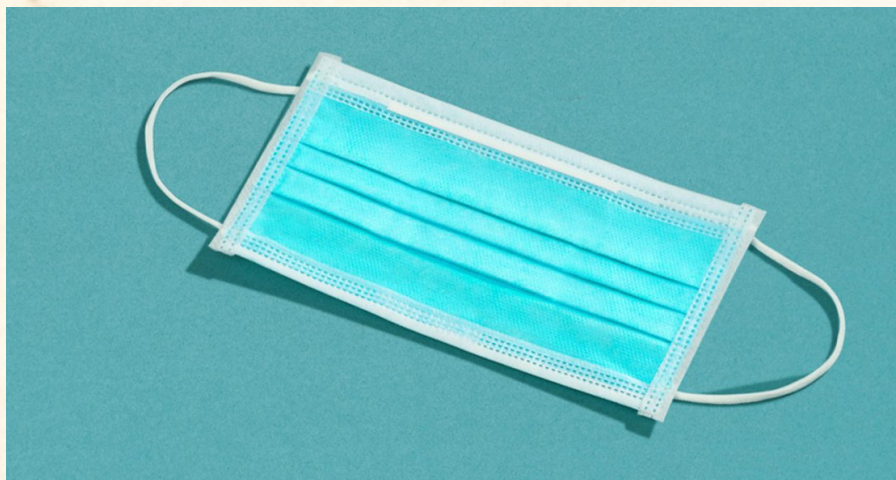


OPINIONS



MASK ON, MASK OFF

by Cymone Philip B. Docabo



Source: <https://www.healthline.com/health/coronavirus-mask>

“Mask on-, mask off.” People seem to be taking this lyric from Future’s Mask Off way too seriously. Despite numerous warnings given by government officials and health experts around the globe, there is still a high percentage of people contracting the COVID-19 virus due to them refusing to wear masks and follow the proper safety protocols during this pandemic. They make these false claims of why they don’t want to nor need to wear masks which is just idiotic, insensitive, and inconsiderate for those who keep themselves safe from the virus. As a STEM student, I can attest that we live in pursuit of the truth; so let’s look at some of the myths and common misconceptions about wearing masks and disprove them.

“I feel fine, I don’t need a mask.” Yeah, right. 40% of virus transmissions happen before people feel sick. This means that a pre-symptomatic person can spread the virus for about 48 hours before they feel any symptoms.

KARANASAN SA ONLINE CLASSES

isinulat ni Owen Frank M. Valdez

Bilang pagtugon upang labanan ang pagkalat ng COVID-19, ang mga mag-aaral ay nagsagawa ngayon ng iba’t ibang uri ng alternatibong paraan ng pagkatuto. Isa na rito ay ang online class. Bilang mag-aaral na ngayon lamang nakaranas ng ganitong uri ng set-up, masasabi ko na napakalaki ang pagbabago hindi lamang para sa aming mga mag-aaral, kundi pati na rin sa mga guro. Kahit na marami ang sumasalungat sa pagpapatupad ng online classes, masasabi ko na mayroon din itong kaunting kalamangan.

Sa pagbangon ko sa umaga, mas marami na akong oras para maghanda at isagawa ang mga nakaugaliang gawain. Noon ay gumigising ako ng alas-singko ng umaga upang kumain, maligo, at maghanda para sa pagsundo ng school bus, ngunit ngayon, alas-siyete na ako ng umaga bumabangon at oo, mas sapat na oras ito upang makapaghanda para sa klase. Masasabi ko rin na kahit papaano ay hawak namin ang oras. Sa pagdalo ng mga asynchronous classes, mas nagiging “flexible” ang aming iskedyul sapagkat malaya kaming magpasiya kung kailan namin gagawin ang mga takdang-aralin na kadalasang may deadline ng alas-siyete ng gabi pareho o kasunod na araw. Nakatulong din ang pagkakaroon ng Microsoft Teams dahil iisa na lamang ang kinalalagyan ng mga anunsiyo, takdang-aralin, iskedyul ng klase, at ang kadalihan sa pakikipag-ugnayan sa guro na dati-rati ay kinakailangan pang maglakad patungo sa faculty.

“I don’t need to wear masks if I do social/physical distancing.” First of all, this isn’t an either/or thing. You can’t do one without the other. Wearing a mask and following the proper social distancing protocol is for the protection of everyone including yours.

“There’s no scientific evidence that masks work.” Really? Doctors have been using surgical face masks for years. This fact alone proves its effectiveness. Not only this but it has been proven that it decreases the rate of transmission and the risk of you contracting the virus.

“Wearing a mask can cause pneumonia.” There is no evidence that masks lead to fungal or bacterial infection of the airways, which is the case in pneumonia.

“Masks are only useful if you have symptoms.” There is a possibility that you have COVID-19 without you knowing since it can take 2-14 days to develop symptoms and wearing a mask could help in the prevention of spreading the virus that you may or may not have.

So, what am I trying to get across, saying all this? If you ask me, I say whoever’s foolish enough to refuse, should be left at the mercy of the virus. So, for your protection and the protection of those around you... save lives. WEAR. A. MASK.



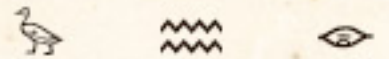
Source: <https://www.facultyfocus.com/articles/online-education/online-course-design-and-preparation/adding-a-live-online-class-to-your-course/>

Gayunpaman, huwag sana nating ipagkaila ang katotohanan na ang online class ay mahirap. Napakaraming salik na maaaring makaapekto sa pagkatuto ng isang mag-aaral. Isa na rito ay ang internet. Bawat indibidwal na sumasailalim sa online class mapaguro man o estudyante, ay may kani-kanilang kwento sa bagal o kawalan ng internet. May mga pagkakataong hindi makapasok ng klase dahil sa bagal ng koneksyon o hindi naman kaya ay biglang nawawala tuwing klase. Minsan ay hindi rin nagiging malinaw ang diskusyon dahil sa pagiging “choppy” o putol-putol na boses ng guro. Kung hindi naman pagiging “choppy” ay ang pagkakaroon ng “dead air” o kawalan ng tugon ng mga mag-aaral sa talakayan.





OPINIONS



Dahil nasabay ako sa isang pisikal na silid-aralan, may mga pagkakataon na nahihirapan akong matuto o tumutok sa talakayan. Masasabi ko na mas malinaw na naipaliliwanag ng mga guro ang talakayan kapag nasa isang tradisyonal na silid-aralan lalo na sa mga asignaturang may kinalaman sa agham at matematika dahil sa pag-uugnay ng iba't ibat aktibidad. Sa pagpapatupad ng online classes, nakalimutan natin ang isa sa pinakamahalagang aspeto ng pagkatuto, ito ay ang karanasan.

Para sa akin, ang pinakamahalagang kasanayan ngayong mayroon na tayong iba't ibang uri ng alternatibong paraan ng pagkatuto ay ang wastong pamamahala ng oras.

Kinakailangan naming mga mag-aaral na makapagpasa ng iba't ibang takdang-aralin, gayundin, ay makakuha ng wastong pahinga lalo na att kadalasang nakatutok sa tapat ng monitor mahigit anim na oras kada araw. Ang online class ay isang uri ng panandaliang solusyon lamang. Hindi nito kayang palitan ang nakagawiang pisikal na set-up ng edukasyon.

ONLINE CLASSES: ARE THEY REALLY HELPFUL?

by Andres Santiago Bagalacs and Rafael Joaquin Del Rosario



Source: <https://murphywriting.com/workshops/online-writing-workshop-fiction-short-story/>

Even though the world has taken a pause due to the COVID-19 pandemic, still education must be continued even though it is from a home-based set-up.

A few months ago, since the COVID-19 cases were increasing every other day, it was made clear by DepEd or the Department of Education that our country will be transitioning into online learning as face-to-face classes seems to be a very risky move for the students.

Some students may disagree with the idea of online learning, but the real question is that is distance learning effective for students?

Lately, most of the students have been voicing out their problem regarding the online classes due to the stress it causes to them both physically and mentally.

Here are some statements made by 2 students from Batch V regarding their experiences on online classes:

A student from 10- BNSU said “For me, online classes have its own benefits and disadvantages. Having online classes as a new form of education is good because we can still deepen our knowledge or learn in the comfort of your own home, without the danger of the virus itself. However, its disadvantage is that its workload to us students is doubled than having our classes normally in school. Meaning more work and more strict deadlines that we have to obey.”

“My opinion of online classes is that it doesn’t help students learn. It doesn’t help students learn because of 3 problems. The 1st is that there are too many assignments and because of this, our minds are too tired to process what the teacher is teaching and instead we just try to submit the requirements with learning little to none

from the lesson. The second is for us students, since we are learning through online class and not in a face-to-face set-up, students can do anything like playing etc. The last thing is that it is depressing because we wake up every day to learn from online classes then we do assignments eat sleep then do the same routine because of this people will get tired and miss their old lifestyle and that is why it is depressing.” said by a certain student also from 10-BNSU

However, there are also some good things about the new “Online Learning.” Here’s what students from Batch Y have to say:

“The positive things about online learning is you can stay home while getting to do your tasks. Because we do not have any choice but to go to school and even though there is a pandemic going on, we can still complete our tasks safely and peacefully.”

“In my opinion the best thing about online learning is being comfortable being in your own home whilst having class because that is needed to be a better learner, because if you are not comfortable about learning you completely won’t learn anything.”

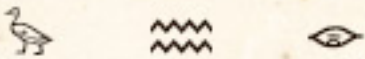
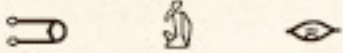
Even though there are some students who support online learning, however this certain student from Batch V was direct with his view on online classes.

“The concept of online learning is good, but the way it is executed is not effective. Teachers should also try to take a step back from giving many assignments to students as they don’t take into account the time and energy needed for students to finish a particular task.” said by the student from Batch V.

Students have a lot of complaints recently when it comes to teachers giving asynchronous tasks, but teachers only do that because it is their way of finding out whether students have learned something from the subject that they are teaching, and it is also given that students are taught proper time management when it comes to passing assignments.

“The fact that despite of the COVID-19 pandemic that the world faces and the quarantine that keeps us safe from it, online classes still allow us to learn, not just regarding knowledge, but also virtues. It allows us to enrich ourselves at home in many aspects.” said by a certain student from 10- Blessed Luis Llado Teixidor regarding his opinions on online classes.





CONTINUING PHYSICAL EDUCATION ONLINE

by John Henri D. Villena



Source: <https://thecentraltrend.com/5203/showcase/online-gym-the-new-way-to-teach-physical-education/>

Covid-19 (SARS-COV 2) has brought about disparity across the country as various and numerous businesses have closed through the issuance of quarantines. Despite the restrictions implied by the issuance of quarantines, Philippine Sports Commission Chairman Butch Ramirez stood his ground as he stated, “PE is an important part of our children’s education. It is so important that I believe it should become a core subject.”

Also, Alan Peter S. Cayetano stated his stand when he said, “Physical well-being is something we cannot simply set aside, especially in this time of Covid-19. We need to keep promoting Physical Education and regular exercise among our children.” In truth, Physical Education (P.E.) has promoted balance in maintaining the well-being of students’ minds and bodies ever since our nursery and kinder days up to our current lives in high school.

Moreover, exercising during the subject’s meetings gives way for its students to maintain a healthy lifestyle while being able to bond with their classmates and form lasting relationships. Aside from us being able to develop our motor skills such as agility, speed, endurance, reaction time, and the like, our social skills and ability to read other people’s tendencies are also developed as we become more sociable people. With these, our beloved school recognized how relevant the subject of P.E. is, as it is administered and included in our regular class schedules.

Claretians! It is high time for us to look upon our current state of health in terms of mental and physical. Let us appreciate the efforts of our school in its pursuit to continuously provide quality education despite the ongoing pandemic we all experience difficulties from.



2020-2021
