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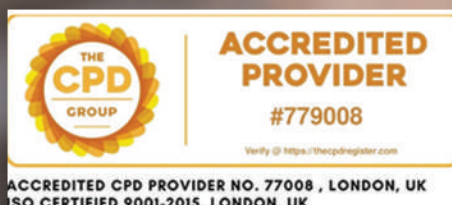
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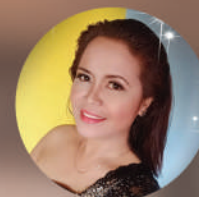
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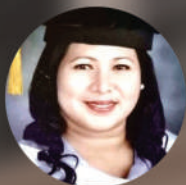
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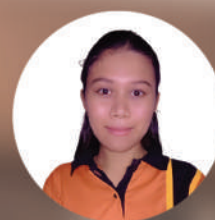
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INSIGHTS|FORESIGHTS

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Pursuing International Education Through Hybrid Mechanism: Its Pros & Cons

In today's linked world, international education is extremely important. Students and recent graduates must be prepared with the information and abilities necessary to thrive in the 21st century environment, which is marked by intense rivalry and productivity among possible employers of various institutions.

Pursuing international education can bring about the following benefits:

1. Cultural Exchange: International education fosters communication and understanding between individuals from various origins and nations. People can discover various cultures, customs, languages, and points of view, increasing their understanding of the world and their respect for variety;

2. Academic Excellence: Numerous nations are well known for their excellent educational systems. Students get the chance to access renowned educational institutions, cutting-edge research, and cutting-edge learning settings through international education, which improves their academic knowledge and abilities;

3. Career Possibilities: The chances of landing a job are greatly improved by

having foreign schooling experience. It gives people the ability to communicate across cultural boundaries, to be interculturally competent, and to have a deeper awareness of global concerns, making them more appealing to employers in a labor market that is becoming more international;

4. Personal Development: An international education promotes personal development. People are forced to leave their comfort zones, become independent, develop resilience, and improve their problem-solving abilities when they live and study abroad. It frequently results in higher levels of self-assurance, self-awareness, and comprehension of one's own principles and identity;

5. Research and Innovation: International education collaboration promotes cross-border knowledge, research, and innovation sharing. It makes it possible for academics, researchers, and scientists to work together on global issues, exchange knowledge, and come up with fresh concepts that progress several disciplines; and

6. 6) Diplomacy and Peacebuilding: Pros:

Promoting diplomacy and peacebuilding initiatives is one of the main functions of international education. It promotes friendly connections and international collaboration by bringing together students and academics from other countries and fostering the development of friendships, networks, and a shared understanding.

Therefore, international education is very important in today's linked world since it fosters cross-cultural understanding, academic excellence, professional prospects, personal growth, and international cooperation. To avail such kind of education, enrolling in an international school provides opportunities to realize students' potentials. Moreover, being in an international can propel (a) Multicultural Environment, (b) High-Quality Education, (c) Language Acquisition, (d) Smooth Transition, (e) Global Perspective, (f) Extracurricular Activities, (g) College and Career Preparation, and (h) Global Networking.

Furthermore, the advent and continued development allows potential international student to acquire such education through hybrid mechanism which is offered by many international university including St. Robert's International University registered in Cambodia. Its Admission and Study Centers in different part of the Philippines and neighboring Asian Countries made it easier for student to avail such quality education. Admission and Study Center in Pampanga is located in Macabebe, Pampanga Philippines.

However, hybrid mechanism, also known as blended learning which combines traditional in-person instruction with online learning components has its pros and cons.

1. **Flexibility:** Hybrid learning offers flexibility in terms of time and location. Students can engage in online learning activities at their own pace and convenience, allowing them to balance their study schedules with other commitments.

2. **Personalized Learning:** Hybrid learning often incorporates online resources, videos, and interactive platforms that can be tailored to individual student needs. This personalized approach to learning can accommodate different learning styles and paces, enabling students to progress at their own speed.

3. **Enhanced Engagement:** Hybrid learning often integrates technology tools and multimedia content that can make learning more engaging and interactive. This can include simulations, virtual labs, interactive exercises, and gamified elements that enhance student participation and motivation.

4. **Access to Resources:** Online components of hybrid learning provide students with access to a wide range of resources and materials. They can explore multimedia content, e-books, online libraries, and educational websites, expanding their learning beyond the limitations of traditional classroom resources.

5. **Collaboration and Communication:** Hybrid learning can facilitate collaboration and communication among students and between students and teachers. Online platforms, discussion boards, video conferences, and group projects enable students to work together, share ideas, and

engage in meaningful discussions, regardless of their physical location.

Cons:

1. Technological Requirements:

Hybrid learning mainly relies on technology, which can be a barrier for students without access to dependable internet or the required gadgets. Students who don't have equitable access to technology may not be able to participate as fully in online learning activities.

2. Self-Discipline and Time Management:

Hybrid learning calls for students to have strong self-motivation, self-control, and time management skills. Some students can find it difficult to stay organized, manage their study time, and keep up with online assignments and deadlines in an unstructured learning environment.

3. Limited Face-to-Face Interaction:

Hybrid learning limits students' and teachers' face-to-face interaction. While some of this may be made up for by online communication tools, some students might miss the face-to-face engagement, quick feedback, and close relationships that come with conventional classroom education.

4. Potential for Isolation: Students may have feelings of loneliness or a lack of social connection as a result of hybrid learning, particularly if they spend the majority of their time online. The social contacts and peer relationships that are natural parts of a regular classroom environment may be lost on students.

5. Technical Challenges: The learning process in hybrid environments might be hampered by technical problems

and gremlins. Online platform navigational challenges, software compatibility concerns, and connectivity issues can all frustrate students and stop their study.

6. Teacher Training and Support: In order to successfully implement hybrid learning, teachers must modify their teaching strategies and make efficient use of online tools and resources. To ensure that instructors have the knowledge and abilities to successfully use hybrid learning methodologies, it is essential to provide them with the appropriate training and assistance.

Hence, it's vital to keep in mind that hybrid learning's efficacy and acceptability can change based on a range of elements including student age, subject topic, technology infrastructure, and resource availability. To maximize the benefits and solve any issues for all associated stakeholders, hybrid learning models need to be properly developed and deployed. For an efficient and thorough education, finding a balance between the role of human instructors and the internet is crucial. The learning process can benefit from the complimentary roles of teachers and the internet. Utilizing each party's advantages and acknowledging their different responsibilities are necessary to strike a balance between instructors and the internet. While the internet offers a wealth of knowledge, interactive resources, and chances for research, teachers give direction, support, and personal connection. Effective integration of both may produce a thorough and rich learning environment.

COVER STORY

GOVERNANCE AND LEADERSHIP OF THE PALAW'AN TRIBE OF PALAWAN, PHILIPPINES

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This study dealt with the governance and leadership of the Palaw'an Tribe of Palawan. The respondents of the study were the 115 tribal leaders who assumed leadership in their community. This study employed historical, descriptive, quantitative and qualitative research methods. The study revealed that almost all of the respondents are pure-blooded palaw'an, males, married, elementary level, farming as the basic source of living and ages 60 to 65 years old. They were selected foremost by means of hereditary attribute. The criteria in selecting leader include the knowledge of customary law, prove his worth, integrity and have strong sense of justice, professed the value of being equal and fair, respect for the deity and in showing pride to being a Palaw'an. The function of the Palaw'an Tribal Leaders along executive, legislative, judiciary and religious were to maintain traditional law, mediate, settle conflicts or problems, resolve and hear cases, resolve family problems, help community rites and practices, maintain customs and traditions and have high respect on their deity, God and elders.

Keywords: Palaw'an Tribal Leaders, Palaw'an, Leadership, Governance



TO APPROVE OR NOT TO APPROVE: EARLY AGE EXPOSURE TO DIGITAL WORLD



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The United Nations has long stressed the crucial role of high-quality education in fostering long-term global socio-economic growth. Sustainable Development Goal 4 (four) ensures inclusive and equitable education and promotes lifelong learning opportunities for all, including children with disabilities. The development of technology coincides with the resolution of this problem today. Technology is accessible to all individuals, which explains why children today are to digital devices and tools from a very young age. We are not even surprised that it just takes a few years after birth for children to be able to use a device more quickly than their parents because they are familiar with it and have witnessed how their parents use it. Allowing young children to use electronic devices at home or restricting them is controversial among parents, teachers, and even education experts.

It is common for young children today to grow up with access to electronic gadgets and internet connectivity. While we cannot ban them from using these devices, they can be encouraged to use them for positive purposes. With the world's progress in technology and connectivity, children are automatically becoming a part of it. All these things reflected when we were kids playing in the dirt and feeling the scorching heat on our skins. That does not limit our enjoyment and contributes to our memorable childhood.

Understandably, parents face challenges in managing their child's emotions. While juggling work and being a parent, we cannot undeniably feel exhaustion while living our everyday life. Gadgets can be helpful in some situations, and it's important to remember that they are not a substitute for human interaction and emotional support. Parents can balance using gadgets and spending quality time with their children to address their needs. Additionally, many educational resources are available on devices that can benefit a child's development when used appropriately.

As children become more exposed to technology and gadgets at a younger age, it's essential to understand their impact on their development. Rather than simply limiting screen time, focusing on how young children use gadgets and their purpose is necessary. Technology can offer educational benefits for young children, such as interactive

learning apps and games that promote cognitive development. However, excessive screen time can also negatively affect a child's physical health and social skills. It's important to balance screen time and other activities, such as outdoor play and peer socializing. As parents and caregivers, we can be crucial in monitoring and guiding children's technology use, including setting limits on screen time, tracking the content children are exposed to, and engaging in tech-free activities together.

To sum up, young children can benefit from using electronic gadgets and tools as digital citizens, but excessive use may lead to health hazards, learning difficulties, and psychological problems. It is vital to strike a balance and not restrict gadgets at home as they can support cognitive, emotional, and social learning. The future for children may involve even more advanced digital technologies, requiring them to adapt to living in a digital age.



PHILIPPINE SCIENCE EDUCATION: IS IT A HIT OR A MISS?



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Science education in the Philippines aims to equip students with the knowledge, skills, and attitudes needed to understand the natural world and apply scientific principles to real-world problems. This general aim is further targeted to develop scientific literacy among students of science, foster critical thinking, promote inquiry-based learning, encourage life-long learning, and prepare students for future careers in science, technology, engineering, and mathematics (STEM) fields.

Are these aims or goals being met by science education in the Philippines? While there is continuous development in the delivery of science education in the country, there are still several challenges that need to be addressed.

Many schools in the Philippines lack the resources needed to provide high-quality science education, including laboratory equipment, textbooks, and qualified teachers. Some schools may have laboratories but may not have the equipment. Some may have equipment but the teacher is not equipped with the necessary knowledge in handling laboratory classes.

It has been observed for quite some time now that there is a teacher shortage. There is a shortage of qualified science teachers in our country, particularly in rural areas. In the case of schools offering STEM strands in senior high schools, how many science teachers have expertise on the subject that they handle like General Physics or General Chemistry? Teacher shortages can lead to a lack of expertise and guidance for students who are interested in pursuing science careers.

The K-12 curriculum may be fairly new, but the science curriculum can be regarded as an outdated curriculum. The science curriculum in the Philippines has not been updated in many years, and may not reflect the latest scientific discoveries and trends. This can lead to a disconnection between what students are learning and the current state of scientific knowledge. How unfortunate that our high school learners do not know how to run a computer program but grade school learners in other countries are already testing their self-made robots using different computer programming languages.

We are already in Industry 4.0 where information is everywhere. However, there seems to be limited access to technology not only by our students but also teachers. Many students in the Philippines do not have ample access to technology and the internet, which can limit their ability to engage in online research or access educational resources. While the government is pushing to connect all public schools to the internet, it remains a big challenge to hurdle through. Some schools may have internet facilities, but their adequacy could not match the needs of the students.

The current science curriculum in the Philippines may place too much emphasis on memorization and not enough on critical thinking and problem-solving skills. The spiral progression approach to the different science contents tends to make the students memorize the concept and not critically think over these concepts. Problem-based learning as a pedagogy is slowly getting popularity but it is not fully utilized in science classes. Students are still stuck in conventional textbook laboratory activities. This can limit students' ability to apply scientific concepts to real-world problems.

Although it is true that there are many students pursuing engineering courses at the tertiary level, it is still apparent that we are experiencing low enrolment rates in science courses. This challenge may limit the pool of highly skilled professionals who can contribute to scientific research and development in the country.

Improving science education in the Philippines will require addressing these challenges through increased investment in resources, teacher training, and curriculum development, as well as efforts to promote greater access and interest in science among students.



WHAT IS BEING A TEACHER?



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To put it in simple terms, teachers shape a child's view of the world. They work with the children's parents and guardians to prepare kids for life. Teaching by profession is often considered to be one of the most satisfying careers.

Teachers should be patient and approachable. As the saying goes "Patience is a virtue". This could be the most valuable characteristic teachers should possess. The student should feel comfortable and without hesitation if they want to talk to the teachers. It is also important that a teacher is patient enough to listen and understand the situation of every student. Every student is unique and individual, so dealing with them patiently is very crucial, especially for young groups.

Great teachers love their jobs and everything around it. The student should sense the feelings of enthusiasm from their teachers so that they will be inspired to learn. The teacher must create a happy environment wherein trust and confidence are secured.

A good teacher is a good communicator. The teacher should be articulate in delivering thoughts and ideas when dealing with guardians and parents about their children. Being a good communicator means delivering important information about the student in a clear, honest, and constructive manner. The teacher needs to be equipped with knowledge and ideas about the subject matter within and across the curriculum. Knowing the syllabus being taught also means gaining respect from parents and students. Mastery of the subject matter will lead to the smooth flow of the teaching-learning process. Teachers should know the correct ideas, theories, and other essential matters.

Teachers' responsibilities are quite broad, from classroom management to the satisfying needs of society. Professionalism must be present in every teacher. It started from the neat appearance of the physical personality to the positive interaction with students and colleagues to gaining personal and professional development. Practicing the code of ethics always is the highest form of professionalism that the teacher could ever possess.

The role of teachers in society is very crucial in shaping the good future of every student. The

progress of any key areas for societal development from science and art up to the innovation of new technology is in the hand of every teacher because of their good education and effectiveness in their profession. Teachers have direct responsibility and influence on what their students will become in the future. They are influential in developing students' full potential that can be benefited society in the future that comes.

Great teachers change lives. Inspiring teachers can be able to give genuine love and empathy toward diverse kinds of learners. Teachers should touch the lives of the students and be able to create a meaningful change in their life of them without their knowledge. It is a great feeling on the part of the teachers when they learned that their students once become great leaders and productive citizens of society and become influential in developing and shaping the future of the nation's economy wherein peace and poverty will be achieved.

The demand for teachers is fast growing across the world, especially in Science, Technology, Engineering, and Mathematics. English as a second language educators is also in-demand teachers. The trend wherein students should be equipped with 21st-century skills, teachers play a vital role in molding them to be one. Teachers can teach in the form of different learning modalities from face-to-face to online learning, you name the teacher could be offered.

On the other hand, amidst the performance of teachers in society as a catalyst of change, they are facing different problems in the practice of their profession. The abrupt development of new technologies challenges every teacher to abreast with the changing needs of the present generation. Teachers must follow the trend and become techies in the delivery of effective and applicable learning experiences to learners. One philosopher once said that when there is education there is change, so every teacher must be ready for so many evolutions in education along the way.

“THE BALANCING ACT: THE CHALLENGES OF BEING A SINGLE MOTHER TEACHER IN DEPED”



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Being a mother is a challenging task on its own, but when combined with the demands of teaching in the Department of Education, it can become an even greater challenge. Single mother teachers face a unique set of challenges that can make it difficult to balance their professional and personal lives.

One of the main challenges facing single mother teachers is the lack of support. Teachers already have demanding job that requires a great deal of time and effort, and being a single mother only adds to the responsibilities. Without adequate support, managing both roles can be incredibly challenging. Single-mother teachers may struggle to find the time and energy to grade papers, plan lessons, and attend meetings while also taking care of their children.

Another challenge facing single-mother teachers is the financial strain. Teachers are notoriously underpaid, and single mothers may find it especially difficult to make ends meet on a teacher's salary alone. They may have to work multiple jobs or rely on government assistance to provide for their families. This financial strain can also impact their ability to provide their children with the resources they need to succeed in school, such as tutoring or extracurricular activities.

In addition to financial strain, single-mother teachers may also struggle with finding affordable childcare. Many single mothers work long hours in the Department of Education, and finding reliable and affordable childcare can be a difficult task. This can lead to added stress and anxiety for single mother teachers, as they worry about their children's safety and well-being while they are at work.

Another challenge facing a single mother teachers the lack of understanding from colleagues and administrators. Even though many teachers are also parents, single-mother teachers may feel like they are not fully understood or supported by their colleagues and superiors. They may face judgment or criticism for taking time off work to care for their children or may not receive the same opportunities for professional development or advancement as their peers.

To address these challenges, it is important for the

Department of Education to provide better support and resources for single-mother teachers. This could include offering more flexible work arrangements, such as part-time or remote work options, providing affordable childcare options, or even offering financial assistance to help single mothers make ends meet. Additionally, colleagues and administrators should be more understanding and supportive of single mother teachers, recognizing the unique challenges they face and working to create a more inclusive and supportive work environment.

In conclusion, being a single mother teacher in the Department of Education can be an incredibly challenging task. Single-mother teachers face a range of challenges, from lack of support and financial strain to finding affordable childcare and dealing with a lack of understanding and consideration from people around them. Draining as it is, but most of the time, proves the strength of character they have within themselves.



PARENTS DISCIPLINE: AN IMPACT TO STUDY HABITS OF CHILDREN



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Pupils today are substantially different from students in the late 1970s. Pupils used to be very dedicated to their studies, especially when faced with hurdles and hindrances such as poverty. However, they work to complete their studies because they have been taught adequate discipline by their parents and have a specific objective in mind.

When it comes to discipline, one's parent's parenting style is a highly demanding and onerous duty. We never know when our role as parents begin and when it stops.

Some parents are quite relaxed when it comes to disciplining and nurturing their children, but they don't know how the consequences of their decisions will benefit them or if they will learn a lesson through their parenting style. Those parents who are very rigorous and have some regulations when it comes to studying, the child leads to be independent to himself/herself and study because they create confidence within their brains to pursue the things that they want to pursue and to discover new experiences in their life that that may use to fight some hindrances and barriers that may arise in their life as a pupil/s.

I've been ten years in teaching elementary pupils, and I found out that those parents which lack time and bonding with their children are those pupils that are left behind in the class because they are not attended enough time with their parents. These learners need the full attention of parents as well as teachers.

However, if this situation is not resolved, it could result in students quitting school or looking for solace elsewhere. As a result, many students fail to complete their education, and some of them do not. Due to the fact that many students were unable to develop a love of reading, especially after the pandemic hit our nation, our country today ranks very poorly in terms of its national language and comprehension. This has made us more patient as we wait to resume our previous normal lives, particularly after the pandemic hit our nation, there were many changes in our community that gave us more patience while we waited for things to return to normal. This pandemic helped me to realize that, if we have dreams, it is not impossible

to carry out our obligations as parents and teachers. In our lives as educators, there are many ways we may go above and beyond to help make the seemingly impossible, possible.

Discipline among children by their parents is very important because if a child doesn't have proper discipline, they will not grow mature and responsible for themselves. Good discipline could help children to meet their goals in life because studies are like a ship without an anchor that might sink. Thus, when compared to parents' discipline it will make a good result because pupils will reach their goals whatever they want to achieve, and they will become responsible citizens in the future because they know how to value education. Because nowadays education is the only way to escape poverty and change our life for the better and to have freedom ourselves.



EFFECTS OF GOOD HUMAN RELATIONS ON AN ORGANIZATION



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Human relationships are essential for our personal and professional growth. They have a profound impact on how we interact with others and how we see the world. When two or more people come together, it is possible to build strong bonds that can last for years. The relationship between the heads, superiors, and subordinates is a crucial pillar of any organization. It determines how efficiently the organization runs and how well its members work together toward achieving organizational goals. It is important to note that human relationships are not just limited to business but also include social, familial, and spiritual relations.

Human relations are essential in the workplace, as they help to improve employee collaboration, creativity, and motivation. Companies can boost morale and increase productivity by creating a positive atmosphere and fostering good communication between employees.

When employees feel supported by their colleagues and managers, they are more likely to feel motivated to work harder and reach their goals. Additionally, employers need to provide opportunities for team-building activities that will help employees understand each other's strengths and weaknesses. This will encourage them to work together more effectively to achieve better results. Human relations in the workplace have a profound impact on employee improvement as well. When employees have strong relationships with each other, they are more likely to take constructive criticism from each other without feeling attacked or belittled. This allows them to learn from their mistakes while becoming even better at what they do.

A harmonious ambiance in the workplace is important for overall success. Good relationships between co-workers and management can help create a positive environment where everyone is willing to work together towards a common goal. When do employees feel appreciated, respected, and listened? or easier communication which leads to better problem-solving and decision-making. It also helps boost morale and productivity levels within the organization.

Poor communication can lead to misunderstandings, lack of trust, and weak

relationships between people. People need to communicate clearly and effectively to ensure the smooth functioning of an organization or a relationship.

When communication is not done properly, it can create confusion among the people involved and cause tension between them. In addition, when there is no clarity in the message, it can lead to misunderstandings and misinterpretations. This often results in weak relationships as well as potential conflict due to a lack of understanding. Poor communication can also lead to missed opportunities and delays in decision making which can harm an organization's performance.

Human relationships within an organization have a far-reaching impact on its overall success. From the way employees interact with each other and customers to the way management shapes the culture of the organization, human relationships can influence every aspect of business operations. Building strong relationships between employees helps in fostering a sense of trust and accountability among them, which in turn boosts morale and productivity. It also encourages collaboration within teams, enabling them to deliver better results while keeping stress levels low.

Moreover, healthy relationships between management and employees are essential for effective communication within the organization. Open communication channels enable employees to voice their opinion without fear of retribution while also providing managers with real-time feedback on how they are doing as leaders.



IT'S OKAY NOT TO BE OKAY. WE ARE EXPERIENCING A MENTAL HEALTH CRISIS, TOO



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As we navigate the realities after the far-reaching effects of the pandemic, we must recognize the huge toll it has taken on our well-being. The past three years we wrestled with COVID-19 have made a perpetual threat to our health systems, economies, and societies which confines us in a state of crisis. Strikingly, it has exacerbated a parallel pandemic; the upsurge of the 'invisible' illnesses, the mental health issues. This silent pandemic was widespread both to those who were already at risk, as well as to those who have never sought mental health support before. According to the WHO, in the first year of the COVID-19 pandemic, the global prevalence of anxiety and depression increased by a massive 25% and these numbers continue to increase for the following years until this day.

Teaching is, without question, a challenging profession. Significantly, long before the COVID-19 pandemic, teachers were experiencing high rates of poor mental health. Data from both a 2014 and a 2017 report from the American Federation of Teachers indicated teachers' poor mental health has been increasing in prevalence. This increase spiked in 2020—and recent data suggest mental health issues have doubled among some teachers during the pandemic crisis.

Without a doubt, educators have battled more than ever during the COVID-19 pandemic. As we are all aware, the 'new normal' educational system implemented during this health crisis nearly changed the job descriptions for teachers. For instance, we had a difficult time as students shifted from physically attending lessons in learning institutions to doing so digitally. It requires us tremendous effort and unknowingly, these prolonged periods of adjustment keep us under constant stress and put us on the verge of burning out. These situations occurred at the same time when we ourselves were in the midst of difficulties in our personal lives just like everyone else.

But struggles don't have to persevere. It may be difficult and challenging to start all over again and deliberately look after our mental health well-being but these things are not impossible.

By understanding the dynamics of our mental health and actively learning ways to protect our well-being, we can cultivate resiliency in the face of uncertainties.

According to the Mental Health Continuum Model developed by Corey Keyes in 2002, people's mental health experiences include four broad stages: thriving, surviving, struggling, and crisis.

Thriving. This stage is characterized by positive mental well-being and overall satisfaction and fulfillment in life. People in this stage typically experience highly positive emotions, such as joy, gratitude, and love, and have a strong sense of purpose and meaning in life. Surviving. A state of relative stability characterizes this stage but with some mild mental illness or distress symptoms. People in this stage may experience occasional sadness, anxiety, or stress, but they can generally cope with these feelings and maintain a sense of equilibrium.

Struggling. This stage is characterized by more significant mental illness or distress symptoms, such as depression, anxiety, or burnout. People in this stage may find it difficult to manage their emotions and may experience challenges in their personal and professional lives.

Crisis. Acute mental health crises, including suicidal ideation, severe anxiety or depression, or psychosis, characterize this stage. This stage requires immediate intervention and support to address mental health needs and prevent further harm.

Throughout our life and career, our mental health status may change. This Mental Health Continuum model provides a way to assess our mental health, allowing us to more an understanding of mental well-being and a greater appreciation of people's diverse experiences. This explains the truth that all our emotions are valid regardless of how they made us feel. This is why, it is normal to give ourselves some grace and permission to break down to create opportunities for breakthroughs. Developing and maintaining positive mental health can be challenging, but there are several ways that can help nourish our mental health well-being.

WE HAVE TO PROTECT OUR TEACHER'S WELL-BEING. Teachers' mental health has a direct impact on our teaching workforce as well as the students and communities they serve. Teachers who are in a state of thriving are more effective as instructors, behavior managers, mentors, and role models.

Let us help eliminate the stigma surrounding mental health. It's okay not to be okay. And it's okay to ask for help.

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IMPACT TO THE YOUTH OF SOCIAL MEDIA



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Social media is not a useful service. It differs from power or water, where the only thing that matters is if it functions. Young people are concerned with what their use of various platforms says about them. Without a doubt, social media has ingrained itself into our daily lives, especially among the younger generation. While it can be a great method to remain in touch and connect with others, it can also, regrettably, result in feelings of loneliness, anxiety, and melancholy. Social media may be a powerful tool for reaching out to young people today and spreading your message. But how can you make sure the information you produce has value and actually matters? A wide range of tools and resources are offered by IMPACT TO THE YOUTH OF SOCIAL MEDIA to assist you in producing content that connects with the younger generation and motivates them to take action. Social media, especially among young people, has embedded itself into every aspect of our lives. It is an effective tool for connecting, communicating, and working together that can affect young people in both positive and negative ways. Social media can give kids access to helpful information, friendships, and support, but it can also put them at risk for mental health issues like depression and cyberbullying. Hence, it is crucial to comprehend how social media affects our children so that we can take the necessary precautions to keep them safe while utilizing these sites.

Today's youth are significantly affected by social media. They have been able to communicate with people from all around the world and have had countless possibilities to express themselves thanks to it. Yet, it also has negatives in terms of privacy and mental health issues. Young people should therefore exercise caution when using social media and give serious consideration to the material they share. In light of this, social media can, when utilized sensibly, be a potent tool for connection, creativity, and education. The young of today have been greatly impacted by social media, which has increased levels of anxiety and despair as well as impacted their self-esteem and social skills. They may now connect with friends and family, express their feelings and thoughts, and do both on one platform.

However, due to its anonymity, social media can also cause feelings of isolation and harassment. In

order to help young people make responsible decisions when using social media, it is crucial for parents and educators to be aware of the potential risks related to this activity. Teens' usage of social media can also have a detrimental impact on them by diverting them, preventing them from sleeping, and subjecting them to bullying, rumors, unrealistic expectations of other people's lives, and peer pressure. The hazards could be tied to how frequently kids use social media. Take action to safeguard your kids and assist them in developing resilience in terms of their mental health. You can learn how to better comprehend and support your kids' online activities while preserving their mental health with the help of IMPACT TO THE YOUTH OF SOCIAL MEDIA. Parents may control their kids' digital futures through the impact of social media. Obtain the resources you need to educate and protect your children in the digital age.

By instilling in them good manners and informing them about potential risks on social media, parents have a duty to shield their kids from these dangers. Also, we must be proactive in defending our kids from internet predators and fostering their social networking links. By doing this, we can make sure that our kids are protected when using social media and may make use of all of its benefits without placing themselves in danger.



HAVING DIALOGUE IN THE FAMILY



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Raising a healthy family is one of the most challenging tasks a person can undertake. Even when people make a conscious effort to do so, it is challenging to create healthy connections in families because we are all flawed human beings. The word "family" is pleasant and typically causes individuals to feel cozy within. When someone is in danger or when there is something wonderful to share or celebrate, people think about it. When we get home after being away for a while for school or work, our families are the first thing that comes to mind. Most people reflect on how much they miss their loved ones and the conveniences of a home after being away for a long time. The truth is that family is always the most important group that gives us a sense of safety, security, and warmth, second only to God.

It's challenging to work a full-time job and be a mother and wife, especially if your family and job station are far apart. Even though I work long hours, I always make time to talk to my husband and children because talking to one another inside the family allows us to voice our needs, wants, and concerns. We can communicate our differences as well as our love and appreciation for one another through dialogue in a setting where communication is open and honest.

According to Bryant McGill "One of the sincerest forms of respect is actually listening to what another has to say," What a fact this is. Healthy relationships require a lot of listening, especially in families where there are frequently many different types of relationships. No matter how busy you are, pay close attention to your children when they are speaking, especially. Pay close attention to what your husband is talking about. Regardless of how exhausting your day was, you must make time to converse and listen to those you love. I cannot deny that, as a wife, I occasionally disagreed with my husband. That is typical. One thing is important, never dispute when you and your opponent are both irate. Give yourself some time to cool off. Then, when you and your partner are both calm, it's the perfect time to discuss the issue. Never let a

disagreement with your husband stop the day; instead, speak and listen to him.

People are more willing to listen to us and consider our opinions when we offer input in a loving manner as opposed to a critical one. It's crucial that you and your children both develop effective feedback skills as a household leader. And giving feedback to family members is crucial for several reasons, particularly when problems occur. Remember that while everything you say should be accurate, not everything truthful should be communicated. Be very deliberate about what you say as a result. A strong family culture can be created by giving and accepting feedback in a healthy way, which can also help you develop personally.



WAYS ON HOW TO BECOME AN ATTENTIVE LISTENER



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Being an attentive listener is a skill that can be honed over time. It takes time, practice, and dedication. Attentive listening entails actively engaging with the speaker by paying attention to what they are saying and comprehending the context of their words. It also involves asking relevant questions in order to obtain a deeper comprehension of the dialogue. Listening attentively is an essential ability for every successful interaction, whether professional or personal. It enables good communication between two individuals by demonstrating that you are paying attention to what is being said and are interested in interacting with them further on the subject. You may become an attentive listener with practice and reap the benefits that come with it.

Everyone should develop their listening skills. It can assist us in improving our interpersonal interactions, bettering our comprehension of others, and enhancing our everyday productivity. Being a good listener, though, is harder than it seems. The abilities required to become a good listener take time and effort to acquire. This article will go over the advantages of listening intently as well as how to accomplish it. One of the most valuable traits somebody may have is the ability to listen well. It facilitates the development of enduring connections, meaningful interactions, and insightful learning. A good listener can comprehend what is being said and respond in a way that is suitable and helpful. They also display respect for the speaker by actively listening to their words without interrupting or passing judgment. Furthermore, because of their capacity to genuinely absorb what is being expressed, they are better positioned to provide counsel and help when needed. Good listeners have an advantage in many areas of life, whether in personal or professional connections.

Being a good listener is a valuable talent that can have a significant impact on our relationships, careers, and daily lives. Unfortunately, being an effective listener is not always easy. Several obstacles can keep us from being the greatest listeners we can be. Distractions, loss of focus, and difficulty understanding what is being said are examples of these. Furthermore, our own biases and preconceptions can prevent us from fully listening to someone else's point of view. We can become better listeners and strengthen our connections with

others by identifying these hurdles and learning how to overcome them. Being a good listener is a valuable talent that can assist you in developing solid relationships with others.

It involves being attentive and understanding the speaker's words and sentiments, as well as hearing what they have to say. Listening is beneficial not only for interpersonal relationships, but it can also help us become better communicators, problem solvers, and team players. We can obtain new perspectives and ideas by listening, which can help us make better decisions in our life. In this post, we'll look at how to be a good listener and the advantages of doing so.



BRIDGING CULTURAL GAP- CHILD MARRIAGE OF IP LEARNERS



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Marriage is a commitment between two people, usually a man and a woman, which is strongly connected with love, tolerance, and harmony. It is a long-lasting relationship through which the couple makes important decisions. Thus, in the eyes of males and females, who are having an intimate relationship at a young age, see marriage as sweet as cotton candy and as light as cloud nine.

While the young male and female are in love, nothing is more sensible than clinging to each other and disregarding the consequences of bearing the responsibility. They even forget the broader world and seemingly live in the world that revolves around the two. Sometimes, they tend to disregard their education. Indeed! They make it real to the saying, "Come what may" or "Love will keep us alive".

Education, as being disregarded by many teenage couples, plays an important role in everybody's married life, for it helps people develop critical skills like decision-making, mental agility, problem-solving, and logical thinking. In the future days of couples as husband and wife, face problems in their lives. In such situations, their ability to make rational and informal decisions comes from how educated and self-aware they are.

Due to the rapid changes in society, the rate of child marriage or early marriage is reaching its peak. Many young people who are at the age of below legal, 18-year-old, are being engaged in deep affection resulting in their aggressive behaviors in sexual activities, hence, will result in child marriage. To address the problem, the government of the Philippines fought a battle of victory for children's rights that ends child marriage. Republic Act 11596 was signed into law on December 10, 2021. This promotes the welfare of Filipino children by prohibiting and protecting them from entering into any kind of child marriage that will be detrimental to their overall development as productive citizens. It was clearly stated by Secretary Erwin Tulfo that this law will guarantee the protection of every Filipino child against child marriage.

Under this act, a penalty should be imposed for those who will violate the law. It would cost them not less than 40, 000.00. Any individual who performs or officiates a child marriage, as well as the adult partner shall suffer imprisonment and a fine of not

less than 50, 000.00. According to the DSWD, other implementing agencies including the National Commission on Muslim Filipinos and the National Commission of Indigenous People will work together with them to ensure the implementation of this law.

Hence, for those who come from groups of Indigenous People, who disregard education in exchange for marriage. In the point of view of most I.P. parents, marriage is their license to get rid of their responsibilities to raise and educate their children. So as a result, they receive dowry as a sum of money in exchange for their daughter upon reaching the age of 13 to 15. Despite R.A. 11596 being released, few of them are still hard-headed and continue to proceed to what they have known long ago. In some remote areas, child marriage could still be heard and witnessed despite the government's warning.

Through years of implementation, some of the indigenous people are obedient enough to abide by the law. Though in some remote areas, like where I live in the current, child marriage could still be heard and witnessed. Few cases of dropout are still possible due to child marriage. Defending that it is part of their culture and could not do anything

How did these people respond to the law?

Thus, in pursuit of this policy, the State shall abolish all traditional and cultural practices and structures that perpetuate discrimination. Is this law a good means to bridge the gap between their cultural beliefs in marriage and education to be open-minded and embrace the facts of being one with the law and society outside their small community into a broader horizon? Or would they continuously turn a deaf ear to this and stick to preserving everything in their culture?



OPLAN BASA BISITA



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Learning to read is an important part of basic education. Reading is important if a learner is a reader, it is easy for us as teachers to teach them inside the classroom. The reading skills of the child are important to their success in school. Reading, enhance the vocabulary and understanding of our learners. As a teacher, it is our duty to make our learners a reader.

One of the most challenging stances we encountered in our teaching profession is our non-reader pupils. We cannot proceed to our class discussion because of them. Especially after the pandemic, there are many pupils/learners that cannot know how to read even if they are in a higher grade. It is a challenge for us how to teach them to become a reader.

Different schools have prepared some reading interventions/best practices in how to reach the needs of the learners. One of the reading interventions/best practices here at Tagbarungis Elementary School is Oplan Basa Bisita. It is planned and organized by our Reading Coordinator Maam Hannah D. Galendez and approved by our Principal Maam Zaida R. Manabat. Oplan Basa Bisita aims to reach out to our Learners' areas or Purok where learners are gathered in one place and a group of teachers came here to conduct reading activities/program. It is also with the help of some PTA Officers, volunteer parents, and stakeholders.

It is conducted on the last Saturday or last Sunday of the month. The teachers prepare reading materials to be given to the learners which serve as their reading guide/materials they can read at home. After the reading activity, there is a feeding program for all the learners that attended the said activity.

This Oplan Basa Bisita has been a great help to our Learners in enhancing their reading ability. The materials that were given to them were also a great help to them to practice reading at home. Aside from individual reading, there are some activities are done in Oplan Basa Bisita like story reading and spelling contests. In these activities, we enhance the reading comprehension and retention ability of our pupils.

Through these reading practices, we hope that it can help our learners in their reading ability, and they will understand the importance of reading in their life. And also, they can develop a good reading habit so that Tagbarungis Elementary School pupils are all readers before the school year-end.



MEN OR WOMEN? WHO SHOULD BE EMPOWERED?



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The greatness of a society is usually molded by its people. No remarkable community would exist without its boundless population. As the most powerful creatures, people always put endeavors into the advancement of civilization.

Each member of the community has a significant role in the overall functioning of society; hence, it's always been a subject of how each individual responds to the demand for modernization.

In the past, men have been regarded as the community's protectors, leaders, and providers. These fundamental functions of men may be traced to the roots of culture and tradition as well as, naturally, to their physical prowess.

However, as time changes, a trend towards gender equality and women's empowerment is consistently advocated. World Vision (2022) defined Women's empowerment as promoting women's sense of self-worth, their ability to determine their own choices, and their right to influence social change for themselves and others.

Historically, the movement for women's empowerment emerged in the late 19th and early 20th centuries where suffrage, the sexual revolution, and feminism were the key features. Thenceforward, it develops into a significant global movement with broad public backing.

The continued empowerment of women is strongly urged. However, there are connotations that women nowadays are more empowered than men, leading to an imbalance in duties and responsibilities. In fact, Galod (2022) survey revealed that people see women as more effective leaders than men. The gap was even larger during the pandemic, indicating that women tend to perform better in a crisis.

In the context of family relationships, some studies exposed that when women are empowered in one area or another, men feel as though they have lost their status and sense of self. This causes men to blame women for breaking cultural norms and makes them more violent and irate as women go against them.

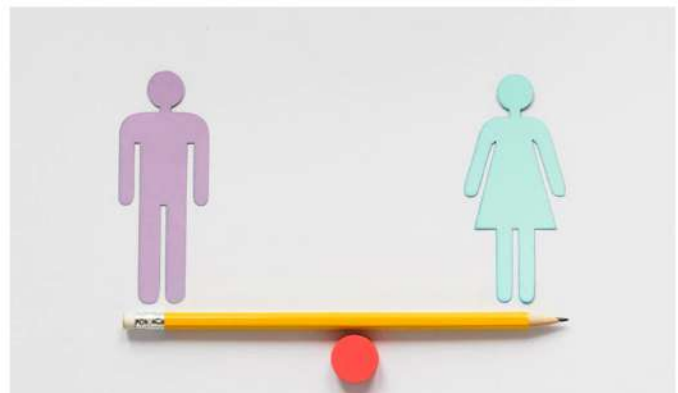
In light of this, it is highly recommended that

society approach the issue from the perspective of a balanced system and place a significant emphasis on the empowerment of both men and women, who are essential parts of a system. Men should be given the opportunity to become powerful as well, but not in the conventional sense where they use their strength to exercise and exploit what they have as men, but rather where they may use it to empower everyone in the community. If we want a meaningful change, then both men and women should be equally implicated.

Men have distinctive personalities and abilities that women do not possess. In a similar way, women have traits that are not found in men. As to nature, the strengths and weaknesses of men and women complement one another.

The ideal strategy for empowering both genders is to recognize each other's strengths and shortcomings and to leverage one another's power rather than treating them as competitors. It is important to stress that efforts to empower people are made to build a prosperous, harmonious, and peaceful society, not to overthrow any one gender.

Central to this premise is recognizing the roles of both men and women in building a nation. Thus, empowerment for both genders is necessary. Men ought to be aware of their strengths and resources and use them to support and uplift women. Women, on the other hand, ought to support men in resolving their flaws. Everything must be done with mutual love and respect.



MY CAREER PHILOSOPHY: UNDERSTANDING FUNDAMENTAL TRUTH



PRINCES DIAN D. TIBIO
Teacher I
Taburi National High School
Rizal District II

My philosophy of teaching is based on the belief that a teacher knows and understands his/her students well. Despite the different challenges we are experiencing, I believe that students actively construct and transform their own knowledge based on their own learnings and experiences. I firmly agree that not everyone fits the mold thus, students must be given differentiated activities and opportunities to learn in different ways and at a different pace. As a teacher, I believe that it is my responsibility to effectively diagnose students' interests, abilities, and prior knowledge. Then, considering these, I must devise learning activities that will both challenge and enable each learner to think and progress.

With this philosophy, I must be aware of motivation and creative ways of teaching and the effects of social interactions on learning. When it comes to learning theories, combining all of them, such as cognitivism, behaviorism, and constructivism, will lead to cooperative learning. Because I want all my students to achieve what they deserved, I give them the possible intervention and appropriate teaching strategy to cope with the least mastered competencies in my subject. To ensure that no students will be left behind, monitoring, and assessing students' learning and progress must be done regularly.

Teachers create and develop materials that are contextualized, localized, and suited to the needs of the learners. I use my knowledge to expose my students to modes of critical thinking, encouraging them to analyze, apply, synthesize, and evaluate all they read and hear based on the revised Bloom's taxonomy. There are various activities that will help the learners to develop their 21st-century skills in critical thinking, problem-solving and decision-making, collaboration, and creativity. We, teachers, must act as a facilitator. As a teacher, we should know how to apply the new trends in our teaching strategies by considering the likes and dislikes of our students to be actively involved and participate in the teaching and learning process. We should love our subjects and know how to make them come alive from our students. We, teachers must not only teach but inspires as well. Moreover, we must be flexible, adaptive, and innovative with the changes and challenges in education to meet the needs of our learners.

All teaching aids and learning materials are the spices of teaching. We are tested through times when we're challenged with different situations and scenarios starting when we are called by this profession. As a 21st-century teacher, I know this profession is challenging. I have set out on a path in the teaching field knowing I can make a difference in individuals' lives. And I can consider myself an accomplished teacher if I can produce an individual who could be considered someone who is approved by God, someone who is fully and truly developed and able to fulfill his duties in life as an accomplished person. I believe that to succeed in teaching we must have passion, a positive attitude, strong work ethics, hard work, and love in our chosen profession. I believe in the saying, "To be successful, the first thing to do is to fall in love with your work", that is why I will never stop falling in love with teaching".



IMPACT OF MEDIA AND INFORMATION LITERACY ON STUDENTS



MARICAR P. FLORES
Teacher III
Maranan Elementary School
Narra De Sur District

Social media has become integral to our daily lives in the digital age. Unfortunately, this has had an adverse effect on how students consume and process information. We can teach students media and information literacy and encourage them to be more critical in their content consumption to help them make informed decisions about social media use. With this knowledge, they will be able to identify credible sources of information as well as false or biased information on social media platforms. As a result of this improved critical thinking, students will not only be more informed about what is going on in the world, but they will also be better equipped to form their own opinions about current events.

Facebook and other social media platforms have become an extremely useful part of our daily lives. They are increasingly being used by students to communicate with their classmates, family, and friends. This necessitates an awareness of the impact that such platforms can have on their knowledge and understanding of their surroundings. To identify reliable sources of information and filter out misinformation or false content, students must be media and information literacy literate.

Students greatly benefit from media and information literacy. It teaches them how to recognize and value different types of media and information, as well as how to effectively use them in their studies. With the prevalence of social media, students must understand both its positive and negative impacts on society. Students can make informed decisions about how to use social media in their studies if they understand how it works. Media and information literacy also teach students how to identify reliable sources of information, allowing them to develop skills such as critical thinking and problem-solving, both of which are necessary for success in today's world.

While it can be a great source of information, if not used correctly, it can also be a source of incorrect information. There are some drawbacks that must be considered as well. This is especially true for students who use social media, as they may be exposed to untrustworthy sources, leading to incorrect knowledge. Furthermore, reliance on social media can lead to an unhealthy obsession with likes and followers, which can be detrimental to students' mental health and well-being. This can

lead to students developing dangerous misconceptions and beliefs that can harm their long-term growth and development.

Given the rise of digital media, it is more important than ever for students to understand its effects. Without learning how to control their media use and acquire information literacy, students will struggle to make sense of the flood of information they are exposed to. They should learn media and information literacy since it is becoming an increasingly vital skill. It enables individuals to evaluate information critically, comprehend its context, and derive insightful conclusions from it. They may make better decisions about the sources that expose themselves to and increase their awareness of how the media affects their lives with the help of media and information literacy. Also, this ability can enable the students to have more informed judgments about many subjects and have a more enjoyable learning.



COMMUNICATION IN DIFFERENT ASPECT



NORIZA LAZARTE ALEJANDRO
Teacher I
Panalingaan National High School

In order to communicate, exchange ideas, and forge connections, communication is an essential component of human life. It is the method by which people speak to one another and exchange information, ideas, and feelings. In order to foster understanding, encourage collaboration, and increase productivity, effective communication is crucial in both personal and professional contexts. We shall talk about the value of communication and how it affects numerous aspects of life in this article. First of all, it is crucial to communicate in all types of interpersonal interactions, including those with loved ones, close friends, and romantic partners. Intimacy, trust, and empathy are all factors that contribute to effective communication between people. It gives people the chance to communicate their thoughts, feelings, and needs while also listening to those of others.



People can negotiate disagreements, settle disputes, and improve their relationships through communication. Second, communication is essential at work. It aids in fostering a supportive, encouraging, and constructive work atmosphere where people feel appreciated and empowered. In order to effectively communicate in the workplace, it's important to actively listen, ask questions, and give feedback. It encourages teamwork, innovation, and collaboration and aids in achieving shared objectives. Finally, communication is essential to education. For the purpose of promoting comprehension and learning, teachers employ a variety of communication strategies, including lectures, conversations, and feedback. Students can ask questions, look for clarification, and use critical thinking when communication is effective in the classroom. In

today's fast-paced environment, these qualities are crucial, and they help foster creativity, ingenuity, and problem-solving abilities.

Fourth, communication is vital in the healthcare industry. Building trust and enhancing patient outcomes and treatment quality are all benefits of open communication between patients and healthcare professionals. Patients are more likely to follow treatment plans, take their medications as prescribed, and have better health results when they feel heard and understood. In addition to lowering medical errors, preventing misdiagnosis, and raising patient satisfaction, effective communication also provides these benefits. In public life, communication is essential. Communication is a tool used by political figures, media figures, and social activists to spread their messages, sway public opinion, and advance social change. In order to communicate effectively in public, one must be able to express ideas coherently, listen to others, participate in debates, and come to a consensus on issues.

Moreover, it should be noted that communication is a vital component of human existence and is important in many contexts. Building healthy connections is facilitated by effective communication, which also fosters comprehension, empathy, teamwork, and innovation. It is crucial for interpersonal interactions, professional interactions, academic and medical settings, and civic engagement. Hence, if you want to achieve in all aspects of life, you must learn efficient communication techniques.

Communication is very important in different aspects because without it people can't share or learn in any way. Communication allows us to build positive relationships at work, with family and friends, and especially with our loved ones. As a teacher, I find ways how to have good communication with the learners so that they understand every instruction that I have given. And also, to the parents of my learners, it is very important to have communication, for them to be aware of the issues and concerns affecting their children. And last to my colleague's point, communication is very important because it boosts morale, engagement, productivity, and satisfaction. It is also the key to better team collaboration and cooperation in our workplace.

GRIT: THE ABILITY TO STAY COMMITTED TO YOUR GOALS



CHERRY D. AGUIRRE

Teacher I
Damayan Bliss Elementary School

Grit is passion and perseverance in achieving meaningful and long-term goals. Physical and mental burnout usually results in getting demotivated, but grit will propel a person to pursue his or her goals. Teaching grit to students can be a valuable way to help them develop the perseverance, resilience, and determination necessary to succeed in academics and in life.

How do we teach grit to our students? First off, model grit. As a teacher, you can model grit by sharing stories of challenges you have overcome, and by persisting in the face of setbacks or difficult situations. Students learn by watching their teachers, so modeling grit is a great way to encourage them to do the same.

Encourage a growth mindset. Teach your students about the power of a growth mindset, which is the belief that intelligence and abilities can be developed through hard work, dedication, and persistence. This can help them see setbacks as opportunities for growth and learning, rather than as failures.

Set high expectations. Encourage your students to set high expectations for themselves and challenge them to reach their goals. By setting high expectations, you are showing them that you believe in their ability to achieve great things.

Teach goal-setting. Help your students set achievable goals and break them down into smaller, manageable steps. This can help them stay focused and motivated, as they work towards their goals.

Provide positive feedback. Provide your students with feedback that is specific, constructive, and encouraging. This can help them learn from their mistakes and improve their performance.

Celebrate your students' successes, no matter how small they may seem. This can help them stay motivated and inspired to keep working towards their goals.

And, provide opportunities for reflection. Give your students opportunities to reflect on their progress and identify areas for improvement. This can help them stay focused on their goals and

make adjustments as needed.

While grit is generally seen as a positive trait, there are some potential problems associated with it. Individuals who exhibit grit may become overly focused on effort and may neglect other important factors, such as talent, skill, or knowledge. This can lead to a lack of balance in their approach to achieving their goals.

There is also a risk of burnout for students who exhibit grit if they do not take breaks or prioritize self-care. This can lead to exhaustion, stress, and a decreased ability to sustain long-term performance.

Perhaps social comparison may affect a student who exhibits a high level of grit. Individuals with high levels of grit may compare themselves to others and feel inferior if they perceive others to be achieving more. This can lead to a negative mindset and a decreased ability to maintain focus and motivation.

The tendency to resist change could be a result of being too focused on long-term goals. Individuals with a high level of grit may be less likely to adapt to changing circumstances or adjust their goals if they are not making progress. This can lead to a lack of flexibility and an inability to pivot when needed.

While grit can be a valuable trainer, it is important to maintain balance and perspective in pursuing long-term goals. Teaching grit to students can help them develop important life skills and characteristics that can contribute to success and well-being both in school and in their personal lives.



THE RICE FIELD SWINGS AND DANCES IN THE WIND



JENNY LYN M. SALAZAR
Teacher I
Jose Rizal Elementary School

"Give yourself a break". A rest and distance from the world that took a lot of you. Exhausting, draining, and changing you into someone unknown. If not careful enough, you may become an alien in your own world. Relax and have some fun! This is what most adult needs more than anything. That is what I think because I am not after the wealth of the world. You will have what you work for, you will be what you want to be. I believe in 3D, "decision determines your destiny". I will be what I want to be, and I want to live my life with happiness and contentment.

A lot say that it is good to relax in a place like a rice field, feeling the cold wind and hearing the sounds of swinging rice. Seeing them makes you wish that your life should be like what you see, just like them happily dancing in the blows of the wind. Once they start to grow, they stay in their place, rooted, and nourished until they are good to be harvested. If they can talk, what would you like to ask them? what do you think they will tell you? do you think they like their kind of life? Are they content with what they are? These questions make me think about the struggles and challenges they faced. When they start to grow snails will attack, some will be eaten, and some will survive. Sometimes weather condition will affect their health. Severe weather conditions like typhoons, floods, and even strong heat. As they mold their seeds, birds and other insects and pests will attack and destroy them until harvest time. If they survive harvest time will come and their lives will finally be over. They could say they had a good life or maybe the worst one. That's life, you never know, come, and go in just a blink of an eye.

We, humans, have different paths to go through. We have parents or guardians that guide us until we can be on our own. In the process of our growth, we use everything around us. We have a place to learn and grow, a process of acquiring knowledge that we could use as a power. Education is power. A power that gives us the opportunity to do more, to have more, and to give more. But then, are we happy? Are we contented? Does everything we have and can have will make us really satisfied? Happiness and satisfaction are depending on you, your wants and needs, your attitude, and your philosophies in life. Live life with your means and be in your proper place. That is the matter of swinging

and dancing in the wind. We cannot block, stop, or redirect the wind where we want it to take it. One more thing, don't try to move against the wind, it will only give you hard time and even hurt you. All we can do is dance with it and feel the blessing it brings. We are the ones that can make ourselves happy and satisfied, others will only serve as our inspiration. Life should not be complicated; it should be a happy moment! "Live life to the fullest".



STUDENTS AS YOUNG SCIENTISTS RESOLVING SCIENTIFIC ISSUES



CHERRY A. BIASON
Teacher I
SARONG NATIONAL HIGH SCHOOL
Sarong, Bataraza, Palawan

Regardless of how success is defined, problem-solving is the skill that will have the biggest impact on our student's future success. Problems to tackle are constantly presented by life. You'll be able to better adjust to a changing environment, negotiate key relationships, and give back to your family, your local community, and the greater community if you can meet and overcome these challenges. In order to succeed, our children must be skilled scientific thinkers and problem solvers since they will inherit a challenging and demanding world. Problem-solving is one of the 12 core skills we teach children in the k-12 curriculum for a variety of reasons, including this.

In our definition of problem-solving, the ability to identify issues, come up with solutions, and come up with one or more viable solutions is referred to. We also think that those who solve problems do so with joy and a sense of play in all three tasks.

Our pupils may assume that entering the workforce is a long way off, but we know that problem-solving and scientific thinking start early in life and that people are naturally suited for it. Early on in life, students' minds are open and eager to make sense of the universe, which encourages a desire to test theories. It turns out that students are quite capable of thinking and learning like scientists.

The use of scientific methods can help students develop their conceptual thinking. A range of opportunities for young kids to participate in scientific inquiry and discovery is required. Young children develop their science knowledge and skills with the aid of experiential learning.

Kids in secondary school may also have a significant impact on the development of problem-solving and scientific thinking, in addition to primary school kids who are naturally oriented to problem-solving. The experiences we provide our children and the way we let them take ownership of those learning experiences may be able to help them turn their boundless capacity for wonder into powerful and flexible problem-solving skills.

Provide your students with as many opportunities to solve problems as you can because problem-solving is something that is learned via experience. Don't forget to demonstrate to your

students how you handle challenges in real life. Engage your students in any household repairs you need to do to ensure that they can see how you handle challenges.

Despite the high stakes, the work fundamentally entails meeting students where they are — naturally interested and eager to increase their learning — and helping them to establish mindsets that will enable their innate gifts to persist and grow. Students are, in fact, inherently scientific.



THE BENEFITS OF FEEDBACK FOR STUDENTS, TEACHERS AND SCHOOL HEADS



ADZMAN S. NURHASAN
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Kinagatan Elementary School
Rizal District 2

We, people, are inclined to make mistakes, unconscious and sometimes indifferent to the actions we take. We often fail to meet our duties and obligations as students, teachers, school leaders, and stakeholders. Sometimes, we thought we were doing the right thing, but actually, we weren't. We are sometimes offended by someone who has made a sincere effort to rectify our actions and practices as human beings and professionals. For this reason, we need the people who humiliated us to remind us constantly. With this, giving feedback to somebody plays a vital role in our everyday lives as human beings and professionals.

Meaningful feedback in the workplace is of the utmost importance. Effective communication is essential for workplaces to succeed and flourish. As well as improving personnel morale, feedback helps us learn more about ourselves, our strengths, and weaknesses, how we behave, and how our actions influence others. It can motivate an individual to work on their gaps and develop their strengths. It aims to enhance, impersonal, disinterested, and transmits corrective information. We need feedback that values our hard work, motivates us, and encourages us to keep doing what we have done.

For the students, it should be communicated in language that is comprehensible to them, have a sincere purpose, and be meaningful to the individual needs of each student. Through this, teachers may provide students with developmental suggestions, learning strategies, and error rectification. The importance of this, it offers numerous positive possibilities for growth and improvement to them. A key element is that feedback forms the basis of positive relationships between students and teachers. By providing appropriate feedback, the teachers understand that the teacher truly cares about them and their education. This component also enhances a student's self-efficacy and provides an avenue for motivation. It provides clarity on expectations. Student performance and achievement increase as they are able to understand what is expected of the specified task or project. This process also helps alleviate frustrations one may feel when unsure of the criteria for quality performance. It helps students identify strengths and weaknesses across multiple content areas. Effective teacher feedback helps

students identify the level of performance relative to the desired goal.

For the classroom teachers, the school head is the most obvious person to assess the work and provide them feedback, understood as an ongoing process that can help change their practice. The school head provides teachers with feedback to clarify expectations and to provide information for increasing administrative, instructional, behavior management, and personal competency skills. It also provides an opportunity for the teacher to see if he or she maintains the correct flow of information during the class study. Using feedback wisely can encourage teachers to gather more information from students. The most effective feedback is helpful, focused on improvement rather than deficiencies, and is provided in a non-judgmental, collaborative manner that allows a teacher to reflect on ways they can improve, including specific strategies and actions you may suggest they explore. It is also important for the teachers to get feedback from his/her students. Teachers may provide a feedback box in the classroom for students to express their insights towards them. In addition, the teacher can have a regular open forum with the class and allow them to provide feedback on teachers' performance, strategy, and attitude.

For the school heads, to be successful, school heads need to be open-minded, and willing to listen to feedback and provide transparent responses and actions that help solve problems and issues for the improvement of the school in a long term. School heads can obtain feedback from supervisors, colleagues, teachers, and stakeholders. As the amount of feedback exchanged increases, it provides information to school heads on how their leadership skills are becoming more effective and efficient.

Overall comparisons, it appears that the power of feedback is affected by the direction of feedback in relation to the performance of a task. Specifically, feedback is more effective when it provides information on correct rather than incorrect responses and when it builds on changes from previous trials.

IMPORTANCE OF FIELD TRIPS OR EXCURSIONS IN LEARNING



HYZA A. NAELON
Teacher I
Burirao Annex Elementary School

We want to learn and experience a lot of things, but because we don't have enough time, we can only do so by reading books, watching television, and doing other things. But there are some things we can only discover by observation, research, and fieldwork. Excursions, also referred to as field trips, will always be a part of our lives. Isn't it enjoyable to travel when you're studying? Field trips are genuinely entertaining in every location you visit and in every subject you learn.

An educational program must include field trips or instructional excursions. Field trips give students the chance to go on an expedition, a chance to see and try useful new things, and real-world examples of concepts covered in class. Field trips are a proven instructional method that helps students learn outside of the traditional classroom setting while still achieving the lesson's goals and objectives. It is a method of education whereby students see and is exposed to many ways of life in various locations and times, learning firsthand information and trying out worthwhile new experiences. With this method of instruction, students can make use of all five senses to develop interest, attitude, and appreciation.

Field visits enable students to get additional knowledge. Ensure that students acquire new material fast and retain it for a long time. Students become more motivated to learn and acquire new information as a result. Give students additional exposure and knowledge. Because they may spend so much time together, students are able to form close relationships with their classmates and even teachers. Give students memorable and useful experiences. Help them develop so that they will be more independent, and self-assured, and could consider a certain subject from a different angle once they return to the classroom. Each student keeps track of the connections between what occurs in the classroom or at school and what is happening

in the outside world. It helps pupils develop their ability to critically analyze the information they learn and experience on the field trip.

As a teaching approach, field trips are necessary for some subjects. Trips to museums, zoos, libraries, theaters, hotels, restaurants, historical places, gardens, parks, etc. all help students develop a variety of abilities. The use of a field trip as a teaching tactic doesn't stop at the destination. The actions that come next or after are likewise crucial. Evaluation of the knowledge, experience, satisfaction, opinions, points of view, and value received during the excursion can be one of the field trip method's final duties.

Field trips are exciting and enjoyable, but scheduling and planning them can be challenging for instructors. Time-consuming, requiring the collaboration and coordination of numerous agencies, with numerous parties to be involved, transportation issues could arise. Field trips need to be carefully planned in order to achieve certain educational goals. Students' safety and security are also major concerns. A well-planned field trip offers a chance for education. The field trip will waste teaching and learning resources if it is not carefully organized with clear learning objectives.



IP LEARNERS IN THE EYES OF SCHOOL MANAGERS



ANGELITA PAYAG FABILA
Teacher-II
Amas Elementary School
Amas, Brooke's Point, Palawan
South Brooke's Point District

"No matter how hard it is, doing with love and passion leads to success." Located at the foot of the mountain in the middle of the indigenous peoples' community, Amas Elementary School stands. The pupils were mostly native Palawan learners, seriously the essence of the teachers nowadays considering the Covid-19 pandemic last two years, truly affects pupils' academic performance.

Indigenous pupils' learnings have a great impact on their bright future. Even though there are so many struggles in life, "No one should be left behind". It's a big challenge for us ---- the managers of our class to solve this case. The learning experts of Amas Elementary School and the school head come up with one goal: To bridge the learners learning loss and learning gap, they need to do something special and different in terms of the strategies used, activities, programs, and projects for the benefit of the school children believing that success depends on the dedication, positive attitude, and faith to God Almighty.

The Seventy-Tree Days Recovery Project of our faithful and humble PSDS (Prayer Sustain my Daily Prayer) Sir Paterno S. Marquez Jr., greatly impacts the IP pupils' learning. Under this program the 3Rs of strategies of teaching, the three skills: Reading, Writing, and Arithmetic were highlighted. Using indigenous and localized teaching aids or materials, teachers have the freedom for what techniques and innovations to be used that suited the different levels of learners to alleviate the reading capability of learners and comprehension as well.

The school's trademark, "Batang Brooke's Point Magalang at bumasa", is a reading program enhancing the reading ability of learners and the right gestures for kindness and respectful greetings for everybody. Teachers and pupils are trained to express courteous behavioral greetings by putting the palm together as if praying and putting it near the heart and bowing while greeting. The praying hand symbolizes the sharp pinnacle of Mount Maruyog of Brooke's Point, Palawan. The hands near the heart and the bowing of the head symbolize kindness and respect. This program was put into a resolution that the said respect gestures done by the learners in all South Brooke's Point Learners entail the values were also focused on teaching.

Amas Elementary School launched The Project BENG (Basa Ensayo Ng May Gabay). The BJMP, PNP, and BFP of Brooke's Point and barangay local government unit and their volunteers of barangay Amas, Brooke's Point, Palawan serve as facilitators for reading as an

intervention program for struggling learners from different grade levels twice a month. While "Bigas Pabasa" (Basa Isang Gabay at Solusyon tungo sa kahusayan) is intended for the selected illiterate parents of Amas Elementary School only, teaching them how to read, count and write in a simple way, by that helping their children what they gained and learned from the program or intervention for the future help for their children. Of course, every end of the quarter Home Visitation for the learners is not neglected as a means of encouragement to study very well. Showing love and concern is the best practice to encourage learners to give their very best to strive. Supplying for their needs like preparing healthy food or snacks and giving them school supplies and other personal belongings are a big help and motivation for them. Aside from the School-Based Feeding Program of the Department of Education implemented in school, Kiwanis Foundation was launched in school last December 2022. They gave "Manna Pack" healthy food for the school children. Feeding the school children is one of their main goals.

Giving importance to them is giving them an opportunity that leads to the success of their lives. Every month of October is the Amas ES celebration for "Indigenous Peoples Month". Wherein it showcases the rights and responsibilities of the IPs to preserve their culture, norms, dance, instruments, songs and poems, and their native foods and delicacies so that they feel their belongingness and importance to the community. It was a great event for the stronger partnership between School-based and Community-led Indigenous learning activities every year.

School managers of Amas Elementary School didn't stop seeking ways how to help these young learners become independent, competitive, and holistic learners. All of these programs will not be beneficial without the full support of Amas Elementary School stakeholders, parents, and partners under public and private institutions.

"We have the responsibility to ensure that every individual has the opportunity to receive a high-quality education from Pre Kinder to Elementary, Special Education, to Technical and Higher Education and beyond", by Jim Jeffords.



EXPERIENCING CHALLENGES IN THE TEACHING WORLD: TEACHERS IN RURAL AREAS



EMIECHELLE T. CAPIN

Teacher I
Rio Tuba South Elementary School
Bataraza District II

Being a traveler and a teacher from different municipalities is very challenging. This is for the teachers who sacrifice for their noble profession. Teaching in rural areas is a noble profession that requires a lot of dedication, resilience, and passion. Rural areas are often characterized by low population density, but here in Rio Tuba, it's a higher population due to the mining area, limited access to resources, and minimal infrastructure. Despite these challenges, teachers in rural areas have a crucial role in shaping the future of the students and improving the communities. In this essay, we will explore some of the challenges and opportunities that come with teaching in rural areas.

One of the significant challenges that teachers face and struggle with within rural areas is the lack of resources. Rural schools like here in Rio Tuba with a high population of enrollees in lack facilities and come with a limited budget which means they have fewer resources to provide the students with quality education. This can include a shortage of textbooks, outdated teaching materials, and limited access to technology. As a result, teachers must be innovative and resourceful to ensure that students receive a comprehensive education. Teachers in this area must find alternative ways to deliver the lessons and ensure that the students remain engaged and motivated to learn. Another challenge our teachers face in rural areas makes it challenging to attract and retain highly qualified teachers. As a result, the Department of Education has to rely on teachers' experience and qualifications. To overcome this challenge, teachers must be willing to mentor and support their skills and improve teaching effectiveness. In addition, teachers here in rural areas must also prepare to work in diverse and often challenging conditions. Rio Tuba has diverse learners which are most of the learners are Muslims have different tribes like Tausug, Bangi-ngi, Pangutaran, Cagayan, and

Mapun. We also have Christian learner with different dialects that gives to teachers a challenge with different norms and beliefs. As a teacher, in rural areas with different municipalities may need to travel a long distance to reach the schools and face difficult weather conditions. Rural areas provide a close-knit community, where teachers can forge meaningful connections with the students, parents, and fellow teachers. The sense of community and collaboration can be invaluable in supporting the well-being of both the students and the teachers themselves. As a teacher in this kind of community is very helpful and challenging to be a better and best teacher for their children. Teaching in rural areas also provides a unique opportunity to make a real impact on students' lives. Many rural students may face numerous challenges, such as poverty, limited access to resources, and lack of exposure to different cultures also in urban areas. Teachers can help to bridge this gap by providing higher education, building students' confidence and self-esteem, and exposing them to different ways of thinking and learning. To make teachers in rural areas have different a tremendous impact on the lives of the students and the communities.

Considering all this, teaching in rural areas also provides an opportunity to develop new and innovative teaching methods with limited resources and technology. Teachers must find creative ways to deliver the lessons and engage the teaching world. It results in a highly personalized and engaging learning experience that fosters a love of learning and promotes lifelong learning skills. Teaching in rural areas can be a highly rewarding profession that requires a lot of dedication, resilience, and passion. For teachers who are passionate about making a difference and have the willingness to overcome challenges, teaching in rural areas is an excellent opportunity to make a meaningful contribution to society.

OVERCOMING OBSTACLES: THE TOP CHALLENGES FACING TODAY'S TEACHERS



ALYSSA JANINE E. HAMJA
Teacher I
Panacan National High School
Narra Del Norte District

Given how much it affects society, teaching is frequently referred to as a noble profession. Teachers are the main implementer of education and play a crucial role in shaping the future generation. Teachers' tasks are rooted in the Department of Education's mission which is to provide quality basic education that is accessible to all Filipinos and to develop lifelong learners who are responsible and globally competitive. With this, Teachers are not only educators but also mentors, role models, and leaders who shape the future of our society.

Without a doubt, teachers are the heroes of the education sector. We are, however, aware that teachers nowadays face a variety of challenges that affect their motivation, job satisfaction, and mental health. Sevillano (2022) found out that among the difficulties encountered by teachers are meager salaries, heavy workloads, teaching style adjustments, and mental health issues especially when dealing with challenging situations such as student behavior issues or personal problems.

One of the primary factors that affect the state of mind of teachers in the Philippines is their low salaries. Teachers in the Philippines are among the lowest-paid professionals, and their salaries are not commensurate with their workload and responsibilities. This lack of financial reward can lead to demotivation and job dissatisfaction among teachers. The chairman of the Alliance for Concerned Teachers, Quetua (2023), reaffirmed this idea by mentioning that teachers are paid insufficiently in both the public and private sectors.

Moreover, the heavy workload significantly challenged teachers. As they are expected to teach multiple subjects and manage large classes, and they often have to work long hours outside of the classroom to prepare lesson plans, grade papers, and attend meetings. This can lead to stress and mental exhaustion, which can negatively impact their mental health.

Additionally, Teaching style adjustments are also taxing for teachers. The institution experiences rapid changes that frequently call for prompt answers from the teachers. To deal with the capacities needed for the transformation, however, training is not immediately offered. Without proper training, it can be difficult to know where to start in adjusting teaching style. Teachers may not have access to the resources they need to make the necessary adjustments to their teaching style. For example, they may not have access to technology or other tools that can help them deliver more engaging and interactive lessons.

Administrative demands are another challenge facing teachers. Teachers may be responsible for a variety of administrative tasks, such as tracking student progress, attending meetings, or filling out paperwork. This can take time away from instruction and may lead to feelings of frustration or burnout.

In conclusion, teachers face a wide range of challenges that can impact their ability to provide high-quality instruction and support to their students. By recognizing and addressing these challenges, schools and the institution itself can support their teachers and provide a better learning experience for their students. Teachers can also take steps to manage their workload, adapt to changing circumstances, and prioritize their own well-being to ensure they can continue to make a positive impact in the lives of their students.



TEACHERS: DEVELOPING GOOD READING HABIT IN YOUNG LEARNERS



JENELYN E. FERNANDEZ

Teacher I
Tagumpay Elementary School
Division of Puerto Princesa City

Reading is a key for lifelong process. It is the process of deriving meaning from written or printed text. It is a skill that needs to be developed especially the young children of today's generation. Reading skills are abilities that pertain to a person's capacity to read, comprehend, interpret and decode written language and texts. Children can easily learn in all the learning areas in school if they can able to read and comprehend the text. A child with a good reading skill is more likely to love reading and excel in academic performance. They can use their reading skills in everyday life.

Nowadays, developing a good reading habit in young learners is not an easy task for teachers. The overuse of gadgets in a modern world is one of the factors that makes reading uninteresting to a young child. As a teacher in elementary grades, it is a challenge for me to teach reading to my learners especially during the time of pandemic. There are many subjects that we need to teach every day, and many additional papers to complete, which leaves us a little time for us to focus on teaching reading. Despite of these challenges that I've encountered, they provide me with an eagerness to find ways to help my pupils learn to read and develop a good reading habit.

As the assigned reading coordinator of our school, it is challenge for me to have a program that will help to develop an interest in reading among our learners. It is my additional task to plan activities that will engage the learners in reading activities, develop their reading skills and encourage the good habit of reading a book and other reading materials. For the past two years, pupils were not able to go to school and attend a face-to-face class due to a threat of a COVID-19 pandemic. I observed that some of our pupils don't have a good reading habit.

To intensify our goal in developing a good reading habit among our learners, we planned

a school reading activities would help pupils learn to read and find reading enjoyable.

We put-up a reading corner in every classroom, provide an interesting reading material suited to grade level, and set up a school Reading Hub. All pupils are allowed to read books and other reading materials in our reading hub under the supervision of their class advisers. We also have our Bahay-Kubo, which has reading materials and serves as a reading station during lunch break. We also asked for the support of our dear parents to continue reading at home. Why we should develop a good reading habit? Developing a good reading habit can provide benefits for young children. It can support a child's cognitive development, improve their language skills, develop a special bond with the child, improve imagination and creativity, and prepare them for academic success.

Teachers, lets us find ways to promote a love of reading in our learners. It is not an easy job, but we can feel fulfilled knowing that we try our best to develop a good reading habit and nurture our learners into a productive citizen of our country.



READING BOOK AS A TOOL FOR EDUCATION AND COMMUNICATION



WENYVER R. MARAGRAG
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Imbo Elementary School
Rizal District II

The importance of reading as a tool for education and communication has long been acknowledged. It has been used for many years as a method of knowledge acquisition, comprehension, and transfer. The value of reading has not decreased in the modern digital age, where technology has become a big part of our life. In fact, it is now more important than ever.

Books are a fantastic medium for communication in education since they offer a lot of knowledge on a variety of subjects. They discuss a variety of topics, including history, physics, literature, art, philosophy, and more. Students may obtain a wealth of knowledge through reading that they would not otherwise have access to. By reading, children may explore many viewpoints, discover novel ideas, and hone their critical thinking abilities. Also, books help students develop their linguistic abilities. Reading books helps with comprehension, grammar, and vocabulary. Also, it improves writing abilities as students pick up on writers' phrase and paragraph construction techniques. Learning to communicate better via reading can help students express themselves more clearly.

Reading books also has a positive impact on mental health. It is a sort of unpleasant reality that helps in pupils' relaxation and rest. Books enable kids to escape their troubles and immerse themselves in a fictional world. Reading novels can help students develop their emotional intelligence and empathy by exposing them to a variety of emotions and teaching them to see things from other viewpoints. Students can improve their learning by reading books, as well. Focus and concentration are taught to students, which are abilities that are essential for success in school and beyond. Students who read books are more likely to be passionate about their studies. They become more curious and eager to explore and learn new things because of it.

Another means of communication is through reading. With books, students may establish connections with people from many cultures, eras, and backgrounds, as well as the emotion of the authors. They offer a forum for discussion and debate, enabling students to share their thoughts and opinions. Learning about other people's viewpoints and experiences via reading can also assist pupils in growing their empathy and understanding. Reading is also a means to keep knowledge and culture alive. The passing of information from one generation to the next has been greatly aided by books. They safeguard culture, history, and customs to make sure they are not lost. Reading helps students understand the past and understand how important it is to preserve information and culture.

It is significant to remember that not all students love reading books. Teachers should be aware of this and offer alternatives to written instruction, such as films or videos, audio recordings, or hands-on activities. Teachers should also take care to select books that are suitable for their students' ages and cultures, and they should steer clear of any materials that might reinforce negative preconceptions or biases.

As a communication tool in education, reading is extremely effective. Because reading offers a wealth of information, helps in language and communication development, has a positive effect on mental health, and helps students become better learners, parents and teachers should encourage their children or students to love reading. Students may maintain their knowledge and culture while interacting with others through reading books. Because of this, it is crucial that we, as instructors and teachers, support and promote reading as a useful tool for learning and communicating.

STORIES

Oh! May Tuk-o!



ABBA M. RAQUIM
Teacher III
Palawan National School

Sabi niya may suwerteng hatid daw sa isang bahay ang mga Tuko. Gayon din kaya ito para sa isang batang si Kiko?

"Tuk-ooo! "

Ito ang magiliw na tunog na maririnig sa buong kabahayan nila Kiko. Bakas nito ang tuwang nararamdaman ng tuko sa tuwing nakakalunok ng mga maaligid-aligid na mga lamok.

"Tuk...tuk..tuk-o! " Isang tunog ng nasisiyahang tuko. Ito ay matapos nitong sakmalin ang lamok na dadapo sa braso ng batang si Kiko na noon ay mahimbing ang tulog. Ngunit sa hindi inaasahan ay naisturbo ito.

"Naaaay! Ang tuko po, may tuko! Umiiyak na bulalas ng nagulat na si Kiko.

Simula noon ay namuog na ang kaniyang takot sa bawat tunog ng tukong maririnig niya. Sa kaniya, ang bawat tunog ng tuko ay tila kulog at kidlat sa kaniyang mga tainga.

"Tuk...tuk..tuk-o! Tuk-o!

Dalawang magkasunod na tunog ang pinamalas ng magiliw na Tuko. Matapos naman nitong dali-daling mahuli ang nakadapong lamok sa banyo. Sa hindi inaasahan, si Kiko pala ay naroon naliligo. Sa gulat ng bata ay napatakbo ito palabas ng pinto.

"Naaaay! May tuko po. May tuko! " Sigaw ng namumulang si Kiko.

"Kiko, anak... huwag mong katatakutan ang Tuko." Pagpapatahan ng nanay sa nanginginig na anak. "Alam mo bang sabi nila ang mga tuko ay may dalang suwerte." Pagpapatuloy pa niya.

"Suwerte ba sa bahay ang mga tuko?" Ang pag-mumuni bago matulog ni Kiko.

"Tuk...tuk..tuk-o! Tuk-o! Tuk-o!"

Tatlong mabibilis na tunog ang nagmula sa isang sulok. Ipipikit na sarja ni Kiko ang kaniyang mga mata nang maririnig niya ito. Sa kaniyang pagtingala ay nakita niya ang nakadungaw na tuko at tila ba ay binabantayan siya.

"Naaay, tuko po! May tuko!" Sigaw ni Kiko na nagmamadaling lumabas ng kwarto.

Hindi makumbinsi si Kiko sa paniniwalang may suwerte ngang hatid ang mga tuko. Sa bawat araw na lumilipas, lumalala ang matinding takot niya dito.

Naging palaisipan sa nanay ni Kiko ang paniniwalang may hatid na suwerte nga ang Tuko. Kabaliktaran kasi ang nakikita niya sa kanilang anak na hindi na makatulog sa gabi, at maging sa araw man ay tila nababalisa.

Dahil dito, naisipan niyang itaboy ang tuko sakanilang bahay. Gabi-gabi ay naglalagay siya ng mga butil ng bawang sa mga lugar na madalas ng tuko tambayan. Ang mga ilaw ay magdamag na nakabukas nang sa gayon ay manatiling maliwanag ang buong kabahayan. Takot kasi ang tuko sa amoy ng bawang at liwanag ng ilaw.

Ikinalungkot ito ng tuko. Sa pagdaan ng mga araw, ang magiliw niyang tunog ay biglang nawala. Nasisyahan si Kiko at maging ang kaniyang mga magulang. Nakakatulog na siya ng mahimbing at nakakakilos nang maayos sa kanilang bahay.

"Wala na po ang tuko, Nay?" Masayang pagtatanong ni Kiko sa ina.

"Engggg...engggg..!"

Ang pabulong-bulong na tunog sa tainga ni Kiko. Mga lamok na nais dumapo sa kaniyang kafawan. Ito ang pumalit sa magiliw na tunog ng tuko.

"Tulong! Tulong!" Sigaw ng natatarantang Ale na karga-karga ang anak na indapoy ng lagnat. "Tulungan niyo kami." Pagpatuloy nito.

Sa pagkawala ng tunog na kinatatakutan ni Kiko ay siya namang pagkabahala ng mga magulang niya dahil sa napapamalitang paglanagap ng sakit na *dengue*.

Dahil dito ay binawalan na nilang maglaro si Kiko sa kanilang bakuran tuwing dapit hapon.

Sinigurado din nilang linisin at tanggalin ang mga maaring tirahan ng lamok tulad ng mga nakaimbak na tubig at tambak na basura sa paligid.

Lumipas ang mga araw, nakakulong lamang ng bahay si Kiko. Bakas niya sa mukha ng kaniyang mga magulang ang pangamba na baka siya ay dapuan ng nakamamatay na sakit mula sa kagat ng lamok.

"Tuk-o!

"Tuk..tuk..tuk-o! Tuk-o! Tuk-o! "

Apat na tunog ang narinig sa buong kabahayan nila Kiko. Nagpaparamdam ulit ang tuko.

Napalingon si Kiko habang nagbabasa siya nang maririnig niya ulit ang tunog ng tuko. Imbes na tumakbo siya ay hinanap ng mga mata niya kung saan ang tunog nagmumula.

"Tuk-o! "

"Tuk..tuk..tuk-o! Tuk-o!

"Tuk..tuk..tuk-o! Tuk-o!"

Lima pang sunod-sunod na tunog ang pinamalas ng tuko. Gayun na lamang ang pagkamangha ni Kiko nang makita niyang hinahabol ng Tuko ang grupo ng lamok na palipad-lipad sa dingding.

"Tuk-o!

"Tuk..tuk..tuk-o! Tuk-o!

Anim pa na malalakas na tunog ng tuko. Gigil na gigil sa pagkain ng malalaking lamok. Simula noon ay unti-unti nang nawawala ang mga lamok sa bahay nila Kiko. Nabawasan ang pangambang nararamdaman ng kaniyang mga magulang sa maaring pagkaroon ng *dengue*.

"Tuk-o!

"Tuk..tuk..tuk-o! Tuk-o!

"Tuk..tuk..tuk-o! Tuk-o! Tuk-o! Tuk-o!"

Pitong magigiliw na tunog ang pinamalas ni Tuko, isang umaga.

"Ito ba ang sinsabing suwerteng hatid ng tuko?" Nakangiting pagsambit ni Kiko na hangakong hindi na muli matatakot sa bawat paghuni ng tuko.

Ang Lampin Ni Riching



JOSIE LYN C. ESTRADA
Teacher III
Palawan National School

Araw ng Linggo, maagang nagising ang magkapatid na Janing at Riching. Nakasanayan na nilang magkwentuhan, maglambingan at magpasalamat sa Panginoon bago tatayo at magliligpit ng higaan. Nagising ang kanilang ina sa ingay ng magkapatid kaya bumangon na rin ito para maghanda ng kanilang almusal. **"Good morning mama"** ang nakangiting bati ng bunsong si Riching. **"Good morning baby"** ang tugon ng ina at may kiss pa.

"Dalawang days na lang mama, darating na si papa?" Opo, dalawang tulog na lang kaya maglilinis tayo ng bahay at bibili tayo ng paboritong ulam ni papa. Yehey! "Parating na ang papa ko. May maghahatid na sa akin sa school. Pupunta kami sa SM at bibili ng burger, laruan at school supplies."

Nakangiti si Aling Jenny sa masayang ekspresyon ng mukha ng anak at sa boses nitong matining. Napakamalambing, aktibo at malakas ang loob ng bunsong anak. Samantalang mabait naman na ate si Janing, tahimik at minsan ay mahiyain. Pareho silang matalino at mahilig magpinta, na namana sa kanilang lolo Benjamin.

Nagbago ang kanilang pamumuhay mula nang magtrabaho sa ibang bansa ang kanilang ama. Ang dating maliit na bahay na tinitirhan nila ay napalitan ng malaki at maayos na bahay. Ang mga gadget na hindi mabili noon ay nabibili na ngayon. Unti-unti nakabangon sa kahirapan ang pamilya.

Sadyang walang perpektong buhay sa mundo. Makalipas ang maraming problema na nalampasan ng pamilya ay muli na namang sinubok ng pagkakataon. Nagkasakit ang amang si Ferdy. Napag-alamang positibo ito sa covid 19. Maaaring nakuha niya ito sa byahe pauwi ng Pilipinas. Kaya naging dahilan ito upang hindi siya makabalik sa ibang bansa. Labis na naapektuhan ang magkapatid. Hindi na makapasok sa paaralan sa kagustuhang maalagaan ang ama. Kindusap ni Aling Jenny ang mga anak, na maging matapang at magdasal para sa mabilis na paggaling ng ama.

Napilitang ihiwalay ng kwarto ang magkapatid para hindi ito mahawa ng sakit mula sa ama. Habang nakakulong sa kwarto, nahihirapan ang ama na hindi niya mayakap ang mga anak. Tanging video call lamang ang ginagawa nila. Kapag umiyak ang bunso, hindi manlang ito malapitan ng ina. Tanging lampin lamang ang yakap at inaamoy ng bunso habang umiyak. Labis na nalulungkot ang mag-asawa pero kailangang magtiis para hindi mahawa ang mga bata. Sinikap ng ina na maging kalmado at hindi ipakita sa asawa ang labis na pag-aalala. Hindi niya rin ipinapakita na naiyak siya sa gabi. Bilang nanay, kailangang maging matapang.

Sa tulong ng kapamilya at kaibigan, naging maayos ang lahat. Pagkatapos ng dalawampung araw na quarantine ng mag-asawa ay ganap nang gumding ang ama. Muling nayakap ng mag-asawa ang kanilang dalawang anak. Kaya kinabukasan, araw ng Sabado maagang gumising ang lahat para magsimba. Masayang nagluto ang mag-ama sa kusina gaya ng nakasanayan nilang gawin. Naglilinis naman at naglalaba ang kanilang ina. Masaya ang magkapatid na ihahatid at susunduin sila ng papa nila sa paaralan. Hindi rin pyvedi makalimutan ni Riching ang kanyang lampin na nagbibigay lakas sa kanya. Sa klasrum, inaamoy niya ito minsan. Itatago niya sa bag para hindi raw makita ng mga kaklase niya. Ang mga lampin niya o bango-bango ay lampin pa niya noong baby pa siya. Sa lungkot at saya hawak niya ito. Aktibo si Riching sa klase at ayaw lumiban. Ang ate Janing naman ay lalo pang nagsumikap sa pag-aaral. Inspirasyon nila ang ama na nagtatrabaho sa malayong lugar. Kaya naman nakatanggap ng medalya ang ate sa pagtatapos sa Ikaanim na Baitang. Si G. Ferdy ang nagsabit ng medalya sa anak na nagkamit ng mataas na karangalan. Masaya ang magulang sa pagtatapos ng anak. Nakita nila ang kasipagan at talentong taglay ng mga ito. Kaya naman, pagsusumikapang magulang para sa pangarap ng kanilang anak.

Makalipas ang dalawang buwan, muling nakabalik sa ibang bansa ang amang si Ferdy. Magtatrabaho muli para mabigyan ng magandang buhay ang mga anak. At sa bawat pag-alis ng haligi ng tahanan, para magtrabaho ay lungkot naman ang nararamdaman ng pamilya. Panibagong pagsisimula at pagbibilang ng araw na malayo ang ama. Ang magkapatid ang lakas ng ina habang wala ang ama. Suot ni Janing ang t-shirt ng ama habang natutulog. Samantalang hawak ni Riching ang lampin at inaamoy na para bang nagbibigay sa kanya ng lakas at sigla. Hawak niya ito, habang kausap ang ama sa video call. **"Good night papa. I love you! Ingat"**

Bakit Malungkot si Fidel?



LIEZEL S. LERA
Teacher II
Tarusan National High School

Bakit nga kaya malungkot si Fidel?

Isang umaga, habang nagkaklase si Binibining Klay sa ikaapat na baiting, napansin niyang malungkot at parang naiiyak si Fidel sa isang sulok ng klasrum. Nababanaag sa mga mata nito ang lungkot. Hanggang sa matapos ang klase ay malungkot pa rin si Fidel. Na labis na ipinagtaka ni Binibining Klay. Sapagkat si Fidel ay isa sa mga mga batang mabait, masigla at matalino. Biglang tumunog ang bell, hudyat iyon na tapos na ang klase.

"Fidel, maari bang magpaiwan ka muna?" wika ni Binibining Klay. "May nais lamang akong itanong".

Tahimik na bumalik sa kanyang upuan si Fidel.

"Anak, Fidel may bumabagabag ba sa iyo" tanong ni Binibining Klay.

"Wala naman po, Binibining Klay," sagot ni Fidel na malungkot ang tinig.

"Napansin ko kasi kanina sa ating klase na ikaw ay malungkot at ako ay nag-aalala", aniya ni Binibining Klay. Maari mo itong sabihin sa akin, huwag kang mahihiya".

"Ahmm, ano po kasi Binibining Klay," pag-aatubili ni Fidel.

"Huwag kang mahiya Fidel, ano ba ang bumabagabag sa iyong isipan?"

"Ganito po kasi iyon, ang mga kaklase ko po nagkukuwentuhan tungkol sa mga pinuntahan nilang magagandang lugar noong tayo ay walang pasok. Yong iba naman kumain ng masasarap na pagkain sa restawran. Ni minsan ay hindi ko pa naranasang kamain doon Binibining Klay". Malungkot na wika ni Fidel na naiiyak na.

Parang dinurog ang puso ni Binibining Klay nang marinig ang winika ng kanyang mag-aaral.

"Fidel may nais akong tanungin sa iyo. Ano ba ang inyong ginawa mo noong panahong wala tayong pasok?" Ani ni Binibining Klay na nakangiti.

Biglang kumislap ang mga mata ni Fidel, naging masaya ang kanyang boses habang kinuwento ang kanyang mga ginawa.

"Alam mo po, Binibining Klay, nagbasa po ako ng ating mga aralin. Nagsimba kami nina tatay at nanay. Nanalangin kami kay Papa Jesus. Nang sumunod po na araw sinama po ako ni tatay sa malawak na dagat at kami ay namingwif ng isda, marami po kaming nahuling isda. May kulay pula, dilaw at berde ang mga isdang nakuha namin. Pag-uwi po namin ni Itay, naghihintay si Inay sa bahay nakahanda na po ang mainit na kape para kay Itay, at mainit na fsokolate naman po para sa akin. At pinagsaluhan po namin ang masarap na singangag at pritong itlog," nakangiting kuwento ni Fidel.

"Naging masaya ka ba noong mga oras na yon, Fidel? Tanong ni Binibining Klay.

"Opo, Binibining Klay dahil sa mga panahong iyon lagi kong kasama sina Inay at Itay. Pasensya na po Binibining Klay kung di ko maiwasang ikumpara ang sitwasyon ko sa mga kaklase ko.

Salamat po sa pakikinig Binibining Klay".

"Walang anuman, Fidel, pakatandaan mo, madalas tayong nakakaramdam ng kalungkutan kapag madalas din nating ikinukumpara ang ating sarili sa iba. Sa halip na ikumpara mo ang iyong sarili sa iba, gawin mo silang inspirasyon sa buhay. Magsumikap ka, magtiyaga at mag-aral nang mabuti, dahil alam ko darating ang araw na matutupad mo at mapupuntahan mo din ang mga lugar na hindi mo napupuntahan at makakakain ka din sa restawran na noon ay pinangarap mo lamang. Sa ngayon, maging masaya at makontento kung ano ang kayang ibigay ng ating magulang dahil alam ko na nagsisikap sila para mabigyan ka ng magandang bukas. Ang mahalaga masaya kang kasama ng iyong mga magulang". Wika ni Binibining Klay sabay yakap kay Fidel.

"Maraming salamat po ulit Binibining Klay, tatandaan ko po lahat ng inyong tinuran.

Paalam, Binibining Klay. Hanggang sa muli". Ani ni Fidel.

Masayang tumalikod si Fidel, baon ang mga aral mula sa kanyang guro.

"Paalam Fidel, nakangiting sambit ni Binibining Klay. Maging siya ay may natutunan din sa pag-uusap nilang iyon.

The return on my Investment



CATHELENE S. NATIVIDAD
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Part-Time Faculty- College of Education
Student, Master in Educational Management
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When I was five years old, my mother asked me what I wanted to be someday, and I said I want to be a saleslady someday. She burst out laughing because of my dream. And when I turned 7, my mother died not telling me what her dream is for me. I can't imagine those days without my mother, who always guides and supports me no matter where I go and what I do. After how many years, I supported myself financially to finish my studies in tertiary and gratefully graduated in the year 2017, while working as Administrative Staff at Western Philippines University under the College of Business and Management, I continue my teaching studies and passed the Board exam in December 2022. And now I am pursuing a Master's degree in Educational Management while also working as a part-time faculty member at the College of Education. My dream is simple, but God always leads us in situations where we can inspire others.

Now, I'm already married with a kid, yet being a mother is also difficult. After a long day of work, coming home and preparing my things for my child, playing with him, seeing him laughing and asking for a bedtime story, and hugging and kissing him is the most joyful part of my life. How lucky I am because I have all of these. In my career path today, I am happy and enjoying teaching my students in our lessons and make searching for new knowledge to share with them. I enjoy teaching and I am very passionate about my job. I promise myself that I will be the one pushing pupils to believe in themselves, and I know that their modest goal will become a reality. I know it was difficult, but I know it will be their weapon in a mysterious life. After a month of lecturing to them, we performed a few quizzes, and everyone passed, to see is to believe. other said... but. For me JUST BELIEVE, even if you cannot see it, the signs of progress will not be immediate, then little adjustments will be more appropriate.

Now I'm thinking about what I'll receive in exchange for all of this. I looked at my pupils' faces, feeling joyful and appreciating what we're learning every day, and seeing their smiles and how determined they are to study, is ENOUGH FOR ME. Those smiles make me feel happy and motivated to serve our university, I believe that a teacher's word has a significant impact on a student's mind and philosophy of life, and I intend to utilize it to inspire kids to dream big and be meaningful citizens. And after thinking about it, I realized that my sacrifices are not yet complete; I know that investing in education will have a greater impact that will be important to me and beneficial to my pupils. To my students, thank you for making me more meaningful, and most importantly, to my family for believing in what I will become.

THE CLIP



JERIC M. MAGALLANES
Teacher I
Aborlan National High School

Robert stretched out his short arms to get the abaca sack embedded between the flexible branches of the guava tree. He tried jumping up but only the tip of his fingers touched the edge of the sack. This little boy stood still. He allowed his eyes to wander on the twisting branches of the tree. He could see the dim figures of the chicken sleeping on the top branches. He shuddered. He knew he must climb the tree! Deep in his heart was the knowledge that if he climbs the tree, he won't be able to escape the chicken droppings. Robert took a deep breath. He heaved a great sigh and bit his lips together. Instead of being cowardly, he chose to be brave. The first thing he did was to walk back to where the carabao, Mayosingko, was tied. He led the beast beneath the guava tree. With a resolute stance, he started climbing. Sure enough, before he reached the sack his olfactory nerves were stimulated by the odorous chicken droppings. The little boy snorted. He could not change the smell, but he could hold his breath. After more climbing, he was able to grab the sack. He spread the sack on the wide back of the carabao. The sack would protect his skin from being inflamed with sores. Finally, he steadily slid from the branches to the carabao's back. After doing an exceptional feat, he was unable to stop the quirk of his lips and a smile appeared on his face. Robert laid down on the back of the carabao. He used the folded rope as a pillow. As he lay, he could smell the faint foul odor of the chicken dung. He perceived that the discharge of the fowls is spread on his body and shirt. He heaved a sigh of dejection.

"Mayosingko, I cannot escape the bad odor of the chicken droppings", Robert murmured to the silent carabao.

"I have to leave today, I cannot watch you feed", The boy continued his monologue.
"Anna finished my modules and I did not learn anything", the boy whispered sullenly to the carabao he considered a friend.

"Will my finger stiffen when I hold the pencil?", the boy asked the beast.

"Can I control my hand to restrain the pencil from sliding?", the boy continued questioning the unresponsive animal.

Robert felt the carabao stopped moving. He heard the crunching sound of the grass on the carabao's mouth. He reached his destination, jumped from the carabao's back, and snatched the sack from its body. It was time to go home.

"Robert faster!", Tony shouted as he saw his brother walking slowly.

"Go to the open well and take a bath", Tony continued yelling his direction to his younger brother.
"You don't need to help me!", Tony added loudly. I was almost finished arranging the thatched nips their mother saw last night.

"Time to eat", called Anna from the kitchen and Tony grasped Robert's hand and pulled him to take a bath.

the water from the open well was cold so the boys did not stay long washing themselves. Robert thought that morning is full of discomfort.

Anna was already preparing their lunch boxes when the boys arrived at the house. Their mother was folding their school uniform in crisp used old newspaper. She put the packed clothes inside Tony's bag.

"Kids, move faster! you still have four kilometers to walk" their father reminds his children. He was feeding the pigs in the pen. Tony led the way as they walk along the slippery path. The children were afraid to ruin their footwear, so they carried their slippers with their two fingers. Tony and Anna happily argued about mundane things, while Robert followed them with a tight-lipped countenance. The little boy's pair of eyes barely blinked, and his dark eyebrows formed a V on his creased narrow forehead. The older brother stopped under an old acacia tree. He helped Robert change into his school uniform. Anna folded the house clothes and put them into small reusable sando bags.

"Robert, I was unable to help you write, maybe your teacher can give you an easier way of learning" Anna console her sad brother.

Robert squared his shoulder as he entered the newly painted school gate. Anna is in grade 4 and her classroom is near the gate. Robert is in grade 2 and his classroom is farther than his sister's. Tony is in grade 6 and his classroom is the farthest. Miss Torres, the grade 2 teacher welcomed her student at the door. When Robert saw her his fear increased. He put his hands on his chest to come to his galloping heart. "Robert put your bag in the first seat of the second row", the teacher directed him.

Robert took his seat and looked around. The curtains over the green board were flowery and cool to the eyes. The colorful letter of the alphabet hanging on the wall. The lively colors around the classroom brought a small comfort to the boy's heart.

As Robert expected, after a span of time elapsed, the teacher asked the learners to read their paper and pencil. Tony put his too-long yellow pencil on top of his pad paper. The teacher instructed them to write their names.

Robert's pencil rolled under the desk. The teacher saw him bend his back to retrieve his pencil. Holding his pencil in his palm, the boy looked blankly ahead and uttered a great sigh of frustration silently.

Miss Torres went closer to Robert. She gave him an encouraging look.

"Ma'am, I'm sorry. I cannot write. The pencil wanted to run away from my hand", Robert murmured hoarsely and haltingly.

The teacher walked to her desk at the back of the classroom. She rummaged on her desk. She saw a stack of paper clipped together. She took the black clip and clamped it near the pointed end of the boy's pencil. She encouraged Robert to put the tip of his pointing finger between the two silvery handles. The boy obeyed; his finger did not stiffen, and he was able to hold the pencil.

Beneath the non-medical disposable face mask, eyes focused on the small black paper clamp wonderingly. All the fear in his heart flew away. He felt his chest lighten and a soundless laugh escaped his lips. He taught today is a beautiful day.



POEMS

SUNDALONG WALANG BARIL



YVIE WRITZ MENDOZA - ARZAGA
Teacher I
Palawan National School

Para kanino ba akong bumabangon?
Sa aking sarili ay madalas kong tanong.
Minsan hindi ko na maapuhap ang layunin;
Kahit dahilan at kahulugan kay hirap na rin hanapin.

Saan ba ang tungo ng mga laban na ito?
Sa kapal ng hamog hindi ko na mamukhaan
Tama pa ba ang itinuturing kong kalaban
Madalas kasi kaysa minsan, kapwa ko sundalo may hawak ng sundang.

Tama pa bang ipaglaban ko, ang paniniwalang sa'kin ikinintal,
Kung sa tuwing lalaban ako ay laging sasangkalin?
Nang mga pinuno kong hindi din malinaw ang paniniwalang tinatayuan.
Ito din marahil ang sagot bakit masalimuot ang kapaligiran.

Naisip ko, anong silbi ng araw – araw na paglaban;
Kung sa bawat bira mo ay tanong ang katugunan.
Hindi mo makita ang tungo ng labanan,
Walang magandang layunin, mahamog parin ang kinabukasan.

Hindi ko makita ang magandang dulo't;
Kung mayroon man ay tiyak kapingggot.
Tumubo man ng kaunti ang pag – asang sa puso namin ay nangunguyakot
Mahirap parin dahil hindi mo mafiyak kung sino ang mga tunay na kasangkot.

Kami ang mga sundalong walang baril subalit may bala;
Araw – araw may mga target pero walang pambira.
Hindi makapagpapatok, paano ay panay nga lang bala,
Kung mayroon man kaming itinuturing na baril ay iyon sana ang pisara.

Subalit kahit ang pisara kung minsan hindi mo na rin maasahan;
Madalas malabo ang nakasulat at ang hirap na rin bakasan.
Mas marami kasi ang pumapasok na katulad namin sa kalansing nakatingin;
Sa katapusan ng buwan ang pag – asa, hindi sa mga batang nakadungaw at nakatingin.

Kung sa bagay, noong una pa lamang alam kong wala naman talaga kaming sandata;
Pero umasa parin ako at ipinikit ang aking mga mata.
Sa pagsayad ng aking mga tuhod sa lupa at sa pagyuko ng aking ulo ako umasa;
Alam ko kasing mas maalam siya, mas malawak ang pag – ibig sa bawat isa.

Tiyak kong sa bawat laban ng buhay lagging nauuna siya.
Minsan nga dumadating akong tapos na ang giyera.
Salamat na lamang at may Ama akong lagi kong kasama kahit hindi nakikita;
Mamatay man ako sa laban, panatag ako dahil alam kong kasama ko Siya at hindi ako nag –
iisa.



SANA MAY AMA AKO



MARICHEL V. MIRAFLORES
Teacher II
Palawan National School

Sana mayroon akong Ama gaya ng iba...
Para may lalambingin ako kapag ako'y natutuwa
Para may mapagsabihan ako kapag may nadaramang kalungkutan
Sana ang aking Ama ay nasa piling ko, para may umalo sa akin habang umiiyak.

Bata pa lang ako...
Ang aking Ama'y pumanaw na, hindi ko batid ang dahilan
Sabi nila may malubhang sakit, sabi naman ng iba'y nilason daw
kaya ngayon ako'y isang ulila

Ako'y nagtatanong...
Bakit agad siya kinuha sa akin?
Ito ba ang dahilan para ako'y maging mabuting anak?
Naghahanap ng kasagutan sa mga katanungang laging umuukilkil sa aking isipan.

Ako'y nahihirapan...
Kailangan ko ang kalinga ng Ama para maging kumpleto ang aking buhay
Kailangan ko ang kaniyang atensyon para ako'y maging ganap na nilalang
Kailangan ko ang kaniyang pagmamahal nang sa gayon hindi na ako lumuluha.

Hirap na hirap na ako...
Gusto ko nang sumuko, hindi ko mapigilan ang aking sarili
Nais ko na itong wakasan, pakiramdam ko'y walang kabuluhan ang buhay
Bakit pa ba ako nabuhay sa mundong ito?

Sa pagpanaw ng aking Ama...
Ako'y nahihalay sa aking ina at mga kapatid
Pumunta sa lugar na aking pinapangarap
Lugar na akala ko'y paraiso ngunit ako'y nagkamali

Ang lugar na ito ang nagpaparusa sa akin
Lugar na nagdulot ng labis na kalungkutan sa aking buhay
Sana'y hindi na lang ako nangarap, gusto ko nang umalis
Gusto ko nang umuwi sa aking pinanggalingan.

Sa kabilang banda'y...
Ang lugar na ito ang nagturo sa akin para matutuhan ko ang aking mga pagkakamali
Para maging matatag sa mga problema na dumadating sa aking buhay
Ang lugar na ito ang nagturo sa akin upang maging mabuting nilalang.

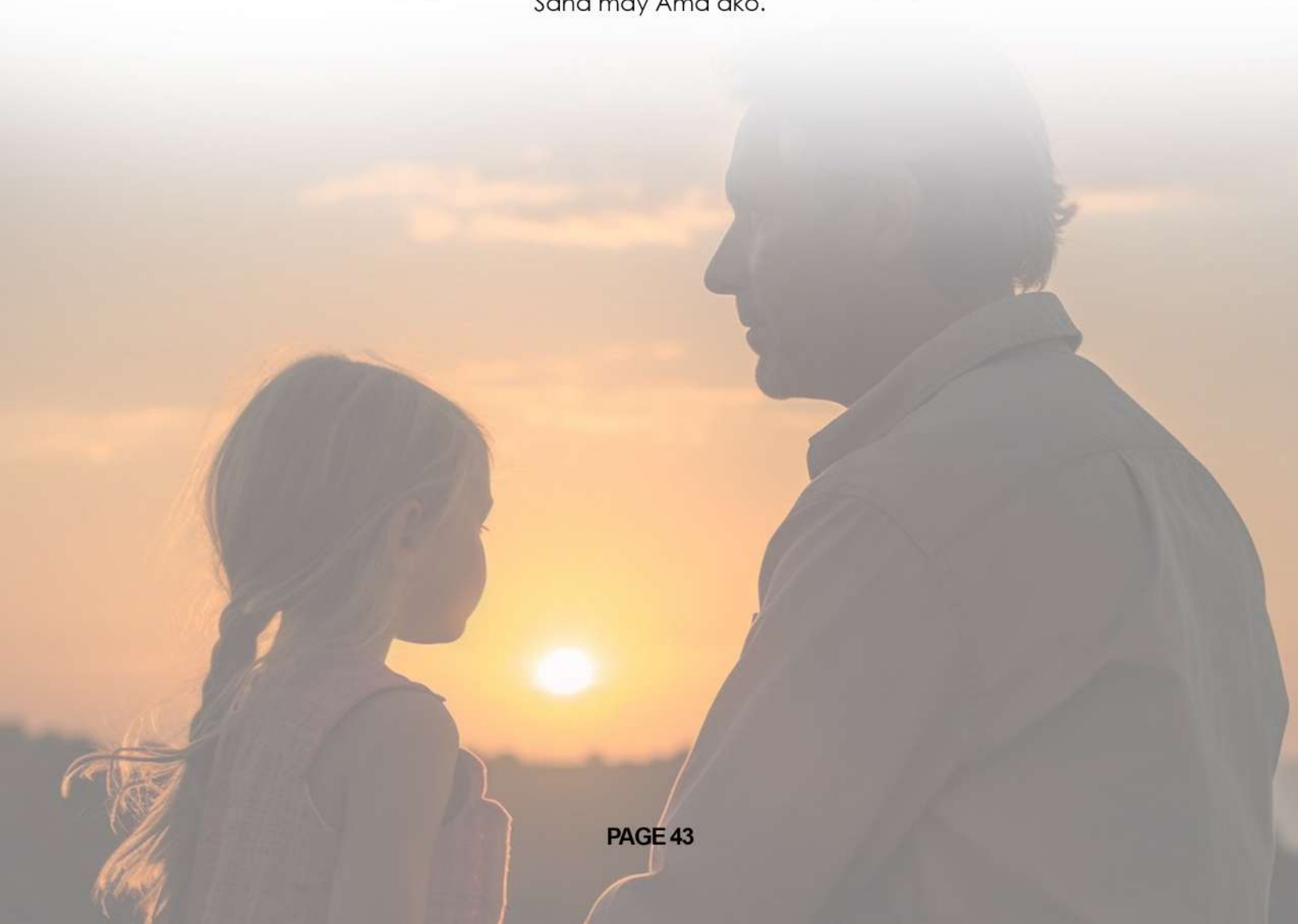
Simula nang pumanaw ang aking ama...
Mundo ko'y naging mapanglaw
Nadarama ko ang kasiyahan kung kapiling ko ang aking ina at mga kapatid
Sinasabi nilang ako'y masiyahing tao
Ngunit di nila alam na ito'y pagbabalatkayo lamang

Sa kaibuturan ng aking puso...
Nadarama ko ang walang hanggang kalungkutan
Sana sa bawat ngiti ng aking labi gayundin ang aking kalooban
Sana matagpuan ko na ang kaligayahang hinahanap ko.

Hindi ko makakalimutan ang aking Ama...
Ang kaniyang mga alaala ay mananatili magpakailanman sa aking puso
Ang kaniyang pagmamahal na wagas
Lakas ko sa pagharap sa mga daluyong ng buhay

Nakakainggit ang mga batang may ama...
Dahil may gumagabay sa kanilang paglaki
May umaalalay kapag sila'y nadadapa at tinutulungang bumangon
Dahil maipagmamalaki nila ito sa pagiging ulirang ama.

Higit sa lahat ay may nagmamahal sa kanila
Nagtuturo sa mga bagay na walang hinihinging kapalit
Maging mabuting nilalang para sa Poong Maykapal
Sana may Ama ako.



Pilipinas, Mahal mo ba Ako?



ANGIE LYKA L. GALAROZA
Teacher II
Palawan National School

Sa dami ng propesyon, bakit ikaw pa?
Sabi kasi nila napakapraktikal kung pipiliin kita.
Maraming kabataan ang ninanais ka,
Minamahal ng sinoman
Ngunit hindi yata ng pamahalaan,
Na buong buhay mo'y sa kanya inilaan.

Kaalamang taglay napakinabangan
Di lamang ng kabataan
Maging ng sambayanan
Ngunit bakit ganoon, ganito, at ganyan?
Tila halaga mo'y hindi nila ramdam
Kaya't nakalimutan ang pangakong sa iyo'y tinuran.

Sinumpaang nilang pag-unlad iyong kinapanabigan
Maraming nabuong plano sa iyong isipan,
Duplikadong pangako'y sirang plaka kung turingan.
Ilang tao na ba ang pumalit sa upuang pinag-aagawan?
Ang pangarap mong pag-unlad
Hanggang ngayon ay isang malaking katanungan.

Kailan nga ba mapapansin at pahahalagahan
Ang sakripisyo't pagtitiis mo para sa bayan?
Nang kariwasaa't kaginhawaa'y di na lumisan
At ang pangarap na pag-unlad ay makamit ng tuluyan,
Hindi sa ibang bayan na dayuhan ang laman
Kundi dito sa bayang una mong minahal.

Ipinakita mong dedikasyo'y walang kapantay
Naging magulang ka ng mga kabataan,
Sa apat na sulok ng silid-aralan,
Hindi lamang pagtuturo ang iyong ginampanan
Naging doktor ka't ginamot ang kanilang kamangmangan,
Ang dunong ay nakamit at napakinabangan.

Kaalamang ibinahagi mo'y ginamit nang walang katapusan
Sa pagbuo ng pangarap, ng bayan, at ng sangkatauhan.
Ang pag-unlad ay nakamit ngunit hindi ng ikaw
Kung hindi ng mga kabataang nabiyayaan
Ng iyong talinong nagbigay-buhay
Sa bayang hindi ikaw, ang pinahalagaha't minahal.

Mas mahalaga ba silang mga hinubog mo?
Kaysa sa iyo na kung di nagsakripisyo'y
Walang matatamo ang bayang ito
Sapagkat walang propesyong makahihigit sa iyo.
Ang lahat ng ito'y nagmula sa galing mo,
Ang pag-unlad nila ay pag-unlad mo.

Kaya't sana'y 'wag nilang ipagdamot
Tinuran nilang pangako'y maging totoo,
Ipakita't iparamdam nila ang pagmamahal sa tulad mo
Na higit pa sa yaman ang kahalagahan dito sa mundo,
Sana'y masagot nila ang katanungan mong...
Pilipinas, mahal mo ba ako?

Katawan Na May Tinta



KENNY GREG D. MONTEROLA
Teacher I
Antipuluan Elementary School

Mga matang mapanghusga, mga bibig na di maisara
Patuloy sa pagpukol ng mga salitang sa tainga ko'y halos magbara.
teacher ka pala bakit di halata? galing ka ba ng kulungan kailan ka lumaya?
Mga katanungang pabiro ngunit may halong pangungutya
pagpapahiwatig ng tila di pagkatuwa
Mga hindi mabagong kaisipan na pinagmumultuhan parin ng nakaraan
Wag sanang gawing batayan ng aming kakayahan
ang mga obrang pinaghirapan sa aming katawan
Ako ay isang maestro na may obra maestra na mas piniling sa balat ko ang sining ay ipinta.
Mga matang mapang estima mga bibig na di maipahinga
mga komentong nagiging sanhi ng pagdungo ng aking tainga
Sa tuwing masisilayan mga imahe sa aking katawan
ginuhit gamit ang tintang kulay itim, asul at pula.
Mga indibidwal na madaling pinagpasyahan
ang aking taglay na kakayahan
base lamang sa pansariling opinyon at panlabas kong kaanyuan
Sa bawat pagpukol ng realidad
at ang di mapatid na pisi ng makitid na kamalayan
Patuloy ko paring paninindigan ang tungkuling sinumpaan
hubugin ang kabataan tungo sa kaunlaran ng kaalaman
sa kabila ng mantsa ng tinta sa aking katawan.
Pagbangon sa umaga na may dedikasyon na sandata
fangan-tangan ang sisidlan na puno ng pag-asa.
Pagsasalin ng karunungan sa mga murang kaisipan
may misyong buksan ang pintuan
sa oportunidad ng pagkadalubhasa sa katotohanan.
Sapagkat pagtuturo ang pinasok naming larangan.
Propesyong may kaakibat na hamong mabigat
mga pasakit na katumbas ng pagtusok ng karayom sa aming balat.
Di ko nais iparating na tama ang naging desisyon
Ito'y sariling pamamaraan upang labanan ang depresyon
nagiging sanhi sa pagpapalamon sa emosyon.
Gusto ko lang ipaliwanag ang aking panig
na sa bawat pagkakaiba man ng hitsura
may mga espesyal na katangian na hindi pwedeng ihambing sa iba.
Ibig kong ipagbigay alam na sa bawat imaheng sa balat ko'y ipininta
may mga katumbas na problemang pinagdaanan na naibsan
sa pamamagitan ng pabuburda ng tinta sa aking katawan.

Mali man sa iba ang aking pamamaraan sa pagharap sa problema sa mundo
Isa lang ang sigurado ako na hindi nito mahahadlangan ang dedikasyon ko
at yun ay hubugin ang bawat kabataan sa maunlad na kinabukasan
marahil ay para sa nakararami
mga balat nami'y marumi
subalit dito kami kumukuha ng kumpyansa sa sarili
Mayroon paring iilan na nagsasabing hindi kami katanggap-tanggap sa lipunan
Mga taong tila mabubuhay parin sa lumang kasanayan
May kanya-kanya tayong paraan sa pagtanggap ng kagandahan
Marapat lamang na iwasan natin ang paghusga
sapagkat mahirap makita ang tunay na ganda
kung aasa ka lamang sa iyong dalawang mata.
kahit ako'y isang gurong balot ng tinta sa katawan.
Ako'y isang tao paring mapagmahal at may damdaming nasasaktan.

Ang Iyong Mga Ngiti



EDNA FE A. LESIAN
Teacher I
Jose Rizal Elementary School

- I. Pagkagising sa umaga, una mong makikita
Magandang kapaligiran, maaliwalas na mukha
Isang ngiti nang pagbati iyong makukuha
Bigay ng iyong kapwang sa iyo'y nangungumusta!
- II. Bakit nga ba mahalaga ang iyong ngiti kaibigan?
Ito'y tanda ng pagbati't paggalang sa'yong kasamahan
Sa pamamagitan ng mga ngiti, iyong mararamdaman
Pagkakaisa at pagmamahalan sa inyong samahan.
- III. Sa bawat araw na dumaraan ay ating nararanasan
Mga balakid at pagsubok na hindi maiiwasan
Pakikitungo sa kapwa minsa'y naapektuhan
Nang mga damdaming sakit ang nararamdaman.
- IV. Bilang isang kawani ng ating pamahalaan,
Pagmamalasakit sa kapwa'y dapat nasisilayan
Pagpapakumbaba sa kapwa at pag-uunawaan
Tunay na kailangan ng ating samahan!
- V. Kaya lagi nating isaisip at pakatandaan
Taus pusong pagngiti sa kapwa ang s'yang laging daan
Nang isang matiwasay at matagumpay na samahan
Sa organisasyon ng pamahalaan na ating kinabibilangan.

Priceless Gift



ANNA MARIE B. DACASIN
Teacher I
Plaridel National High School
Aborlan South District

I am a mother of two beautiful angels
Blessed and Psalm are their names,
They are blessings sent from heaven above
Like precious Jewels declaring God's love in my life.
They are my stars that make me brighter.
The sun that never fades, and the moon that never wanes,
They are my fire and air who keeps me alive,
They are my universe which I live for the rest of my life.
How much their lives will cost?
How much do their lives matter most?
They are inimitable and incomparable,
Because their worth is beyond immeasurable
Oh, my beautiful daughters, my heart is filled with Joy
You two, have a heart, and soul so pure and sweet,
I love you more than words can tell
You two are a priceless gift that I will keep forever...



LESSON PLANS

21ST CENTURY LITERATURE FROM THE PHILIPPINES AND THE WORLD



SHAYAMI B. VILLADOLID
Teacher III
Palawan National High School

A. Content Standards	The learner will be able to understand and appreciate the elements and contexts of 21st century Philippine literature from the regions.
B. Performance Standards	The learner will be able to demonstrate understanding and appreciation of 21st- Philippine literature from the regions through: 1. a written close analysis and critical interpretation of a literary text in terms of form and theme, with a description of its context derived from research; and 2. an adaptation of a text into other creative forms using multimedia.
C. Most Essential Learning Competencies	Writing a close analysis and critical interpretation of literary texts and doing an adaptation of these require from the learner the ability to identify: Writing a close analysis and critical interpretation of literary texts and doing an adaptation of these require from the learner the ability to identify how different contexts enhance the text's meaning and enrich the reader's understanding.
II. CONTENT	Study and appreciation of literary texts from the different regions.
III. LEARNING RESOURCES	
A. References	1. Reading Materials: Manuel E. Arguilla "How My Brother Leon Brought Home a Wife" Bienvenido Santos "Immigration Blues" N. V. M. Gonzalez "The Tomato Game" Enrile O. Abrigo Jr. "May Mahabang Pila sa Kagubatan" MJR "Shadows of the Past" 2. Module: 21st-CENTURY-LITERATURE-Q1_Module-3 3. Online Source (Retrieved April 3, 2023): https://www.quipper.com/ph/file:///C:/Users/user/Downloads/Literature_Unit%201_Contextual%20Reading%20Approaches.pdf
B. Other Learning Resources	TV monitor, handouts, PowerPoint presentation, visual aid, videos
IV. PROCEDURES	Teacher's Guide
A. REVIEWING OR INTRO.	Directions: Accomplish the Compare and Contrast Graphic Organizer to show the similarities and differences of the previous and 21st century literary genres.
B. PRE-ACTIVITY	✓ Group the students according to their inclinations where they will guess the dominant emotion of the video by raising an emoticon banner . (This will enable them to reflect on their judgement)
C. DAILY OBJECTIVES	At the end of the lesson, the learners will be able to: 1. Identify the different ways to evaluate a literary text by examining its biographical context, sociocultural context, and linguistic context; 2. Analyze the literary texts through the different contexts; and 3. Produce creative analysis based on the different literary contexts.

D. ACTIVITY	<p><u>Presentation of the definition and classifications of literary context.</u></p> <ul style="list-style-type: none"> - Literary Context is the background of the text which may have been influenced by the author's life, language, society, and culture. - Three Literary Contexts <ol style="list-style-type: none"> a. Biographical Context - refers to the author's life and the factors that influenced and shaped it, such as social, political, and economic conditions during his or her time. b. Linguistic Context - the meaning of a literary piece is revealed by looking into the texts words, sentences, patterns among others. c. Sociocultural Context - requires the readers to analyze the social, economic, political, and cultural standpoint of the literary text. 												
E. ANALYSIS/ ABSTRACTION	<p><u>Analysis of Sample Texts for each Literary Context</u></p> <ol style="list-style-type: none"> 1. Biographical To analyze a story, consider some facts about the author. 2. Linguistic Context To analyze a story, consider the language used in the texts and its implication. 3. Socio-cultural Context To analyze a story, consider the situation of the nation and society. 												
F. DEEPENING	<p>Directions: Identify the given prompts according to their classification: Biographical, Linguistic, or Sociocultural Context.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;">PROMPTS</th> <th style="width: 20%;">LITERARY CONTEXT</th> <th style="width: 20%;">PROMPTS</th> </tr> </thead> <tbody> <tr> <td>✓ Is there oppression or class struggle?</td> <td>Biographical Context</td> <td></td> </tr> <tr> <td>✓ What were the circumstances that happened to the author before the writing of the text?</td> <td>Linguistic Context</td> <td></td> </tr> <tr> <td>✓ Does the language help in delivering and understanding its content?</td> <td>Sociocultural Context</td> <td></td> </tr> </tbody> </table>	PROMPTS	LITERARY CONTEXT	PROMPTS	✓ Is there oppression or class struggle?	Biographical Context		✓ What were the circumstances that happened to the author before the writing of the text?	Linguistic Context		✓ Does the language help in delivering and understanding its content?	Sociocultural Context	
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G. APPLICATION	<p>Directions: Analyze a text by providing answers and information on the literary context assigned to the groups.</p>												
H. GENERALIZATION ABSTRACTION	<p>Directions: Fill in the blanks with appropriate words/ phrases from the box.</p> <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-bottom: 10px;"> societal issues linguistic context experiences biographical facts </div> <ol style="list-style-type: none"> 1. Authors use _____ in their literary work. 2. The _____ of the author can influence his or her work. 3. Readers acquire insights about the _____ by analyzing the words, sentences, patterns, imagery, etc. in it. 												
I.ASSESSMENT	<p>Directions: Produce a creative analysis of the story "May Mahabang Pila sa Kagubatan" on your assigned context.</p> <ul style="list-style-type: none"> - Actors guild group will do a role play (<i>sociocultural</i>) - Creative illustrators will produce a drawing/illustration (<i>biographical</i>) - Literary masters will present a poetry (<i>linguistic</i>) 												
J. ASSIGNMENT													
V. REMARKS													
VI. REFLECTION													

ENGLISH FOR ACADEMIC AND PROFESSIONAL PURPOSES



MANUELITA M. VILLARAMPA
Teacher II
Palawan National High School

I. OBJECTIVES			
A. Content Standards	At the end of the lesson, the learner acquires knowledge of appropriate reading strategies for a better understanding of academic texts.	PE & Health Class Homeroom Guidance Remediation and Intervention activities	At the end of the lesson, the learner acquires knowledge of appropriate reading strategies for a better understanding of academic texts.
B. Performance Standards	The learner produces a detailed abstract of information gathered from the various academic texts read.		The learner produces a detailed abstract of information gathered from the various academic texts read.
C. Learning Competencies	MELC: The learners will differentiate language used in academic texts from various disciplines. Specific Objectives: 1. Identify features of academic language; 2. Distinguish language used in academic texts from various disciplines.		MELC: The learners will use knowledge of text structure to glean the information he/she needs. Specific Objectives: 1. Identify types of text structure; 2. Use knowledge of text structure to glean information.
II. CONTENT			Gleaning Info using Text Structure
III. LEARNING RESOURCES			
A. References	CLAS q1 WEEK 1		CLAS q1 WEEK 2; English for Academic and Professional Purposes-reader; first edition,2016.
B. Other Learning Resources			
IV. PROCEDURES			
A. <u>REVIEW OR INTRODUCTION</u> Reviewing previous lesson or presenting the new lesson	Review previous lesson. Activity: Let the students give definitions about the term "academic language". They will answer this question: What are the key words to easily understand the term mentioned?		Review previous lesson. Activity: Let the students look and observe around the class. As they read something, ask them if how information in a written form are organized. From there, ask if they easily understood the content of the reading material. If yes, it will now lead them to the simple definition of patterns of development in writing.
A. DAILY OBJECTIVES Establishing a purpose for the lesson	1. Express understanding about Academic Language; 2. Identify the 4 features of academic language; 3. Differentiate academic writing to non-academic writing.		1. Define what is pattern of development; 2. Identify the different types of pattern of development and its description. 3. Compare and contrast the two texts in terms of words and sentences usage.

ABSTRACTS

MENTORING AND TECHNICAL ASSISTANCE OF MASTER TEACHERS IN THE DIVISION OF PALAWAN, DEPARTMENT OF EDUCATION



RONALYN B. CONALES

Teacher III

Princess Urduja National School
Division Of Palawan, Department Of Education



ROMELYN T. DACANAY

Assistant Professor III
College of Education
Western Philippines University



DAVID R. PEREZ

Associate Professor V
College of Education
Western Philippines University

The study was conducted to assess the mentoring and technical assistance provided by Secondary School Master Teachers in assisting beginning teachers. Frequency count, percentage, and Spearman Correlation Coefficient was used.

Results revealed that the majority of the Master Teachers fall from the age bracket of 42 to 57 years old, most of them are male, earned their masters units, have 11 to 20 years in service, with 1 to 3 years as Master Teacher, mostly the field of specialization are English and Social Studies, with 3 and below ancillary services rendered, and attended 3 to 4 essential training.

Findings showed that Secondary Master Teachers display an advanced level of performance of mentoring skills and technical assistance as perceived by beginning teachers and school heads in terms of community linkages and professional engagement, and personal growth and professional development.

Master Teachers were also perceived to perform their mentoring skills and technical assistance to a great extent in terms of content knowledge and pedagogy, curriculum and planning, assessment and reporting, and personal growth and professional development.

Moreover, the profile of Master Teachers was not significantly correlated with their mentoring skills and technical assistance. Similarly, the profile of beginning teachers does not correlate with their perceptions of the mentoring skills and technical assistance of their Master teachers.

Further, perceptions of beginning teachers and school heads do not significantly differ as to the mentoring skills and technical assistance of Master Teachers.

KEY WORDS: *Master Teachers, Mentoring, Technical Assistance Skills*

PANTAWID PAMILYANG PILIPINO PROGRAM (4PS) BENEFICIARIES IN SELECTED SCHOOLS IN THE DIVISION OF PALAWAN



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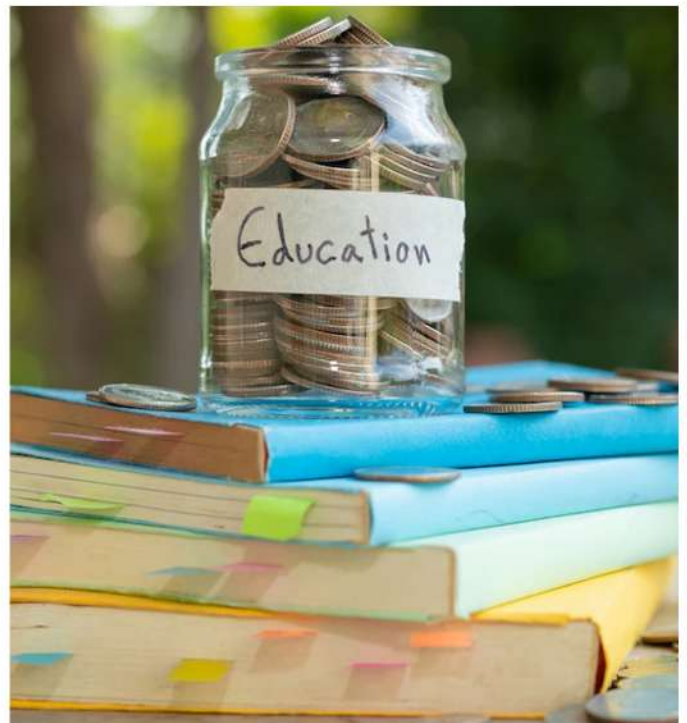


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This study generally aimed to determine the challenges by the learners and parents in the implementation of the 4P's and its significant relationship on learners' profile and the challenges encountered by the respondents.

Learner recipients and parent beneficiaries experienced the program's positive outcomes. Learner have not encountered any significant challenges with the program implementation regarding financial support, parental support, and medical health. Their school needs are provided for, and they receive considerable support from their parents. The only cited problem is the weak financial literacy of the parents. Meanwhile, the parents quantitatively disagreed with this sentiment of their children about budgeting. They have also pointed out that the program's financial assistance was minimal; hence they need to look for alternative sources of income. Some parents cited discrepancies in the program monitoring and recruitment system and their struggle to provide for the health needs of their children.

Keywords: Challenges, Pantawid Pamilyang Pilipino Program And Learners





JERGEN JEL CINCO LABARIA, PhD
Western Philippines University
Associate Professor II
Campus Administrator
Quezon Campus

This is to acknowledge Jergen Jel Cinco Labaria for her exceptional leadership in promoting and enhancing productivity in research and publication among graduate students (MEM 206 & MEM 607- Communication in Educational Management) of Western Philippines University

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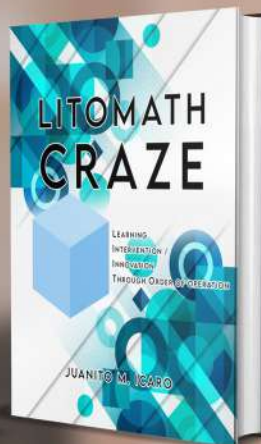
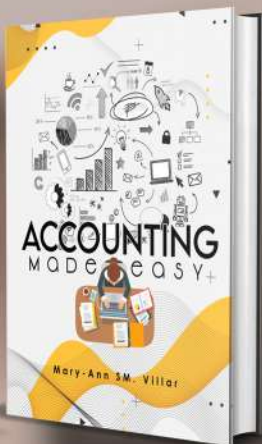
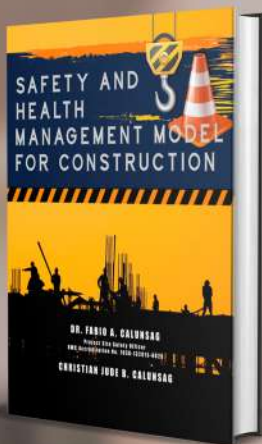
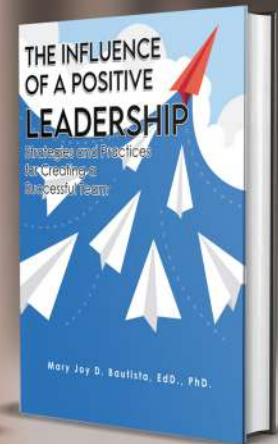
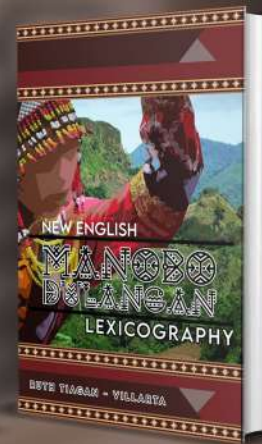
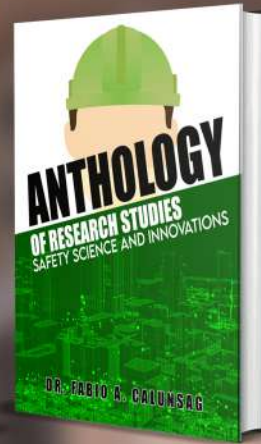
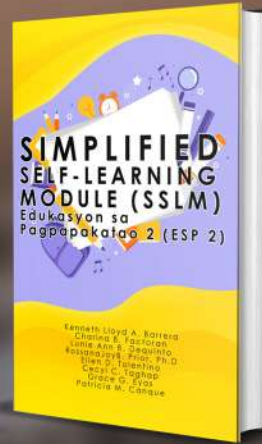
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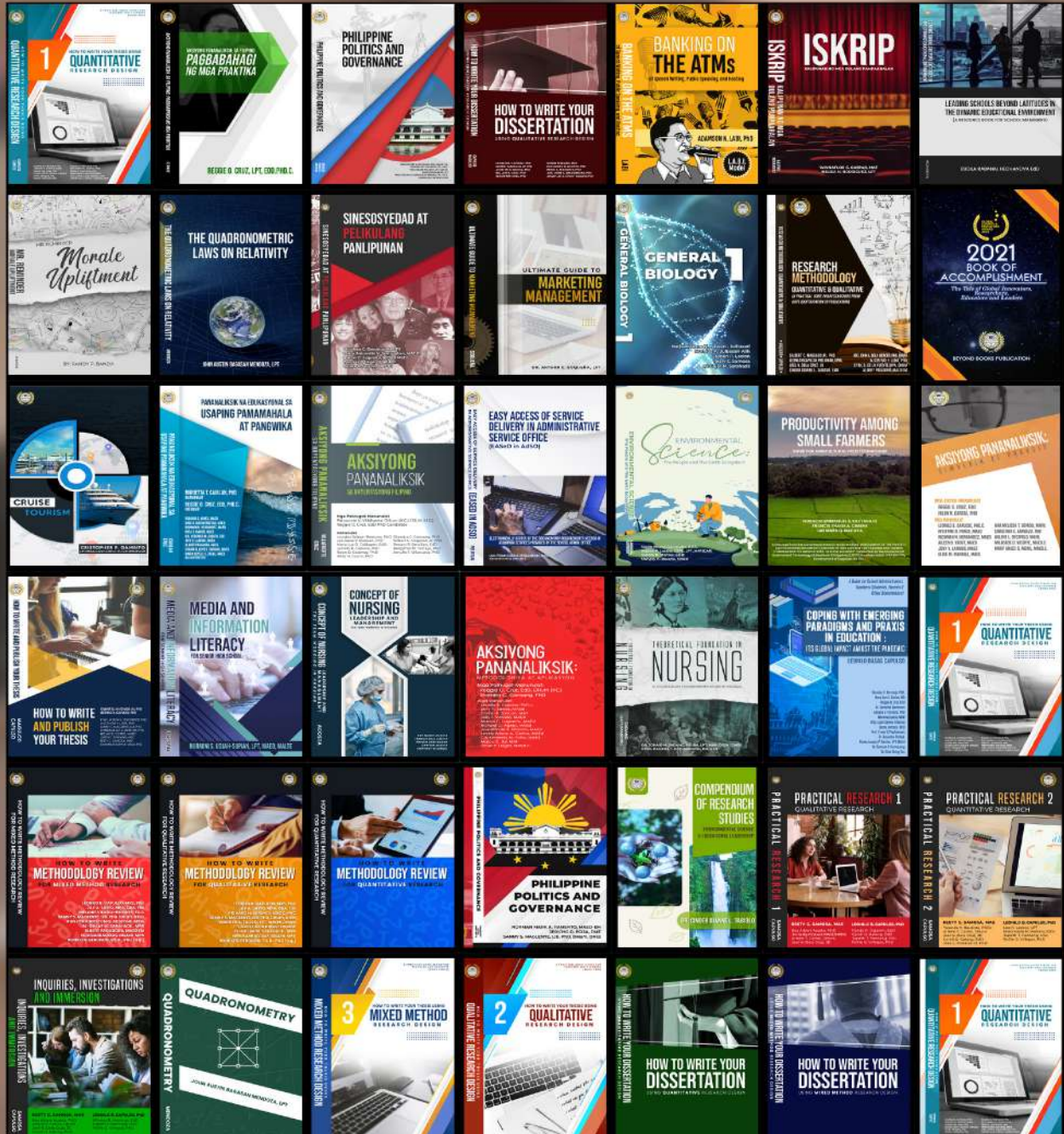
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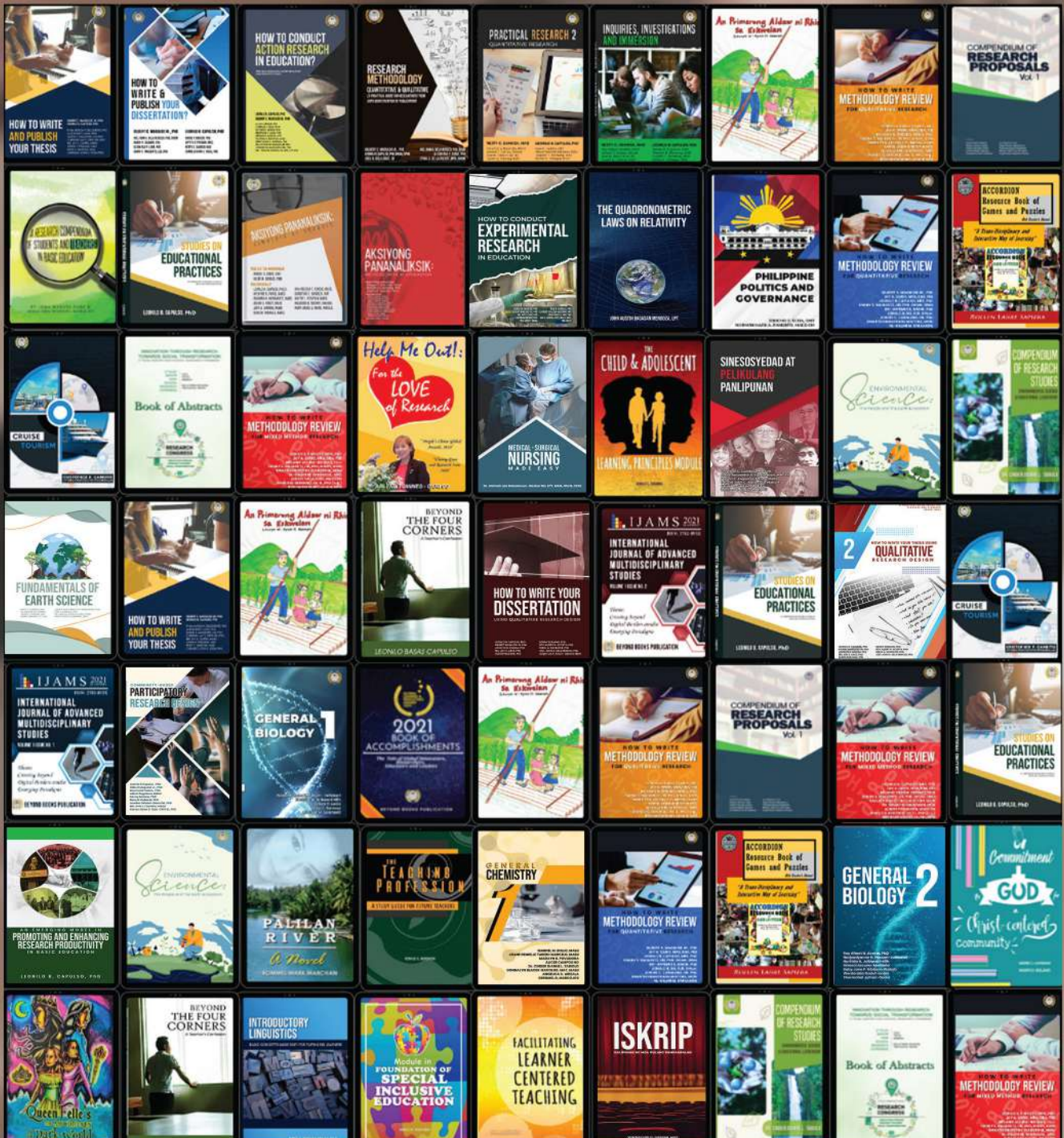
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