

SS starlight

THE OFFICIAL MAGAZINE OF STELLA MARIS ACADEMY OF MALOLOS INC.



September 2022 – July 2023



ABOUT US

At SMA, we provide a top-notch education that emphasizes not only academic excellence but also personal growth, development of leadership potentials, desirable values, good citizenship, and skills for life-long learning.

Our caring and dedicated teachers work hard to ensure that every student reaches their full potential.

CONTACT US

ADDRESS |

P. Valenzuela St, Brgy. Bulihan,
City of Malolos, Bulacan 3000

LANDLINES |

+63 44 791 9911 or +63 44 791
6736

CELL NO. |

+63 917 523 9911 or +63 908 896
2004

EMAIL |

sma.admin@stellamaris.edu.ph

STARLIGHT EDITORIAL BOARD

S.Y. 2022—2023



JHS English Editor-in-Chief

Nicole Faith Sarmiento

Elementary English Editor-in-Chief

Iesha Robyn C. Castro

JHS English News Writers

*Lorianne Llana P. Joaquin
Bea Bianca C. Uy*

Elementary English News Writer

Janeene Denelle R. Bahuyot

JHS English Feature Writers

*Sheramie C. Cruz
Nathan Owen S. Gaela*

Elementary English Feature Writer

Christina Alexa B. Tiongson

JHS English Science News and Feature Writer

Paolo Fritzmark C. Surmieda

JHS English Photojournalist

Rene M. Solamo II

Elementary English Photojournalist

Karian Isabelle L. Soto

JHS Editorial Cartoonists

*Sean Vincent A. Azada
Samantha Nicole A. Briones*

JHS Filipino Editor-in-Chief

Reena Czarel M. Santiago

Elementary Filipino Editor-in-Chief

Williana Ainsley L. Pasco

JHS Filipino News Writer

Reign Crystalina A. Licuanan

Elementary Filipino News Writer

Ralph Emmanuel R. Pineda

JHS Filipino Feature Writers

*Gio Nathaniel G. Dela Cruz
Leanna Margarette D. Marcelo*

Elementary Filipino Feature Writer

Abygaila Keshia M. Manalad

JHS Filipino Science News and Feature Writer

Cassandra Sophia A. Lava

JHS Filipino Photojournalist

Louise Ann SA. Lapuz

Elementary Filipino Photojournalist

Elaiza Chris V. Esguerra

JHS Editorial Cartoonists

Sean Vincent A. Azada

Photojournalism Adviser

Ms. Jill F. Ramirez

Editorial Cartooning Adviser

Ms. Princes Jerone T. Dacumos

Science News and Feature Writing Adviser

Mr. Joshua DC. San Jose

Feature Writing Adviser

Ms. Katrina Faith C. Esguerra

News Writing Advisers

*Ms. Janine M. Caballero
Ms. Sheryl Marie P. Dela Cruz*

Editorial Writing Adviser

Ms. Sheryl Marie P. Dela Cruz

School Paper Adviser

Ms. Sheryl Marie P. Dela Cruz

Consultants

*Ms. Rei Katrin C. Marcelo
Ms. Nenita C. Cruz*

TABLE OF CONTENTS

| TALAAN NG NILALAMAN |

EDITORIAL BOARD

NEWS

SMAers Elect Junior Polaris Officers	3 - 4
SMAers Celebrate Halloween Party	5 - 6
JHS Celebrate Halloween Party	6 - 7
SMAers Prepare for Big Day	8 - 9
JHS Students Perform in Big Day 2022	9
SMA Celebrates 19th Founding Anniversary	10
SMA's Preschool and SPED Students Delight in Fun-Filled Celebration	11
Juniors and Seniors Shine in Glitter and Glamor Prom Night	11 - 12
Kindergarten 2 Pupils Finish their Preschool Years	12 - 13
SMA Holds 17th Elementary Graduation Rites	13 - 15

EDITORIAL

Mano Po, A Filipino Legacy	15 - 16
Social Media : A Harmless or Toxic Pill	16 - 17

LITERARY

Once Upon a Chevalier's Adroitness	17
Fake	17
Nature's Benefits	17
Now, Always, Forever	18
The Beauty Around Us	18

FEATURE

Sharing the Importance of Multi-Intelligence Classes at SMA	18 - 19
The Talent in One's Hand	19 - 20
Bad Years, Good Words	20 - 21
The Pace of Space Exploration	21 - 23

ENTERTAINMENT

BALITA

Full Face-to-Face Classes, Inilunsad na sa SMA	24 - 25
Mga Bagong Opisyal ng Polaris, Inihalal	25 - 26
Mga Opisyal ng Polaris, Lumahok sa Leadership Training	26 - 27
Mga Bituin Nagniningning sa Big Day	27 - 28
19th Founding Anniversary Ipinagdiwang ng SMAers	29
Mga Mag-aaral sa Ikatlong Baitang, Tumanggap ng Unang Komyunyon	30
Idinaos ang Moving-Up Ceremony ng mga Mag-aaral sa SPED	25 - 26

EDITORIAL

Bagong Hamon sa Pag-aaral	31 - 32
Teknolohiyang Nakakahumaling	32
Larong Uso Ngayon o Laro Noon	33

LATHALAIN

Kumikislap na Samahang Stellar	34
Pagdiriwang ng Paskong Pinoy	35

Written by : Lorianne Llana P. Joaquin

Elect Junior Polaris Officers



YOUNG STUDENT LEADERS. New batch of Junior Polaris officers stand proudly on stage on October 7, 2022 after being pronounced as the newly-elected officers for school year 2022-2023 – ready to lead, inspire, and serve the SMA student body.

This school year's Junior POLARIS Officers were elected to various positions last October 7, 2022.

The said election was spearheaded by Teacher Ellene, the Guidance Counselor and Overall Chairperson of School Activities; Teacher Rei, the School Academic Coordinator and Junior Polaris Adviser; and another Junior Polaris Adviser, Teacher Ice.

The class officers from Grades 7 to 10 vied for the different positions.

A leadership seminar was held on September 30, 2022 led by Teacher Rei and the SMA Teachers who provided various intrapersonal and interpersonal-enrichment activities to motivate the class officers to further hone their leadership skills.

The election campaign period started on October 5 and lasted the next day, October 6.

JUNIOR POLARIS OFFICERS

SY 2022—2023

BEA BIANCA C. UY
Chairman

GIO NETHANIEL G. DELA CRUZ
Vice Chairman

KATRICE ANNE P. LAGMAN
Secretary

KIERA CRISTINA M. SOTO
Treasurer

CHRISTIAN RADIE C. MENDIOLA
Project Manager

TRISHA MHAYE S. ROXAS
PRO

GEOFF RASHEN B. SEBASTIAN
GRADE 7 REPRESENTATIVE

TRIXIE MARGARET C. DELA CRUZ
GRADE 8 REPRESENTATIVE

NICOLE FAITH SARMIENTO
GRADE 9 REPRESENTATIVE

PAOLO FRITZMARK C. SARMIENTO
GRADE 10 REPRESENTATIVE

In the morning of October 7, a Miting de Avance, hosted by Teacher Janine and Teacher Kat, Junior High School Class Advisers, was held. The learners who campaigned for the election stated their platforms and showed special presentations to introduce their parties.

The Kislap, Siklab, and Tanglaw are the core parties in JHS who competed in this year's Junior Polaris Elections.

In her opening remarks, SMA Directress and Principal, Teacher Nenette emphasized the value of true leadership.

"We can only hope that young as you are, candidates for the different positions in the Student Government, whether you win or lose will continue leading or directing people to the right path because you have been and will always be a good role model to everyone," Teacher Nenette stated.

The election proper immediately followed.

Paolo Fritzmark C. Surmieda, the elected Grade 10 Representative described his feelings about the event.

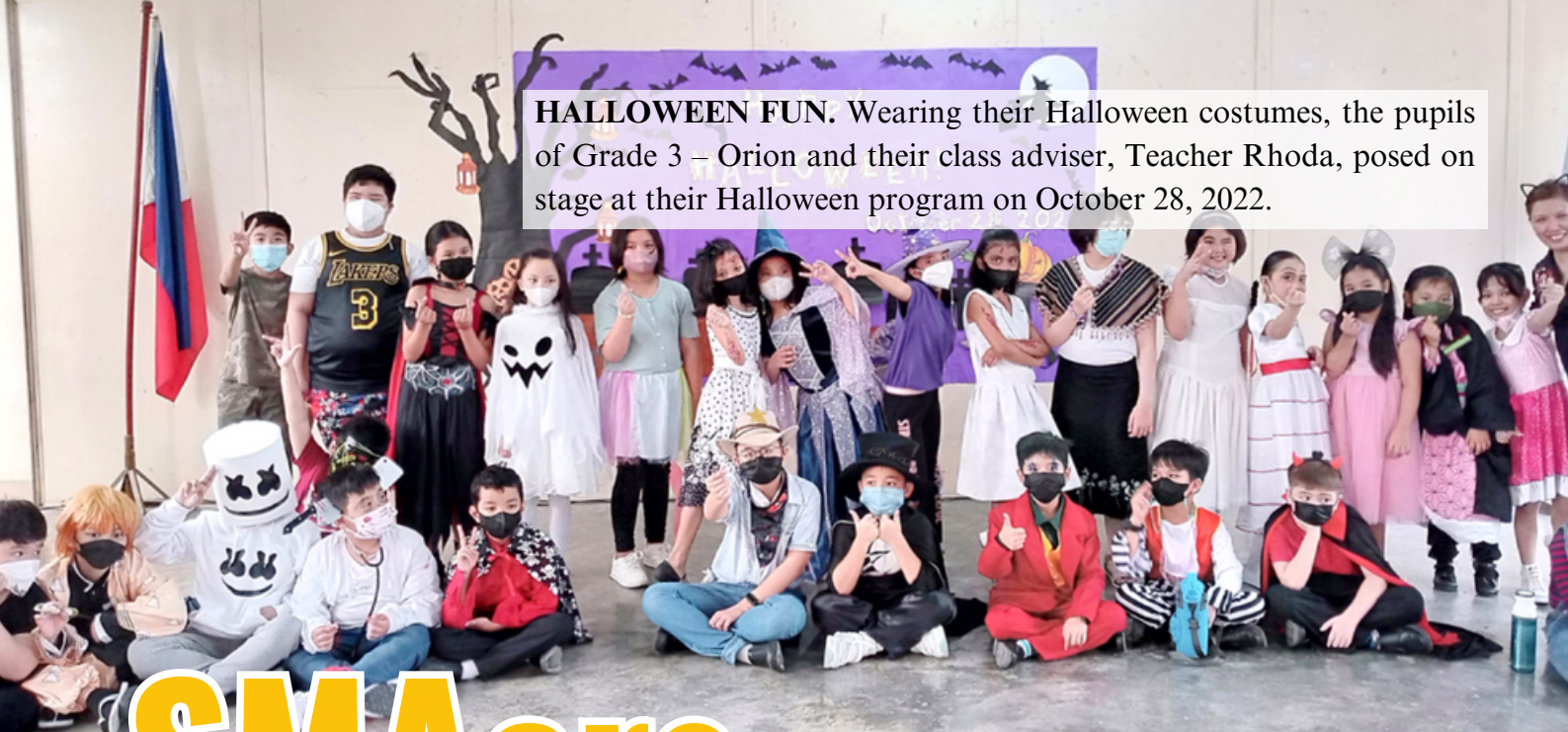
"The election season is a surreal and an overwhelming experience for me," the Grade 10-Sagittarius student said. *"I did not expect that I will be re-elected after a few years of being a Polaris officer, but I thank everyone who trusted and voted for me."*

Teacher Rei, the School Academic Coordinator, said that she is expecting the new batch of officers to implement new projects, ideas, and programs this school year. She is also hoping that they will be able to help their fellow SMAers to show the real values that they should have.

"I hope that the new officers will be more cooperative to one another, which will lead them to be more disciplined and more productive to be successful in accomplishing their projects," Teacher Rei said.

"The school expects them to have new important projects this school year, especially since this is the first time that the SMAers will vote for the Polaris officers who will constitute the student government after two years of online classes due to the pandemic," Teacher Rei added.

On October 21, the newly-elected officers took their oath before Teacher Susan, the President of the SMA Board of Directors.



HALLOWEEN FUN. Wearing their Halloween costumes, the pupils of Grade 3 – Orion and their class adviser, Teacher Rhoda, posed on stage at their Halloween program on October 28, 2022.

SMAers

Written by : Janeene Denelle R. Baluyot

Celebrate Halloween Party

Learners in the Elementary level of Stella Maris Academy of Malolos Inc. celebrated their Halloween party on October 28, 2022.

Teacher Ellene, the Guidance Counselor and Over-all Chairperson of School Activities with the assistance of SMA teachers, organized various activities for the said event.

Levels 1 and 2 in the Elementary Department held their own Halloween programs in the morning of that day.

Grade 3 – Orion, led by their class adviser, Teacher Rhoda Gaspar, hosted the Halloween program of Level 1 learners; after which Grade 6 – Aquila, led by their class adviser, Teacher Sheryl Marie Dela Cruz, hosted the Halloween program for Level 2.

The Level 1 program began with an opening prayer led by Adam Louie T. Gatmaitan of Grade 3 – Orion, Janina Veron A. Lopez of Grade 6 – Aquila delivered the opening prayer for Level 2.

The newly-elected Junior Polaris Chairwoman, Hannah Gabrielle S. Villegas, gave her opening remarks in the Level 2 Halloween program, in which she explained the important reasons why SMA is celebrating this occasion.

The hosts also shared the origin of Halloween, some trivia about it, and the reasons why Filipinos celebrate Halloween.

The Grade 3 – Orion pupils recited a Halloween poem entitled “Five Little Pumpkins” for this occasion while the pupils of Grade 6 – Aquila performed a Halloween dance to the tune of the song “This is Halloween”.

One of the highlights of the event was the announcement of the winners in the Halloween Costume contest.

05

STARLIGHT
Stella Maris Academy of Malolos

The following pupils were announced as the winners.

CATEGORY	WINNERS
BEST IN-CHARACTER COSTUME	MELODIE JOYCE B. GUNSI <i>Grade 3 - Orion</i> IESHA ROBYN C. CASTRO <i>Grade 6 - Aquila</i>
BEST RECYCLED HALLOWEEN COSTUME	ETHAN FLORENCE M. SAMPANA <i>Grade 1- Corvus</i> LIAM KEITH M. ACOSTA <i>Grade 4 - Phoenix</i>
SCARIEST COSTUME	CHRIAN L. MENDOZA <i>Grade 1- Corvus</i> JANINA VERON A. LOPEZ <i>Grade 6 - Aquila</i>



DRESSED UP FOR HALLOWEEN. Grades 4 to 6 candidates for the Best in Recycled Halloween Costume give their in-character pose on October 28, 2022 during the Level 2 Halloween program.

Before the program ended, Teacher Nenette, the school principal / directress, said in her closing remarks, *“Halloween is a fun time for kids. However, we don’t have to concentrate on the horror, evil, and death that are portrayed in the different costumes, scary movies and sounds, ghost characters and the like because these are not holy practices of remembering the souls of our departed loved ones and the dead.”*

“Halloween celebrations should always be guided by the Word of the Lord for our struggles are against the powers of the dark world,” the school principal added.

The SMA learners participated in the Treat or Treat activity with their fellow pupils and had movie-watching, too.

JHS Students Celebrate Halloween Party

Written by : Bea Bianca C. Uy

The Junior High School students of Stella Maris Academy of Malolos Inc. celebrated their Halloween party on October 28, 2022.

The Guidance Counselor and Over-all Chairperson of School Activities, Teacher Ellene and School Academic Coordinator, Teacher Rei led the JHS class advisers in organizing the event.

The Halloween party began when the JHS students, invited the Grades 4 – 6 pupils for a tour to their Halloween inspired classrooms, which they set up a week before the celebration proper.

Part of the presentation of the different JHS levels classrooms is their own Halloween act based on the theme that they have chosen.

The following is the list of the Grades 7 – 10 classes and their specific Halloween themes.

GRADE AND SECTION AND HALLOWEEN THEME	
<i>Grade 7 - Leo</i>	MAFIA TERROR
<i>Grade 7 - Pisces</i>	ALL OF US ARE DEAD (NETFLIX SERIES)
<i>Grade 8 - Taurus</i>	HAUNTED SCHOOL (INSPIRED BY 1990 LUZON EARTHQUAKE)
<i>Grade 9 - Aquarius</i>	HAUNTED PRISON
<i>Grade 9 - Libra</i>	THE PURGE (MOVIE INSPIRED)
<i>Grade 10 - Sagittarius</i>	ALL OF US ARE DEAD (NETFLIX SERIES)
<i>Grade 10 - Virgo</i>	STRANGER THINGS (NETFLIX SERIES)

After the viewing of the Halloween-inspired classroom exhibits, the JHS students attended the Halloween program conducted by the class host, Grade 10 – Virgo, under the guidance of their class adviser, Teacher Kat.

Lyric Uriel A. Aniag and Sheramie C. Cruz hosted the Halloween program.

The newly-elected JHS Polaris Vice Chairman, Gio Nethaniel G. Dela Cruz, officially opened the program by expressing his opening remarks, stating two essential reasons why Filipinos celebrate Halloween.

“Halloween is celebrated even here in the Philippines because it is also symbolic as to how we remember those who have passed away. It also represents how we ward off evil spirits and conduct this celebration in good spirits. The Philippines is home to many native mythological creatures, like the manananggal, tikbalang, kapre, duwende, and many more. Through them, part of our culture is instilled and passed on from generation to generation.”

The program continued with the sharing of interesting trivia about how Halloween and how this occasion originated.

The much-awaited presentation and announcement of winners for the Halloween Party competitions, which aimed to bring out the students’ creativity and resourcefulness in designing their Halloween costumes, producing their props, and decorating their classroom with their own chosen theme, immediately followed.

The following is the list of categories for the Halloween contests and the adjudged winners.

The Grade 10 – Virgo class gave a special Halloween treat to the audience through their song and dance performance using a mash-up of the popular Netflix series “Stranger Things” soundtrack

Teacher Nenette, the school principal / directress, capped off the program with her meaningful message in her closing remarks.

Some JHS students expressed their feelings about experiencing the Halloween party.

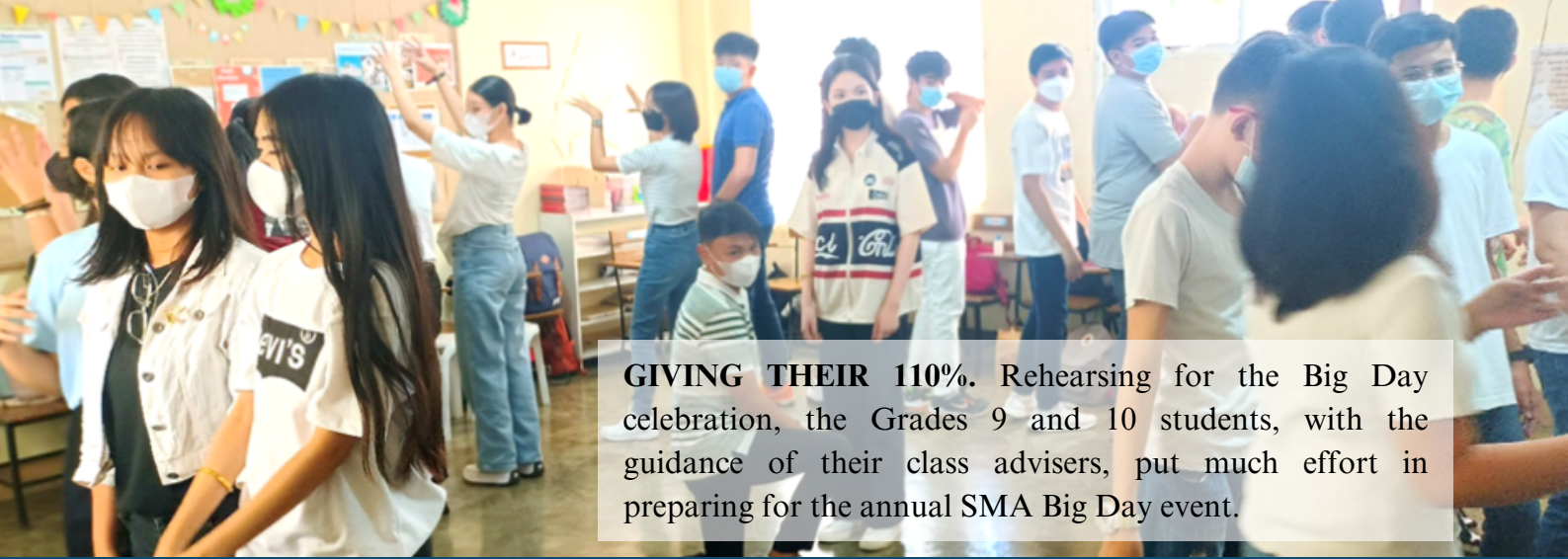
"The experience was fun and exciting. I felt confused at first, because this was my first official face-to-face Halloween party at SMA. It was like an adrenaline rush, things happening left and right. I can say it was a memorable moment," said Maica Sofia P. Sison, a Grade 9 – Aquarius student.

"This was truly something fun. I really enjoyed the event. I believe that the party became a good, exciting and tricky treat to a young girl like me as well as to my schoolmates," Ivy Natalie B. Sureta, a student from Grade 9 - Libra voiced out her emotions about being hands-on in helping prepare and decorate their classroom for the party.



MAFIA SCARE. Grade 7 – Leo students wait outside their Mafia-inspired classroom for guests who will be watching their beautifully terrifying Halloween act. This is one form of creativity that SMA stars can do during their Halloween party.

CATEGORY	WINNERS	CATEGORY	WINNERS
BEST IN-CHARACTER COSTUME	ALLISA C. SANTOS <i>Grade 9 - Aquarius</i>	BEST HALLOWEEN GROUP PERFORMANCE	GRADE 9 - AQUARIUS
BEST RECYCLED HALLOWEEN COSTUME	SEAN VINCENT A. AZADA <i>Grade 10 - Sagittarius</i>	BEST HALLOWEEN-INSPIRED CLASSROOM	GRADE 10 - VIRGO
SCARIEST COSTUME	KRIZZEL ANN JELAINE R. MAÑAGO <i>Grade 10 - Sagittarius</i>		



GIVING THEIR 110%. Rehearsing for the Big Day celebration, the Grades 9 and 10 students, with the guidance of their class advisers, put much effort in preparing for the annual SMA Big Day event.

SMAers Prepare for Big Day 2022

Written by : Lorianne Llane P. Joaquin

The Junior High School students of Stella Maris Academy of Malolos Inc. prepare for this year's Big Day celebration, an annual event held during the month of December to showcase the talents, skills, and multiple intelligences of the learners as a way of giving glory to God for these provisions.

The Big Day preparation began after the First Quarterly Examinations and Test Evaluations on November 17, 2022.

The JHS class advisers oriented the students first about the concept that will serve as the central theme of their presentations.

Rehearsals of production numbers immediately followed which consisted of dances, songs, dialogues and acting performances, and other presentations that show the multiple intelligences of the learners.

For this year's Big Day, the production of Grades 7 and 8 is entitled "Questions" which features the evolving wants of teenagers such as to be popular, to be rich, to fit in and to be free from their parents' guiding rules.

Grades 9 and 10 production, "Fifty-fifty", on the other hand, will show the bittersweet journey of true love with both its ups and downs.

In an interview with one of the JHS students, a Grade 9 student, shared her emotions about the upcoming event. *"It was tiring, but fulfilling at the same time, especially when we have to practice seriously to master our parts; yet I am looking forward to performing on stage and I am feeling hopeful about the outcome of our presentations,"* Ma. Ysabelle Aberte from Grade 9 – Libra stated.

Teacher Aura, the class adviser of Grade 9 – Libra, also added, "The Big Day rehearsals are quite exhausting, but seeing the students getting excited to practice and perform on stage makes me smile and inspired."

The Stellar clubs, also have their own share in preparing for the Big Day event.

The Sinag Tala Theater Guild and the SMA Chorale both have prepared special intermission numbers for the event, the Art Production club has constructed the Big Day backdrop for the stage, while the Starlight club, has prepared live broadcasts of the actual event.

Teacher Ellene, the Head of School Activities, has been conducting a series of meetings with the teachers to carefully plan for the event as early as October.

The Grades 7 and 8 students will hold their Big Day celebration on December 16, 2022 while the Grades 9 and 10 students will have their Big Day on December 17, 2022 both at 5:00 to 8:00 pm live at SMA.

JHS Students Perform in Big Day 2022

Written by : Lorianne Llana P. Joaquin



After two years in a pandemic, the students in Junior High School Department finally got to perform face-to-face in their Big Day presentation at Stella Maris Academy of Malolos Inc. campus on December 16-17, 2022.

The students in Grades 7 and 8 showcased their talents on the 16th of December with the theme “Questions” which was about finding life-changing answers to crucial questions in life. .

The Grades 9 and 10 students showed their talents on the 17th of December with their theme “Fifty-fifty”, a story to search for the true meaning of love and how it will stand the test of time.

A Grade 7 student shared his feelings about the occasion, *“As a transferee, it was my first time to participate in a Big Day presentation and I was really nervous while I was performing on stage. Although I felt exhausted after the performance, I felt very happy and proud of myself for I know that I gave my best in our presentation”*, Julian P. Joaquin said.



SMA’s Big Day is a much-awaited annual event that has become a tradition in this school to bring out the SMAers’ innate skills and talents through various forms like singing, dancing, acting, hosting, broadcasting, and delivering spoken poetry. It is an experience afforded to us which makes us humbly proud of ourselves for we have proven that we are really multi-intelligent.

SMA can humbly bask on the fact that the success of this big event is the product of careful planning, intelligent direction, and skillful supervision of Teacher Ellene, the Overall Activities Coordinator with the assistance of Teacher Shayne, the Auxiliary Activities Coordinator, and the patience and collaboration rendered by the teachers.

SMA Celebrates 19th Founding Anniversary

Written by : Lorianne Llane P. Joaquin



The vibrant spirit of SMAers came alive as they celebrated the 19th Founding Anniversary of their school through an exhilarating intramural event held from February 1st to 4th, 2023, at both the SMA campus and City Walk Sports Park.

However, we might ask what exactly is Intramurals, and why is it celebrated with such enthusiasm? Intramurals is not just the commemoration of the school's founding anniversary. It is an occasion for students to showcase their diverse skills, abilities, and talents, to harness their multiple intelligences. It also provides a platform for forging new friendships, creating cherished memories, and exercising leadership and followership skills.

The theme for this year's Big Day was "SMA: Continuously Journeying Towards the Unfolding of the Whole Child," and it featured a variety of competitions divided into three distinct categories: cultural, academics, and athletics.

In athletics, students competed fiercely in volleyball, basketball, badminton, and cheer dance. The cultural category showcased various talents in the following events: speech choir, poetry recitation, declamation, and the Mr. and Ms. Intramurals competition. There were academic competitions in Mathematics, General Information, Science, and Spelling Bee. Students from all grade levels were divided into four groups: Blue Butanding, Green Pawikan, Red Agila, and Yellow Tamaraw, pitting their skills and talents against one another.

When all events were over and the official scores were tallied, the coveted overall champion title was awarded to the Yellow Tamaraw team.

One of the Yellow Tamaraw team members, Christian Radie C. Mendiola, shared his memorable Intramurals experience: *"I can confidently say that my Intramurals experience was truly memorable. Winning first place in the Mathematics Quiz Bee was a special achievement for me. It was also unforgettable because I gained new friends and created joyful memories during this event,"* the Grade 10 Sagittarius student expressed.

SMA's **Preschool** and **SPED** Students Delight in Fun-Filled Celebration

Written by :

Stella Maris Academy of Malolos Inc. (SMA) was brimming with joy and laughter as its preschool and special education students enjoyed a heartwarming celebration in honor of SMA's 19th Founding Anniversary.

While the older students engaged themselves in competitive sports and academic battles during the Intramurals, the younger members of the SMA family had their special event tailored just for them. The emphasis was on fun, laughter, and creating beautiful memories.

The celebration theme is "SMA: Continuously Journeying Toward the Unfolding of the Whole Child," it truly lived up to its name as the young ones showcased their boundless energy and creativity. The event occurred from February 1st to 3rd, 2023, at the SMA campus, where colorful decorations and cheerful banners adorned the venue.

The pre-schoolers enjoyed various exciting games and activities to entertain and engage their playful spirits. Every moment was filled with excitement and wonder, from races to group games.

The special education students had fun games and a poster-making activity. They also had a very novel experience when they took part in selling goods in their own SPED booth.

The children went home with precious memories that they will carry throughout their educational journey. In a world that often moves too quickly, SMA took a moment to cherish its youngest members, reminding everyone that every child deserves a chance to shine.



Juniors and Seniors Shine in Glitter and Glamor Prom Night

Written by : Lorianne Llana P. Joaquin

Students from Grades 9 and 10 attended their first ever JS Prom on February 24, 2023 at Felizza Jazz Grand Pavilion in the City of Malolos.

The Junior- Senior Promenade is a formal event that is held to enhance the social skills of students and teach them table etiquette in a formal dinner.

At SMA, the Prom is also an annual tradition for Grade 10 students to bequeath their legacy and responsibilities to the Grade 9 students.

The Juniors participated in the Cotillion de Honor, a choreographed dance, usually a classic waltz that teaches manners and etiquette in formal balls, while the Seniors performed the Rigodon de Honor, an elegant dance in a form of a quadrille or a square formation executed by couples.

The crowning of the Prom Queen, Katrice Ann P. Lagman and the Prom King, Hamza Jabril L. Yakdi, truly highlighted the event.

Gabriel Terd S. Valderama and Nicolette B. Camua were declared as Mr. and Ms. Senior while Josh Darrel J. Lagman and Samantha Nicole A. Briones got the Mr. and Ms. Junior award.



Christian Radie C. Mendiola and Katrina G. Ilarde were the Couple of the Night while Krizzel Ann Jelaine R. Mañago and Azriel Sebastien G. Dungo bagged the Best-Dressed award.

A Grade 9 student from Libra, Janine Isabel M. Venturina, shared her experience during the event. *“This prom is unforgettable since it was a brand-new experience for me as a teenager who had never experienced something very formal like this occasion before. I feel a strong sense of euphoria as I watch my classmates having fun and also because I gain new friends in this event.”*

“I can say that our prom is very elegant. It is very special for me especially since it is my last school year in SMA. I also feel that this event is important for it helps me to prepare for adulthood”, Gabriel Terd Valderama from Grade 10 – Sagittarius said.

Kindergarten 2 - Pupils Finish their Preschool Years

The Completion Rites of Kindergarten 2 pupils was held last July 1, 2023, Saturday, at two in the afternoon at Barcie International Center (LCUP Hotel), City of Malolos, Bulacan.

The ceremony started with a moving doxology of the Kindergarten 2 pupils with the song I See You, Lord and a prayer led by Barbara C. Lopez. The Entrance of Colors was followed by the singing of the Philippine National Anthem.



Ada Celina B. Aguirre and Princess Alliyah F. Santos delivered an address to welcome the school administrators, teachers, their parents and relatives.

The pupils performed a song and dance number to the tune of When I Grow Up. This was followed by Ms. Nenita C. Cruz, School Directress, reading of the message of the Secretary of Education, Vice President Sara Z. Duterte for the completers.

The class adviser, Ms. Manuela Marie E. Cierva, presented the candidates for completion and the Directress, Ms. Nenita C. Cruz confirmed the completion of the Kindergarten 2 - pupils in Pre-school level.

Gavin Maximus K. Amaro, a nursery pupil and Wave T. Guevarra, a Kinder 1 - pupil shared their experiences on behalf of the nursery and kindergarten 1 pupils. This was followed by the distribution of Multiple Intelligences Awards, Special Citations and Academics Awards.

The completers paid tribute to their parents through a poem recitation entitled "Poems for Mom and Dad". They sang the song "You" as they gave their simple gift to their parents which contained a poem with their handprints.

The President of the Board of Directors, Ms. Susana G. Cruz gave a congratulatory message to the completers and their parents. As she ended her speech, she introduced the SMA faculty for their song "In Our Hands". This Completion Rites of the Kindergarten 2 ended with their graduation song entitled "First Grade, First Grade".

According to Ms. Michelle V. Jordan-Serrano, "This completion of the Kindergarten 2 - pupils is a big milestone as they will enter the Elementary level. Teacher Ella and I are very excited for their next journey and we wish them good luck. We are thankful with the support we received from Teacher Nenette, Teacher Ellene and all the SMA teachers who made this ceremony a big success." she said.

SMA Holds 17th Elementary Graduation Rites

Stella Maris Academy of Malolos Inc. held its 17th Elementary Graduation Rites for its Grade 6 Graduating Class on July 2, 2023 at Barcie International Center, City of Malolos, Bulacan.

The Graduating Class is composed of 44 pupils who have successfully complied with the Department of Education requirements for Elementary Course for School Year 2022-2023.

The 17th Commencement Exercises started with the processional of the Parents of the Graduates, Faculty and Staff, SMA Board of Directors and the Graduates.

Ms. Nenita C. Cruz, the school directress, confirmed their graduation in this level.

"K to 12 Graduates: Molded through a Resilient Educational Foundation" was the graduation theme issued by the Department of Education (DepEd) which emphasized the resilience, urgency, and grit of Filipino learners who can overcome any challenge with a robust educational foundation.



The Graduates sang the prayer song “Battle Belongs” which was followed by a prayer led by Hannah Gabrielle S. Villegas and Lance Mauie M. Mangampo.

The Entrance of Colors was performed by the SMA Cadets and was immediately followed by the singing of the Philippine National Anthem conducted by Christina Alexa B. Tiongson.

Janeene Denelle R. Baluyot and Janina Veron A. Lopez delivered their Welcome Address for all the attendees. The Graduates then sang their welcome song “Square Root of Possible”.

Ms. Nenita C. Cruz, the school directress, read the graduation message of the Secretary of Education, Ms. Sara Z. Duterte wherein she mentioned that “the grit and resilience of Filipino learners amid the difficulties of everyday life will continue to inspire us and empower us in building an education system that responds to the changes of our time”.

Ms. Sheryl Marie P. Dela Cruz, one of the advisers of the Graduating Class presented the candidates for graduation and shortly after, Ms. Nenita Cruz confirmed their graduation in the Elementary Level.

The Graduation Rites was highlighted by the distribution of diplomas and awards to the Graduates.

Ms. Jeimi Belleen P. Aesquivel, a graduate of SMA Batch 2008-2009, and presently working as a Programming Specialist for GMA Public Affairs at GMA Network Inc., delivered her inspirational speech for the Graduating Class.

Iesha Robyn C. Castro delivered her Speech of Gratitude to all the people who guided the Graduates to this milestone in their lives.

The Chairman of the Elementary Polaris Pupil Government, Hannah Gabrielle S. Villegas, delivered a speech to transfer the key of responsibility to the Polaris Vice Chairman and Grade 5 pupil, Williana Ainsley L. Pasco, who in turn gave a speech for the acceptance of the key of responsibility.

To express their sincere gratitude to their dear parents, Abygaile Kesha M. Manalad and Sky G. Tejuco, in behalf of the Graduates, conveyed their words of tribute which was then followed by a rendition of the Tribute to Parents song “I Choose”.

One of the parents and benefactors of the Graduates, Ms. Risha Mae Camacho gave an inspiring response on behalf of the Grade 6-parents.

Another highlight of the ceremony was the surprise announcement of the Ideal SMAer Award which was given to Janeene Denelle R. Baluyot by Ma. Elena C. Marcelo, the esteemed Guidance Counselor.

The Pledge of Loyalty was recited by the Graduates led by the Ideal SMA Child.

Ms. Susana G. Cruz, the President of the SMA Board of Directors, expressed her Words of Thanks on behalf of the school administration.

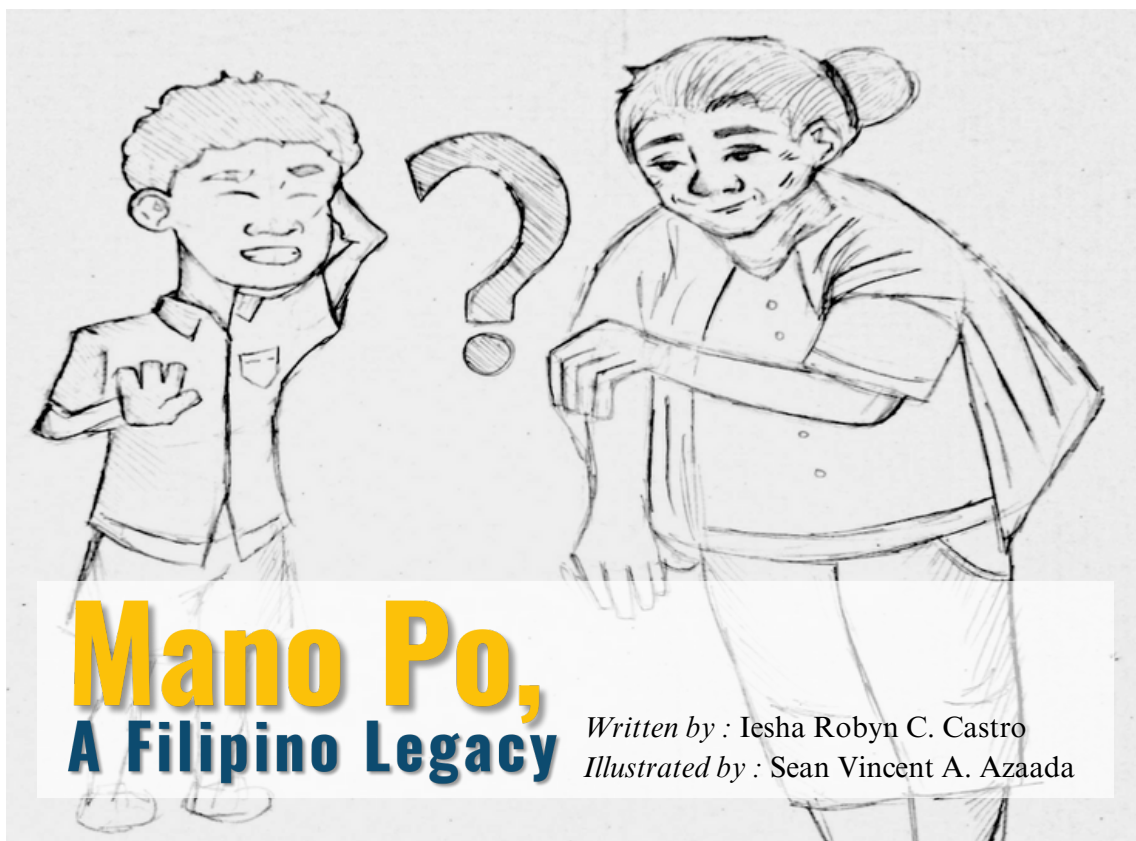
A surprise video of the memories of the Graduates was presented as SMA's Munting Pabaon to the Grade 6 Graduating Class. Another surprise for the Graduates was the Class Prophecy which featured their ambition, what they dreamed of becoming in the future.

The Graduates then heartily sang their graduation song "Time of My Life". And together with the SMA Board and Staff they sincerely sang the SMA Hymn. The Exit of Colors and Recessional truly capped the graduation ceremony with exuberance and pride.

One of the Grade 6 - Advisers, Ms. Maryshayne B. Cabigao, who was interviewed after the ceremony, said, "The school administrators and teachers are very glad to have once again a full face-to-face graduation rites at the end of this school year because it is a sign that we are going back to our normal lives."

"We, at SMA, are confident that our Grade 6 Graduates are already prepared to face the new chapter in their lives as they move up to the Junior High School Level because their Alma Mater has equipped them with valuable skills that they can readily apply in their undertakings in the future", Teacher Shayne added.

The Graduation Rites was another product of the careful planning of Teacher Ellene in close partnership with the SMA Teachers and Staff to make this formal event solemn and prestigious.



Mano Po, A Filipino Legacy

Written by : Iesha Robyn C. Castro

Illustrated by : Sean Vincent A. Azaada

Pagmamano has been a value-laden tradition to Filipinos, yet some youth today tend to forget this golden legacy passed on by our ancestors from one generation to the next. Though this tradition is still being practiced at the present time, only a few do so. This is saddening because this is one definite custom that makes Filipinos, truly Filipinos.

A possible reason why pagmamano is sometimes forgotten is that it has been replaced by simple actions such as giving hugs and kisses or doing “beso-beso”. Though these gestures clearly show endearment to elders still, the best way to show respect to parents, lolos and lolas and other elders is to use something that a young Filipino can proudly say comes from their own culture.

Pagmamano is a unique part of the Filipino culture that brings honor to older people and, at the same time, an act done to ask for blessing. If this form of respect continues to be ignored or forgotten, an important part of the Filipino heritage will crumble. To prevent this, one concrete solution is to continue teaching this honoring gesture to the young citizens today. Educators may include this in the curriculum to strengthen its value. If parents also implement a rule at home to practice pagmamano consistently, then this courteous expression will remain alive in the hearts of Filipinos today and definitely in the next generations.

A big part of the identity of the citizens of a country is the inheritance given by their ancestors. The Filipinos’ “*mano po*” remains a tradition that rightfully deserves to be preserved and valued. This is a treasure that coming generations must know and practice. After all, this is one legacy that can be referred to as “proudly Pinoy”!

Social Media: A Harmless or Toxic Pill?

Written by : Nicole Faith Sarmiento

Illustrated by : Samantha Nicole A. Briones

2022. People began to rise from the two-year pandemic, which brought mental health issues. Boredom set in during lockdowns and quarantines. The consequence? People turn to their phones. Many people have become more dependent on this ever-reliable gadget as it provides benefits. Social media is indeed useful, but if used incorrectly or irresponsibly, then negative consequences are inevitable.

Exposure to social media may help people get information easily, however, it can also lower one’s self-esteem. For some, social media is their “personal diary”. It is a collage of achievements and “highest of highs” moments. Seeing the seemingly perfect life of a person might have brought a disadvantage, too. Jealousy or insecurity kicks in as one gets blinded by seeing only the best things in other people.

Social media affects one’s confidence, too. Posts with many ‘likes’ or a flood of positive comments boost an individual’s confidence, but some become victims of hate comments, a form of cyberbullying. These victims feel hurt, discouraged, or even worthless.



The internet is a good source of information, which can possibly make a person susceptible to what the internet provides, but it might also be an outlet to make one vulnerable to fake news. False information nowadays sells like hotcakes. Careless handling or accessing of information may lead to serious damage.

People are still in the process of getting over the negative effects of the pandemic, using their phones as an escape from boredom or stress. Disadvantages and even harm can be lurking as one scrolls and gets carried away by what can

be seen in social media. Setting limitations to time spent on social media can help one avoid toxicity. Less screen time decreases the risks of insecurities. Knowing that not everything on screen seems ideal or perfect and respecting the differences among people may also help block negative emotions and poor judgment. Mastering how to verify information is also a responsible way to use it.

Social media is undeniably helpful to most people if used properly and responsibly. It is actually in the hands of an individual to take social media as a pill that will contribute to one's well-being or grasp it as a toxic one that will inflict harm.

Once Upon a Chevalier's Adroitness

Written by : Krizzel Ann Jelaine R. Mañago

Chevalier, there are no flies on you nor on me,
Look and see, gifted flairs ranging from A to Z.
Speak up, let words build up, be verbal-linguistic,
Or let rhythm flow and be smart in music.

Nature's lovely, could you be nature smart naturally?
Loving geometry? Maybe you're smart logically.
Being picture smart, seeing everything as an art,
Aside from these, a sporty heart makes you body smart.

To be people smart, is to easily get to know others,
Albeit, self-smart's having a lot within, that one covers.
You are smart; don't even dare to think that you aren't.
For one's existence is made with God's love that's so ardent.

Fake

Written by : Trisha Mhay S. Roxas

I always felt love was a waste of time,
at least, a waste of mine.

But when I saw you, your beautiful
face, I had a change of mind.

You were sweet as candy, as nice as
can be, you were perfect for me.

But you changed so suddenly, so
much I thought, how could it be?

My heart was truly yours, yet you
didn't love me, not even half as much
as I did love you.

My heart shattered into million
pieces, crushing it until it turned cold
and blue.

I thought of tomorrow, I thought of
today, I thought of what I would do
knowing it was all fake.

Nature's Benefits

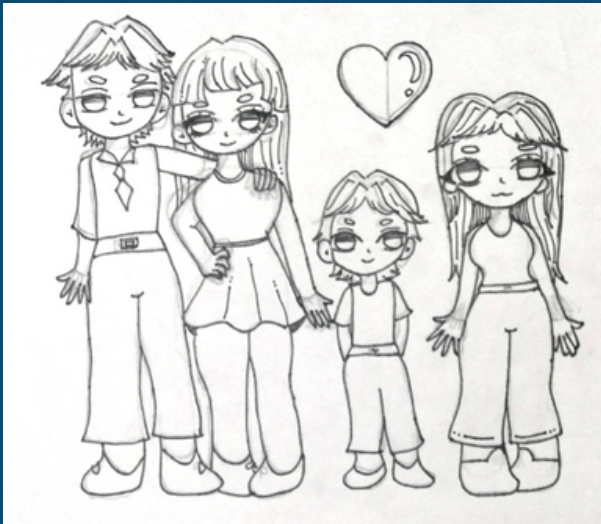
Written by : Iesha Robyn C. Castro

What can be more beautiful and peaceful as nature?
Can give us so many essential things that brighten our future.
Giving beautiful sceneries and making the air cleaner,
To providing food and being a fresh air-giver.

It provides useful materials and prevents landslides,
Oh! What a miracle that awaits us just outside!
So, to nature, all of us must always be kind,
Because of the benefits that nature abundantly provides



Illustrated by : Rhein Jasmin L. Nicodemus



Now, Always, Forever

Written by : Hannah Gabrielle S. Villegas

Illustrated by : Dhara Denelle DM. Sula

Family, a love no one can ever replace,
People I can run to, a love oh, so great!
Even if sometimes we have a misunderstanding,
But when I'm in need, they're always helping.

Ever since I was born, they have never left my side,
And all my needs, they make sure to always provide.
When I'm with my loving family, I always feel merrier,
And I truly love them now, always, and forever.

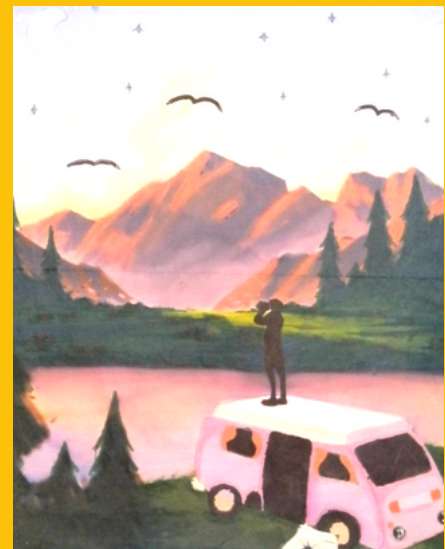
The Beauty Around Us

Written by : Geoff Rashen B. Sebastian

Digitally Illustrated by : Chloe S. Tumale

The wonderful nature around us is real beauty,
Vast oceans and the deep sea, as blue as it can be.
The sprawling abundant lands are a sight to see,
The sound of chirping birds is music to me.

I take pleasure in hearing the gentle water streams flow,
And my body relaxes as the wind brushes through my skin.
I realize that nature is really a beauty felt within,
Admiring it, is truly the world's best show.



Sharing the Importance of Multi-Intelligence Classes at SMA

Written by : Christina Alexa B. Tiongson

SMA is bringing Multiple Intelligence (MI) classes back! Do you know what that is? These classes aim to nurture and develop SMAers' MI's. And do you know what these MI's are? These people with MI's are considered body smart, music smart, picture smart, self-smart, people smart, nature smart, word smart and number smart.

Now, let me tell you the origins of the Theory of Multiple Intelligences. Back then, intelligence was thought to be about logic. Things like Math, Science and may be a bit about language. It was about tests and getting high scores in them. A psychologist by the name of Howard Gardner thought about what intelligence actually meant. From that, he differentiated intelligence into eight categories, which are now known as the MI's.

Let me explain what the eight intelligences are. First, we have those who are number smart. They are good at mathematics and are considered to be very logical. Next, we have the word smart. They are good in writing, speaking, and things that concern languages. Then, we have the people who are considered body smart. They are athletic, good at sports, and even dance.

Next, we have those who are music smart. As you can probably tell, they are good at rhythm and music. Then we have those who are picture smart. These people are good at drawing, illustrating, designing and maybe picture taking. Next, we have people who are self-smart. They are reflective and have good control of themselves. Then we have those who are people smart. They are very social people who are comfortable with others. Lastly, we have those who are nature smart. They are good with the environment.



The theory of multiple intelligences is significant because it allows us to think about various types of mental strengths and skills. Learning more about which types of intelligence may help you learn to recognize your own inclinations.

We are proud and thankful that our dear SMA is conducting MI classes every Friday, because these allow us, learners, to not only think about various types of mental strengths and skills. These classes also make provisions to strengthen our dominant MI's and find rooms for improving our not-so-dominant MI's.

These classes also enhance our self-confidence to communicate freely, volunteer ourselves to practice our talents and skills in front of an audience. More than anything else, MI classes enhance our social and emotional skills because we get to appreciate the intelligences our schoolmates possess.

SMA has done a very good job for including and crafting activities which cater to the varied intelligence of its learners.

The Talent in One's Hand

Written by : Sheramie C. Cruz

When someone hears the word 'intelligent', they first think of people who are academically gifted or have a high IQ. Many people may not know this, but intelligence comes in a wide spectrum. Everyone has something that they are considered intelligent at. This is an idea from Howard Gardner's theory of Multiple Intelligences.

Howard Gardner first suggested this theory in his 1983 book *Frames of Mind*, saying how people can have different kinds of "intelligences". He created this theory in order to capture the full range of abilities and talents that people possess. He believed that the views on what intelligence is was too limited, only amounting to one's academic achievements, so he classified intelligence into 8 categories.

These 8 intelligences are the visual spatial, linguistic-verbal, logical-mathematical, musical-rhythmic, bodily-

kinesthetic, naturalistic, interpersonal and intrapersonal intelligences. Being bodily-kinesthetic means to be physically active and to be able to perform well through actions. Being logically mathematically intelligent means to be able to use logic and reason to analyze and solve problems.

Logical-mathematical intelligence is for those who have good reason and use this to analyze and solve problems. Musical-rhythmic intelligence is for those who possess a profound love and talent for music. Those who are visually-spatially intelligent express themselves through art and those who are verbally linguistically intelligent have a knack for reading, speaking and writing, and those who express themselves through the art of literature.

Those who love nature and adventure are called naturalistically intelligent because of their love for their environment. Having interpersonal intelligence means that it is easy to communicate with others while those who would rather keep to themselves, have better self-awareness and are able to control emotions are intrapersonally intelligent. All said intelligences can be seen from the people around us and from within us.



With this, one can know that intelligence isn't really that difficult to have. It is now known that intelligence is within everyone.

Everyone possesses a wide range of abilities. Everyone can have these intelligences, know that talent is a gift while skill is an accomplishment, so even though the process may be slow, it is definitely possible to learn other intelligences.

These can be learned if people put their time and effort into it. Do not think that grades or academic recognition is the only thing that defines an intelligent person. In one area, there are people who shine brighter than the rest. And even so, those who don't shine in one place will definitely shine in another. As long as they know what they are capable of, one can fully grasp the talent in their hands.

Bad Years, Good Words

Written by : Nathan Owen S. Gaela

The Year 2022 was one of the worst years ever, according to some opinions. Granted, it wasn't as bad as when Hitler became the head of the Nazi party in 1921 or when the Black Death killed half of Europe in 1346, but it ended up on the leaderboards. And what better way to end the year than with a word that describes the utter distress and turmoil everyone has experienced for the past twelve months.

Every year, dictionary publishers around the world showcase their chosen Word of the Year. These words are something that have gathered a lot of attention or relevance over the course of twelve months, and this year was no different.

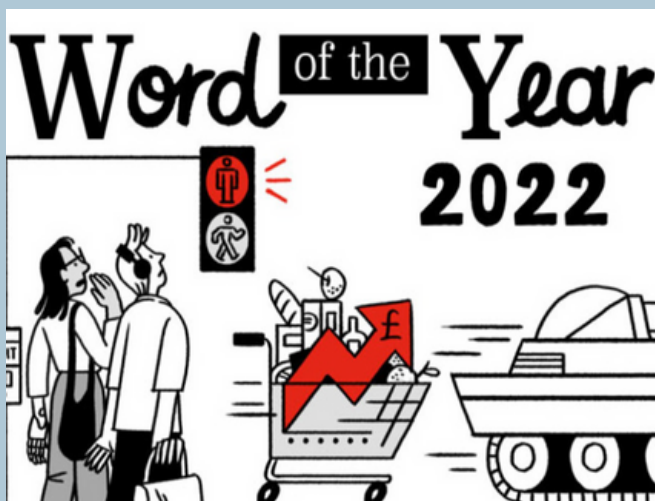
Merriam-Webster chose the word "gaslighting" as their word of the year. Gaslighting is a term derived from a 1938 play called "Gas Light" and its film adaptation. It is a form of psychological abuse wherein the abuser strategically gives false information to the victim, slowly chipping away at their sense of belief.

This leads the victim to doubt their own memories and even their sanity. Most situations where this may be seen are in very close and intimate relationships, such as parental or romantic ones.

The Oxford Dictionary had multiple nominees as their word of the year, but the word “metaverse” eventually came out on top. The metaverse is a hypothetical virtual reality where users can interact with the environment in an immersive manner. It is presented as an alternative to the present-day internet. The word itself was first recorded in the 1992 science fiction novel “Snow Crash” by Neal Stephenson, but it was rarely used outside of specific contexts. The use of this word increased dramatically in October of 2022, likely because of the Facebook company’s name change to Meta and Mark Zuckerberg’s association with the concept.

The Collin’s Dictionary’s word of the year was “permacrisis”. This word is a portmanteau of the words “permanent” and “crisis”. It is defined as a period of insecurity, commonly as a result of a series of

catastrophic events. This word summarizes how horrible the year has been for a lot of people. To some, this may be the two year-long pandemic. To others, it represents Russia’s invasion of Ukraine. Some more associate it with the ongoing protests in Iran.



Whether or not this year is atrocious or dreadful, people hope to change it. From fixing the planet to removing a small inconvenience, one positive outlook can alter the future. These negatives are just reminders that we can make a better life for ourselves. The year may be bleak and dull, but we can make 2023 great.

The Pace of Space Exploration

Written by : Paolo Fritzmark C. Surmieda

The impossible becomes possible. For so long, there were mysteries associated with space. Explanations, beliefs, and theories from religious and scientific groups provided their explanations on what exists outside the skies of our planet. Space is where no one lives, where life cannot thrive, where nothingness converts into infinity- A place far from the rest of us. However, as time passed, exploring it became possible- that some of the hardest questions of the world, the universe rather, were given answers.

Space exploration started on October 4, 1957. During this time, the Union of Soviet Socialist Republics (U.S.S.R.) or the powerful former group of republics with community-owned assets, and the United States experienced a long period of tension and rivalry. This event led the two to compete in developing weapons-like missiles— a remote-controlled war device containing nuclear energy. No one had thought that this would start a scientific revolution to expand our knowledge about the space around us that we thought was just a void.



Spacecraft Orion on orbit of Earth planet. Spaceship in space. Expedition to Moon. Artemis program.

The USSR started the race by launching RT—a missile developed by rocket designer Sergei Korolev. RT is the world's first intercontinental ballistic missile (ICBM). It is a type of missile that is more powerful than a regular one. An ICBM has a range of 6000 to 9300 miles. A range that could put any target anywhere in the world at risk of severe destruction. To continue the race, the USSR launched Sputnik- a satellite used to place a radio transmitter to revolve around the Earth. After reaching space, the beeps from the satellite were detected from Earth. This allowed people on the ground field to know that the mission was successful. Months later, the USSR launched Sputnik 1's continuity project - Sputnik 2. This satellite carried a dog named Laika. She is the first creature to revolve around the Earth. Sadly, Laika, whom many refer to as a hero dog, died a few hours into the flight due to a malfunction of the ship that caused its overheating. Laika, the space dog, is remembered for her bravery and contribution towards the start of space exploration.

The United States became more worried as the USSR dominated the space race. This made them develop a satellite called Explorer. The satellite was launched on January 31, 1958, but had two failed attempts beforehand. Explorer carried instruments such as the Geiger Counter, an electronic instrument used to detect and measure radiation. With the help of these instruments, researcher James Van Allen was able to prove the existence of radiation belts, or the layer of charged and energetic particles present around the atmosphere of our planet.

With all the innovations the US did and is about to do, a new government agency called the National Aeronautics and Space Administration (NASA) was established. The agency is set to administrate the country's space programs. Under NASA, astronaut Alan Shepherd was launched into space for a suborbital trajectory flight or a flight that goes into space but not all the way around Earth. This project aims to compete with the launch of the first man in space—a cosmonaut (an astronaut from Russia), Yuri Gagarin's 108 minutes around Earth.

After a promise of progress, the United States continued to go further. In the 1960s, Project Gemini, a technology test for future moon missions, was created. Followed by this was Project Apollo, which took astronaut Neil Armstrong and his crew to step on the moon's surface. This event was also used by NASA as an opportunity to collect samples of rock and lunar dust for scientific research. This milestone brought many people and educational institutions closer to the truth on speculations about space.

For a long time until now, continuous research and studies have been done to learn more information about the things in space that many thought would forever remain a mystery. With all these historical progress and discoveries, the current innovations should never be taken for granted. History must never be forgotten because without learning from the changes in the past, a bright future can't be shaped. History must be perceived, not deceived.

ANAGRAMS

Form another word using all the letters of the given word. Try not to remove any given letter.

1. rose	
2. ruby	
3. rule	
4. runs	
5. ruts	
6. sack	
7. salt	
8. saps	
9. scab	
10. scar	
11. sear	
12. seat	
13. sham	
14. shoe	
15. shut	

REBUS ACTIVITY

Try to decipher the word or phrase being depicted in each picture based on its position.

VA DERS	1.
ECONOMY	2.
ABCDEFGHIJKLM NOPQRSTUVWXYZ	3.
PumPkinPie	4.
JOBS I'M JOBS	5.
TRY STAND 2	6.
LOV	7.
PPOD	8.
↓ TIME	9.
JANOB	10.

PALINDROMES

A palindrome is a word or sentence that reads the same forward as it does backward.

A number of interesting palindromes are given below for your amusement. Can you make up your own?

Phrases and Sentences

- o A dog, a plan, a canal: pagoda.
- o A man, a plan, a canal: Panama.
- o A new order began, a more Roman age bred Rowena.
- o A tin mug for a jar of gum, Nita.
- o A Toyota. Race fast, safe car. A Toyota.
- o Able was I ere I saw Elba.
- o Animal loots foliated detail of stool lamina.
- o Anne, I vote more cars race Rome to Vienna.
- o Are we not drawn onward, we few, drawn onward to new era?
- o Are we not pure? "No sir!" Panama's moody Noriega brags. "It is garbage!" Irony dooms a man; a prisoner up to new era.

- A jackrabbit has powerful hind legs that allow it to run as fast as a racehorse?
- The blue goose and the snow goose were once considered separate species but they are the same?
- Some of Pasteur's original flasks, over 120 years old are still on display in Paris and are still free from microorganisms?
- The number of people in the world is total to the number of chickens in the world; meaning the population of chickens and people are equal?
- Despite its hump a camel has a straight spine?
- Amphibians see no color; they perceive only black and white?
- A bee could travel four million miles (6.5 million km) at 7mph (11 km/h) on the energy it would obtain from 1 gallon of nectar?
- There are more kinds of insect on existence today than the total of all kinds of animals put together?
- Some puff balls have a diameter of over 1 meter and contain trillion of spores?
- The animal with the large brain that is proportion to its size is an ant?

Full Face-to-Face Classes, Inilunsad na sa SMA

Isinulat ni : Reign Crystaline A. Licuanan



Inilunsad na ng Stella Maris Academy of Malolos Inc. noong ika-16 ng Nobyembre, 2022 ang muling pagsasagawa ng full face-to-face na klase mula sa dalawang taong online classes.

Noong buwan ng Hulyo, taong kasalukuyan, ipinalabas ng Department of Education (DepEd) na nilagdaan ni Bise-Presidente at siya ring Sekretarya ng DepEd, Sara Z. Duterte ang DepEd Order(DO) No. 34, series of 2022, na nagsasaad ng muling pagbubukas ng klase at ang unti-unting pagbabalik ng

limang araw na in-person learning modality classes mula sa blended learning modality o full distance learning na nauna nang pinili ng ibang mga paaralan at pinahintulutan ng DepEd, sa kondisyong hanggang ika-31 lamang ng Oktubre ito papayagan.

Ayon pa sa kautusang ito, simula ika-2 ng Nobyembre, 2022, ang lahat ng mga pampubliko at pampribadong paaralan sa bansa ay dapat nakalipat na sa limang araw na in-person na klase at hindi na pahihintulutan ang mga paaralan na magturo gamit ang purong distance learning o blended learning.

Bunsod nito ay pinagplanuhang mabuti ng mga tagapangasiwa ng SMA ang pagbubukas ng klase na ginanap noong ika-31 ng Agosto gamit ang hybrid learning, na kung saan ay ipinatutupad ang salitang pagpasok sa online at face-to-face na klase ng mga mag-aaral, at ang paglipat sa buong face-to-face na klase sa Nobyembre.

Bagamat muling naglabas ang DepEd ng bagong kautusan, ang DepEd Order 44, series of 2022, na naglalahad na pinahihintulutan na ang mga pampribadong paaralan sa bansa na ipagpatuloy ang limang araw na face-to-face classes, o blended learning modality, o full distance learning simula ikalawa ng Nobyembre ay nagpasya ang SMA Board of Directors na ituloy ang full face-to-face na klase sa buwang iyon.

Mula nang magbukas ang klase ay mahigpit na ipinatutupad ng SMA ang mga health at safety protocols sa paaralan tulad ng pagkuha ng temperatura ng katawan pagpasok ng mga mag-aaral at bago sila pauwiin, pagsusuot ng face masks, at social distancing.

Ibinahagi ng isang mag-aaral sa ikapitong baitang ang kaniyang pananaw at damdamin hinggil sa muling pagpapatupad ng face-to-face na klase.

“Para sa akin, mas maganda ang face-to-face classes dahil mas natututo ang mga mag-aaral at mas madali naming nauunawaan ang mga aralin. Masaya ako at babalik na sa normal ang lahat nang walang gadgets o devices na gagamitin sa pag-aaral sa silid-aralan,” pahayag ni Edlyn Mae Polangcos mula sa Grade 7- Pisces. Sa kasalukuyan ay patuloy na ipinatutupad ang face-to-face na klase sa SMA at dagdag pa rito ay gaganapin din ang pagdiriwang ng Big Day nang face-to-face ngayong buwan ng Disyembre.



KABATAANG POLARIS. Nanumpa sa posisyon sa Polaris Student Government ang mga inihalal na mag-aaral sa antas ng Elementarya noong ika-14 ng Oktubre, 2022. (L-R Yuan Dwayne Arraza, Juliane Vernice Pahati , Larisse Rannia Villar, Lianne Audrey Aguirre, Athena Arwen Tan, Ralph Emmanuel Pineda, Sky Tejuco, Williana Ainsley Pasco, at Hannah Gabrielle Villegas)

Mga Bagong Opisyal ng Polaris, Inihalal

Isinulat ni : Ralph Emmanuel R. Pineda

Inihalal ng mga mag-aaral ng Stella Maris Academy of Malolos, Inc ang mga bagong opisyal ng Polaris o Polaris Officers sa antas ng Elementarya noong ika-14 ng Oktubre, 2022.

Ang mga opisyal ng klase o class officers mula sa ika-apat hanggang ika-anim na baitang ang mga tumakbo para sa iba’t ibang posisyon ng Polaris Student Government.

Taun-taong ginaganap sa paaralan ang nabanggit na halalan maliban na lamang sa dalawang taong nasa online classes ang mga mag-aaral dahil sa pandemya; kaya’t ito ang unang pagkakataon na muling bumoto nang face-to-face ang mga mag-aaral ng SMA.

Ang mga kandidato sa halalan ay dumalo sa leadership seminar na inorganisa ni Bb. Rei Marcelo, ang akademikong tagapag-ugnay ng paaralan, at ni Bb. Shayne Cabigao, ang gurong tagapayo ng Elementary Polaris, noong ika-30 ng Setyembre, 2022 kung saan ay hinikayat nila ang mga mag-aaral na linangin ang kanilang kasanayan sa pamumuno.

Nagkaroon ng dalawang araw na kampanya para sa halalan ang mga kandidato mula ika-11 hanggang ika-12 ng Oktubre, 2022 kung saan ay inilahad nila ang kani-kanilang mga plataporma na nais nilang tuparin kung sila ay papalaring maihalal.

Ang tatlong partylists na lumahok ay ang Liwanag, Sikat, at Tala Partylists.

Sinundan ang kampanya ng Miting de Avance nang sumunod na araw, ika-14 ng Oktubre, 2022, kung saan muli nilang inihayag ang kanilang mga plataporma at sumagot sa mga katanungan ng ilang guro at kamag-aral sa Question and Answer portion.

Matapos ang Miting de Avance ay bumoto na ang mga mag-aaral mula sa Una hanggang Ika-anim na Baitang sa kani-kanilang silid-aralan at makapananghali ay muli silang nagtipon sa entablado upang tunghayan ang bilangan ng mga boto.

Sa pagwawakas ng okasyon ay ipinakilala ang mga bagong halal na Polaris Officers at naglahad sila ng maikling talumpati upang pasalamatang ang mga kapwa nila SMAers na nagtiwala at bumoto sa kanila.

Sa patnubay ni Bb. Shayne, ginanap ang panunumpa o oathtaking ng mga bagong Polaris Officers noong ika-26 ng Oktubre, 2022 na isinabay sa maikling asembliya na pinangunahan ng Grade 6-Andromeda, ang punong-abala sa payak na pagdiriwang ng Buwan para sa Kalusugan ng Isip o Mental Health Awareness Month.

ELEMENTARY POLARIS OFFICERS
SY 2022—2023

HANNAH GABRIELLE S. VILLEGAS
Chairman

WILLIANA AINSLEY L. PASCO
Vice Chairman

SKY G. TEJUCO
Secretary

RALPH EMMANUEL R. PINEDA
Treasurer

ATHENA ARWEN S. TAN
Project Manager

LIANNE AUDREY B. AGUIRRE
PRO

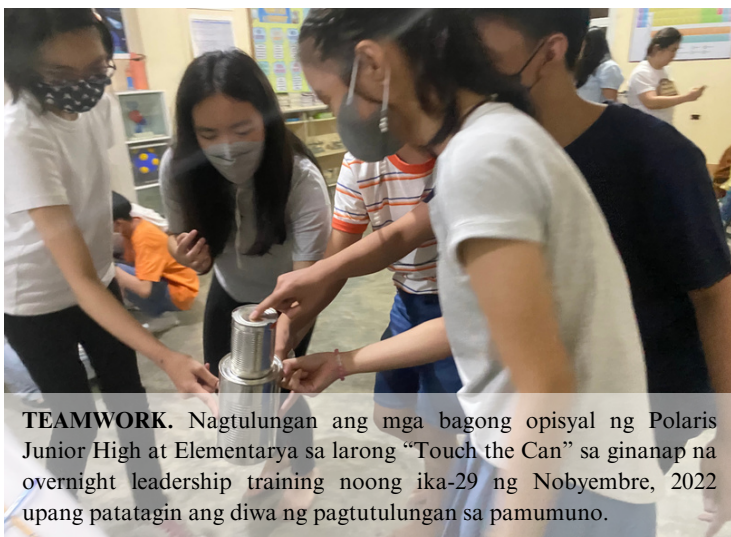
LARISSA RANNIA P. VILLAR
GRADE 4 REPRESENTATIVE

JULIANE VERNICE M. PAHATI
GRADE 5 REPRESENTATIVE

YUAN DWAYNE A. ARRAZA
GRADE 6 REPRESENTATIVE

Mga Opisyal ng Polaris, Lumahok sa Leadership Training

Isinulat ni : Reign Crystaline A. Licuanan



TEAMWORK. Nagtulungan ang mga bagong opisyal ng Polaris Junior High at Elementarya sa larong “Touch the Can” sa ginanap na overnight leadership training noong ika-29 ng Nobyembre, 2022 upang patatagin ang diwa ng pagtutulungan sa pamumuno.

Dumalo sa isang masinsinang leadership training ang mga bagong halal na opisyal ng Polaris Student Government sa antas ng Elementarya at Junior High School noong ika-29 hanggang ika-30 ng Nobyembre, 2022 sa kampus ng Stella Maris Academy of Malolos, Inc.

Layunin ng training na ito na hubugin ang mga kabataang Polaris sa kanilang kakayahang mamuno upang maging magandang halimbawa para sa kanilang mga kamag-aral at higit pang patatagin ang kanilang dedikasyon sa pamumuno sa kasalukuyang taong-pampaaralan.

Pinamunuan ng akademikong tagapag-ugnay o academic coordinator na si Bb. Rei Marcelo ang leadership training ng mga JHS Polaris officers samantalang si Bb. Shayne Cabigao, ang gurong taga-payo ng Elementary Polaris naman ang namuno sa mga Polaris officers sa antas ng Elementarya.



KABATAANG PINUNO. Taimtim na nakinig ang mga bagong halal na opisyal ng Polaris at ang isa sa mga gurong tagapayo na si Bb. Rei Marcelo kay Trisha Mhaye Roxas, PRO ng Junior Polaris, sa kanyang ibinahaging ideya noong gabi ng leadership training, Nobyembre 29, 2022.

Sa isang panayam sa mga opisyaes ng Polaris, inilahad ni Katrice Anne P. Lagman, sekretarya ng Senior Polaris ang kanyang pinakamahalagang nakuha sa nasabing training. Aniya, *“It led us to reflection and self-awareness about being a true leader and encouraged us to be productive and effective leaders of the entire SMA student body.”*

Samantalang inihayag naman ni Bb. Shayne ang kanyang saloobin tungkol sa gawaing ito. *“Kami ay nagdedisyon na gawin ang overnight training dahil naniniwala kaming makatutulong ito upang lalo pang maunawaan ng mga bata ang kahalagahan ng pagiging mabuting lider at ang mga responsibilidad na kaakibat nito. Pakiramdam ko’y nagtagumpay kami sa aming ginawa dahil nakita ko ang kagustuhan at pagiging pursigido ng mga mag-aaral noong panahon ng pagpapalano ng mga proyekto para sa mga mag-aaral,”* pahayag ng gurong taga-payo ng Elementary Polaris.

Ito ang unang taon ng pagbabalik sa pamumuno ng mga Polaris officers matapos ang dalawang taon ng online class sa paaralan.

SMAers, Nagningning sa Big Day

Isinulat ni : Ralph Emmanuel R. Pineda

Nagningning ang mga mag-aaral ng Stella Maris Academy of Malolos Inc. sa pagtatanghal ng kanilang Big Day noong ika 15-17 ng buwan ng Disyembre, taong 2022.

Nagpamalas ang mga mag-aaral sa bawat baitang ng kanilang natatanging talento ayon sa binuong tema ng mga guro sa patnubay at gabay nina Teacher Ellene, ang Pangkalahatang Koordinaytor ng mga Aktibidad (Over-all Activities Coordinator) at Teacher Shayne, ang Pantulong na Koordinaytor ng mga Aktibidad (Auxiliary Activities Coordinator).

Nagtanghal ng kanilang sariling halaw ng Encanto ang mga mag-aaral sa Pre-school.

Ibinahagi naman ng mga mag-aaral sa Una at Ikalawang Baitang ang kanilang talento sa kanilang pagtatanghal ayon sa temang “A Trip to the Land of Christmas Symbols” samantalang ang mga mag-aaral sa Ikatlo at Ikaapat na Baitang ay nagpakitang-gilas sa kanilang pagtatanghal sa temang “Christmas Magical Powers”.

Naging natatanging panauhing nagtanghal sa entablado ang mga mag-aaral sa Departamento ng Special Education (SPED Department) kung saan nagsayaw ang mga bata kasama ang kanilang mga guro sa tugtuging Jingle Bell Rock na inawit ni Sean Riley G. Martin.

Hindi rin nagpahuli ang mga mag-aaral sa Ikalima at Ikaanim na Baitang sa kanilang palabas na “Alamat: Ang Propesiya” na hinango sa mitolohiya ng Pilipinas.

Ginanap ang mga pagtatanghal sa entablado ng SMA kung saan nagpakita ang mga mag-aaral ng kanilang husay sa pag-awit, pagsayaw, pagsasadula, at pagtula.

Lumahok din ang mga miyembro ng iba’t ibang clubs tulad ng Sinag Tala Theater Guild at SMA Chorale na nagpakita ng kanilang natatanging pagtatanghal.

Nagtanghal naman ng live performance ang mga kasapi ng Starlight Broadcasting Team na nagbahagi ng mga kaganapan sa mismong Big Day at sa panahon ng paghahanda para sa pinananabikang okasyon.

Ipinamalas rin ng mga miyembro ng Art Production Team ang kanilang kahusayan sa sining sa kanilang sariling likhang backdrop.

Ang nasabing okasyon ay idinaraos sa paaralan tuwing Disyembre sa layuning maipakita ng mga SMAers ang kanilang patuloy na paglinang sa kanilang Multiple Intelligences.

Ito rin ang unang pagtatanghal ng face-to-face Big Day mula nang nagkaroon ng dalawang taon ng online classes.



Ang lahat ng mag-aaral ng SMA ay nagingning tulad ng mga tala sa kalangitan. Pinaliwanag ng kanilang mga pagtatanghal ang buong kalawakan ng SMA Community.

19th Founding Anniversary, Ipinagdiwang ng SMAers

Isinulat ni : Reign Crystaline A. Licuanan



Ipinagdiwang ng mga mag-aaral ng Stella Maris Academy of Malolos Inc. ang kanilang ika-19 na Anibersaryo ng Pagkakatatag mula Pebrero 1 hanggang 4, 2023, upang palakasin ang kanilang mga natatanging kakayahan.

Ang tema ng pagdiriwang na ito ay "SMA: Continuously Journeying Toward the Unfolding of the Whole Child," at naganap ito sa pamamagitan ng mga Intramurals.

Bilang bahagi ng pasasalamat ng paaralan, nagkaroon ng Banal na Misa na dinaluhan ng mga POLARIS officers, kanilang mga magulang, mga guro, at mga namumuno ng paaralan. Ito ay sinundan ng flag-raising ceremony na sumisimbolo sa simula ng pagdiriwang.

Naglaban-laban sa mga paligsahan ang apat na mga kuponan: ang Yellow Tamaraw, Blue Butanding, Red Agila, at Green Pawikan. Ang mga kompetisyong ito ay kinabibilangan ng mga laro sa athletics tulad ng Volleyball, Basketball, Badminton, at Cheer dance. Nagkaroon din ng mga kultural na paligsahan tulad ng Speech Choir, Declamation, Extemporaneous Speech, Pagbigkas ng Tula, Talumpating 'di Handa, Poster Making Contest, at Mr. and Ms. Intrams. Nagkaroon din ng mga paligsahang pang-akademiko tulad ng Quiz Bee sa Mathematics, General Information, at Science, at Spelling Bee.

Ayon kay Janine Isabel M. Venturina, "*Para sa akin, tumatak ang Intrams na nangyari dahil nagkaroon ako ng mga bagong kaibigan na tumulong sa akin upang mas maging masaya pa ang Intrams na naganap. Naging daan din ang pagsali ko sa Volleyball at Cheerdance upang mahubog ang aking kakayahan at magkaroon ng bagong karanasan.*"

Sa kabuuang pagdiriwang, ang kasiyahan at papuri ay naiparamdam sa bawat oras, lalo na nang itanghal ang Yellow Tamaraw bilang "Overall Champion."

Mga Mag-aaral sa Ikatlong Baitang, tumanggap ng Unang Komunyong



Isinulat ni :

Tinanggap ng mga mag-aaral sa ikatlong baitang ang kanilang Unang Komunyong noong ika-21 ng Abril taong 2023, Biyernes, mula ika-8 hanggang ika-10 ng umaga sa Our Lady of Mount Carmel Parish (Barasoain Church) City of Malolos, Bulacan.

Ang Unang Komunyong ay ikatlo sa pitong mga seremonya na ibinibigay sa mga Katoliko bilang pagpapakita ng kanilang pagtanggap kay Hesus bilang Diyos at Tagapagligtas. Kadalasan itong tinatanggap ng mga batang may edad na 7 o walo at ang tumatanggap nito ay nagbibihis ng kulay puti bilang simbolo ng kadalisan.

Kasama sa tumanggap ng Unang Komunyong ay ang mga mag-aaral sa ika-3 baitang at may ilan mula sa ika-4 at 5 baitang.

Si Rev. Father Rodolfo M. Cruz ang paring tagapagdiwang ng naganap na misa at ang SMA Chorale naman ang nagsilbing kantoers.

Upang magkaroon ng matagumpay na pagdiriwang, pinangunahan ni Bb. Rhodora R. Gaspar sa tulong mga guro ang pagsasaayos nito, *“Ating dinaraos ang Unang Komunyong upang ang mga batang tatanggap nito ay mabigyan ng pagkakataong matanggap si Hesus sa anyo ng tinapay at alak. Mahalaga ito upang mas mapalalim pa nila ang kanilang pananampalataya sa Diyos. Bilang paghahanda sa mga batang tatanggap ng Unang Komunyong, sila ay nagkaroon ng pag-aaral tungkol sa kahalagahan nito bilang mga Katoliko. Isinagawa ang confession o kumpisal sa pamumuno ni Rev. Fr. Rodolfo M. Cruz.*

Laging nagiging matagumpay ang pagdaraos ng Unang Komunyong taon - taon dahil sa pagtutulungan ng mga guro at mga pinuno ng SMA,” ang dagdag ni Teacher Rhoda.

Idinaos ang Moving-Up Ceremony ng mga Mag-aaral sa SPED

Isinulat ni :

Ang Moving-Up ng mga mag-aaral sa ilalim ng Special Education Program ay idinaos noong ika-19 ng Hunyo taong 2023 sa ganap na alas-8 ng umaga sa Stella Maris Academy of Malolos Inc.

Ang programang ito ay ginagawa dahil ito ay bahagi ng paghubog sa mga mag-aaral tulad ng pagharap sa mga tao, pagdadala nang maayos ng kanilang sarili sa entablado, pagtitiwala sa sarili, at iba. Ito rin ay paraan upang kilalanin ang magagandang katangian

at pag-unlad ng mga mag-aaral.

Sinimulan ang programang ito ng isang doxology mula sa Sinag Tala Theatre Guild at panalangin sa pangunguna ni Sean Riley G. Martin. Binati rin nina Rhyz Lucas M. Teodosio, mag-aaral mula sa ikalawang baitang at Lorenzo M. Teodoro, mag-aaral mula sa ikatlong baitang ang mga school administrators, mga guro, mga magulang at mga kaibigan na dumalo sa programang ito.



Ipinahayag ng isang magulang na si G. Marlon S. Umali ang kaniyang pasasalamat at pagpapahalaga sa napakalaking ambag ng SMA SpED sa kaniyang anak. Ang kaniyang sinabi ay nagbigay ng inspirasyon sa mga kapwa niyang magulang. Ang mga mag-aaral ay nagpakita ng kanilang husay sa pagsasayaw at pagkanta at pagkatapos ay iginawad sa kanila ang kanilang mga parangal tulad ng Way with Words, Fashionista, Remarkable Progress in Reading, Remarkable Progress in Social Skills Awards, at marami pang iba.

Natapos ang programang ito sa sabay-sabay na

pag-awit ng “Kapayapaan” at sa pagbibigay ng mensahe ni Bb. Susana G. Cruz ng kaniyang pangwakas na pananalita.

Ang programang ito ay naging matagumpay sa pangunguna ni Bb. Ma. Elena C. Marcelo, SMA Guidance Counselor at SPED Coordinator at ng mga guro ng SPED dahil sa kanilang pagmamahal, pang-unawa at pagmamalasakit sa mga bata. Ayon sa isa sa mga guro ng SPED na si Bb. Marilou M. Manalad, “Ang programang ito ay isang malaking tulong sa pag-unlad ng aming mga mag-aaral. Mahirap man ngunit naging posible ang lahat dahil sa pagmamahalmamin sa aming mga mag-aaral at sa napakalaking suporta na aming natatanggap mula kay Teacher Ellene.” aniya.

Bagong Hamon sa Pag-aaral

Isinulat ni : Reena Czarel M. Santiago

Nobyembre ng taong 2022 nang ideklara ng Department of Education o DepEd ang implementasyon ng full face-to-face classes matapos ang mahigit dalawang taon na online classes. Masasabing ang karamihan, kung hindi man lahat ng mga paaralan ay handa para sa pagbabalik ng mga estudyante dahil sa pagtitiyak na masusunod ang mga health and safety protocols. Subalit hindi rin lingid sa lahat ang mga suliraning kinahaharap ng mga mag-aaral sa pag-aadjust sa full face-to-face classes.

Nang dahil sa pandemya ay napilitang mag-aral ang mga estudyante sa kanilang bahay at anumang agsisikap ng mga guro ay hindi maitatangi na nahirapan din sila na tutukan ang pag-aaral ng mga bata dahil sa mga limitasyon ng distance learning.

Mayroong mga batang nahirapang magsagot ng mga modules at nariyan din ang pagkakaroon ng teknikal na problema sa online class. Bunga nito ay hindi tuluyang napaunlad ng mga kabataan ang kanilang kakayahan. Mayroon ding mga bata, lalo na sa mabababang baitang, na hindi gaanong nahasa ang kakayahan sa pagbasa, pagsulat, at pagkompyut o paglutas ng mga Math problems



LAGING HANDA UPANG MAGING LIGTAS. Tiniyak ni Aira Giselle R. Boqueo, mag-aaral sa ikapitong baitang, na laging nakaayos ang kanyang face mask upang magsilbing proteksyon laban sa COVID-19.

Sa kabila ng paghihirap na dinaranas ng mga mag-aaral sa pagbabalik ng in-person classes ay masasabing mas nakatutulong at pabor sa mga kabataan ang ganitong uri ng klase. Sila ay mas nakatutok sa mga talakayan at gawain, mas mataas din ang pagkakataon na nakapagkukumpleto sila ng mga gawain at nauunawaan ang mga aralin dahil personal na nagagabayan sila ng kanilang mga guro, at mas nagiging aktibo ang kanilang pakikipag-ugnayan sa kapwa nila mag-aaral.

Ang mga suliranin naman sa pagbasa, pagsulat at iba pa, ay maaaring solusyunan sa pamamagitan ng pagbibigay ng masinsinang remedial classes na magbubunsod sa mga mag-aaral na magkaroon ng maraming pagsasanay upang malinang ang mga kakayahang ito.

Ngayong patuloy na dumadalo sa face-to-face classes ang mga estudyante ay may mga pagbabago silang hinaharap na may dalang hirap at suliranin, subalit hindi imposibleng maging normal na muli ang kanilang pag-aaral tulad nang dati kung handa ang lahat, mga paaralan, guro, magulang, at mag-aaral na tugunan ang mga pangangailangan sa pag-aaral. Pagsisikap at pagtutulongan ang kinakailangan upang mapadali ang kasalukuyang sitwasyon sa “offline learning” na bagong hamon sa pag-aaral.

Teknolohiyang Nakahuhumaling

Isinulat ni : Williana Ainsley L. Pasco

“Ang bagal ng internet!” Kainis naman, ang hina ng wifi!” Ito ang mga madalas sabihin ngayon hindi lamang ng mga kabataang Pinoy kundi pati na rin ng mga nakatatanda. Ito ay mga ekspresyon din na palatandaan ng isang taong maaaring babad na babad na sa kaka-internet. Talaga nga namang naging bahagi na ng buhay ng tao ngayon ang produktong ito ng teknolohiya dahil sa marami nitong gamit, ngunit ibang usapan na kung halos hindi na mabitawan ang phone o gadget dahil sa pagkahumaling sa kasangkapang ito. Tunay na may mga tao sa kasalukuyan na maituturing na may adiksiyon na sa internet, at ito ay nakababahala at hindi maaaring ipagsawalang-bahala na lamang.

Dahil sa internet, may mga kabataan nang naapektuhan ang pang-araw-araw na pamumuhay. Nariyang hindi na sapat ang oras ng tulog o ang mas malala, minsan ay hindi na natutulog. Apektado rin ang gradong nakukuha sa eskwelahan, mababa o bagsak ang marka ng ilang kabataang lulong na sa paggamit ng internet. Pati na rin ang pakikisalamuha o pakikipagkomunikasyon sa ibang tao ay naisasakripisyo na rin. Ilan lamang ang mga ito sa mga patunay sa negatibong epekto ng internet.

Bagamat malaki ang naitutulong nito sa buhay ng tao dahil sa dami ng impormasyong maaaring makuha rito at mabisang paraan din ito upang mabilis na magkausap ang mga miyembro ng pamilya o magkaibigan na magkalayo. Napakadali pa rin para sa isang tao na mahikayat na gumamit ng internet sa lahat ng oras.

Ngunit may mga paraan pa rin naman upang maiwasan ito. Maaaring ituon ang atensyon sa ibang kapaki-pakinabang na mga gawain tulad na lamang ng paglahok sa mga isports at iyong may kinalaman sa sariling interes na hindi ginagamitan ng gadgets. Makatutulong din kung ang mga magulang ay magiging istrikto sa pagbibigay ng limitasyon sa paggamit ng internet. Ang wastong patnubay tungo sa responsableng paggamit ng internet ay isang paraan din upang hindi ma “addict” sa paggamit ng mga “gadgets”.

Wala namang masama sa paggamit ng internet, ngunit may kasabihan nga na anumang sobra ay makasasama. Ang teknolohiya ay isa ring biyaya kung wasto ang paggamit nito.

Larong Uso Ngayon o Laro Noon?

Isinulat ni : Leanna Margarete D. Marcelo

Sa kasalukuyang panahon ng teknolohiya, nahuhumaling ang mga kabataan sa mga online games o mobile games. Maraming mga laro ngayon ang nabubuo ng iba't ibang game developers. Maaari itong malaro sa kani-kanilang mobile phone. Ngunit iba pa rin ang pakiramdam kapag nilalaro natin ang mga larong Pinoy.



Maraming larong Pinoy pa rin ang nananatiling buhay sa kasalukuyan. Ilan na rito ang mga larong moro-moro, patintero, piko, luksong baka, at marami pang iba. Ito ay mga larong nangangailangan ng estratehiya at pisikal na lakas upang manalo.

Ngunit sapatuloy na paglago ng teknolohiya, maraming laro na ang nauuso sa internet na bentang benta sa mga kabataan ngayon, tulad na lamang ng Call of Duty, Mobile Legends, Valorant, at iba pa na kadalasang nilalaro ng mga kabataan ngayon. Ang mga larong ito ay mga online survival games kung saan maaari kang makahanap ng mga kaibigang makikilala sa loob ng laro.

Napakalaki ng pinagkaiba ng mga laro noon at mga laro ngayon. Noon, kailangan mo pang lumabas ng iyong tahanan upang makipaglaro sa iyong mga kaibigan. Maraming positibong epekto ang paglalaro sa labas tulad ng pagkakaroon ng ehersisyo ng mga kabataan, pagyabong ng kanilang pakikipagkaibigan at mahusay na pakikisalamuha.

Ngayon ay maaaring buksan mo na lamang ang iyong cellphone para makipaglaro sa ibang tao. Sa kabila ng saya na nadudulot nito sa mga manlalaro, mayroong mga masasamang epekto sa atin ang madalas na paggamit o paglalaro sa internet o mobile phones. Maaaring magdulot ito ng kapahamakan sa ating pisikal na kalusugan. Maaari ring maging toxic o mabuo ang aggressive behavior dahil sa paglalaro ng online games. Ngunit, hindi rin naman masasamang epekto lamang ang ating pwedeng makuha sa paglalaro ng online games. Mayroon ding mga positibong epekto tulad ng hand-eye coordination at ang paghasa ng kooperasyon sa mga kakampi o kagrupa.

Karamihan sa mga bata ngayon ay puro teknolohiya na ang ginagamit para malibang. Ngunit para sa mga batang 90's, lalabas ka lang ng bahay at tatawagin ang mga kaibigan ay nakapagbibigay na ng saya sa mga labi at mukha ng bawat bata noon.

Tunay nga na wala nang tatalo pa sa mga larong minana natin sa ating mga lolo at lola, mga larong bahagi ng ating mayamang kutura at tradisyon, mga larong nagbibigay ng pagkakataong magamit at malinang ang mabuting pakikisalamuha at pakikipagkapwa-tao, at higit sa lahat, nakapagpapalusog ng katawan, isipan, damdamin at emosyon.

Kumikislap na Samahang Stellar

Isinulat ni : Gio Nethaniel G. Dela Cruz



Korong umaawit na kay ganda ng tinig, makukulay na pintura na nagpapaganda ng buhay at paligid, tunog ng plumang sumusulat sa papel at mga manananghal na tila anghel. Ito ang iba't ibang mga samahang itinatag upang linangin ang iba't ibang talino at kakayahan ng mga mag-aaral. Sila ang mga bituing nagsisikap na lalo pang maging gamit ang mga taglay nilang talino. Sila ang mga miyembro ng Stellar Clubs.

Mayroong apat na Stellar Clubs na nagpupunyagi sa pagpapalawak ng kaalaman at kakayahan ng mga miyembro nito. Una, ang Art production na may layuning paunlarin ang visual-spatial intelligence ng mga kasapi nito. Ang SMA Chorale ang samahang nagpapalawak sa musical intelligence sa pamamagitan ng kanilang mga awitin at tugtugin tuwing Big Day, Christmas Party at iba pang mga palabas. Ang Sinag Tala naman ay nakatuon sa bodily-kinesthetic intelligence na nahahasa sa pamamagitan ng pagsayaw, dula, pag-arte at pakikilahok sa iba't ibang mga gawain ng paaralan. At ang huli, ang Starlight ay nagpapaunlad ng verbal-linguistic intelligence ng mga kasapi na gamitin ang mahusay na pakikipagtalastasan sa pagsulat, broadcasting at photography.

Ang SMA ay patuloy na nag-oorganisa ng mga gawain at aralin upang mapaunlad at maipamalas ang talento at kakayahan ng mga SMAers. Ang mga Stellar Clubs ay isa sa mga halimbawa ng pagtugon ng SMA sa kanilang layunin na malinang ang buong pagkatao ng mga mag-aaral. Sa tulong ng mga guro, lumalago at lumalawak ang talino at talento ng mga mag-aaral ng SMA.

Tayo nang magbigay ng pagpapahalaga sa mga talentong kaloob sa atin ng Diyos at magpatuloy sa aktibong pakikilahok upang ang Stellar Club ay lalong magingning.



Pagdiriwang ng Paskong Pinoy

Isinulat ni : Abygaile Kesha M. Manalad

Pagsapit pa lamang ng Setyembre, mistulang Pasko na sa Pilipinas. Nagsisimula nang magdisenyo ang mga tao at nagpapatugtog na ng mga awiting pamasko. Ang kanta ni Jose Mari Chan ay isa sa mga kanta na pinapatugtog ng mga Pilipino tuwing Pasko; kabilang na rin dito ang Christmas Station ID ng ABS-CBN tulad ng ‘Star ng Pasko’ at ‘Love is Us’ ng GMA.

Tuwing Pasko, nagkakaroon ng Simbang Gabi na tumatagal ng siyam na gabi upang salubungin ang Panginoong Hesus sa araw ng Kanyang kapanganakan. Sa labas ng simbahan, may mga makikitang tindahan ng mga bibingka, putong bumbong at iba pang kakanin. Ito ang nagbibigay buhay sa mga taong kakalabas lamang ng simbahan at gustong kumain.

Isa pa sa mga ginagawa ng mga Pinoy tuwing Pasko ay ang “pangangaroling”. Dito, ang mga bata ay kumakanta ng mga kantang pamasko sa mga bahay-bahay at kapalit nito ay binibigyan sila ng mga barya at kung minsan ay maliliit na aginaldo.

Ang pagdidisenyo ng mga parol at Christmas Tree ay isa pang gawin ng mga tao tuwing panahon ng Pasko.

Ang mga makukulay at magagandang parol ang nagbibigay liwanag sa mga kabahayan at kalsada kapag ito’y binubuksan tuwing gabi.

Sa pagsapit ng alas-dose ng madaling araw sa araw ng Pasko, nagkakaroon ng Noche Buena kung saan kumakain nang salo-salo ang pamilya habang nagsasaya. Maraming makukulay at masasarap na pagkain ang nakahain sa mesa, tulad ng lechon, queso de bola, hamon at mga prutas. Sa bawat tahanan ay may nakalabas na pera, prutas at bigas na pinaniniwalaang magdadala ng swerte. Ito ay tumatagal hanggang Bagong Taon.

Tunay na masaya ang Paskong Pinoy sapagkat sama-sama ang buong pamilya. Maraming kaugaliang isinasagawa upang ito’y ipagdiwang. Ngunit, hindi nalilimutan ng mga paaralan at tahanan na ipaalala sa mga kabataan na ang Pasko ay higit na magiging makabuluhan kung laging aalalahanin na ang tunay na kahulugan nito ay ang pag-ibig ng Diyos sa atin kaya’t ipinadala niya ang kanyang anak na si Hesus sa sanlibutan.

PHILOSOPHY

Not only in heaven
Not only in the sea, are there stars...
There are also stars in our school
By tapping our children's potential
By bringing out the best in them
By forgetting their **LABELS**
There will be no **FEEBLE**
Nor **BRIGHT** pupils
No **GREGARIOUS** nor **SHY**
No **RICH** nor **POOR**...
In the great adventure of **SMA EDUCATION**
All our **SMA PUPILS** will **SHINE** like **STARS!**

VISION

SMA, inspired by the "Star of the Seas", shall be known for its commitment to academic excellence that produces multi intelligent, self-directed, values oriented individuals who are socially adept and have a deep appreciation of their heritage as Filipinos.

MISSION

SMA dedicates itself to nurturing and developing its learners according to the Multiple Intelligences Theory of Howard Gardner and equipping them with the 21st century skills necessary to be globally competitive and to grow as lifelong learners who are directed not only for the betterment of themselves but for the larger Philippine society.

