

November
2020

The Official Student Publication of
Sacred Heart Academy of Pasig

Sacre Coeur

articles,
literary pieces,
comics and
games!

first
issue
for the
school year
2020-2021

THE NEW NORMAL

by: Mostafa Khafaji

This early November, Sacred Heart Academy of Pasig conducted a short survey consisting of 200 parents of Sacredians regarding online classes, and what they think of it. Sacredians have already attended online classes since August 17 of this year, allowing the current school year to be carried on, despite the ongoing pandemic.



Classes were divided into synchronous and asynchronous sessions, using Zoom for the former, and Google Classroom and Genyo for the latter.

From the survey, 70.6% of the parents said that they were satisfied with online classes. When asked what they

liked about it, most of the parents answered that online classes are safe, convenient and flexible. They also mentioned that they liked how students can still learn, despite COVID-19.

One such parent was Mrs. Jeanne Angeles, who also shared her thoughts acknowledging the teachers. "I appreciate how teachers are also working their way to this new way of teaching.



Photos from the official Facebook page of Sacred Heart Academy of Pasig

I appreciate those who are giving extra effort by answering the concerns of each of their students every time", she said.

On the contrary, 14% of parents answered that online classes were unsatisfactory. Parents cited limited interactions, problems with their internet connection, and GENYO (a learning platform by DIWA) being unreliable as their main problems with online classes.

A NEW CHAPTER TO EDUCATION

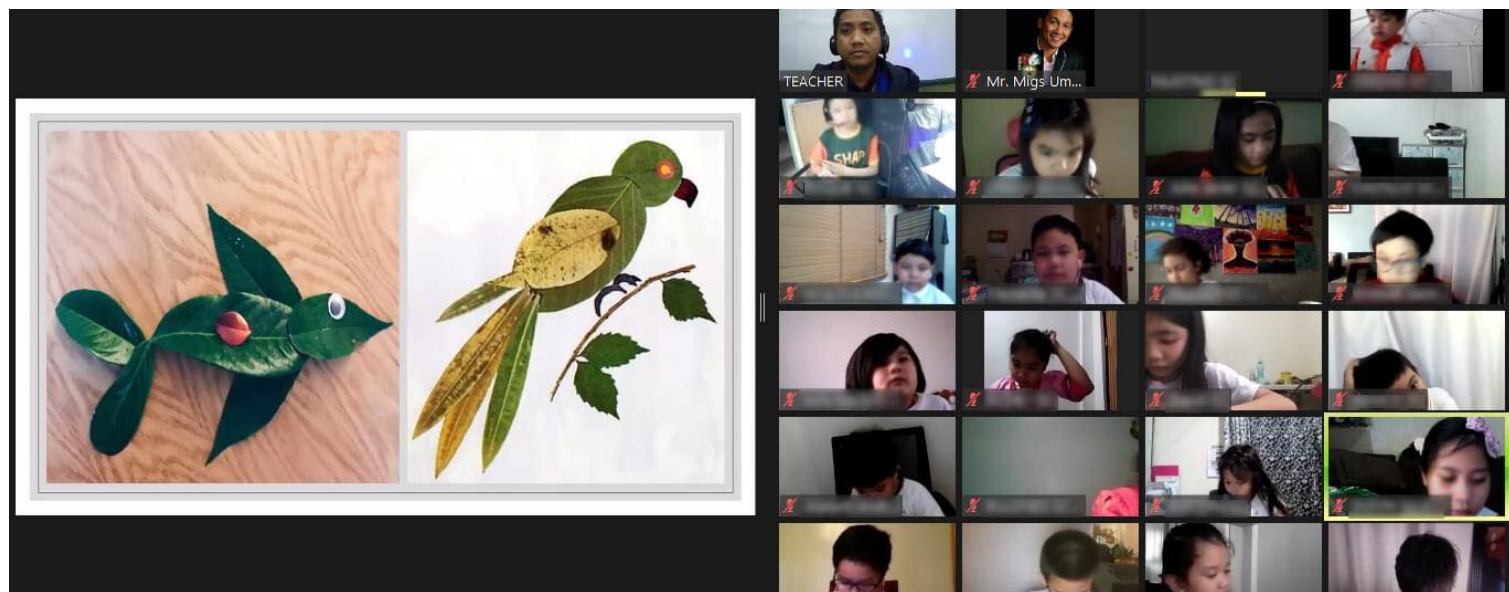


Photo from the official Facebook page of Sacred Heart Academy of Pasig

The remaining 15.4% of parents answered with 'neither' satisfied nor dissatisfied. Mrs. Fatima Cojuanco, who responded as such, said that she liked how online classes are improving, and continues to provide education during the pandemic; but she also mentioned that asynchronous classes were too long, and that synchronous classes were too short. She also stated that "GENYO was very unpredictable due to sudden 'expiration' of sessions."

Parents were also asked if there was too much workload given to students. 43.3% of parents responded with 'no' and another 36% agreed that the workload was too much. The remaining 20.7% said that their children received too much school work from time to time.



Most parents also said that their children were adjusting nicely to online classes, and seemed to be performing well. But some note that their children were having trouble being productive on seatworks, due to distractions or the lack of student-teacher interaction.

What is "staff spotlight"?

Staff Spotlight was created to tell the stories and experiences of the faculty and staff members who work in school under the pandemic.



Photos from the official Facebook page of Sacred Heart Academy of Pasig

STAFF SPOTLIGHT
BY: JANNA JUICO

The other side of the screen

Learning through online platforms is not easy. The sudden shift from traditional face-to-face learning to online classes have taken a toll on students as they try to adjust to their current learning environment: their own homes. Although it is difficult to cope with the sudden changes, students are not the only ones who have trouble adjusting to the complexities of those settings, teachers are also struggling to teach under the current circumstances. However, their stories are behind the monitor screens, often untold. This brings up the question: what is it like to see things from their perspective?



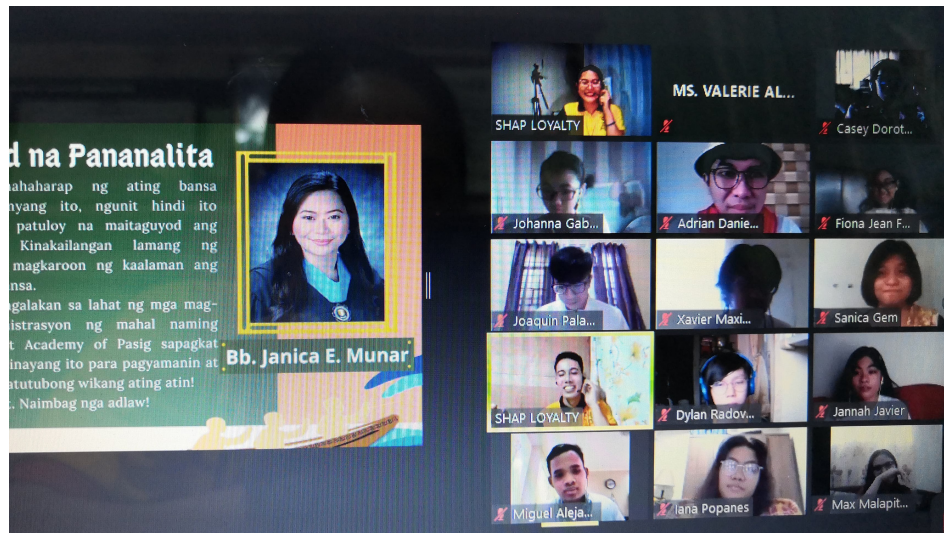
JANICA MUNAR

Ms. Janica Munar is a teacher from the Senior High School Department. She handles an advisory class, and teaches two Filipino subjects to different strands in the 11th grade: Pagbasa at Pagsusuri ng Iba't Ibang Teksto sa Pananaliksik, a core subject studied by all the strands, and Filipino sa Piling Larang (Sining), a

subject studied by the ARDES strand. In this article, she emphasizes the changes in her lifestyle ever since teaching virtually, and how she navigates through her dilemmas and hardships.

“Before, with face-to-face learning, I had a lot of time for myself and the life I had outside school,” she says. “We only had to worry about our PowerPoint presentations, lesson plans, and circulars to hand out to the students if we handled an advisory class. Things are a lot harder now.”

Ms. Munar admits that making the modules was time-consuming, especially since she had to make two for each subject that she handles. She also expresses her sentiments further:



“One module eats up four hours of time, sometimes five. Time runs differently in virtual learning. The entire environment is different, as well— it’s different when you actually get to see your students. It’s harder to connect with them under these settings.”

**"TRUTHFULLY, EVEN I
FIND IT HARD TO
MOTIVATE MYSELF."
-BB. MUNAR**

“However, I try to remind myself of my goals and why I’m doing this. At first, some things will be difficult to do, but that’s part of the process. Things will get better and we’ll get used to it. It’s the mindset that will drive people to continue, and your own rival in moving forward is yourself. As long as you’re still motivated, you’ll get through it.”

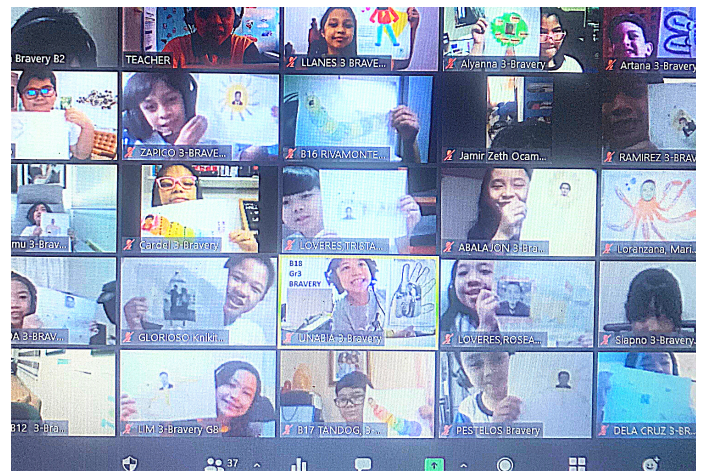


GNG. MICHELLE OCASION

Mrs. Michelle Ocasion is a teacher from the Grade School Department. She teaches Filipino to 3rd Grade students and handles her very own advisory class in the same grade.

“I’ve experienced bad internet connection this past quarter. It’s really hard to adjust from traditional face-to-face learning,” she says. “When I’m in a tough spot, I ask advice from my peers and superiors, and what they’d do in this certain situation. I also ask God for guidance with my everyday battles.”

**“THERE ARE TIMES WHERE I
FIND MYSELF WANTING TO
GIVE UP MY TEACHING
CAREER, BUT MY HESITATIONS
DISAPPEAR WHENEVER I
THINK OF MY STUDENTS.”
-GNG. OCASION**

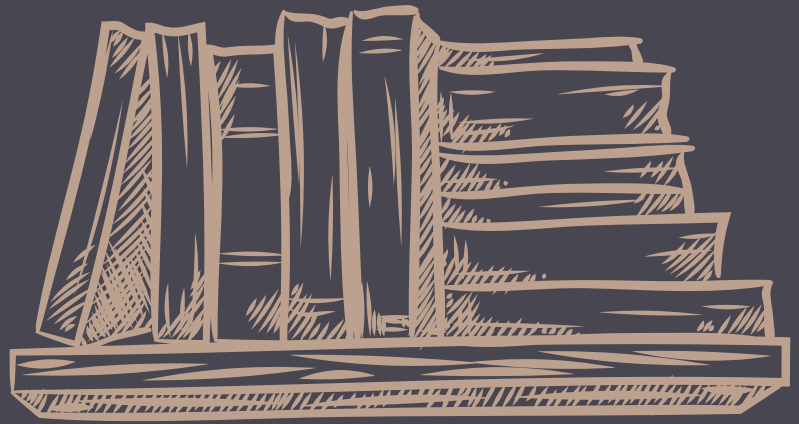


“I believe that in God’s perfect time, all these hardships will pass and we will get through this.”

Although students are struggling to adjust with online classes, one must keep in mind that they aren't the only ones facing this devastating situation. The effort that the educators pour into providing quality education to students

deserves to be highly recognized and appreciated. Indeed, the entire setting of this school year is unfamiliar to everyone. Thus, adjustment and cooperation are the ways to lift one another in these dire times.

Study Tips in your area



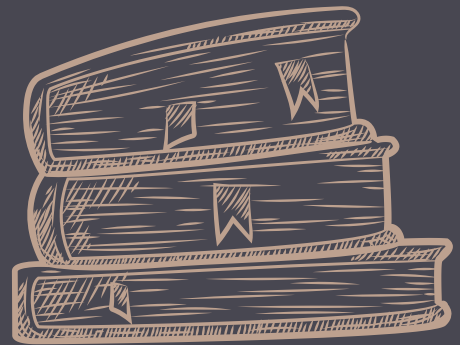
by: Sachie Quilapio

Ha! How you like that? How do you like your new learning environment? Even amidst a devastating pandemic, knowledge must keep on flowing just like the rivers: never stopping. We must not close our minds just like how we shut our bedroom doors closed to keep the noise out when online classes are ongoing. We cannot deny that even if we are cooped up inside our rooms, we experience difficulties in studying. Rather, it is said that it is a lot more challenging to keep a train of thoughts going. Here are handy tips that may help and remedy this dilemma.

1. *Being organized is advised*

This is the top tip that one should do. This does not only include the way your school supplies are arranged, but your surroundings as well. It is a proven fact that one can concentrate more when the place is clean and neat.

This can also apply in writing your notes. Using two (2) to three (3) distinct colors to write keywords or terminology is an efficient technique in reviewing.



2: *Distractions away!*

Ping! Mute those social media notifications because you won't be needing those in your lecture or exams. You may also power off your cellular phones and place them a few feet away from you in order to get rid of the temptations. If you do not want to do this, then you may just create a schedule on when to use your phone. And that leads us to the next tip.



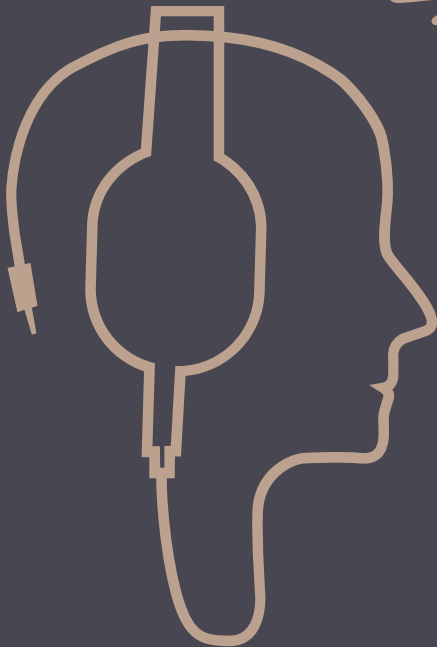
3: *Schedule as your tool*

Make a schedule for everything that you are tasked to do. With this, you have a flow and you can avoid hurdles and stress from a swamped workload. Be strict with the time indicated in the schedule so that you will be able to finish your needed tasks and avoid procrastination. It will also give you time to take a breather and do the things you like.



4: *Playlist will do the trick*

Disclaimer: this tip might not work on everyone! A soft background music will definitely keep you going. It helps with the betterment of your performance and your focus on formulating your thoughts. However, a song with vocals might distract and jolt you into singing. An instrumental track may be a better option.



Break a leg! but 5: sometimes, take a break!

How am I? Ask yourself this question. If the first thing that comes to mind is “tired”, “exhausted”, “too stressed” or something along these lines, then it’s a sign— the time for you to take a break. Keep in mind that your health comes first before anything else. Do whatever you need to cope. You may binge watch your top animes or eat your favorite food. Reading novels or fanfictions can also help as well as playing video games. You deserve a rest after a stressful day with a loaded plate. Recognize your effort and give yourself a pat on the back.

Indeed, we are facing dark and rough seas but we will not let this stop us from pushing forward. The sole purpose of this article is to show ways we can pull each other up by giving each other the support in these dire times. Hopefully, these tips may help and lead you to a better and more effective learning experience.





Zoom ▾

End

Disconnecting from
the session?



Waiting forever for your
activities to load?



Unmute



Start Video



Share Content



Participants



More

#WISDOM WEDNESDAYS



Every student has their fair share of struggles with internet connectivity, that we have our own tricks upon our sleeves that helps us get by with the common inconveniences we encounter. Brought to you by our fellow Sacredians, here are some tips and solutions for your internet issues.



Less is More

Is the lecture too laggy?

Try turning off your camera, disconnecting unused devices from the network, and closing some applications that are still running in the background. These things consume up the bandwidth of your device, which is the rate of how much data can be transferred over a connection. This consumption causes it to slow down and hinders its performance from reaching the full capacity. With that, the remaining data is what's left to use for the device. Doing this can make your teacher's lesson more understandable and clearer, but be sure to tell them why you turned off your camera!

Plan B

Here we go again..

The Wi-Fi's down and you can't seem to do anything online. However, you can utilize your mobile data as a form of backup. Mobile data is what helps a device connect to the internet without the need of Wi-Fi. This way, you'll still be able to finish your assignments and meet the deadlines!



Where are You?

Can't seem to get any signal?



Maybe you're in an area at the house where the Wi-Fi can't reach you. Location matters, even inside the house! You can either position the router in a more suitable area for everyone in the house to gain more access to it, or you can bring yourself closer to the router, so that your device can get into the Wi-Fi's range of signal.

Reboot

If something is wrong with the net and you can't seem to put a finger on it, you can always try restarting your router. This can temporarily fix a lot of unnamed problems, especially since your router or modem is the source of your connection.

There you have it! Those were a few ways to deal with the minor inconveniences' internet connection brings.

Please be reminded that these are simply quick fixes for the moment; these tips won't permanently repair any bigger problems that you have with the connection. Should this be the case, please contact your service provider instead.

Make sure to share your ideas for the next issue, who knows it might get featured in the next
#WisdomWednesdays.

LITERARY PIECES

Journey to the North

by: Ronin Jimenez and Cathleen Pineda

The sail was cast and the
raft left ashore to roam
To his right was a sun, warm
like a heart's treasure
To his left was the array of
comets in their leisure
Behind him, the planet, familiar
and what he deemed home

Upon this black marble sky
dotted with crystal
Sailed the young child,
searching for the North
He puffed his chest and stood
tall
And remembered what the trip
was worth

The stars were his compass
Within the deep unknown, of
crystals, heaven sent
His will was his instrument
On this journey, the goal would
encompass

He took the lone paddle by his
side
And what a lofty mind he had
For he had taken the blanket
of night to hide
From all that he thought was
bad

He sailed on comets and
heavenly bodies
Floating rocks and burning
stars
Kilometers above the roaring
seas
Just to find the North Star

With but a raft, but a sail, but
an oar
Through the sky of black
marble ore
He continues to row forth
For he knows it's there, the
glory of the North.

illustrated by: Keanna Logarta

Pyxis

by: Abby Lopez and Janna Juico

As the sun settles beneath the horizon,
And darkness colors the once vibrant skies,
You lose sight of your ship's direction;
It's but another of the many cruel nights.

Loneliness hangs like the clouds,
Hopelessness sings so loud..
There's no one but you—
Lost and lonely in the midnight blue.

But let the shadows be your only friend,
And I shall guide you until the very end.
My stars will shine and lead the way,
Keeping you safe until the break of day.

Hold tight,
Hold fast
To your ship's mast—
Hold still; I'll be your light.

illustrated by: Keanna Logarta



SPOT THE ?

There are 10 differences between the pictures. Find them all.



DIFFERENCE

Answer key is found at the last page.



by: Yessamine Mastura



ACROSS

1. El Nido is found here and it is one of the best resort destinations in the Philippines.
3. The name of the volcano that has a perfect classic cone shape in the Philippines.
4. One of the most popular beach destinations in the Visayan part Philippines. The Island is famous for its fine white sands.
5. It is small monkey, with large eyes and a long tail that dwells in trees which is commonly found in Bohol.
6. Hills found at Bohol. They are covered in green grass that turns brown during the dry season.
8. A historic walled area within the city of Manila, the capital of the Philippines.
9. The name of the volcano from Tagaytay that recently erupted this 2020.

DOWN

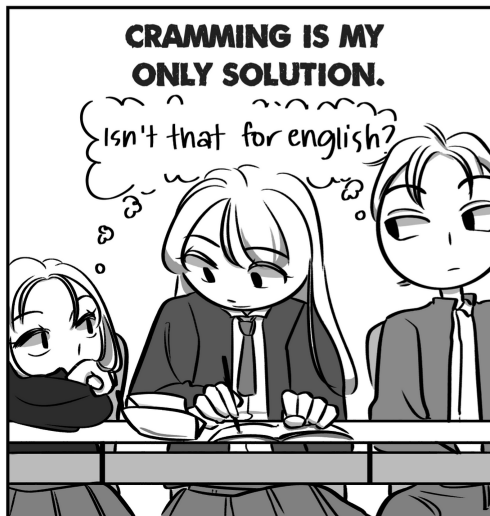
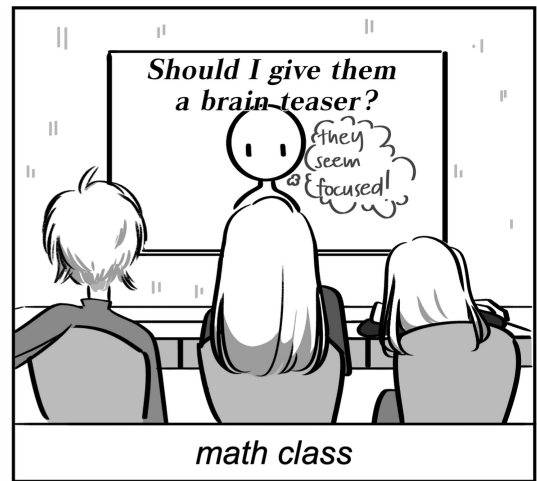
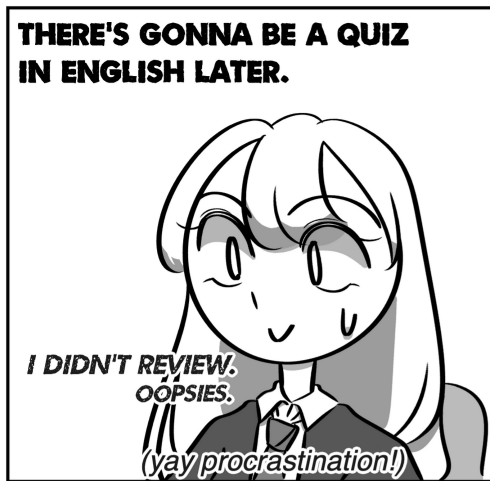
1. A volcano that was thought to be a mountain located on the tripoint boundary of the Philippine provinces of Zambales, Tarlac and Pampanga.
2. A terraces in the mountains that were created more than 2,000 years ago by the Ifugao.
7. A mountain in the Philippines famous for its "sea of clouds."



ANSWER KEY:

- painting (top right)
- poster
- picture frame
- third polaroid
- phone case
- hoodie (wifi)

- doorknob
- among us character hat
- collar
- wall sticker



QUIZ

by: Isabela Lopez

MEET THE EDITORS

HEAD EDITORS

Sachie Quilapio Editor-In-Chief
Ronin Jimenez Associate Editor

CATEGORY EDITORS

Jannah Javier *News*
Janna Juico *Literary*
Mostafa Khafaji *Feature*
Ruiz del Carmen *Photojournalism*
Kristin Maglanoc *Cartoonist*
Nicole Pulido *Layout Editor*
Ronin Jimenez *Copyreading Editor*