



# *Summing Up:*

## *The Year-End Issue*



# Editor's Note

BY: Sydney Dionisio

When I started off with Sacre Coeur as a literary editor, all I ever wrote were poems and a few unpublished narratives. Stories aren't entirely my forte, which leads to most of those pieces left unfinished. But as this school year comes to an end, I come to fathom the idea of how each person writes their own tales about their journey with several different chapters, each eventually approaching a denouement. However, we tend to forget how a new chapter begins after the one prior closes. We often tend to anxiously anticipate the end rather than looking forward to a fresh start, whilst carrying the echo of what once was to aim for improvement and growth.

As we advance to the new season in our lives, let's remember how we have already been through what we first thought was scary, that's now something we have difficulty to let go of. May this last Sacre Coeur release of SY 2024-2025 bring light to the final events and stories that conclude this chapter. With the work immersions exposed to upcoming college students, an unforgettable promenade event, and graduation soon to come, let's take in the beauty of what we experienced thus far and bring the lessons we have learned into the new light that we're destined to prevail upon.

So, to my fellow graduates, take a deep breath, step into the unknown, and triumph over the plan God has in store for you. Don't dwell too much on the past, because you won't completely leave that behind. Keep your roots strong and long for what's ahead of you while applying the wisdom you have acquired. I'm rooting for each one of us to fulfill our dreams, goals, and aspirations, and one day look back on the journey that led us up to where we are meant to be.

Padayon, Batch 2025!

Signing off,

Sydney Dionisio | Sacre Coeur EIC 2024-2025

# Strutting into Style: 12-ARDES' Quaint Atelier

BY: Meadow Cuevas

Photo by: Matilda Granados



Photo by: Matilda Granados

Photo by: Matilda Granados

Art is everywhere, and it has a beating heart. Bringing it to life is one thing, but making it strut and pose on the runway is another! This magic-like talent was a sight to see at the fashion show held on March 25, organized by none other than the magicians themselves: SHAP's Grade 12 Arts and Design students. This event was a collaborative effort of the class, led by Jaden Ramirez and Isis Dagohoy. Their Pacita Abad-inspired fashion show showcased the work of modern visual artist, Pacita Abad, through the students' personally designed and styled clothing.

When asked about her experience running the production of the fashion show, Isis Dagohoy stated that their visions were not always linear. "Well, I would say that it was kind of a roller coaster ride. One moment we would have these bursts of amazing plans and ideas then a few moments later we would think them through and realize if it's really achievable and practical. Nevertheless, it was fun being able to explore our creativity through fashion." Despite the challenges they encountered behind the scenes, their dedication to their art has prevailed. Furthermore, Dagohoy explained how the Arts and Design curriculum of SHAP helped her grow as an artist: "It really brought me closer to art and people. Along with learning about arts, I also learned how to work and collaborate with people and that it is always better to work as one. For me, art is more than just about painting, drawing, filming, or designing; it is also about the bond you build with the people you've worked with and the audience."

It goes to show that art is more than just a skill, but rather an undying passion and a platform to bring people together. The students of Grade 12 Arts and Design have truly outdone themselves on this runway, and will continue to outdo themselves in their future artistic endeavors. Here at SHAP, we not only strive for excellence, but we cultivate passion as well. Be a part of this experience. Be a *Bearwolf*.

Photo by: Matilda Granados



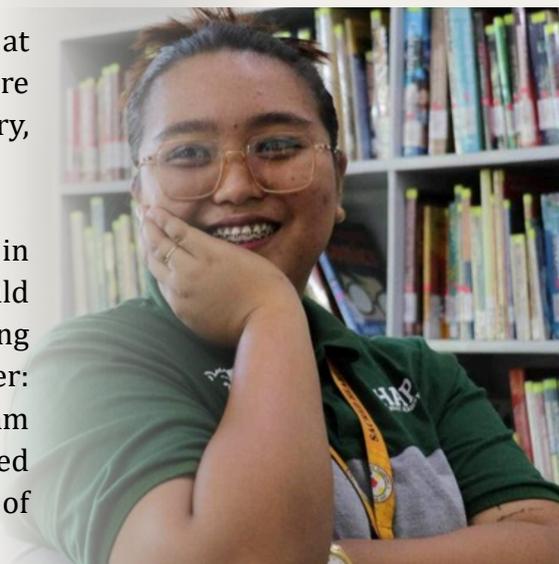
Photo by: Matilda Granados

# Beyond the Pages: Lessons and Memories

BY: Ms. Novelyn Bancud

Every end of a school year is a bittersweet chapter. Looking back at my journey as the adviser of Sacré Coeur, I realize it has been more than just fulfilling a role—it has been a journey of growth, discovery, and shared dreams that's bound by passion and purpose.

When I first took on the role, I hoped to guide young writers in finding their voice. I didn't expect how deeply these students would inspire me through their resilience, creativity, and courage. Being part of this reminded me daily of why I chose to become a teacher: to be a light, and in turn, to be enlightened by the young hearts I am privileged to guide. Through every story told, every deadline raced to meet, and every challenge faced together, I saw the beauty of young minds determined to make a difference.



One of the things I am most proud of is using this platform to advocate for mental health awareness. Through our small but powerful steps, whether through features, creative pieces, or open discussions, we created a space where students felt seen, heard, and valued. It was not just about telling stories—it was about creating a safe space where it was okay to speak up, to feel deeply, and to find strength in vulnerability. I am proud of how each of you embraced that message, reminding one another that kindness, both to ourselves and to others, is the most powerful voice we can ever use. It fills my heart knowing that even in the simplest ways, we were able to remind each other that "it's okay not to be okay" and that seeking help is a form of strength, not weakness. So, remember: "Caring Heart, Healing Minds".

Like every story we've written, it soon comes to a close. My dear students, you are the heart of everything we've achieved. You may call me your teacher, but truthfully, you have taught me just as much—maybe even more. You taught me that passion has no limits, that empathy is a language louder than words, and that dreams stitched with hard work and courage can change lives. You may not have realized it, but you became one of my greatest sources of courage. For that, I will always be grateful.

I can only hope that, in some small way, I have left a mark of encouragement, hope, and belief in each of you and the warmth of knowing we built something real—something that will live beyond any printed page.

As you move forward, continue to use your voice to inspire, heal, and lead. The world needs your light—your authenticity, passion, and courage. Never be afraid to tell your story; it can change lives, just as you have changed mine.

Thank you, Sacred Heart Academy and Sacré Coeur, for allowing me to walk this journey with you. Though my path may lead me to another chapter, a part of me will always remain here, with all of you. Always remember: the world is waiting for your light. Keep writing it boldly.

# Bittersweet Farewells: Closing Off a Memorable Year

BY: Dikhryzz Calilung

Last on the 31st of March, Sacredians from all around the campus concluded their last day of school with a mix of laughter and tears—marking the end of a school year filled with growth, challenges, and unforgettable memories. Each class section held its own farewell party within their classroom, making for a more personal and intimate celebration. With the school year finally having come to a close, the event served as a final heartfelt opportunity for students and their advisers to reflect on the journey they shared together as they prepare to move forward to the next chapter.



Photo By: Beatrice Peñaranda

Class sections organized lively games and activities that were not only fun but also meant to bring the class closer together one last time. As students bonded through playful competitions, they were able to enjoy the day and each other's presence without dreading any more school assignments. Many also brought food to share with their classmates, giving way for a wholesome atmosphere where everyone could enjoy a meal together in the same room. More sentimental programs, like open mic speeches, gave students the chance to express their gratitude and share their own fond memories of the class. Some sections prepared video montages that captured their class's countless shared experiences over the school year. Small awarding ceremonies were even held, honoring classmates with personalized certificates alluding to witty inside jokes. For graduating seniors and those transferring to a new school the following year, the celebration was especially bittersweet.



Photo By: Lyle Silvino



Photo By: Lyle Silvino

The farewell parties served as a testament to how far the students and advisers had come and the bonds they'd built. Each class may have parted in their own way, but the atmosphere across the campus was engulfed by a shared sense of connection and closure. This event wasn't just a simple bid farewell to the school year but also to the community and place that many had come to appreciate as a second home.

# Strands of Success: SHS Students Shine in Work Immersion 2025

By: Andrea Dominique Romero & Maxene Dilanco

On March 3, 2025, the first batch of students from Grade 12-C ABM worked at WeFund Lending Corporation located at Discovery Suites in Ortigas Center. The students worked from 9 AM to 5 PM and were given official intern passes to smoothly pass through the building's registrar. On the first day, students were introduced to the company's history and staff and then divided into four departments: branding, admin, operations, and finance. The branding team had the most members, comprising ten students while the rest of the departments only had two to four members. The students in the branding department were tasked to work on social media management, publication materials, and advertisements for the company. The finance department was assigned to work on bookkeeping—organizing the company's records and data. Additionally, they thoroughly researched market trends and prepared reports about the current financial statuses of the company's competitors. The administration department worked on scanning and printing the company's paperwork. The operations department worked as call agents and learned about the company's daily operations firsthand. Throughout this experience, the ABM students bonded with their supervisors. On their last day, the students were rewarded with a certification and an umbrella with the company's name for completing 80 hours of work immersion.



In the course of the same time period, students from Grade 12-D ARDES were assigned to work at the Book Museum and Ethnology Center. During their ten days of work immersion, they were given different tasks that gave them hands-on experience of working in a museum. They also researched about the various artifacts in the museum, cleaned the displays, and much more. In the last week of their immersion, they were able to give a tour to the museum guests—some of which were kids on a school field trip while others were just families on vacation. During their internship, they got to know their supervisors and formed a truly close connection with them.

The students of Grade 12-D ARDES wholeheartedly enjoyed their work immersion and are grateful to have been given the opportunity for the experience.



On March 16, 2025, the students from Grade 12-D HUMSS began their work immersion. The students were split into two groups—the first group worked at the Pasig Revolving Tower and Tanghalan Pasigueño while the second group was assigned to the Pasig Rainforest. The tasks were simple: deal with reception, events, and paperwork. The students also hosted two outreach programs for children in two different locations. The first program was located at Tanghalan ng Pagmamahal where they helped Ms. Mabel De Jesus host two games: Stop Dan and Hep Hep Hooray. The second event was fully hosted by the students and was held at Manila Boys' Town in Marikina. The Grade 12 students received donations from junior high school students, consisting of food, clothes, cleaning supplies, and other necessities which they later donated to the institution.

The work immersion experience of the senior high students across the three strands showcased their unique strengths and personal talents that paved the way to their chosen careers. From managing real-world financial data and crafting marketing strategies, managing museums and preserving artifacts, to hosting outreach programs for those in need, the students demonstrated adaptability, problem-solving skills, responsibility, and a strong sense of purpose. These experiences not only gave them a glimpse into their potential career path but also helped them build meaningful relationships and memories with one another. As the students move forward, the valuable lessons they learned from these experiences will serve as a foundation for their future endeavors, reminding them that hard work and perseverance will always yield positive results.

# Holy Week Heatwave: The Impact of Dangerous Temperatures on Religious Traditions and Student Engagement

By: Errin Julia B. Umali

This year's Holy Week brought not only spiritual reflection but also record-breaking heat across the Philippines. On April 17, 2025 during Maundy Thursday, the Philippine Atmospheric, Geophysical and Astronomical Services Administration (PAGASA) issued a "danger" heat index alert for 10 areas, including Pasay City where temperatures soared to 44°C. This level of heat index poses significant health risks, including heat cramps, exhaustion, and potential heat stroke with prolonged exposure

Photo By: Beatrice Peñaranda



For students and families observing Holy Week traditions—such as Visita Iglesia, processions, and outdoor Stations of the Cross—the extreme heat made participation difficult and potentially dangerous. Many parishes were forced to adjust schedules or move events earlier in the morning or later in the evening to avoid peak heat hours.

Students, who are currently on break, also found it challenging to enjoy their time off. The heat discouraged outdoor activities, and some homes without proper ventilation struggled to keep cool. This situation is especially tough for those reviewing for upcoming final exams or working on year-end projects.

The Department of Health (DOH) continues to remind everyone to stay hydrated, wear light clothing, and avoid prolonged sun exposure. As climate change continues to influence extreme weather conditions, it's becoming more important for schools and communities to adapt and protect their members, especially the youth.

Photo By: Beatrice Peñaranda



While Holy Week is a time for spiritual renewal, this year served as a reminder of the growing impact of environmental changes on our daily lives—including the way we rest, reflect, and recharge.

# Goodbye Senior High: Rectifying DepEd's 9-Year System

By: Mianne Aspa and Dyan Bana

The Department of Education (DepEd) is proposing major changes to the senior high school (SHS) curriculum to make learning more flexible and focused on helping students become job-ready. Released on the 4th of April, the draft of the new curriculum was open for public feedback until the 11th of the same month.

Established in 2016, senior high school covers the last two years of the K to 12 program. These two additional years were said to help equip learners with skills that would better prepare them for the future whether they pursue higher education, employment, or entrepreneurship. In order to do so, this system was divided into four tracks: the Academic track, the Technical-Vocational-Livelihood (TVL) track, Arts and Designs (ARDES), and Sports. Despite being implemented with the best intentions, the educational program has long been faced with backlash and controversy as the masses point out the fact that the additional two years in high school were just an added financial burden to the parents. Aside from that, a discussion paper by the Philippine Institute for Development Studies (PIDS) in 2020 showed that SHS graduates do not have a statistically significant advantage or disadvantage in pay compared to those who have completed Grade 10 and second-year college.

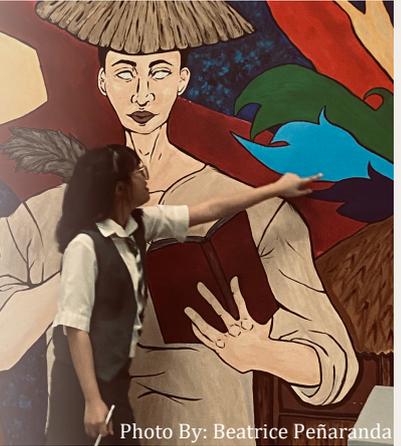


Photo By: Beatrice Peñaranda

Thus, on the 13th of March, in a hearing held on the SHS program, DepEd plans to reduce the number of SHS tracks from four to two: the Technical-Vocational-Livelihood (TVL) track and the Academic track. Furthermore, the redesigned curriculum will undergo a "drastic reduction" in the number of required subjects—from 31 to an estimated 7 to 20 subjects. This is to better align the curricula of SHS with higher education institutions and equip students to be both college-ready and also job-ready.

With this draft proposed, one of the biggest changes is the reduction of core subjects from fifteen to just five: Effective Communication, Life Skills, General Mathematics, General Science, and History and Philippine Society. These will be taught throughout the school year with more time for each subject to help students understand them better. DepEd is also introducing a "doorway option," which allows students to choose electives based on their career goals, not just their track. For example, a student interested in both science and business can take subjects from both areas. Electives are grouped into nine clusters, including STEM, Business, Arts, ICT, and others. Meanwhile, all non-core subjects will be called electives, removing the old labels of "applied" and "specialized." The time for each subject will also be adjusted: core subjects will get 160 hours a year, academic electives 80 hours per semester, and TechPro electives up to 320 hours.

Depending on the results, a pilot test of the new curriculum is planned for S.Y. 2025–2026 with a full implementation following in S.Y. 2026–2027. DepEd encouraged the public to send their feedback online and for interested schools to contact their regional offices to join the pilot with the aim of making the SHS program more useful, efficient, and aligned with the needs of students and the job market. Despite the recent support this plan has been receiving over the last few months, one cannot deny the repercussions if this plan will follow through—such as the increased possibility of dropout rates in state universities and worsen the existing shortages in public senior high schools, leading to overworked and overloaded teachers that will accommodate student transferees from the removed strands. Until the results are released, the public can only wait in anticipation on whether this will follow through for the future and the hopes of tomorrow.



Photo By: Beatrice Peñaranda



## From Seedlings to Saplings: Blossoming Behind the Scenes

By: Wrajja Qalista Rosales

As the once familiar sound of student chatter slowly fades away, the clicking and clacking of a teacher's fingers on the keyboard comes to a stop, and the overwhelmingly delicious aroma of cafeteria food creeps back into the kitchens it came from, the silent dedication of a meticulously organized group of students—determined to capture the school year's memories into small pages, the hushed murmur of their collaborative whispers, and the occasional tap of a mouse echoing in the stillness—still keeps the atmosphere alive and energetic in the quiet hallways of Sacred Heart Academy of Pasig (SHAP).

The creation of the SHAP yearbook is a testament to the power of collaboration. A diverse group of students, each starting different chapters of their lives and bringing their unique skills and perspectives, using their talents to weave a monumental narrative of the school's past year. Overseeing this ambitious endeavor is the Managing Editor, Errin Julia Umali, whose vision guides the entire team. According to Umali, this year's yearbook theme is "Turning Pages: Embracing the Next Chapter." She explains that this theme was chosen to reflect on the journey of growth, change, and new beginnings each student experiences; highlighting the excitement and uncertainty each student faces as they take a step into the future; serving as a reminder that as one door closes to a single chapter, there are several more waiting to be explored.

However, no great endeavor comes without its own challenges. Umali states that one of the most significant hurdles the yearbook committee faced was ensuring the consistency of the students' requirements. Could you imagine? Hundreds of students from different grade levels, each with their own schedules, their own interpretation of the photo prompt, and their own one-of-a-kind ideas for their yearbook quote—the sheer thought of wrangling and compiling all of that in a single cohesive book seems like quite a mountain to get over.



Yet climb, they did; the team responded to the chaos not with panic, but with process. Photoshoots were scheduled for students who couldn't manage their own, while others were gently reminded of deadlines in carefully worded messages and emails. The editorial board made sure to create buffer periods for last-minute submissions, understanding that flexibility would be their best ally. Through constant coordination and hours of collective effort, what initially felt like a logistical puzzle slowly started to show itself as a complete picture.

To achieve inclusivity, Umali elaborated on a thoughtful process she and the committee undertook. "We carefully designed each theme to allow students to freely express themselves," she stated, "whether by showcasing their chosen career paths or posing in the school halls they grew up in." The significance of individuality for this year's yearbook created a wonderful piece that can truly resonate with each and every student's own personal journeys and triumphs throughout the year.

When asked about a particular section she likes in the yearbook, Umali showed her enthusiasm for the Grade 12's. It inspired her, seeing her batchmates' creative shots, proudly wearing costumes for careers they've always yearned for. It's such a powerful thing to witness, isn't it? The little boys and girls you once knew are now stepping into new chapters of their lives, on their way to make their mark—once seedlings in SHAP's garden, now ready to blossom into the world.

Behind every turned page is a story few will ever see. It's easy to marvel at the printed spreads, the full-color photos, and the witty quotes that bring laughter or tears. Yet behind all that are the nights spent laying out templates, the deliberations over fonts and color palettes, and the quiet pride of a team that knows they've built something lasting. For Umali, these behind-the-scenes moments are just as important as the final product.

To those who will inherit the task next year, she offers one simple piece of advice: prioritize consistency. "It may sound like such a small thing," she says, "but keeping your process tight—from timelines to layout alignment—makes everything else easier to manage." It is, in many ways, the same principle that holds any good book together: coherence from page one to the last.

As the pages for SHAP '24-'25 come to a close, they leave behind a vibrant mosaic of memories, a tribute to the students' journeys and the dedication of the yearbook team, guided by Errin Umali's vision and her emphasis on consistent teamwork for future endeavors, as they all end this chapter of the book—now starting again on different stories, making memories just as they did for the previous one.



Photo by: Matilda Granados

# From Canvas to Catwalk: A Student Fashion Show Inspired by Pacita Abad

By: Alyanna San Pablo

On the afternoon of March 24, 2025, the most awaited school runway event unfolded like a vibrant mosaic of color and texture at the Senior High School building of Sacred Heart Academy of Pasig. This wasn't your typical high school fashion show—it was a celebration of art, ingenuity, and the boundless creativity of ARDES students, all inspired by the iconic works of Pacita Abad.

The event, titled *From Canvas to Catwalk*, was meticulously organized by Jaden Ramirez and Isis Dagohoy. It seamlessly blended the bold strokes of Abad's abstract paintings with the spirited flair of 1960's fashion. The concept was born from a serendipitous moment: while browsing Abad's online portfolio, the organizers noticed a striking resemblance between her vibrant, mixed-media work and the flamboyant styles of the sixties. That spark ignited the vision of a fashion show that would not only spotlight student talent but also honor Abad's artistic legacy.

The show itself was a testament to the students' dedication and collaborative spirit. Four design teams, each composed of three to four members, were tasked with translating Abad's art into wearable fashion. Each team selected two of her paintings as inspiration, designing two themed outfits. A third "freestyle" piece allowed for individual creative expression—capturing the designers' personal interpretations of Abad's visual language.

To cast models, the organizers initially considered handpicking individuals but instead opted for an open casting call. This decision ensured a more inclusive and diverse representation from the student body. It also fostered a sense of shared purpose among students from different backgrounds and skill sets. The event became even more dynamic through a partnership with Sir JM's club organization, MusikeRawr, which provided live music during the runway presentations.

Inspired by the theatrics of Victoria's Secret fashion shows, this musical element elevated the experience into an immersive, multi-sensory showcase. A well-crafted proposal secured this crucial collaboration, demonstrating the organizers' professionalism and vision.



Photo by: Matilda Granados

However, the journey from concept to catwalk wasn't without its challenges. As Dagohoy candidly shared, organizing a large-scale event for the first time brought on a series of unexpected hurdles. Fortunately, the organizers were equipped with problem-solving skills learned through their ARDES (Arts and Design) courses. They created contingency plans to prepare for obstacles, including one situation where two models couldn't participate due to work immersion conflicts. Thanks to the backup models from the open casting call, the event continued smoothly.



Photo by: Matilda Granados

Time management was another pressing issue. The designers faced tight deadlines while juggling academics and event preparation. Ramirez mentioned that lack of communication within some teams led to inconsistencies in design themes. "There were designs that weren't completely on theme," she explained, "so we had to communicate properly with the designers to make the show more cohesive."

Dagohoy, who also served as both a lead organizer and a designer, had to balance multiple responsibilities at once. Coordinating her team, managing the show's logistics, and keeping up with academic requirements required careful planning. She relied on weekly task lists and a flexible schedule to stay on top of everything. Rescheduling the event multiple times further tested her adaptability and reinforced the importance of clear planning and backup strategies.

Despite the behind-the-scenes challenges, the fashion show was more than just a display of clothing—it was a vibrant fusion of art, fashion, music, and youthful energy. It served as a tribute not only to Pacita Abad but also to the resilience, imagination, and collaborative spirit of Sacred Heart Academy's young creatives.

This event reminded everyone present that creativity is not just about vision—it's about commitment, communication, and the courage to bring ideas to life. In transforming canvases into catwalks, these students proved that with heart and teamwork, anything is possible.

Photo By: Matilda Granados



# Entering A New Journey, One Step At A Time: Graduation Preparation 2025

By: Denise Andrea Castro and  
Kathryn Arabelle Cantoria

Time truly flies, and before we know it, we find ourselves at the doorstep of one of the most anticipated milestones in every student's academic journey—graduation day. Whether you're entering grade school, junior high school, or leaving senior high school, this event serves as a way for our achievements to be recognized and for us to see the fruit of our labor. With this comes the preparation needed in order for this life-changing event to run smoothly and be organized. The graduation ceremony practices for the Grade 6 and 12 students started on April 14, 2025 while the practice for the moving up ceremony of the Grade 10 completers were on April 23, 2025.

It highlights the many instances when we struggled, persevered, and ultimately succeeded. These transitions, while intimidating, are a testament to our ability to grow through difficulty and emerge with valuable lessons and renewed confidence.



Photo By: Matilda Granados

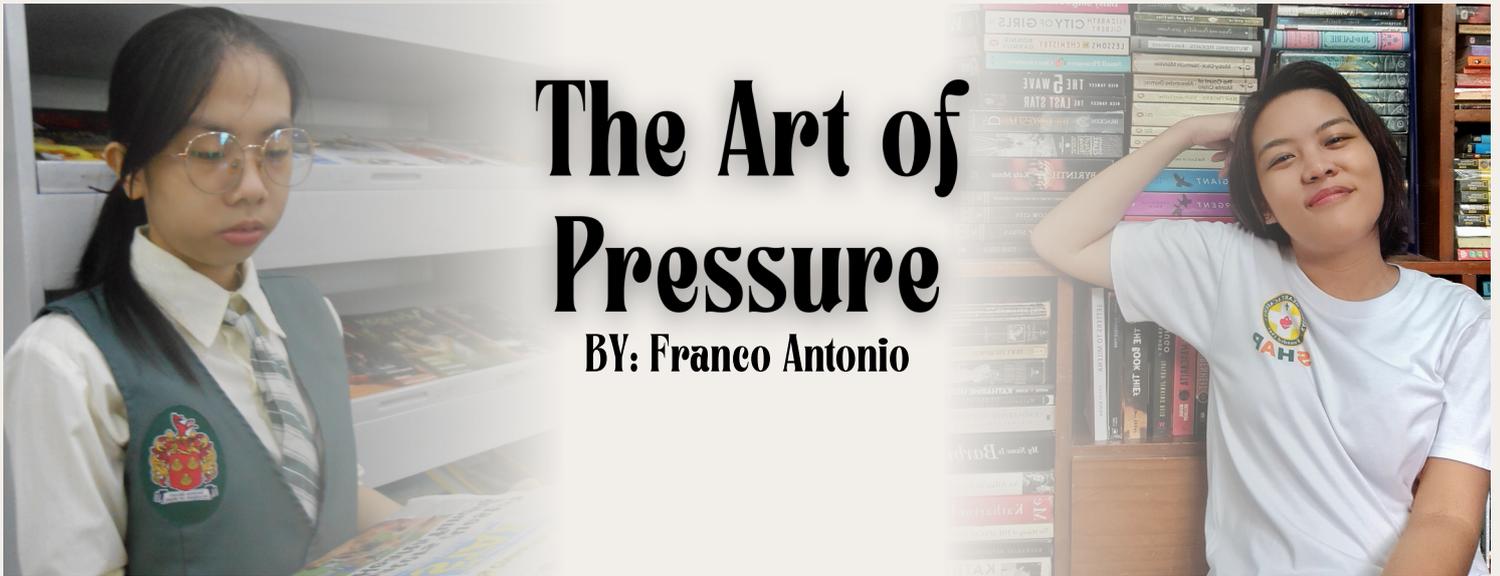
All of us have different milestones to celebrate in our own ways, and entering a new journey is one of them. It comes with a lot of fears and challenges, but if there's one thing that we've learned from being a Sacredian, it's to always cherish the moments you have right now and to treasure the people that you're with because you may not know that it may be the last time you'll see each other and enjoy those laughs again. At the same time, crossing a new path doesn't always mean feeling scared just because you're gonna be in a new environment. It could also be exciting since you're stepping out of your comfort zone.

Advancing to the next stage of our academic journey can often be a daunting experience. The uncertainty of new environments, higher expectations, and unfamiliar challenges can stir feelings of nervousness and hesitation, yet it is in these very moments that we are reminded of the obstacles we've already overcome. Moving up—whether to a higher grade level or into a new academic chapter—becomes a meaningful symbol of our strength, determination, and the resilience we have developed throughout the years.



Photo By: Matilda Granados

As the school year draws to a close, this period of transition offers a clear reflection of personal and academic transformation. Students are not only moving up a grade or completing a level, but also stepping into new roles with greater confidence and a broader perspective. The process of growth—often forged in moments of difficulty—stands as a testament to their inner strength and potential. With graduation and moving up ceremonies on the horizon, learners embrace the future with both excitement and readiness, carrying with them the valuable lessons and experiences that have shaped their path thus far.



# The Art of Pressure

BY: Franco Antonio

The blank stares back, and a spotlight hits center stage. For essayist Dominique Aspa and speaker MJ Gelacio, their recent competition demanded more than just skill; it required resilience in unexpected challenges and finding authentic voices. Their experiences offer sharp insights for any student communicator.

Aspa arrived at his essay competition expecting an environmental theme, aligning with the other events. Instead, the prompt dropped him a surprise: "Benefits of AI Use in Education." This presented an immediate conflict, "I had to put aside my dislike for Generative AI and look at it in a positive light – which was really difficult," Aspa admits. He views widespread educational GenAI skeptically, citing and mentioning its environmental cost and potential to foster intellectual laziness. Prohibited from external research, he relied entirely on "stocked knowledge."

His approach? "High-speed, Low drag," Aspa calls it — writing what comes to mind without getting bogged down by outlining. "I personally find finding a rhythm in writing more important," he explains. "Simply just diving headfirst into the task helps me create a smooth writing flow." He focuses on crafting a strong hook immediately, believing that losing rhythm weakens the entire piece. Revision happens after the initial draft flows onto the page. To make the essay compelling despite the challenging topic, Aspa incorporated literary techniques usually reserved for creative pieces: shifting perspectives, personification, alliteration, and metaphors, aiming to weave "life between the lines."

MJ Gelacio, conversely, felt an instant connection to her Pecha Kucha topic: "Championing Environmental Awareness." It allowed her to showcase "One Child, One Tree," an environmental organization founded by her aunt, Natalia Sali. "I knew that not only was this a message that's deeply personal to me... but I feel as if I had helped my tita spread awareness," she shares. Preparation involved research and interviews with the founder and volunteers.

However, passion met an unexpected obstacle: sudden, intense stage fright. "Never once," MJ emphasizes, had she experienced it before. Rehearsals became paralyzing. "I couldn't utter a single word. I stuttered and fumbled."

The demanding Pecha Kucha format – 10 slides, precisely 20 seconds each – added pressure. "It really threw me off," she recalls, "But at the same time it was one hell of a challenge, and that really excited me." Her drive to conquer this fear propelled her even further forward.

What made their work resonate? Aspa focused on technique and voice to animate a potentially dry subject. MJ believes her speech's specificity sets it apart. While others spoke generally, she presented concrete action. "I didn't talk about what we should do, but instead what we've already done," she clarifies, referencing her own participation in tree planting. Her speech wasn't just a call to action; it reported action underway.

Their advice distills their experiences. "Do not lose heart," Aspa urges fellow writers, especially facing anxieties about relevance or displacement by AI. "You have your story to share. Only you and you alone can tell it." MJ's core tip for speakers is simple: "talk to the audience." She avoids memorization, focusing instead on the core message and conversing naturally. "The more I speak the way I naturally converse, the more my message will be heard."

Looking ahead, Aspa intends to become a children's book author, honing skills he believes AI cannot replicate. "AI could never capture the essence of human creation. It does not have passion nor does it have a heart," he states firmly. "I shall stand testament to that statement." MJ sees public speaking already enhancing her empathy and communication, vital skills for her future.

Dominique Aspa and MJ Gelacio faced distinct pressures – an unwelcome topic, unexpected stage fright. Yet both found success by digging deep, embracing their unique perspectives, and focusing on genuine connection, whether through the rhythm of prose or the directness of speech. Their triumphs remind us: authentic human expression, crafted with purpose and passion, remains powerfully resonant. Find your voice, trust your story, and speak your truth. That power endures.

# Shaping Our Paths: A Reflection of Our High School Year

By: Mary Nicole Cruz

They say the future's ours to write. But what they don't tell you is how hard it is to turn the pages. Graduation isn't just about caps, gowns, and celebrating our achievements. It's a sudden—but also quiet—kind of change, unraveling the life you've known for years. One day, you're running through the hallways, and the next, you're looking back at it like a dream you once lived. The laughter, the doubt, the tiny victories become memories etched in your heart. Somewhere in that blur of growing up, SHAP became more than a school. It became home. In these halls, we didn't just study—we grew. Without even realizing it, we became the people we once longed to be.



Eiffel Baluyot, a student leader from 10D who has stayed in SHAP for 11 years, reflected on how the school has played an important role in his life:

"SHAP's people—students and teachers—molded me into realizing my true potential in life. The teachers I met, especially in high school, will be memories I will cherish forever. Sacred Heart Academy of Pasig can make you realize that you can do much more than you expect you can, through the different tasks and challenges it gives you."

While there were many ups and downs, there are certainly many plot twists to be grateful for. For Eiffel, school wasn't just about academics—it was about meeting new people who made him better.

"Surround yourself with the best people—those who have your back, who can contest your thoughts and ideas, and who can tell you when you are wrong. These are the best people to be with because they help you improve your character. Surround yourself with people who also work hard and strive to be the best versions of themselves, because eventually, you will adopt this mindset as well. Never have friends who you can only laugh and giggle with—have friends you can have deep talks with, who can criticize you even if it hurts. Have friends who truly care about you."



SHAP didn't just build minds—it built character. Integrity, excellence, and service were more than just core values. Franco Antonio, a Grade 12 student, shared how SHAP helped him become the change he wanted to see:

"I've met a lot of people in my time here, and I used to go about with a mindset of 'they will change someday.' However, as time went on, I realized that people will not just change on a whim—they need someone to follow. I decided I wanted to be that person people will follow."

High school has surely been a series of failures and successes. Beneath the joy and fulfillment of this milestone, there's a quiet ache of letting go—leaving behind everything you've built, loved, and cherished. It may feel like walking away from a version of yourself that existed only within this chapter: the person who laughed in those halls, who braved every challenge, who cried when no one was watching. Every sleepless night, every small triumph—it was never meaningless.

"We'll drift apart, but every time I sing a song, you won't feel very far."

No one talks about how you start grieving before you even leave—but this grief means it mattered. All the late nights studying, complaining over a grade or a task burdening you, all the times you cried but no one knew—it all meant something. It helped us become who we are right now.

If you're standing here now—caught between nostalgia and what lies ahead—keep going, even if it hurts, even if you don't see the light at the end of the road. There is nothing that you cannot do, as long as God wills it to be. Because the truth is: this isn't just an ending. It's the beginning of everything we've once dreamed of.

# Veil and Velvet: A Masquerade Soirée to Remember

By: Jodi Iris Reyes



Photo By: Lyle Silvino

On the night of April 4, this year's prom was held at Chardonnay by Astoria. It was a magical evening filled with unforgettable memories, as our seniors spent one last night with their fellow batchmates and beloved teachers. The atmosphere was full of joy and excitement—undoubtedly making the end of the school year truly special for everyone who attended.

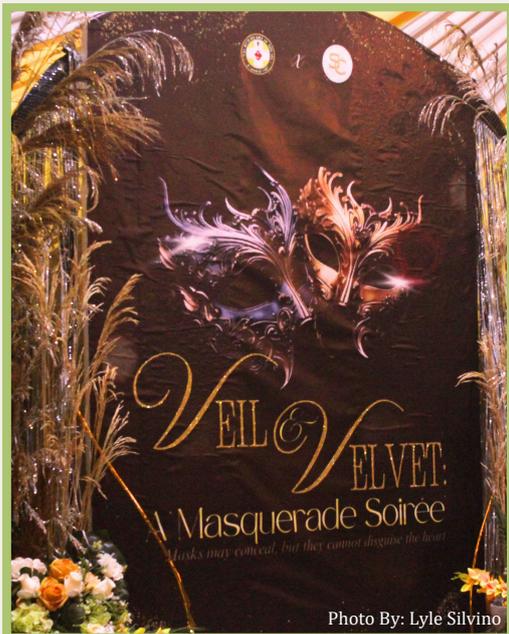


Photo By: Lyle Silvino

This year's prom theme, "Veil and Velvet: Masquerade Soirée", was inspired by a long-held dream among many students. According to Sir Lance Paita, president of the student council, "The first thing that comes to mind is this theme because every student wants to experience it at least once during an event. It has been anticipated by many ever since childhood—to attend a masquerade party," he shared. I couldn't agree more! Growing up, we've all been fascinated by the mystery of masquerade balls we often saw in films.

Lance explained that the theme drew inspiration from movies set in the 1800s and 1900s, with classics like *The Phantom of the Opera*, *Sense and Sensibility*, *Pride and Prejudice*, *Anna Karenina*, and *Emma*. These films often featured grand balls attended by sophisticated individuals. *The Phantom of the Opera* includes a memorable scene titled "Masquerade," which became the main inspiration for this year's prom theme.

But the theme wasn't chosen purely for aesthetics. Lance shared the deeper symbolism behind the title "Veil and Velvet." A veil represents concealment, while velvet symbolizes something rich, finished, and textured. Together, they suggest the idea of hiding something beautiful or covering the true beauty beneath the mask.

According to Lance, the night was envisioned to come alive through the unique and creative outfits of each student—expressions of their individual personas and a deeper representation of the theme. The masquerade concept allowed students to experiment with their looks, mixing and matching their masks and outfits to create an evening filled with mystery and elegance. The entire event felt like stepping back in time, a night where sophistication and imagination blended into one unforgettable experience.

## About the Writer's Experience:

This year's prom was the first I've ever attended, and I was beyond excited! I looked forward to seeing all my fellow batchmates and teachers dressed in their best outfits. What thrilled me the most was seeing everyone embrace the theme, "Masquerade Soirée," with elegant masks, stunning gowns, and sharp suits—each outfit reflecting unique creativity and personal flair.

For my outfit, I made sure it aligned with the theme. I chose a dark ball gown with touches of gold to give off a classy yet mysterious vibe. I paired it with matching gloves and a mask to complete the look. I really wanted my attire to reflect the essence of the theme and capture the elegance of the night.

As for my expectations, I was especially looking forward to the grand entrance of everyone in their themed outfits. I expected the evening to be filled with excitement and lasting memories—especially since this was my first time experiencing such a formal event. I was also eager to watch the entertainment segments, including singing performances and, of course, the discotillon.

This prom was more than just a party—it was a meaningful milestone in my journey as a senior high school student at Sacred Heart Academy of Pasig. It was a celebration of our time together, a night to cherish our final memories as a batch of senior students. One of the most significant moments was the prom turnover, where our Grade 12 seniors passed down their responsibilities to us, the Grade 11 students. That moment alone shows how SHAP values and recognizes us, senior high students, as we prepare to take on our final year.

Truly, this prom night is a moment we'll always carry with us—not just as students, but as one SHAP family.

# APRIL SHOWERS

By: **Veronica A. Calixihan**

I think about the April rain a lot.  
It's sentimental in a special way.  
When winter bids its farewell,  
It rushes in, as if it were bound to get caught.  
It's a good change of pace, so to say.

It's not any different from the harsh cold,  
But I'd be willing to begin a season anew.  
It'll take a while to see the bloom, so I've been told.  
Sure, it's a bit corny, like old sayings that are nothing new—  
But what should it matter if I patiently loved you?

Don't you think it's pathetic?  
That I stood here in the pouring rain,  
Just short of an inch from the shade.  
Oddly enough, that's quite poetic—  
That I'd stayed, knowing April's tearful pain.

I carry this with a heavy heart,  
I walk, unsure of where to end, when to start.  
But, what do I know?  
That there may come a long April shower,  
But dear, you must realize that there, too, are May flowers.

So, for I've overstayed my welcome,  
It's time for me to leave you, April showers.  
I'm sopping wet, and it's the early morning hour.  
A new dawn must come too, eventually:  
Yes, and this time my heart will be willing to live in its actuality.

And now I shall leave you this:  
April rain, for how much I'll miss your kiss,  
We must part, but let us do it gracefully, dear.  
The spring has sprung, as do seasons of the year.  
I hate to leave, I do... but darling, don't shed a tear.

I think about the April rain a lot.  
Though I'll miss the puddles, as I got lost in thought—  
I'm glad to have come this far.  
Life may change; things may never be the same—  
But, tell me as I have told you: "I'd love you always and as you are."



Illustrated by: Gabrielle Elizaga



Illustrated by: Kim Camungol

# A NEW CHAPTER

By: **Athea Reece Deviente**

As the final words are written,  
A new page awaits, untouched, unhidden.  
The past is done, the ink set dry,  
A new tale begins, reaching for the sky.

No maps to guide, no paths to trace,  
Just open space, your dreams to chase.  
The future hums in every word,  
A tale unfolds, both soft and heard.

The pen is yours, the world unwide,  
With every line, new paths collide.  
A fresh start blooms, untouched, untold,  
A new adventure, daring and bold.

Step into the unknown, where dreams will rise,  
Each sentence carved beneath open skies.  
The chapters await, yet to be spun,  
A new story begins, the journey's begun.

As this chapter begins, it may be new,  
Different from the stories you always knew.  
But fear not, for this is your time to soar,  
Write this new tale with courage, explore.



Illustrated by: Hana Sabado

## WHEN TRIUMPH WHISPERS THROUGH SCARS

By: Polo Castillo

I awoke one morning, though I can't recall why—  
The world wasn't light or dark, but hanging high,  
Suspended somewhere 'tween truth and dream,  
Why do we walk paths without knowing where they lead, it seems?

Am I the storm, or the hush left in its wake?  
I'm what happens between, no line to break.  
A flicker, a pause, a breath too brief,  
Scars aren't marks, they're questions beneath.

Struggle doesn't break me—it bends and weaves,  
A shape unknown, like autumn leaves.  
Each tear, a ripple, spreading wide—  
Triumph's there, yet never for long to guide.

I've fallen, sure—who hasn't known the fall?  
But what's revealed beneath, through it all?  
Is it me, or something else unknown,  
A shadow of who I thought I'd grown?

Time moves like a river, constant, wild,  
Do I swim or float, like a forgotten child?  
A companion with no trace, no name,  
Still, I wonder, where does it carry me in its game?

## PART OF LIFE: FAREWELLS AND NEW BEGINNINGS

By: Veronica A. Calixihan

Class ends, days are over,  
A new chapter in our lives unfolds.  
Summer's here, the sun's farewell kiss,  
Last day of school, time for summer fun.

Now that school comes to an end,  
We won't see each other for a while.  
Each of us go our own journeys,  
Everyone will have their fight with the world.

Each of us shall now face challenges,  
The harshness of life and the trials of time,  
Life will make us tough; we will find,  
May the years ahead be kind to us.

One last goodbye before we all part ways,  
The tears we shed for the memories we've shared,  
The friendships we've made that will never fade,  
The lessons we've learned that we'll never forget.

The world awaits us, with all of its unknowns.  
We're ready to face whatever comes our way.  
We'll miss this place but we're ready to move on.

We'll always remember our time together fondly.



Illustrated by: Astrid Barba

# Brave Little Soldier

By: Caxandra Tulisana

Once, there lived a brave little soldier.  
The little soldier would travel the whole of the continent  
alone.

At the start of its journey, it would be in fear of  
everything it would come across  
But after a while, the soldier would be scared of none.

As the soldier ventured through the last state of the  
continent,  
It found itself on a coastline with a lighthouse.  
Lining the walls of the lighthouse were pictures of its  
journey well spent.  
It admired every picture and remnant on the lighthouse'  
walls.

It soon reached the top of the lighthouse.  
Here, the brave little soldier would have to make a  
choice:  
To either stay in this lighthouse and conclude its  
journey,  
Or to continue forward, onto the sea, onto the big, vast,  
yet scary ocean.

After a few hours of rest and thinking, the little soldier  
made its choice.  
It slowly descended down to the very first floor of the  
lighthouse,  
Appreciating every challenge, every achievement, every  
moment it has conquered  
For this would be one of the only times it could ever see  
it again.

A boat awaited the little soldier on the calm coastline.  
The soldier inhaled and exhaled deeply, a smile present  
on its face.  
It was time for goodbyes.  
It prepped the boat, its equipment, and then it set sail  
for a new journey ahead.

The skyline would be a pretty orange by the time he  
reached the middle of the ocean.  
All the land in sight disappeared, and once again,  
It was travelling alone, in fear of what lies beyond.  
But it knew it wouldn't feel that way forever.

Because the world wouldn't end once it would trip on a  
stick.  
Because the world wouldn't end once it exits the green  
door of the white walled room.  
Because the world wouldn't end once it bid its final  
goodbyes to the structure it once called home.  
Because the world wouldn't end once it becomes alone,  
in fear of the future.

To all the brave little soldiers reading this:  
Be brave, stride the waters, roam the lands and seize the  
moment.  
Persevere through storms and landslides, and you'll  
soon find what you're looking for.  
Remember to not only look forward onto the skyline's  
view,  
But also at the lighthouse that will forever be there,  
waiting for your return.

# Why I Didn't Cry In Our Farewell Party

BY: Alyanna Ramirez

My teachers, even from elementary, have repeated time and  
again that high School  
would be the pinnacle of our school lives. It always seemed  
farther than usual, thinking about it then, but now that I've  
finished my last year of junior high... to be honest, I don't know  
what to make of it.

After spending the last three hours with the people I've spent  
almost an entire year with,  
I arrived home with no tears shed. I opened my camera, and the  
first thing I saw was the last picture I had with the people I  
called strangers almost nine months ago, but now considered  
family.

I remembered talks of us moving schools, moving up, moving  
forward, moving on. I remembered jamming to Eraserhead  
songs in our free time. I remembered the projects we crammed,  
the inside jokes we laughed about, the conflicts we eventually  
solved, and how all of those wove itself into a blanket that  
cradled my heart, unknowingly to me. It was so easy to give in  
to the grief at the end of a chapter.

Instead, I didn't.

Because in the end, my class didn't matter to me, only the last  
few hours we had with each other. Value the means just as you  
do the ends. I look at the path ahead— covered in mist and fog.  
Instead of letting the past haunt me, I allow it to settle as fond  
memories, and not what more could have been.

# Minsan

By: MJ Gelacio

We sat inside our vacated classroom like we always did when the last class ended—sprawled down on the floor, tables and chairs askew, our laughter echoing against the hum of a city that was too busy to care that we were growing up. The sun had started its slow descent outside our window, painting our faces gold, like it was trying to preserve this moment for us. I wished it could.

Someone brought out a speaker and played the Eraserheads' song Minsan. We didn't sing along, but we all knew the words. They hung in the air anyway, unspoken but felt—like a goodbye wrapped in melody.

I looked at them, my friends—messy hair, untucked polo shirts and vests nowhere to be seen, tired eyes from cramming the night before—and I wanted time to stop. I wanted to keep the jokes that made no sense, the walks to Mcdonalds, the crammed group projects and the props and costumes of yesterday's performances.

But I could already feel the shift.

College applications sent. New cities whispered between conversations. The way our plans now came with "basta free ako." We were still us, but also not. I smiled anyway, because how lucky was I to have something this hard to say goodbye to?

We clinked soda cans like they were champagne flutes, like we were toasting to something other than the end. And as the song reached its quiet close, I promised myself: I'd carry these afternoons with me, even when they start to look blurry, start to feel like dreams I can't quite remember in detail anymore.

Even when we're no longer the kids in an empty classroom.



Illustrated by: Julianne Bringino

ARDES FASHION SHOW



SENIOR HIGH SCHOOL PROM



FAREWELL PARTY



WORK IMMERSION





BY ASTRID BARBA



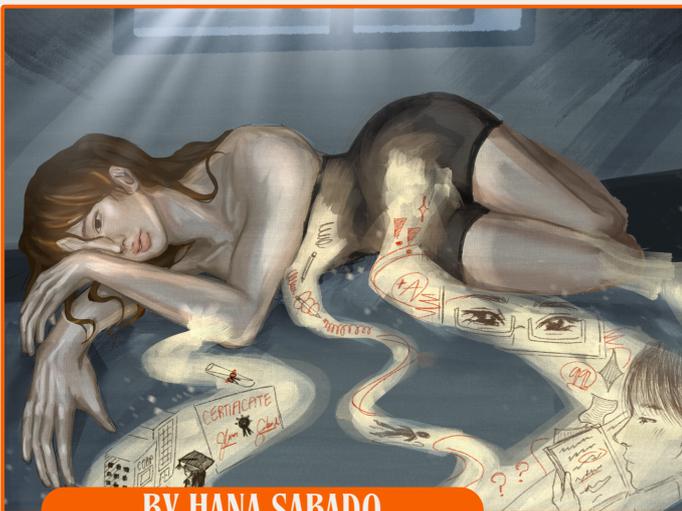
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BY GABRIELLE ELIZAGA



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