



The TSA

DAYBREAK

Out of the shadow, into the light again.

Volume 2, Number 1

Official Publication of TIONG SE ACADEMY

SY 2017-2018

TSA Offers NEW Senior High Tracks

SC Opens the School Year with a BANG!

On June 21, the Student Council held the annual acquaintance party at the Telengtan Hall to welcome the Tiong Se community to the 2017-2018 school year.

Aimed at strengthening the bond among schoolmates, including the administrators, faculty, support staff, the event also eased the transition of the new students into the TSA system.

Seniors Andy Zabala and Maui Ong hosted the program while Council officers prepared hilarious games such as “dancing gorillas,” “bato-bato-pik,” “bahay-baboy-bagyo,” and “the boat is sinking extreme.”

In addition to the games, the Student Council officers were formally inducted into

office. The outgoing leaders turned over the duties to their respective counterparts.

The students enjoyed every bit of the welcome party till early evening. The first

day of school came to a joyful ending.

Learners now set their hearts and minds to conquer the academic challenges of the new school year.

foto

News Bits

events, winners, surprises

At the Annual Chinese Cultural Dance Competition

TSA Dancers Bag Silver

by Maui Ong

news??

The Tiong Se Academy dance troupe joined the Chinese Cultural Dance Competition held at St. Stephen's High School on February 24, 2018. The contest showcased the talents of young individuals from various private Chinese schools in Metro Manila.

Fifteen schools participated in the competition which was divided into two categories.

Six schools with student populations of over 1,000 competed in Category A. On the other level, nine schools with less than 1,000 enrollees vied for the crown in Category B.

Braving unfavorable circumstances and a barrage of school activities and academic requirements, the dancers of TSA prepared for the competition in less than three weeks. Beyond that, four new members had to be recruited to complete the line-up.

Students were pulled out of their regular classes for daytime rehearsals that sometimes extended beyond classroom hours in the afternoon till early evening. On top of exhausting practices, they needed to comply with required classroom tasks and updated lessons.

Their hard work paid off, however, when the TSA Dance Troupe bagged the 1st Runner Up trophy in Category B behind the Champion Philippine Institute of Quezon City. In Category A, Hope Christian High School brought home the first prize.

Last year, the TSA Dance Troupe also took home the 1st Runner Up award.

The TSA DAYBREAK
Vol.2, No.1, 2017-2018

Editor, Layout Artist
Danny Balete

Editors
English, Filipino:
Maui Ong, Anthony Sy,
Lloyd Bryan Tan,

Cartoonist
Jericho Matthew Gaw

Contributors (*as credited*)

Chinese writers
陈金萍, 施婉琼
文晓燕, 韩郁华

Consultants
Margarita Gutierrez
Rosie Moscoso
Ma. Veronica Aquino

dance fotos

Tiong Se Kids Kick Off the 2017-2018 Sportsfest

by Anthony Sy

Tiong Se Academy is always keen on balancing academics and extra-curricular activities. To accomplish that, the school administration has focused on promoting academics with sweat-breaking sports activities to sweeten up the school year.

On January 24, 2018, the annual TSA Sports Festival officially rolled off with the familiar torch-bearing ceremony, emblematic of amicable competition. This was followed by the players taking their oath of sportsmanship. For the first time, the Early Education Department joined the annual event.

The contests were divided into two divisions: Elementary (Grades 4-6) and High School (Grades 7-12). Representatives from each grade level vied for top positions in chess, badminton, table tennis, volleyball, and basketball.

foto

The highlight of the opening was the tug-o-war between high school students. After a quick succession of grueling elimination pulls, the Seniors stood their ground as champions – though they all lay flat on the floor in obvious exhaustion.

After a month of intense struggles, the athletic competition concluded with the awarding of gold, silver, and bronze medals for the winners for each category on February 23, 2018.

For chess, the Elementary Boys individual winners are Steven Kinaadman (gold), John Sonny Piodo (silver), and Junjie Shie (bronze). Winners in the Girls division are Nicole Tong (g), Lida Colinares (s), and Eyzha Faith Gregorio (b).

In the team category, the winners for both Elementary Boys and Girls categories are Grade 6 (g), Grade 5 (s), and Grade 4 (b).

Chess winners for Individual High School Boys are Anthony Jhon Q. Sy Jr. (g), Jericho Matthew Gaw (s) and Mark Miguel Colinares (b). For Individual HS Girls, the winners Moira Bernice (g), Veronica Pen Basilio (s), and Angela Faith Gregorio (b).

In the team category, the High School Boys winners are SHS (g), Grade 10 (s) and Grade 9 (b). In the Girls division, the winners are Grade 10 (g), Grade 9 (s), and SHS (b).

In badminton, the winners for Elementary Boys division are Mark Brent Gamba (g), John Bryan Robles (s) and Giroe Jathniel De Lemon (b). For Elementary Girls, the winners are Jeralois Javillo (g), Julia Cai (s), and Lily Sablan (b).

For High School Boys, the winners are Alphons Zeigfried Reyes (g), Chanry Lin Matutinao (s), and Khurt Luiz Co (b).

Winners for High School Girls are Kyla Mae Co (g), Maylyn Arsenal (s), and Bernice Wryan Lim (b).

This year, winners in Table Tennis for Elementary Boys are Hong De Sheng (g), Wu Zhe Xin (s), and Fritz Lester Zang (b). The Elementary Girls winners are Frances Leanne Zhang (g), Nichol Tong (s), and Anny Ma (b).

Table tennis High School Boys awardees are Aaron John Traverro (g), Issac John Eriquez (s), and Neil Jayson Prowel (b). For High School Girls, the winners are Elizabeth Uy (g), Richelle Mendoza (s), and Mikaela Del Cerna (b).

foto

In Volleyball, the victors are Grade 10 (g), Grade 9 (s) and SHS (b).

For Basketball, the front-runners are Grade 10 (g), SHS (s), and Grade 8 (b).

The ecstatic Grade 10 students claimed the overall championship trophy this year.

The sports fest aims to inculcate the spirit of team work and fair competition. The gap between winning and losing is narrowed by its common denominator – learning.

Everybody wants to win; no one enjoys losing. In this regard, everybody wins!

foto

Law Enforcers Visit TSA

by Anthony Sy

News ??

On June 14, 2017, the 2017-2018 school year for Tiong Se Academy begun – to the inappropriate tune of worsening crime rate in our country.

Because of that, our Discipline Officer Sir Ronald Gaon invited police officers from the nearby Meisic Police Station (PSII) headed by Police Superintendent and Station Commander, Amante Daro, to address TSA students, teachers, and parents on safety issues. The event also aimed to bring the TSA community closer to the service, thereby, removing negative stigmas against the police force.

That day, the officers oriented the students about petty crimes such as

robbery or pickpocketing. Also, common modus operandi of organized criminals, such as the dugo-dugo, the best friend and other gangs operating in urban areas.

The students were taught to avoid staying out late, especially in unfamiliar areas. Whenever possible, we must be accompanied by adult friends or family members.

We were also cautioned to alter our routes from time to time to predictability of daily routines.

One of the smart advises given was to befriend our neighbors because they can contribute

helpful and quick responses in difficult times.

Students must know the location of the nearest police station and hotline (911) for emergency

assistance.

Among the officers who visited our school that day is an alumnus of our school. Police Senior Inspector Kherwin Evangelista is the new Community Relations chief at the Meisic Station.

foto

Evangelista said he was a former trouble-maker and rule-breaker at TSA. Today, he has become a law enforcer. That was truly inspiring.

Finally, we were told to trust our police officers because they are the ones protecting and serving the people, especially the students in the community. Their primary task is to maintain peace and ensure that no one is being taken advantage of.

foto

Visit to the Menukha

Connecting with the Elderlies

Sense of community, one of the four core values of a Tiongseian that the school desires to instill on its students. Sense of community means having social awareness to societal happenings and realities, performing social and civic responsibilities that intends to do the greater good and improve our society. This value was delineated by our grade 11 & 12 students, when they visited the Menukha Center. Menukha Center is a place where elders gather together during mornings when there is no one to look after them in their own houses. To improve their mental and physical health through socializing and doing activities is the primary aim of the center. The SHS students went there as a part of their subject Personal Development, which is a core subject on the Senior High School curriculum.

On August 18, 2017 (Friday), early in the morning, students of grades 11 & 12 went to Menukha center which is located in one of the vacant facilities in Hope Christian High School. Our students were accommodated with hospitality and smiling faces. The students were likewise exulting. Right after the students arrived they were given a tour around the facility and showcased to them the wonderful paper crafts made by the elders which were stunning and mesmerizing. After the tour, the elders had a dance session wherein our students were taught a fun

dance which was very simple and easy to cope up with. The activity left everyone nothing but blissfulness. Afterwards, the students shared more sunshine to the elderlies by performing special production numbers. Two dances from the grade 11 and a song coming from the grade 12.

foto

The fun continued when the elderlies introduced a game, in which everyone could join. The game was enjoyable. The game was even more

foto

intensified when the group#3 and group#4 had a tie breaker for the second time. In the end, group # 4 prevailed. The group#4 was incredible astonishing as it only took them less

than 10 seconds to finish the game.

And the last and most time consuming activity is the art session wherein the students were taught how to do an Indian paper quilting. It was simple, the materials needed for the craft are cheap and easy to find. Almost everyone came up with an exquisite work.

The SHS students enjoyed the lunch that the center provided. They carried back to school the paper crafts they made, the experience that is truly unforgettable, and the most important of all is the realizations that they have formulated in their minds.

Even if we want it or not our young face will soon be full of wrinkles and freckles, our hair will turn white or sometimes have none anymore, our intelligent mind will become an oblivious mind, and our strong body will one day be weak. We might be young today and old tomorrow. We might even be blissful and full of life today and meaningless tomorrow. If you can still do things that you love today, do it. Aging is inevitable. And that is something we can't argue about.

Creative Enrichment: Pacing through the Art Exhibits at the RCBC Plaza

by Marjorie Anne Liao

The senior high school students visited the multiple art exhibits at the Yuchengco Museum in RCBC Plaza, Makati City. At the courtyard, Eduardo Castrillo's "The Spirit of EDSA" monument immediately caught our attention, bidding us to take a few pictures with the massive bronze-and-brass sculpture. The beautiful, sunny Saturday was January 13, 2018.

At the ground floor of the museum, a souvenir shop highlighted locally handmade products that are costly due to the top-quality materials used. As we explored the exhibit, my classmates noticed a tarpaulin on the wall featuring my winning art piece.

We first went to the fourth floor, where the books, letters, and other personal articles belonging to our National Hero Dr. Jose Rizal were showcased. Among the historical items which comprised the Rizal collection were sofas from his home, box of letters he compiled, and the preserved

jewelries of Leonor Rivera, the love of his life.

The third-floor gallery displayed kaleidoscopic paintings by Taiwan-born visual artist Yang Ding Xian (楊鼎獻) entitled "Blessing Manila" which are mostly butterfly-inspired

foto

artworks. One of the attractions was an interactive art piece called "Dual Blessing Manila" that lights up in response to the voices of viewers.

Another gallery featured the portraits by Fernando Amorsolo.

At the second floor, we viewed the paintings of the Cocolife Drawing Contest winners. My batchmates immediately recognized my framed artwork entitled "The Metamorphosis of Love, the Story of Us" which received the "special prize" award. The piece was composed with watercolor and black pentel pen on felt paper, which gives a texture of minimal smooth strands of hair. Other contest entries and winners were embossed. My classmates, teachers, and the principal were amazed with the accurate details of my artwork. All the paintings in this exhibit were acrylic-based, except for the Cocolife winners, which were created from a variety of mediums.

Back at the ground floor, we marveled at another collection of Yang Ding Xian's line arts entitled "Finding Freedom Between the Lines." After we took pictures of and with the artworks, we headed for lunch at KFC. Our creative facilities were sufficiently nourished but our stomachs were craving to be satisfied.

Seniors Host Cyberbullying Talk with Juniors

by Denise To, Aumie Ching

February 28, 2018 is the day where the Grade 12 students of Tiong Se Academy in General Academic Strand (GAS), conducted a seminar to the Grade 9 and 10 students. For the teacher of the GAS students in Community Engagement Solidarity Citizenship (CESC), Mr. Benedict Allen Aniag, let them choose on what to do for the final performance task. The GAS students need to decide if they are going to have the debate or the seminar.

As a result, the GAS students chose the seminar to experience something new although it will be challenging for them since it is their first time and they already had their debate last time with his last subject which is the (CESC).

The seminar is about cyberbullying and since it was their first time to do a seminar, they were anxious even though they already practiced on what they are going to say

in front of the Grade 9 and 10 students. During the seminar about the cyberbullying, all of the students can relate to the topic and they are all listening to the speaker. The GAS students discussed the different types of cyberbullying, the effects and how to prevent or avoid it and how to deal with it when a person is being cyberbullied.

In the open forum, all of the students became more interactive. They asked some questions that they are confused at and some teachers also asked questions about our topic.

While explaining the topic, the school principal, Mrs. Margarita Gutierrez joined the seminar and shared her insights about cyberbullying.

At the end of the seminar, the GAS students planned to have an activity wherein the students can reflect to it. However, there was no time left to show the activity. Yet the seminar still became successful.

Preparing for the Dreaded College Entrance Exams

by Jeshalyn Tagaduar

Nothing is permanent in this world; everything eventually comes to an end. We all will grow up, whether we like it or not.

It feels so good, however, to know that TSA is concerned with our future. Teachers give us sound advice and grounded opinion on which college course to pursue. They guide us in picking the right school befitting us. We are so blessed because TSA is preparing us for the much-dreaded college entrance exams.

Some teachers, with our principal, helped us review for the coming entrance tests during our Homeroom periods. Sometimes we stayed after class for reviews. Mr. Ricardo Banquil took over the Science reviews every Monday afternoon. On Tuesdays, Ms. Veronica Aquino, Ms. Cronica Peñalba, and Ptr. Danny Balete rehashed our aptitude in English. Every Wednesday, we had Math refreshers with Ms. Rainilda Reyes.

We took our challenging sessions amid typhoons and frequent class suspensions. The exercises whetted our thirst for knowledge and hunger for learning. Despite limited review sessions, we made significant progress as the exam dates approached.

Recalling and relearning the lessons we had already tackled during our lower level days gave us so much fun. It had been years since we first encountered the familiar topics, yet, we realized we still have much to learn. The reviewers made the sessions entertaining. Their humor turned otherwise tedious topics into amusing lessons.

During the sessions, there was no chance to get lazy or bored. Every review day was a fun day for us, especially when we aired our arguments on certain test items. The classes were always alive and interesting. We are grateful

for the teachers who did their best to hone us. Not all Grade12 students are as privileged. (Truth is, we can never thank you enough, teachers.)

One of the best tips we received on how to excel in the entrance exams is to get enough sleep. That practical piece of wisdom helped us become better thinkers. It kept us awake, cleared our minds, and made us, generally, smarter. (Ehem!)

Someone shared this bright idea of bringing Snickers to our actual exams because, as its slogan says, "You are not you when you are hungry."

Since the reviews, some of us have taken our entrance exams with the University of Santo Tomas, Ateneo de Manila University, and De la Salle University. On top of that, half of us have "survived" the petrifying UP College Aptitude Test (UPCAT) and we are not afraid to go for more.

In fact, we are gearing up for exams with other schools. We will not lose the lessons gathered from our reviews.

We may feel pressured by the tests. We may worry about disappointing our teachers. But we want you to know, dear teachers, that your efforts to train us will not be wasted. We will do our best. We will make you proud.

(As of this writing, many of us have already passed our respective college entrance examinations. We are eagerly waiting for the results from other schools, especially the no-longer-petrifying UPCAT.)

Responding to an invitation from Hope Christian High School

English Chinese Clubs

by Lloyd Bryan Tan

Tiong Se Academy again applied some changes for the class schedule for the school year 2017 – 2018. Every Wednesday of the week, class hours are shortened to give time allowance for the academic clubs. The academic clubs will start from 3:00pm and will end at 4:30pm, the same dismissal time as for the normal school days. The grades 1 to 3 aren't required yet to join one academic club so instead, they are facilitated by certain teachers to do educational activities.

The grade 1 class are facilitated by Ms. Irish Fides U. Dacanay and Ms. Rodjancel Rose M. Estioco. The grade 2 class are facilitated by Ms. Anna Inoca B. Adonis and Ms. Krisalyn R. Saez. The grade 3 students are facilitated by Ms. Cronica Ann D. Penalba and Ms. Angelica Reyes.

The Grades 4 to 12, on the other hand, are required to join one English academic club. The students have a wide range of clubs to choose from. First we have the Creative Arts Club, lead by Ms. Zainorah Pdzong, Ms. Ecila Mendoza, Ms. Gia Mae Ensigne and Mr. Jairuz Menia. Next we have the Journalism Club, lead by Mr. Danny Balete. For the Science Department, we have the Science Club for

elementary, lead by Ms. Angelica Reyes and the Science Club for High School lead by Mr. Ricardo Banquil and MR. Adrian Gerald Lopez. For the Math Department, we have the Mathematics Club for elementary, lead by Mr. Nino Viscaya and Ms. Marnny Grecile Datu, and the Mathematics Club for High School, lead by Mrs. Ma. Rainilda Reyes and Mr. Erwin Comendador. We also have the Book Lovers Club, lead by Ms. Jennelyn Bay and Ms. Mariah _____. **There's also an Art Club, lead by Mr. John Patrick Timbas,** together with student assistants Jericho Matthew Gaw, Ainer Brean Padrigo, and Marjorie Anne Liao. Last off we have the Computer Club lead by Mr. Lord Airee Jordan.

These academic clubs are implemented to enhance and hone **Tiongseians' multitasking skills and to excel more in the field that they love to do.**

Also, for the reason that they could be active not just in class lectures, but also extra curricular activities. Our school aims to develop students holistically. And by that thinking, our school devised the club

system, which is new this school year 2017 - 2018. In which students may choose a club that they desired to join every Wednesday of the week to hone

foto

their existing skills and develop new ones. These clubs comes with specialization that students may acquire and might be use for their future purposes. In line with these the Chinese department also saw the importance thereof. And has committed to facilitate Chinese clubs at every last Wednesday of the month. There are 8 Chinese clubs currently available for this year and there will be more coming soon. These are Chinese clubs and teacher handling it : Chinese Movies exclusive only for Grades 1 – 3 this is handled by three teachers namely, Mrs. Hui Yau Lin. The rest of the clubs are for Grade 4 – Grade 12. These clubs are : Chinese Calligraphy handled by Mrs. Wen Xiaoyan, Abacus by Mr. Joemar Colinares, Chinese Singing by Mrs. Hu Yanpin, Chinese Dance by Ms. Denlor Pena & Ms. Gao Yuan, Chinese Conversation by Ms. Pan Junjun, Chinese Arts by Ms. Sharmaine See & Mrs. Annabelle Lim. And kungfu by Mrs. Mo Shenglian.

foto

My Home away from home

by Cindy Abayan

This is where it all started – new classmates, new friends, the class, the fun, familiar teachers, unfamiliar subjects, demanding assignments, more demanding tests, and, of course, lovely memories.

How can we forget the memories after we go our separate ways, until we become successful in our respective careers? Reminiscing the memories now, it feels so much like the fresh wind that breezes by – the moments we once lived in, we can only wish to relive now.

Being elementary and junior high school students, all we cared about was our take-home assignments, quizzes the following day, and class suspensions due to bad weather or those no-good jeepney strikes that caused us to be stranded.

By some stroke of genius, the Department of Education kind of blocked our passage to college by implementing the K-12 extended secondary educational program. So we found ourselves given new titles – Senior High School students.

In Grade 11, on our first SHS year, we trekked beyond our comfort zone. We learned to communicate more with each other to boost each other's self-confidence. Our news tasks and challenges molded us to becoming better thinkers. Our new teachers, Ms. Zainorah Odzong, Ms. Margie Pabilando, Mr. Danny Balete and other SHS teachers, helped us mature into better beings.

The, as if it were just yesterday, the first day of Grade 12 passed us by so

quickly. Here we are now, struggling through the tasks given to us, yet coursing against the tide to accomplish them with excellence and on time.

We savored a kid of college life while in senior high school. For a while, we fitted to our new “home” on the third floor, unlike the fourth-floor base we held in Grade 11.

Time fortified our bond – more get-togethers, more stories, more memories. Together, we endured the hard lessons, the dreadful tasks, the misunderstandings of the moments. The life-changing lessons have strengthened our characters.

The unforgettable Work Immersion Pro-gram (WIP) moments – the research, the interviews, the final presentation, all the stress. We survived it all because we believed in watching each other's back, trusting one another for the completion of delegated tasks, and inspiring one another to excel in our assigned jobs.

foto

We loved talking to significant people who contributed much to the Tsinoy community, like the president of the Philippine Chinese Charitable Association, Inc. (PCCAI), Dr James Dy.

As we bid the WIP adieu, the experience sticks to each of us like second skin.

Maroon Titans. A proposed batch name which reminds us of trusting and supporting each other, in order to overcome life's struggles together no matter how painful and long it takes. It is, at the same time, a declaration that we're still number one – even when we slip, stumble and fall, together, we will rise.

In the company of our Grade 11 comrades, our team spirit has become powerful, and love defines our teamwork.

Now, the most unforgettable chapter for the rest of lives is coming to an end. Thinking that soon, in March, we each charter our unmapped journeys, separated by personal dreams and bold ways.

This ride is about to reach the terminal. We want to spend our remaining days in Tiong Se collecting more happy memories.

Bidding farewell to a cherished chapter of our story that had made a great impact in our lives is not a piece of cake.

Good-bye and thank you Tiong Se, we will never forget the lessons and knowledge you shared with us.

Sincerely, Grade 12 Students, Batch 2018... now signing off...

Remembering the 2018 TSA Immersion

Coming Home

a return to your heart

by Ms. Margarita Gutierrez, TSA Principal

Tiong Se Academy held the 2018 TSA Immersion entitled **“Coming Home” at the Piña Colina Resort in Tagaytay City** on March 11-12, 2018. The overnight activity was co-sponsored by the Youth Gospel Center in the Philippines, represented by

A group of 50 students from Grades 10-12, together with 20 teachers and administrators, attended the event where they get a chance to reflect on the obstacles and opportunities of life. Some students shared their life challenges and received guidance from the counselors and other adults at the retreat.

In attendance, overseeing the event were TSA principal Ms. Margarita Gutierrez, ably assisted in preparation by the Supervisor of the English Department, Director of Discipline, and several teachers, class advisers, and TSA support staff.

Pastor Danny Balete delivered two **“Home” messages** – Leaving Home and Coming Home, based on a Bible story of a son who left and returned home. He said that in our present tumultuous environment, people are at a loss, especially the young who often charge impatiently forward in life – until they hit a **blank wall and don't know where to turn.**

When that happens, we must return to our families, our school, and our faith. We will discover that our family members,

teachers, classmates, and beliefs will welcome us back home – where our mistakes may be corrected and broken connections restored.

foto

The listeners were touched. Many students shared their unpleasant life experiences. In the end, teachers and students got to know each other better. Internal harmony and friendship bonds were revived.

After dinner, a student party was held where everyone was dressed up. The students danced beautifully to the

rhythm of light music. Mary Rose Colinares represented the graduating Grade 12 students in handing over the symbolic candle of responsibility to Angela Faith dela Cruz Gregorio who stood in behalf of the Grade 10 students. Gregorio accepted the challenge to set a positive example to the incoming SHS students.

At the closing ceremony, Ms. Gutierrez and other teachers and staff expressed their reluctance to leave the students. They encouraged the students to study hard and grow up happily in the future. They also hoped that the Grade 10 students will continue their senior high school education at TSA.

This activity boosted the morale of the Grade 12 seniors who are preparing to enter their chosen colleges and universities. The Grade 11 students were likewise encouraged to work more diligently in final high school year.

The Immersion strengthened the confidence of every attendee to rise beyond self-promotion to become more responsible in building our exciting, warm **and forgiving “Home, Sweet Home”** called Tiong Se Academy.

foto

Work Immersion program

(still under translation)

Two Years in the Making My Finishing Phase at Home

by Jeshalyn Tagaduar

Life in senior high school is different from that of college. Initially, we anticipated tougher **lessons, complicated classmates, even terrifying teachers, but we didn't have any choice.**

Early this school year, we needed to put our feet down on pertinent details regarding our college education. It was difficult to decide on our respective college courses, much harder to pick the right school for choice courses.

As much as we love to, we cannot forever stay as Grade 12 students at Tiong Se Academy. Try as we might, we must part ways with each other, no matter how much we wish to stay together.

The inevitable farewells are staring us squarely in the eye in our final months, weeks, and days at TSA. Nothing else makes us feel as bad. (Who likes good-byes?)

This chapter of my life is soon coming to an end. This will end by the end of March, sometime between ante meridian and post meridian of the 24th.

Before all of these happen, travel back with me through time...

Two years ago, I was a transferee student of 16. With my cousin Faith, I came to Tiong Se Academy. So many things were new for me – the environment, people, culture. It was a big deal for me to adjust. I **couldn't wait to see what it felt like to stay in this new home with these new siblings.**

On the very first day of senior high school, I arrived almost late. Some students in scout uniform welcomed us. I **didn't know these new people** but I remember they were helpful. (One of the scouts grabbed my attention. He was cute.)

We lined up according to our respective grade levels at the ground floor. (**Oh, there's the cafeteria!**) Faith led me to where our classmates were. We gathered at the gym on the top floor for flag raising. The newcomers were warmly welcomed and I liked it.

Going down after the opening rites, I saw an old man standing by the stairs, watching us leave. (Creepy...)

When we reached our classroom on the fourth floor, my classmates lined up (again?!) outside the classroom, exactly like the students of lower grade levels. I **didn't know we had to wait for our first**

teacher to let us into the room. (I'm thankful she finally did.)

She was our adviser, Ms. Rain. (What a unique name! Btw, I'm Storm.) I wasn't nervous although the room felt different. I took the seat in front, near the door. Not long after, the cute guy in scouting uniform at the lobby stepped in. (Hello, Aaron.)

I was the only transferee in our class of ten. The others knew each other well for years and I had to introduce myself. The others gave their names but, of course, I did not remember any, except for Faith, my cousin.

Ma'am Rain oriented us about TSA's

mission, vision, and other information. (They rhyme!) **Actually, I wasn't paying** much attention to all that. I wondered if the students had to be oriented about those on the first day of school, every year...

During the orientation, the old man at the stairs earlier peeked in from the back door. Our adviser introduced him to be one of our teachers for the year. (Hello,



Sir Balete. It's nice to see you. Is it, really? Still spooky...)

Hurray for the first morning break! Down we went to the cafeteria because students should all leave their classrooms



at break times. Each grade level was assigned a table or two, so I sat with my classmates. No one said a word to me, neither did I to anyone. As the bell signaled the end of recess, we formed our mandatory lines per level (again!?!). The lower years went up first.

Back in our room, I heard someone was looking for me. Faith said it was our Chinese teacher. My heart pounded like a desperate drum, wanting to break out of my chest. I was choking because I was scared (or was it the other way around?) – both of the teacher and the subject.

I didn't think I could learn Mandarin nor anything new, at that moment. **Looking back, I'm thankful my family** inspired me to persevere in learning the language. The most dreaded moment has arrived; my Chinese teacher asked for my name and I learned he was Sir Joemar Colinares, aka Laoshi Xu Wen Cheng.

That day, he taught the four tones for proper pronunciation. It was very difficult for me, having no Mandarin background ever. I had to get them right because in Mandarin, one wrong tone can ruin the conversation. I am thankful he was patient with me. That put me at ease and I began to enjoy learning the language. (Thank you, Laoshi!)

Sitting for a lesson right on the first meeting was tolerable, unlike the next **session. I present to you Ma'am Sharon** Ramirez, she who engaged us in a torturous activity. At the end of the

suffering, however, I remember being thankful because I became close with this alien girl, Aumie Nichole Ching.

I did not get along everyone so easily. It took time but the first few months quickly

turned us into a family and in the days that followed, love for each other strengthened the bond. With the help of my classmates and Laoshi, I was survived the Chinese class. Being a pure Filipino should not hinder my learning Mandarin. I only had to put my **heart into it. That's what my friend, Andy Zabala,** taught me. That was what Laoshi proved to me.

I never thought being a SHS student would be this hard, yet full of fun. Group projects or tasks may stir up conflicts – a classmate walked out, slammed the door, cried in frustration, shouted at the top of his/her lungs in (almost) total madness.

Most of my teachers taught us to be critical thinkers. Thanks to Sir Jairuz Menia.

My writing skills was enhanced by Sir Danny Balete, (that old... oops) who never failed to make us write essays, stories, even jokes, every meeting. I remember my hands perspired and my brain cells surrendered the first time I wrote an essay. My grammar was **poor, but now we enjoy turning in "ease-says" (like this).**

Academics are balanced with many activities here in TSA. I joined the Family Feud during the English month. I also heard many inspiring speakers during the career talk sessions who gave me directions for decisions on college education. The school, the teachers, the

people who surrounded me at TSA all helped me to grow.

2016 was the year of knowing new friends, creating new bonds, and fortifying new relationships. One of the best things that happened was that we completed Grade 11 together.

In 2017, I opened another chapter of my life at TSA. I met new teachers and learned new lessons from them. This year, we needed to get ready for college. Days passed by so fast, it still felt like my first moments at TSA, my home.

The highlight of the year came when my friends gave a grand surprised on my 18th **birthday. I didn't think much of myself** but my TSA family blessed me and I was deeply moved.

TSA brings out the best in every **student. I am not sporty; I don't join sports** competition. This year, though, I had to represent SHS in volleyball. I had awkward moments at first, but I am starting to love sports. I want to try more.

As I complete this memoir, another chapter of my is about to close. I will never forget the people who helped me achieve what I have today. I will forever remember those lunch times when the food of one



was the food of every one. I will miss those precious moments when one of us girls went to the rest room and all the sisters tagged along – just to tag along.

My stay at TSA was worth my every SHS moment. I learned values for life. I matured in my thoughts and ways. I became a true Tiongseian.

I will miss my school, my teachers, my classmates – my family, my home.

SHS Batch 2018 signing off.
(Batch 2018 is the first class of Seniors graduating under DepEd's K-12 Program.)

Mapagbagong Wika: Yaman ng Ating Bayan

ni Lloyd Bryan Tan

Tuwing pumapatak ang buwan ng Agosto ay nagigising ang ating diwang nasyonalismo, sapagkat sa buwang ito natin ipinagdiriwang ang Buwan ng Wika. Ang tema ng Buwan ng Wika ngayong taon ay “Filipino: Wikang Mapagbago.”

Ika-25 ng Agosto, taong 2017. Nagkaroon ng pagtitipon sa Carlos Palanca Gymnasium ng paaralang Tiong Se Academy. Ang mga mag-aaral sa mababang paaralan at mataas na paaralan ay kapansin-pansing nakasuot ng ating pambansang kasuotan. Ang ating paaralan ay naghanda ng iba't ibang patimpalak na pinangunahan ng tagisan ng talino sa nabanggit na dalawang bahagi ng paaralan.

Ang unang bahagi ng paligsahan ay kinabibilangan ng mga mag-aaral na nasa ika-5-6 na baitang. Ang ikalawa naman ay sa pagitan ng mga nasa ika-9-10 na baitang. Ang itinanghal na kampeon na sina Lida Colinares ng ika-6 na baitang at Angela Gregorio ng ika-10 baitang ay ipadadala bilang kinatawan ng TSA sa tagisan ng talino ng APSSAM-MAPESA sa Septyembre 5, 2017.

Naglatag din ang paaralan ng patimpalak sa pagalingan sa pag-awit. Mayroong siyam na kalahok na nagpasiklaban sa entablado. Ngunit, isa lamang ang itinanghal na kampeon at ito ay walang iba kung hindi si Maui Ong ng ika-11 na baitang. Siya na rin ang kumatawan sa ating paaralan sa patimpalak sa pag-awit ng APSSAM-MAPESA.

Sa kabilang dako, ang patimpalak naman sa pagguhit ay hindi nagpahuli. Para sa pagguhit, ay itinanghal na kampeon ay si Marjorie Liao ng ika-11 na baitang. Siya rin ang kuma-

tawan sa ating paaralan sa patimpalak sa pagguhit ng APSSAM-MAPESA.

Ngunit, hindi pa riyan nagtapos ang palatuntunan dahil nagtanghal pa ang mga mag-aaral sa pinakamababang paaralan ng mga katutubong sayaw. Ang mga kabilang sa Creative Arts Club ang nagpalabas ng “mimesis” o ang paggaya sa mga palabas na tumatak sa mga tao dahil sa angkin nitong kahusayan.

Tunay ngang napakamakabuluhan ang pagdiriwang ito. At upang makompleto ang pagdiriwang ng Buwan ng Wika ay naghain ang bawat baitang ng iba't ibang uri ng pagkaing Filipino. Pagkatapos kumain ay nagtanghal naman ang mga taga ika-

11 na baitang ng sayawang tinikling sa Telengtan Hall. Ito'y natunghayan ng mga mag-aaral sa mababang paaralan upang sa gayon matuto rin silang pahalagahan ang mayabong na kultura ng Pilipinas.

Nang sumapit ang ika-2 ng hapon ay nagsibalikan na ang mga mag-aaral sa kani-kanilang silid paaralan.

Ang wikang Filipino ay isang malaking bahagi ng pagkakakilanlan ng Pilipinas. Ang wika na rin marahil ang pinakapinag-iingatan at pinapahalagahang yaman ng ating bansa dahil napapaloob ditto ang ating mayamang kultura at kaugalian.

Para sa mga Kasama Kong Taga-Langit ni Maui Ong

*Matapos ang isang masayang araw
At natapos din ang mga gawain
Oras na para magbalik-tanaw
Kausap ang mga bituin.*

*Minsan sa aking opinyon
Mas masaya talaga kapag kasama ang 'yong mga kaibigan
Pero minsan pag nawala na ang masayang ekspresiyon
Ang mga bituin din ang aking kanlungan*

*Anong nais kong iparating?
Minsan masaya rin palang mag-isa
Sa mga bituin, hatid ang aking mga hinaing
Makapagmuni-muni, o di kaya'y karamay sa pagdurusa*

*Isang gabi, habang ito'y aking nililikha
Sila muli, mga bituin sa langit, ang aking kasama
Sa pagsulat nitong tula, isip at puso'y nagkakaisa
At hanggang sa muli, pagkat dumating na ang umaga.*

Ang Pagsisisi, Paninisi, at Sinisisi ng mga pusong minsa'y nagmahal

Malaya Ka Na

ni Katherine Irish Fernandez

Hindi ko lubos na maalala
Sa kung paanong paraan kita nakilala.
Hindi ko lubos na maalala
Na sa isang kisapmata
Naging akin ka.
Pero sa isa ring kisapmata
Ika'y lumisan na tila isang bula.

Ang mga pangako mong akin ka lang
Tilay kay daling palitan ng "Tama na, ayoko na."
Pagkakamali bang hinayaan kitang mapag-isa,
Dahil noong mga panahong tayo pa,
Ay iyon lang ang nais mong matamasa,
Ang maging malaya at mapag-isa.

Naging masaya ka ba talaga?
Dahil ika'y may bago na.
Naging masaya ka ba talaga?
Dahil sabi mo'y nakawala ka na.

Sabi mo pa sa mga kaibigan mo noon,
"Ayoko na bibitaw na ako, kasi nakakasakal."



Utang na loob alam nating dalawa
Kung sino ang tunay na nasasakal.

Ako ang sinasakal mo,
Sa lahat ng gusto mo,
Sinusunod ko,
Na tila isa akong preso,
At ikaw ang nagbabantay sa larong ito.

Hindi ko alam kung bakit pinalalabas mo na ikaw ang nasasakal.
Pero ang totoo ikaw ang batas,
Na animo'y ako'y isang mamamayan sa bayang pinatatakbo mo.
Buong puso at pagkatao binibigay at sumusunod sayo.
Nagawa kong sumugal,
Kahit alam kong talo ako
Lalo na kung ako'y magtatagal.

Itigil na natin ang laro,
Dahil alam na natin kung sino ang panalo,
Kung sino ang sumugal ng todo,
Kung sino ang mas tumagal sa lokohang ito,
At kung sino ang mas naniwala sa kasinungaling ito.
Alam nating dalawa kung sino.
Hindi ikaw, kundi ako.

Ang paglisan mo ay tila pagkawala ko,
Sa laro mong ito.
Na tila ako'y isang preso sa pagmamahal mong mapagbilanggo
At ikaw ang madayang tagapagbantay sa larong tinawag mong
pagmamahal.

Humihingi ako ng paumanhin
Kung mahaba ang tulang ito,
Sapagkat ang bawat salitang aking binibigkas,
Ay matagal nang namamalagi sa loob ko,
At ngayon ko lang naisatinig
Dahil ang puso ko'y para sayo pa rin ang pintig.

Hindi ko alam ilang tula pa ang aking malilikha
upang ika'y mawala.
Dahil ayoko nang lumala ang mga sugat na aking natanggap,
Na patuloy pang sumasakit
Na siyang nagpapaalala ng mga panahong akin ka pa.
Pero sa pamamagitan ng piyesang aking nilikha,

Mahal, malaya ka na.

Patawad

ni Moira Ngo

"Ang taba mo."
"Uy, isang pitik ka nalang o."
"Wala kang kwenta."
"Sana hindi ka nalang nabuhay."

"Sana, sana nga..."

Sana hindi na lang ako nabuhay
Sa mundong pasan ko'y lupasay
Ako'y pagod na – lahat nama'y aking ibinigay
Ngayo'y babawiin ko na, pati na ang aking buhay"

"Patawad, aking mga kaibigan,
Dahil hindi naging sapat ang hitsura ko
Maayon lamang ito sa paningin ninyo
Ginawa ko na'ng lahat pero pasensya na,
Ganito talaga ang anyo ko"

"Patawad, aking mga guro,
Dahil 'di ko maintindihan iyang sandamakmak na numero
At nasabihan niyo pa akong 'bobo'
Ginawa ko na'ng lahat pero pasensya na,
'Di ko kayang makipagsabayan sa paborito ninyo"

"Patawad, aking mga magulang,
Dahil wala na ako nagawang tama

Sa buhay niyong dati nama'y masagana
Ginawa ko na'ng lahat pero pasensya na,
Buhay ko yata ang kapalit para kayo'y guminhawa"

"Patawad, aking sarili,
Dahil nabuhay ka sa mundong malupit
Paghihirap at pang-aapi'y natamasa mo ang higpit
**Ginawa ko na'ng lahat pero pasensya na,
Hanggang dito na lang tayo, 'di ko na kaya kumapit"**

Maaaring naririndi na kayo sa mga litanyang ito
Bawat isa naman tayo'y may kalungkutang dinadaan sa biro
Kaya laging tandaan na ang masasamang kataga
Ay mas makamandag pa kaysa anumang sandata

Hindi siya nagpakamatay
Kundi kayo, kayo ang pumatay
Sinaksak niyo ang lason sa kanyang isip
Hanggang siya'y 'di na nagising sa kanyang panaginip

Narito ako hindi para magparangal
Hindi para dumaldal
Hindi para magdrama
Kundi para magpaalala

Na sa bawat oras, bawat minuto
May mga naaapi at naabusos
Nang dahil sa nagbulbulagang mga aso
Ikapapanaw ito ng pag-asa ng mundo.

Dating Tayo

ni Viena

Heto. heto na naman ako,
Nag-aabang sa mga tala kung bakit nga ba bigla kang nawala
Naglaho ka kasi parang isang bula
Hindi ko man lang napansin

Kung meron bang hudyat na ika'y aalis

Bawat minuto, segundo
Naghihintay ako

Para akong isang asong naliligaw sa daan
Na walang patutunguhan

Naalala ko pa nga nung mga araw na tayo'y masaya

Na pati ang mga bituin ay maligaya
Mga araw na pagmulat ng aking mga mata

Parang ako'y nakatitig sa kalawakang ikaw lang ang nakikita

Araw ng laro mo
Nakatingin ka sa akin

Nagpapaliwanag ang galaw na "para sayo ito"

Kapag umaalis magkakapit ang kamay nating dalawa
Pahiwatig na para SAAKIN LANG SIYA
AT AKIN KA LANG

Naalala ko pa
Pero bakit ako na lang ba ang nakaalala?
Nasaan ka na?

Bakit ka nga ba lumayo?

Unti-unti ka na lang naglaho

Para kang isang bagyo na hindi ko inaasahang tatama,

At magdadala ng masakit at maraming pinsala

Umalis ka, pero ang dami mong sinira.

Di pala ako yung tipong ipinaglalaman

At hindi ako laruan

Na pagkatapos mong kuhanin at gamitin

Saglit na iiwanan at babalikan

Hindi ako laruan

Saka hindi mo na pala ako binalikan

Kaya hanggang ngayo'y hindi ko pa rin alam ang dahilan

Magulo pa rin ang aking isipan

Naghahanap pa rin ng kasagutan

Kasagutan, sa mga tanong ko

Na walang katapusan

Nagpapasalamat pa rin ako dahil ika'y natagpuan,

Salamat sa kasiyahan at kalungkutan

Salamat sa dating tayo

Na ngayo'y ikaw na lang at wala ng ako.

Nakatali sa Unang Pag ibig

ni Abegael Ocampo

Hindi na bago ang paksa ng tulang ito
Oo, alam ko.
Maaring ang iba'y magtaas ng kilay sa inyo
Pero, pangako. Huli na 'to

Huling hugot ko na 'to
Dahil ubos na ubos na ako.
Ilang gabi na rin akong nakikipagsalo sa alaala
Mula sa una nating pagkikita, sa palaging pangangamusta,
at eto hanggang sa wala na.

Sa katunayan, hindi ko alam kung paano sisimulan itong tula
dahil maging sa atin din naman ay biglang nawala.
Wala, natapos, ngunit di rin ginapos
Di tinanggap, ngunit pinalaya
Magulo ka! Ganun din ako.

Pasensya na, kung hinahayaan ko maging ganito tayo.
Na habang tumatagal tayo'y palabo nang palabo
Masasabi man nila na sobrang babaw ng pinagsasani ko,
lahat naman ng mababaw may hugot na taglay.

Pasensya na, hindi ko naman sinasadya
Pasensya na, pinilit ko ikumpas ang ating mga kamay
pero hindi na ito nagtagpo.
Pinilit kong manatili pa, pinilit mong kumapit pa

Pinilit natin ito. Pinilit.
Baka nga ipinilit na lang ito
Kaya walang pinatutunguhan.

Para kang isang musika na paborito ko at kabisadong kabisado ko pa
Pero hindi na ikinakanta at hindi na ikakanta pa.
Hindi naman dahil sa ayaw ko ng maalala
Pero ikaw kasi ang unang tumapon ng ating mga alaala.

Hindi kita kayang ipaglaban dahil hindi pa ako ganon kalakas at handa.
Hindi kita kayang ipagtanggol dahil mahina pa ang aking mga tuhod.
Hindi kita kayang habulin dahil kailangan kong maghabol sa grado ko.
Hindi kita kayang iwan dahil hindi ko rin alam ang dahilan,
siguro nga dahil nakatali pa ako sa unang pag-ibig.

Limang taon na ang lumipas, aking mahal,
Hanggang ngayon hindi ko pa rin alam ang kasagutan
Hanggang ngayon hindi pa rin tayo nagpapansinan
na parang dumadaan na hangin lamang.

Sa ngayon,
Hayaan mo munang lumipas ang panahon.
Hanggang sa matapos ko ang pag-aaral ko.
Sumunod ka muna sa daloy ng buhay mo.

Hayaan mo, mahal ko.
Babalikan kita, hahanapin pa kita hanggang sa kaya na kitang
ipaglaban.
Dahil hindi ko na hahayaang pag-ibig ko'y mawalan.
Makakawala rin ako sa nakataling unang pag-ibig
dahil yayakapin kita hangga't sa huling pag-ibig ko sa iyo mahal ko.

Hindi na bago ang paksa ng tulang ito.
Pero kaya kong baguhin ang pagtingin sa kabataan ngayon.
Ano ang sakit ng pag-ibig kumpara sa naghihintay na kinabukasan
para sa akin?

any announcement for school year 2018-2019?

4 > 13

by Sir Jai Menia

*"I am hearing voices,
voices telling me that I am ugly,
I am stupid, that life is not worth living,
that I don't deserve to live, so I believed.
I was at the edge of the cliff, already submerged
in sheer frustrations wanting to drown myself deeper
till I don't sense anything anymore.
But there was light. It struck me.
It passed through my heart, my soul.
It passed through my senses then I woke up.
I see my family, I see my friends.
I see a new life waiting to be lived again.
But do I want this life?
Do I want to suffer again and again?"*

Children who often feel this way are more likely experiencing anxiety and depression that create a feeling of wanting to harm oneself and may lead to suicide later in their lives.

What remains a threat to the younger generation continues to become a primary concern, still struggling to be resolved – abuse and violence in all forms. They are invisible in all workplaces, homes, streets, even schools, yet their effects are obvious.

Peer bullying, public ridicule, discrimination, sexual and physical harassment and mental abuse happen to students almost daily. Sadly, these has been a growing-up norm for every child. It begins as early as preschool, then intensifies during transitional stages, until one reaches middle school, and extends to college.

Forty to fifty percent of students are involved in bullying cases, either as perpetrators or victims – the former being the dominant, those who think overly high

of themselves and the latter being the passive, those who are too frightened to retaliate.

Thirteen. A number known to be unlucky and freaky. Yet, for the millennial followers of the famous Netflix show "13 Reasons Why," the number 13 has become a much-needed shining light on teen and adult bullying. In the show, the bullied is seen to realize the harsh and unflinching reality of life and deals with it properly.

Hannah Baker, the lost and beleaguered, became the infamous protagonist of teenagers who suffer the same – students who need the help and support they could not find, especially in this age, when abuse means just an reckless tap away on the digital keyboard.

As the adage says, the pen is mightier than the sword. Unfortunately, with the emergence of social media, this concept was given a different connotation. Younger kids can now easily harass anyone they choose to with careless,

irresponsible words – a simple tweet, an uploaded meme, a derogatory comment and terrorizing private chats.

These leave the victims powerless, uncomfortable to the point of wanting to just "disappear." Instead of opening up to adults for help, they post suicidal notes, take pictures of their supposed suicidal attempts, keep silent, and cry A LOT.

So what do we do now?

Do we just watch and wait for more Hannah Bakers to take their own lives? Can we take that? Of course, not! Here are four considerations to break the back of bullying in our school.

One, we need to teach our students positive communication and social skills to create a more pleasant environment where bullying is less likely to happen.

Two, school institutions should impose a more established formation system to address issues of bullying – beyond merely apologizing to the aggrieved party. Parents must be actively involved in the process.

Three, classroom discussions and seminars can be conducted for students to understand that both the bully and the bullied have internal conflicts that must be addressed. They will make better choices and act appropriately toward others.

Four, school discipline units should impose strict penalties for bullying. At the same time, school authorities should get to the bottom of every bullying incident and refrain from simply finger-pointing.

Four solutions for thirteen reasons why. 4 > 13.

What we allow in terms of bullying will continue. When we do nothing, we resolve nothing. If we continue to disregard our students' welfare, we can never check their breaking point... well, until it's too late.

Be warned. "No one is coming forward to stop me." Hannah Baker.

The Taste of Excellence

plus the ingredients and flavors thereof

by Ms Nica Peñalba

The pursuit of excellence for matters that are consequential in your life is a no child's play. Get them done, the excellent way.

In this world, survival is the name of the game. Every day, the game begins by enduring a failed relationship, dealing with a cruel boss, mingling with a two-faced "friend," accomplishing tons of paper works, suffering starvation and poverty, witnessing wars and rage, accepting people's stabbing judgments.

For "poor" students, survival means completing loads of school matters. School work matters but it is not every person's cup of tea. Students encounter some "kryptonite" in pursuing their studies, but the million-dollar question is, how to be Superman with superpowers for academic excellence without a cape?

Let me journey with you to pulverize those kryptonite that weaken your desire in becoming a "petmalu" student.

In every class, there is always this "outstanding student" who excels in almost all subjects. We find ourselves itching to ask them, "Lodi, how to be you po?" However, being excellent in studies doesn't really require one to be considered "lodi" (idol, spelled backward). One only needs to abide by certain rules. (Did I just said RULES?)

Don't be shookt. Let me lay down these "on fleek" student rules right away, in a light way.

1. Every quarter, strive harder

Students tend to deliver a "so-so" performance every first quarter, when school just opens. As a result, and without effort, you harvest failing marks. Those are the bad fruits of your wicked labor. To counter, you never fail to make the broken vow, "Next quarter, I'll strive harder!" like you did every quarter since pre-school.

If you fail again, you simply chant the same manic mantra again, then you repeat it again and again. Before you realize it, you are stuck with three other classmates in the dreaded room. While your cousins are at the beach wearing sunglasses, you are sitting in school attending summer classes.

If you don't want to remain in school on April Fool's Day or Labor Day, replace

your obsolete ode with "Every quarter, I'll strive harder." Then enjoy summer as if you own it.

2. Facebook is important, but textbook is more important-er.

In the 24 hours (that's 1440 minutes, 86,400

seconds for the geek) of your day, how much time do you spend checking how many people liked your #nofilter #nomakeup #iwokeuplikethis profile picture?

Students nowadays waste away huge chunks of precious moments trying to prove their worth to their friends by counting the Likes and smiley emoticons on their posts. Sadly, they spend so little time in reading and sharing truly worthy educational articles and modules with their classmates.

To be "petmalu" ("malupit" badly treated or "awesome") student that you desire to be, spend more time studying your lessons and other educational materials to become better informed.

Remember, if Facebook is important, textbook should be more important-er.

Need I emphasize further?

3. Success = 1% inspiration + 99% perspiration

Why do you do your assignment while enduring your bully seatmate?

(next page, please)

Every job is a self-portrait of the person who did it. Autograph your work with excellence.

(Taste of Excellence)

Why do you complete performance tasks and still get reprimanded for not doing your best?

Why do you wake up early and prepare to sit in class for some “unholy” Math equations, “toxic” English grammar, “hazardous” Philippine history, “assassinating” human anatomy, “dragging” literary works of Rizal and the “screeching and scratchy” teacher’s voice reminding you of how incompetent you are in class but are brilliant out of it?

Why?

All these dedicated demand and display of endurance must have a reason. You endure all for a beshie, a bestie, a bro or a baby, a teacher, a classmate or any. Do not just do your work and give your finest. Do it for all the people you consider the best (in your life, that is).

You do not have to be Number One to be excellent. All you need is to spice up

Hit the Start, Win the Game

by Jerry Hong, Elizabeth Uy

Senior High School, as one of our teachers describes it, is “Junior College” and we totally agree with that. Senior High School (SHS) prepares us for the coming boss of the game, also called “college.” Ironically, there is actually a bigger boss after college, and that, my friend, is finding a job and getting into the work force.

Performance tasks, a whole bunch of them from the start. Reports, we weren’t able to dodge, either. Individual or group reports, still so much work to do. And don’t forget the research. (Oh, the research!) So much labor poured into a good research, plus tons of diligence and perseverance.

At the end of the day, we will feel exhausted, but all the hard work we invested are so worth it. Besides, we got to learn Chinese from the basics, all over again. We even discovered some assumed mistakes we have been making the whole time.

And so, BOOM! We developed so many new skills we didn’t believe we could. Confidence, creativity, cooperation and more. What a gigantic boost for everyone.

After a year of challenges, another year awaits – Grade 12. We expect it to be **another tough year, but this time, we’ll be working more toward experiencing the real world with the work immersion.**

Further more, we will train more intensely toward building our oral skills and creative and critical thinking. One more year. Just one more year of labor and we will be ready to blast off. *Thank you, teachers.*

a Day with
the Big Bad Wolf



your tasks with a good serving of love for the people who mean so much to you. Then add a gallon of endurance in all the works you need to do. Sprinkle a liter of passion to accomplish your duties. Top it all with a load of trust in yourself and your capabilities.

That, my dear students, is trying, and doing, and giving your best-est!

(Btw, sometimes, it’s called EXCELLENCE.)

fotos and comments to follow

中国少年梦

—之中华情

征文比赛中学组一等奖 - 中西学院九年级：洪若霞（辅导教师：胡妍嫻）

有一种东西它看不见摸不着，却让人能在心中产生巨大的力量，它叫做梦想。梦---可想而知是幻想，是不存在的，那是另一个空间。但我们却拥有梦想上帝没有赐予我们翅膀，但赐予了我们会飞的心和能够梦想的大脑，使我们有了一双“隐形的翅膀”。梦想带着是人们的希望，而少年便是国家的未来。因为有中华的情才实现了所有少年的梦。

情，是人跟人之间的爱，情，促进我们团结，让我们变得更加强大，变得更加有自信、有信心的人，也就是这个“情”，让我们懂得什么是真正的梦，给我们的梦增加了异彩、拥有了希望。

梦想是聋人可以“听”得到、盲人可以“看”得到、肢残朋友可以“行走”，梦想是从不言弃、努力拼搏的精神支柱。

梦想，伴随着我们每一个人。

梦想是美丽的，它是心底最美的期望，所以美梦成真也成了我们长久以来的信仰。

梦想是阳光的，它使人们由浮躁走向踏实，由彷徨走向坚定，并走向成功。

梦想是有力量的，它是人生前行的动力之源；高远的梦想可以激发一个人生命中所有的潜能。

有梦想的人是幸福的，有梦想的人生是充满希望的。愿每一个孩子在他们的童年都能够拥有自己的梦想，无论这个梦想是什么，这个梦想有多大。

中国，一个伟大的国家，中国，是多少人付出了自己的鲜血、生命以及所有来换成今天的中

国，我们这些中国人再也不会允许有别人来中国搞破坏，有多少个科学家用自己的青春、自己的生命来保卫、贡献给我们的祖国、我们的母亲！中国，是中国的梦，是中国人的情，是所有的中国人的骄傲。

就像梁启超在《少年中国说》写的“少年智则国智，少年富则国富，少年强则国强，少年独立则国独立，少年自由则国自由，少年进步则国进步，少年胜于欧洲，则国胜于欧洲，少年雄于地球，则国雄于地球。”少年聪明，少年富有，少年强大，少年独立，少年自由，少年进步，少年胜欧洲，少年强大于地球...清王朝腐败无能，现代中国繁荣富强。新中国成立以后的几十年来，中国为了实现梦想，为了实现伟大复兴的梦想，中国吸取战败的教训，一次次地发展，创造高科技，为了现在的和平新世界，努力了很久很久。

中国的少年，都拥有一颗单纯向上的心，也拥有一个少年梦。少年梦，单纯的讲，是我们中华少年的梦想。读书为了什么，有人说，读书为了吃饭，为了当官，为了财富，而周恩来说，为了中华之崛起而读书。我有一个梦，一个将中国变得更强大、更美、更先进的中国梦，中华养育我们，我们用实际行动保护中华，才是应该的！这件事，如今我依旧记忆犹新。这个梦我将永世不变。我相信自己！

未来不是梦，梦想不是梦！

记得曾经听过这样一个小小的梦想，植物的梦想是这样实现的，草儿能在石缝中生长，是因为拥有一个坚定的梦想；植物能开出绚烂的花朵，是因为它拥有一个美好的梦想；小树能长成参天大树，是因

foto

因为它拥有一个远大的梦想……每一个生命都有梦想，他们为自己的梦想生存着，生长着。因为拥有了梦想生命变得多姿多彩，每个人都为自己的梦想奋斗着，努力着，付出着，而我也为自己的不断的付出，努力着。也许有人认为是遥不可及的，也许有人认为这个梦想是荒谬的，也许有人认为这简直就是天方夜谭，但我依然会不断努力。正如吉鸿昌所说的“梦想只要能持久，就能成为现实”。

我记得我清楚的看到，有人客于异国，却随身带着中国的泥土，有人在奥运会直播前呐喊中国万岁，有人在参加外国采访时说：“我是中国人，我们都共有一个梦，她叫中国梦！”是的，那就是我们的中国梦，一份信仰，一份怀念，一份奋斗，到处都弥漫着中国梦的味道。就算在异国他乡，我们都还能轻哼着国歌的旋律，心怀着祖国，铭记着中国梦，力创美好未来。

还记得断臂钢琴王子刘伟吗？命运对他是如此残酷！他在10岁时因电击失去了双臂，可他偏偏爱上了专门为手设计的乐器——钢琴！对于一个平常人来说，这是根本不可能实现的梦想。而刘伟，用他的信念与坚持做到了！他用脚趾，弹奏出了人间最美的音乐。听到刘伟演奏的动听的钢琴曲，你的心中是否也会震撼与感动？刘伟用他的行动告诉我们：只要坚持、努力，梦想就会实现！

“坚持”：每个人都知道“坚持就是胜利”这句话的道理，坚持就可以创造生命奇迹，就像在这次地震中坚

持活下来的人就会有新的人生。面对人生就要有坚持不懈的精神。

1999年的阿里巴巴创办者马云，对梦想从不放弃。他曾经想考重点小学，但却失败重点中学也失败了；考大学更是考了三年才考上；想念哈佛大学也没有成功。但他有坚持不懈，勇往直前的精神，俗话说：“宝剑锋从磨砺出，梅花香自苦寒来。”他通过自己的努力，最终成功了。他说：梦想，要脚踏实地，和眼泪是息息相关的。

当我们在追求梦想的过程中失败时，不必伤心，就像杨孟衡说的那样“用行动去疗伤”！要相信，只要坚持，总会成功的。梦想需要脚踏实地，一步一个脚印，并且坚持每一个脚印，直到成功。

梦想提供了创造和想象的动力，梦想提供了信念的支撑。有梦就有未来。每一个孩子的梦想聚集起来，就汇成了明天的中国梦。

中国梦还在继续，我们的视线还在执着，默默献上自己微薄力量。这是一个梦，一个叫作中国梦，一个被每一个中国人所深呼的梦。

中华情少年梦，我们梦想让中国的梦飘向远方，飘向美好的未来！

中西学院九年级：洪若霞
辅导老师：胡妍嫔

回望历史，展望未来

让菲中友谊之花再放异彩
中西学院，洪若霞

中西学院于2017年9月5日举办了，《跨越时空600年》图片展。图片展彩的主办方为：菲律宾各界联合会、菲律宾华教中心、以及菲律宾华裔博物馆。本次图片展是由菲律宾各界联合会蔡永柠副主席、菲律宾华教中心杨美美副主席、中西学院蔡蕊沓校长、中文部中小学主任杨文辉和幼儿部主任莫胜连剪彩的。

这次图片展主要讲述了苏禄国王和中国皇帝之间的动人故事。中国明

朝的时候，苏禄国王带领着三百多人访问了中国。六百年前从菲律宾南部到中国北京，很不简单。苏禄国王不仅克服了一个又一个的困难。而且还战胜了风浪和海盗，到达中国泉州。

他们沿着大运河，经过苏州等地。一四一七年秋天，他们到达北京，苏禄国王的访问，大大增进两国的友谊，促进两国的来往。

访问结束后，他们离开北京回国。不过很不幸苏禄国王在德州逝世，大

王子回菲律宾继承王位，王后和二王子、三王子等少数人留在中国，六百年来都融入到中国社会。

作为一个华人的后裔，作为中西学院的学生，看到老师们、同学们那么积极地观看苏禄国王赴华的图展，看到了这一幕我真得很高兴。我想今天的图片展不只是为了让我们简单的了解历史，而是为了让菲中友谊之花再放异彩！

foto

中华情 少年梦

征文比赛小学组一等奖 - 中西学院小六年级：李丽菲（辅导教师：胡妍嫻）

我们每个人都会做梦，每个人都会有自己的梦想。灰太狼的梦想是能够在青青草原吃掉所有的羊，光头强的梦想是把大森林的树木都砍光，多啦 A 梦的梦想是把这个世界的好东西都装进自己的口袋... 我的梦想可以是考试后的一百分，可以是梦想得到想要的玩具，可以是父母对我优秀表现的奖励... 可随着时间的推移，年龄的增长，我的梦想也在不断的变化，今天我想说的是我的中国梦。

那么什么是我的中国梦呢？那就是我想让我的国家更富有，小朋友都有新衣服穿，有新玩具玩，贫穷的人有自己漂亮的房子住，各族人民团结一心，不会再有战争发生。大人们有一份工作，小孩子们能在一起快乐的玩耍，但我认为最重要的，是要建设一个美丽干净的中国。这样的国家，一定是空气新鲜，没有污染，马路上没有一点垃圾，清澈的湖水，水里的鱼儿自由自在的游来游去...

建设美丽的中国，就要从小事做起，在学校，看到有垃圾就要自觉捡起来，随手关紧水龙头，不用流水洗脸、

洗手、洗东西；物尽其用，还有利用价值的物品不要换新。用不着的物品可以赠给需要的人；及时举报破坏环境和生态的行为，如果发现工厂企业污染严重，请联合大家，向有关部门和媒体反映，直至处理为止；使用布袋购物，拒绝使用一次性用品；随手关灯，节约用电；多利用公车、地铁、电车等公共交通工具，既可节约汽油，又可减少汽车尾气排放带来的大气污染，还可以缓解交通堵塞。有私家车的人尽量使用无铅汽油，因为铅会严重损害人的健康和智力；拒绝食用野生动物，不在食用野生动物的餐厅用餐，发现有人贩卖野生动物就举报；多和同学们一起买树苗来植树等等。一个人的力量是微薄的，如果是全世界的人都行动起来，建设一个美丽的国度就不难了。

这就是我的梦想，我的中国梦：让天变得更蓝，让水变得更绿，让我们一起行动起来吧！

中西学院小六年级：李丽菲
辅导教师：胡妍嫻

心理講座 輔導“回家” 蠟燭交接 傳遞責任

——中西學院高初中學生生活動記事

中西學院 文曉燕

2018年3月11日至12日，在大雅台城市的 Piña Colina 度假村，在中西學院的主辦下，在青年福音社林蘊真女士和志願者的配合下，中西學院高中11、12年級和初中10年級心理健康輔導講座暨交接儀式舉行。

負責此次活動的有蔡蕊沓校長、英文部主任、訓導主任、主講人胡能才牧師、三個年級級任老師等。對於這次講座和交接儀式，學校作了精心準備。

最終回家的故事，告訴學生們，在現在這個紛紛擾擾的社會環境中，在我們茫然前行時，家人、老師、同學、信仰將給我們指引正確的人生道路的方向，我們要回歸家庭，回歸學校，回歸信仰。學生觸動很大，也分享了自己的經歷。師生之間相互瞭解更深，感情更加融洽。

11日晚上舉行了學生聯歡會，大家盛裝出席，學生們合著音樂的節

拍翩翩起舞。高12年級許小燕（Mary Rose Colinares）代表全年級學生把象徵著責任的蠟燭移交給了雷安安的講座，他用（Gregorio, Angela Faith dela Cruz），雷安安代表第10年級學生表示願意接受挑戰，做出榜樣。

閉幕式時，蔡校長、林蘊真女士以及其他老師表達了對即將離開的學生的依依不捨之情，寄語學生今後認真學習、快樂成長，也希望第10年級學生繼續在中西學院完成高中的學業。活動在激動、熱烈、難舍的氛圍中圓滿落下了帷幕。

這次活動鼓舞了第11、12年級的士氣，為即將踏入大學和社會做好了心理準備，為即將升入高中的第10年級的學生增強了信心，增強了責任感。



黎明

走出陰影，重進光明

第2卷·第1期

中西學院報刊

2017-2018 學年

中西学院诗文书画大赛创佳绩

中西学院 胡妍嫻

近日，由厦门市教育局、泉州市教育局、漳州市教育局、全球炎黄子孙爱国促进总会等单位主办的第四届“中华情·少年梦”青少年诗文书画作品大赛结果揭晓。经过专家评审、菲律宾华教中心推荐、菲律宾一共有56位学生获奖。菲律宾中西学院选送的6位学生的作品中，5位学生的作品在大赛中脱颖而出，其中九年级的洪若霞和六年级的李丽菲分获中学组和小学组一等奖，四年级的马媛媛荣获二等奖，九年级的侯小云和八年级的张瑛琪荣获三等奖。

中西学院作为菲律宾第一所华文学校，在本次诗文书画大赛中优异成绩的取得，跟蔡蕊沓校长的重视密不可分。大赛之初，她鼓励学生积极参与锻炼自己的写作能力。作为本次大赛学生的指导老师，从接到参赛的通知到投稿结束，一个多月的时间里，指导参赛的学生围绕主题积极准备，面对“中华情·少年梦”这个主题，作为华人华侨后代，

学生们也有很多感情要抒发，他们也有自己的中国梦、华夏情。写作过程中，学生们都能按照老师的引导精心选材，创新形式，锤炼语言。通过老师的精心指导和同学们的反复修改，终于在本次大赛中再创佳绩。受“中华情·少年梦”组委会的邀请，许文成老师带领荣获一等奖的洪若霞于12月15日赴中国泉州参

加颁奖仪式。

“中华情·少年梦”诗文书画大赛，既是广大中小学生学习中华文化的需要，也为海外华侨学生了解华文、学习华文、应用华文提供了平台，满足了他们展示学习成果、交流学习心得的愿望，促进了海内外学生的相互学习和共同进步。



洪若霞

李丽菲

马媛媛

侯小云

张瑛琪

