



REFLECTIONS

Mirroring the Truth,
Going Beyond the Headlines

SECOND ISSUE, JUNE 2023

SCHOOL YEAR 2022-2023

MCS recognized by MaPSA Inc.

By *Khelzie Anne B. Ambrosio*

Manila Cathedral School takes steps to take care of its personnel and workers while providing a top-notch education for children with a Catholic heart. On September 9, 2022, at San Bartolome de Novaliches Parish, Quezon City, the Manila Ecclesiastical Province School Systems Association (MaPSA) recognized and honored the school as an organization that exemplified exceptional, resilient, and sustainable corporate social responsibility programs that aided its community during the pandemic. During the MaPSA 2022 General Assembly, MCS' courage was celebrated with the Pandemic Heroes Award: "A Salute to the Heroes of MaPSA."



Manila Cathedral School conducted an outreach program to aid the least, the lost, and the last community of MCS during the COVID-19 pandemic lockdown.

In addition to focusing on developing an excellent environment and educational program, Manila Cathedral School also intends to aid those in need through its success. In line with MaPSA's vision to support a

Christ-centered community of educational systems to enable the Catholic faith, MCS has many programs that aid others and provide them with opportunities

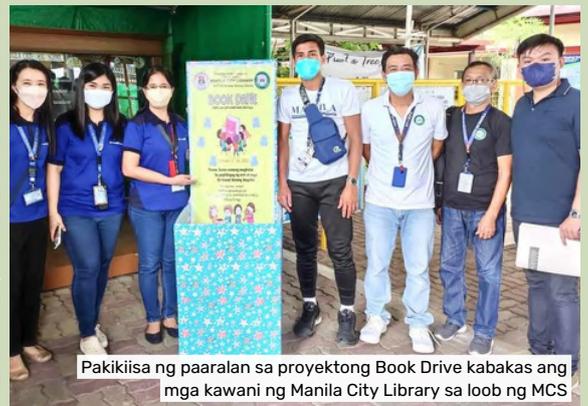
of how to carry out the values of compassion and love for others. Serving makes others feel valued, encouraging them to help others in return.

Book Drive Project: Laruan at Libro, Handog sa Kabataang Manilenyo

Ni *Ma. Pauline B. Abanilla*

Ang paaralan ng Manila Cathedral School ay nakilahok sa naganap na proyektong Book Drive para sa mga silid-aklatan sa lungsod ng Maynila. Ang proyektong ito ay isinagawa mula ika-3 hanggang ika-26 ng Oktubre taong 2022. Ito ay may temang "Samang magkaisa, sa pagbibigay ng aral at saya, sa bawat Batang Maynila." Sa pamamagitan ng kahong ipinuwesto sa loob ng paaralan, ang mga mag-aaral ay malayang ilagay ang kanilang mga luma o bagong libro at laruan na nais nilang ihandog. Sa bawat araw ay kinolekta ang mga laman ng kahon

at ito ay kanilang inipon hanggang sa huling araw ng proyekto. Makikita ang mga mag-aaral na inilagay ang kanilang mga kagamitan sa kahon na may kasamang ngiti bilang simbolo ng kanilang kagalakan sa paraan ng pagbibigay. Ang mga donasyong ito ay nagsilbing malaking tulong at pagkaka-taon sa pagbuo at pagbibigay-buhay sa bawat silid-aklatan ng Maynila. Kasabay na rin ang pagbaon ng ngiti at kasiyahan na nagmula sa mga mag-aaral na maiparamdam sa iba pang kabataan na makagagamit ng mga kagamitang ito.



Pakikiisa ng paaralan sa proyektong Book Drive kabakas ang mga kawani ng Manila City Library sa loob ng MCS

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together towards one
Mission, Commitment & Service



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MCS Celebrates the Annual Feast of Nativity of the Blessed Virgin Mary

By *Kylah Jelene S. Hernandez*

The month of September marks the beginning of different events prepared by the school for students to enjoy. May it be the annual Science Month or the joyful Mathematics Week, it is undoubtedly a wonderful month for MCSians. However, one of the most important celebrations that MCS will never cease to remember is the special day for the ever-loving, holy Mother of God. On September 8, 2022, students, teachers, and school administrators gathered together to once again be witnesses to the Feast of the Nativity of the Dearest Mother, the Blessed Virgin Mary.

Manila Cathedral School, to let the students and teachers feel the utmost holiness of the solemn celebration, officiated a holy mass presided over by Father Nolan A. Que, the school director. The mass was attended by the class officers of each section of Grades 11 and 12. As the Holy Mass began with the intention of singing heartfelt greetings to the Blessed Virgin Mary, everyone was united by

the love that Mother Mary has never failed to let everyone feel.

Just like any other birthday celebration, it will never be complete without a birthday cake. Accordingly, the students offered cakes as a "Regalo kay Maria," which was also shared with various institutions and street dwellers who have also been gifted with Mary's grace for their everyday endeavors.

The feast is said to be a particularly significant celebration in the Catholic calendar as it marks the birth of its patroness, who has been conceived without any stain of sin. Unlike the saints, the birth of Mary was celebrated by many instead of her death because of the fact that she was holy from the beginning, even while being inside St. Anne's womb. Thus, the celebration reflects Mary's Immaculate Conception, which in return gave birth to the solemn savior of the world, Jesus Christ. The Blessed Virgin Mary serves as the mother of the Catholic Church, to whom Catholics call in order to fully connect to Jesus Christ. That is



MCSian Personnel visiting the surrounding communities to share birthday cakes in celebration of the Blessed Mother's nativity.

why the annual celebration of her birth is also a call for everyone to act upon the values God wants His chosen shepherds to serve.

With all the events that transpired during this joyous feast, it

once again left a very important lesson for Catholics to keep in mind. MCS, together with its patroness, the Immaculate Conception, will continuously instill the nurturing and loving message of hope of Mary.

"HUMANISTA" Takes the Gold at Inter-SHS Quiz Bee

By *Julianne Raven D. Pasia*

Six senior high school students from MCS brought pride and joy to their alma mater on May 18, 2023. Alongside their coach, Mr. Leomar Salazar, they took home the gold from the 2nd Inter-Senior High School General Information Quiz Bee held at the Technological Institute of the Philippines.

Being tested with random questions in fields such as geography, literature, history, science, politics, sports, and the arts further ignited the fire of knowledge burning in the MCSians' hearts. Out of 22 institutions taking part in the competition, student representatives from the HUMSS Strand—Denisse Carpo, Riolie Potestas, Jhaidel Orola, Dariel Liwanag, Sofia Magbanua, and Erika Polmo—were called on as champions.

Photo Credits to Mr. Leomar Salazar

Answered Prayers: Mathieu Salas becomes Web Design Finalist

By *Riolie N. Potestas*

Mathieu Lyxander Salas battled it out with outstanding students from other schools and won as a top 10 finalist in the Multimedia Web Design of IT CUP Web Design, held on Saturday, March 18, 2023, at the De La Salle University. This event was graced by the said university, with the La Salle Computer Society (LSCS) as the organizers of the event in partnership with other ICT-related organizations that promote the art of modern information technology.

Before the competition, his trainer, Mr. Marwin Guzman, had given guidance to have the participants' heads prepared for the upcoming battle with the use of information technology crucial to computer programming as well as multimedia web design.



MCSian IT CUP Web Design participants in front of a DLSU Building

Mathieu had prayed to God to give them a chance to compete with the students from the other schools. He seized the opportunity and went beyond to give a milestone to MCS, making his parents and the whole school community proud of him. Against all the odds, the MCS wholeheartedly congratulated him for his achievement in bringing glory to the beloved school.

Hyflex Trial Classes, Umarangkada na Pagkatapos ng Dalawang Taon ng Pandemya

Ni Ma. Pauline B. Abanilla

Sa pagsisimula ng akademikong taong 2022-2023, ang mga mag-aaral ay nakilahok sa ipinatupad na hyflex trial classes ng Manila Cathedral School. Ika-22 ng Setyembre taong 2022 nang simulan ang pagsasagawa nito sa bawat klase. Ito ay binubuo ng tatlong uri: ang Hyflex A, Hyflex B, at Hyflex C. Ang Hyflex A ay learning modality na ang mga magulang ng mga mag-aaral ay sumasang-ayon na pumasok nang face-to-face o onsite classes ang kanilang mga anak. Ang mga araw ng kanilang pagpasok sa paaralan ay bilang lamang at nakabase sa hatian ng bawat klase upang mapanatili ang limitadong bilang ng mga mag-aaral sa sa bawat silid-aralan at masunod ang mga protokol habang

sa bawat silid-aralan at tulong ng mga gurong masunod ang mga protokol habang mayroon pang pandemya. Sa Hyflex B modality naman ay mananatili lamang ang mga mag-aaral sa kanilang mga tahanan at papasok lamang sa kanilang klase sa paraang virtual o online classes. Ang Hyflex C ay learning modality na mananatili lamang din ang mga mag-aaral sa kanilang mga tahanan at kinakailangang sagutan ang kani-kanilang mga module na mula sa paaralan upang makamit ang pagkatuto sa bawat asignatura. Karamihan ng mga mag-aaral ng Hyflex C ay naninirahan sa probinsiya. Ang tatlong learning modalities na ito ay matagumpay na naisakatuparan at naisagawa sa



Silid-aralan ng Baitang 12 sa isang RISE o Onsite Session

Nurturing Heritage and Culture through Reading: MCS Holds Book Fair Event After Two Years

By Alyssa Kirsten C. Jacinto

Once November begins, Manila Cathedral School celebrates English Month, a festivity full of activities and programs dedicated to works—both Filipino and foreign—in the English language. With the theme "MCS Nurturing Filipino Culture and Heritage through Reading and Literacy," MCS partnered with Lampara Books to host a limited-time book fair event in the school's newly renovated library. During its four-day duration, many students and teachers attended the booth to search for or simply check out books that might catch their interest.



A class of Grade 5 students poses for a photo opportunity with Little Genius at the MCS Library during the school's Book Fair

event MCSians looked forward to every year.

After the opening ceremony came Little Genius, Lampara Books' mascot. A meet-and-greet with the charming character made the young MCSians happy as they excitedly took a photo with him. The school administrators also had a chance for a 'photo opportunity' with Little Genius. Then, the plethora of books, ranging from fairytales to activity books and toys, greeted the students. A range of literature for older MCSians was also available on the other side of the booth. Lampara Books, known for publishing books and literature written by excellent Filipino authors, provided both

classic literature and trending works that definitely catered to the tastes of MCSians.

Manila Cathedral School strives to motivate MCSians to explore the world and acquire knowledge they can use to lead and serve their fellow students. What better way to experience that than by reading the vast variety of literature and books? A book, although quite small, contains many worlds, adventures, and endless lessons a person can apply in the real world. This year's book fair encouraged MCSians to read more literary works—especially those that are written by Filipino authors—and they are certainly looking forward to next year's event.

'Careered' the Title "Mini Miss 2022"

By Ferdz Elijah Mina S. Federico

Kate Hillary Tamani bagged three outstanding awards on June 12, 2022, in Bangkok, Thailand.

She was a student from St. Rose of Lima who won the "Best Introduction Award," the "Online Popularity Award," and the grand title of "International Mini Miss 2022 Kids Edition" with a remarkable display of the skills, hard work, determination, and desire to win. Also, with the encouragement of her parents and fans, she is increasingly inspired to excel in her field and make people who support her proud.

A Be-Well Deserved Recognition for Excellence

By Kyla Jelene S. Hernandez



BEST Awardees from the Grade 1 level

December 18, 2022—The excellent minds of Manila Cathedral School's young student achievers were once again recognized as Bewell Corporations and Marylindbert awarded the Bewell Excellent Student Award to the selected model students who conquered their class with their very own gifts of talent and intelligence. The remarkable students from Grades 1 to 7 had the opportunity to receive a certificate with the fruits of their efforts inscribed on each paper at the heartwarming awards ceremony. Smiles are likewise evident on each of the awardees' faces as a special gift was also handed out for them to enthusiastically accept.

MCS has been nurturing the potential of each MCSian with the hopes that they will grow up flourishing with accomplishments and values instilled in them from a very young age. With that, these young people proved once more that the school had accomplished its mission of providing a Bewell Excellent Education to all.

Collaborative Enhancement of Research: MCS' 2nd Senior High School Research Congress

By *Vhiane Angenae A. Gulapa*



Grade 12 research presenters answering questions from the panelists

On May 8, 2023, Monday, the second senior high school research congress was held in the MCS Library, wherein a group of representatives from each section in the Grade 12 level was given the chance to present and improve their research papers with the help of invited professionals. The purpose of this research congress is to bring together graduating students and academic researchers to present and collaborate on their work in a setting that can advance knowledge both inside and outside of the classroom. The program started at 8:00 a.m. with an opening prayer led by the then-SCB President, Peach Chan. It was followed by the emcees', Ms. Claire Calimlim and Mr. Alexis Pastrana's, welcome and introduction to the program and panelists.

The two panelists present in the program were Dr. Roniko C. Natividad, an assistant professor at Pamantasan ng Lungsod ng Maynila under CHASS, Depart-

ment of Language and Literature, and Mr. Dominador Caballero Jr., a Master Teacher II and Grade 11 curriculum chair of Raja Soliman Science and Technology. The ABM strand was the first to present with four sections, followed by the HUMMS strand with three sections, the STEM strand with five sections, and finally the TECHVOC strand with two sections. Each group was allowed a total of 8 minutes to present their work, after which the panelists addressed various questions to the presenters, some of whom answered with confidence and others with minor nervousness. However, all of them were able to answer the questions that were posed to them and received advice from the panels about how to improve their research. Following the presentation of research, it was time to deliver certificates to the presenters and panelists, which was followed by the closing statements and closing prayer.

Five, Six, Seven, Eight!: MCSians Prepare Their Mass Demonstrations for MCS' 73rd Founding Anniversary

By *Alyssa Kirsten C. Jacinto*

MCSians have shown their excitement to participate in the iconic mass demonstration for the 73rd Foundation Week. The program was halted due to the sudden occurrence of the COVID-19 pandemic, but it has recently been given the go-signal after the assessment of proper protocols and measures. Students expressed their enthusiasm by choreographing their own dance numbers, remixing their instrumentals, and overall showing off their

talents in music.

For a few weeks, MCSians from all grade levels took turns dominating the school grounds and gymnasium, practicing hard for their musical numbers in accordance with their assigned themes. These practices are considered to be small glimpses and a sneak peek at the colorful and lively performances they have in store for MCS' 73rd Founding Anniversary.

SHS Students Vie for a Fictitious Job in a Mock Interview

By *Ann Janelle A. Dacanay*

After three years of the pandemic, the MCS Senior High School department held its face-to-face mock job interview back at the Cardinal Tagle Building, commonly known as the SHS Building, from February 13-15, 2023, as part of the academic requirements of the Grade 12 students in the Work Immersion course.

and participated in mock job interviews with the members of the MCS faculty serving as interviewers for a fictitious and formal discourse.

In spite of the fact that the students, teachers, and subject area coordinators were all wearing face masks during the interview, satisfaction could be seen on their faces.

A mock job interview is a practice interview for a job interview that simulates the real-life interaction between the candidate and the hiring manager. In this context, individuals can test their answers to tough questions, develop and improve strategies, and enhance their communication and response delivery skills. Doing a mock interview in a school setting enables students to obtain experience with interviewing without the consequences of an actual job interview.

The students expressed that while a resume was something to be frightened about prior to the interview process, it appeared to be less of a concern because of the extensive preparation received beforehand. In-person examples and direct instruction certainly helped them during the career orientations held a week before the job interviews.

Despite all odds, the students learned that they can appear assertive during an interview while still coming out as eager to work, which is a valuable skill.

Subsequently, the aforementioned students created resumes, wrote cover letters,

2-Day NAT for Grade 12 Students

By *Chloe Lane S. Lingat*

The Grade 12 students at Manila Cathedral School took their National Achievement Test (NAT) on the days of January 30-31, 2023. The test was held in the Cardinal Luis Antonio G. Tagle building and proctored by educators from a different school.

graduating learners are meeting the learning standards in the senior high school curriculum.

The NAT is a Philippine-made standardized test to determine a student's academic achievement level by assessing their strengths and weaknesses in five key curricular subject areas at the end of the school year. For Grade 12 students, it is one of the exit assessments under the national assessment framework of the K-12 Basic Education Program and is designed to determine if

In preparation for the examination, MCS conducted orientations on January 23 to disseminate general information and instructions to the students, such as the data to be inputted on the front page of their answer sheets and the subjects they are to be tested on. The school also held a review session on January 27 for a few of the designated test subjects and announced the test dates on their Facebook page on January 29. Exam days finally commenced as half-day sessions and lasted two days in total.



NAT takers on break time during the second day of the exam

To Lead With Passionate, yet Humble Hearts: MCS' Newly Elected SCB Officers Pledged at Oath Taking Ceremony for S.Y. 2022-2023

By Alyssa Kirsten C. Jacinto

The eventful and challenging campaign week soon drew to a close, and MCSians have casted their votes on electing student leaders who they saw fit to be exemplary servant-leaders and be the faces of Manila Cathedral School's very own students. An oath-taking ceremony was held on Friday, October 7, led by the newly-elected Student Coordinating Body (SCB) officers and accompanied by class officers of all levels after the month's First Friday Mass. Gathered together in the Immaculate Conception Parish, the student leaders of MCS pledged to be model students to their fellow learners, following the core values of the school, and upholding the excellent yet humble image of MCSians. According to Peach Allyhana Chan, MCS-SCB President, it was a moment and an opportunity to prove to the students that these elected officers are truly deserving of their positions.

"I promised myself that I will walk the talk, from our platforms



SCB Officers lined up in front for the oath taking ceremony at the ICP

down to the things that I've said during the debate. I know that the officers that I will be with this school year are as persistent as I am. They are really determined during the campaign period, so what more when they are already in the position?" said Peach Chan, when asked about their expectations for their upcoming term.

"I have a lot of plans that I would like to implement as I am proceeding with my term, and with this, along with my SCB officers, I really am expecting that those intentions that I have in mind will come true and put an enjoyment to our fellow MCSians."

Peach Allyhana Chan

"I expect to be busier than ever since there's a lot of work to do, and on top of that, I expect to create a bond and memories with my new family," added Sofia Venice Empedrado, MCS-SCB SHS Vice President.

All of the elected MCS-SCB officers looked forward to leading and serving the MCSian school community, hoping to inspire future student leaders to recognize their own potential and step up to become SCB officers in the near future as well. "Don't give up on something you really want to achieve. It might be hard, but at the end of the day, the sense of

fulfillment is what will keep you holding on. Don't be afraid to take the risk; it is better to try than to regret it in the end. Learn to balance your time so the workload won't burn you out. Be confident and courageous; there's a lot waiting for you," claimed Sofia Empedrado towards MCSians who wish to pursue and face the challenges of becoming a student leader as well.

"Serving others is also a way to serve the Lord. Being a student leader may be hectic sometimes, because of course, you have to juggle your schoolworks, as well as being an officer within the student council," commented Peach Chan, looking forward to excellent and humble servant-leaders that will push forward for the succeeding terms ahead. "It is a privilege to serve and plan various deeds for the students, so *magse-second thoughts ka pa ba?*"

"Foster the core values that Manila Cathedral School holds, and be a student leader that will be a role model for everyone."

Peach Allyhana Chan

Called to Truth: Reflections' Student Writers Assemble for a Journalism Workshop

By Julianne Raven D. Pasia

March 31, 2023—The last Friday of the month marked the first face-to-face seminar that Reflections, the official student publication of the Manila Cathedral School, has conducted since its reinstatement in the previous school year. This momentous event was implemented inside the school library amidst the recognition of Reflections staffers, school administrators, publication advisers, and the event guest speaker, Mr. Mhilwin Esto.

In their voyage as journalists traversing the sea of truth, they were imparted with more of the tools necessary for their growth in journalistic writing. News, feature, editorial, opinion, science, and sports writers alike from the student organization participated actively throughout the duration of the 3-hour workshop seminar entitled "Mulat sa Pagsulat: A Writer's Calling." The student writers were eager to learn further about their duties and roles as journalists and develop skills accordingly through knowledge handed down by a speaker with experience in journalism as an educator at Pres. Corazon C. Aquino High School - DepEd Manila handling Journalism.



Reflections' editors, advisers, and school administrators with the guest speaker

R.E.A.D. Program: A Bridge to Nourish MCSians' Reading Skills

By Anika Kim Samonte

Providing good-quality education is one of the cornerstones of MCS. Consequently, the school encouraged its students to read in a program called "Reading Readiness to Enhance Literacy and Comprehension Skills of Dynamic MCSians (READ)," where they could develop their knowledge and experience to become competent and enthusiastic readers.

The program consisted of a total of 10 sessions in MCS, with each one lasting three hours. One half is dedicated to an English reading program and the other to a Filipino reading program.

It was an exciting activity for the children to learn through reading and to interact with their fellow students, who were also eager to learn and discover new skills. Through this program, the students were



Young readers learning literacy skills from a READ Program mentor

trained to be advanced readers with good reading comprehension skills.

A person can use reading to grasp new information or confirm knowledge they already have. It fosters the development of social and emotional abilities as well as imagination in youngsters, helping them make sense of both the world and the people around them. May MCSians continue to learn through reading.

Remembering the Faithful Forever: Manila Cathedral School Celebrates the 73rd Death Anniversary of Archbishop Michael O’ Doherty

By *Kylah Jelene S. Hernandez*

Manila Cathedral School, together with the Director's Council, school administrators, and representatives from chosen student organizations, commemorated the death anniversary of Archbishop Michael J. O’Doherty, its founder. The commemoration was held on Thursday, October 13, 2022, by paying a visit to the crypt of the late Archbishop at the Manila Cathedral in Intramuros.

The faithful devotion started with a prayer led by Rev. Fr. Nolan A. Que, beloved school director, and Rev. Fr. Nicanor Celiano Jr., assistant school

director. Each and every one of the attendees was deeply engrossed in the prayer offered to the late Archbishop of Manila. The prayer was then followed by a brief discussion about how Archbishop Michael J. O’Doherty led a meaningful life as a disciple and worker of the Lord’s grace.

After the discussion, the representatives, such as principals Mrs. Elizabeth Pastor and Mrs. Lucile Bautista, HR Officer Mrs. Ana Marie Mariano, CCF Officer Ms. Joan Bunuan, OSSA Head Mrs. Anabel Fajardo, Parent Coordinating Body (PCB) Treasurer Mrs. Sheryl Romero-

Compuesto, and the student representatives from the Student Coordinating Body (SCB), The Reflections, and the Peer Circle Society (PCS), were given a chance to give their honor and respect to the late archbishop by placing a white rose on his tomb.

To properly end the sacred devotion, all the representatives sang a holy and hearty lullaby for the late archbishop. A photo opportunity was also given to remember this beautiful moment with the person behind the MCSian faith. As a final farewell to the unforgettable event, Manila Cathedral School also visited Belfry Cafe, a cafe at

the historical bell of Manila Cathedral, where once again, the day became more enthralling for everyone.

This sacred day will be a witness to how Archbishop Michael J. O’Doherty will be loved and remembered forever as he serves as the number one reason for Manila Cathedral School to promote its mission to serve the least, the lost, and the last. In annual commemoration of this special day, may MCSians live the example of Archbishop O’Doherty in encouraging the youth to become faithful to the values of God.

JS Promenade 2023, Kumumpleto ng High School Life ng mga Junior at Senior

By *Julianne Raven D. Pasia*

Noong ika-8 ng Pebrero ay muling nagbalik ang isa sa masasabing inaabangang pagdiriwang sa buhay ng isang MCSian- ang *JS Prom*. Nagsama-sama ang mga mag-aaral mula ika-10 at ika-12 baitang sa loob ng Manila Hotel upang dumalo sa kanilang *Junior and Senior Promenade*.

Suot ang kani-kanilang mga naggagandahang kasuotang may tanda ng pagka-Pilipino, tunay na naging makabuluhan ang sinasabing "comeback" ng nabanggit na gawain

Isa sa mga maituturing na *highlight* ng *prom* ay muling matunghayan ang *turnover ceremony* ng mga simbolo mula sa mga *senior* tungo sa mga *junior* bilang pagpapasa hindi lamang ng kanilang mga tungkulin, kung hindi maging ng pagtitiwala at kakayahang tuparin ang mga ito. Matapos ito, higit pang ikinawili ng lahat ang ginanap na pagsayaw ng *cotillion de honor* na binubuo ng mga piling mag-aaral ng baitang 10 at 12.

Nabigyang-pagkakataon din ang mga mag-aaral na itanghal

ang kaakit-akit na mga kasuotan sa pagrampa sa gitna ng *pavilion* bilang mga kinatawan ng kani-kanilang pangkat. Ilan sa kanila ang pinagkalooban ng mga gantimpala at itinanghal bilang *Best Dressed, Face of the Night, Prom Prince and Princess, at Prom Queen and King*.

Bakas sa mga mukha ng mga mag-aaral na tatatak sa kanilang isip at puso ang *prom* bilang isang hindi malilimutang alaala. Bagama’t nagkakaiba ang mga estilo ng kanilang pananamit, tila nagkaisa naman ang damdamin ng mga dumalo ukol sa pagdiriwang. Kita sa mga ngiti ng mga mag-aaral pati na rin ng mga guro, *coordinators*, at miyembro ng *Director’s Council*—ang inawit nila noong "Ligaya."

Celebrating the First Win in Person: 1st Honors Assembly After Two Years Held Online

By *Wilhelm Gabrielle Pelayo*

Going back to December 6, 2022, the Manila Cathedral School held the first face-to-face honors assembly after the two-year online set-up due to the pandemic. Although they were not called in order, top students ranking from 1st to 10th from STEM, ABM, HUMMS, and TECHVOC strand in Grades 11 and 12 for the first quarter of the school year were enjoined to celebrate. Meanwhile, the congratulatory assembly for the grade school and junior high school levels were conducted three days later, on December 9, 2022. It was truly a pleasure to give honor and recognition to those students who strived hard, did their best, and made it to the top of their classes.

In addition, the ceremony was held inside the Manila Cathedral School Gymnasium and was graced by MCSian teaching personnel as masters of ceremonies. The principals of grade school and high school, Ms. Lucile Bautista and Mrs. Elizabeth Pastor, took part in awarding the students for their outstanding academic performances. Along with them, the advisers, and subject teachers joined the award ceremony.



Mga kuhang larawan ng mga seremonya at sayawang ginanap sa JS Promenade 2023

K to 12 = K + 10 + 2: May Magbabago Ba?

ANONG PINAGKAIBA?



Iginuhit ni Kielle Francez D. Simon

Bawat tao ay ginagaran-tiyahan ng ating Konstitusyon na makatanggap ng magandang kalidad ng edukasyon sapagkat mula rito siya'y matututo ng mga konsepto at kasanayang kailangan para makapamuhay nang maayos at maging mahalagang bahagi ng lipunan. Sa paggabay ng mga dalubhasa sa iba't ibang larangan, nahuhulma at nahahasa ang mga bagong henerasyon ng kabataang Pilipino upang maihanda sila sa kinabukasan kung saan sila ang inaasahang mamuno at maglingkod. Sa gayon, upang makalikha ng mga bagong dalubhasa, ang mga mag-aaral ay dapat makatanggap ng mahusay na kalidad ng edukasyon na may parehong pamantayan.

Ngunit, paano ba natin masasabi na ang edukasyong inihahain sa atin ay mainam? Nararapat ba na gawing kompli-

-kado ang mga konseptong itinaturo o dapat itong isaayos at gawing mas madaling maunawaan ng mga mag-aaral? Ang sistema ba ng edukasyon ng bansa ay umaangkop sa mga pamantayang pandaigdigang? Ang kasanayan bang nakakamit ng mga mag-aaral ay mailalapat na sa totoong sitwasyon ng buhay bago pa man makatapos ng isang *degree*?

Sa kasalukuyan, ang *K to 12 educational system* ang pinaairal na programa ng Pilipinas mula nang isinabatas ito noong panahon ng termino ni dating Pangulong Benigno Aquino III. Sa pag-angkop ng sistemang ito, nangako ang pamahalaan na ang edukasyon sa Pilipinas ay magbibigay ng mataas na halaga sa *kindergarten* at makakahabol sa mga pandaigdigang pamantayan sa sekondaryang edukasyon. Magbubunga raw ito ng mga

job-ready na mag-aaral na nakapagtapos ng sekondaryang edukasyon dahil sa mga kurikulum na nakatutok sa mga kurso sa kolehiyo bilang karagdagan sa mga pangunahing asignaturang itinaturo mula sa una hanggang ika-sampung baitang. Layunin din ng *K to 12* na mabigyan ng sapat na panahon ang mga mag-aaral na maging bihasa sa mga konsepto at kasanayang kinakailangan para sa tersaryong edukasyon. Hindi pa man ito ganap na naisasabatas ng panahong iyon, umani ito ng batikos mula sa mga Pilipino at higit na tinutulan ng mga mahihirap na mamamayan dahil ito ay magiging karagdagang gastos lamang sa kanila.

Ayon sa isang pag-aaral ng *Philippine Institute for Development Studies* (PIDS), hindi rin natupad ang pangako

lang *K-12 educational system* na makalikha ito ng mga *job-ready* na mag-aaral dahil tila kulang pa ang nakukuhang kasanayan ng mga nagsipagtapos ng *senior high* kaya't hindi rin makaangkop sa kwalipikasyong kinakailangan upang matanggap sa trabaho. Mas pinipili pa rin ng mga kumpanya ang mga aplikante na nakapagtapos ng kolehiyo at may *degree*. Ayon sa pinakabagong *survey* ng *Pulse Asia* noong Disyembre 2022 na may 1,200 na respondente, 44 porsiyento ng mga ito ay hindi nasisiyahan sa sistema ng *K to 12*.

Ngayong taon, naghain ang Pampanga Representative na si Gloria Macapagal-Arroyo ng *House Bill* (HB) No. 7839, na tinaguriang "*K+10+2*", upang amiyendahan ang *R.A. 10533*, na kilala rin bilang "*Enhanced Basic Education Act of 2013*." Layunin

EDITORIAL

ng “K+10+2” na gawing hindi sapilitan ang pag-aaral ng *post-secondary education* at maaari nang magtapos ng sekondaryang edukasyon ang mga mag-aaral pagkatapos ng apat na taon, gaya ng dati nating nakasanayan. Lyon na lamang mga nagnanais at may kakayanang ipagpatuloy ang kanilang pag-aaral sa kolehiyo ang siya na lamang daraan sa dalawang taong “pre-university education.”

Ang *HB 7893* ay inihain ni *Congresswoman Arroyo* noong ika-24 ng Abril 2023 at kasalukuyang pinag-uusapan sa Mababang Kapulungan. Gaya ng programang *K to 12*, ito rin ay hindi sinasangayunan ng nakararami dahil hindi raw ito naiiba sa mga ipinangako ng *K to 12* noon. Ayon kay *Renee Louise Co*, ang *Executive Vice President* ng *Kabataan Partylist*, “*This bill is a mere rehashing of the K to 12 program, which promised the same things: employability and preparation for tertiary education.* Binabago lang ang plating, pero parehas pa rin ang *ingredients*. Hangga’t hindi binabago ang katangian ng *K to 12* bilang *policy for creation of cheap and exportable labor*, mananatiling pahirap ang *K to 12*.”

Pagkatapos ilathala ang dalawang sistema ng edukasyong inihahain ng pamahalaan, ano nga ba ang mas praktikal at epektibo para sa mga mag-aaral? Ang pantay-pantay ba ngunit sapilitan na pag-aaral ng mga

assignatura ng *senior high school (SHS)* gaya ng umiiral ngayong sistema ng *K to 12* o bigyan ng pagkakataon ang mga mag-aaral na makapagtapos ng sekondaryang edukasyon nang hindi dumaraan sa dinagdag na dalawang taon na siya namang naalok ng *K+10+2*?

Kung iisipin, sa huling nabanggit, hindi na mahihirapan ang mga mag-aaral at ang kanilang mga magulang sa pagpapalaral kung hanggang apat na taon lamang ang sekondaryang edukasyon gaya ng dati. Magkakaroon ng opsyon iyong mga walang balak at hindi kayang magpatuloy ng pag-aaral sa kolehiyo. Sa isang banda, ang mga nais namang ipagpatuloy ang kanilang pag-aaral sa kolehiyo ay hindi maaapektuhan dahil sila ay maaaring tumuloy sa ilalim ng *post-secondary education* na kasalukuyang umiiral.

Mula sa pananaw ng mga mag-aaral, ano nga ba ang mas praktikal at epektibo para sa sistemang edukasyon ng Pilipinas? Subukan nating sagutin ang mga naunang nabanggit na katanungan. Una, paano natin masasabi na ang edukasyong itinuturo sa atin ay mainam? Ang sagot ay simple lamang, kung ito ay epektibo at nagagamit ng mga mag-aaral sa kanilang pang-araw-araw na pamumuhay at makapaghahanda sa kanila upang madaling makakuha ng trabaho sa kinabukasan. Ikalawa, nararapat ba na gawing mas komplikado ang mga konseptong itinuturo o dapat itong isaayos at gawing mas

madaling maunawaan ng mga mag-aaral? Maaari namang gawing mas komplikado ang mga itinuturong konsepto, ngunit ang paraan ng pagtuturo nito ay dapat maisaayos at ang mga ginagamit na materyales ay maipamahagi sa lahat upang lubusang maunawaan ng mga mag-aaral ang mga itinuturo sa kanila. Panghuli, ang sistema ba ng edukasyon ng bansa ay umaangkop sa mga pamantayang pang-edukasyon ng mundo? Kabilang na ang Pilipinas sa mga bansang gumagamit ng sistemang *K to 12*, pero masasabing hindi pa rin ito makapapantay sa pamantayan ng edukasyon sa ibang bansa. Gaya nga ng resulta ng pag-aaral ng *Organization for Economic Cooperation and Development (OECD)* noong 2022, ang paggasta ng pamahalaan sa bawat mag-aaral ay pinakamababa sa Pilipinas kumpara sa ibang bansa na nakapaloob sa *ASEAN*.

Bilang mga mag-aaral na napapasailalim ng *K to 12*, maituturing na mabuti ang layunin ng *K+10+2* dahil nabibigyan ang lahat ng kalayaang mamili kung ipagpapatuloy pa nila ang kanilang pag-aaral. Subalit, dapat ang mga mag-aaral na ito ay mabigyan ng wastong kasanayan at maihanda upang magkaroon ng pagkakataong makapag-hanapbuhay nang marangal kahit na hanggang sekondaryang edukasyon lamang lamang ang kanilang natapos. Dapat pagtuunan ng pansin ng pamahalaan kung papaano nila pagbutihin ang kasalukuyang sistema na

mayroon ang bansa. Pagbutihin ang mga materyales sa pag-aaral at ipamahagi ito sa lahat ng mga mag-aaral. Baguhin at ireporma ang mga kurikulum upang umangkop sa mga pamantayan at pangangailangan ng makabagong mundo. Dapat ding pagbutihin ang propesyonal na pag-unlad ng mga guro at iba pang *teaching personnel* sa pamamagitan ng pagbibigay ng angkop na kasanayan at sapat na suweldo. At higit sa lahat, isulong at hikayatin ang mga kabataan na ipagpatuloy ang kanilang pag-aaral sa pamamagitan ng pagbibigay ng ayuda lalo na sa mga walang kakayanang tustusan ang pag-aaral sa kolehiyo; mabigyan ng wasto at nababagay na kasanayan ang mga mag-aaral na hindi na kinayang makakuha ng *degree* sa kolehiyo upang matulungan silang magkaroon ng pagkakataong makapaghanapbuhay at makapamuhay nang marangal.

“Ang kabataan ang pag-asa ng bayan,” wika ng bayani na si *Dr. Jose Rizal* mula sa kanyang tula na *A La Juventud Filipina*. Ito ay totoo dahil sa mga bagong henerasyon ng kabataang Pilipino magmumula ang mga susunod na mamumuno at maglilingkod sa mga kababayan natin. Ngunit, huwag nating kalilimutan na maggagawa lamang nila ito kung ang kanilang naging edukasyon ay maayos, epektibo, at may magandang kalidad.



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The Periphery of Professionalism: A Violation Out of Bounds?

By Angel Rey P. Palaganas

Education is the backbone of every nation's development, and it is vital that educational institutions ensure they deliver quality education at all times. Teachers play a crucial role in achieving this goal, acting as role models that students look up to and learn from. They are professionals who are expected to execute their responsibilities efficiently and productively, in line with the demands of their work. "Demands of their work" refers not only to providing quality education but maintaining professionalism as well. As civil servants, they are mandated to treat colleagues and learners with the "highest degree of professionalism." In short, teachers are ordered to maintain the line between them and their students.

This is where the Department of Education's Order No. 49, "Promotion of Professionalism in the Implementation and Delivery of Basic Education Programs and Services," comes into play.

This order emphasizes the importance of promoting professionalism in the education sector while highlighting the need to develop teachers' competencies, refine curriculum standards, and prioritize the delivery of quality education. It is crucial to ensure that teachers possess the necessary pedagogic, personality, social, and professional competencies. With these skills, they can guide students and set an example for them to follow. Moreover, apart from serving their duties in a "prompt, courteous, and fair" manner, educators were likewise told to avoid relationships, interaction, and communication, including the irresponsible use of social media with learners outside the school setting. They may still communicate with learners through social media "as long as it is within the school setting" or is limited within the "student-teacher" relationship. All of these are essential measures to ensure that teachers remain professional at all times and set a good example for the next generation.

But wouldn't we think that this order is also taking away the human aspect of teaching and opposing the bond and rapport that exist between "student-teacher" relationships?



Sanggunian: <https://thepost.net.ph/news/nation/first-education-minister-was-a-philipino-deped/>

While it may seem restrictive to some, the implementation of a professional boundary between teachers and students ultimately benefits both parties. It upholds the integrity of their role and maintains respect, ensuring that the student-teacher dynamic is underlined by professionalism and appropriate boundaries. Furthermore, when teachers maintain professional boundaries, they can focus on their role as educators more effectively, ensuring that students receive the best possible education.

Some may also claim that this order violates the freedom of speech of our educators; however, it should be noted that this order does not prohibit teachers from expressing their opinions outside the classroom setting. It only emphasizes maintaining appropriate boundaries and avoiding situations that could compromise their professionalism.

This professional boundary can even enhance student-teacher dynamics as it sets clear expectations and creates a healthy learning environment free from the risks of conflicts of interest and other ethical issues that may arise from a "too close" relationship between teachers and students, which may blur boundaries and lead to unprofessional conduct—such as favoritism, discrimination, and abuse of power.

We've all had at least one teacher who was caring and nurturing, someone we could trust and confide in. A teacher with whom we developed a strong bond and who left a positive impact on us—a best friend, perhaps. While these bonds can be beneficial, it is the responsibility of the teacher to ensure that they remain within appropriate boundaries. It is crucial to remember that while personal connections with teachers can be influential in students' lives, they are not a substitute for a healthy and professional learning environment.

Believe it or not, the bond we form with our teachers is shaped by experience—experience primarily based on our academics. Our studies should always be the focus of our school life, and maintaining professional boundaries ensures that this is possible. This order is a call for us as well to foster professionalism within ourselves and our institutions, to uphold our ethical standards as learners, and to promote quality education that meets both social-emotional and academic goals. Bear in mind that this is not a hindrance but an opportunity for us to grow and develop into well-rounded individuals who can make informed decisions, respect the boundaries of others, and make positive contributions to our society.

Complacency is Never a Cure

By Anika Samonte

COVID-19 is a virus that has negatively affected the lives of many. There are those who have lost their jobs or businesses, their loved ones, and the privilege to meet face-to-face.

In the month of May 2020, health laws and regulations were strict, and everyone underwent quarantine. Since then, people have been constantly reminded to socialize distantly every time they leave their homes, wear a facemask, and sanitize thoroughly after returning home—all to prevent further infection and outbreaks.

Nevertheless, changes have been coming in recent months. People were able to return to their occupations and

physical classes, and dear friends and families have been able to bond beyond screens.

However, are these positive changes invitations for complacency? Should people take it to mean that it is now appropriate to be careless because of decreasing COVID-19 cases?

No. People should continue wearing a face mask and sanitizing when leaving and entering their homes or other establishments, as this can still be a matter of hefty consequence to someone's health or even start a new type of virus. In order to prevent a repeat of the tragic events that took place early on in the pandemic, it is necessary to be vigilant and to constantly consider each other's welfare. Even though people are adjusting to the new normal, we should not let our guard down.

"Tandaan natin na hindi porke't pwede nang lumabas at gumala ay hindi na tayo mag-iingat. Ang pagiging responsable ng mamamayan at pagpapakita ng malasakit sa ating mga frontliners ang pinakamabisang ambag ng bawat isa sa atin tungo sa muling pagbangon ng ating bansa,"

Bong Co

COVID-19 is still a threat, and the pandemic is not yet said to be over. So, why should we be conceited enough to think and act otherwise? We do not want another lockdown that risks companies, establishments, and businesses closing down. We do not want an unstable economy. We no longer wish to see the faces of loved ones only through screens. "Prevention is better than cure," so they say.

To be complacent with health protocols amidst lingering danger is an act of disregard for others' well-being. Every life is precious. Let us act as such and invite others to do the same.

Social Media and Sensuality

By Carlos Daniel S. Gales

Can social media be considered a major factor in perversity?

We couldn't deny the importance of social media during these trying times. It bridges people's ability to interact and communicate despite the distance and serves as our main fountain of information, entertainment, and comfort. However, with the height of the platforms' popularity, it had been the gateway for us to be introduced to worldly vices, such as pornography, amplifying interest in such materials in a negative light. This phenomenon could be compared to a wildfire—rapidly spreading and easily destructive. Not many are spared from its reach, not even the young.

This subject has been controversial as of late. With weakened parental supervision and inadequate laws and guidelines, teenagers can be exposed to sensual content on social media that, unfortunately, aids them in developing various types of sexual deviance, such as extreme lust, sexting, fetishism, and

pre-marital sex, without much thought for the risks and consequences. Although there is a narrow percentage of adolescents not exhibiting this kind of behavior, research shows the significant impact of social media on shaping negative sexual perceptions.

Parents became increasingly worried that one of the greatest technological advancements in society would turn out to be a machine of moral corruption.

Organizations advocate for social media companies to look into this matter, yet to little or no avail is there concrete change. No matter what campaigns or missions are launched concerning the topic, such maligning contents continue to proliferate, which continues to skyrocket the people's engrossment. To this day, people are constantly tempted.

It drives us back to our earlier question: is social media an influencing force towards concupiscence?

Social media platforms serve as an important component of our lives. Yet unfortunately, seasoned users continue to breach its noble purpose by producing content that severs our connection with reason and God's grace. We, as Christians, should uphold and champion the virtues and principles of chastity and purity by avoiding wickedness. Let us use God's gifts as our mantle and weapon to brave the persistent temptations of the enemy and be the vessel of God's might and righteousness perceptions of the essence and importance of sex and not allow the generation to be catapulted into a state of ignorance and backwardness.

It couldn't be denied that temptations are our greatest enemies, but with determination, faith, and sufficient knowledge and wisdom, we could weather any storm that may come upon our lives. Let us continue forging a better future for ourselves and not turn out to be the people we don't want to be.



Triumph over Adversity: A Pandemic-Proof Science Week Celebration

By Mr. Mark Johnson M. Biason

In the face of unprecedented challenges posed by the COVID-19 pandemic, the MCS community, led by its esteemed Science Teachers, demonstrated resilience, innovation, and creativity by organizing a successful Science Week celebration. Despite the constraints of remote learning, MCS remained true to its commitment of fostering a love for Science and promoting scientific literacy among MCSians. Let us delve into the extraordinary journey of how MCS and the Science Department made Science Week 2022 a resounding success.

As an alternative to the traditional method of celebrating Science Week, the Science Department curated a series of captivating and thought-provoking virtual contests. Students had the opportunity to partake and to exhaust all talents to contribute to the said virtual event from the comfort of their

homes. Truly, the magic of science was brought directly to the screens of our science enthusiasts.

Emphasizing the importance of creativity and collaboration, the Science Week 2022 celebration featured numerous digital contests. From the little geniuses, junk-art, sci-talk and the virtual Science quiz bee, students eagerly showcased their creativity and scientific knowledge. The Sci-talk contest for grades 7 -12 covered diverse, relevant and timely topics, including typhoon behavior, global warming, impacts of human activities on the environment, earthquake safety precautions, Earth's sub-systems, and genetic mutations. Meanwhile, the junk-art and the little geniuses were made especially for little MCSians to awaken their consciousness, to kindle their passion on sustainable practices and to

inspire a green revolution. Despite physical distances, the spirit of teamwork and camaraderie flourished, highlighting the resilience and adaptability of our school community.

To supplement the virtual experience and further engage the MCS Personnel, an innovative initiative was introduced: the first-ever Math and Science Olympics. An event designed for the MCS Personnel to enhance the employees' skills in logical reasoning, data analysis, and mathematical and scientific methodology where it pushed them to think outside the box, gain valuable experience, approach problems from different perspectives, and effectively communicate their thought processes.

Recognizing the importance of Science, the Science Department took the largest steps to

ensure that the celebration would reach out to all MCSians. By organizing this kind of event, the Science Department aimed to promote a culture of academic excellence, to foster healthy competition and to nurture passion for Science among the participants.

Celebrating the Science Week successfully amidst the pandemic exemplified the indomitable spirit of the MCS community. Through innovative virtual experiences, MCSians demonstrated their passion for science and their unwavering commitment to learning. Despite the physical barriers imposed by the pandemic, our collective resilience and creativity allowed us to come together and celebrate the magic of science. Let this successful Science Week be a testament to our solid dedication to education and our ability to triumph over adversity.

Salamat, Maria!: Celebrating the Month of the Holy Rosary amidst the Manila Cathedral School's Transition from Online to Face-to-Face Modality

By Mr. John Marlou M. Briones

Devotion to the Blessed Virgin Mary through the Holy Rosary has been a source of strength and inspiration for Christians across the world, throughout the ages, and especially at the height of the COVID-19 Pandemic. Thus, to honor God and the Blessed Virgin Mary, the Manila Cathedral School (MCS), specifically the Center for Christian Formation (CCF) Office and the Christian Living Education - Values Education (CLEd-VE) Department, never broke the annual tradition of celebrating the Month of the Holy Rosary regardless of the odds. This year's celebration, however, is unique and different. But why do we celebrate this month? Why is it relevant to the life of an MCSian student or personnel?

MCS is a Marian School. All members are expected to be

knowledgeable of the know-how-why of the Holy Rosary. As for knowledge, the Holy Rosary has a very rich history that is worth committing to memory. Legend says that this beloved prayer was given by the Blessed Virgin Mary to St. Dominic de Guzman to combat a widespread error in France and call people back into the True Faith. Centuries later, it became a powerful weapon against forces that dared to destroy Christendom in Europe during the historic and miraculous Battle of Lepanto. These being said, numerous popes and saints have recommended that the Holy Rosary be a part of our Christian Life as our defense against satan.

In the Philippines, the Pueblo Amante Maria (or in English, a people in love with Mary), the

Holy Rosary has been an integral part of our distinctly Filipino Catholic faith. Our history as a people can prove how it protected us from the darkness of error and captivity. We have our local version of the Battle of Lepanto known as the Battle of La Naval de Manila when we could have fallen from another colonizer and worse, forced to embrace another faith if not for the Blessed Virgin Mary's intercession. It is for this reason that the old Intramuros celebrated the Feast of Our Lady of the Most Holy Rosary, La Naval de Manila with great pomp and jubilation. After the Second World War, we now celebrate it in Quezon City but still with the beautiful pageantry of richly adorned carrozas of well-vested images of Dominican saints and of course, with the flamboyant carroza of the image of Our Lady

of La Naval herself. After the Battle of La Naval came another significant crusade: our struggle to regain democracy. In 1986, Filipinos heeded the call of the prophetic Jaime Cardinal Sin to flock to EDSA for a peaceful revolution. People from all walks of life and yes, including the clergy and nuns, stormed heaven and earth with songs and the Holy Rosary. They also carried with them a special image of Our Lady of the Rosary of Fatima which is now the National Pilgrim Image of Mary under this title.

There are many other miracles and favors obtained through the Holy Rosary and I believe that a single article wouldn't be able to contain all of them. Truly, this prayer is remarkable for

FEATURE

Celebration of the Month of the Most Holy Rosary

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Catholics worldwide and especially Filipinos are deeply appreciative and aware of their history as a people. Now, let's take a closer look at how the MCS held the month-long celebration composed of activities that were annually held for almost a decade already.

First of all, a decade of the Holy Rosary was prayed before every class started for the whole month of October. In every room, the Angel Gabriel's salutation to the Blessed Virgin Mary which we now know as the "Hail Mary" prayer, was lovingly recited by MCSians. To new students who are quite unfamiliar with the Holy Rosary, this was perhaps an eye-opener to them. Selected sections from all grade levels were also assigned to pray the Holy Rosary inside the St. John Paul II Chapel from October 3 to 26, 2022. To accommodate Hyflex B (Online) students, a Zoom link was provided to them. Additionally, supplementary lessons were administered to enrich old students' prior knowledge and impart awareness among the new ones. Different Marian Trivia was also posted online weekly throughout October. This way, the school will be able to spread awareness not only among its students but to the online global community as well. To add, Grade 10 students also held a Living Rosary within the campus grounds and it served as their Performance Task.

Furthermore, to test the MCSians' awareness of the Holy Rosary, the Credo Quiz Bee was held both for students and personnel. These activities were held to send an important message to our fellow Catholics: that as we are nurtured by the Holy Rosary, we should grow more in knowledge and understanding of our Catholic

Faith to be empowered to live it out, share it with others, and have a more meaningful prayer and sacramental life. For the Elementary Level, the Champion was Group 2 - Hope composed of Annika Jillian C. Ruiz, Keren Louise A. Flor, Kiel Adriel Q. Laguatan, Jayden Clyde S. Manahan, Rob Abdiel Alonzo, and Justine Paul T. Coquia. For the Junior High School Level, Group 2 - Mark was the Champion, and their group was composed of Charlyn Cindy S. Cortez, Raphael Calyxs Lumbad, Danna Boma, and Paolo Leon C. Parungo. As for the Senior High School Level, the Champion was Team Bethlehem composed of Ann Janelle Dacanay and Alyza Jane P. Ignacio. Lastly, for the Personnel, Mr. John Paolo M. Delos Santos of the Filipino Department emerged as the Champion.

The school also held the Harana kay Maria singing competition wherein students, mostly female, serenaded the Blessed Virgin Mary with timeless hymns in praise and honor of her. For the Intermediate Level, Railey Dreiana P. Rueda was proclaimed the Champion. For Grades 7-9, Franchesca B. Adigue secured the Championship. And for Grades 10-12, Maria Sophian Angel M. Sy claimed the Championship.

Furthermore, each section had a representative who dressed up as their class patron saint for the Saints Kalook-Alike competition. The Saints Kalook-Alike Competition has been a tradition of MCS for nine years already, and this event is so special that other schools belonging to Clusters 5 and 6 of the Roman Catholic Archbishop of Manila Educational System (RCAMES) adopted the tivity to their respective Rosary Month celebrations. There are

three sets of winners for this competition. For the Primary Level (Grades 1 to 3), Annika Jillian C. Ruiz who dressed up as St. Jacinta was the Champion. As for the Intermediate Level (Grades 4 to 6), Neo Troy B. Marla who dressed up as St. Augustine of Hippo won as the Champion. And for Grades 7 to 9, Simon Emir N. Santamaria who dressed up as St. Paul won as the Champion. Lastly, for Grades 10 to 12, Margarette Eliana D. Santiago who dressed up as Our Lady of Guadalupe won as the Champion. In total, only twelve were selected as winners (including those who got a place as runner-up), but their costumes reflected their effort and hard work in dressing up and characterizing their class patron saint. All of them were privileged to be invited by the Immaculate Conception Parish (ICP) - Tayuman to join the Parade of Saints in anticipation of All Saints' Day.

Lastly, the month-long celebration was concluded through the Despedida a la Virgen. Its title which translates as "Farewell to the Virgin" was lifted from the traditional hymn to Our Lady of La Naval sung at the end of the novena masses until the day of the Feast. Providentially coinciding with the culminating activity is the Oath-taking of class officers and members of the Student Coordinating Body (SCB).

What then made the celebration different, if most of the previously-held activities were repeated? The celebration became an opportunity for the MCS Community to enter into communion and special encounters with the less fortunate. This year, we were able to give 55 simple gifts to some BEC members. Through these pastoral activities, the moral

the aspect of praying the Holy Rosary was highlighted. The Holy Rosary, as in any prayer, should move us to action. We pray not to murmur specific formulas approved by the Church. We pray to meditate, and we share the fruits of our meditation on the life of Jesus and Mary expressed by the mysteries of the Holy Rosary. Through the charitable work done during this month, the school was able to share and express the manifestation that Jesus is alive in us here at MCS.

The story of the Holy Rosary is full of fears that were overcome and challenges that were surpassed throughout our history as Catholics and as Filipinos. MCS itself has its share of victory manifested in its successful celebration of the Month of the Holy Rosary. We were able to gather together, celebrate, and pray together as a school community after three years of the pandemic. We all resurrected from the anxiety and fear we experienced because of the COVID threat. After all, life is not always a bitter and sorrowful experience. We were also able to meet and greet the poorest parishioners from our Parish BECs, sharing and expressing the manifestation that Jesus is alive in us here at MCS. Truly, if we are to associate MCS' Rosary Month Celebration, it would be a Glorious Mystery. May Mary, glorious Queen of the Most Holy Rosary, intercede for all of us and our beloved MCS. *Salamat, Maria!*

Manila Cathedral School celebrated the Month of the Holy Rosary with different activities which aims to broaden MCSians' knowledge on the mysteries manifested by our Holy Mother.



#SCBeinAction! 2022 Cluster SCB Leadership Training Workshop and Induction Ceremony

By *Angel Rey P. Palaganas*

In this day and age, leadership skills are highly sought after in all types of organizations, whether in business or politics. This need for effective leadership is equally important for student organizations within educational institutions as well, and becoming a student officer is an exciting opportunity that comes with significant responsibilities. Thus, it is crucial for aspiring student officers to equip themselves with the necessary leadership knowledge and skills.

In line with empowering the newly elected Student Coordinating Body officers for the school year 2022-2023, the RCAM-ES Clusters 5 and 6 spearheaded their first-ever Cluster SCB Leadership Training Workshop and Induction Ceremony with the theme "Diamonds: Christian Student Leadership in the Better Normal." The said program took place at the Manny Villar Auditorium of Holy Child Catholic School on September 30, 2022.

The workshop served as a venue for the elected student officers to gain new insights and skills related to leadership that can help them become

effective leaders in their respective schools. Plenary and concurrent sessions were conducted to articulate certain topics about Christian leadership in the context of student organizations. The program started with the opening remarks given by Mrs. Anabel B. Fajardo, OSSA Head of Manila Cathedral School and OSSA Cluster Head.

The first plenary session, titled "How to be a Good Christian Student Leader?" was presented by Dr. Dave Dela Cruz, OP, who focused on topics about the characteristics and essence of good leadership led by Christian values—emphasizing Jesus Christ as the epitome of leadership, servanthood, and stewardship alike.

The following session, "Communicating Better," was situated around the various aspects of communication in leadership, specifically the significance of active listening and effective speaking skills—highlighting the importance of creating a positive and inclusive environment that fosters open communication among students. Mr. June Bermudez, a radio program anchor for Radyo Veritas 846, was the resource speaker for the said session.

Solidifying the schools' Christ-centered vocations, a Eucharistic



Celebration was also held as part of the program, which was presided over by beloved school director, Rev. Fr. Nolan A. Que, reminding the student-leaders to always keep their faith as a strong foundation and guiding principle in fulfilling their respective duties and responsibilities.

During the concurrent sessions, the SCB Officers were split into smaller groups according to their respective positions, where they learned practical skills and strategies that can help them fulfill their roles in the SCB effectively: "The Student Council: Bare, Gutted, and Flayed" for the Presidents, SHS Vice Presidents, and SCB Advisers; "Management of Human Resources" for the JHS Vice Presidents, Secretaries, and Gr. 12 Representatives; "Creating Income Generating Activities" for the Treasurers and Auditors; "Connecting to Resources" for the P.R.O. Internal and External Officers; and "The Representatives: The Support System" for all SCB Representative Officers from Grades 4 to 11.

To conclude the seminar-workshop, an induction ceremony was held to officially

recognize and instate the student officers as leaders in their respective schools. All present SCB officers stated their oath of responsibility and commitment to upholding the values of good leadership with Christian principles at heart. The closing remarks were then delivered by Mrs. Camille Nica Trinidad, OSSA Head of St. Joseph School of Galangin.

The MCS' outstanding Student Coordinating Body has certainly shown the fruits of this leadership workshop as they took the initiative to organize and implement various activities that promote a sense of community among their fellow students. These amazing student-leaders ensured that all voices were heard and represented, and they remained true to their duty of service and stewardship with Christ-centered values in mind. It proved to be an enriching and empowering experience for them, driven by Christian principles—in line with the core values of their alma mater: humility, excellence, servant leadership, and stewardship.

Shaping Futures One By One: MCS Holds Its Career Fair 2023

By *Julianne Raven D. Pasia*

Tomorrow always holds an infinite number of paths to tread and explore, and it is in the minds of the travelers which path will be the most fulfilling to take. It is both a privilege and a heavy responsibility to make decisions for one's future. Hence, what pushes a hesitant voyager to take their first step forward is the confidence that their choices will be most appropriate.

Accordingly, from the end of February to early March, MCS hosted a week-long Career Fair at its gymnasium. It was in hopes that the students could express their dreams and passions in life through the careers they aspire to pursue.

Grade 12 students who were interested in furthering their pursuit of knowledge in colleges and universities had the opportunity to discover where they could truly belong and where they wanted to grow as

students and as individuals.

Some of the participating schools were De La Salle Araneta, De La Salle College of St. Benilde, Asia Pacific College, Letran University, Lyceum of the Philippines University, Jose Rizal University, and the Technological Institute of the Philippines. Each had its own or shared booths manned by representatives answering inquiries and sharing the offerings of their respective institutions.

By the end of each Grade 12 level section's visit to the fair...



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FEATURE

MCS English and Literacy Month 2022: "MCS Nurturing Filipino Culture and Heritage through Reading and Literacy"

By Andrea Mae I. Soriano, Mhargareth V. Palmes, Kielle Francez D. Simon, & Teri Sophia S. Salise

As per most schools' pattern of events, each month in the year corresponds to an event dedicated or related to a subject that students are obligated to participate in. Hence, every month of November, Manila Cathedral School celebrates English and Literacy Month together. MCS' English Festival 2022 is the first face-to-face English month celebration since the pandemic. Therefore, the school went all out for this event, which carried the theme "MCS Nurturing Filipino Culture and Heritage through Reading and Literacy," as various activities occurred at the English Fest 2022.

The pandemic was undoubtedly a challenge when it came to interactive activities. Despite the barriers and restrictions, MCS continued to initiate and establish common grounds in order to celebrate this event.

The junior high school students were assigned to participate in this event: the Feast of Philippine and World Literature, Culture, and Heritage. Each section in Grades 7, 8, 9, and 10 was assigned a particular work of literature that they must bring to life through acting while evoking its culture and legacy. To make teachers feel as though they had entered an entirely novel world when they arrived to review the students' performances, the students adorned their classrooms alike with the culture and heritage of their assigned literature.

An event was also held for students in grades 4, 5, and 6, entitled "Book Character Speech" of 2022, where MCSians from each section had a class representative that showcased themselves dressed as Philippine gods and goddesses. Each student representative wore exquisitely detailed and amazing

costumes that captured and represented the magical culture and heritage.

The senior high school students also joined in the activities by bringing literary works to life. They took part in the Philippine Literary Short Film Festival, creating short films based on famous and historical literary works per section. The students worked tirelessly to create a breathtaking and high-quality production that would impress the audience and leave a memorable moment for fellow MCSians. They created amazing and eye-catching tarpaulin posters, trailers, and teasers to advertise the different films and pique the curiosity of the viewers. Of course, creating a short film isn't easy, and conflict may often arise from differentiating ideas and stances on certain matters. However, there are still those who step up to the challenge and work things out with their fellow members.

It's pretty wholesome since I made memories with people. It's a pleasure to work with them and to work on the film.

Romarie Umoso, Actor

Such was the claim of Grade 12 student Romarie Umoso when asked to share his insights and experiences from the scenes in the making of their film entitled "Magnificence." He mentioned how it was a great experience creating it with people worthy of his attention and time and how his whole experience on set was most memorable.

All of it—me acting, me socializing, and me laughing,

Romarie Umoso, Actor

There was no doubt that he truly enjoyed working with his fellow classmates and gaining great memories through all the hard work that they had done.

To close the entirety of events

during English month, the personnel of Manila Cathedral School took their turns participating in the festivities, kicking off an eco-fashion show headed by Mr. Pastrana and Ms. Limpin as the masters of ceremonies. The fashion show featured cosplays imitating the characters of Filipino myth and folklore, showcasing the creativity and talent of the school staff. The show not only gave a platform for the staff to display their skills in costume design and presentation but also served as a powerful reminder of sustainability and environmental consciousness. By utilizing recycled materials in their costumes, the participants sent a strong message about the need to reduce waste and promote responsibility in taking care of the environment. Furthermore, this segment of the event highlighted the commitment of Manila Cathedral School to instill values beyond academics, emphasizing the importance of cultural preservation and environmental stewardship. It provided an opportunity for the teachers to lead by example and inspire the students to embrace creativity, cultural pride, and sustainable practices.

The English Festival 2022 at Manila Cathedral School was truly a grand celebration of English and literacy, intertwining them with Filipino culture and heritage. Despite the challenges brought about by the pandemic, the school community exhibited resilience and determination in organizing a memorable face-to-face event. From the vibrant performances bringing literature to life, the creative TikTok and bookface challenges, the captivating short films, the enchanting book character speech, and the awe-inspiring eco-fashion show, every activity showcased



MCS' Career Fair 2023

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...the students had gained more of both brochures and insight into the path they wished to take in life.

Similarly, ECE and SPED students also had their share of realizing dreams, only in the form of costumes. Following the Career Fair for the senior high school students, they had their very own activity—a Career Parade. Donned in uniforms from different professions, the learners eagerly marched throughout the school towards their awaited future. There were students dressed as police officers, chefs, nurses, surgeons, astronauts, and so much more.

May the dreams recognized through this Career Fair be reached and be a source of inspiration for others to pursue their own.

the talent, passion, and dedication of the MCSians. This month-long celebration not only fostered a deeper appreciation for literature and literacy but also instilled a sense of pride in Filipinos. Through their participation and engagement, the students of Manila Cathedral School demonstrated that literature and reading are powerful tools for nurturing and preserving the values, traditions, and stories that define us as a nation.

As the English Festival 2022 came to a close, the echoes of creativity, camaraderie, and cultural celebration lingered in the halls of Manila Cathedral School. The memories created, the skills honed, and the bonds forged during this event will continue to inspire and shape the MCSians as they navigate their academic journey and beyond. With each passing year, English and Literacy Month at Manila Cathedral School will remain a cherished tradition, reminding everyone of the power of language, the beauty of literature, and the enduring legacy of the country's stories.



Manila Cathedral School celebrates 73rd Founding Anniversary with various events and activities held inside school grounds.

Foundation Week is Back with MCSians' Colors on Fleek

By Clarisse April G. Sabangan & Alyssa Kirsten C. Jacinto

As soon as the new year was welcomed, January brought very exciting news for MCSians, as it had been announced that the celebration of MCS' Founding Anniversary would be held once again in a face-to-face setting. This sparked a reaction from all MCSians as they eagerly planned and prepared their respective performances and activities in order to make the celebration special.

Few weeks before the celebration, numerous preparations were already underway, and academic classes were put on hold. While offline activities were still assigned to the students, the primary focus was on the coming foundation week. During the time period dedicated to preparing the anticipated booths and performances, MCSians took their time practicing their mass demonstration numbers while various students and personnel from different grade levels and organizations were devising the themes of their respective booths.

Soon enough, the day MCSians looked forward to has finally arrived. To formally begin the celebration of MCS' 73rd Founding Anniversary, a Thanksgiving Mass attended by the teachers, students, and personnel was held in the school's very own gymnasium. In his homily, Rev. Fr. Nolan A. Que, the school director, preached about his recent encounters with the youth and

how he wished for MCSians to lead a prosperous life by learning how to be obedient to their parents, teachers, and God.

“If you want a good future, the future starts today.”
Rev. Fr. Nolan A. Que

"And one secret: obey." Leaving a lasting impact on MCSians with such inspiring words and caring advice, the peaceful solemnity of the Thanksgiving Masses had been a memorable beginning for the celebration.

The following days were such a blast! For the dates January 24 to 27, 2023, explosive and colorful performances from all the grade levels were spectated by the MCS Administrators, their families, and fellow MCSians. Every performance was unique, with each group's dance number representing a certain theme. Ranging from the coolest choreographies of the Senior High School (SHS) students and the festive dances of the Junior High School (JHS) students to the cutest moves from the Grade School, ECE, and SPED departments, talented MCSians left their audiences in awe and had them dancing along to the upbeat tracks of music.

Of course, what is a festivity without the opportunity to explore the school's very own bazaar filled with enticing booths that you can buy from, play in, and explore? Every booth was in demand! The iconic Cinema

House, featuring films produced and directed by MCSians from the SHS level themselves, was held in the Cardinal Tagle Building, becoming quite a crowd favorite in the school year.

But if lounging around was not their cup of tea, many booths offered fun games and leisure activities for MCSians to enjoy. Outdoor activities like Larong Pinoy by the Peer Circle Society offered experiences to play nostalgic *kalye* games like Tumbang Preso and Piko, with the promise of earning various prizes after playing. Teachers from various grade levels also provided entertaining activities, namely the Disc Toss Game, Basketball Madness, Dunk the Ducks, Shoot that Ring, Stand-up for Your Color, Fish Cup Toss Game, Hagis Piso, and Aqua Splash. Indoor activities are also provided, much like belting out to your favorite songs at the MCS Karaoke Booth and MCS-NET Booth, where you can play Co-op games online with your friends.

Surely, after spending energy on those lively booths, there was a need to unwind and rest for a while. Worry not, for there were reserved booths if one felt the sensation of being thirsty and hungry after those challenging games and cheering on acquaintances dancing in the gymnasium. Cool drinks like Iced Coffee

and Iced Chocolate could be found at the MCS-SCB's La Bebida, paired with their piping-hot pancakes. MCS Personnel also sold Filipino street foods at the Snack Bar Booth, along with sweet delicacies like Taho and Cotton Candy. Not only were MCSians' hearts filled with happiness, but their stomachs were also filled with food!

Finally, after a long day full of excitement and fun, MCSians ought to commemorate these days and memories. Hence, they headed over to MCS Reflections' Nom De Plume to buy souvenirs designed by the Reflections staffers themselves, like graphic tote pouches and motivational bookmarks, or get customized works on demand. Last but not least, the ever-present freedom wall could also be found in this booth, where everyone shared their personal thoughts and messages in the hopes of sharing them with everyone else.

MCS' Foundation Week was certainly one of the most awaited events during the school year, especially since the traditional face-to-face set-up had been resumed. In summary, this year's founding anniversary celebration was historic, as it was the first time it had been celebrated in person since the pandemic. It was thrilling. It was exciting. It was memorable. Therefore, MCSians look forward to next year's spectacular events for the upcoming celebration next January with the hopes that it will be bigger and better!



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FEATURE

Peer Circle Society: A Foundation for Forging Bonds Between People

By Helaena Isabella S. Calo, Anika Kim Samonte, & Jewel Mae B. Nulud

Have you ever experienced a sense of hopelessness and the absence of the future? Have you ever been so overcome with anxiety that you couldn't stop thinking about something? Any feeling, whether positive or negative, that affects your day-to-day activities or how you manage your time is influenced by your mental health. Our mental health has an impact on how we feel, think, and behave. It also affects our ability to handle stress, connect with others, and make sensible judgments. As such, many people are in favor of helping one another fight the stigma associated with mental illness and spreading knowledge about how to do so. Everyone must always keep in mind how important it is to preserve both their bodily and mental health. MCS also seeks to increase awareness of mental health concerns and encourage students and staff to be open and honest in expressing their thoughts, even at school.

In line with this, MCS formed an organization to encourage teachers and students to learn more about mental health: the Peer Circle Society. The guidance council built this for the purpose of making sure that every MCSian feels safe and actively engages in their academic or extracurricular activities. By learning that others are there for them through both good and terrible times, students and personnel alike will be able to transcend any overwhelming emotions they may be experiencing. This organization strives to provide a safe and healthy environment for MCSians while putting a strong emphasis on improvement. They also raise awareness in an effort to eliminate prejudice and stigma against those who have mental illnesses and seek treatment.

The PCS and the guidance office had initiated a number of activities to raise awareness in commemoration of guidance month in November. They sought to offer emotional support to those who are waging their own silent battles—not only wordless disputes but also ones that were too terrible to face alone, too difficult to bear, ones that needed discussions, and ones that needed to be fought alongside others.

The many activities began with the "stick-a-note" and "advice for a day" initiatives, which let PCS members leave brief but uplifting messages, inspirational quotes, and advice for everyone. They aimed to assist MCS' students, faculty, and staff members to momentarily relieve their hearts' worries and heavy baggage through the short, heartfelt messages the notes contain. The organization's members carried it out by giving out sticky notes to everyone entering the school first thing in the morning to get their day off to a positive start. The goal of the activity was to have an impact on someone's life by spreading kindness and cultivating an atmosphere of joy, much like the proverb, "One kind word can change someone's entire day." Giving individuals random encouraging notes is an effective way to alleviate negativity. With this, the PCS had provided a means of communicating with its community and reaching out to people who may be feeling unheard.

Also, as part of their identity as an organization for mental health, a training session for the Peer Circle Society of Clusters 5 and 6 was held on January 13 at the Manila Cathedral School's library. The session focused on communication, developing



relationships with others, and mutual understanding. Participants also learned how to form bonds and develop trust with others.

After the session, the PCS members' commitment to their calling as mental health advocates only grew more fervent. The "love and belonging" level of Abraham Maslow's Hierarchy of Needs is one that can be met through interacting with others and having strong social supports. People feel a sense of fulfillment and an increase in motivation to improve and attain their goals by making friends who can support them in times of need. Finding people who can encourage us and get us involved in healthy habits can have an effect on our life decisions and behaviors. Being able to communicate with someone who listens is another approach to assisting and supporting those in need. We frequently rely on ourselves because we are reluctant to share our feelings with others, but little do we realize that doing so can actually be helpful because it makes us feel less alone and burdened

because we have someone to relate to. The PCS was established for several reasons, including the need to relate to and connect with people.

The PCS had also reopened its Facebook page with the goal of posting and motivating both MCSians and their parents who follow the page. While this online presence persists, the PCS also has other face-to-face undertakings. It has also spearheaded an event called "Wear Your Dream Career" for its ECE and SPED students to help them refine their abilities and navigate the future they desire for themselves. MCS made it a priority to dream with its students, so the PCS created activities that link the kids to the futures they desire for themselves, the futures they can envision, and the futures they want to pursue. Having dreams is our springboard and our baby step towards a future that will significantly alter society. The Peer Circle Society is dedicated to pushing MCSians to strengthen the schools' values and inspire the heart to always step forward and face our emotions in order to fully understand them and to grow—not just as individuals but as a community that can effect change.



FEATURE

MCS SHS Students' Fair 2023

By Mhargareth V. Palmes & Teri Sophia S. Salise

A week full of wonders took over the school's premises with the hands of skillful senior high school students in the month of April. This became an opportunity for MCSians to not only engage in major activities but also to be masters of their own crafts. The 2023 Senior High School Students' Fair that was held at Manila Cathedral School provided Grade 12 senior high school students with the opportunity to express and showcase their acquired skills from the various subjects that they had learned.

One of the significant events in the students' fair that truly became a remarkable experience for Grade 12 students was the launching of their own businesses, where they were given the opportunity to prepare exquisite foods and trendy innovative products that they could sell to other students at reasonable prices. During those memorable times, the students' ingenuity, resourcefulness, and creativity were put to the test. Each section of every strand had to put their best foot forward in delivering their finest product, along with exceptional service to their customers. Creating or being in a business is a way for

people to promote economic development; in this case, students must learn how it is to be in the field of business, building their own companies from scratch with the goal of providing goods and services that lead to the improvement of people's quality of life.

The business operations of each company commenced during the Food and Product Bazaar, held on the MCS grounds under the school's mango tree, where students worked patiently and diligently despite the warm atmosphere. Another highlight of the event was the astounding booth decorations that each business demonstrated. This elevated the liveliness of the event to the next level, as each section had their own tricks and tactics up their sleeves in order for their products to be striking and prominent among the audience. Some students from different businesses started a singing reverie; some elevated their tunes via speakers; some began a raffle draw; some crafted their own photo booths; and some created their own jingle as a way to attract the audience. These happenings are proof of the students' skills, talents, and capabilities as young

entrepreneurs. Their attitude and work ethic towards their goal as business owners made the event much more festive and momentous. Additionally, in the midst of the bazaar, the Grade 12 students were also encouraged to bring out their talents and enhance their creativity with filmmaking. An event that also took the spotlight at the student fair was the film showing event. With the theme "A Life of a Filipino," the students of each strand showcased their skills in directing, acting, scriptwriting, editing, cinematography, prop-making, and decorating. All 15 sections of the Grade 12 level were able to release their short films. Each classroom on the 3rd and 4th floors of the Cardinal Luis Antonio Tagle building was a feast for the eyes as the rooms were intricately decorated in accordance with their films' themes, showcasing their own extravagant and creative way of designing their classrooms for the viewers to truly enjoy and feel the vibe of the different genres that they got to watch with the variety of short films produced. The Accountancy, Business, and Management (ABM) strand and the Humanities and Social Sciences (HUMSS) strand showcased their films on the

24th of April, while the Science, Technology, Engineering, and Mathematics (STEM) strand and the Technical-Vocational-Livelihood (TVL) strand showcased their films the next day. The audience that watched the films consisted of strand students and MCS faculty. Unquestionably, the films demonstrated diverse topics of interest and showed the different lives of the Filipino people. Needless to say, the film-showing event ended prosperously, and the outstanding students during the process of filmmaking were recognized following this event in an award ceremony.

These moments truly made the students' fair a worthwhile event. With the help of the MCS administrators, faculty, personnel, and students, the MCS SHS Students' Fair 2023 started off splendidly and ended successfully. The credibility, capability, dedication, and craftsmanship of grade 12 students were highly evident, and the collaboration and partnership among individuals were undeniably the highlight of the students' fair. Definitely, it is an event worth reminiscing about.



Senior High School students take the lead in creating their own short films and establishing their own businesses on school grounds for the SHS Students' Fair 2023



Selebrasyon at Pagpupugay sa mga Guro at mga Kawaning Kaagapay sa Pagbibigay ng May Kalidad na Katolikong Edukasyon

Ni Janzel May R. Benedicto

Ang taunang selebrasyon para sa mga katolikong guro at kawani ay bahagi na ng kasaysayan ng Catholic Educational Association of the Philippines (CEAP) upang kilalanin ang kanilang debosyon sa pagpapalaganap ng misyon ng simbahan sa mga katolikong paaralan at mga mag-aaral nito. Ang selebrasyon para sa taong 2023 ay may temang "Catholic Teachers and Personnel Day: Continuing the Mission in Serving Catholic Education." Nakiisa ang Manila Cathedral School sa pagpapakita ng pagpapahalaga, pasasalamat, at pagmamahal sa mga guro at kawani ng sintang paaralan sa pamamagitan ng munting selebrasyong pinangunahan ng mga opisyaes ng *Student Coordinating Body (SCB)* at ng kanilang tagapayo na si Ginoong Leomar R. Salazar.

Ang nasabing selebrasyon ay naganap sa *gymnasium* ng paaralan noong ika-6 ng Pebrero na nahati sa tatlong magkakaibang iskedyul: Alas otso y medya hanggang lagpas alas nuwebe ng umaga para sa mga ECE at *grade school*, alas nuwebe kwarenta hanggang alas onse ng umaga para sa *junior high school level*, at ala una hanggang alas dos ng hapon para sa *senior high school level*. Ayon kay Binibining Alyssa Jacinto, sekretarya ng SCB, mabisa ang pagkakaroon ng magkakaibang oras para sa iba't ibang antas upang mas maging espesyal ang karanasan para sa lahat ng gurong MCSian. Dagdag pa niya, kanilang isinasalang-alang ang iskedyul ng mga MCSian upang hindi maabala ang kanilang

pag-aaral sapagkat isinagawa ang selebrasyon sa araw na may klase.

Sinimulan ang selebrasyon sa pamamagitan ng pagpasok at pagparada sa gitna ng mga koordineytor, guro, at kawani ng paaralan habang sila ay buongpusong binibigyang-pugay ng kanilang mga estudyante. Upang pormal na simulan ang programa, nagbigay ng panimulang mensahe ang bise presidente ng SCB na si Binibining Sofia Venice Empedrado. Patuloy naman ang kasiyahan nang ipamalas ng piling mag-aaral mula sa pangkat ng St. Hubert of Liege ang kanilang talento kung saan umindayog ang buong *gymnasium* sa kanilang kamanghamanghang pagsayaw.

Patuloy ang seremonya ng pagbibigay-parangal sa mga guro at kawaning MCSian na tinaguriang "Si *Idol* Pala 'To E!" Ito ay isang kompetisyon kung saan ang mga MCSian ay bumoto sa mga guro at kawani ng MCS na kanilang itinuturing na idolo. Tatlong araw ang ginugol sa botohan na ginanap noong panahon ng *73rd Foundation Week* ng Manila Cathedral School. Ang pagbibigay ng mga sertipiko ay pinangunahan ni Ginang Elizabeth Pastor (*HS Principal*), Binibining Peach Allyhana Chan (*SCB President*), at Binibining Lucille Bautista (*GS Principal*). Ilan sa mga espesyal na parangal na ipinamahagi para sa mga guro ay ang *Most Creative in PPT Making*, *Most Approachable in Campus*, *Most Attractive Ms. Award*, *Most Attractive Mr. Award*, *Teacher Comedian Award*, at *Mister and Miss Most Enchanted*. Binigyan din ng pagkilala ang mga *Most Favorable Teacher* sa iba't ibang departamento: AP, CLEd, Filipino, Math, Science, at ICT/TLE. Ang

mga espesyal na parangal para naman sa mga kawani ng MCS ay *Mr. Congeniality Award*, *Most Attractive Non-Teaching Personnel in Male and Female*, at *Mr. and Ms. Smiley Award*.

Isinaad din ni Binibining Jacinto na ang pangkalahatang layunin ng mga opisyaes ng SCB sa pagsulong ng selebrasyon para sa mga katolikong guro at kawani ng MCS ay nakapokus sa pagpapadama ng tunay na kasiyahan kung saan ang mga mag-aaral at mga guro ay nagdiwang nang sama-sama. At naging totoong naman ang mga opisyaes ng SCB sa kanilang layunin sapagkat ang pinakaaantay na kaganapan sa programa ay ang paghaharana ng mga estudyanteng MCSian sa kani-kanilang mga guro. Bukod pa sa harana, ang mga guro ay nakatanggap ng tanda ng pagpapahalaga sa pamamagitan ng mga munting regalo mula sa kani-kanilang *advisory class*. Ilan sa mga regalong natanggap ng mga gurong MCSian ay mga *cake*, bouquet, mga sulat, lobo, at iba pang uri ng mga regalong tunay na nagpapakita ng pagmamahal at pasasalamat ng mga estudyante sa kanilang mga gurong labis ang dedikasyon sa pagpapalaganap ng katolikong edukasyon at paghubog sa kanilang pagkatao. Bilang simbolo ng ala-ala, naging pagkakataon din ang panghaharana sa mga guro upang makakuha ng litrato kasama ang kanilang mga estudyante bilang tanda ng isang mahalagang selebrasyon para sa mga katolikong guro.

Patuloy ang pagkamangha ng MCSian nang painitin ng mga mananayaw mula sa pangkat ng St. Dominic Dela Calzada ang entablado kung saan nakasisigurdong nakuha ang puso ng mga manonood nang sila ay mamigay ng rosas sa mga guro. Ang paggunita sa isang makasaysayang selebrasyon ay nararapat din magtapos sa isang makasaysayang paraan. Kaya naman mas napuno ng kasiyahan ang *gymnasium* sa pasabog ng mga opisyaes ng SCB nang kanilang inanyayahan ang lahat ng mga koordineytor, guro, at kawani ng MCS upang makiisa sa isang *flash mob dance performance* na pinangunahan ni Ginoong Godwyned Skye Dizon, *PRO Internal* ng SCB. Nahihya man noong una ngunit buong pusong nakiisa ang lahat ng mga guro upang mapasaya ang mga manonood.

Isang makasaysayang selebrasyon na naman ang naganap sa Manila Cathedral School at sa pagkakataong ito. Ang mga mag-aaral na MCSian naman ang nanguna upang gawing higit na espesyal ang araw para sa mga katolikong guro at kawani. Kahit isang beses sa isang taon lang ang pormal na paggunita sa kanilang araw, nararapat lamang na araw-araw ipakita sa mga katolikong guro at kawani na ang kanilang dedikasyon at determinasyon sa pagpapalaganap ng misyon ng Katolikong simbahan ay kinikilala at pinasasalamatan.

Mabuhay ang mga bayani sa loob at labas ng silid-aralan!

Halina't Maging Masing, MCSians!: Ang Makulay na Pagdiriwang ng MAPEH Month

Ni Alyssa Kirsten C. Jacinto

Buwan ng Pebrero, makikita sa lahat ng panig ng Manila Cathedral School ang mga makukulay at magagarbong dekorasyon. Ipinapaalala sa mga MCSian na hudyat ito ng pagsisimula ng pagdiriwang ng MAPEH Month. Nag-aanyaya at takaw-pansin ang arkong matatagpuan sa harap ng Monsignor Justino Ortiz Building, gawa mula sa samasamang pagsisikap ng mga mag-aaral mula sa una hanggang ikalimang baitang. Itinatanghal at binibigyang-pugay ng selebrasyon na ito ang iba't ibang uri ng obra at sining, pati na rin ang pagbibigay ng pagkakataon sa mga MCSian na ipakita ang kanilang mga talento sa larangang ito. Kaya naman, ang piniling tema para sa pagdiriwang ng buwan ng MAPEH ngayong taon ay "Ani ng Sining, Bunga ng Galing: Tatak MCSians", na inanunsyo sa opisyal na Facebook page ng MCS noong ika-13 ng Pebrero.

Ito'y pumukaw sa interes at pananabik mula sa mga MCSians na handang ibahagi ang kanilang mga talento sa komunidad ng paaralan. Lalong lumakas ang sigasig nang ipinahayag ng departamento ng MAPEH ang

mga detalye ng gaganaping paligsahan at programa na tumatalakay sa anumang uri ng sining. Naging masigasig ang bawat isa sa paghahanda upang maipakita ang kanilang angking talino sa iba't ibang larangan.

Para sa mga nasa una hanggang ikatlong baitang, ang paligsahang pinamagatang "Mosaic" ay isinagawa kung saan sila ay maaaring magsumite ng kanilang sariling mga likhang gawa mula sa mga *recyclable* na materyales. Ang "See-ning" naman ay para sa mga mag-aaral mula ikaapat hanggang ikaanim na baitang na may talento sa pagpipintura na ginanap noong ika-23 ng Pebrero sa mismong kampus ng MCS. Hindi rin nagpatalo ang mga nasa ikapat na baitang sa paglililok ng mga eskultura at modelo sa "Junk Art-ssemblage". Syempre, ang mga sining sa pagguhit o pagpipintura ay hindi limitado sa mga pisikal na obra ngayong tayo ay may *advanced technology* na. Ang "MCSians Article: Digital Arts and Painting Competition" ay isang programa kung saan binigyang pansin ang mga *digital artworks* ng MCSians. Tunay na mahusay ang mga MCSians pagdating sa mga sining!

Magpapahuli ba ang mga magagaling sa iba pang larangan ng sining? Aba'y hindi! Ipinakita ng mga retratistang MCSian ang kanilang pinakamahusay na mga larawan na nagtatampok ng mga pang-araw-araw na aktibidad sa MCS sa "MCSians Malupitik". Ngunit, kung mala-Metro Manila Film Festival ang nais ipalabas, nariyan ang "Clips On Us" para sa mga naghahangad na aktor, direktor, o manunulat. Labasan ng mahuhusay na birit at tinig ang naganap sa tanghalang "Tinig MCSian", kung saan iba't ibang boses ng mga mag-aaral ang nagpasiklaban. At para sa mga MCSian na mahilig sumayaw, ang kanilang pagkakataon na humataw sa entablado ay ibinigay ng "The Move Meant", at ang huling tapatan ng patimpalak ay ginanap noong ika-28 ng Pebrero sa *quadrangle* ng paaralan. Ang mga masisigla at malikhaing sayaw ng mga kalahok ay sinuklian ng maingay at masigabong palakpakan ng mga MCSian na nagpapasaya sa kanilang mga paboritong mananayaw.

Ang selebrasyon ng MAPEH Month ay hindi lamang limitado sa kasiyahan ng mga mag-aaral na MCSian. May mga patimpalak at programa

rin para sa mga guro at tauhan ng paaralan.

Upang maipamalas ng mga MCS *personnel* ang kanilang pagiging malikhaing, dinisenyuhan nila ang kanilang mga *cubicle* at ang mga may pinakamaganda at organisadong mga *cubicle* ay ginantimpalaan ng mga premyo at mga sertipiko. Sakop din ng MAPEH ang pag-eensayo at pagpapanatili ng maayos at malusog na pamumuhay. Ang "Personnel's Wellness Day" ay nanghikayat na lumahok sa iba't ibang laro mula ika-20 ng Pebrero hanggang ika-13 ng Abril, at ilan sa mga isports na maaaring salihan ay *basketball, volleyball, badminton, table tennis*, at iba't ibang klase ng *board games*.

"Ani ng Sining, Bunga ng Galing", tila ito'y napatunayan dahil sa mga magaganda at mahuhusay na obra at talento ng mga MCSians. Ang sining ay walang limitasyon, at bawat anyo nito ay maganda at kakaiba. Nawa'y ang mga kagalingan na ipinakita ng mga MCSians ay maging inspirasyon sa kanilang kapwa at manghikayat upang marami pang makilahok sa susunod na selebrasyon ng MAPEH Month.

Ang Pagtataguyod ng Filipino sa Kabila ng Mapanghamong Panahon at Sitwasyon: Ang Maalab na Pagdiriwang ng Buwan ng Wika 2022

Ni G. Charlmond Earl M. Ocampo

Isa sa mga pinakainaabangan ng bawat MCSian ang pagdiriwang ng buwan ng wikang pambansa. Kaagapay ang kagawaran ng Filipino upang itaguyod ang kabuluhan ng espesyal na pagdiriwang na ito. Ngayong taon, ang tema ng nasabing pagdiriwang ay "Filipino at mga Katutubong Wika: Kasangkapan sa Paglikha at Pagtuklas". Tuon ng temang ito na patuloy na magsagawa ng mga kumperensiya at malawakang talakayan upang mas paigtingin pa ang preserbasyon ng mga katutubong wika sa Pilipinas bilang kasangkapan sa pagtuklas.

Sa layuning maipamalas ang pakikiisa sa buwan ng wika, naglatag at nagsagawa ng iba't ibang patimpalak ang kaguruan ng asignaturang Filipino. Nagsimula ito sa pamamagitan ng pagpaskil ng isang *video presentation* sa MCS Facebook page na naglalaman ng mga patimpalak na sinalihan ng mga mag-aaral. Matapos ito, kitangkita sa bawat MCSian ang kaisahan nang gamitin nila ang *virtual background* sa aktuwal na mga klase at paggamit ng Facebook *profile picture frame* na may kaakibat na kasiyasyon. Upang balikan ang kasiyasan ng wikang pambansa...

IPAGPAPATULUY SA PAHINA 22



Ang mga Nagkakaisang Bansa sa Pagsusulong ng Seguridad, Kapayapaan at Karapatang Pantao: Pagdiriwang ng United Nations Month 2022

Ni G. Jaren Jay M. Caluag

Sa paglipas ng pandemya, hindi nagpatinag ang Manila Cathedral School sa muling pagdiriwang ng *United Nations Month* na pinangunahan ng kagawaran ng Araling Panlipunan. Alang-alang sa panahon ng transisyong naganap mula sa mga *lockdown* tungo sa pagkamit ng mas maluwag na polisiya upang mapigilan ang paglaganap ng COVID-19, kinailangan sunurin ng paaralan ang ipinalaganap na mga bagong protokol. Gayunpaman, naging madali at kaabang-abang ang mga naging paghahanda ng nasabing pagdiriwang.

Ang nagkakaisang mga bansa o *United Nations* ay isang pandaigdigang organisasyon na may layuning panatilihin ang kaayusan at kapayapaan sa daigdig kaya't taun-taon nitong ipinagdiriwang ang pagkakatatag at pagkakaisa ng mga kasapi nitong bansa. Nakalaan ang buwan ng Oktubre sa paggunita ng pagdiriwang na ito at mahalagang makibahagi ang mga tao sa kadahilanan na bilang Pilipino, dapat ipagmalaki na mula sa pagtatatag ng *United Nations* ay naging bahagi na nito ang ating bansa bilang isa sa mga orihinal na miyembro nito. Sa taong ito, sa pagdiriwang ng ika-77 na anibersaryo ng *United Nations*, ang naging tema nito ay "UN 2022: Transforming Our World, Renewing Our Society." Ang mga programa ng MCS ay nakalinya sa mensaheng nais iparating ng temang ito.

Pinangunahan ng "Transforming Our World through Mary's Intercession" ang pagsisimula ng selebrasyon ng *United Nations Month* sa MCS. Layunin nitong ipakilala ang iba't ibang mga titulo ng mahal na birheng Maria mula sa maraming panig ng mundo at ituro ang dasal sa iba't ibang wika. Ipinagpatuloy rin ang "Country for the Day" kung saan nagkaroon ng espesyal na balitaan ang mga guro mula sa kagawaran ng Araling Panlipunan na nagpakita ng iba't ibang uri ng impormasyon tungkol sa mga bansang bahagi ng *United Nations* upang mas

maging bihasa ang mga MCSian sa ilang mahahalagang detalye ng mga bansang iyon.

Nagkaroon din ng ilang patimpalak para sa mga mag-aaral at kawani ng paaralan. Isa ang pagkakaroon ng *quiz bee* para sa mga MCSian mula sa unang hanggang ikatlong baitang kung saan hinasa nito ang kanilang kaalaman sa pagkilala sa iba't ibang mga watawat, kabisera, at tanyag na pook ng mga bansang nakapaloob sa *United Nations*. Para naman sa mga nasa ikaapat hanggang ikaanim na baitang, ang *Headdress Making Contest* ay isinagawa. Dito ay naging katuwang ng mga guro mula sa kagawaran ng Araling Panlipunan ang ilang mga tagapayo ng ilang pangkat na pumili ng mga pinakamahusay at akmang-akma na *headdress* batay sa kultura at paniniwala ng iba't ibang bansa sa daigdig.

Ang mga MCSian naman mula sa *junior high school* ay nagkaroon ng dalawang magkaibang paligsahan. Para sa mga ikapito hanggang ikawalong baitang, kanilang sinalihan ang *Your Face Looks Historical*, isang paligsahan ng panggagaya sa ilang mga makasaysayang pinuno na nagtaguyod ng pagbabago at kapayapaan sa kani-kanilang mga bansa. Ang bawat kalahok ay gumawa ng isang bidyo na kung saan ipinakita o isinadula nila ang kinikilalang makasaysayang pinunong naantas sa kanila. Sumunod naman ang mga nasa ikasiyam at ikasampung baitang na nagpakilala ng iba't ibang bansa sa kanilang *Country Talk Vlog* sa pamamagitan ng pagiging malikhain at pagsasaliksik ng kaalaman o *trivia* bilang nilalaman ng kanilang *vlog* na nagsilbi rin bilang kanilang *performance task*. Pagkatapos ay namili ang kanilang mga tagapayo ng kanilang pambato sa nasabing paligsahan.

Hindi naman nagpahuli ang mga nasa *senior high school*. Ang kanilang patimpalak ay

pinangalanang "Ambassador and Ambadress of UN." Sa paligsahan na ito, ang bawat seksyon ay nagkaroon ng kinatawag naatasang itanghal sa isang bidyo ang kanilang talumpati na may kaugnayan sa tema ngayong taon at masagot ang katanungang "How can you be a part of social transformation?" Ito'y labis na pinaghandaan ng mga MCSian mula sa *senior high school*.

Ang bawat mag-aaral mula sa iba't ibang baitang ay nagpakita ng kani-kanilang mga angking galing at talino; tunay na hindi matatawaran ang husay ng mga MCSian. Kaya naman, ang kagawaran ng Araling Panlipunan ay bumuo rin ng isang masayang programa para naman sa mga kawani ng MCS. Pinamagatang "Ms. UN - Personnel Edition," ang bawat kagawaran ng MCS ay nagkaroon ng isang babaeng kinatawan na nagpakita hindi lamang ng angking ganda habang suot ang pambansang kasuotan ng kanilang nabunot na bansa kundi maging ng talino sa pagsagot sa katanungang "How will you promote peace and trust in your country?" Sa pagwakas ng nasabing patimpalak, nakamit ni Ms. China, Bb. Hannah Delos Santos mula sa kagawaran ng Ingles, ang titulong *MCS Ms. United Nations*. Ang unang gantimpala naman ay nakamit ni Ms. Japan, Bb. Kristina Marae Serdeña mula sa kagawaran ng Filipino, at ang ikalawang gantimpala at nasungkit ni Gng. Shielou P. Moritcho mula sa kagawaran ng sipnayan o Mathematics.

Marahil na hindi maikukubli ang pagpapala ng Panginoong Diyos sa ating lahat, kasama na rin ng walang katapusang pagdarasal ng ating mahal na Inang Maria. Isang maituturing na biyaya na hanggang sa ngayon ay nananatiling matataag ang pandaigdigang organisasyong *United Nations* at nawa'y maipagpatuloy nito ang kanilang mga adhikain at programa upang mapanatili ang seguridad, kapayapaan at karapatan ng mga tao sa daigdig. Kaya't sinisigurado ng Manila Cathedral School na tayo'y kasama sa kanilang magagandang hangarin sa mundo.

Buwan ng Wika

MULA SA PAHINA 20

...nagpanood ang mga guro sa Filipino ng maikling bidyo hinggil dito. Muling nanumbalik sa bawat mag-aaral ang makasaysayang pinagdaanan ng wikang Filipino. Kulang ang pagdiriwang na ito kung wala ang mga aktibidad na may kaugnayan sa tema. Ipinamalas ng mga mag-aaral mula sa *Special Education* at *Early Childhood Education Department* ang kanilang husay sa pagsayaw ng awiting pambata. Naging kritikal din sa pag-iisip ang mga mag-aaral na nasa una hanggang ikatlong baitang sa pagtukoy sa ipinakitang mga larawan ng kanilang guro. Pinatalas naman ng guro ang galing ng mga nasa ikaapat hanggang ikaanim na baitang na may kinalaman sa pagbibigay ng angkop na kahulugan ng mga ibinigay na salita sa mga ito. Nagpamalas din ng pagiging malikhain sa pagsulat ang mga nasa ikapito hanggang ikasampung baitang na naatasang sumulat ng isang piyesa at bibigkasin ito nang may damdamin. Lakas-loob ding naipakita ng mga mag-aaral na nasa ikalabing-isa ang husay sa pagbigkas sa tulong ng impalak na talumpatian sa new normal. Mula sa isang tanong, ipinakita ng mga mag-aaral ang talino at diskarte sa matalinong pagsagot nito. Ibinida naman ng mga nasa ikalabing-isa ang kanilang husay sa pag-arte sa pamamagitan ng pagpili ng isang kilalang tauhan mula sa panitikan ng Pilipinas at sa aktuwal na pagbigkas ng mga diyalogo ng napiling tauhan.

Tunay na kayang ipamalas ng bawat MCSian ang kanilang maalab na pagmamahal sa wikang Filipino sa tulong ng mga gawaing makapagpapalabas ng kanilang husay, talento, at talino sa iba't ibang paraan. Mula sa mga naisagawang aktibidad, hindi maikakailang nananalaytay pa rin sa ating mga dugo ang pagmamahal at pagkakaisa gaya ng wikang Filipino na palaging may layuning pagbuklurin ang bawat mamamayang Pilipino.

ANO ANG IYONG REPLEKSIYON?

23

Mapalad Ka sa Palad ng Maykapal

Ni Mark Jhaidel L. Orola



Sanggunian: <https://shorturl.at/knPS8>

Tunay na mapalad yaong mga pinagpalang makakilala ng hiwaga at kabutihan ng Panginoon, dahil makakamit nila ang kapalaran na nararapat para sa isang Kristiyano. Ayon sa Mabuting Balita, tayo ay magiging mapalad kung ating susundin ang mga hakbang na ipinakita ng ating Panginoong Hesus nang siya ay nagkatawang-tao ang kapakumbabaan, pagiging mahabagin at pagkakaroon ng malinis na puso. Ang mga taong may ganitong katangian ay tunay na magmamana ng kaniyang kaharian.

"Mapalad ang mga nagmimithing makatupad sa kalooban ng Diyos, sapagkat ipagkakaloob sa kanila ang kanilang minimithi." Kung ang pangarap ng ating mga puso ay masilayan siya, marapat lamang na ating sundin ang kaniyang kalooban para sa atin. Ipakita natin ang ating pag-ibig sa Diyos sa pamamagitan ng pagiging daan ng kaniyang kagandahang loob sa ating kapwa upang masilayan din nila ang imahe ng Diyos sa atin. Kung tayo man ay makaranas ng pag-uusig mula sa iba, tayo

ay magpatuloy sa paggawa ng mabuti dahil hindi kailan man ito magbubunga ng masama.

Ang hiwaga ng Kaniyang Mabuting Balita na ayon kay San Mateo ay naghahatid ng isang dakilang mensahe para sa atin at iyon ay ating ilagak sa Diyos ang bawat bagay, gawain, at pangyayari sapagkat hindi niya tayo kailan man pababayaan, at ito ang magiging tulay upang tayo ay maging mapalad. Dahil kung ating ilalagak sa Diyos ang bawat bagay sa ating buhay, makasisiguro tayong hindi ito masasawalang bahala. Tayo ay makaaasa na makakamtan natin ang tunay na kapayapaan, at matatamasa ang kaniyang pangakong biyaya na naghihintay sa atin sa langit.

"Ating pakatandaang sundan ang daan na inihanda ng ating Panginoong Hesus upang ating makamtan ang pangako ng buhay na walang hanggan"

Pagganting Dapat Tularan

Ni Amberleigh Israelyn M. Manrique



Sanggunian: <https://www.istockphoto.com/photos/love-god>

"Hindi kailanmang matatalo ng ganid ang tunay na pag-ibig sapagkat itong pag-ibig ang siyang nagligtas sa sangkatauhan laban sa apoy ng kasalanan."

Ayon sa Mabuting Balita ni San Mateo, may tamang pamamaraan ng paghihiganti. Ang paghihiganti na ito ay hindi ang karaniwang nakikita natin na uri ng paghihiganti na nagdudulot ng hindi magagandang pangyayari. Ang paghihiganti na itinuro ng Mabuting Balita ay ang klase ng paghihiganti na may kasamang kabaitan na magmumulat sa taong nang-aapi sa iyo o kaaway mo. Paghihiganting hindi hahantong sa matinding kahihinatnan, paghihiganting hindi gagamit ng dahas at susuway sa utos ng Diyos.

Nabanggit din sa Mabuting Balita na mahalín ang mga tumutuligsa sa atin at ipanalangin ang mapang-api upang maging ganap na Anak ng Diyos. Inggit ang karaniwang dahilan kung bakit nagkakaroon ng hidwaan ang mga tao. Ito ang isa sa mga dahilan na nagpapadilim sa kanilang puso at isipan. Naniniwala ako na sa pamamagitan ng pagmamahal at

pag-intindi sa ating kapwa, ang kadiliman ay muling magliliwanagat ang isipan ay muling mamumulat sa mga kalupitang ginawa nila. Sabayan din natin ito ng panalangin upang sila ay gabayan upang hindi na muling mapunta sa maling landas ng buhay.

Pagtanggap na may kasamang pag-unawa sa kapwa ang magiging susi kung paano natin matututuhang mahalín ang ating mga kaaway. Pagtanggap sa kapwa na walang pinipili kagaya ng pagtanggap sa atin ng Diyos ang dapat nating isa-buhay. Alam natin na lahat ng tao ay may kaniyang kaniyang mga pinagdaraan sa buhay. Hindi natin alam ang dahilan kung bakit sila ganito gumawa o magsalita, at hindi natin alam kung ano ang kanilang kasalukuyang nararanasan. Kung kaya, wala tayo sa posisyon na manghugsa o humusga ng tao na hindi pa man din natin nakikilala nang lubusan.

Hindi Bulag at Bingi ang Langit

Ni Ma. Nina Faye M. Medina



Sanggunian: <https://shorturl.at/kqRTY>

Madalas tayong nakagagawa ng kasalanan sa iba't ibang paraan at mas lalong hindi natin ito namamalayan. Maaaring nagagawa natin ito nang hindi sinasadya. Ang lahat sa atin ay mulat sa konseptong iniligtas tayo ni Hesus mula sa ating mga kasalanan. Kung kaya't tinatalakay sa Mabuting Balita ni San Mateo kung papaano nagbagong anyo si Hesus upang makilala natin siya sa totoong pagkatao niya. Mula sa pagkapako sa krus, hinarap niya ang kahihyan, sakit, at pagdurusa na kaniyang tiniis kahit siya ay anak ng Diyos.

Ang Mabuting Balita ay sumasalamin sa mga problemang kinahaharap natin sa pang-araw-araw na buhay kung saan ay tinuturuan tayo nito na dapat tayong maniwala at manalig sa Diyos dahil darating ang araw na ang mga problemang ito ay lilipas din at mapapalitan ng nag-uumapaw na biyaya mula sa kanya. Ang bawa't problemang kinahaharap natin ay isa lamang paraan upang mahubog ang buong pagkatao na mayroon tayo. Isa itong hamon na mas makapagpapatibay sa relasyon natin sa kaniya. Kung kaya, kinakailangan lamang nating magtiwala at maging matatag sa anumang hamon ng buhay.

Wala mang maniwala sa atin, nariyan ang Diyos. Wala mang makinig sa mga gusto nating sabihin, nariyan pa rin ang Diyos. Hindi dapat mawala ang paniniwala natin sa Diyos, sapagkat darating ang araw na tayo mismo ay kikilalanin ng lahat sa kung anong sariling anyo ang mayroon tayo. Komplikado man sa ngayon, ang bawat suliranin na nararanasan natin ay mapagtagumpayan din balang araw.

Tunay na Hari ng Bawat Isa

Ni Ann Janelle A. Dacanay

Sa mga nagdaang taon, hindi natin maikakaila na malaki ang naging epekto ng pandemya sa ating pang-araw-araw na pamumuhay. Hanggang ngayon, marami sa atin ang nawalan ng hanapbuhay na siyang naging sanhi ng kawalan ng sapat na pera upang maipantustos sa pangangailangan ng pamilya. Hindi maiiwasan na ang ilan ay nagpadala sa tukso at gumawa ng masama upang makakuha ng malaking halaga at maiahon ang sarili sa kahirapan at pait na kanilang naranasan dahil sa krisis. Ngunit, bilang mga anak ng Diyos, huwag nawa nating hayaan na maghari ang mapanuksong diyablo sa ating buhay, mapagtagumpayan lamang ang mga pagsubok na ating pinagdaraan. Dapat nating tularan si Hesus na kahit tinukso sa loob ng 40 araw, at sinubok ang kakayahan ay hindi nagpatinag sa tukso nito. Huwag nating hayaan na

lamunin tayo ng kasamaan para lamang makakuha ng bagay na pansamantalang kaginhawaan lamang ang kayang ibigay.

Tandaan, hindi sa pera o hanapbuhay nagsisimula ang tunay na pag-ahon sa kahirapan. Nagsisimula ito sa paghahari ng Diyos sa buhay ng isang tao na may matatag na pananalig sa kaniya. Kung dumaranas ka ng kahirapan ngayon, panghawakan mo ang mga pangako ng Diyos. Hangarin mo ang paghahari niya sa buhay mo, at lahat ng mga pangangailangan mo ay ibibigay niya sa iyo. Huwag mong hayaang nakawin at sirain ng kahirapan ang matatag na pananampalataya mo sa Diyos. Huwag mong gawing batayan ng iyong dignidad at pagkatao ang estado ng buhay mo. Mangarap ka. Tumindig ka. Huwag magpadala sa tukso dahil ikaw ay anak ng Diyos.

Lunas sa Huwad na Katotohanan

Ni Whiane Angenae A. Gulapa

Ang mga tao ay nagkakaiba-iba sa mga taglay na katangian. Ayon sa Ebanghelyo ni San Juan, si Hesus at ang kaniyang mga alagad ay nakakita ng isang bulag at tinanong nila kung sino nga ba talaga ang nagkasala, itong tao na ito o ang kaniyang mga magulang. Sumagot si Hesus at sinabi na walang nagkasala; siya ay ipinanganak na bulag upang maipakita ang kapangyarihan ng Diyos sa kaniya. Ipinahihiwatig nito na si Hesus ay ipinadala ng Diyos Ama upang gawin ang kaniyang misyon na iligtas ang sangkatauhan.

Noong pinagaling ni Hesus ang bulag ay hindi naniwala ang mga tao na totoong nangyari iyon. Ipinakikita nitong walang maniniwala sa iyo hangga't hindi nila nararanasan ang pangyayaring iyon. Ginawa tayo ng Panginoon batay sa kaniyang imahe at kagustuhan kaya't bilang mga alagad ng Diyos ay hinihikayat niya tayo na huwag agad maniwala sa mga sabi-sabi at huwag ding agad maghinala o humusga sa kung anong klaseng tao ang isang estranghero. Hindi natin alam kung ano

ang kanilang kakayahan na maaaring makatulong sa kapwa tao nila at sa sanlibutan.

Nabanggit din sa Ebanghelyo ni San Juan na naparito si Hesus upang makakita ang mga bulag. Ipinapahayag nito na may mga tao na nagbulag-bulagan sa katotohanan kahit nariyan na sa harap ang totoo. Nakakalungkot mang isipin ngunit ganito ang henerasyon ngayon, sila ay takot sa katotohanan at mas pipiliin na lamang nilang huwag pansinin. Gayunpaman, hindi pa huli ang lahat upang baguhin natin ang ating pananaw sa mundo. Nariyan ang Panginoon upang pawiin ang ating pagkabulag. Tinatawag tayo ng Panginoon upang bumalik sa kaniya at muling imulat ang ating mga mata sa katotohanan.

"Ang bulag ay muling makakakita at ang nagbulag-bulagan ay titindig sa tulong ng hiwaga ng Panginoon."

LITERARY

HAS THIS ALWAYS BEEN DIFFICULT?

By: Vhiane Angenae Gulapa

Starting something isn't always easy peasy
Some people will say "Just start it already,
don't be silly"
Feeling the pressure, you know it's not going
to be easy
It requires various preparations to get
started, really

A lot of times at night thinking and planning
Not to mention, you also need to do some
socializing
Which I'm aware that not all of us are a fan of
doing—
Nevertheless, we still need connections to
learn something

Despite all of the hardships, obstacles, and
doubts
You can start something and let your ideas
out
It may take some time to sprout,
but making it possible is what it's about

Starting something isn't always easy peasy
But starting something can be one, two,
three
You have the ability to be free and witty
Take your time to start, You got this, sweetie.

MAGPAHUWAY

Ni: Mark Jhaidel Orola

Minsan sa paglalakbay ay tila baga
kay bigat ng pasan
Hindi mo matiyak sa kung papaanong
pahinga ito mairaraan
Pagod na hindi mo batid kung ano't
saan ang pinagmulan
Pagod na idinadaing mong maglaho't
nawa'y lumisan

Marahil hindi mo pinakikinggan ang
hibik ng 'yong sarili,
Bagkus ang bulong at tinig ng nasa
tabing daan, ng nakararami
Bigyan mong pagkakataon na madining
ang 'yong kalooban
Nang maalaman mo na siyang pahinga ang
marapat para sa 'yong puso't isipan

Magnilay ka, kaibigan, umupo't huminahon
Tunay na mahalaga ang pahingang minsan
sa gitna ng patuloy na mga alon
Ito ang mag-iingat sa 'yo't mag-aahon
Pagdakay magbibigay buhay gayong
babangon ka sa paglaan

Isinasaysay ko sa 'yo, kaibigan:
Hindi mo marapat na madaliin ang paghiga't
paghinga mo sa 'yong unan
Hindi mo marapat na madaliin ang mga
panahong ikaw ay maligayang lubusan
Sapagka't ito'y bahagi ng 'yong muling paglaban

Lumuha kang paminsan kung ito ang
tulay sa kapahingahan
Lumisan kang paminsan kung ito ang
sagot sa 'yong pagal na kalooban
Hindi lamang ikinakahon ang pahinga
sa iisang kaparaanan
Maglakbay, magpahuway, ang sarili ay
marapat na paglaanan.

Wakas ng Simula

Ni: Jellian Rilliones

Sa tuluyan kong paglayo
Sana'y mapatawad mo ako
'Di balak ang desisyon na pagsuko
Sumagi sana sa isipan mong nawala
ako.

Maalala mo sana ang bawat segundo,
Ang bawat minuto na nakasama mo
ako.
Bawat pagyakap ko nang mahigpit
sa'yo
Samakatuwid, sana'y maalala mo ako.

'Di sa malungkot na pag-alala
Ngunit sa masasayang alaala,
Sa mga panahon na sabay nating
pagtawa
Lalo na sa ating nabuong storya.

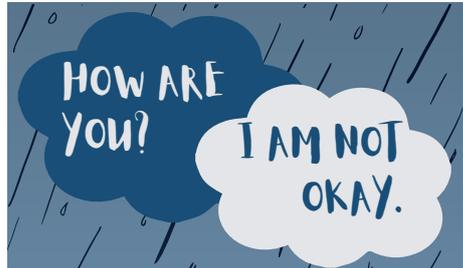
Ilang luha na ang nasayang sa'yo
Maraming araw at gabi ang naghintay
ako
Pinahilom ang sugat na dinulot mo
Kinalimutan kong mahal in ang sarili
ko

Sa pagitan ng wakas at simula
Sa pagtatapos ng ating storya
Makita mo sana ang taong
tatanggapin ka,
Gaya ko na kayang unawain at akayin
ka.

Nakita ko na masaya ka na sa piling
ng iba
Tuparin mo pa rin ang mga pangarap
nating dalawa,
Pagpatuloy mo pa rin ang ating
nabuong storya,
Kahit hindi na ako ang kasama.

Kung magsusulat ako muli ng
panibagong tula,
Pinapangako ko na hindi na ikaw ang
aking paksa,
Tuluyan ko nang sinarado ang ating
pahina,
Tinanggap ko nang hindi ka na
muling babalik pa.

Kung pagtatagpuin tayo muli ng
tadhana,
Hindi ko na pipiliin na balikan ka.
Sapat nang minsan tayong naging
masaya,
Kahit mananatili na lamang tayong
alaala.



By: Amberleigh Israelyn Manrique

H - Hope was the only thing I held on to.
O - Old friends often visited me,
W - When things started to crumble.

A - Afraid of things that could happen
any minute.
R - Revisiting a life anew where I
wouldn't quit.
E - Expectations I raise, hoping one day
I can bear with it.

Y - Yelling, screaming in pain, crying,
and asking myself, "What happened to
you?"
O - Overflowed with emotions, what am
I able to do?
U - Unsatisfied always, how much do I
still have to go through?

I - I wish someone would dare say the
words, "How are you?"

A - Agonizing over when someone will
finally reach out,
M - My mind has gone astray; where can
I find a new route?

N - Navigate me to where I'll feel free.
O - Obstacles where I can be guided
thoroughly.
T - To make it seem as if I need not
worry.

O - On days like this, I have to let the
voices scream.
K - Kicking myself to realize that not all
is as well as it seems,
A - Affirming to myself that life can be
gray,
Y - Yearning to voice out that "I am not
okay."



My Home for All Seasons

By: Helaena Isabella Calo

All those years of thinking I was alone,
On bad days with no one's comfort but my own
In silence, I bear the pain to keep it unknown
It's a phase of life
Better lived with someone by your side.

Know that there will be blessings from above,
Like the sun shining after heavy rain.
The peace and silence of their love,
They're always there, especially in times of pain.

Those years I spent thinking that I was alone,
Made it all better to realize that I am finally
home.
I've now found a safe place for my heart.
And, to hold me as my foundation, my rock
When everything just falls apart.

It's good to have someone like them—
comrades in arms beside you.
Those who embrace you when everything
seems blue.
Those who walk with you on the path to the
future that you strive to be on.
Perhaps we won't always agree on the
destination,
But that's never a reason to think what we
have is something to abandon.

"If only I could've earlier seen,
How ready they are to care for me."
But it's never too late to reach out to what
will never leave.
My loved ones, just being with you all would
suffice.

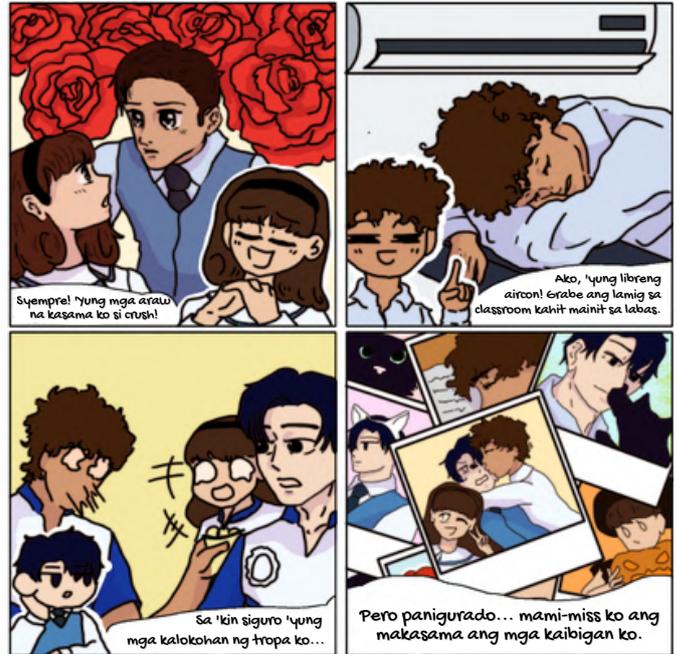
TUGTOG NG GITARA

Ni Sophia Queen D. Lim



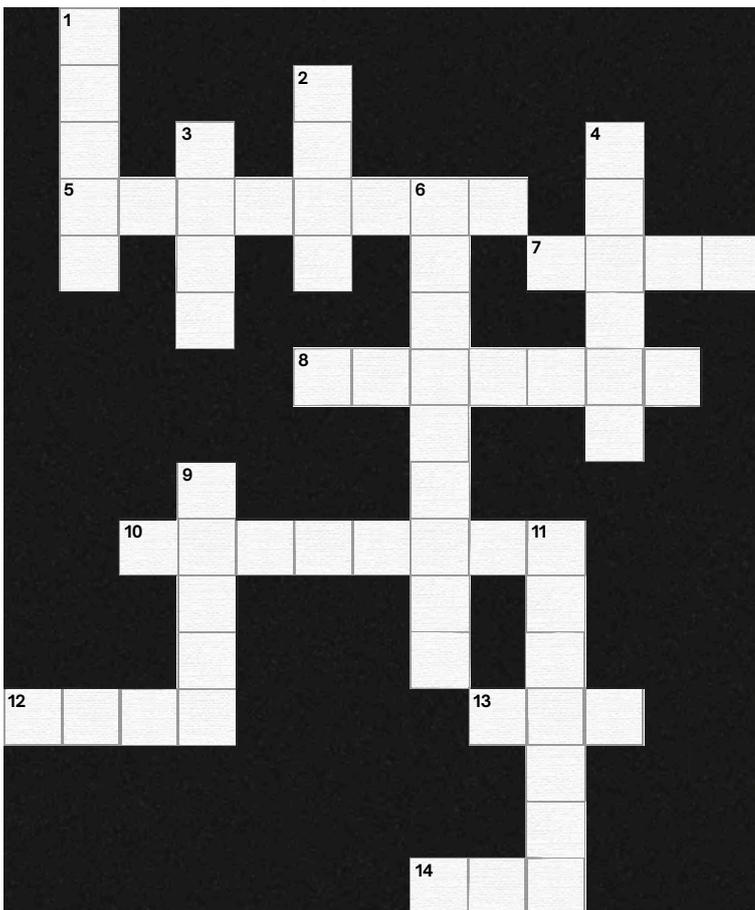
ANONG MAMI-MISS MO SA F2F CLASSES ?

Ni Lady Denisse Carpo



LET'S COOL DOWN FOR A MOMENT!

By Louis Andrew F. Cruz



DOWN

1. I'm water in the air that solidified. What am I?
2. I shower the road and those who don't like it call me and sing, telling me to go away!
3. I'm crystal white, tiny, and cold when you touch me. You can see me in the winter.
4. I cover the sun and want to fully cover it, what am I?
6. I'm a windy, rainy, powerful storm and I come in off the ocean!
9. I'm an overflow of water onto dry land you can see outside or on the road during heavy rain, what am I?
11. I'm in my dry season in a very long time. Do you know what I am?

ACROSS

5. I'm the light of the sun. What am I?
7. You feel me in the winter and the mall. What am I?
8. I took Dorothy to Oz!
10. A powerful winter storm with lots of snow, also found in Dairy Queen ice cream—what am I?
12. You need me when it's hot. I'm also a part of the air. What am I?
13. Hooray! I'm the biggest and hottest star in the universe!
14. You feel me when you go outside in the summer and on the beach, what am I?

SCI-TECH

ChatGPT: Friend of Society

By Carlos Daniel S. Gales

November 30, 2022— OPENAI, an artificial intelligence situated in San Francisco, California, USA, created ChatGPT, or Chat Generative Pre-training Transformer, a "sister" variant of InstructGPT, to supply people with information on a wide range of topics. It is a great lifesaver for struggling students; however, it has more features than they can bargain for.

It is accessible software with great potential; it almost serves as a dutiful servant. Not only can it provide significant information with an abundance of newspapers, research articles, manuals, encyclopedias, and almanacs, but it could also help with handing out recipes, giving random facts, creating essays, recommending songs, books,

and poems, assisting reviews, writing reports and commentaries, destroying malware and technological malfeasance, and many more things, combating what Google has to offer. It can even be a techie bestie, as it could hold normal conversations and generate habitual responses. Through texting, it produces human-like responses, which, up until this day, baffle international scientists and polymaths.

It is one of the highest-grossing AI tools currently used. One could access it by visiting the website and creating a verified account. However, it is not designed to entertain rude and obnoxious requests, so all who are interested in using the AI to do homework, projects, or even research are encouraged to observe proper decorum and never abuse its purpose.

MCS ASTRONIGHT 2023

By Ma. Nina Faye M. Medina

"Look at the stars and learn from them." --Albert Einstein

MCS continued one of the most anticipated events annually. After almost three years of staying at home, the Science Department decided to bring back the traditional stargazing that was experienced by MCS' Grades 8 and 10 students last March 17-18, 2023; Grades 4-6 on March 30, 2023; and Grades 7 and 9 last April 14-15, 2023, held at the Astronomical Observatory Area of MCS atop the gymnasium. Each student per batch was selected and given a chance to join the said activity.

During the stargazing camp, there was a program flow that started from 6:00 in the evening up until 12:00 midnight. There were several Science teachers who were in charge of helping the students view and enjoy the celestial beauty of the solar system.

Stargazing means "to gaze at stars" or "to stare absent-mindedly." This event was designed to provide students the opportunity to witness the beauty of the universe. The students from the different levels had a wonderfully scientific experience seeing the solar system up close with a telescope.

This particular event lasted for three nights. The Science teachers also included some discussions about the telescope, the differences between astronomy and astrology, and the significance of constellations. That night became unforgettable because of their interesting activities, such as games that were prepared by the science teachers and the viewing of planets using MCS' very own telescope. The concept of this activity is quite exciting because, apart from having fun and enjoying themselves, the students also learned lessons from the Astronight event.



JHS students on the evening of their stargazing camp

MCS Participates in Earth Hour 2023

By Andrea Mae I. Soriano

A worldwide movement dedicated to the Earth, officially termed Earth Hour, is a stimulus for real change in conserving the Earth as it endures climate change and nature loss. The World Wildlife Fund (WWF) is the group that organized the world's first Earth Hour on March 31, 2007, in Sydney, Australia, wherein 2.2 million people participated by turning off their lights for an hour to showcase their concerns about climate change to a climate-skeptic government. Over the years, Earth Hour has reached milestones through campaigning and programs that encourage others to take accountability for their ecological impact and engage in advocacies that contribute to real solutions to environmental challenges.

As Earth Hour continues to acquire milestones from each movement, it has become a global endeavor. The Philippines first joined in 2008, but 2023 is the most active Earth Hour movement in the Philippines, as government agencies like the Department of Environment and Natural Resources (DENR) encourage the public to participate and turn off non-essential lights from 8:30 to



9:30 p.m. on March 25 to support the event with the concept titled "The Biggest Hour for Earth."

With this encouragement initiated by WWF and government agencies in the Philippines, countless schools joined and participated.

Accordingly, MCS took part in the movement and urged its members and students to also join in.

The contribution may not seem weighty or credible; however, the actions and intentions of an individual are what matter. This event happens once a year in March, asking for an hour of life without non-essential lights and electrical devices in support of environmental care and people's solidarity. Heed the needs of the Earth, seeing that climate change, global warming, nature loss, and so on are affecting the state of the world, thus affecting the people living in it.

2023
LET THE EARTH REST.
Let us switch off our non-essential lights and other electrical devices.

EARTH HOUR 2023

FOR 60 MINUTES, TURN-OFF THE NON-ESSENTIAL LIGHTS AND ELECTRICAL DEVICES AND MAKE USE OF NATURAL LIGHT

Saturday, March 25, 2023
8:30 PM - 9:30 PM

Manila Cathedral School
PAASCU LEVEL II

Posts on the MCS and MCS Science Dept. pages on March 25 initiating efforts for Earth Hour



PNPTA-MCS Team during the PNPTA-Manila taekwondo competitions

PNPTA-MCS Taekwondo Team Kicking-Off to Victory during Competitions

By Laura Jeziel D. Amazona

The MCS Taekwondo Team started off the year 2023 with a powerful kick. The past few months have been hectic but fun for the MCS Taekwondo Team, as they have competed in at least two major Manila taekwondo competitions this year.

The team, consisting of 13 members ranging from Grades 5-12, went head-to-head to compete with different teams, whether it be from big universities or even different PNPTA chapters from different regions. MCSians truly showed that determination, hard work, and Catholic faith are the keys to success not only in the classroom but also in the field of sports and in life.

Starting off on February 7, 2023, the team was put to the test as the Taekwondo

Manila Meet 2023: Palarong Maynila took place at Dr. Celedonio Salvador School, where they competed against different universities such as FEU, UST, NU, and many more in order to be qualified for Palarong NCR. MCSian Kirk Gavin T. Satairapan from Grade 5 won a gold medal in the category "Grade School Sparring," giving Kirk the qualification to play in Palarong NCR, where he won a bronze medal.

With the help of their coaches, Mrs. Irene and Ms. April, the MCS Taekwondo Team was able to compete and qualify, receiving 1 gold, 3 silver, and 4 bronze medals. Moreover, seven taekwondo MCSicians were able to enter the finals.

"It was satisfying to be part of the finalists; it felt that the efforts and all the training that I did were worth it."

Shaun Matulac, Bronze Medalist

Just recently, they competed in PNPTA-Manila's first taekwondo championships that were held at Urban Deca Mall, Vitas St., Tondo Manila, on May 28, 2023, where they won a total of 22 medals: 8 gold medals, 8 silver medals, and 6 bronze medals, for a total of 22 medals garnered.

"Masayang experience siya knowing na sila yung lagi kong kasama every competition. 'Di mawawala 'yung kaba pero mas nangingibabaw 'yung excitement to gain experiences na puwedeng gamitin as lesson lalo na for our game."

Axl Baluyot, PNPTA-MCS Team Captain

Axl continued, "being part of the finalist(s) is an honor for me, dahil bukod sa nire-represent namin 'yung school, we also represent Manila."

The said taekwondo cham-

pionships had a purpose, with their theme:

"Building Resiliency in Promoting Well-Being and Protection through Taekwondo."

According to Ms. Roselle, one of the organizers of the event, "It was a humbling experience and we were very proud of ourselves for doing the best we can." She also encourages people who are interested in taekwondo to not be scared to try new things.

"Broaden your horizons and unleash your full potential. Taekwondo is not just a sport. In it, you will learn the 5 tenets, which are courtesy, integrity, perseverance, self-control, and indomitable spirit."

Ms. Roselle, Event Organizer

With training, determination, and faith, the team continues to compete and strive to become better.

Apat na Gintong Medalya, Nasungkit ni Eldrin Sunga Jr.!

Ni Paolo Leon C. Parungo

Pag matiyaga, may nilaga!

Binabati ng MCS ang matagumpay at nagwaging mag-aaral na si Eldrin Sunga Jr. mula sa baitang labindalawa, pangkat St. Raymond of Penafort! Sa ginanap na Manila Meet - Palarong Maynila noong ika-18 ng Pebrero sa paaralan ng Maceda Integrated School, kaniyang napagtagumpayan ang hindi isa, hindi dalawa, kundi apat na gintong medalya sa larong Arnis.

Ayon sa manlalarong si Eldrin Sunga, "Syempre po kabado kasi maraming mga magagaling sa akin at nandoon 'yung mga datihang magagaling, like nakakalaban ng mga ibang kompetisyon; pero pagkatapos ay masaya syempre. Natalo man ako sa ibang laban, masaya ako kasi hindi ako nagkamali sa galaw

ko at hindi ko binigo yung mga coach na buhos lahat pati sa training."

Siya ay nakakuha ng apat na malalaking medalya. Ang mga ito ay ang *Halflight Category*, Anyo *Solo Weapon*, Anyo *Double Weapon*, at Anyo *Sword and Dagger*.

"Simula bata pa ako, nag-aarnis na ako. Mas mahal ko pa 'to kaysa sa ibang utak kasi nandito na yung utak ko, e. Mas minahal ko na 'tong laro na 'to kaya hindi ko iiwan ang larong arnis. Hangga't kaya kong palawakin ito, papalawakin ko lalo na ngayon sa kabataan na puro cellphone, computer, at ano pa. Akala ng iba hindi masaya ang paglalaro ng arnis, pero masaya ito! Matututo ka ng self-defense."

Eldrin Sunga Jr.

Sa mangyayaring paligsahan ng Palarong NCR, siya ang sasabak at tatayong tagapagpresenta ng lungsod ng Maynila.



Manlalarong si Eldrin Sunga Jr. kasama ang kaniyang coach, mga judge at mga kapwa nagdadalubhasa sa arnis sa Palarong Maynila

"Syempre gusto kong salihan 'yung pinakamataas na kompetisyon, 'yung Asian Games at Sea Games, at makapasok sa Philippine Sports Commission at makasali sa line up ng Philippine team", ayon kay Eldrin.



SPORTS

MCS INTRAMURALS 2023 HIGHLIGHTS

Intramurals Opening: The Flaming Hearts and Veins of MCSians

By Clarisse April G. Sabangan

"May intrams po ba?" was the common question asked by MCSians during the MAPEH month.

The different sports implemented face-to-face during the intramurals were back after being put on hold by the pandemic. Remembering the previous school year, MCS had its E-Sports, where players engaged in digital games such as Mobile Legends, Valorant, and even online chess over basketball, volleyball, badminton, etc.

It was for the MCSians to still keep the fire of intramurals burning and

show their skills outside their physical capabilities.

Fortunately, the long wait came to a close, and the opportunity presented itself. The excited applause of MCSians, especially the athletes, and the energy they had as the intramurals formally opened on March 22, 2023, were a testament to how remarkable and worthwhile the event was.

It marked how the MCS Intramurals 2023 were truly something to look forward to and heralded the outstanding movements and distinct behaviors of the MCSian athletes on the court.

A PLAYER TO FAVOR: BASKETBALL MVP CHAMPION ALVEY INGUA

By Laura Jeziel D. Amazona

The month of April 2023 was truly remarkable and memorable for students, teachers, MAPEH teachers, and players as the Intramurals 2023 were held at the MCS Gymnasium. From basketball, volleyball, badminton, and even chess and table tennis. MCSians went head-to-head with all their strength and effort to show what it takes to be athletic and competitive.

The SHS Basketball teams had nerve-wracking and exciting matches. Particularly at the Grade 12 level, the teal team claimed victory during their semi-final match against Fuschia with a winning score of 109-101.

The MVP and champion of the game, Alvey Ingua, said that he felt really happy when they won and became champions, as one of the opponents in the finals was a player he idolized.

"I mean hinahangaan ko talaga siya nung bata pa kami and natuwa ako dahi'yung taong 'yon nakalalaro namin during championship game and sobrang saya dahil nandalo kami as a team".



Alvey Ingua, MVP

Alvey Jefferson Ingua wins championship on team Teal and is named MVP

A FAMED GAME: WHITE RED OVERTHROWS WHITE BLUE

By Clarisse April G. Sabangan

The Grade 10 White Red basketball team secured their victory against Grade 9 White Blue. Hence, they were declared champions during the Intramurals. With a final standing of 2-1. The game took place on April 18 at the MCS Gymnasium.

Team Light Blue was twice as hard to beat, so White Red took their time conquering their rivals. From the tip-off, it was truly visible that both teams had come well prepared. The eagerness and unrelenting spirit of the players throughout the match finally claimed a victory with a score of 89-83.

The crowd roared with excitement as the players executed impressive fast breaks, precise layups, three-point shots, and defensive maneuvers. Led by their exceptional coach, Ms. Rosebelle Cruz, the team showcased an outstanding performance on both ends of the court. In the White Red team, John Henry Geronimo's leadership skills were on full display as he

maintained his strategic playmaking and shooting. With his defensive skills, the opposing team's turnovers and offenses were skillfully converted into points.

"Hindi naging madali ngunit kinaya namin. Basta tiwala lang."

John Geronimo, White Red Team Player

But the team's achievement is not solely dependent on individual intellect, as the collective effort of each notable player was truly commendable. The White Red basketball team performed excellently and showed an unwavering commitment to their game plans and decisions.

As the White Red team celebrated their well-deserved success, they looked forward to future challenges. With their strong determination and unceasing pursuit of excellence, both teams will surely hone their skills and endeavor to achieve their goals.

A VOLLEYBALL BREAKTHROUGH: CHAMPION GOES TO NAVY BLUE

By Khelzie Anne B. Ambrosio

After two years, MCS' athletes came back in action for the year's intramurals. Despite putting physical activities on hold, they never gave up on their passion for sports. With the semi-finals and championship game of men's volleyball featuring teams Navy Blue (Grade 12) and Black (Grade 11), the audience was in for a heart-pumping game.

The Men's Volleyball Finals at the SHS level highlighted and captivated the students' attention. On May 2 and 4, 2023, the gym was filled with enthusiastic supporters for both teams. Throughout the championship, both teams displayed impressive consistency in their scoring. Despite the nerve-wracking atmosphere, it was truly inspiring to witness the athletes' strategic thinking and ability to execute precise ball placement, particularly when in the hands of a player with an unpredictable style.

As stated by the MVP of the game, Thomas Cabiling from team Blue, "It was difficult at first, especially in the semi-finals, because we weren't aware and we don't know how the opponent would move and

build strategies." He added that the team faced a setback in the semi-finals due to communication issues, but they didn't let it discourage them. Instead, they used it as a learning experience and returned even stronger in the finals. Despite facing a skilled opponent in Team Black, they worked together seamlessly to claim the championship title. Eli Montallana, the team's setter, played exceptionally well and developed a strong bond with Cabiling. Montallana's strategy even drew praise from an opposing player. With Cabiling and Montallana performing outstandingly, they scored 25 points in games 2 and 5, leading to Cabiling being named the MVP. Learning that his wholehearted dedication to the game led to his emerging as the most valuable player brought him immense joy. Witnessing individuals put forth their utmost effort and attain remarkable feats is undeniably motivating. "I felt so happy because I'm just trying my best to win in our games, and I didn't expect na magiging MVP ako," stated Cabiling.

In the end, Navy Blue won the game. The impressive abilities of MCSians never cease to amaze. May this serve as an encouragement for MCSians to keep up the great work and maintain their drive toward success.

LIMELIGHT



(From Left to Right) Mrs. Soccoro Bañez, Ms. Lucile Bautista, Rev. Fr. Nolan A. Que, Mrs. Elizabeth Pastor, Mrs. Ana Marie Mariano, Rev. Fr. Nicanor Celiano Jr., and Ms. Evelyn Bunuan. (At Winford Hotel, Manila)



GRADE 6 STUDENTS GRADUATION AT WINFORD HOTEL



GRADE 12 STUDENTS GRADUATION AT WINFORD HOTEL



ECE STUDENTS MOVING UP CEREMONY



NURSERY STUDENTS RECOGNITION DAY



GRADE SCHOOL RECOGNITION DAY



JUNIOR HIGH SCHOOL RECOGNITION DAY



SENIOR HIGH SCHOOL RECOGNITION DAY



SPED STUDENTS RECOGNITION DAY

LIMELIGHT



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