The Little Bedan

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Academic Year 2017-2018 Vol. XIII Issue No. 1

ACADEMIC YEAR THEME: *Servant Leadership and Governance*

Pupils' Government
A.Y. 2017-2018

THE LITTLE BEDAN

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A.Y. 2017-2018

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EDITORIAL

SERVANT LEADERSHIP and GOVERNANCE

"The greatest among you will be your servant." This is a verse taken from Matthew 23:11. This clearly defines servant leadership which is the theme, our source of inspiration for this academic year. When we talk about servant leadership, the most remarkable one that I could think of was the washing of the disciples' feet during the Passover. The task of washing filthy feet was a work of a slave- a servant of servant and not the King of Kings. Yet, as Jesus lovingly washed his disciples' feet, He showed us that the way to true leadership is service.

There are such a variety of characteristics that make a great leader. Some leaders have positive attitude, some are very active and can inspire us with their energy to do things, and some are organized and well disciplined, but the most important, I supposed is being a leader who does not think highly of himself but one that genuinely serves and is truly humble. Jesus, Himself, taught us what a true leader is in the real sense of the word.

At this time, many of us would think that we can't possibly do servant leadership. I also thought of it as something that only very matured individuals can do. However, while on research for this editorial, I realized that we could serve our fellowmen in so many ways despite of our age and lack of experiences. At home, we could volunteer to do some household chores, at church, we could actually join in their clean-up projects and while in school, we could be role models of good behavior. I believe you could actually think of other things to be able to serve the people around you.

One of these days, have a brainstorming session with your friends. Ask one another their ideas on how they will be able to practice servant leadership. Share to us some of the ways you may think of. We shall be delighted to be inspired from you!

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A.Y 2017-2018

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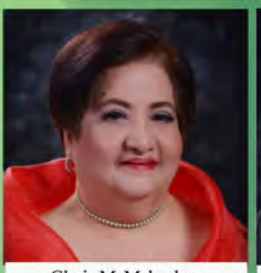

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GRADE 2-13 CLASS ADVISER

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Jonel D. Masangcay
SECRETARY
GRADES 4-6

MESSAGE FROM THE RECTOR-PRESIDENT

Greetings

Warm Greetings to all!

Educating the young is a mutual responsibility of the home and the school. Our dear parents, you are the first teachers of our students, and San Beda educators, second. It is vital that we collaborate in all aspects for the education of our children.

This academic year 2017-2018, we are fully set for the full implementation of the K to 12, especially the Senior High School in Grade 11 and Grade 12 of both Manila and Rizal campuses. Great opportunities and challenges are awaiting all of us.

It is my great belief that an active and solid partnership between San Beda and you, our dear parents, highly impacts the character and scholastic formation of our students.

Let us work together for a fruitful and meaningful academic year as I welcome you all. Let it be a year of jubilation for our children, our homes and the school.

Thank you for the trust that you entrusted to our beloved San Beda!

Welcome to San Beda! Welcome to your new home!

REV. FR. ALOYSIUS MA. A. MARANAN, OSB
Rector-President

MESSAGE FROM THE PRINCIPAL

Peace!

It is with immense joy that I welcome you all for Academic Year 2017-2018. We praise the Almighty God for bringing us together as one Bedan family in the Integrated Basic Education Department, San Beda College Rizal. I share with you the feelings of excitement, joy, and pride to put into life the Catholic Benedictine education and spirituality.

The new school year is full of surprises, challenges and opportunities especially with the Senior High School. We push together our dream towards academic excellence and the integral Christian formation of the different sectors of the school community.

We set our gaze toward one direction to see the fulfillment of the IBED major tasks this academic year:

A. the intensive character formation among the different sectors of the school community aligned with the school's vision-mission, goals and objectives

B. the continuous implementation of the K to 12 Program and the preparation of the first graduates of Grade 12

C. the continuous alignment of the academic and co-curricular programs and activities with the school's vision-mission and goals and with the AY 2017-2018 theme: Servant Leadership and Governance.

D. the greater involvement of the IBED Community in extension services.

E. the strengthening of the research culture among the students, faculty, and administrators.

We hope and pray for the realization of these tasks as we strive to become fully human, wholly Christian, truly Filipino, and globally competitive through the well integrated curricular and co-curricular programs and activities.

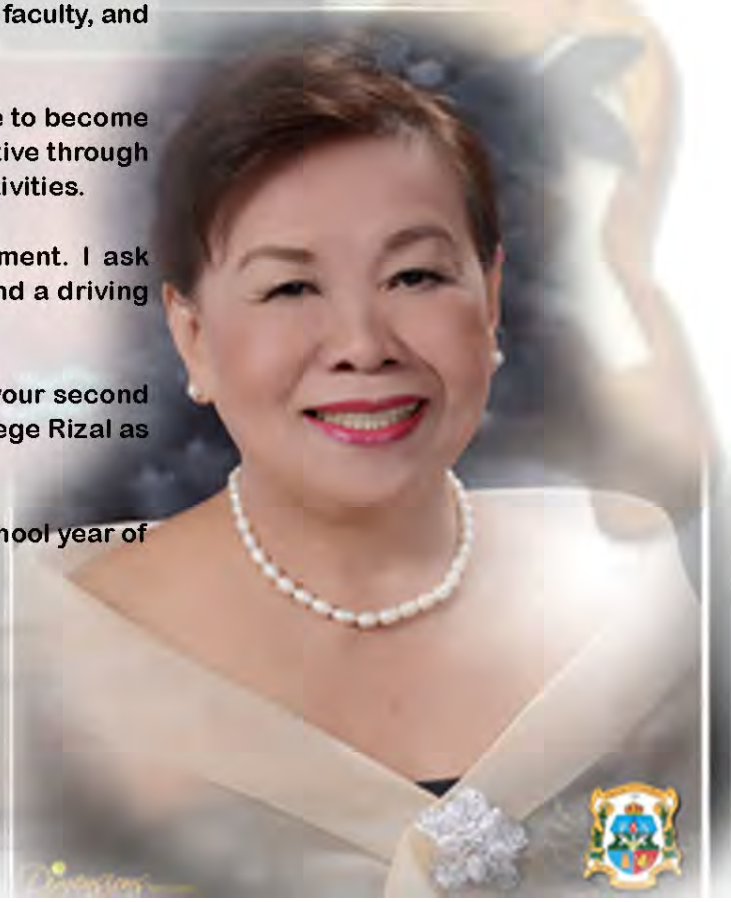
We stretch forth our arms to the greater fold of the department. I ask therefore everyone to be a role model, a source of inspiration, and a driving force so that the goal of the IBED will be attained.

To the students who were with us last year, welcome back to your second home. To the new students, thank you for choosing San Beda College Rizal as your second home.

Once again, my best wishes to all as we usher in the first full school year of the "Year of the Parish".

That in all things, God may be glorified.

Teresita T. Battad



Message from the Vice Rector

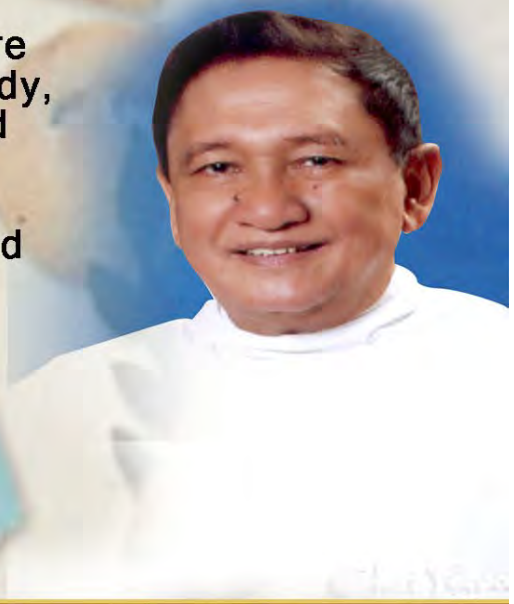
Greetings of peace, joy and love!

Thank you beloved parents for considering San Beda College Rizal Campus, the school of choice for education of your children.

San Beda has consistently inculcated Benedictine core values of prayer and work (Ora et Labora) including study, community and pursuit of peace to students, faculty and personnel.

With the new building and state-of-the-art facilities and resources, learning becomes more enjoyable.

Again, most pleasant welcome to all!



Fr. Paul de Vera, OSB

Fr. Paul Ma. De Vera, OSB
Vice-Rector/Chaplain

Message from the Vice Principal

Greetings of Peace, Hope and Love!

Welcome to this Academic Year 2017-2018!

It is with God's grace that we are together in this Catholic educational institution to grow in "faith, knowledge and virtue".

We are grateful to you dear parents and guardians for entrusting your children to our Benedictine Education. Let us collaborate for the growth, development and welfare of our children.

To all the grade school pupils, believe in yourselves. Be open to all possibilities, always be positive, and be yourselves for it is the first secret to success. Have fun, learn new things and be formed as worthy Catholic Bedans.

Once more, welcome to San Beda, your second home!

That in all things God may be glorified.

Eduardo O. Casilla

EDUARDO O. CASILLA
Vice Principal and Prefect of Academic Affairs

Inspirasyon, tunay na haligi ng edukasyon, mga katagang maaring sumalamin sa mga kaguruang haligi na ng institusyon na ating pinaglilingkuran.

Nagsimula ang pagpaparangal ng Service Awards ng Kolehiyo ng San Beda noong 1988. Ang tanging layunin ng pagpaparangal na ito ay makilala at maparangalan ang magigiting at masisipag na administrador, kaguruan, at kawani na lubusang naglilingkod sa institusyon sa loob ng lima, sampo, labinglima, dalawampu, dalawampu't lima, hanggang sa apatnapung taon.

Itinataon din na kasabay ng pagpaparangal sa mga dakilang pulang manggagawa ay Pista ni San Benito na siyang patron ng ating institusyon. Ang buong pamayanan ng San Beda ay nagtipon-tipon upang parangalan ang mga natatanging manggagawang naglingkod, naglilingkod at patuloy na manglilingkod sa komunidad maging sa bansa.

Tunay ngang yaman ng ating pamayanan ang mga manggagawang tulad ng bawat isa sa kanila. Pagpupugay sa mahuhusay at dakilang pulang manggagawang Bedista.

Photos by: Lux Et Umbra Societas

BENEDICTINE CONSCIOUSNESS MONTH 2017

By: Raina Mari V. Nabong, 6-II

In honor of the school's patron saint, St. Benedict, San Beda College, Taytay, Rizal has set out a way to commemorate his honorable life and valuable teachings through the celebration of the Benedictine Consciousness Month or the BCM.

An important event in the annual school calendar of activities, this year's theme was taken from Chapter 20 of the Rule of St. Benedict. "Laying our petitions to God requires lowliness of heart and sincere devotion."

Several activities and contests were lined up during the month long festivity. The winners for these contest were as follows.

Kinder - St. Benedict Portrait Coloring Contest
3rd Place - Eliana Hailie M. Peco, K-11
Roy Jacob S. Pamaylaon, K-11
2nd Place-Alaine M. Abichuela, K-12
1st place-Sereena Blaire M. Gonzales, K-12

Grade 1- Thanksgiving Prayer- Grade 1
3rd Place- Carylie Zsofia C. Briones, 1-11
2nd Place-Hershey Lian I. Marquez, 1-13
1st place-Hugh Gregory Havjir J. Santiago, 1-11

Grade 2- Prayer-Writing Contest (ACTS Format)
3rd Place - Marie Jhen S. Ong, 2-12
2nd Place - Yani Marie D. Gomez, 2-11
1st place - Erich Franchesca S. Aure, 2-11

Grade 3- St. Benedict's Life Poem-Writing Contest
1st place- Esha Ambriel Sevilla, 3-12
2nd place- Julian Villena, 3-13
3rd place- Pirroj Sachiel Pangilinan, 3-14

Grade 4-St. Benedict's Instrument of Good Works Slogan-Writing Contest
1st place- Phoebe Pamaylaon, 4-12
2nd place- Luwie Abando, 4-13
3rd place- Joaquin S. Lantre, 4-13

Grade 5-Mural Painting Contest based on the Miracles of St. Benedict Making Contest
1st place- Marco Adrian Raymundo
Joshua Torcita
Iñigo Sancti Chionglo,. 5-12
2nd place- Breil Calicdan
Matthew Oribello
Marcmilian Manzano, 5-11
3rd place - Beorne Ezekiel Canlapan
Eros Kenisha Paglicawan
Ethun Asher Tamayo, 5-14

Grade 6- Poem-Writing Contest Based on the Benedictine Hallmarks and Benedictine Quiz Bee
1st place - Tanya D. Benitez, 6-11
2nd place - Alexa Gonzales, 6-13
3rd place - Raina V. Nabong, 6-11

A prayer-writing contest was likewise opened for selected Grade Level participants. Winners for the Best Class Saint Corner were also chosen by a panel of distinguished judges. They were:

Kinder- Grade 2 Levels:

Grade 2-12	1st Place
Grade 2-11	2nd Place
Grade 1-11	3rd Place

Grade 3- Grade 4 Levels:

Grade 4-14	1st Place
Grade 4-12	2nd Place
Grade 3-13	3rd Place

Grade 5- Grade 6 Levels:

Grade 6-12	1st Place
Grade 5-13	2nd Place
Grade 6-11	3rd Place

The highlight of the BCM was the much-anticipated Benedictine Quiz Bee where all Grade 6 students took part in. It was truly exciting and the winners were:

Alexa Jane O. Gonzales {6-13}	1st Place
Sheldon Brent A. Bustamante {6-12}	2nd Place
Andrew G. Fernandez {6-13}	3rd Place

The BCM is truly an important part of a Bedan's life. It reminds us of the miracles of St. Benedict. His struggles, his works and his teachings lead us to mirror the life he led as a follower of Jesus Christ.

Teachers as Essential Piec

NAZETTE N. FERRERA

ARALING PANLIPUNAN COORDINATOR

How do you find the Bedan Community?
I find the Bedan community very harmonious and progressive because of every Bedan's loyalty among its members and commitment to the goals and objectives of San Beda College.
For you, what is the best part of being a Bedan Administrator/ Faculty? Why? : For me, the best part of being a Bedan Administrator is having the opportunity to serve by guiding and supervising the individuals entrusted to me; getting along with my fellow administrators, superiors, faculty and staff to ensure implementatio of objectives and effectiveness of teaching every Bedan they handle.

ROQUE G. ELEVENCIONE

ASSISTANT PREFECT OF DISCIPLINE
Grade 4 to Grade 6

mal
Graduated from: University of San Jose- Recolletos – Cebu City

How do you find the Bedan Community? The Bedan Community is a family that follows the law to the letter but understands with a heart and embraces with LOVE.
For you, what is the best part of being a Bedan Administrator/ Faculty? Why? : The best part of being a Bedan Administrator is the feeling of being united or one with your colleagues. Every Bedan Administrator is bound with PRAYER.

ARIANNE C. GUMPAL

Graduated from: University of Santo Tomas

How do you find the Bedan Community? The Bedan community for me is a family with warm and welcoming smiles, encouraging words and continuous support. Since day 1, I've always felt at home.
For you, what is the best part of being a Bedan Administrator/ Faculty? Why? : The Bedan community has been molding me into a better individual, emotionally and spiritually.

SOFIA BIANCA GUARINO

Graduated from: Philippine Normal University

How do you find the Bedan Community?
I find it refreshing. Everybody is welcoming and ready to lend a helping hand anytime.
For you, what is the best part of being a Bedan Administrator/ Faculty? Why? : The best part is being an instrument of God in molding young hearts and minds.

JENNY E. MANGAPORO

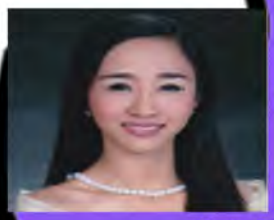
Graduated from: Polytechnic University of the Philippines

How do you find the Bedan Community?
An awesome place to learn different aspects of life.
For you, what is the best part of being a Bedan Administrator/ Faculty? Why? : TThe best part of being a Bedan teacher is being a facilitator of l learning and a catalyst against ignorance.

KEVIN G. MAICOM

How do you find San Beda?
It is like a second home to me. In this place, I learn the value of Obedience wherein listening is vital.
For you, what is the best part of being a Bedan Faculty and why?
It is the opportunity to be formed and molded by the Benedictine spirituality.

es of the Learning Puzzle



SHEIWEN KLEIN R. AGLIBOT

Graduated from: Philippine Normal University

How do you find the Bedan Community?
Bedan community is a place where everyone has a purpose, everyone is important and everyone where born to make an impact in this world that God has given to us.

For you, what is the best part of being a Bedan Administrator/ Faculty? Why? : The best part of being a Bedan Faculty is being an agent of change, knowledge-transmitter and culture preserver with the guidance of God.

RITCHEL KAE F. CAMPOMANES

Graduated from: Philippine Normal University

How do you find the Bedan Community? As it is my first job, I am very happy to be part of the Bedan community. The Administrators are kind, my co-teachers are friendly and the staffs are approachable. What I love the most are the students who are very loving. I am very honoured to be hired and welcomed in this community.

For you, what is the best part of being a Bedan Administrator/ Faculty? Why? : For me, being loved and welcomed to this community is the best part of being a Bedan educator because it is where it all started After integration, all the works became light and easy because of the openness of everyone to help us new teachers.

ANGIELINE S. CEBRERO

Graduated from: Far Eastern University Manila

How do you find the Bedan Community? The Bedan community is a heart-warming one; as warm as red and as peaceful as white.

For you, what is the best part of being a Bedan Administrator/ Faculty? Why? : Meeting and being with people who are true servants of God in the ministry of teaching is the best part of being a Bedan Faculty.

RIZZA MAE A. CEREMONIA

Graduated From: University of Rizal System – Angono Campus

How do you find the Bedan Community? The Bedan community for me is pleasant, full of love, and truly inspiring.

For you, what is the best part of being a Bedan Administrator/ Faculty? Why? : Being a Bedan Faculty member is one of the greatest achievements I have so far. It's such a privilege to be part of this institution. Likewise, it helps me to grow spiritually and professionally.

ENRIQUE ROMEO R. MARTIN

Graduated From: Philippine Women's University

How do you find the Bedan Community? It's good, very accommodating and systematic.

For you, what is the best part of being a Bedan Administrator/ Faculty? Why? Whenever Im in front of the students, because I can impart my knowledge and skills in Music and also I can share to them the spiritual guidance that they need.

BRO. CHRISTOPHER B. OSARES, SDS

University of La Salette – Silang, Cavite

How do you find San Beda? A Bedan Community is a community enhancing its member to become fully human, wholly Christian, truly Filipino and globally competitive.

For you, what is the best part of being a Bedan administrator and why? The best part of being a Bedan Faculty is not just that you became a member of the community but also like a family.

We can't imagine the school year without you!

PUPILS' GOVERNMENT

A.Y. 2017-2018

SPEAK OUT | BE HEARD | MAKE A CHANGE

WE MUST BECOME THE CHANGE WE WANT TO SEE

By: Julia Karol D. Valdez, 6-13

The campaign for the election of the pupils' government was held last July 18, 2017. The students realized that voting for their leaders was a difficult task knowing that all of the running candidates in the Pupils' Government would be great leaders in their own way. During the campaign, candidates of both parties showed the audience that they were willing and ready to serve their fellow Bedans.

After a long week of waiting, the winners were announced. Winners humbly accepted their responsibility and the challenge to lead their fellow pupils. Unquestionably, the new set of officers with the support of the school is set out to make a difference.

Finally, let me take this opportunity to thank all of the pupils who had placed me into the position of being the president of the Pupils' Government. Let me as well share with you some of my realizations about leadership. Leadership is about influencing and directing people so that they work together to achieve the goals of a team, in this case, -the entire grade school. All have the potentials to lead as long whether you are outgoing, boisterous, shy, quiet, awkward, or charismatic. You may become a leader as long as you have a heart for it.

My co-officers are truly a bunch of hardworking pupils. Our advisers are providing us the right directions every now and then. These people are the wind beneath my wings. I am inspired to work harder because of them. So I am more than proud to present these names- we shall be your helpers and huge supporters this academic year.

President:	Julia Karol D. Valdez, 6-13
Vice President for Grade 6:	Tanya D. Benitez, 6-11
Vice President for Grade 5:	Kyle Noah D. Esguerra, 5-12
Vice President for Grade 4:	Juan Rafael J. Enriquez, 4-14
Secretary:	Daniella Denise C. Noble, 6-14
Asst. Secretary:	Lander L. Bido, 5-14
Treasurer:	Brenna Norelle P. Buenavista, 6-11
Auditor:	Andrei Derek L. Rico, 5-13
Business Manager:	Leonardo Diego III T. Rey, 4-11
PRO:	John Jeoffrey S. Galolo, 4-13
Marshals:	Jolo Luis R. Bartolome, 5-11
	Hannes Nathan R. Bolilan, 4-11

Opening of Classes

By: Tanya D. Benitez, 6-11

This June 13, 2017, was the first day of school or opening of classes for Academic Year 2017-2018. The beginning of the school year entails a lot of emotions. It might be sad for others because a day in the beach or mall is over, but other students are filled with enjoyment and excitement.

The first day of school is the day that students are really looking forward to because we get to meet our friends and teachers once again. It is also a day that we continue to learn new things through our teachers, classmates and the many people around us. This is certainly the day that I could never miss.

Ni: Hannah Anjela De Guzman, 5-12

Naging matagumpay ang naganap na accredited club campaign noong nakaraang Hulyo 12, 2017. Tunay na nanabik ang mga mag-aaral sa pinaghandaang panghihikayat ng bawat moderaytor. Naging malikhain ang bawat isa sa pagpapakilala ng kani-kanilang club upang maraming mag-aaral ang makapagdesisyong maging kasapi ng mga ito. Hindi lang kapanabikan ngunit kasiyahan din ang naidulot ng kaganapang ito lubos sa mga bagong kasapi ng pamayanang Bedista. Tunay nang pinatutunayan ng ganito uri ng mga kaganapan na ang bawat Bedista, mag-aaral, guro o adminitrador man ay lubos ang pagiging malikhain sa anomang bagay.

SBC AND GRASFACO: A PURPOSEFUL PARTNERSHIP

BY: DELANIE MARIE M. DE GUZMAN

I was once invited to speak at my sons' recognition day in his previous school. I started my sharing by quoting a famous African proverb that says, *"It takes a village to raise a child"*. Indeed, as a parent, I realized that the task of educating children is truly incumbent on all the members of the community. It takes all of the people involved in the life of a child to give their best in doing their part in the raising of a child.

We are blessed that in San Beda College Rizal, our parent organization, the GRASFACO (Grade School Family Council) is supportive of the school's mission-vision. Our parent officers connect all the parents to the school community in meaningful and effective ways. All these years, GRASFACO has been true to its mission. Indeed, the school and the family council have built a strong alliance that ensures a positive and delightful school life experience for our children.

This year, the GRASFACO general assembly was held last August 25, 2017. As usual, the organization is composed of parents whose commitment to support the school is immense and steadfast. Here are the names of the parents who are in the GRASFACO Executive Board this academic year:

President:	Atty. Stephanie M. Cas-Refina
Vice President:	Maria Carmina J. Enriquez
Secretary:	Joyce B. Tabalanza
Asst. Secretary:	Estrellita Y. Decepida
Treasurer:	Marie Antoinette L. Tejerero
Assistant Treasurer:	Claudette S. Raymundo
PRO:	Joey P. Prospero
Auditor:	Charmine Christine C. Arcilla
Editor-in-Chief:	Mark P. Faustino
Asst. Editor-in-Chief 1:	Robert O. Minguez II
Asst. Editor-in-Chief 2:	Ning Mondez

Truly, we are more than delighted and grateful to work with these parents because the parent and school community engagement is undoubtedly paramount for student achievement and character development.

Misang Parangal para kay San Benito

ni: Raina Mari V. Nabong, 6-11

Bilang parangal at papuri kay San Benito, ang patron ng Kolehiyo ng San Beda, isang banal na misa ang ginanap noong ika-10 ng Hulyo, 2017 sa St. Bede's Courtyard. Ito ay pinamunuan ni Fr. Paul Ma. De Vera, OSB. Lubos na naging payapa at matiwasay ang ginanap na misa. Tunay na nakinig ang mga mag-aaral sa puso ng kanilang tainga at isinapuso ang lahat ng salitang narinig mula sa mahal na pari. Taon-taon ay ginugunita ng komunidad ng San Beda ang dakilang Araw ng Kapistahan ni Sa Benito tuwing ika-11 ng Hulyo.

Isang Handog na Programa, para sa Tunay na Bedista

Ni: Beorne Ezekiel P. Canlapan, 5-14

Tunay ngang lubos na pinagpapala ang pamilyang nagdiriwang nang sama-sama. Muli itong napatunayan nang ipagdiwang ng buong komunidad ng IBED, San Beda Rizal ang Feast Day ni Fr. Aloysious Ma. A. Maranan, OSB noong nagdaang Hunyo 21, 2017. Lubos ang kasiyahan ng bawat isa sa inihandang programa ng mga Student Council para sa nag-iisang Rector-President ng ating institusyon.

Pinangunahan ang programa ng pagdiriwang ng banal na misa na pinamunuan din ni Fr. Aloy. Isang maikling ngunit lubos na umaapaw sa bagong kaalaman ang ibinahagi niya para sa buong komunidad ng IBED. Ayon sa kaniya, pinili niyang makasama ang pamilya niya sa IBED dahil lubusan siyang natutuwa sa palagiang pagpapakita ng pagmamahalan ng bawat isa sa pamilyang ito.

Naglahad ng iba't ibang regalo ang kinatawan ng bawat unit para sa nag-iisang Rector-President. Nagpakita din ng natatanging husay ang mga ito. Sa isang bahagi ng programa, kung saan nagtanghal ng isang awitin ang dalawang mag-aaral ay talaga namang di nagpahuli an gating Rector-President, nagpakitang husay din siya kasabay ng mga mag-aaral.

Talaga namang naging matagumpay ang pagdiriwang na ito. Hindi lamang si Fr. Aloy ang natuwa bagkus ang buong komunidad ay tuwang-tuwang ipakita ang kanilang pagmamahal sa sinisintang Rector-President.

TEKNOLOHIYA, NAKATUTULONG PA NGA BA?

Ni: Mary Joy M. Agana

Ilang beses nga ba tayong gumagamit ng gadgets sa loob ng isang araw? Paano ba natin ito ginagamit? Para sa ba ating mga pangangailangan sa paaralan o para na lang sa ikasasaya o pansariling pangangailangan na lamang?

Maraming bagay ang napadadali ng teknolohiya. Mula sa paggising natin sa umaga hanggang sa bago natin ipikit ang ating mga mata sa pagtulog lubos ang impluwensya ng teknolohiya sa araw-araw na gawain natin bilang isang indibidwal na namumuhay sa mundo. Marami siguro sa atin ang nabuhay na sa panahong hindi kayang matapos ang isang araw nang wala ang teknolohiya. Nakadepende na tayo sa paggamit ng mga makabagong imbensyon na sa tingin nati'y higit na napakikinabangan nang marami. Pinaiikot na ang oras natin ng kamay ng teknolohiyang pinaniniwalaan nating isang malaking biyaya sa ating pamumuhay. Ngunit, ito nga ba talaga ang tunay na kahulugan ng teknolohiya? Ang paikutin ang oras natin sa mga bagay na tila wala namang halaga? Ang pagkunsomo sa panahon na tila nasasayang sa paggamit ng dinidiyos nating teknolohiya? Napakaraming naidudulot ng teknolohiya sa ating buhay, maganda, nakapagpapadali, nakasisira o nakapagdudulot nang di maganda. Isa itong malaking impluwensya sa buhay ng bawat isa lalo't higit sa buhay ng mga kabataan. Kaya naman kailangan nating maging matalino sa paggamit ng bawat aspekto ng teknolohiyang ito. Oo, tunay na biyaya ito mula sa matatalinong isip ng bawat tao, kaya naman dapat din nating gamitin ang ating matatalinong isip sa paggamit ng bawat teknolohiyang nasa ating kamay.

Lubos na maraming impluwensya ang teknolohiya sa ating buhay. Ang bawat isa sa atin ay gumamit, gumagamit at gagamit ng mga handog ng teknolohiyang ito. Kaya naman bilang isang matalinong tagapaggamit ng mga ito, responsibilidad nating suriing mabuti kung nasa tama pa ba ang paggamit natin sa mga teknolohiyang ito o kung labis na ba nating inaabuso ang biyayang maaring sumira din sa ating buhahy. Maging responsable at mapanuring tagapaggamit ng teknolohiyang biyaya sa atin, huwag nating hayaang ang biyayang ito ay sumira sa ating payapang mga buhay. Hayaan mong ikaw ang gumamit ng teknolohiya, hindi ang teknolohiya ang gagamit sa iyo.

PRESENTATION PANICS? NO WORRIES!

By: Delanie Marie M. De Guzman

Do you have presentation panics? Do you feel nervous that your head start churning and your stomach gets tied up in knots and your heart starts racing a million miles every minute when you do a presentation? This is actually a problem that concerns most of us –not only students. Perhaps, every now and then, you are thinking of ways to feel less horrible at times like this.

For students, speaking and performing in front of people is inevitable since this is really a part of the academic requirements. So, I came up with some practical tips on how you can at least minimize your anxiety or nervousness in public speaking. Moreover, I hope these tips would help boost your confidence and make you feel like a champion in speaking!

1. *Breathe!*
2. *Do not keep the stress bottled up inside. Talk about your anxieties with a trusted friend, your parent, or a favorite teacher. Based on my personal experiences, saying or sharing your anxiety to someone who constantly lifts you up or who believes in you will help.*
3. *Focus your energy on preparing your report, not on worrying too much. When you figure out what to say, you may even start to feel enthusiastic about saying it.*
4. *Create an outline of your content with the main points defined so that your presentation would become organized, short but concise.*
5. *Do not worry about making your presentation perfect! The world won't end if you mess up.*
6. *Then, breathe some more!*

Nutrisyon ng Makabagong Henerasyon

ni: Dria Margarette S. Tiangco

Bilang kabataan, lubos naming mahal ang mga junk food, processed food na talaga namang bahagi ng sistema at kabuuan ng bawat isa. Kaya naman, nakatutuwa na kahit papaano tuwing buwan ng Hulyo ay napalalawak at napagyayaman ng bawat Bedista ang nutrisyon sa pamamagitan ng iba't ibang gawain na inilulunsad ng Science Area at T.L.E Area.

Ipinagdiriwang ang Linggo ng Nutrisyon na may temang: "Healthy Diet, Gawing Habit – for life". Ang temang ito ay nagpapaliwanag agad ng isang hangarin ng Linggo ng Nutrisyon na ang bawat isa sa atin ay kailangang maging mapanuri sa lahat ng ating kinakain at ginagawa sa ikabubuti ng ating kalusugan. Kaugnay nito, naglunsad ang dalawang kagawaran ng isang programa para sa kabuuan ng Grade School ang No Sweets Week, kung saan hinikayat bawat mag-aaral na imbes na mga candy, chocolate at iba pang mga matatamis na pagkain ay magbaon o kumain ng mga prutas kapalit ng ilang mga pinagbawal.

Maliban sa programang ito, naglunsad din ang dalawang kagawaran ng iba't ibang patimpalak para sa bawat antas na talaga namang lubusang makapagbibigay ng malaking kaalaman sa bawat mag-aaral upang mas maging malusog ang pangangatawan. Kaugnay ng mga ito, naririto ang mga nagsipagwagi sa iba't ibang patimpalak:

PLACEMAT COLORING CONTEST (Kinder)

Jas Dominique B. de Guzman, K-11 — Unang Gantimpala
Eliana Hailie M. Peco, K-11 — Ikalawang Gantimpala
Roy Jacob S. Pamaylaon, K-11 — Ikatlong Gantimpala

VEGGIE DRESS UP (Grade 1)

Jose Ariel Benedicto R. Emeterio,I-12 — Unang Gantimpala
Matthew Emmanuel H. Leong,I-12 — Ikalawang Gantimpala
Jillana Pauline P. Sinco I-11 — Ikatlong Gantimpala

NUTRI-APRON (Grade 2)

Jaymi Xyliana R. Ong, 2-11 — Unang Gantimpala
Carl Kenzo L. Gutierrez, 2-11 — Ikalawang Gantimpala
Thaddaeus James R. Tarrobago , 2-13 — Ikatlong Gantimpala

HEALTHY FOOD PLATE (Grade 3)

Juancho Rafael A. Cortes, 3-11 — Unang Gantimpala
Leonardo Alfred P. Vite, 3-14 — Ikalawang Gantimpala
Yosef Levi D. Romero , 3-13 — Ikatlong Gantimpala

HEALTHY SMOOTHIE (Grade 4)

Unang Gantimpala

Arrian Tammy D. Decena 4-14/Group 2
Mikaela Caitlin N. Leaño — Sofia Yoro
Zhan Cunanan — Rana Florendo
Miguel Santos — Carla Marcos
Kamila Rapisa — Ike Bonoan

Ikalawang Gantimpala

Henrich John P. Napa4-12/Group 4
Russel Duque — Zachary Enzo P. Tan
Ariennie C. Gualdada — Justin Adrian Marcos
Franco Gabriel J. Cruz — Enzo G. Vallestero
Nathaniel Alan O. Balaguer — Louise R. de Vera

Ikatlong Gantimpala

Myer Kenji S. Cruz 4-13/Group 4
Yñigo Uriel G. Sabado — Frank Sebastian G. Timbre
Shawn Huxly T. Kho — Gabriel Thomas P. Mahilum
Matilda Rayna V. Dizon — Sofia M. Flores
Brianna Yasmien Antonia C. Arevalo

VEGGIE BURGER (Grade 5)

Unang Gantimpala

Stephanie Marie S. Roan 5-11/Grp. 6
Isaak Trex J. Altubar — Robie Enrico C. Alcantara
Joshua D. Delas Armas — Carmela Felicia M. Vigilia
Sebastian M. Fernandez

Ikalawang Gantimpala

Mikaela Marie T. Bella 5-13/Grp. 3
Alexa Gabrielle U. Almazan — Matt Julian H. Colores
Emmanuel Jude G. Plaza — Ramon Jacob L. Caluag
Matthew Gavin G. Aguas

Ikatlong Gantimpala

Lara Antoinette J. Tamayo 5-12/Grp. 1
Joshua Emmanuelle S. Torcita — Kurt Arkin Baldoz
Stephen Gil F. Aducal — Gabriel Evann B. Florendo
Daniel Joaquin M. Carmona \

BAHAY KUBO SALAD (Grade 6)

Unang Gantimpala

Charlize Dominique D. Mayuga 6-12/Grp. 5
Alessandro Marco T. Obrero — Isagani V. Odchigue
Yssabel Cristina A. Pascual — Jose Miguel B. Pineda
King Ulrich A. Posadas

Ikalawang Gantimpala

Jose Gabriel A. Obas 6-13/Grp. 5
Christian Renzi M. Ortiz — Jayk Malhberg C. Ramolete
Theo Alexis S. Reyes — Ralph Eaton V. Salen
Anais Jeasmine Leticia R. Palaganas

Ikatlong Gantimpala

Jana Karylle H. Colores 6-14/Grp. 2
Nathan Cedric P. De Belen — Giancarlo V. Del Rosario
Lex Cedric V. Ecarma — Joseph A. Favis Jr.
Alexander Christopher L. Evangelista
Victoria Sealtiel A. Vito Cruz

Dear Little Bedan

Write to us! You may send your questions, poems, or other articles worth publishing through our Little Bedan Staff or email us @ sbcrlittlebedan@yahoo.com

Dear Little Bedan,

Bagong mag-aaral ako sa San Beda. Nasa ikalimang baitang na ako, kaya naman nahihirapan na akong humanap ng kaibigan dahil naikukumpara ko sila sa mga kaibigan ko sa dati kong paaralan. Gusto ko namang maging bukas sa mga kaklase at kapwa ko ikalimang baitang upang hindi ako palaging mag-isa. Ano kaya ang mga posibleng hakbang upang magkaroon nang mas maraming kaibigan?

- Bagong mag-aaral mula sa ikalimang baitang

Para sa bagong mag-aaral,

Mahirap talagang makisama sa bagong komunidad, pero sa mga ganitong pagkakataon ang tanging dapat mong gawin ay tanggapin ang bagong kalikasan na mayroon ka. Dapat mong gawin ang lahat ng iyong makakaya upang maangkop sa panibagong hamon sa iyong buhay mag-aaral. Ang una mo marahil na dapat gawin ay tanggapin na magkakaroon ka na ng panibagong kaibigan, at kailangan mo sila upang maging matagumpay at masaya ang pananatili sa bago mong paaralan. Sila ang magiging kaakibat mo sa lahat ng pagdaraanan mo sa panibagong paaralan. Ang huli mo dapat gawin, ay kunin ang tiwala at pagmamahal ng mga bago mong kaibigan. Bilang bago pa lang kayong magkakilala at lubos na mahirap sa tao ngayon ang magtiwala, kailangan mong patunayan sa kanila na karapat-dapat ka sa kanilang tiwala at pagkakaibigan.

Dear Little Bedan,

My classmate keeps talking to me while the teacher is talking. I try to stop him but he keeps talking! What should I do?

-Little Miss Quiet

Dear Little Miss Quiet,

It would help if you talk to your classmate before class begins. You might say in a very nice way, "Let's wait until after class to talk." Explain further that if you don't look at him or answer it doesn't mean you are irritated. You are trying to focus and do not want to miss any important detail of the discussion.

Stick to your word. When you talk after class, be your usual friendly self. He will soon learn not to bother you until it's okay to talk.

HOW TO?

HOW TO MAKE A PAPER FIDGET SPINNER WITHOUT BEARING

Who among you got a fidget spinner? I know it's a craze and a lot of kids are crazy about it. But with the news that many fingers are injured when children play fidget spinners, your parents kept it for good. Relax kids! To avoid injuries why not make a paper fidget spinner? Its just a simple paper folding and by doing it right you will come out with an improved paper spinner. It is cheap, easy to make and no harm.This is how to do it:

Materials: Paper Colored pencil Crayons Scissors

Steps:

1. Fold the paper cross-wise and cut the fold
2. Fold the papers length-wise
3. Fold the corners of each paper
4. Put the other piece over the other
5. Fold the bottom corner to the center
6. Fold the other flaps down
7. Tuck the last flap into the first one then makes 4 folds from Up to down, left to right, left upper corner to bottom right corner and upper right corner to bottom left corner
8. Design
9. Spin and enjoy

The One Who Listens in Silence

Alexa Jane O. Gonzales, 6-13

He comes in silence.
He brings with Him peace.
We give Him our reverence.

We celebrate the Eucharist.
We pray because of our faith.
We communicate to Him in many ways.

What we do must be sincere,
Everyone should persevere.
With the hope of His returning.

That's why we pray in A.C.T.S.
We give respect
And listen to mass.

For one church,
For my God,
And for my Lord Jesus
that's all I ask.

OBEDIENCE

Raina Mari V. Nabong, 6-11

One may ask, "what is true obedience?"
It is behavior that shows respect to authority.
Find sensitivity to what is right completely.

From Latin it means to serve and listen.
Simple words that tell us
What to do without too much explaining.

When we are obedient, we are humble.
For humility is a virtue.
It is acceptance of our faults, shortcomings and failures.

Obeying our parents and elders, show respect to our Almighty Father.
We become a better person
A real Christian living a life for others.

DISCIPLINE

Tanya D. Benitez, 6-11

I ONCE ASKED MYSELF WHY I NEEDED DISCIPLINE.
I KNEW I HAD FREEDOM,
BUT WHERE HAVE I BEEN?
TO THE LONGINGS OF MY HEART, I LISTENED WITH KEEN.

I STARTED BY HAVING FOCUS AND WISDOM.
THAT SOMEDAY I WILL BE IN GOD'S KINGDOM
STRIVED MORE EVEN IF I WILL ATTAIN BOREDOM.

DAY BY DAY, I CONTINUED TO LEARN.
DID MY BEST TO STUDY AND EARN.
THEN I HAD CONTROL AND RESPECT, THAT I CONFIRM.

I WAS ABLE TO GET MY ACHIEVEMENT, AT LAST
I EARNED RELIEF AND JOY FOR DOING MY TASK.
ALTHOUGH IT DIDN'T TAKE VERY FAST.

The Poisoned Wine

By; Pirroj Sachiell M. Pangilinan, 3-14

St. Benedict was asked to be a leader,
But every single monk was a sinner,
The monks created a poisoned wine,
But St. Benedict thought it was fine.

ST. BENEDICT'S LIFE

By: Esha Ambriel C. Sevilla, 3-12

St. Benedict is a holy man from Italy,
He was obedient and very holy.
He was sad when people were bad,
But never ever became mad.

ST. BENEDICT

Julian Andre Z. Villena, 3-14

A simple man of work and prayer,
St. Benedict our light, our hope, our father.
Show us to be of service to the community.
To serve the Lord with complete humility.

BRAIN WORKOUT

START YOUR BRAIN ACTIVATION HERE!

WHERE CAN YOU RUN AROUND?

How far can you go?

NAME SOME THINGS THAT ARE EASY TO IGNORE.

Do animals eat dessert?

What is the most interesting thing you've learned this week?

HOW DOES A SONG GET CREATED?

BESIDES HUNGER, WHAT MAKES YOU WANT TO EAT?

WHICH FOOD MAKE YOU THINK OF YOUR FAMILY?

WHAT WOULD IT BE LIKE IF NAMES WERE MADE UP OF NUMBERS INSTEAD OF LETTERS?

BEDANS

Feast Day of Fr. Aloy and Fr. Paul

Nutrition Week Celebration

Benedictine Consciousness Month

Opening of Classes

GALLERY

Mass in Honor of St. Benedict

Meeting de Avance

Grade 3

Grade 4

Grade 5

Grade 6

Grade Level Encounter

What makes you excited this school year?

What makes me excited this year was meeting new friends and learning a new language.
-Joshua Kevin D. Nilo, 5-14

I am excited that I shall experience again the Sto. Nino Festival as well as the Christmas party.
-Judea Canlapan, 3-12

Bonding with my friends and teachers in the upcoming events makes me more excited this year.
-Cynthra Isabell A. Soriano, 5-12

I am excited this school year because I know we will do so many fun things and that I am going to learn a lot.
-Andreanna D. Ferrer, 3-13

I am excited because it is my last year in elementary and I'll be graduating soon.
-Martin Louis I. Bacani, 6-13

I am excited to meet new friends because I am a new student.
-Carl Anthony Songco, 4-11

I am excited on the upcoming IAC and other contests because I want to win with my 6 -11 classmates.
-Rysa Jeline D. Navarro, 6-11

I am excited to meet new friends and spend time with my old friends.
-Giulio Rodriguez, 4-12