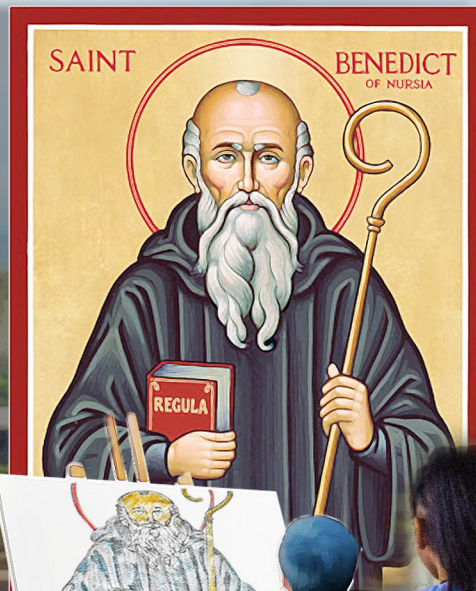




The Little BEDAN

THE OFFICIAL PUBLICATION OF SAN BEDA UNIVERSITY ELEMENTARY LEVEL
ACADEMIC YEAR 2018-2019 VOL. XIV Issue No. 2



Art by:
Kurt Julgan
6-12 St. Placid

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EDITORIAL

Teknolohiya at Kabataan, Ano nga ba ang Kaugnayan?



Source: <http://www.blessedquietness.com/computer-slave.jpg>

Libutin natin ang mundo ng teknolohiya sa mata ng kabataan.

Lahat halos ng kabataan ay sanay at mahusay sa paggamit ng teknolohiya. Halos lahat sa atin ay umiikot ang mundo sa paggamit nito. Hindi lumilipas ang araw nang hindi natin nahahawakan o nakikita man lang ang mga gadget na mayroon tayo. Ngunit tama pa ba ang paggamit natin sa mga ito? Nababalanse pa ba natin ang buhay sa mundo ng realidad at sa mundo ng teknolohiya?

Maraming gamit ang teknolohiya sa ating buhay. Napadadali nito ang dating mahirap, napabibilis ang dating mabagal, napararami ang dating kakaunti, ngunit sa lahat ng ito, naayon pa ba ang ating kilos at gawi sa paggamit ng mga ito?

Suriin nating mabuti. May dapat kang gawing takdang-aralin para sa susunod na pagkikita sa isang asignatura, pero dahil nais mo munang maglibang kinuha mo ang iyong gadget at nag-connect sa WiFi. Gumamit ka muna ng social media, nagbasa-basa, nanuod ng mga video, tumingin ng mga larawan, hanggang sa hindi mo namamalayang gabi na pala.

Tinatawag ka na ng iyong mga magulang upang makakain ng hapunan, at alam mong pagtapos niyong kumain ay kailangan niyo nang maglinis ng katawan para makatulog na. Hindi mo nagawa ang iyong takdang-aralin.

Sa ibinigay na sitwasyon sa itaas, makikita natin ang dalawang malaking dulot ng teknolohiya sa ating buhay. Nakapagdaragdag ito ng kaalaman na maaring makapag-unlad ng ating isipan. Kung minsan naman ay may mga mas importanteng bagay tayong hindi nagagawa dahil sa pagsakop sa atin ng teknolohiya.

Huwag nating hayaang maging gapos tayo sa mundo ng teknolohiya. Lagi nating isaisip na kailangan nating balansehin ang lahat ng mundong ating ginagalawan. Ito ay isang malaking biyaya ng kasalukuyan. Gamitin natin ito nang may buong pang-unawa at talino. Huwag nating hayaang tayo ang gamitin ng teknolohiya. Kumilos nang naayon sa kinakailangan at dapat nating gawin. Maging bukas sa pagbabagong dulot ng makabagong panahon at maging maalam sa paggamit sa pagbabagong ito.

Hallmark of Benedictine Education for the Month of July

Prayer:

**A life marked by liturgy,
lectio and mindfulness**

*Lifted from The Ten Hallmarks of Benedictine Education,
by the Benedictine Mission and Identity Office*

Benedictine monasteries cultivate a fundamental attentiveness to the ways in which God is present in the human mind and heart and, indeed, in all creation. The primary way for doing this is through the monastery's daily rhythm of liturgical prayer.

St. Benedict directs that nothing is to be preferred to it (RB 43.3). This daily experience of community prayer is supported and deepened by individual spiritual reading, a practice that Benedictines call by its Latin name, *lectio divina*, in order to differentiate it from reading undertaken to gain information or knowledge. *Lectio divina* is the slow meditative reading of Scriptures and other sacred texts with the intention of discerning how God is at work right now in the world and calling within the individual's own heart. For a monastic, the daily movement between common liturgical prayer and *lectio* opens up new space within where qualities and virtues such as compassion, integrity and courage can develop and grow strong.

Benedictine educational institutions seek to create and preserve a noticeable rhythm of public prayer and private attention to the sources of religious inspiration. We strive to ensure that the design and life of the campus promotes a spirit of transcendence and mindfulness, encouraging all to cultivate a life of prayer appropriate to their own faith. The intent of all of this is to cultivate by analogy a fundamental openness to the work of intellectual and personal transformation. It is important that the thinking of all members – students, faculty and staff – be shaped by movement between shared engagement with ideas and close personal reading of “texts” (whether written, aural or visual). It is our intent to foster connections between the subjects that persons study and the fundamental, deep purpose of their lives.

San Beda University nurtures the prayer life of the members of its community through various spiritual activities. All are invited to the daily morning celebration of the Holy Mass at the Abbey Church. Community Masses are held for particular academic units every month of the school year. Annual retreats and recollections are held for students and employees. The triduum of the Holy Infant of Prague is celebrated every last weekend of January and the feast of Our Lady of Montserrat is celebrated on September 12. The feast of St. Benedict, a school holiday that gathers staff, faculty, and administrators, is celebrated on July 11. St. Bede's feast is celebrated on the first day of the academic year. Activities, gatherings, and various meetings begin and end with prayer.



Eros Kenisha N. Paglicawan
6-12 St. Placid



Beatrice O. Villa
6-12 St. Placid

San Beda Celebrates Benedictine Consciousness Month

“Every
good
work
begins
with an
earnest
prayer.”

San Beda University celebrates the Benedictine Consciousness Month (BCM) every month of July. This is to remember Saint Benedict and his good deeds. This academic year, the Bedan community is guided with the theme, “Every good work begins with an earnest prayer”, taken from the prologue of the Holy Rule of Saint Benedict which means we should start our day and everything that we do with a prayer.

The Christian Living Area launched the Benedictine Consciousness Month last July 2. As part of the celebration different contests were given to each grade level. The contests were the following:

Kinder-Coloring Contest of the Image of St. Benedict

Grade 1 - Picture Completion of St. Benedict

Grade 2 - Drawing St. Benedict

Grade 3 - One Stanza Poem based on St. Benedict

Grade 4 - Poster Slogan Making

Grade 5 - Poster Making based on the
Miracles of St. Benedict

Grade 6 - Poem Writing based on the
Benedictine Hallmarks

Class Saint Corner for Grade Levels Kinder-6

Prayer Writing contests for Grades 3-6

It is not about winning or losing, but what matters most is that we learn to give more value to prayer and work (ora et labora) and practice it throughout the academic year 2018-2019. May this month enlighten and inspire you to do good deeds just like St. Benedict.



Bb. Mary Joy M. Agana

Parangal sa mga Gurang Tagasunod ni San Benito



35 years

30 years

15 years

20 years



Vilma O. Silan
Library Assistant



Rosalina M. Avonon
SAP Coordinator



Rolinda Nannama D. Cabrito
Communications and Religion Coordinator



Benjamin P. Coloma III
Guidance Office, Head



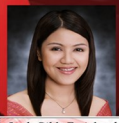
Teresa A. Rivera
Assistant Project of Student Discipline
SAP, MENDELA



John V. Cristosomo
Music Teacher

10 years

5 years



Leah Gilda B. Adual
JHS Faculty



Gicel L. Valdez
GS Faculty



Toni Jodeleth T. Vozes
GS Faculty



Dr. Renato F. Gomez
School Dentist



Dr. Percival H. Panglinan
School Physician



Angelica G. Aragonces
JHS Faculty



Philip M. Beltan III
Assistant Project of Discipline
JHS



Lyzette Cayli C. Menbrebe
GS Faculty



Ela D. Derisaga
Guidance Facilitator



Francis B. Jausan
IBED Department Secretary



Domingo R. Cortez
Maintenance Services

Hulyo 11, 2018 – araw ng Kapistahan ni San Benito, ang nagtatag ng Benedictinong Orden. Sinimulan ang araw sa isang mataimtim at lubos na mapanalanging misa sa pangunguna ni Abad Austin P. Cadiz, OSB at ng mga paring Benedictino. Tunay na mababanaag sa lahat ng nakiisa sa misa ang pagmamahal kay San Benito dahil na rin sa tuwang makikita sa kumikinang nilang mga mata.

Pagkatapos ng misa ay nagkaroon na ng maikling programang handog parangal para sa mga edukador at kawaning nag-alay ng serbisyo sa Unibersidad ng San Beda ng ilang taon. Makikitaan ng pagmamahal sa trabaho ang bawat pinarangalan. Mahal ang trabaho, naglilingkod nang wasto at mahal si San Benito, ilan sa mga katangiang taglay ng bawat pinarangalan kaya naman tunay na nagtatagal

Ang araw na ito ay hindi lamang para sa mga pinarangalan bagkus maging sa iba pang kasapi ng komunidad. Naging inspirasyon ang bawat isa sa kanila sa buong komunidad na ipagpatuloy ang pagsisikap, ang pagmamahal sa trabaho at ang patuloy na paglilingkod upang marating din ang ilang mga taong pananatili sa unibersidad.

Isang matagumpay na araw ang dumaan. Patunay na hindi lamang husay ang kailangan sa patatrabaho bagkus mas mahalaga pa rin ang pagmamahal at pag-aalay ng sarili para sa ikauunlad ng buong komunidad at ng lahat ng miyembro nito.

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



Aaron Caleb C. Layco
6.12 St. Placid

Pagdiriwang ng Araw ni San Benito



Bilang parangal at papuri kay San Benito, ang nagtatag ng Benedictinong Orden, isang banal na misa ang ginanap noong ika-10 ng Hulyo, 2018 sa St. Bede Courtyard. Ito ay pinamunuan ni Padre. 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 butihing pari. Taon-taon ay ginugunita ng komunidad ng San Beda ang dakilang Araw ng Kapistahan ni Sa Benito tuwing ika-11 ng Hulyo.

Naging makabuluhan ang araw na ito dahil na rin sa mahusay na pagbibigay homilya ni Padre Paul. Napagnilayan ng bawat isa ang naging buhay at kabanalan ni San Benito. Naging malinaw sa lahat ang nais niyang iparating sa makabagong henerasyon.

Ang kaniyang mga aral ay mananatili habang buhay. Magiging sentro ito ng pamumuhay ng mga Bedista sa makabagong henerasyon sa kabila ng mga pagbabagong dulot ng panahon.



Joshua N. Bareng
5-II St. Caedmon

Tamang Nutrisyon ang Solusyon

Hulyo – buwan na itinatakda bilang Buwan ng Nutrisyon sa buong bansa. Bilang paaralang nakikiisa sa mga programa ng bansa, muling nakiisa ang Unibersidad ng San Beda sa pagdiriwang na ito.

Ang tema para sa pagdiriwang nito ngayong taon ay “Ugaliing Magtanim, Sapat na Nutrisyon Aanihin!”. Ang tema para sa taong ito ay may malaking kaugnayan sa temang pang-akademiko ngayong taon ng unibersidad na “Pagkalinga sa Kalikasang Bigay ng Maykapal”. Ipinapabatid ng dalawang temang ito na sa pangangalaga natin sa kalikasan sa pamamagitan ng pagtanim, napangangalagaan na rin natin ang ating mga pangangatawan.

Muling nakiisa ang unibersidad sa pagdiriwang na ito. Iba’t ibang patimpalak ang isinagawa upang maging bukas ang bawat mag-aaral sa pagtanim. Para sa mga mag-aaral mula sa una hanggang ikaapat na baitang, nagkaroon ng patimpalak na Urban Gardening. Samantala, para naman sa mga mag-aaral mula sa ikalima at ikaanim na baitang ay patimpalak na Vertical Gardening. Lubos na naging matagumpay ang layunin ng mga gawain, ang maihatid ang kaalaman sa mga mag-aaral at mapahalagahan ang kalidad na pagtanim.

Lubos na mahalaga ang pagdiriwang na ito upang mapaalalahanan ang bawat isa na responsibilidad nating alagaan ang buhay at pangangatawan na patuloy na ibinibigay sa atin ng Maykapal.





Carlos Jerome G. Corpuz
6-12 St. Placid



Kyle Noah D. Esguerra
6-11 St. Benedict

HOLTS:

A Training-Seminar for Leaders of Tomorrow

Homeroom Officers Leadership Training Seminar is an annual event for elected homeroom officers to learn, experience and form their leadership skills, the value of responsibility, how to be a good role model, the importance of teamwork and many more.

The main goal of this event is to deepen one's understanding about Christian leadership. It also strives to orient the officers about their roles and functions within and outside the four corners of the classroom. Lastly, it aims to equip the officers with effective behavioral skills and develop critical thinking skills when faced with real life situations.

This year's HOLTS was conducted last July 16, 23 and 25, 2018 for grades 5, 4 and 6 respectively. These seminar/trainings were all held at the Jarrow Hall.

Different speakers enthusiastically shared their knowledge during the event. Games and activities were also held to see if the officers will be capable of using their critical thinking skills in different situations. The student leaders also participated actively and applied the things they have learned in the sessions. The Guidance and Counselling Office also did their job well in facilitating the event as it was well organized.

As officers ourselves, we could say that the HOLTS has helped us understand more our responsibilities in the Bedan community. Truly it was a remarkable experience and full of learning for the class officers of grades 4 to 6.

Information Literacy Sessions

By Nina Alexandra T. Torillos

It is of prime importance that students are empowered to be critical thinkers, enthusiastic readers and skillful researchers.

One of the services that the Learning Resource Center (LRC) offers is the Information Literacy Program. This program is catered to all students from Kinder to Grade 6. Librarians collaborate with the Reading teachers for the effective and efficient implementation of the program.

Students have to be adept in searching for information from print, non-print and on-line resources available at the LRC.

Due to the profound changes brought about by the digital technology, there is a felt need to guide students to pick out reliable sources that can be accessed from the internet.

The objectives of the Information Literacy Program are as follows:

1. to arouse a lasting interest in print, non-print and on-line resources
2. to consider the LRC as a prime resource in the search for knowledge
3. to meet the research and information needs of students according to their level of maturity and interests

The Information Literacy Program will surely spark and nurture the enthusiasm for reading and develop the learning skills and competencies of the Bedan students so they deal with the challenges of the 21st century.



Dria Margarette S. Tiangco
6-12, St. Placid



Zhenni Liu
6-11 St. Benedict



Mrs. Sheryll Ann S. Gabilo
Moderator

IBED eyes Level III PAASCU accreditation

San Beda University (SBU) is currently preparing for the Philippine Accrediting Association of Schools, Colleges and Universities (PAASCU) 2018 re-survey accreditation. This year's accreditation is the 3rd one since SBU was established in Rizal. The institution is facing another challenge as the school applies for the level III accreditation. With this, tedious work comes in.

In an interview with Mrs. Teresita T. Battad, the principal of the Integrated Basic Education Department (IBED) said that PAASCU 2018 is really challenging. The IBED Bedan family needs to face this challenge.

The family includes the following: administrators, faculty, students/pupils, staff, service personnel and parents. Each one should know the rationale and objectives of PAASCU accreditation. We need to orient and re-orient all sectors of the school community. Our goal is to get Level III accreditation. We need to prepare for the following areas of concern: Philosophy and Objectives, Curriculum and Instruction, Administration, Faculty, Student Services, Library and Instructional Media Center, Laboratories, Physical Plant, School and Community.

A whole hearted active participation and involvement in the preparations of PAASCU 2018 is what she is expecting from the community members.

Rating the school from 1 to 10 for the preparedness for the upcoming PAASCU 2018, she gave an 8 for the reason that at this moment, the school is still preparing the reports of each area. The committees are still gathering data, verifying pertinent documents and deliberating on the findings vis-à-vis the school's vision-mission, goals, objectives and the hallmarks of Benedictine education.

Hoping to achieve the Level III for this year's accreditation, the institution will definitely level up and be more confident that this is truly a Benedictine Catholic University, the first Benedictine Catholic University in Asia.

Nevertheless, she is asking for the involvement of everyone as she said "I'm calling everyone to be involved and actively participate in the preparation of our upcoming PAASCU 2018. The success of PAASCU 2018 will depend on the contribution, involvement and dedication of all sectors of the school community, including you."

Let us all work together as one and pray hard that God will grant our level III accreditation.

That in all things God may be glorified





Jan Fujiko J. Almojuela
5-14 St. Bede

ACCREDITED CLUB CAMPAIGN AND RECRUITMENT OF MEMBERS

The Accredited Club Campaign was held last July 12, 2018 at the Jarrow Hall. Pupils from Grades 3 to 6 were warmly welcomed by Mr. Rodney G. Collera, Prefect of Student Affairs during the said event. The moderators of the different clubs gave ideas to the pupils what to expect in joining the club by showing PowerPoint presentations and video clips of previous activities. Some members with their moderator even performed to show their talents in playing musical instruments.

The accredited clubs were classified into four – Religious, Service, Culture and Arts and Academic. Joining an accredited club will enhance the talents and skills of the Bedan pupils. It gives opportunity to become responsible leaders and learn to balance curricular, co-curricular and extracurricular activities. This is truly a Bedan way of honing the pupils to become equipped as leaders of the future generation.



GRASFACO and SBU: Partners in Molding Young Minds

Every year, Homeroom Meeting with the parents of the Grade School pupils is held to create a better working relationship among parents, administrators, and faculty. For this Academic Year, the parents of the Grade School pupils convened last July 13, 2018 to elect their new set of Homeroom Officers, Board of Governors and Executive Officers. Aside from the election of officers, it was also a time for the advisers to formally introduce themselves to their pupils' parents as well as an opportunity for the parents to interact with the other parents. It was also a high time to discuss pertinent matters regarding academic and department policies.

Through this, the collaboration among the parents, faculty and administration will be strengthened to work together for the welfare and education of the children.

Certainly, the new set of Executive Officers for the Academic Year 2018-2019 is composed of supportive parents who are ready to embrace the responsibility to work with the school administration as a team.

President: Maria Carmina J. Enriquez
Vice President: Bearwin Meily
Secretary: Joyce T. Tolentino
Assistant Secretary: Maricel Rapisa
Treasurer: Marie Antoinette L. Tejerero
Assistant Treasurer: Estrellita Y. Decepidada
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Asst. Editor - in - Chief 1: Sheryll E. Dechavez
Asst. Editor-In- Chief 2: Atty. Ivan Villar



Zhenni Liu
6-II St. Benedict

MITING DE AVANCE TWO PARTIES: ONE GOAL

Miting de Avance is an arranged activity wherein you get the chance to listen to the plans/platforms of a particular group asking for support to be chosen as leaders. This is done before a scheduled election of a particular organization. The Miting De Avance of the candidates of the Pupils Government of the Grade School was held last July 30, 2018 at the Jarrow Hall.

The Grades 4 to 6 pupils were able to meet and listen to the plans of each candidate from the two parties; Kapit Kamay and Kapit Bisig. The candidates were also given the chance to show their determination to be of service in the Grade School through their speeches during the said event.

Let's get to know our aspiring leaders for this academic year.



KAPIT-BISIG PARTY



KAPIT-KAMAY PARTY

ACT NOW!

Be Aware... Be a Steward of God's Creation

Thinking of ways to save Mother Earth? It's high time to save the planet we live on. We are extracting all it has - oil, ores, water and more. We are cutting down trees, we are killing animals, we are exploiting nature. Earth's resources are depleting, posing a threat to human existence on the planet. It's time we do something to save the planet. Let's resort to simple ways to save the environment.

Plant More Trees

This is easy, you know? Choose an open area/ground near your residence or workplace. Plant a tree every month, encourage your friends and colleagues to join you. Have more and more trees planted and there will come a time when you have a green stretch of land. Thanks to your effort.

Walk more, drive less

Now that's not very difficult, is it? Choose to walk short distances instead of taking your car every time. Go walking to run errands or use a bicycle. Both cycling and walking are good exercises. Each time you avoid using your car, you are contributing in reducing air pollution. You are saving fuel, saving money and getting a good workout too. Now isn't that beneficial for both you and the environment?

Maintain your vehicles

Maintain your vehicles in good condition. It may not be possible to go cycling or walking everywhere. To some distances, there's no other option but your car. But how about maintaining it always in good condition? Give your car a regular servicing. Clean the exhaust pipes. Check for pollutants emitted. Check air pressure of tires. Under-inflated tires lead to greater fuel consumption. Maintain the air filter and fuel injection pump in good condition. Check engine oil levels regularly. Consider getting a catalytic converter fitted in your vehicle. This way you are curbing air pollution.

Change the way you drive

Do not drive in low gear. It consumes more fuel. Do not accelerate and brake very often. More fuel is exhausted this way.

Take the shortest route to the venue. You are saving fuel and thereby reducing air pollution this way. Share a car whenever possible. Four people going to the same place at the same time, in four different cars - doesn't make sense. Pool a car whenever you can.

Save water

Water is a very important natural resource. It's we who waste it, pollute it. The simplest ways to save water - turn off the water taps after use. Use of flushes and showers can lead to wastage of water. Use only as much water as necessary. When you visit a beach, see to it that you don't spill food or dump waste around. Do not dump garbage, sewage or other waste material into the rivers. This pollutes water bodies. There are laws prohibiting you from doing this. But then it has to come from within - the awareness and the awakening. Water is so precious, we can't waste or pollute it.

Use Chlorofluorocarbon (CFC)-free products

CFCs are released from aerosol sprays, air conditioning systems and refrigerators. Some cosmetic products too, contain CFCs. Some countries have already banned the use of CFC products. CFCs contribute to ozone depletion and greenhouse effect. Using CFC-free products is the simplest way to prevent the harm they cause to the environment.

Save Energy

There are so many electrical gadgets/appliances you must be using daily - the air conditioner, heater, refrigerator and oven and many more. Then, there are lights and fans. Do you maintain the appliances in good condition? Do you keep a check on their power consumption?

Replace the air filters for your air conditioning unit once a month. Turn off the AC when not in use. Refrigerators and water heaters consume a lot of power. So use them wisely. Switch off the lights and fans in your room before leaving it. Make sure the electrical appliances are not left on (unless necessary), when leaving the house. Make it a point to switch off the television set or music system after use. Don't keep them on when there's no one using them. Your computer is one of the most used gadgets in the house. Do not keep it switched on when no one's using it. Now weren't these very simple ways of saving the environment?

Recycle and Reuse

Recycle and reuse - whatever and whenever you can. This is the best measure to save the environment. A simple way to do this is to reduce the use of rubber and plastic. Instead, use paper bags and cardboard containers. The practice of buying in bulk can help save a lot of packaging material and contribute to saving the environment. Buy products that you can reuse. You can reuse daily-use items like old wood, scrap paper to make wood and paper articles and old clothes.

Harness Renewable Energy

Use renewable sources of energy as much as possible. Resort to the use of renewable sources like solar, wind and hydro power. Start from your own house. Get a solar panel installed and start using solar power for water and room heaters. Small wind turbines are available for home use. Resort to their use for power generation. Even geothermal and ground source heat pumps are available for household use.

Change Habits

Some simple habits at the workplace can let you contribute towards saving the environment. When in office, print only when it is absolutely necessary. Printing every soft copy leads to heavy wastage of paper. Use emails instead of paper for correspondence. Remember to switch your computer off when leaving for the day. Don't keep the computer monitor on when you are away from the desk. Do not keep the lights of your cabin/office on when you are away. Avoid overuse of air conditioners. Do not use disposable plastic cups and plates when you have the option of using ceramic.

Save Animals

Minimize the use of animal products. Animal fur and ivory are excessively used animal products. Animals are poached for their skin. They are used in scientific research. Animals are being killed in large numbers and are under the threat of extinction. Resolve not to hunt animals. Discourage those who do so for amusement. Discourage animal poaching. Make yourself and those around you, aware of the effects of animal extinction. Do your bit towards saving them.

Go green when gardening or farming

Activities like composting can be of great help in recycling garbage into useful manures. Avoid excessive use of chemical fertilizers and synthetic nutrients. Natural manures are a better option for farms and gardens. Go for vermicomposting. Vermicompost makes a very good organic fertilizer. Instead of dumping rotten vegetables, leftover food, eggshells, teabags, vegetable stalks and fruit rinds in the garbage bin, use them to make organic manure for your garden. Avoid using chemical pesticides for plants. Instead, turn to home remedies or other eco-friendly ways of maintaining your garden.

Create Awareness

This is one way in which anyone can help save the environment. Read up and encourage those around you to read about the importance of saving nature. Put up posters or banners in the neighborhood, in your school, college or place of work. Organize an environmental awareness campaign. Get t-shirts or caps made with environmental awareness slogans written. Have everyone in your locality, class, school or workplace wear them and spread the word. These things help create an awakening in the masses about how grave environmental problems are and what we can do to solve them. Organize small activities like planting trees, cleaning an area in the locality. Seek prior permission from concerned authorities for doing any of these things.

Source:

<https://helpsavenature.com/simple-ways-to-save-environment>



NEW INVENTIONS

ECOBLOCKS



IMAGE Wikimedia Commons | Josephine Chan and Ian Christie. - www.ecobricks.org



EcoBricks are currently being used by different organizations in many countries, including the Philippines, Nigeria, Columbia, Guatemala, and Costa Rica.

Source: http://innovatedevelopment.org/wp-content/uploads/2014/07/ecobrick_2.jpg



The EcoBricks have been used as fillers for walls.

Source: <https://static1.squarespace.com/stat->

What is an Ecobrick?

An Ecobrick is a bottle packed solid with used plastic to make a reusable building block. Best of all, you don't need any fancy machines, special skills, engineers or politicians to get started. All you need is a plastic bottle and a stick to start.

Ecobricks are **cradle-to-cradle** building blocks that can make all sorts of awesome stuff. Around the world people are using ecobricks to build for themselves and their communities. From indoor furniture, to gardens and parks, to structures— your imagination is the only limit!

Why Ecobrick?

We ecobrick. Why? Well, because after lots of research we've found Ecobricks to be the deepest solution for our own plastic. From raising ecological consciousness to sequestering CO2 to transitioning from sustainable to regenerative, there's a whole bunch of good reasons for Ecobricks.

Ecobricking isn't just a technique. It's a full out social movement! Throughout South East Asia and Latin America, hundreds of thousands of people have adopted ecobricking to take back charge of their plastic from industry and government. Whether they are young or old, from the east or west, one thing connects them: solving the plastic.

We can't wait to see your ecobricking. It will mean a little less plastic going into the biosphere! We've thus worked hard to craft some awesome resources to help you get started ecobricking right. We want to share with you all of our mistakes and insights from the global movement, so you can get straight to the best practices, principles and technique.

When we save, segregate and pack plastics into bottles, we can make building blocks that can be reused over and over again. Together we can build green spaces that enrich our community and the biosphere. Together we can return to harmony with the cycles of life.

Source: <https://www.ecobricks.org/>



Jamila Raine B. Fernandez
5-14 St. Bede

MOVIE REVIEW



Coco is an animated Disney Pixar movie directed by Lee Unkrich. It's a movie for the family and it would make you both laugh and cry a lot... either that or it's just me. The movie starts with a boy who loves music but belongs in a family that hates it. His adventure begins when he was involved in an accident while trying to find a guitar to participate in a talent show. He was sent to the land of the dead with a curse, a curse that could lead to great consequences for him and his ancestors in that world.

Coco is a movie greatly praised for its respect for Mexican culture and also for its songs. Songs that would melt a person's heart after listening to it. The songs were greatly praised and the song "Remember Me" which was written specifically for the movie won the 2018 Academy Award for Best Original Song.

I honestly think that it's a great movie. I would recommend it for anyone who just wants to watch a nice funny movie that would make you emotional for days. If I were to connect it to any of the Benedictine Hallmarks, I would mainly pick Community, because the movie portrays just how much we have to work together and understand the people around us.





Dear Little BEDAN



Dear Little Bedan,

I've been overwhelmed with the activities in school. I'm having a problem organizing my time and I wish to have a schedule that will make me productive. Any suggestions how to organize my time so that I can be more productive.

Thank you and more power!

Lily of 6-12, Saint Placid

Hi Lily,

Organizing time is a great way of achieving your goals. For you to be more productive try to consider the list below:

1. Set your goal and make a "TO DO" list.
2. Always prioritize your list.
3. Finish your work ahead of time. Do not delay your work and never wait for the deadline.
4. Make your weekly calendar to monitor your plan.
5. Avoid using social network sites while studying.

I do hope these tips will help you achieve your goals. Goodluck!

Dear Little Bedan,

Magandang araw po. Isa po akong mag-aaral mula sa ikalimang baitang. Noong nakaraang taon naman ay umaabot ang aking mga marka upang makasama sa honor. Kaya naman ngayong taon, nais ko ulit ibigay ang karangalang ito sa aking mga magulang. Ngunit tila nahihirapan ako ngayong taon, hindi ko alam kung mahirap ba ang mga aralin o nagkakaproblema talaga ako, ang isip ko. Ano bang dapat kong gawin?

Ms. Studios ng 5-14 St. Bede

Magandang araw din naman Ms. Studios. Alam kong nahihirapan ka sa sitwasyon mo ngayon pero laging tandaan na ang lahat ng problema may kaakibat na solusyon. Marami kang maaring gawin upang makamit ang iyong mga layunin ngayong taon. Narito ang ilan:

1. Magpokus nang maigi sa pag-aaral. Laging unahin ang mga pangangailang pang-akademiko sa kahit anong hindi importanteng mga bagay.
2. Hayaan mo munang sumabay ang isip at katawan mo sa panibagong yugto ng pag-aaral mo bilang isang ikalimang baitang. Maaring nasa *adjustment period* pa ang iyong isip kaya sa iyong palagay ay hindi gumagana nang maayos. Makakabuti na dahan-dahan ay sanayin ang iyong sarili sa panibagong mundo.
3. Laging tandaang hindi kasalanan ang humingi ng tulong. Malaking bagay kung may mga taong nahihingan ng tulong, lalo na sa loob ng tahanan. Iba sa pakiramdam na nag-aaral ka nang may suporta mula sa mga taong nagmamahal sa iyo.
4. Isaisip na sa lahat ng bagay, ang gabay ng Panginoong ating Diyos ang pinakakailangan. Laging simulan at tapusin ang mga gawain sa isang panalangin at tiyak na magiging matagumpay ka sa lahat ng aspekto.
5. Huwag kalimutang maging masaya. Ang pagiging masaya ay isa sa mga pinakamalaking susi sa pag-abot ng mga layunin sa buhay. Kung masaya ka sa iyong ginagawa, magagawa mo ito nang maayos at magiging matagumpay ka.

How to...

Cut the ends off the stems then store in glasses of water in fridge or on your counter!



wrap your lettuce in a tea towel! And FRIDGE!



Store these whole in the freezer...



HOW TO STORE FOOD WITHOUT PLASTIC



Wrap bread in cloth (or pillow case) and store in a wooden bread bin.



Put leftovers in jars or just put a plate over and fridge it!



Stand celery + float carrots in water.

@eco with em_



Steel + glass freeze well!

Nature

By: Hannah Anjela G. De Guzman, 6-13 St. Maurus

Nature, it's dying by the second
As we make life easier,
We forget what's really important
What really matters
What we need to cherish

Multiple species of animals
They are getting extinct everyday
But only a few care
Only a few know what's going on
Only a few are helping

Forests that were filled with trees
Those trees are almost gone
Some animals have lost their home
We have to wake up
We have to realize what we're doing



Day by Day

By: Jan Fujiko J. Almojuela, 5-14 St. Bede

If you have a sack of troubles that you cannot set aright
Close beside you through the day and long into the night
If you are sore with sorrows from which you cannot flee
Grasping through the shadows from a path you cannot see

If you are disillusioned with a lot of faded dreams
Clutching tarnished treasures that are fading at the seams
Wading through the marshes of a bunch of wasted years
Grasping straws you cannot reach and drowning in your tears

You've got to learn to give before, you earn the right to take
Who doesn't bend before the wind is mighty up to break
Just as a rose needs sunlight to nourish tender shoots
So each of us needs love to grow beginning at the roots

And if today is cloudy tomorrow might be fine
No one has ever failed who kept a happy state of mind
The longest journey taken starts with a single mile
And one day time can change from worthless to worthwhile



Friends

by Diether Mark A. Lucero, 6-14 St. Leodegar

Sometimes the biggest things can't be seen
But it can be felt from within
To love or to care
Always find ways to dare

Once they feel pain
Don't let sadness rain
Always answer their call
Before they fall

The Ocean

By: Hannah Anjela G. De Guzman, 6-13 St. Maurus

The ocean filled with animal life
No, just like trash cans filled with plastic
We harm the ocean without noticing
by throwing plastic and paper in the ocean
It's harming the things that live inside

A place where these mammals live
Is soon to be a place of trash
An unclean place for anything to live in
Once we realize what we did
It'll be too late

But maybe we can do something now
Before things go wrong
We can stop it from happening
We can stop it before it's too late
Let's all help for the better





Magulang ko, Susundin ko

Ni: Aaron Royce P. Domingo, 6-12 St. Placid

Sundin natin ang ating mga magulang
Dapat lang sila'y mahalín at igalang
Mga turo nila'y ating gawing gabay
Para lumaki tayo nang matiwasay

Bata pa lang tayo ay nandiyan na sila
Para gumabay at turuan nang wasto
Laking pasasalamat ko sa kanila
Inalagaan at hinubog nang husto

Huwag natin sila bigyan ng problema
Hangga't kaya natin tayo'y tumalima
Pagdating ng araw pasasalamatan
Ipagmamalaki magpakailanman

Walang iba na magmamahal sa atin
kung hindi ang sariling magulang natin
Dapat na magpasalamat sa kanila
Ipadama habang nabubuhay sila

Pagtalima sa Magulang

Ni: Angelo Albert A. Adan, 6-12 St. Placid

Taos-puso kong mahal ang magulang ko
Sila ang kasiyahan ng aking mundo
Kapag may problema, sila ay nandiyan
Handang tumulong kahit saan at kalian

Salamat sa kanilang pag-aaruga
Dahil ako'y lumaki nang may halaga
Edukasyon ko'y kanilang tinaguyod
Kahit mahirap at lagi silang pagod

Paano ko sila makalilimutan?
Mga magulang ko nang naging kanlungan
Masayang araw ng aking pagkabata
Natatanging magulang aking sininta

Marapat lamang na bigyan ng kapurihan
Walang hanggang pag-ibig ay iparamdam
Maraming salamat aking ama't ina
Sa masaya at walang problemang pamilya

Diyos ay Dapat Sundin

Ni: Ryan Daniel V. Fuentes, 6-11 St. Benedict

Mayroong sampung utos ang Panginoon
Nakuha ito noong lumang panahon
Sinunod ito ng kanyang mga tao
Sinusunod 'to ng mga Katoliko

Tayo ay dapat magdasal araw-araw
Ang pagmamahla niya ay umaapaw
Ang mga utos niya ay importante
At ang kaniyang upuan ay higante

Isipan, isapuso at isabuhay
Parang mga mag-aaral na mahusay
Alinsunod ito sa mg autos N'ya
Pagsimba tuwing Linggo ay mahalaga

Tayo'y magmahal para sa Panginoon
Tayo'y rin magdasal sa kaniyang Poon
'Wag na kaya tayong mag-alinlangan pa!
Tayo'y magdasal, purihin natin Siya

CAMPUS



Ms. Nina Alexandra T. Torillos giving the Literary Information session with the Grade 3 pupils for this academic year.



BRAINSTORMING. The administrators having their meeting in preparation for the PAASCU Level III accreditation on September 19-20.



Team building. The HOLTS participants enjoy the different activities during the training seminar.



Raise your hands. The pupils show interests in joining the different accredited clubs offered for the Academic Year 2018-2019.



Inspire. Mr. Eduardo O. Casilla, Vice Principal and Prefect of Academic Affairs gives his welcome during the Miting de Avance held last July 30.

SNAPSHOTS



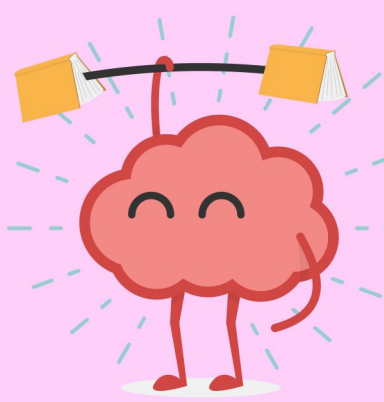
Nagkakaisang komunidad tungo sa iisang layunin: Mapagbuti ang pamumuhay nang naayon sa mga turo ni San Benito.



Mga mag-aaral na taga sunod ni San Benito. Mabuting pamumuhay at paggawa kaagapay ng panalangin para sa hangad na rurok ng tagumpay



Nutrisyon ng bawat isa, tunay na malaking pagpapala. Mga mag-aaral mula sa Kinder na suot ang kani-kanilang malikhaing kasuotan kaugnay ng pagdiriwang ng Buwang ng Nutrisyon.



BRAIN WORKOUT

PILIPIT-DILA

1. Minekaniko ng mekaniko ni
Monico ang makina ni
Monica.
2. Nakakapagpabagabag.
Nakakapagpabagabag.
Nakakapagpabagabag.
3. Pinaputi ni Tepiterio ang
pitong puting putong
patung-patong.
4. Ang relo ni Leroy ay Rolex.
5. Kakabakaba ka ba?
6. Sinusi ni Susan ang sisidlan
ng sisiw.
7. Botika, butiki, bituka.
8. Pasko, paksiw
Pasko, paksiw
Pasko, paksiw

TONGUE TWISTERS

1. How many snacks could a snack
stacker stack, if a snack stacker
snacked stacked snacks?
2. If you must cross a course cross cow
across a crowded cow crossing, cross
the cross coarse cow across the
crowded cow crossing carefully.
3. How can a clam cram in a clean
cream can?
4. The thirty-three thieves thought
that they thrilled the throne
throughout Thursday.
5. A skunk sat on a stump and thunk
the stump stunk, but the stump thunk
the skunk stunk
6. I wish to wish the wish you wish to
wish, but if you wish the wish the witch
wishes, I won't wish the wish you wish to
wish.
7. How many cookies could a good cook
cook If a good cook could cook cookies?
A good cook could cook as much cookies
as a good cook who could cook cookies.
8. I saw a saw that could out saw any
saw I ever saw saw. If you happen to
see a saw that can out saw the saw I
saw saw I'd like to see the saw you saw
saw.