



## A DISPLAY OF RECYCLING.

The Sci-Fashion show contestants showing off their unique and environment-friendly outfits to the judges and audience at the CSOL MPH during the Environment Month celebration.



Photos taken by:  
Crystal Cruz J. Rea

## Senior High Students attend a Career Bazaar

■ Rian Carlo F. Santos

**G**rade 12 students of Cavite School of Life attended a Career Bazaar. This inspiring and worthwhile event was held at the school's Multi-Purpose Hall (MPH). A substantial help in deciding what school/universities the Grade 12 students would end up enrolling in for their college journey. The event also served as a mini sneak peek to the participants' future school/university.

Grade 12 students were given a chance to see and experience what the 26 different schools and universities such as Mapua, FEU, UST and La Salle to name a few, have to offer like their facilities and information about the entrance exams.

There were games and raffles. Several freebies were given away from the participating colleges and universities.

The school of Philippine Marine Merchant Academy (PMMA) was late at the said event and could not find enough time to set up a booth.

The program was considered a success by many.

# CSOL fosters Sustainable Development

*Solicians take part in celebration of the Environment Month*

■ Hannah Rose D. Juanites

**D**riven by this year's Environment Month theme, "Science for the People: Enabling Technologies for Sustainable Development", CSOL conducted a week-long set of activities last September 24-27, 2019. The Sci-Fashion show was the highlight of the activity.

Students were given three days to create an outfit made of recycled materials. This activity aimed to remind Solicians of the essence and beauty of recycling. Solicians showed off their creativity as various recycled materials were transformed into outfits, one for the male and one for the female. Aside from this, chosen representatives from each class gave a bird's-eye view of how the design was conceived and made. The fashion show was held at the MPH on the last day of the celebration. Representatives of the Grade 12 level bagged the title of Mr. and Ms. Sci-Fashion 2019. Their costumes mainly consisted of mussel shells and used powdered fabric soap tetra packs.

A seminar was also conducted by Ms. Maria Theresa B. Calo, a representative of the City Environment and Natural Resources Office (CENRO) of the City Government of Bacoor, in relation to this year's theme. In the seminar, sustainable development was defined as a development that sustains the current population but does not compromise the future of the next generations. She stated the types of wastes such as biodegradable, non-biodegradable, residual and special waste. These wastes left a great effect to the environment. She mentioned that through technology, these wastes can be used in other useful and meaningful ways. She also discussed composting and enumerated some tips in protecting the environment.

## NEWS

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# BDRRMO educates schools for safety and preparedness

**DOH facilitated HIV/AIDS awareness program**

Last July 22, 2019, the Department Of Health...

### PREPARED FOR ANYTHING

Solicians in the tent after the earthquake drill being checked for injuries, on the right, one of the supposed injured, Matthew Gerichohn F. Jose, being treated after what could happen in a possible incident



Photos taken by:  
Crystal Cruz J. Rea



■ Deah Katriz R. Calilung

**B**acoor Disaster Risk Reduction Management Office (BDRRMO) conducted a talk regarding the safety measures and to-do's during the occurrence of calamities that was done to prepare people of unknown disasters that may occur. With the given instructions during the talk, BDRRMO assisted the students to perform the drills taught. This was held at the MPH last Aug. 9, 2019 with the hashtag "#BidaAngHanda". The Bureau of Fire Protection team, including SFO1 Patrick Paul Morales and SFO2 Richard San Jose, facilitated the activity with the help of the faculty and staff of the school.

The school and the agency met in the early morning to prepare for the drill, starting from having a quick briefing on how to use the fire extinguishers to the several sounds of alarm to be heard and lastly, how to perform the whole drill. There were few chosen students that acted as "injured" and even rode the ambulance to show the possible incidents.

Light rains in the morning were seen and so, during the drill only the students of the High School Department, from Grade 8 until Grade 12 were able to join. It was 2 in the afternoon when the drill began. The first alarm was for the earthquake drill and the second was for the fire drill. The assembly point was at the soccer field of the school.

People from BDRRMO, together with the faculty and staff of CSOL observed the effectivity of the drill. They were amazed with the quick action of the Solicians. In the span of 12 seconds, everybody was already at their respective evacuation sites. There were those who did not seem to be serious but majority were cooperative.

BDRRMO works with schools to prevent further damages and to ensure the safety of the people inside it. Drills were performed to prepare students, teachers, staff and the whole school for what might happen when the "Big One" strikes.

## EDITORIAL

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## PRIMACY

An individual who walks with righteous principles and an unbreakable will to preserve such morals will always stand out...



## FEATURE

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**ARRA SAN AGUSTIN: CSOL'S PRIDE**



## DOH facilitated HIV/AIDS awareness program



**CREATING AWARENESS ON HIV/AIDS.** Dr. Michael Angelo J. Marquez, Bacoor City Health Office medical officer, addresses a student's concern on the confidentiality of information on a person found positive of HIV. The "Peer Educator's Training for Junior and Senior Students and Teachers on HIV/AIDS" was held at the Bacoor Government Center on July 22, 2019.



Photos taken by:  
DOH4A-MRCU

■ Vincent Ian Paul M. Casas

Last July 22, 2019, the Department of Health (DOH) Calabarzon, the city Social Hygiene Clinic, and DepEd-Bacoor City Division set a goal to educate several students and teachers from different schools about the human immunodeficiency virus (HIV) and the Acquired Immunity Deficiency Syndrome (AIDS) in the "Peer Educator's Training for Junior and Senior Students and Teachers on HIV/AIDS" that was held at the Bacoor Government Center.

"Discriminated, judged, and feared at" these are the most frequent ways that people who are HIV positive get treated by the people who are not knowledgeable about the acquired virus according to studies.

The seminar that focused on informing the students and teachers about HIV and AIDS discussed the basic differences of the two, the laws involved about informing people about a person's health status, and the statistics of the rising number of the case as well. Among those subjects, Dr. Michael Angelo Marquez

emphasized and addressed the fact that in CALABARZON, Bacoor City has registered the highest number of cases of HIV/AIDS and also noted that the cases recorded this year ranged from ages 15-24.

At the end of the seminar, it was the desire of the health officials to equip the students with the basic knowledge on how one can prevent to acquire the virus that can lead to a much deadlier situation, so that they can spread that knowledge to their fellow students and be more aware.

## SpEd Department holds movie viewing for SpEd Adaptation

*SpEd program students encouraged to socialize more*

■ James Glenn F. Francia

**S**pEd Department conducts film showing of "Dora", the movie on August 24, 2019 at SM Bacoor as an activity for their SpEd adaptation.

First session starts its screening at 10:50 am in which the first batch of the students watched the said movie.

The second batch of special children then held the second session of screening at around 3:30pm of the said date.

SpEd teachers said that this activity helps the children in behaving well in the public.



The objective of the said activity is for the special children to develop and enhance their skills in socializing in public places like the cinema.

Ms. Everly H. Ilano

## Solicians compete for RSPC 2019

*Road to National Schools Press Conference continues*

■ Princess L. Vega

**S**olicians have achieved yet another new set of achievements in the recently concluded Division Schools Press Conference (DSPC) last September 11 & 12, 2019. They qualify in the most coveted seat and ticket to Regional Schools Press Conference (RSPC) 2019. This will be held on November 11-14, 2019 at Cainta, Rizal. They will compete against schools all over the region in the said competition.

These Solicians will be staying at Rizal Province to prepare for their competitions.



### MOVING ONWARDS

Solicians of the Elementary department, with their coach Ms. Emilia E. Geronimo that are moving on to RSPC after competing in their Collaborative Desktop Publication last September 12, 2019.



Photos taken by:  
Crystal Cruz J. Rea

Solicians dominated in multiple categories like Collaborative Desktop Publication, Broadcasting, News Writing, Photojournalism, Science and Health, Feature Writing and Copy Reading, securing a place in RSPC, not just the High School students, but the Elementary students as well.

Participants of the said RSPC finished their cliniquing last September 25-27, 2019 where they were trained with a coach from another school to enhance their skills and to strive to do their best.

"First time kong mag RSPC kaya na e-excite ako but at the same time kinakabahan din" said Hannah Rose D. Juanites of the Broadcasting Group - Filipino, who won first place as their News Presenter. She has been competing in the DSPC since she was a Grade 7 student.

"I will take responsibility of my place and will do my best to represent my team, CSOL, and Bacoor" said Christian Angelo V. Paraiso, a first placer in Desktop Publication Filipino Cartooning, one of the students who will be going to RSPC. He has been a cartoonist competing in the DSPC since he was a Grade 7 student as well.

This is another chance for Solicians to put CSOL in the spotlight as Solicians continue to thrive. Winners in the RSPC will have the chance to compete in the National Schools Press Conference (NSPC) in February at Tuguegarao.

# Solicians Conquer ASMEPPS

■ Kirsten Louise T. Flores

**R**epresentatives from the different levels in the Elementary and High School department represented CSOL in the recently concluded ASMEPPS Math and Science Wizards Regional competition. Students from the various levels, specifically from Grade 4 up to 12, competed in the various categories. These were mainly the Science and Math Quiz Bees, Declamation, Oration, Poster Making Contest, and the Extemporaneous Speaking Contest. The contest was held at St. Francis College of Assisi, Bayanan on October 12, 2019 from 8:00am – 7:30pm.

Solicians conquered each category and passed the elimination round, get into the finals, and win. These victors were Elijah C. Novila (Grade 5) ranking 6<sup>th</sup>, Christian D. Paez (Grade 10) ranking 2<sup>nd</sup>, Manuel Earl Yuan O. Nalzar (Grade 11) ranking 2<sup>nd</sup>, and Amie Grace D. Jimenez (Grade 12) ranking 9<sup>th</sup> for the Science Quiz Bee. For the Math Quiz Bee participants, Gerald Dumlao O. Jr. (Grade 11) and James Glenn F. Francia (Grade 12) placed seventh and third respectively. Euliecy Matthew M. Gacilio (Grade 4) won 5<sup>th</sup>, Samira Colleen C. Menor (Grade 6) won 4<sup>th</sup>, Jomar D. Castillo (Grade 7) won 4<sup>th</sup>, and Christian Angelo V. Paraiso (Grade 10) won 2<sup>nd</sup> for the On the Spot Poster Making Contest. Athalia G. Sallao (Grade 5), one of the candidates for the Declamation Contest, grabbed the award for 4<sup>th</sup> place. Lastly, Dave Ken G. Sallao (Grade 12) ranked 2<sup>nd</sup> for



**VICTORIOUS SIBLINGS.** Mr. Reymark Alonzo, Ms. Marissa Javier, Ms. Rowena Torres with Athalia Sallao and Dave Sallao after being awarded in their respective categories.

Photos taken by:  
**SAMANTHA MARIE P. MARTINEZ**

the Extemporaneous Speaking Contest.

Winners from 1st to 10th place from each category will be competing at the National Battle of Math and Science Champions which will be on January 31 to February 1, 2020. In preparation for the said competition, these students trained every after

school for one hour and allotted two whole days to focus and heighten their knowledge more to be equipped on their big day.

Their trainers came from the various departments each having their own specializations in their mentoring. For the Science team, they had Ms. Marissa A. Javier

(Elementary), Ms. Neliza G. Garcia (High School), and Ms. Ma. Norma D. Renomeron (High School). Ms. Rowena G. Torres (Elementary), Mr. Jener L. Vega (High School), and Mr. Roland B. Malixi (High School) spearheaded the trainings for the Math team. The Poster Making contestants were guided by Mr. Reymark C.

Alonzo (Elementary and High School). Ms. Emilia E. Geronimo was assigned to handle the Elementary Declamation participants, and Ms. Sievelle M. Eusebio for the Oration (Junior High School) and Extemporaneous speaking (Senior High School).

## FEU grants Belarmino Scholarship

■ Kirsten Louise T. Flores

### WAVING THE SOLICIAN FLAG.

CSOL Alumna, Patrick Belarmino, a scholar of the Far Eastern University of the Philippines.

**P**atrick Belarmino, a CSOL alumna granted with scholarship at the Far Eastern University of the Philippines this school year of 2019-2020.

In pursuit of the scholarship, Belarmino, although not prepared, relied on his past lessons and learnings and got the 50% scholarship through the examination. Fortunately, it raised to a percentage of 75% due to his hard work during his time as a Senior High School student.

“One must study smart.” said Belarmino repeatedly, as it was one of the main factors he

had always followed to attain the High Honor Presidential Scholarship.

Belarmino is required to maintain a GPA of 3.0 (as their grading system is inverted) and passing to excellent grades in his subjects in order to maintain his scholarship. His transition from High School to college was never easy as it was a major adjustment. “High School is different from college so I had to manage my time wisely and to study smart.” he stated.

Belarmino as a student of CSOL was part of the Science Team, headed by Ms. Ma. Norma D. Renomeron. Apart from being part of the team, he was also a student-athlete and has played for the athletics in the Discus Throwing Competition and volleyball team. He also became the Editor-in-chief of *Solician Life A.Y. 2018-2019* and was the Vice President for Disciplinary Affairs of the Student Council of the same academic year.

## Family Support Group, Successful

*Parents, looking forward to its continuation*

■ Kyla Marie B. Lucas

**W**ith the purpose of giving help to parents in dealing with their family issues and concerns, the Family Support Group – Session 1 of the Special Education Department received good feedbacks from parents after it was held at Cavite School of Life last October 11, 2019.

Team building activities aimed to build a harmonious relationship between parents and to strengthen bonds among them. A forum was also conducted where they shared their own experiences. Attendees were able to share their story, listened, and learned from others.

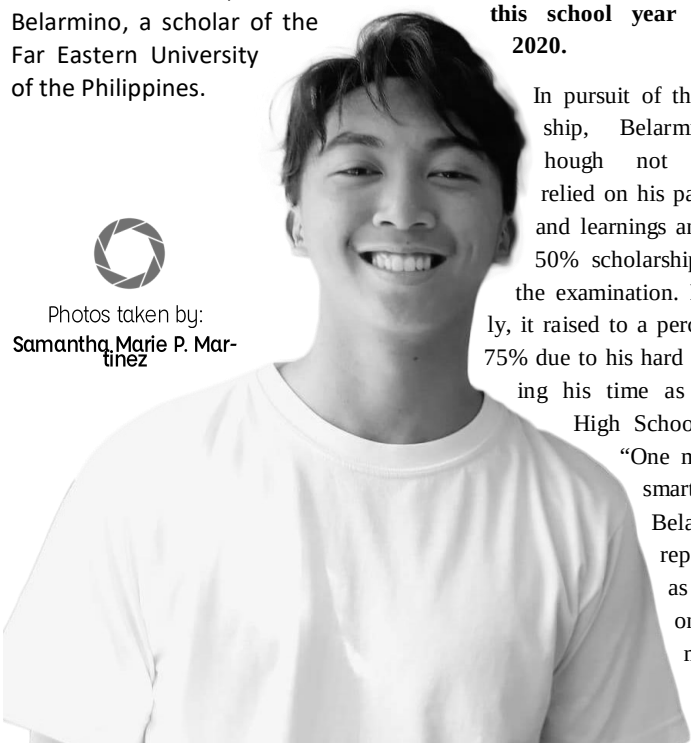
Some were looking forward to regularizing the said act. “Let’s keep

doing this kind of activity,” an attendee remarked.

“  
The activity is an eye opener. Learning from other parents helps us cope up with parenting my child with special needs



Photos taken by:  
**SAMANTHA MARIE P. MARTINEZ**



## EDITORIAL



# PRIMACY

**A**n individual who walks with righteous principles and an unbreakable will to preserve such morals will always stand out more than one who contains knowledge but lacks the virtues to live in harmony with other members of the society. As a subject, Good Morals and Right Conduct (GMRC) do not only spread biblical teachings to children and adolescents alike, but also disseminates information that other lessons cannot pass on to other student as it is either not related to its array of topics or just plainly irrelevant to the matter being conversed. From street-level perspective, how can one say that many will be affected when a lesson that bears such important values be eliminated from the modern curriculum being followed today?

Looking at the current issues today, it can already be acknowledged that this area of education would be needed for future generations to come and also the ones who inhabit the country now.

Increasing numbers in cases of teenage pregnancy, drug usage, and illicit acts are commonly seen in media and public; although it gives awareness to citizens it does not impose what to do in order to reduce such deeds done by our community and therefore no change happens in the process.

Besides the good objectives, it also can teach us how to accept what is given in the daily life and how to cope with it, the fact that chances will occur wherein it is not favourable to one's desire is not a tolerable reason to give up on a certain situation. Learn that in a wheel it is not always one part on the top as it goes down to keep moving but does not block hope of one day rising up to the top again.

Relying on a single fact would not get everything to start working, therefore as a resident of the nation it should not be limited on how many could help, as if 1% could build up to reach 100% or dots combined could form lines or shapes, nothing is impossible from a miniscule of a contribution because once everyone starts to adopt that mind-set, unimaginable goals can now be achieved.

GMRC is not an extraneous topic to be discussed among schools. Learn that education may be important but not knowing how to use it in an appropriate manner is rather destructive and unwanted by anyone, it is better to know how to say a statement rather than what to put in a sentence.

## MORAL STANDARD ANGEL JOHN ULFINDO

# VALUES IN ACTIONS

**S**olician values have been manifested in the life of every student of Cavite School of Life. Our generation proves that Solicians express these values in subtle, but meaningful ways. Various school activities have shown these core values in their daily lives and school performances.

### Love

"Happy Teacher's Day!" Solicians shouted as they celebrate the day of our beloved and hardworking teachers. Simple surprises were spearheaded by the Student Council Officers, serenading the teachers and giving them letters.

### Integrity

"Doing the right thing even if others are not watching you is not always an easy thing to do". During quarterly examinations, students are not only pressured by the physical test papers but more on the moral examination that will test the value of integrity that every Solician should uphold.

### Faith

Bible studies are held every Friday for Solicians to come together and praise the name of the Lord. In this activity, students may deepen their faith and learn more

about their purpose by knowing who God truly is.

### Excellence

Every Solician competing in both intra and inter-school competitions, carries the name of our institution, Cavite School of Life. This allows the students to enhance their skills, gain more knowledge, and above all, exhibit extra-ordinary performances.

### Service

Solicians, for years, have sponsored the program known as Pay-it-Forward. This has been a consistent Christmas tradition where we share blessings to the less fortunate, integrating the saying "Blessed to be a blessing".

Taking everything in consideration, we should impart our Solician core values of Love, Integrity, Faith, Excellence, and Service in our daily lives, proving our philosophy of learning not for school, but for life.

## AD ASTRA PATRICIA SANGRADOR JOY AFTER GRIEF

**A** lot of people always say that "I'm depressed" but the misconception is that depressed just means sad, downplaying the actual dangers of depression for those who actually suffer. Mental health has become a common topic to countless of people, especially to us adolescents but its meaning is sadly overturned and misused by many.

Mental health is generally a disorder or an illness that affects our psychology or train of thought. But many are mostly common with one particular mental health issue, Depression.

Depression is often mistaken from sadness when these two are actually different from one another. Depression is not an emotion that we just feel all of sudden at any time of the day. It is an extremely complex illness with an unknown cause, while sadness is the normal feeling that we get when we are scarred but those scars heal within ourselves by accepting them. We often hide our sadness with our smiles, with our laughs and with our "I'm-okays" but

these would turn into real joy when we find the happiness inside of ourselves. Yes, we may cry, we may think that life is difficult but in reality there is no easy life. We would always have bumps and challenges that we will experience in our paths, it is only our decision to either overcome these problems or just let them be.

Don't mistake a scar that can be healed for a scar that is within you for life. Have the thought that we all have minds that could conquer any problem thrown at us because we are the ones who would be able to jump all of these problems and find true happiness within ourselves.



## SUSPENSIONS IN THE FIRST SEMESTER



JULY 17

No classes in all levels declared by Governor Jonvic Remulla



AUGUST 5 & 6

No classes in all levels declared by Governor Jonvic Remulla



AUGUST 9

No classes in all levels declared by Governor Jonvic Remulla



AUGUST 27

No classes in all levels declared by Governor Jonvic Remulla



SEPTEMBER 2

No classes in pre-school to junior high school declared by Mayor Lani Mercado Revilla



SEPTEMBER 16

No classes in all levels declared by Mayor Lani Mercado Revilla



SEPTEMBER 17

No classes in pre-school to senior high school declared by Mayor Lani Mercado Revilla



SEPTEMBER 19 & 20

No classes in all levels declared by Governor Jonvic Remulla



# Solician Life

THE OFFICIAL PUBLICATION OF CAVITE SCHOOL OF LIFE - BACOR CAMPUS

JULY '19 - NOVEMBER '19

VOL. XI | ISSUE 1

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# ASF: AN OUTBREAK NOT AN EPIDEMIC

■ Shaina Elaine L. Kho

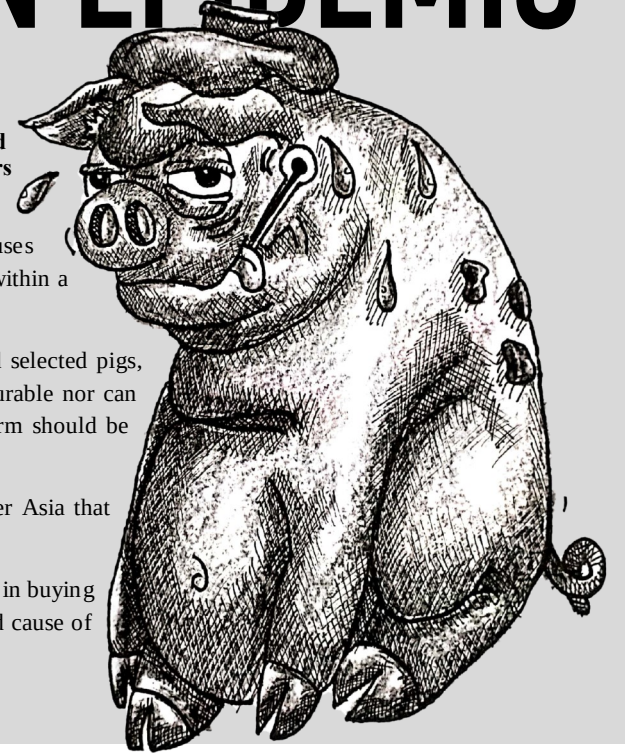
**A** viral disease causing the deaths of pigs in our country has been reported in the province of Rizal and Bulacan was confirmed by the Department of Agriculture (DA) to be the African Swine Fever (ASF) that affects only pigs, warthogs and boars according to the National Meat Inspection Service (NMIS).

The mortality rates of both young and adult pigs have increased due to the rapid spread of the said illness-ASF. This deadly disease causes severe fever, decreased appetite, and reddish skin that may have blackened wounds visible on ears, tails, and lower legs, leading to death within a week or worst, is sudden death of hogs or pigs.

Several cities and provinces in Visayas have banned pork imports from Luzon. Localities in Luzon like Quezon City have slaughtered selected pigs, added checkpoints, and monitored public markets and slaughterhouses to prevent entry of the Swine Fever. The virus has remained incurable nor can vaccination prevent its infection. Biosecurity and double measures such as reporting of unusual deaths and cleaning operations in the farm should be enhanced by the swine raisers. Feeding food scraps to pigs is highly discouraged.

The Philippines is considered to be one of the twenty countries affected by such disease. According to reports, ASF has spread all over Asia that implicates danger to backyard livelihood, resulting in major animal health and economy.

ASF is not considered to be a public health concern, but consumers were still advised to be vigilant and seek for NMIS seal as a guarantee in buying pork meat and products because there is a possibility that humans may become a virus carrier once infected meat is consumed. The suspected cause of the virus is believed to be transported by some overseas citizens and foreigners who came from ASF-affected countries.



# CSOL adopts DOH's 5s Strategy Against Dengue

■ Dave Ken G. Sallao

**T**he Department of Health (DOH) declared Dengue as a National Epidemic last August 6, 2019. Cavite School of Life has stepped up its preventive measures against the mosquito-borne Dengue virus in order to protect the students, as well as the people inside the school. In part with helping the public prevent this epidemic from spreading even more than it has, DOH has instructed people to use the 5s Strategy, which CSOL has also adopted.

## SEARCH

First 's' means to search and destroy mosquito-breeding sites. Employees of the school cleaned and drained water-collecting receptacles and other containers which might be contaminated with the eggs of the day-biting mosquitoes. This would prevent large amounts of mosquitoes from being there in the first place by going straight into the ground zero of mosquitoes.

## SELF-PROTECTION

Second 's' means to uphold self-protection with the use of insect repellents. Students, teachers and other school personnel are encouraged to use these self-protecting solutions and devices. This is to ensure that while not every mosquito will be eradicated within your search area, you can prevent those which can still infect you by protecting yourself.

## SEEK

Third 's' means to seek early consultation at the nearest health care facility, such as the

school clinic, when signs and symptoms of the disease occur. The longer you wait on getting checked or treated, the more the disease will progress. The severity of the disease will increase as long as you haven't checked yourself up.

## SUPPORT

Fourth 's' means to support fogging and spraying in hot spot areas around the school. Fogging around the school premises was then initiated by the school nurse along with a number of CSOL maintenance. This coincides with the first "s", Search. By fogging, spraying, and misting the hot spots in the school, less mosquitoes will be able to breed, which will in turn lead to less disease-carriers.

## SUSTAIN

Fifth 's' means to sustain hydration. It is very important to be well-hydrated once infected with the virus. Dehydration could easily lead to bleeding organs. Students and school personnel are encouraged to bring and drink lots of fluids.

By adopting the said preventive and control measures, Cavite School of Life hopes to lessen, if not totally eradicate, the cases of students being bitten by the virus-carrying, day-biting, female Aedes mosquitoes within its premises.



# Oh! - Zoned

■ Trizziah Faye L. Victoriano

**I**n different situations, the expression "oh" has widely been used and interpreted with various meanings. When you are surprised, you somehow say Oh! joyfully and with a smile. When you are disappointed, you'll use Ohhhh with a sad expression in your face.

Earth is known as the only planet that can sustain the life of different organisms by having right amount of temperature, presence of water, air, land and atmosphere. It is the most unique green and blue planet in our solar system and it is slowly dying because of different activities of men affecting it.

In our atmosphere, we have this ozone layer or ozone shield that absorb most of the sun's ultraviolet radiation which may harm organisms especially us humans. Ozone layer is found in the second layer of the atmosphere, the stratosphere. It contains high concentration of ozone (O<sub>3</sub>).

Nowadays, our ozone is under observation because it is slowly turning into thin layers, the phenomenon is known as ozone layer depletion. Human activities and the release of dif-

ferent chemicals from different industries and factories are some of the factors affecting the said phenomenon and if that continues, our ecosystem and living things such as humans will be affected because it increases the amount of ultraviolet (UV) radiation that reaches the earth surface which is harmful and may cause skin cancer, eye cataracts, genetic, and immune system damage.

We are the ones who are destroying the protective layer of our planet and we should be the one also to restore it. With man's greed, our planet is dying and some aren't realizing this. In doing simple acts of kindness towards our environment, we can be the one who'll tell others that no one can save our planet but us.

But hope is not all lost, in recent years the Ozone layer has been showing signs of repair. According to a United Nations report, this is the achievement of having global agreements. The international agreement called the Montreal Protocol has made sure that 180 countries would phase out the harmful chemicals called Chlorofluorocarbons (CFC) in order to reduce the depletion of our Ozone layer. Though it's not all fixed, this is a major step towards fixing our mistakes.

Before it's too late, act now! Before our Oh's that is filled with happiness turns into Ohhhh's with disappointments and sadness, let us start caring for our environment and promote environmental awareness to everyone.



## ARRA SAN AGUSTIN: *CSOL's Pride*

■ Vince Dennise P. Bonus

**S**he was one of the top six finalists of the sixth season of StarStruck, a reality-based talent search show of GMA Network. She is currently a mainstay of the longest-running sketch comedy program on Philippine television, Bubble Gang. This 2019 she was tagged as “the newest gem of drama”. She is Arra Krisette San Agustin.

Arra was born on April 25, 1995 at Oriental Mindoro. At the age of four, their family moved to Cavite and this is where she started her schooling. She spent her whole High School life at Cavite School of Life Bacoor Campus. According to her, this is where she was nurtured and that this institution has helped her built her character. As a student, she was focused on her academics. Behaved, disciplined and timid. This is how other people describe her. Year 2011, she graduated High School as an honor student. Arra, then took up BS Psychology at De La Salle University Manila and graduated in 2016.

She stated in one of her interviews that way back 2015 when they were watching a University Athletic Association of the Philippines (UAAP) game, a talent scout from GMA approached her and asked if she is interested in modeling. This was when she decided to audition for StarStruck. The said show paved a way for Arra to boost her confidence and to showcase all of her God-given talents especially in acting. According to the people that she had worked with, Arra is a versatile actress and that they can really see how she improved in every project that the network entrusts her. Though she did not become the ultimate female survivor of StarStruck season six, she was still given a lot of roles in different GMA series. She became the host of an online show called Taste MNL. By the year 2018, Arra landed on her first big role as Caroline “Carol” Flores in My Special Tatay. In this series, she is Boyet Villaroman’s (played by Ken Chan) childhood best friend and love interest. Portraying the role of Carol have helped Arra to become more known. This 2019, she has an upcoming series entitled Madrasta, where she will play the lead role as Audrey.

Arra has proved that being able to know what you are capable of doing really takes a lot of time, effort and of experiences. From being a shy student, she became the newest gem of drama of GMA network. She really is CSOL’s pride.

## Decision

■ Crystal Chrene R. Domogcao

**M**aking decisions is difficult, isn’t it? Especially when the choices we make will affect our lives greatly. And that is one of the reasons why Cavite School of Life held a Career Pathing Seminar for upcoming Senior High School and college students. To ensure that the students will not regret whatever strand or course they will be taking up in the future.

Some of us are not yet decided of what we want to be and are not sure what we could be. As Mr. Glenn U. Hipolito, a Senior High School student from the ABM strand said, “It is a way to open the possibilities and it gives them ideas on what they could be in the future if they took that strand.”, which means being guided in choosing a strand or course does not only lessen our confusion but might as well open up new interests we may use.

At this age, a lot of us have decision making issues, sometimes what we like are not really the best for us. Therefore, we must think about it clearly. Here in CSOL, we promote the Academic Tracks consisting of 4 strands. Namely the ABM (Accountancy, Business and



## Making 101

Management), HUMSS (Humanities and Social Sciences), STEM (Science, Technology, Engineering and Mathematics) and GA (General Academics) strand. We must choose our strands wisely, not only because it is our interest but this will also prepare us before we turn into college students.

As we grew up, we learn from our mistakes. Like what an upcoming Grade 11 student, Mr. Daynolo said, “Be good, be better than your good and make sure your better is at best”, we are in the process of maturity and career pathing helps clear out our thoughts.

“Every person has a chance to have a good life, you just have to believe in yourself and work hard,” Mr.

Mondigo remarked. Life is a matter of choices and decision, so make the best decision happen for you.

Think about the possible outcome of each action.

These types of seminar should be given attention for it will be our guide in choosing what career we could be in and what lessons we could learn.

What matters the most is how we apply what we learn today to our life in the future.

## Prestian-ticipate

■ Leu Francine Riel B. Dy

**I**t is in the mentality of people that decisions you make will affect your future. Decisions matter especially in choosing a leader with the right advocacy. Most of the time, people anticipate the change or advancement that could happen. The question is, “What’s next?”

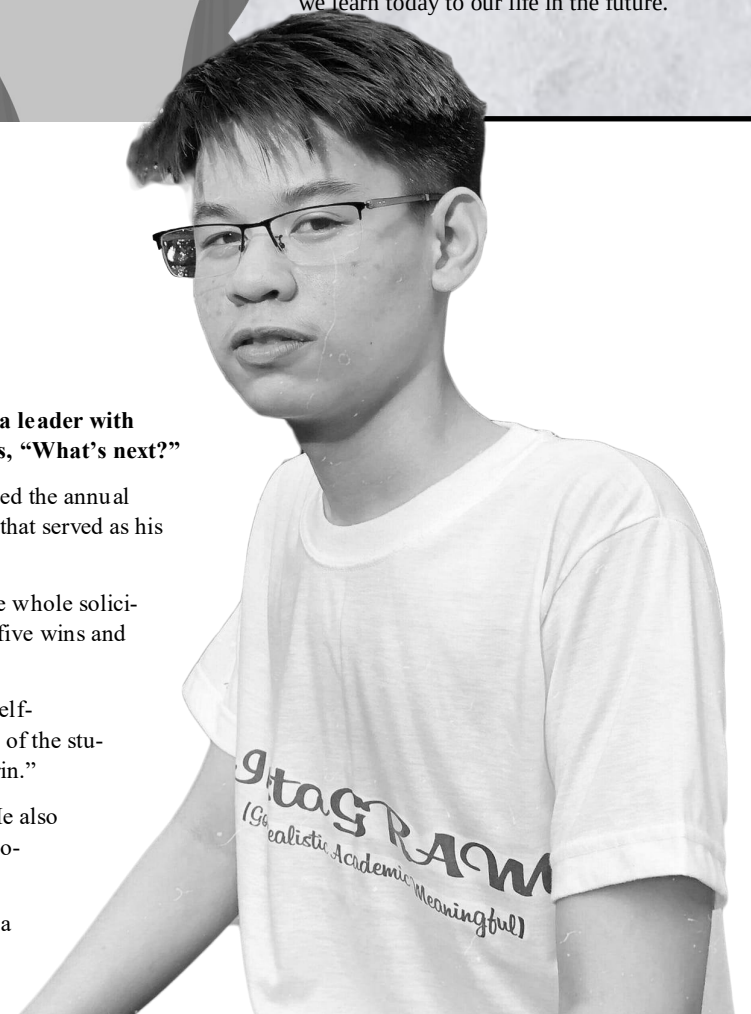
Christian D. Paez, the head of SINAG, captured the heart and trust of the Solicians. Cavite School of Life conducted the annual elections for the Student Council last August 23, 2019. He presented his plans and platforms for the improvement of the school that served as his key for achieving his position. The students have spoken and Christian is now the SC president for the school year 2019-2020.

He described his journey as a stressful yet a fulfilling experience. Christian aspires to implement his fresh ideas for the whole solician family. Even if he was the last one to create a party, he did not let anything including his age be a hindrance in leading. His ‘five wins and one lose’ experience helped him to build his character into a role model that every student can look up to.

During the campaign period, he is labelled as the ‘hardworking katinko papi’. One of his goals is to build a persons’ self-confidence and unleash their potential. He believes that this requires a lot of effort and it would not be possible without the help of the students. Christian is a living testimony that there are no boundaries as long as you believe in yourself. “Kung kaya ko, kaya niyo rin.”

The opportunity to grow of each individual is Christian’s motivation to make the most out of the time given to him. He also values the importance of health care and he promotes cleanliness. It is very timely and relevant to make small yet precise steps towards the refinement of the environment. In order to make a change, it must start within ourselves.

Winning the election is an opportunity to start small and establish a strong foundation slowly. They are all elected for a reason and a chance to lead. Platforms are presented and not promises, this leads back to the question “What’s next?” What will the students anticipate from Christian Paez or ‘Prestian’ as the newly elected President of the Student Council?



## New faces in the faculty

COMPILED BY THE ELEMENTARY CAMPUS JOURNALISTS



### MS ELYZA JOYCE L. CORONIA

A home grown Solician who spent 6 years of Basic Education here in CSOL is now a part of the faculty member of the SpEd Department. Ms. Elyza is a fresh graduate from La Salle Dasmariñas with a degree of Bachelor in Education major in Special Education. She teaches Reading, Mathematics, Science, Computer and Writing. She admires the versatility of her fellow Solicians. She also dreams of becoming a theatrical artist. "Be the best that you could" is her advice to her students.



### MS. MARY ANN ANTONETTE R. MANAPIN

To become a traveller and to conquer the world is one of the wildest dream of this very eloquent teacher of the SpEd Department. She hails from Cebu, the city of smiles. Ms. Tonette is a graduate of the University of San Jose Recoletos and has earned for herself 3 years of teaching experience at the Academia de San Pedro Calungsod in Laguna. She handles the multi-class level. Ms. Tonette believes in the saying "Stop saying I Wish, start saying I Will"



### MS. GHIELLEN B. ARGETE

This young BS Mathematics major and a fresh graduate from Southern State University - Main Campus, Ms. Ghielen is one of the teacher-assistant of the SpEd Department. Her ultimate ambition in life to become a flight attendant or an accountant. She is God fearing and very responsible. Her advice to Solicians is "Don't stop when you are tired, stop when you are done."



### MS AIRA JANINE OCAMPO

Ms. Aira is the talented teacher-assistant of the SpEd Department. She is a graduate of Bachelor of Elementary Education major in Special Education of Imus Institute of Science and Technology. She is very grateful for having been included as a part of the Solician family. She finds the Solicians very respectful and hardworking. Her motto is to live life to the fullest and always be a blessing to others.



### MR. MARVIN ANGELO S. GALVE

He is an athlete and a sports-minded person. He also dreamed of becoming a policeman. He is also one of the teacher-assistant of the SpEd department and one of the coaches of the varsity players of the Zions Team. He is a graduate of Bachelor of Secondary Education major in MAPEH. He is also a former teacher of the Holy Child Jesus Montessori. His motto in life that he wants to share to this students is to "never give up".



### MS. MARIECHELLE R. RONQUILLO

Another teacher-assistant from the SpEd Department is a fresh graduate of Bachelor of Elementary Education in Special Education at Eulogio Amang Rodriguez Institute of Science and Technology. She has already taught for 2 years at Academia de Julia Victoria. Her ultimate goal is to earn her license and finish her doctoral degree. Her message to her students is to dream and reach what they want because she knows that we live in this world full of challenges.



### MR. JAMES PETER BUENAVENTURA

Known to his students as Sir JP, is the new Filipino teacher of the Grades 4, 5, and 6 pupils. He is a fresh graduate from the University of Perpetual Help College-Molino Campus. For him, time is gold. He never allows himself to be unproductive. He is always energetic. His advice to his students is to value hardwork and industry.



### MS GRACE P. CABALLERO

Our future news anchor is Ms. Grace P. Caballero. She is a graduate of Bachelor of Education in English at Cavite State University. She is a former teacher from St. Matthew Academy. She teaches Character Education in Grade 2 and Mathematics for Grades 1, 2, and 3. She is the adviser to Grade 1 - Honesty. Ms. Grace advises everybody to "Stay what you have built."



### MS. NIKKI JUNE C. MENDOZA

"To be happy and be contented" is the life's goal of Ms. Nikki June Mendoza, the new Kinder adviser. Ms. Nikki has been in the teaching profession for 12 years now. She maybe strict but very sweet and jolly. She finds every Solicians respectful. She teaches Reading, Character Education, Language, Filipino and MAPEH in the Kinder level. Aside from this, she is also the Grade 1 Reading teacher.



### MS. RONILYN GAYBELLE G. MASELLONES

Another new teacher of the Primary Department is Ms. Ronilyn Gaybelle G. Masellones, advisor of Grade 2 - Sincerity, she is handling MAPEH subjects for Kinder and Grades 1 to 3. Ms. Belle finished her studies at the University of Perpetual Help System DALTA with a degree of Bachelor of Elementary Education Major in Preschool. She finds peace here in Cavite School of Life and she describes Solicians as disciplined and respectful. She also wants to travel and explore the world someday.



### MS. JILL M. HINUNANGAN

The petite Filipino teacher of Grade 7 and 8 is Ms. Jill. She is a fresh graduate of Imus Institute of Technology. She enjoys her stay here in CSOL and finds enjoyment in teaching. She is the adviser to Grade 8 Righteousness. She treats her students as her younger siblings and really cares for them. She advises them to keep focus on their work and be determined.



### MS. BISHAN V. ROMERO

Ms. Bishan is the English teacher of Grades 9 and 10 and is also the adviser to Grade 7 - Gentleness. She is a graduate of Cavite State University Imus with a degree of BS Education major in English. In her previous school she taught Science subjects. She enjoys the challenges she had encountered here in Cavite School of Life. Like the other new teachers she finds Solicians disciplined and respectful. She also admires the creativity of Solicians. To travel around the world is also a part of her bucket list.



### MS. JANELLE R. RITES

"Ms. Ja" as she is fondly called, is a fresh graduate of Pasay University. She is the Reading teacher of the Intermediate level and the adviser to Grade 4 - Integrity. Ms. Ja looks forward to becoming a licensed teacher this year. She plans to enroll and eventually finish her masteral studies. She enjoys dealing with her pupils. She always reminds them to be a blessing to others especially to their families.

# Techy and nature-friendly

■ Hannah Rose D. Juanites

“When you give your all, but it still isn't enough.”

As the population rapidly increases, the demand heightens to the extent that in the near future, our nature wouldn't be able to sustain it anymore. With that, technology is said to be the enabler for sustainable development.

Technology has always been the heart of development. From manual and on-hand works, we have completely shifted to a virtually controlled environment and while it's a good thing, I can't help but think that technology has a completely opposite implication.

Millions of hectares of forest were urbanized because of it. It filtering water to meet the demand for it. It can be used to create a more secure system that will track the transactions of product so that we will be able to monitor the amount of products being sold and used. It can use social media as a platform to promote conservation of resources and ways of preserving our nature. We can utilize it to protect our wildlife and rich biodiversity. Technology, now, is the key for sustainable development

Like a double-edged sword, technology is a tool given to us, stewards of earth, to either protect or harm the environment. We can use technology to do us good or we can demonize it and we're gone for good. We have to utilize technology in a way that we can sustain the present people without compromising the future lives of the next generation. There is nothing wrong with development but we must keep in mind that after all, all we do today will greatly affect our future.

As powerful as it can be, technology can aid in draining and

Our so-called techy generation should put a little bit of ecocentrism in our minds. We must not perceive technology as a tool just for upgrading our phones, making high-tech buildings etc. but we must see to it that the very nature of technology will not be neglected. Any way, our actions today creates our legacy to the next generation. We don't want them to blame us for endangered rice grains and dirty waters right? We have to create a better world for them and all we have to do is to be simultaneously techy and nature-friendly.



# Solician Life SPORTS

The Official Publication of Cavite School of Life  
Bacoor Campus

Vol. XI | Issue No. 1  
July 2019 - November 2019

Photo taken by:  
Samantha Marie P. Martinez

YOUNG ACHIEVERS. Elementary CSOL Zions - Basketball team, with their coach, Jhun Leynes, as well as their parents after being awarded for winning the bronze medal in the District Meet 2019.

## Game of the Palm

James Glenn F. Francia

**W**ith the strike of a hand, the ball dashes over the net conquering speed faster than greased lightning. The opponent then attempts to return it back with all its might to prevent the ball from going out of bounds. At this point, a new game was born: *jeu de paume* or 'game of the palm'.

Originally, the game was ruled out by hitting the ball in such a way that the opponent will not be able to 'receive' or return it properly, hence, the French term *tenez* was later used to name the game, 'tennis'.

Soon the sport evolved and used rackets strung with cord instead of using bare hands, and a hollow rubber ball covered with felt.

To start the game, the server must toss the ball up in the air in a way such that the ball must not rotate midair. While at a high position, the ball is struck with a racket, crossing over the net and onto the other side of the court. The opponent, on the other hand, receives the ball and returns it back over the net.

This sport may be played individually or in a team of two. The pace of the ball varies accordingly depending on the caliber of the players.

Being a competitive school, our alma mater adds this to the curriculum of Physical Education (P.E.) of Grade 12, honing new athletes with potential and willpower to fight in the court.

## CSOL Zions-Elementary Basketball Team Wins Medal in District Meet 2019

Aisen S. Martinez

**W**inning the bronze medal, the CSOL Zions Basketball team of the Elementary Department competed in the District Meet 2019 on August 29-30, 2019 at the Real Elementary School, Bacoor, Cavite. Lead by their coach, Coach Jhun Leynes, they won against the odds and won 3rd.

The battle between the Zions Team and the other private and public schools was fierce. Some of these schools include Habay Elementary School, El Escuela La Madrid, Real Elementary School, and Crown of King Solomon Academy Inc (CKSAI). The first school they were up against was El Escuela la Madrid, which was a much awaited match. They won in the said match and they got a chance to compete for the 3rd Place.

They fought against CKSAI next and the lineup that Coach Jhun Leynes, the Coach of the CSOL Zions team, put up for the first quarter were Matthew Carlos D. Colcol, John Lemuel P. Parreno, Clyde C. Matro, Kurt Inigo L. Galeon, and Gabriel I. Guyamin. The Zions team then proceeded to get a lead out of the first quarter. For the second quarter, Coach Jhun Leynes chose Aisen S. Martinez,

Benj Jude A. Hechanova, Victor Andrei C. Timenia, Clarence A. Millar, and Rein Gabriel A. Adero. At this point, each of the players of the basketball team were energetic and won with a score of 31-33, CSOL Zions in the lead. This was the reason why they won the game.

They were recognized as the third best athletes of basketball of Bacoor District 1 and the only private school to get that award this year. According to Coach Jhyun Leynes, "*Kailangan magpursigi ang bawat manlalaro sa pag-eensayo at huwag mawalan ng pag-asa sa lahat ng labang kakaharapin*". He also said that it was due to their hardwork and resilience, and by the players being disciplined and wise. He was amazed by the abilities of the CSOL Zions Basketball Team in the said competition.

## Sallao's Milestone: Swimming towards Success

John Carl C. Baga

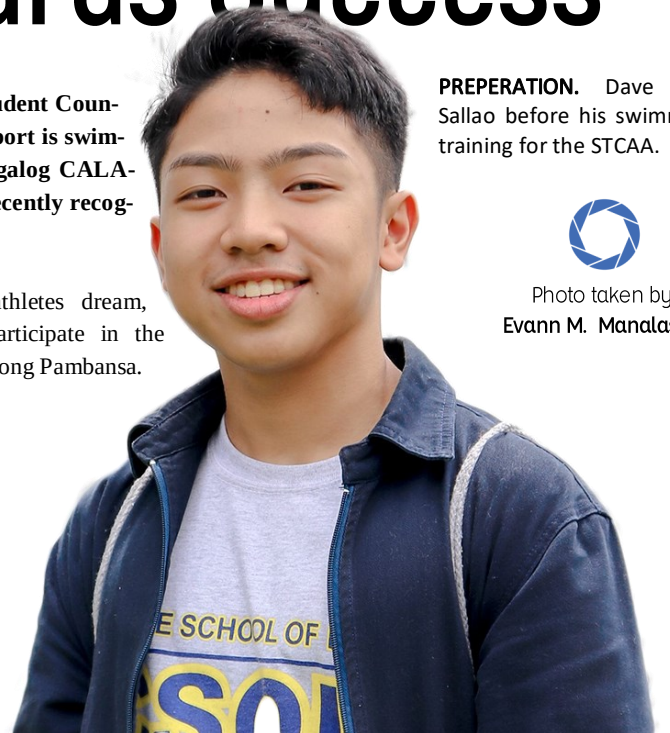
**D**ave Ken G. Sallao is a Grade 11 STEM student and he is currently our Student Council's Auditor. He is a student athlete and an honor student. His primary sport is swimming, winning lots of gold medals. He is a 4-peat STCAA (Southern Tagalog CALA-BARZON Athletic Association) player representing the province of Cavite. He is recently recognize after winning 2<sup>nd</sup> place in his first International Triathlon Cup.

His goal is to involve himself in every activity in such a way that he could glorify God in every achievement. One of his biggest achievement in his life was being sponsored and won his first Triathlon competition. He is the youngest male that ever joined in the said event placing 2<sup>nd</sup>.

He started swimming when he was in Grade 5. His milestone grew until when he participated in his first STCAA competition. Now he still exerts lots of effort to achieve his goal

**"It's hard to maintain different things if you don't like it but if you will exert love and commitment, win or lose you are a victor in your life."**

all athletes dream, to participate in the Palarong Pambansa.



PREPERATION. Dave Ken Sallao before his swimming training for the STCAA.

Photo taken by:  
Evann M. Manalastas