



PARENTS FIRST MONTHLY BULLETIN FOR PARENTS OF SOUTHRIDGE SCHOOL

FATHER AND SON ACTIVITIES



IN THE NEW NORMAL



NURTURING RESILIENT INDIVIDUALS

By Myron & Joysan Bergado | Grade 4 Parents

Building and cultivating resiliency is a topic which we can learn from and implement especially during these trying times. We can't imagine another time in the foreseeable future where we will be taxed with an extended period of relative isolation. In some ways, the current situation has brought families closer together and it has allowed us parents to closely observe our children. If we can identify some of the adverse emotions they experience, we can help by nurturing them to be more adaptable. We can equip them with self-care strategies during difficult moments and hopefully emerge as more resilient individuals.





THE ALL IMPORTANT PAUSE

By Bryan & Tina Acosta | Grade 4 Parents

The pandemic has made us all realize the value of many things that we used to take for granted. Some of these are our mobility, the outdoors, and relationships outside of our immediate family and household. All these feed into good mental health.

More than two years into the lockdown (and all versions of it) and we have seen how our limited ability to mingle with other people face to face, play (or just cheer for) sports have made us somewhat weak or less happy. We have struggled with anxiety throughout this time, and our kids are not the least excused from this challenge. In fact, as childhood years are supposedly their formative years for building social skills and forming relationships that should help them build their identity; our kids could be more impacted than us.

The session was a good eye opener that mental health and well being applies to everyone of all ages. First off, we cannot give from an empty cup. As parents, we need to endeavor to be of good [mental] health. This will help us fulfill our role as our children's #1 support.. When our children manifest difficult emotions, doing the "pause" seemed simple and easy yet admittedly, our own personal struggles may urge us to engage to be understood rather than to understand. After some personal reflection during this pandemic and lockdowns, we have come to realized that the pause is all that we need. (Continued to next page)

(Continuation of The all important pause)

There were other self-care care tips, like the "hope theory" and the power to shape our future that the speaker shared that were very practical and worth trying in our family. For us, these are all hinged on the importance of supportive relationships which should start at home. And in Southridge, we are one big family. Let's be each other's support group as we forge ahead and thrive through the uncertainties.

"After some personal reflection during this pandemic and lockdowns, we have come to realized that the pause is all that we need."



GOD IS BIGGER THAN EVERYTHING

By Ken and Ryan Huang | Grade 4 Parents

"If you could get your child "immunized" from painful experiences for the rest of his life, would you agree to do it?" The question of the speaker, Ms. Ashley Aquino struck me. As parents, we would always try to protect our beloved child or children from all kinds of pain because we love them. BUT, pain is essential for their growth.

Why do we need to build our son's resiliency and grit?

Resiliency and grit are the best gifts we can give to our child. The ability to handle failure with graciousness on the outside, and kindness on the inside. Not forgetting the lessons, and to try again.

People with "growth mindsets," according to Carol Dweck of Stanford University, are more resilient and willing to persevere in the face of adversity because they feel that hard work is a necessary part of the process and that failure is not a permanent state. Those with "fixed mindsets," on the other hand, feel that success is based on natural ability and are prone to giving up easily—after all, why work hard at something if you don't believe you can change it?

Pain (of all sorts) is inevitable. He will get a taste of it. When it does, we want him to be able to pick himself up, dust himself off, and move forward. Carrying with him the lessons of that challenging situation.

Be there. We will always be there for him to guide him and cheer him on. It is always best to have an amazing strong network of supportive family and friends especially in difficult times.

Ms. Aquino also mentioned that it is important that we establish communication with our child early on. We agree 100%. Our family should be a "safe place" for our child to freely speak and express his emotions. He needs to know and feel that we are coming from a place of love and not of judgement. As he grows up, we pray that he'd always feel this way.

As guardians of our child on earth, our role is not to be their friends (they will have a lot of them). Our role is to ensure that we raise them as good citizens of this country. They say, "Let's leave a better world for our children". Yes, true... But, wouldn't it be better to leave BETTER CHILDREN for the world?

It is a big and scary world out there. More than resilience and grit, our child must understand the most vital fact: GOD IS BIGGER THAN EVERYTHING.

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GAME ON! CREATING QUALITY TIME

By Anthony Rivera | Grade 2 Dad

Grade 2 batch 2032 literally had a blast last Saturday, 15 January 2022, coming together for the Father-Son virtual activity.

The father and son event was full of fun and surprises. Dads and sons had the chance to get to know each other and work together in teams.

The trivia game got the sons and dads tandem really excited. Dads reminisced the days of Sega and Nintendo, while the kids showed the Dads the Roblox and Fortnite of today.

The Escape to the Red Zone quest had the teams minds totally immersed in trying to find the codes from four discs to finish the mission, and bring the teams virtually to the Red Zone. It was a good exercise in teamwork and patience for all, especially the father and son teams.

Here are some more insights from a few other Grade 2 dads:





By Carlos Ocampo, Jr. | Grade 2 Dad

The Father-Son day was a welcome breather for all of us. The pandemic has brought changes and challenges in our lives that we were all not ready for. It has affected our work/businesses and our families. We parents had to work smarter, some had to endure time away from home, and some had to adapt to working from home. Our children had to learn to go to school online, and nurture friendships with classmates all on screen.

It is a welcome break that we have at least a day just for us and our sons, a day when we can set aside our worries and concerns, and just relax, get to know each other better and have absolute fun!

It was great to give our kids a glimpse of our youth, of the music and video games we loved when we were growing up. And vice versa, it was very interesting to see for ourselves what keeps our boys entertained especially these days when they are stuck at home 24/7.

The Father-Son Day was proof that though generation gaps exist between us and our sons, they are very easy to bridge with a little fun and games, and plenty of laughs and love!



By Kris Buckham | Grade 2 Dad

It was a fun filled Saturday in the Buckham household and in many other lounge rooms around the Metro on Jan 15th as Southridge came together for opening Father-Son activity for 2022. After a very nice Opening Prayer, host Bel got the event started with a 'get to know you' breakout activity where each group came up with their own unique cheers.

We then had the opportunity to take part in a virtual escape room activity which the kids loved (and I think the dads even more!). Overall, it was a great way to spend a Saturday afternoon and especially nice for the Father's to be able to meet one another, many for the first time.





By Bong Malibiran | Grade 2 Dad

I have always enjoyed video games, and I'm happy to be able to share this pastime with my kids, especially Jaime. Aside from being fun, I believe it's also a good avenue to learn about many things, from math and visualization (e.g. Brain Academy), to cooperation and problem solving (e.g. Unravel, Overcooked, Carmen San Diego), to even history, strategy and planning (e.g. Age of Empires, Civilization, SimCity).

The Game On Father-and-Son Activity was a great way to talk about games, both past and present, and bond as a coming together of two generations in which gaming has become a part of culture--and is likely to become embedded in our culture, here to stay for future generations. I thoroughly enjoyed reminiscing about past games, and solving the escape-breakoutroom mystery with Jaime, and other fathers and sons.







As we continue to strive and pray that our children grow more in wisdom and grit, to consistently spend quality time with them always proves to substantially benefit them in more ways than one. It strengthens our relationship with our sons, and create bonds that become deeper over the years. Whether it be at work or at play, our children see and feel our presence in their lives.

We are all witnesses to the changes of the times. But building relationships with our sons – or other fathers – show no boundaries. This virtual Father and Son activity only proved that. Truly time well spent with our boys.

"As we continue to strive and pray that our children grow more in wisdom and grit, to consistently spend quality time with them always proves to substantially benefit them in more ways than one. It strengthens our relationship with our sons, and create bonds that become deeper over the years. Whether it be at work or at play, our children see and feel our presence in their lives."

ESCAPE ROOMS

By Mikkel and Jose Paris | Grade 4B Parents

Last January 22, 2022 the Grade 4 fathers and sons spent the afternoon stretching their vocals in the BINGO-OKE. All had to outwit and out type each other to gain additional points to be crowned 2022 section champions.

However, the day did not end there; everyone was faced with an escape room challenge to gain additional points. Each section was sent to different rooms to look for clues, solve puzzles, and accomplish tasks in order to breakout within a limited amount of time.

We did not expect a lot, it being the second time we were doing yet another activity online, and again on Zoom shared by Mikkel and Jose Paris.

So it caught us by surprise that we had a lot of fun, technical difficulties aside—like our faces popping in and out of the really cool background.

Jose and I thoroughly enjoyed working through the challenges and the games.

The most memorable for us was the Escape Rooms because it involved true Father and Son collaboration. It is always a refreshing moment when we begin to understand how their young minds work, and how much knowledge they already contain at 10 years of age. We cannot wait until we have these batch activities in face to face and really enjoy each others company!

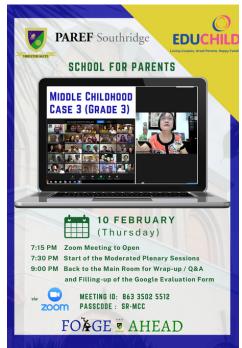








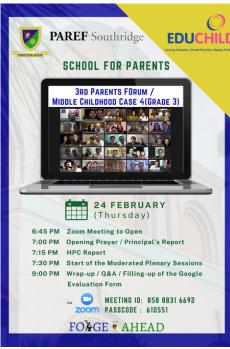
UPCOMING EVENTS















FEBRUARY

Calendar of Activities School Year 2020 – 2021

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1	Tuesday	Chinese New Year (Holiday)
3	Thursday	Grade 5 Second Parents Forum
5	Saturday	Grades 5 & 12 Batch Family Rosary
6	Sunday	First Sunday Recollection (English)
9	Wednesday	GS & JHS Student Assemblies
10	Thursday	Grade 1 Third Parents Forum
		Grade 3 Middle Childhood Course Case 3
11	Friday	Grade 11 Batch Family Rosary
9 - 11	Wed – Fri	SHS Mid-Sem 2 Period 1 Exams
14 - 16	Mon - Wed	GS & JHS End of 2nd Trimester Exams
16	Wednesday	SHS Student Assembly
17	Thursday	Grade 2 Third Parents Forum
		Grade 7 Third Parents Forum and PTC Case 3
17 - 18	Thu – Fri	Completion Days
19	Saturday	NPEP Case 4
		Grade 9 Online Father & Son Activity
21	Monday	GS & JHS Start of 3rd Trimester
24	Thursday	Grade 3 Third Parents Forum and MCC Case 4
25	Friday	EDSA Anniversary (Holiday)
26	Saturday	AS Third Parents Forum
		Grade 10 Father & Son Activity
27	Sunday	Fourth Sunday Recollection (Filipino)
		Grade 9AS Batch Family Rosary

ÖBEDIENCE "Irtue of the Month

Parents can help their sons develop the virtue of Obedience through the following:

- Use a soft-spoken tone whenever you ask them to do something. Avoid yelling or nagging.
- Show how things are done before asking them to do the work themselves.
 Show patience when they do not follow as instructed.
- Give clear and understandable instructions appropriate to their age. Make them acknowledge your instructions.
- Suggest to them what you want them to do instead of telling them what they should not do.
- Set down rules about acceptable behavior. Be consistent with the rules you set.
- Show appreciation for tasks when performed. Don't be stingy in praising them.
- Show good example in the fulfillment of your civic duties, e.g. follow traffic rules, fall in line, etc.
- Collaborate with the mentors in the formation of your sons.

SPECIAL FEATURE

WE ARE REISSUING AN ARTICLE THAT CAME OUT IN PARENTS FIRST LAST APRIL 2021. THIS IS IN CELEBRATION OF THE LOVE MONTH

AND AS A TRIBUTE TO MR. CEZAR CORCUERA WHO DIED LAST SEPT. 27, 2021.



GOD looked down lovingly on earth and smiled. He looked at one of His Cupid angels and said, "I've spotted them!" "Who, my Lord?" "My next creation of LOVE!"

Cupid Angel looks down, faces his master and asks "Ahh... forgive me, Lord, but aren't THOSE two creatures TOO different from one another? Uhmmm....how do you think they'll make a GO of a union?"

"TRUST ME". God then sent His Cupid angel to aim his arrow into the heart of Corky Corcuera who at 18 years old was praying daily at Mass at Our Lady of Montserrat Church (Mendiola St) for the right partner in life.

In that same chapel, a young Holy Ghost student (College of the Holy Spirit) attended daily mass too. Pursuing a BS Biology course at Holy Ghost College Nanette King was bent on achieving her dream to become a doctor. She was 17 years old then.

Corky, a pure-bred Bedan from Prep to College, had been a student leader all through his student life. Corky was serious, intelligent, and quiet. He spoke when he had good ideas to share, forever unobtrusive, always in the background.

Nanette was a totally different creature. She basked in the limelight of theater and song, always at the center stage of school plays, tv singing stints, training and forming a singing group bearing her name-The Mignonettes, with the now-famous Louie Reyes as lead vocalist. She was also editor of CHS's literary magazine.

And so Cupid Angel aimed at Nanette's heart but sorely missed his target.

God was so disappointed!

Cupid Angel argued his MIS-Aim! "Lord, it may be for the better! See here. Corky comes from a very simple and prayerful family, lives in a simple 2-bedroom home, has a homebody mother who cooks and sews, a stay-at-home artisan model-maker for a father, and two brothers who are both nice and humble."

"Nanette? Oh my! Big Chinese businessman/doctor for a father, a Filipina DONA DALISAY for a mother, 11 other siblings with 11 yayas in tow, 16 bedroom mansion for a home, what else?"



"Lord, even Religion is confused. It's a mix match of Catholic/Protestant/Buddhist influence. There's even a Buddhist altar right smack in the middle of the living room across which is an ivory crucifix of Your only begotten Son!"

God shook his head and said, "TRUST ME!"

Cupid Angel follows his Master's cue, aimed his arrow once again, and hit its mark - 5 years later - Corky at age 22 and Nanette age 21!

God was pleased! He thanked Cupid Angel and said, "Now I must put myself to serious work!"

"First I have to get them married by Fr. Tsao at St. Jude the Impossible on January 5,1968.

"Hurry hurry because Nanette is being sent off to Switzerland by her dad!"

God now puts on a chef's hat and an aprontoo, and proceeds to prepare His ingredients.

Cupid Angel becomes curious watching his Master Lord. "Lord, what are you doing?"

"Baking, don't you see? I need flour, yeast, baking powder, baking soda, water, leavening agent, salt, fats and shortening, sugar, sweeteners like syrup, molasses, butter, extracts and flavorings, spices. A sprinkling of this and that to last maybe 60 years or more. Best till forever!"

"Trust me!"

"Now for a kilo of flour to form the base of a family! Add on 2 tablespoons of yeast for love to grow. A pinch of salt for dealing with life's vicissitudes!"

Cupid Angel looks down. "Lord Master, it's started!"

Nanette has been disinherited and ostracized by her family but she's so obstinate she still devotes her Saturdays knocking at her parents' door.

God adds on a pinch of sugar.



The door opens and Nanette is let in - up to the Foyer, where she waited for many Saturdays thereon, unnoticed and ignored. Only Yaya Manuela spoke to her.

Cupid Angel was aghast!

God added on a sprinkling of patience and forbearance, loadsful of humility too. Nanette will need these, so too will Corky.

"Typical Chinese family where Dad is Patriarch and obeyed," God explains.

"But it's been EIGHT long years Lord! Lool there's Tippie now 8, Patrick 6, Richard 4, and Tisha 1. Fover still?"

God smiled and said, "Some improvement Cupid Angel. There's access now to the kitchen, to the dining room, and to some bedrooms. See why I need to add some oil and shortening and some butter too? I've put in some bitter herbs and spices too, if you've noticed".

Cupid Angel persists, "But look! Lolo Tony merely walks past the grandkids? No talk? No bless? No smile?"

"All part of bitter herbs."

"And the 4 year old Dex recognizes his LOLC as "the husband of LOLA DONA DELY only?"

"Sad but true!"

But God saw it was GOOD!

"Look, see Cupid Angel what a mix of baking powder does! Let me add more sugar and egg whites to fluff up Corky and Nanette's life!"

Rising on the horizon was a small star of an SGV Auditor who had equipped himself with an MBA degree thru Night Classes at UP DILIMAN as a full scholar. Not long after, Corky received an appointment as Assistant Dean, Commerce Department, College of the Holy Spirit.

A bigger challenge loomed ahead. A tledgling company, Philippine Amusement Enterprises, dealing with water coolers and jukeboxes was offered to Corky to manage and to head.

God nodded his head. "Good! Honey to the brew, Cupid Angel. I'll throw in Republic Chemical Industries now. Let's see how Corky propels the now unknown MIGHTY BOND to its heights!"

"Lord, does Corky have what it takes? He's only 28 you know and you'll task him with 2 companies whose noses are under water?"

"Well well well", said Lord God, "only way to test responsibility, integrity, sacrifice, hard work, knowledge, wisdom."

God saw that it was Good.

"GRANDAD TONY Sick Lord?"

"Yes, Cupid Angel" Here's what I've added to my baking mix – capers, pickles, sauerkraut...but this time I'll add on molasses and honey to hasten forgiveness.

Thus on a fateful April 18, 1976, Alex, the Grand Patriarch's firstborn son (ESAU) lost his birthright to Corky (Jacob) by virtue of a blessing from the Grand King Patriarch Antonio (Isaac) a few hours prior to his passing into eternity.

And so it was that the eight year saga for acceptance ended.

God saw that it was good.

"Lord! Look! President Marcos has declared Martial Law!"

''What about it?'', God says.

"But...but... Corcuera no. 5 is on the way! How in the world will they get to the hospital with all the soldiers armed and ready to fire?"

"Trust me!"

And so it was that Philip Matthew made his dramatic entrance into the world on September 21, 1976 at the tarmac of the emergency room of the Our Lady of Lourdes Hospital.

God saw that it was good!

"Lord! You won't believe what I'm witnessing. It's a MAIDLESS home the Corcueras are building in Ayala Alabang! With 5 nutty kids and another in the offing, it's simply impossible!



"Trust me!" And the Lord God added on leavening agents of kindness, understanding, goodness, gentleness, forbearance and laughter!

""Lord! You won't believe what I'm witnessing. It's a MAIDLESS home the Corcueras are building in Ayala Alabang! With 5 nutty kids and another in the offing, it's simply impossible!"

God saw that it was Good!

"Lord! Do something! Nanette's obstetrician is proposing a ligation with birthing number 6!"

God sprinkled in bits of prudence, justice, temperance, and cheerfulness.

"Lord is that why number 6 was nicknamed TALLIE? Probably to signify in Filipino HINDI NATALE!"

Cupid Angel started to giggle.

God saw that it was good.

God looked down and was very pleased with his concoction of prayerfulness and dutifulness. Corky had just completed his DOCTORATE DEGREE at UP DILIMAN under the J. Araneta Scholarship. Dr. Cesar Felipe P. Corcuera. So it was!

God saw that it was good.

A fresh batch of yeast was prepared. "Lord, to increase your dough some more?"

"Yes indeed since no. 7 is coming along. This time though I'm adding on some color into my mix."

And so it was that no. 7 was born with a port wine stain across her cheek.

Sturge-Weber Syndrome, it's called. A tumor in the brain as big as the birthmark on Tanya's cheek.

Tears flowed, faith wavered, but God poured in flavorings of fortitude and temperance. A devotion to St. Josemaria Escriva de Balaguer took root in Cory's and Nanette's heart.

"Lord a miracle! A miracle!", cried Cupid Angel. "Diffused tumor cells in the brain, Lord, says the CT scan! If the grape-like cells remain diffused until age 20 Tanya is deemed safe."

It is Year 2021. Tanya, an opera singer, is now 39 years old. More tears, more prayers, more conversions!

God saw that it was good!

"Lord another Corcuera on the way. Number 8?"

On the feast of the Holy Innocents, December 28, 1985, Ramon Miguel saw the light of day!

God saw it was Good!

"Cupid Angel, remember my concoction of wisdom, knowledge, integrity, perseverance, good judgement?"

Forty years of service Corky has rendered to Mighty Bond and Kooler from the bottom of the heap to the TOP of the heap! Such a RECORD to pass on to retirement at age 70!

God saw that it was Good!

Cupid Angel looked down and saw the silver crown of hair on both Corky's and Nanette's head. "It's been 53 years of togetherness Lord!"

Seated beside the couple was a daughter, writing.

My parents are POLES apart! Papa is always in a serious mood while Mama is a smiler: she laughs at almost anything and anyone, even herself. Papa is practical and business minded. He analyzes everything and acts systematically. On the other hand, Mama's BS Chemistry degree is applied only in the concoction of exotic dishes. My mother has forgotten all about the scientific method of analysis, but ask her to do a monologue from any Shakespeare play, and in a minute, she'll produce a profound soliloquy about the tragedies of life.

Such an unlikely pair, you might say! It's a wonder they got together, fell in love and actually married.

Many find it hard to believe that two very different people can get along so well. At first glance, I would agree that they do seem like TWO MISMATCHED SOCKS, but with further reflection, SOME MATCHES ARE REALLY MADE IN HEAVEN!

For all their differences, my mom and dad share very strong religious and moral values. They may disagree on what color to paint the dining room walls, or what name to give our new baby, or whether or not to keep the German Shepherd. But when it comes to issues about abortion, contraceptives, live-ins they agree wholeheartedly that it's a NO NO!

My mom and dad live that perfect combination of give and take. They respect each other's individuality and understand that they will have differences in opinion.

Papa usually has the more rational and logical point of view while Mama borders on the emotional side. However these differences do not end up in boxing bouts or shouting matches because they believe in the magic word: communication.

So if for some reason my mom nurtures a longing for green colored cabinets against a red backdrop, and my dad is gentlemanly enough to be "convinced", Mom will get her Christmas in August.

Another reason why they are such a perfect love team is that my Mom is a talker while my Dad is a listener. With their set up, arguments and bruised egos rarely happen.

My dad is patient when it comes to my mom's bionic tongue. He may be the only man who can sit thru her endless discussions without falling asleep. I secretly believe that's why my mom loves him so.

APPEARANCES DECEIVE. Though my parents may seem incompatible, I realize that Mama and Papa's combination is as inevitable as peanut butter and jelly, BUT TASTIER!

A perfect union MADE IN HEAVEN!

GOD SMILED! God saw it was Good! GOD RESTED ON THE 7TH DAY!