



PARENTS FIRST

MARCH 2022

MONTHLY BULLETIN FOR PARENTS OF SOUTHRIDGE SCHOOL



March 19 | Feast of St. Joseph Foundation Day of Southridge

St Joseph really is a father and lord. He protects those who revere him and accompanies them on their journey through this life — just as he protected and accompanied Jesus when he was growing up. As you get to know him, you discover that the holy patriarch is also a master of the interior life — for he teaches us to know Jesus and share our life with him, and to realize that we are part of God's family. St Joseph can teach us these lessons, because he is an ordinary man, a family man, a worker who earned his living by manual labour — all of which has great significance and is a source of happiness for us. (St, Josemaria Escriva, Christ is Passing By)

Featured Articles



ENRICHING THE GIFT OF FAITH

By Michael and Ma. Luisa Maningas | Grade 1A Parents

As parents we know that we need to teach and pass our faith to our children and at the same time nurture it. But how do we do that during these times? Where do we start?. These are some of the questions most parents like us ask ourselves. In the 3rd Parent's forum "NURTURING THE SEED OF FAITH AT HOME".

Ms. Chiara Dimacali- Hugo passionately shared her experiences, thoughts and insights of being a mother and a catechist. She gave us pointers and her best practices which is very helpful for us in nurturing the faith of our children most especially during their formative stage in the most trying time of pandemic. As a family, we discover God together, help the children grow in faith and be a good role model to them. It was indeed very fruitful and very inspirational to cap off the night.



FAITH STARTS AT HOME

By Candy Dauz | Grade 1B Parent

Nurturing the Seed of Faith... at home was truly an inspiring and timely talk on how we can encourage our children to build a relationship with God. I liked how Ms. Chiara Hugo gave us practical ways for our kids to get to know God and His teachings. It's very comforting to know that even in these challenging times, when we need to stay at home more, there are still a number of ways in which we can continue to enrich our Faith as a family. She showed ways on how we can create spaces at home where our children can be reminded of prayer time. One of the key takeaways is the significance of humility and the courage to start. Baby steps as they always say!

As the first teachers of our children, it is extremely important to teach them about faith and the life of Jesus Christ. It is also essential that we address their questions well especially around faith despite the things happening in the world today. The Q&A at the end of the session was even more helpful as we deal with the inquisitive minds of our children and ensure we provide them with the proper guidance.



STRENGTHENING THE DOMESTIC CHURCH DURING PANDEMIC

By Ramon & Angela Isla | Grade 1C Parents

Since the strict lockdown instituted at start of the pandemic, my family has shifted most our interaction and experience of the world through online platforms including our participation in church services and online activities. Even with the recent relaxation of restrictions, the fear of the virus lingered. This lack of participation in the Church's external practices made me and my husband worried about how our son is spending his golden age of childhood without exposure to the church.

Through the talk of Chiara Dimacali-Hugo I realized that this crisis should not hinder my son's spiritual growth as she reminded us that the family is a domestic church and as such, we should be the first preachers of the faith to our children. As first preachers, she reminded us that my son can have tangible experiences within our homes.

We should be more intentional in parenting them for them to embrace for the faith.

But where do we start? What exactly will I teach my son and in what manner? As this is a daunting task, I'm glad that the speaker introduced age-appropriate and creative activities which we could use to encourage the children into learning about God. She emphasized that discovering God together in a sensorial way will help this activity become more appealing to the kids. Looking for topics for our activities should not intimidate us parents as well since echoing the topics in Religion classes and in livestream mass is a great way of ingraining the faith in them.

At the end, she reminded parents that our activities do not need to be perfect to start this journey. All we need to do it to start.

"the family is a domestic church and as such, we should be the first preachers of the faith to our children"



GROW IN FAITH

By Gianina Dayrit | Grade 1A Parent

Chiara's talk came at such an appropriate time when things are far from normal, at a time when prayer is needed the most.

The children have been away from real school for 2 years, they are stuck at home for the most part, and they have heard the words pandemic from their families over and over. Living life behind screens, they spend their formative years physically disconnected from their friends, teachers, and learning community.

During dire times like these, it is important for them to get to know the importance of God in their young lives. Our role as parents is to make them understand that we have a powerful God who we can always run to — one that extends comfort and protection when we need Him most.

Because God can be reached anytime and anywhere, our children can hold onto a glimmer of hope knowing that they can stay connected to Him amidst this period of isolation. Embraced by God's strong love, our children are meant to find a safe space in Him.

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As Chiara pointed, little steps, casual conversations, and daily acts of love can help strengthen their faith slowly but surely. And as the seeds of faith grow, so will comfort, hope, and love. Pandemic or not, the challenge is to continue nurturing our children's faith so that it shapes them and bears good fruit.

"And as the seeds of faith grow, so will comfort, hope, and love"



GOD'S DWELLING PLACE IS AT HOME

By *Budu Atilano* | *Grade 1E Parent*

The message of Chiara struck a cord in how to deal with today's reality. As it is in most cases, prayer is a habit which could be honed at home. It is not something that is forced upon the kids, but is something that can be developed with a proper atmosphere.

Interestingly, she mentioned that we have to be confident in how we sow the seeds of faith. We do that by aligning our teachings with that of the bible.

Lastly, we should not keep a score card on how the kids react to our teachings and guidance. We have to just continually do it.

Overall, the talk gave us a better perspective on how we can develop an environment to strengthen our resolve to raise prayerful and God-fearing kids in today's social media, everyone knows everything reality.



SPIRITUAL SEEDS FOR KIDS

By *Richard Stollo* | *Grade 1A Parent*

What an uplifting message from Mrs. Chiara Hugo! Nurturing the Seed of Faith at Home. The message was very timely especially in view of the challenges families have faced over the past 2 years with the Covid Pandemic.

It was quite an uplifting message to share to us as parents, so we can share also with our children. The 2 parts that resonated with us most were: first, to create a prayer corner or special area where children can pray and learn more about Christ and his teachings in their own space secondly to not be afraid to talk to our children about the real world challenges of the faith and not to underestimate their capacity for understanding.

Speaking from personal experience, it is always a struggle to find the balance of what to share and discuss with our children in terms of faith and the teachings and lessons from the Bible. Ms. Hugo's presentation and message left us feeling more confident of facing these challenges head on.



OUR OWN DOMESTIC CHURCH

By Mike Pulido | Grade 1D Parent

The talk brought me to one of the letters I read recently about the reality that the family or household is a "domestic church". And there's this important link that we need to form between families as well to let the beauty and love flow to each side. This "beauty and love" (the family life) have been invigorated by the talk.

There's this segment that mentions making an altar to have an opportunity to foster the children's relationship with God. I believe this kind of "initiative" is really helpful for children to improve their sense of the Father in heaven who loves them, and in turn, our children will be showered with good ideas that can be served as inspirations to others.

Our desire to be available for other families to share the joy of family life is now more spirited because of this recommendation. I feel more confident especially for my children that they will be able to have ideas to be a gift for others.

" Making an altar to have an opportunity to foster the children's relationship with God. "



EIGHT TAKEAWAYS FROM OUR LAST PARENTS FORUM

By Dan Francisco | Grade 5 Parent

Last February 3, Southridge Bath 2029 Parents were given an insight on how the online set up has fared for all its stakeholders – parents, teachers and students... Some very interesting insights were provided by Mr. Luis Prudencio "Luden" G. Salamat, Faculty Development Head at Paref Southridge School.

Fondly known for his student surveys in data gathering as an integral part of his talk, he painted for us a pretty good picture of how our Grade 5 kids took to online classes.

Here are my 8 takeaways from Mr. Luden Salamat's talk.

1. Everyone is affected, we all need to navigate a new world

Around this time two years ago, the world was changed by the emergence of Covid and things were never be the same. Though generally seen as something that caused great chaos, pain and suffering, it did have some bright spots. Everyone needed to spend more time at home and consequently, needed to adjust to a new normal which made school and office an option, instead of the norm. Our home became the school of our children and the parents became the physical, more active extension of our teachers. I for one, have discovered a newfound respect for teachers. Having been thrust into experiencing a small portion of what they do everyday, I suddenly realized that it is hard to be one. It is even harder to be as patient as one to our own children.

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Both Parents and Teachers now navigate a new school world with our children. We are all learning this for the first time. So, we must expect mistakes along the way and work together to find ways to correct and if needed, pivot to something that will work for everyone's benefit.

2. Personal Interaction has been greatly affected

Unfortunately, there are also side effects of this new normal and Mr. Salamat aptly named them as "Blockers", "Destroyers" and "Infiltrators". As a result of these side effects, we can no longer freely have contact, touch and even see each other's faces. Along with numerous social distancing guidelines that have been established to protect everyone, these "side effects" have greatly affected social interaction and taken its toll on friendship and trust, some of the most important building blocks of relationships. Since people cannot interact, the tendency is that screen time increases which, may sometimes lead to stress, anxiety and even depression.

Thus, "the Number 1 victim in all this is personal interaction".

However, there is always a silver lining...

3. Our kids are doing fine with the online set up and they are coping...

Surprisingly (or probably not), our kids are ok with online learning. All respondents of Mr. Salamat's survey rate online classes as between "Average" to "Excellent" and majority of them (65%) consider it "Good" to "Excellent". Furthermore, 90% of respondents find online classes as either "not so stressful" or "not stressful at all". Roughly 83% of respondents actually enjoy online learning (though almost half of that number say they would like to "change a few things").

When our kids were asked if their parents' time with them increased during the Pandemic, a huge 88% said yes.

4. Parenting has no vacation

There is very thin line separating work and home now. Physically, we just need to step over it and walk to the living room. We should take this opportunity of extended time at home to work on a lot of the things that the Pandemic took away from all of us. Mr. Salamat suggests several things: 1) to activate interaction by increasing family time with the kids, 2) Increase human touch (like hugging and cuddling) within the family, 3) smile more – find humor and light in difficult situations 4) find a way to power up and re-charge yourself emotionally by having a mental health day once in a while 5) appreciate your children and their presence.

The challenge for all of us is to build a culture at home which is positive, optimistic, patient and with a lot of love and support.

5. Look at the silver lining

If we purposely look at the glass from another angle, see that it is half full and drink up and enjoy, things may become easier. Even if the Pandemic and its unprecedented lockdowns have dealt everyone a massive blow, we still have a lot to be thankful for. As a result of this, we fortunately and conveniently find that we spend more time at home. Dinners that were such a rare occasion then are now more common. Our children see us more often even though we are all busy working from home.

Let us all take advantage of this amazing extra time we are able to be with them. Our time with our kids at this age is very fleeting. The next thing you know is that they are teenagers already. Some of them are probably as tall as us now.

6. Online time must be supervised, controlled

One of the side effects brought about by the pandemic, raised by Mr. Salamat was the sudden increase in screen time for everyone. Not only our children, but we have also seen a huge jump in screen time for almost everyone with access to the internet, because lockdowns and social distancing rules drastically reduced the ability of people to go out. To maintain one's connection to the outside world safely during times of increasing Covid cases, one has no choice but to access everything on our screens. When asked about "how much time do you spend each day online after online classes?", a whopping 78% of chosen respondents answered 3 hours or more! If an average online class per day lasts for 4 hours for a typical Grade 5 student in Southridge, then that means that our kids spend at least more than 6 hours a day in front of a screen.

This is why parents need to be more creative and disciplined in implementing firmer measures to regulate online time not just for their children, but also for themselves. How? I don't know.. Think outside the gadget... Maybe play Scrabble or read a book? A real one hopefully which you can flip pages on. Things that can help our children get in touch with reality better than something that needs WiFi.

It is good to note that 88% of us have set rules about attending online classes.

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7. Schedules must revolve around healthy habits, formation begins at home

A lot of our daily activities often revolve around a very similar schedule. This is partly because of the limited options we have had in doing something outside our home. About 58% of respondents indicated that they follow a daily schedule after asynchronous classes. Interestingly enough, 46% have daily exercise as part of their schedule and more than half our kids turn in at an optimal hour of between 9PM to 10PM on school days.

Let us set clear boundaries which we all must follow. Create a designated workplace. Follow schedules. I do not think we can emphasize enough that formation begins at home. Let us keep in mind that when we create good, healthy habits at home, we get good, healthy results as well.

I do believe we are on track on teaching our young men the values of honesty, integrity and independence. Ninety four percent (94%) of respondents said that they do NOT ask help from their parents for answers during a test. Seventy five percent (75%) think that any parent or adult should NOT sit down with them during online classes. And though 72% have been tempted to open another tab while online class is ongoing, 62% did NOT actually open it. Sixty eight percent never thought of looking for answers to questions by opening notes or using the internet and 90% have NOT actually opened their notes or looked for answers on the internet during a test.

Give yourselves a pat on the back parents!

8. Children are ready to come back to school

Coming back to school is inevitable. Though we have seen a lot of acceptance for online classes, only 13% have said that they do not want to go back to school and have face to face classes in the coming school year.

Hopefully, things get better enough and a new normal with actual face to face classes are in the horizon when we come in next year.

I think that if there is something that this Pandemic has taught us through all this, it is that our children are strong and resilient enough for what lies ahead. We have great teachers as partners to help us navigate the new world, and we, as Parents have what it takes to face whatever comes ahead as long as we have God on our side and as our guide.

Thank you Teachers! Great job Parents! Awesome work kids!

" The challenge for all of us is to build a culture at home which is positive, optimistic, patient and with a lot of love and support. "



ENGAGING THE PARENTS: STRATEGIES IN AN ONLINE LEARNING SET-UP

By Pam Mesina | Grade 5 Parent

This pandemic has brought about myriad of changes in our way of life. For a start, our schedule has changed dramatically, from always being away from home to being stuck at home. My husband, Kel is a pilot for a local airline company was always busy with flights, business trips, and had long hours at the office. The boys (Matti G7, and Kio G5) were busy with school and afterschool activities. My schedule got full and occupied with their activities like tutoring, drawing class, drum class, basketball trainings, basketball matches, football training and football matches. I had to master the skill of proper scheduling and timing of everything as I would have to shuttle them to all those activities. On the days that Kel will be in the office, he would bring the boys to school, and it was their bonding time.

Because of our packed schedule we would often reach home past 7pm. The boys were dead tired and mostly just want to chill as they prepare for the next day.

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When the pandemic happened, the boys love their time home. Unlike most kids who were having the cabin fever, our boys on the other hand were elated to finally just be at home. During the first year, they never asked to go out, even just for a drive around, that was just how much they missed being at home. During the first year of "home school" we had to make modifications in our home to accommodate the home school set up. This school year the boys were more at ease and confident with their gadgets and the online set up. This also brought us new challenges.

The talk of Mr. Salamat last February 3 was both insightful and affirming for me. Learning the effects of the pandemic not just to their academic life but more importantly in their social life is something that is revealing and helpful in identifying some of the concerns I was having but not sure if they were valid. The strategies given were assuring and easily implementable in our household. I became perturbed on the long-term psycho-social effect of masks to younger kids. This reduced interaction and lack of opportunity to gain experience and proficiency in nonverbal communication is something I have overlooked but realize how integral this is for molding them to being a True Southridge Gentleman. The importance of touch and our current habits as a family was validated. The Culture of the Home is something we have been continuously working on in establishing and improving as the boys are maturing. Mr. Salamat capitalize of the virtues of Optimism, Patience and Positivity the same values that we want our boys to embody and have been inculcating to them.

Mental health has become a commonly heard terminology. It has become a hot topic for adults but as the talk showed, it is equally affecting our kids. It is a real concern that must be tackled by the parents. The excessive use of gadgets has been affecting our boys, shortly before the talk of Mr. Salamat we have implemented a new ruling for use of laptops. Since their room is also their official place for class, they have usually stayed in the room for the rest of the day because of non-academic use of the laptop which we have noticed was making them more withdrawn. We made a rule that for non-academic use of their own laptops they must do it in the living room. The boys were not happy about the new rule, and I had doubts but heeded to my husband's wisdom.



The Talk of Mr. Salamat cast my doubts aside and as of writing, our boys have adjusted to the ruling. They have reduced their screen time and have better interaction with each other and with the rest of the household.

Before the pandemic, travel was our favorite bonding. The restrictions simplified our joys. We learned that being at home or even just driving around is wonderful opportunity to bond. We have always asked the boys to maintain a schedule. They still have a semblance of their old routines. Now that the activities

" When the pandemic happened, the boys love their time home. Unlike most kids who were having the cabin fever, our boys on the other hand were elated to finally just be at home. "



FATHER AND SON ACTIVITY OF SR BATCH 2024

By Jingo Fermin | Grade 10 Parent

Last February 26, 2022, Saturday, 19 Father and son pairs gathered early in the morning at the Shrine of Our Lady cause of our Joy at Southridge. After a short prayer and stretching exercises, the dads and sons , led by Mr Jude Mayol (SR teacher and Game Master for the day), engaged in 2.5 hours of fun-filled games and activities to celebrate the batch's annual Father and Son bonding activity.

It was surreal. After 2 years of the pandemic and not seeing each other, the boys and the dads were pleasantly surprised to meet each other again and observe how the boys have grown and are turning to be fine young gentlemen.

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The initial awkwardness was replaced by exclamations of happiness and exchange of heart-felt greetings. The boys even hugged each other and exchanged “ I miss yous” especially since we were joined by the Arzadon and Abesamis pairs who we invited despite their being not in SR anymore.

One dad said he had mixed feelings. He said it was sad how this pandemic allowed us to only meet at school and not do our regular off-site camp outs and get-togethers. “ *Parang bumalik tayo sa Grade 1 days natin when Father and Son was celebrated in the school grounds. Pero masaya pa rin kasi nagkita-kita ang mga bata at tayo.*”



When the games started, that old spirit of camaraderie and competitiveness came out again. From the Longest Throw (frisbee), the 3 legged race, dodge ball and Ball Hunt, the fathers had fun bonding with their sons and playing against/with each other. The 3-legged race, for example, had fathers and sons tied together by their legs as they hopped, skipped, and walked in the relay games. Everyone competed and worked hard to get points for their respective teams. In the end everyone won anyways as the organizers (HPC and PCs) prepared prizes for all the teams. It was heartwarming to see the winners of the top places share their prizes with everyone. Prizes consisted of food, chocolates, chips and drinks. We ended at 11:15am and everyone left to have lunch on their own and continue their bonding. That's Father and Son SR Batch 2024 style. Simple yet effective. We look forward to another face to face event soon but this time, God willing, we will be off-site again.



A FIRST HOLY COMMUNION IN THE NEW NORMAL

By Maita Santiago | Grade 3 Parent

I recall showing my husband earlier this year old photos that reminded of the whirlwind of school activities before the world stopped. How we missed them all. We recall most especially, the First Holy Communion of our older son, Arturo, and how moving the ceremony was. The boys were beautiful, and oh still so small, not a hair strand misplaced, dressed in all white, nervous yet proudly marching down the auditorium holding candles that added to the warm glow of their shy smiles. We remember the solemnity and their angelic voices singing to hymns that lit many emotions within us all. God's presence so alive in the room where the entire batch came together, marking a meaningful moment in their journey of faith.

How we looked forward to experiencing the same with our younger boy, Andres. By this time, his First Holy Communion had been delayed by a year for reasons we understood. Like everything else, activities now done at a distance and behind digital screens. We knew the ceremony required preparation and student participation. How could this even be pulled off? A piece of me wanted to replicate the experience of our older child when we were all finally together as a batch. Yet, how? When?

When NCR was on Level 2 status the announcement quickly came on Grade 3 FHC and how it will be done by section. Andres was thrilled. He had many questions including how the communion host tastes like. Apparently this was a conversation he's had with his brother and awaited with great anticipation!

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Yet the preparation this time was indeed different. No communion rehearsals and no songs to memorize. Further, the First Confession wasn't going to be done alongside their dads as before. In contrast, they were to be dropped off in front of the school while parents waited inside the car. No photos were allowed - all in compliance to protocols to ensure safety. In truth, I felt sad not witnessing his first Act of Contrition. I was worried he will drop his cue card and not know what to say. I was concerned he will not take his confession seriously and lose half of the meaning not going through the full experience, at least how I played it in my head.

So we practiced for it. He wrote down his 'sins' in a small handmade notebook that rested comfortably at the palm of his hand which he fiercely guarded. He said no one could see it because this was something between him, the priest and his God. We were surprised he had many questions. He was anxious but excited. He was invested emotionally in a way we didn't expect. Deep inside we knew this was an experience of meaning and insight in preparation for his FHC. The confession came and happened quickly. Yet when he returned, he spoke with much gusto and relief realizing he didn't need to be afraid to express his sins to God. He said he wanted to do this more often and as a family.



The FHC was scheduled days after. I recall being too concerned how his only black pants no longer fit and his school leather shoes were an inch too small. I mulled over not getting a chance for a haircut as I hurriedly covered up his unruly hairstyle with styling gel. I was distracted by these thoughts. Conversely, Andres was ready an hour ahead of us. Wide-eyed, he looked out the window on that drive to school to be with his friends and teachers for the very first time in nearly 2 years. We took for granted that to him, not only was this his First Holy Communion but to celebrate with the community he missed so much.

As a family we were unsure what to expect of a 'simpler' ceremony. Shortly, we were led to the open space of the basketball court which was beautifully dressed with fresh white flowers surrounding an altar that gave a sense of solemnity and calm to an otherwise busy and noisy space. I recall turning to my husband and said, "Wow".

Andres sat between us as he looked around to see familiar faces of classmates who have grown so fast. In contrast to the usual crowd of many, many faces - this was held in a much more intimate manner, families within comfortable reach and our boys just as eager to be there.

How comforting it was to see all their teachers who performed as choir. The songs felt like a warm embrace. As the kids walked down the aisle to receive the Communion host, in all its simplicity - it moved us just as much marking his own journey of faith. — among a circle of friends, teachers and family that have long waited for this return.

"I received Jesus!", Andres whispered. How grateful we indeed were to be part of this community that persisted to make this happen for our children.

" Yet when he returned, he spoke with much gusto and relief realizing he didn't need to be afraid to express his sins to God. He said he wanted to do this more often and as a family. "

Upcoming Events

PAREF Southridge
VIRILITER AGITE

3rd Parents Forum (Grade 8)



ENGAGING THE PARENTS: STRATEGIES IN AN ONLINE SET-UP

4 MARCH
(Friday)

7:00pm Zoom Meeting to Open
7:15pm Opening Prayer/Principal's Report
7:30pm Talk
8:30pm HPC's Report

via 

Meeting ID: 848 6096 5272
Passcode: 994496



Luis Prudencio G. Salamat
SR FACULTY
DEVELOPMENT HEAD

FOURGE AHEAD

PAREF Southridge
VIRILITER AGITE

3rd Parents Forum (Grade 4)

Teaching Your Child
About Supernatural Helps to be Good: Grace and Sacraments



Baptism Confirmation Eucharist



Rev. Fr. Johnpaul Menchavez

9 MARCH
(WEDNESDAY)

6:45 PM Zoom Meeting to Open
7:00 PM Opening Prayer / Principal's Report
7:15 PM Talk
8:15 PM HPC Report

via 

MEETING ID: 843 2559 8996
PASSCODE: 488094

FOURGE AHEAD

PAREF Southridge
VIRILITER AGITE

3rd Parents Forum (Grade 5)



GROWING THE FAITH CARRYING THE CROSS OF EACH DAY

Rev. Fr. Francis Anthony Jose Ong
School Chaplain

MARCH 10, 2022 (Thursday)

6:45 PM Zoom Meeting to Open
7:00 PM Opening Prayer / Principal's Report
7:15 PM Talk
8:15 PM HPC Report

via 

Meeting ID: 858 6442 5975
Passcode: 479568

FOURGE AHEAD

PAREF Southridge
VIRILITER AGITE

3rd Parents Forum (Grade 9)



DEVELOPING EMOTIONAL QUOTIENT (GRIT, RESILIENCY & SOCIAL SKILLS) UNDER THE NEW NORMAL

11 MARCH
(Friday)

7:00 PM Zoom Meeting to Open
7:15 PM Opening Prayer/Principal's Report
7:30 PM Talk
8:30 PM HPC's Report

via 

Meeting ID: 860 3665 8312
Passcode: 864611



Melchor Encabo
ADMINISTRATIVE OFFICER
(AFTERNOON SCHOOL)

FOURGE AHEAD

Upcoming Events

PAREF Southridge
VIRILITER AGITE

2nd Parents Forum (Grade 12)

PASSIONATELY PRINCIPLED AND FIRMLY FOUNDED
"Being A True Southridge Admiral Alumnus in College in An Online and Face to Face Setting"

Kyle Reiner Pineda
SR Batch 2019
UA&P

Javi Del Mundo
SR Batch 2019
Ateneo

Lem Budomo
SR Batch 2019
UST

Em Meer
SR Batch 2020
Gabelli School of Business in Fordham
New York

Tobit Casillano
SR Batch 2021
UP Diliman

Luigi Catedral
SR Batch 2021
De La Salle

MARCH 12, 2022 (Saturday)

- 9:00 AM Zoom Meeting to Open
- 9:15 AM Opening Prayer/Principal's Report
- 9:30 AM Panel Discussion
- 11:00 AM HPC Report

Meeting ID: 815 0268 8233
Passcode: 070868

Paul Christopher Y. Cheng
ASSOCIATE DIRECTOR FOR ACADEMIC STANDARDS
PANEL DISCUSSION MODERATOR

FOAGE AHEAD

PAREF Southridge
VIRILITER AGITE

FOAGE AHEAD

EDUCHILD
Loving Cousins. Great Parents. Happy Families.

3RD PARENTS FORUM / PARENTING TEENS COURSE
CASE 4 (GRADE 7)

17 MARCH (Thursday)

- 6:45 PM Zoom Meeting to Open
- 7:00 PM Opening Prayer / Principal's Report
- 7:15 PM Start of the Moderated Plenary Sessions
- 8:45 PM Back to the Main Room / Wrap-up / Question & Answer
- 9:00 PM HPC Report

via **zoom** Meeting ID: 848 5455 3794
Passcode: SR-PTC4

PAREF Southridge
VIRILITER AGITE

3rd Parents Forum (Grade 6)

INTRODUCTION TO THE PARENTING TEENS COURSE

Anthony Villarosa
EduChild
Alabang Chairman

17 MARCH (THURSDAY)

- 6:45 PM Zoom Meeting to Open
- 7:00 PM Opening Prayer / Principal's Report
- 7:15 PM Talk
- 8:15 PM HPC Report

Meeting ID: 843 5113 3749
Passcode: 013796

FOAGE AHEAD

PAREF Southridge
VIRILITER AGITE

3rd Parents Forum (Grade 10)

HELPING YOUR SONS MAKE CAREER CHOICES

18 MARCH (Friday)

- 7:00 PM Zoom Meeting to Open
- 7:15 PM Opening Prayer/Principal's Report
- 7:30 PM Talk
- 8:30 PM HPC's Report

via **zoom** Meeting ID: 852 7864 4967
Passcode: 187002

Ms. Denise Clement-Jones
COLLEGE & CAREER COUNSELOR
THE BEACON ACADEMY

FOAGE AHEAD

Calendar of Activities



PAREF Southridge

MARCH

Calendar of Activities
School Year 2021 – 2022

1	Tuesday	Muntinlupa Day (Holiday)
4	Friday	Grade 8 Third Parents Forum Virtual Open House 2
5	Saturday	NPEP AS Third Parents Forum Vigil and Benediction Sponsor Gr. 9 Batch Family Rosary Grade 12
6	Sunday	First Sunday Recollection (English)
9	Wednesday	Student Assemblies Grade 4 Third Parents Forum
10	Thursday	Grade 5 Third Parents Forum
11	Friday	Grade 9 Third Parents Forum
9 – 11	Wed - Fri	SHS Sem 2 Period 1 Exams
12	Saturday	Grade 12 Second Sem Parents Forum
14	Monday	SHS Start of Sem 2 Period 2
16	Wednesday	Student assembly for SHS
17	Thursday	Grade 6 Third Parents Forum Grade 7 Third Parents Form/PTC 4
18	Friday	Grade 10 Third Parents Forum
19	Saturday	Fathers' Day/ 43rd Foundation Day
21	Monday	Free Day for DS
23 – 25	Wed - Fri	GS & JHS Mid 3rd Trimester Exams
24	Thursday	Middle Childhood Case 4 & Graduation
25	Friday	Grade 11 Second Sem Parents Forum
26	Saturday	AS Open House 2
27	Sunday	Fourth Sunday Recollection (Filipino) AS Grade 8 Batch Family Rosary

A special article in preparation for Lent

Entering the Wilderness

BY MARVIN REYES VINUYA

Grade 7 Class Adviser & Religion Teacher



It's been two years since the pandemic started, and we cannot deny that it changed almost everything on how we usually do things. The Church quickly responded and adopted whatever measures the national and local governments imposed. Last year, we experienced for the first time how it is to celebrate the Lenten season and the Holy Week in front of our TV screens without attending to most liturgical functions physically. The feeling is different. It is far from the usual traditional atmosphere of being in the Church in a communal setting. There is that temptation just to be complacent and do our Catholic obligations at home, and yet, we have to remember that we are not baptized just to be virtual Catholics. One way or another, we have to go back to our parishes. Pronto!

I remember writing an article about the Lenten season last year entitled *Cuaresma: Lent in a Time of Pandemic*, and I think the tips that I shared are still relevant to our time right now. So allow me to share with you my points of reflections and tips on how we can celebrate Lent meaningfully this year:

1. LIFE IS FRAIL, SO GIVE MUCH, LOVE MUCH.

I think there's no coincidence that the onslaught of the pandemic happened last year while we were in the middle of the Lenten journey. The first set of readings that we hear on Ash Wednesday would direct us towards the three elements of Lent: Prayer, Fasting, and Almsgiving. These disciplines would lead us to what is most essential in our lives. There's no doubt that most of us resolved to pray. We saw how many of our households started organizing online rosary brigades and novenas to end the pandemic. Our bishops also issued an *oratio imperata* that we usually pray in times of grave need and danger. We went back to prayer because we saw that we needed it; we could not simply live without it.

The second is that we have seen how the quarantine led us to stay in our homes and give up the usual things. This led us into a form of fasting of the senses. We relearned our priorities; we rediscovered the essential things, like family, friendships, and our relationships. Lastly, we cannot deny that the pandemic also led us to the best of humanity. We immediately responded to the needs of our suffering brethren exemplified.

by households preparing and sending meals to frontliners, people gathering funds to provide for those in need, and many more. We may not have done our usual Lenten practices, but I'm very sure that we did it meaningfully last year, and we'll continue to do so this year.

We are always taught that actions are more vital than words, and Lent is the perfect opportunity to live our faith tangibly. After all, Christ did not only preach through words; He also acted upon it even to the point of dying on the Cross for us.



TIP #1: MAKE A LIST OF FAMILY DAILY SACRIFICES

Jesus spent 40 days and nights in the desert preparing his mind, body, and soul for the work of redemption. He practiced this by praying and fasting. He disciplined the body because He knows that the soul is more important than the body. The body can die, but the soul goes to God. Encourage one another in the family to write down small things that you can do as a form of prayer and sacrifice towards Easter. You can write from small items to more essential things that each family member can do. But do not forget to do it out of love for the other. It could be as simple as doing chores to charity work for the needy.

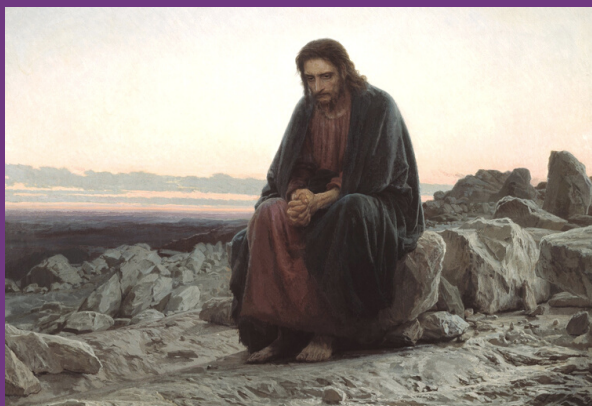
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2. THE DESERT EXPERIENCE LEADS TOWARD THE INTERIOR LIFE.

Human beings are expected to avoid instances wherein we enter into our hearts and confront the true things about ourselves. We are afraid to confront our bare selves. We are so scared to face ourselves because we are not what the world thinks we are. Lent is always an invitation to go to that inward journey towards our own heart and rediscover ourselves despite who we think we are. We will always find our Lord there, traversing the barren desert with us in rediscovering ourselves. Amid a worldwide pandemic when we daily experience the frailty of the human person, it is as if we are in the middle of the desert towards nowhere, but little did we know that the Lord is with us, praying with us, fast, giving Himself whenever we choose to love more.

Perhaps this year's Lenten season would force us to retreat from our daily routines and annual traditions and move deeper into our souls. Guided by prayer and meditation, we should ask ourselves life's biggest existential questions: "Who am I?" "Where am I going?"



TIP #2: MAKE TIME FOR REFLECTION

This is the hardest thing for most of us to do, but it is also essential to find time within the day to quiet down. Listen to podcasts from St. Josemaria Institute.com, and you can see there is a good selection of reading and listening materials to meditate on. You can also listen to the daily meditations from Ten Minutes with Jesus on Spotify or Youtube.

I remember Bishop Ambo David of Caloocan in one of his talks as he shared with us how he would wake up in the morning and brew his morning coffee and pray the Office of Readings or Lauds or meditate on the Word of God to start his day. He calls it Conversations with Jesus. When we listen to meditation podcasts or read books about Lent or the scriptures, we are not only praying; we are also allowing Jesus to talk to us.

10 MINUTES WITH JESUS



www.10minuteswithjesus.org

PODCAST



3. WE REMEMBER, WE CELEBRATE, WE BELIEVE.

"We are an Easter people, and hallelujah is our song," according to Pope St. John Paul II. As baptized people, we are always driven by the fact that God's love never fails, that He hears the cry of the poor and sees every suffering and pain of humanity. This is what we are remembering in each mass that we're celebrating. God is not deaf or blind to our afflictions, so He came to this world out of pure love to save us.



Soon we'll be looking back on these years of the pandemic, strong and a little wiser perhaps but not disregarding the fact how we grasped on to faith, to the reality that prayer works, and through our love and concern for one another, we were able to manifest God's love on earth again. All terrible and winding stories end with a victory. The darkness of sin and death ended with the light of Easter. Our story too of the pandemic will end soon, and light will prevail.

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TIP #3 ATTEND THE ONLINE LITURGIES.

The pandemic forces us to stay at home, but it is then that our local parishes and churches started to step up their efforts to reach out to the faithful through online masses. Last years' Lent brought more people to parish online platforms for Holy Mass and the liturgy. No pandemic could ever stop us from celebrating our faith. Since online masses are still available for us, it is good to look for a prayer corner at home where we can spend quiet moments in prayer (You can assign the kids to do this). It could be your home altar where your family can gather together for mass and prayer. Set up a crucifix, an image of Our Lady, and a candle, and let it be your temporary parish church. You can decorate it with plants or flowers and be as creative as you can. Since the pandemic also forced us to stay at home, I guess there's no excuse anymore for us not to attend the mass.



As Catholics, we are all invited to reflect on the mysteries of the Paschal Mystery through the Holy Week and Triduum Celebration (Holy Thursday to Easter Sunday). Let us not miss these opportunities. Let us feel God's love for us through these celebrations as we remember how He loved us very dearly, especially in these uncertain and trying times.

Wishing everyone a significant Lenten journey towards Easter. Venite sequi Dominum!