

NOVEMBER 2021

# PARENTS FIRST

MONTHLY BULLETIN FOR PARENTS OF  
SOUTHRIDGE SCHOOL



## The Internet - Jedi or Sith?

BY PAOLO D. YUPANGCO  
Grade 5 Head Parent Coordinator

Does the Internet wield a green light sabre or a red one? Is it good or evil? Maybe a bit of both.

The pandemic has affected all of us and not the least our children. Mandatory online classes has forced us to rely on the virtual, giving even more importance to the internet than ever before. Consequently, it is essential to know at present what's in the internet, and just as important, to know what are kids know about it and how they are using it.

Parents of Grade 5 Batch 2029 were looking for some insights on the subject in the 1st Parents Forum held online on October 14, 2021.

**NOVEMBER 2021**

"One true friend is worth more than 1,000 Facebook friends."

Guest Speaker for the night was Mrs. Chelet C.Tanjuatco. A Business Management graduate of the Ateneo de Manila University. She is an expert in Brand Management and Strategy and Human Insights and Consumer Understanding. Chelet has been a consultant for more than 17 years for Acumen, which has done a landmark study on the Philippine Millennial and Gen Z populations. A Family Advocate and Strategy Consultant, she also has a daughter in PAREF Woodrose.

Appropriately, Chelet's talk for the night was entitled 'How to Tame this Beast called the Internet'. Focusing on the Internet and Gadgets, Social Media, Games and Instant Messaging.

The talk began with evaluating an average day for our kids. With 16 hours of waking time per day less the hours for school, homework and meals, it would leave them with five hours of spare time. During non school days or during school breaks, the boys have almost 13 hours to spare. How would you like your child to spend their 5 to 13 hours of free time.

Favourite online games they play are Minecraft, Roblox, Fortnite, Apex, Battleground. The most frequented Social Media platforms used are Youtube, Netflix, Twitter and Facebook. To a certain degree, devices have replaced hobbies, music, sports, TV and books. According to Dr. Nicholas Kardaras, a Neuropsychologist and Executive Director of The Dunes in East Hampton, NY, 'Video games can be as addicting as drugs and boys are 4x more likely to be addicted'. He concluded that consistent use of digital technology is hampering students attention spans and ability to persevere in the face of challenging tasks.

When interviewed, the boys don't believe they are doing anything wrong. They feel that their online behavior is understood and accepted. As parents however, we have a bit of a different perspective. We feel the need to have some control over their devices. We want to limit game time because the boys seem distracted and addicted.

But hold up parents, we can relate to our boys. We did much of the same thing only in different forms. We did play Atari and Playstation and other games of our time. Our social media platforms were Friendster, Multiply & Facebook. We used to do all of these things before anyway but called it a different name. So what's the deal?

Online games and social media have morphed into a beast since then. It's a whole new world and everything and everyone is within reach in a matter of minutes or even seconds. Our kids online screen time has greatly increased exposing our kids to more at a younger age than ever before. The very nature of online games and social media expose our kids to strangers both good and bad and these online predators take advantage of the innocent.

The Internet is here to stay so it's best to deal with it. It can be a beast but if we take the proper precautions it can help us more than harm us. We can use it as a tool instead of it being an addiction.

To start, be deliberate. Use authoritative parenting by making rules and sticking to them. Define what you value as a family. Technology may make sense, but the human heart will always long for the deeper connection of person-to-person. Let us teach our kids the value of true friendship. True friendship comes from the desire to love the other person because of who he is and not because of what he can provide. One true friend is worth more than 1,000 Facebook friends.

Teach them to use the platforms productively. Make sure their intentions in social media are clean, clear and genuine. Mold and strengthen their inner compass through character formation. Emphasize self control, self mastery and temperance. Give them a chance to regulate themselves. Self regulation is the only way for any of us to ultimately be masters of our digital world.

Be understanding and patient. As parents we must realize that we are guilty of the very same things but we must try our best to be good examples for our kids.

Technology and social media are not bad but if we don't control it, it will takeover our lives. Keep in mind devices are tools. They are useful and productive. Keep them that way.

Finally a word to the fathers, when you've laid down the rules and your sons are still complaining on how and when to use their devices, tell them it's for their own good. If they still complain, reply with Darth Vader's famous line 'Luke, I am your Father' ... then add 'and that's that'. May the force be with us all.



# IT'S DECISION TIME: PARENTS SHOULD GUIDE NOT DICTATE

BY CHRIS & MEC CARAS  
Grade 10 Parents

What do you want to be when you grow up? This is a question that I was often asked throughout my childhood. When I became a parent, I found myself asking the same question to my boys.

Kian is our firstborn and every experience with him is a first time for us. When he entered Jr. High, we would have occasional conversations about strands, but truth be told, our understanding was quite limited. Thankfully, we are blessed to be in Southridge, where parents are led by the hand, to help us navigate unfamiliar territories.

The first Parents' Forum this school year focused on, "Choosing Your Son's Strand." We have heard a lot of good things about our guest speaker through our son. Mr. Francis Lee is 10C's Religion teacher and we were told that his sessions with the boys are always fun and engaging.

Here are our key takeaways from the presentation:

## 1. Becoming more aware of their strengths

What are things that our sons have always been good at? Knowing their strengths and where they can add value can help them focus on a path where they are most likely to succeed and find a sense of fulfilment.

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"Of course, it is important to get involved but we shouldn't dictate."

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Their passion may not necessarily be their strengths, but we shouldn't compartmentalize our kids based on their personality alone. Putting them in "boxes" would lead them to instantly conclude on what they can and cannot do, with lasting limiting effects. Mr. Lee shared a simple matrix to help us facilitate this conversation with our sons.

<b>INTEREST</b>	<b>SKILLS</b>
<b>VALUES</b>	<b>PERSONALITY</b> (Realistic/Doers, Investigative/Thinkers, Artistic/Creators, Social/Helpers, Conventional/Organizers)

## 2. Ask them why...

Go beyond the surface. For those in business, we call it a deep dive into the numbers. The deeper we dig, the more we learn, and the better equipped we are in dealing with the situation. Similarly, the more we ask our boys about why they prefer one strand over the other, the more we all learn about them, and what really matters to them. This task can be quite daunting, as we would need to constantly remind ourselves not to lead the conversation to our personal biases i.e., "Your Dad is a doctor therefore, you should choose STEM."

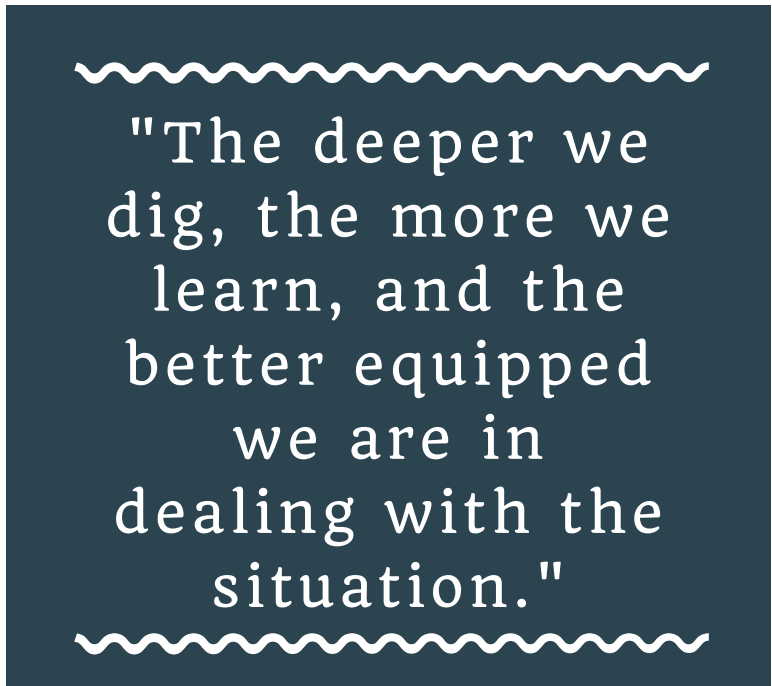
For our sons to be able to articulate their why, this provides clarity and a deeper sense of commitment, that will help them when confronted by setbacks and challenges in the future.

## 3. Preparation is key

Planning takes time, effort, and a support system. We were sent a sample of the curriculum by strand to help our boys appreciate what's in store for them. In our family huddle, we have mutually agreed on the approach, and that is to pick a strand that will help prepare him for his chosen career, but it isn't going to limit the course that he can pursue in college.

We still have a long way to go in our family huddle, but the focus is on the here and now because the best preparation for tomorrow is to make the best of today.

In conclusion, while the decision process of choosing a strand isn't linear for some of our Grade 10 boys, I guess the key is to meet them at the point in the journey that they are in. Of course, it is important to get involved but we shouldn't dictate. Our boys need us for advice and support but ultimately, this one is on them. We just need to trust the process.



## Parenting Tips



**Praise and encouragement will foster a positive relationship with your children and promote responsibility.**

Telling them you believe in them, that you think they can accomplish a task, that you believe they can follow your rules and meet your expectations and their obligations goes a long way toward helping them to believe in themselves. Your belief in them can become a self-fulfilling prophecy.

On Developing Responsibility on your Children  
[www.centerforparentingeducation.org](http://www.centerforparentingeducation.org)

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“**It is not what you do for your children, but what you have taught them to do for themselves that will make them successful human beings.**”

Ann Landers

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“**Engage your Children in Problem Exploration**

Making children part of the solution to a problem rather than part of the problem itself goes a long way toward increasing a sense of responsibility in children, and in helping them to feel capable.

<https://centerforparentingeducation.org/>



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# GUIDING OUR SON TOWARDS HIS CHOSEN PATH

BY LEE AND JO PACHO  
Grade 10 Parents

Parenting often feels like a maze. You walk through it without knowing where your turns will take you. This is how we feel about choosing our son's strand (STEM, ABM, GA) because it is one of those decisions that will define his high school years and set his future path. So, we grabbed the opportunity to gain more insight at the last Parent's Forum. You see, we are taking this adventure for the very first time with our eldest child, Jaime. So, we were excited and hopeful for enlightenment during this stage in our son's life. Blessed with a fantastic speaker, Mr. Francis Lee shed light by showing us the different personality types and its corresponding behavioral characteristics and fitting career choices. We listened intently as we tried to place which category our son belonged to:



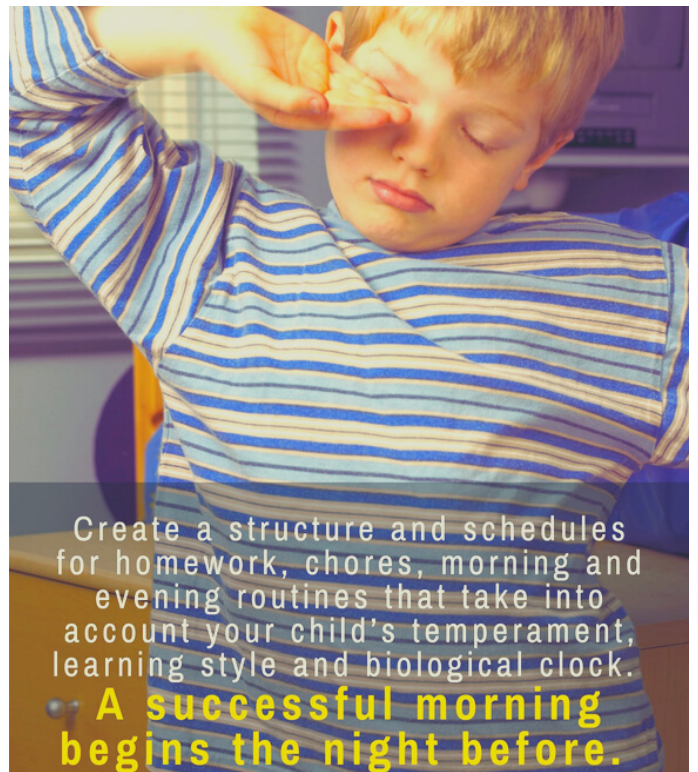
TYPE	CHARACTERISTICS	POSSIBLE CAREER
Realistic (The Doer)	Frank, Practical, Focused, Mechanical, Rugged	Airline Pilot, Architect, Engineer, Dentist, Surgeon, Veterinarian, Athlete, etc
Investigative (The Thinker)	Analytical, Intellectual, Reserved, Independent and Scholarly	Economist, Mathematician, Historian, Researcher, Biologist, Chemist, etc.
Artistic (The Creator)	Complicated, Original, Impulsive, Expressive, Creative	Artist, Musician, Actor, Designer, Writer, Photographer, etc.
Socialistic (The Helper)	Helping, Informing, Teaching, Inspiring, Serving	Nurse, Doctor, Teacher, Coach, Therapist, Sociologist, Counselor, etc.
Conventional (The Socializer)	Careful, Conforming, Conservative, Self-Control, Structured	Banker, Accountant, Editor, Librarian, Human Resources, et.

Perhaps for other parents, the personality type was easy to identify. But for us, it was difficult because our son has behavioral traits that fall under more than one type. He is a mix of 'The Doer', 'The Helper' and 'The Socializer'. But this led to a very important realization on our part. We were reminded that our son is still on his passage of self-discovery. And, that we have yet to fulfill the essence of parenthood by helping him find his natural place and meaningful purpose in this world. It finally dawned on us that choosing a strand is to become one of the most, if not the most, important decisions that our sons will have to make thus far. Therefore, as parents, we resolved to pay close attention and take deliberate actions to guide him through this stage:

- We commit to giving him space and letting him go (let go tiger mamas!). This is his choice, not ours. We must allow him to make his decision on his own. Over-parenting would just rob him of this great opportunity for self-discovery and self-accountability for his own decisions. We will only provide guidance and support so that he reaches a choice that he is comfortable and happy with.
- We commit to supporting every opportunity and activity that would help our son know himself and stretch his wings - even if this may at times challenge our protective instincts as parents.
- We renew our commitment to giving him stronger and purposeful support as he discovers new strengths, interests, talents, and weaknesses. And with this support, we commit to expressly assure him that we love him unconditionally, regardless of his choice and the results that it may bring. After all, mistakes and victories are equally character forming.
- Pray. Pray. Pray. We cannot be with our son all the time. So, we must pray hard that God will always be by his side throughout his journey from adolescence to adulthood.

Parenthood is indeed a heaven-sent responsibility. A maze of unrivaled joy, pain, triumph, courage, unconditional love. A surprising wonder of experiences and emotions that no words can rightfully capture. As our Jaime approaches a milestone decision, we too, must embrace this adventure with renewed faith in his ability to decide for himself and trust that The Holy Spirit will be his constant companion as he continues to define himself into the man that God has created him to be.

"We commit to giving him space and letting him go (let go tiger mamas!). This is his choice, not ours."





## PLANNING WITH OUR SON AND NOT FOR OUR SON: CHOOSING THE RIGHT STRAND

BY ROMMEL & TRINA EUSEBIO.  
Grade 10 Parents

It's always interesting to understand people, and we may forget that our very own children are unique individuals. To witness them grow up and discover layers of themselves is such a privilege. As parents, we are happy to have this discussion to help us understand Matty on another level and help him get a head start on his path. Thanks to this talk we are able to organize our thoughts and his, leverage on his strengths to maximize his potential, and minimize the guesswork on the direction of his career. We understand that plans may change, but a guide is always important, and it should make a difference when you plan early on. This allows us to get a discussion going as we take a step back and observe him as an individual, not just as our son,

Matty. We understand there is no one career for everyone, which is crucial we communicate with him; the system for Senior High School puts him and his batchmates at an advantage as they get an early start on the process of problem solving, and turning this into opportunity. Today, we're more ready to help make a personal action plan WITH our son, and not just FOR our son.

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"Today,  
we're more  
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make a  
personal  
action plan  
WITH our  
son, and not  
just FOR our  
son."

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Good, Better, Best. Don't give me rest until my good gets better and my better best.

BY FRANCIS FRANCO  
Grade 9 Afternoon School Head Coordinator

AS Fathers Get-Together is a relaxed and informative way of sharing ideas with each other. I realized three things. First, it's not just me. Most of the fathers I know from my family are serious--it's nice to know that my parenting strategy resembles Alan, one of the speakers during the get-together. Second, to bridge the communication gap between you and your son, it should be gradual. Paul Fernandez explained this in such a relaxed way that I felt I'm just talking to a college friend. Third, that this get-together should continue. By realizing and learning parenting tips, it's making me a better father much more a better person.



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"A happy family is a reflection of a good father and a loving husband."

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And of course (I even asked this during the session), I appreciated Sir Paul's mention of having one on one talks with sons or daughters. I have casual talks with my kids, but I realized these are not deep enough.

. So I learned that it is better to schedule this in advance (like a date), make it regular, so that at first it may be shallow small talk but eventually it can lead to deeper and more open conversations with my son and daughter. And because of this regularization, we can expect a natural, open and respectful relationship with them in the future.

Thank you again and looking forward to the next Get-Togethers.

## Get-Together with the AS Dads on the Challenge of Fathering A Teenage Son

BY JAY MENDOZA  
Grade 9 Afternoon School Dad

Thank you to the organizers and participants. It was an excellent get-together informal, open, insightful. Practical tips were shared by the speakers re teenage child-rearing. On some points I can say I think I am on the right track.

On other points I can say I have to adjust. A lot of the participants, I believe, can look up to the speakers as models as they have been there and done that (and ongoing for their younger kids).

I especially liked the part where the friend-father demarcation line was discussed. Unlike some styles where a formal father-child relationship exists, both speakers shared that what they practice more is a friendly relationship with their sons or child. But they draw the line when their child is wrong.

Another insight I learned was when castigating sons or children, its better to put it in a perspective that the discussion will lead to the son (or child) owning up to the mistake and learning from it instead of the typical blaming and shouting.

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# LIVING WITH THE PANDEMIC: STAYING MENTALLY STRONG AMIDST THE CHALLENGES (Reflections and Key Learnings from some Grade 4 parents)

BY CJ AND MIA SARINO  
Grade 4 Parents

The pandemic has truly changed all our lives. In Dr Ron's talk we are introduced, taught and guided on how to navigate the pandemic stricken world we now live in. He was very thorough and informative on supplying us with the symptoms of stress, depression and anxiety. Moreover, he gives us ways to help ourselves and our families stay mentally and emotionally strong in spite of the trials. We would strongly recommend this talk to other SR families.

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"He gives us ways to help ourselves and our families stay mentally and emotionally strong in spite of the trials."

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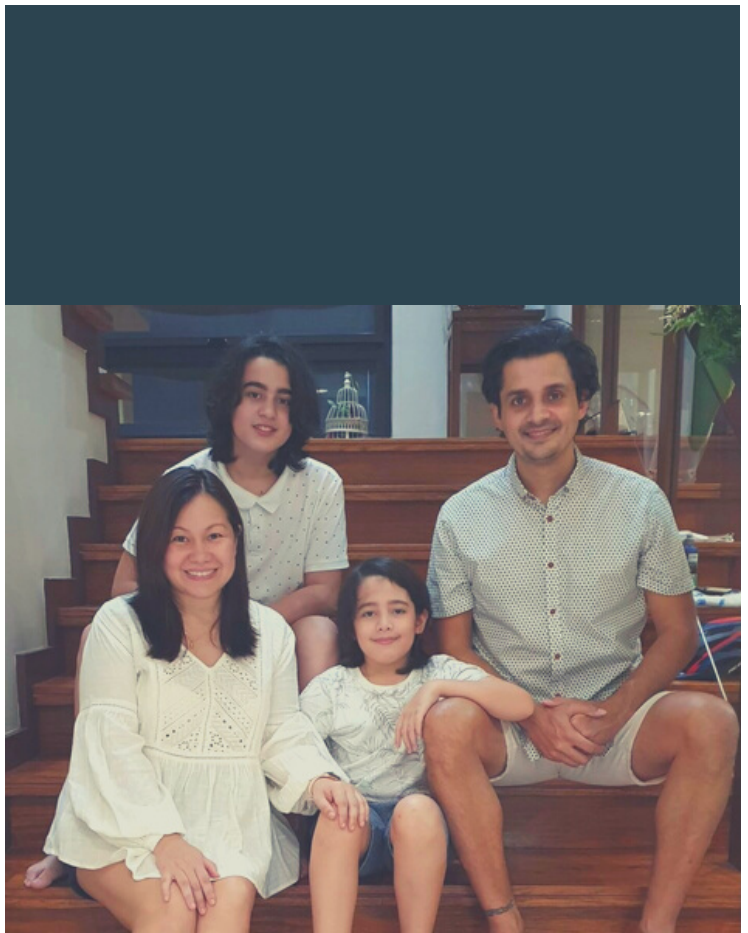
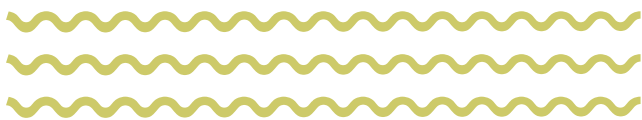
BY MIKKEL AND SABRINA PARIS  
Grade 4 Parents

It feels like a lifetime ago when we talk about how things used to be, pre-pandemic. These days, we would often talk about future plans and finish off the conversation with, "if this lockdown ever ends."

It was normal and almost acceptable in our household to have a chunk of pessimism with every hopeful idea. As we pondered about ourselves throughout the material of the speaker, Dr Ron Resurreccion, we were reminded that the feelings of distress and anxiety that we feel as adults trying to survive a pandemic roughly unscathed are also felt by the children—in equal magnitude, maybe more.

We may already know it in theory, but it was good to be reminded that, as parents, we should find ways on a daily basis, to be more aware of our children's feelings. We need to realize that we have to be present in the moment and listen more.

The talk ended with us in a hopeful disposition. Hopeful that although most of us parents are going through the same challenges in an uncertain time, there are things we can do and changes we can implement to make everyday a little less heavy and get to know our children better in the process.



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"It was good to be reminded that as parents, we should find ways on a daily basis, to be more aware of our children's feelings, be present in the moment and listen more."

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**BY RICO AND ANNA FRANCISCO**  
**Grade 4 Parents**

Southridge Batch 2030, the current grade 4 of school year 2021-2022 had our first Parents' Forum last October 7, 2021. The evening's highlight was the talk by Dr. Ron Resurreccion on staying mentally strong during this pandemic. Dr. Ron started out by asking the parents to log in to menti.com - a website that allows participants to share ideas in real time and anonymously. He threw several questions at the audience, and everyone participated eagerly. I focused on this as this set the tone of the evening's talk. Mental health, especially during this pandemic is something a lot of people are currently battling with, and most have never experienced such problems before. This pandemic has obviously brought a lot of stress and anxiety to a lot of families as this is a first in our lifetime. Dr. Ron pointed out that these feelings of fear, anxiety and depression are real feelings and should be addressed properly. Determining our main causes of stress, sharing it and sharing our feelings are important so that these anxieties and concerns can be addressed as it could lead to serious problems if left untreated. I think all families, in one way or another are affected by the stresses brought about by these trying times. Aside from being something new, it is a problem that we feel helpless about as not much could be done to expedite a solution - we just have to wait it out. And I think one main take away as parents that we realized from this talk was that as resilient as children can be, they can still be truly affected by this pandemic. It is important to talk to them to ask them how they feel, what they're thinking and how they are coping. If we as adults go through these anxieties and fears, what more these children who also have their own valid feelings and concerns. Dr. Ron offered several techniques to cope with it such as hobbies, learning new skills and studying. I think it a must that we include our children in our journey to make sure we are mentally healthy and fit during this pandemic.



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"It is important to talk to them to ask them how they feel, what they're thinking and how they are coping."

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**BY RONNIE & CELINE SEVERINO**  
**Grade 4 Parents**

My wife and I learned a lot in the last Parents' Forum. We realized that belittling issues presented to us will do more harm than good. Also, avoiding the topic and rescuing our children from pain by reassuring, praising and humoring is not helpful to them either. Most times we are uncertain of what to do or say.

The resource speaker, Dr. Ron Resurreccion really broke it down for us. He guided us through a practical approach that will encourage our kids to open up and even actually welcome our inputs. He suggested attending, following & reflective behaviors that are aligned to our parenting objectives.

The approach is certainly helpful now more than ever, especially when we are in each other's company 24/7. Most times we can no longer see through the critical issues. Thank you, Southridge for continuing to track the pulse of young parents like us and providing relevant & effective parenting forums as this. You made it truly worth our time.



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"Avoiding the topic and rescuing our children from pain by reassuring, praising and humoring is not helpful to them either."

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**BY COCOY & QUEZA CARPIO**  
**Grade 4 Parents**

My wife and I feel very fortunate to have attended the Parents forum conducted by Dr. Ron Resurreccion. He touched comprehensively on a lot of issues that most of us are going through and made us realize that we are all going through this together. Admittedly, this pandemic brought out both the worst and the best in people. It is in these times that we are tested. What really made the most impact in his discussion is the idea that we should all stop and take a rest. The common misconception in this pandemic is that we are blessed to have been given a hybrid work arrangement where people can work from home. He breaks it to everyone that the WFH arrangement has its evils. People are overworked since the boundaries between work and rest are broken. My wife and I are guilty of this. Harnessing each other's strengths, relying on other people, and taking breaks are few of his advices.

There are a lot of things he discussed and honestly, we felt very hopeful and relieved after his talk. We are hoping we can apply all the things he lined up in our everyday life.

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"People are overworked since the boundaries between work and rest are broken. My wife and I are guilty of this. Harnessing each other's strengths, relying on other people, and taking breaks are few of his advices."

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## PAREF Southridge

### NOVEMBER

Calendar of Activities  
School Year 2021 – 2022

1 - 5	Mon - Fri	<b>Health Break (Free Days)</b>
6	Saturday	Benediction and Exposition of the Blessed Sacrament Batch Family Rosary (Grade 12)
7	Sunday	First Sunday Recollection (English)
10 - 12	Wed - Fri	<b>SHS Mid Sem 1 Period 2 Exams</b>
8	Monday	GS & JHS Start of 2nd Trimester
10	Wednesday	Student Assemblies
17	Wednesday	Grade 8 2nd Parents Forum
18	Thursday	Grade 2 2nd Parents Forum Grade 7 Parenting Teens Course (PTC) Case 1
19	Friday	Virtual Open House
20	Saturday	New Parents Education Program (NPEP) Case 2
21	Sunday	Batch Family Rosary (Grade 4)
25	Thursday	Grade 3 2nd Parents Forum Middle Childhood Course (MCC) Case 2
26	Friday	Grade 9 2nd Parents Forum
27	Saturday	Afternoon School 2nd Parents Forum Grade 3 Online Father & Son Activity
28	Sunday	Fourth Sunday Recollection (Filipino) Batch Family Rosary (Grade 8 AS)
29	Monday	Afternoon School Online Student Seminar
30	Tuesday	<b>Bonifacio Day (Holiday)</b>



PAREF Southridge

# VIRTUAL OPEN HOUSE

Discover the online learning program given high-satisfaction rating by parents

**NOV. 19, 2021  
FRIDAY AT 7:00PM**



For more information, please call

**Mr. JONAS CANLAS**  
📞 0917-192-1170 | 8807-3644  
✉ [jcanlas@parefsouthridge.edu.ph](mailto:jcanlas@parefsouthridge.edu.ph)  
🌐 [www.southridge.ph](http://www.southridge.ph)  
📘 @PAREFSouthridgeSchool  
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<https://jesus-centeredlife.org/>

 PAREF School

<https://jesus-centeredlife.org/>

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PAREF Southridge  
VIRILITER AGITE

## 2nd Parents Forum (Grade 8)

# HOW TO TAME THE BEAST CALLED SOCIAL MEDIA

**17 NOV**  
6:45-8:45 PM

6:45pm Zoom Meeting to Open  
7:00pm Opening Prayer  
7:05pm HS OPCOM Report  
7:45pm Talk  
8:45pm HPC Report



**Chelet Tanjuatco**  
Woodrose Mom,  
Family Advocate & Strategy Consultant  
UA&P Professor

via **zoom**

MEETING ID: 891 7017 9830  
PASSCODE: 377840

PAREF Southridge  
EDUCHILD  
SCHOOL FOR PARENTS

## 1ST MODERATED PLENARY SESSIONS OF PARENTING TEENS COURSE (GRADE 7)

**18 NOVEMBER**  
(Thursday)

7:00pm Zoom Meeting to Open  
7:15pm Start of the Moderated Plenary Sessions  
8:45pm Go back to the Main Room of the Wrap-Up  
Q/A / Filling-Up of the Google Evaluation Form



via **zoom**

MEETING ID: 821 6027 7080  
PASSCODE: SR2025


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SCHOOL FOR PARENTS

## 2nd PARENTS FORUM / MIDDLE CHILDHOOD CASE 2 (GRADE 3)

**25 NOVEMBER**  
(Thursday)

6:30pm Zoom Meeting to Open  
6:45pm Principal's Report  
7:15pm Start of the Moderated Plenary Sessions  
8:45pm Go back to the Main Room for Wrap-Up  
Q/A / Filling-Up of the Google Evaluation Form



via **zoom**

MEETING ID: 851 5391 2813  
PASSCODE: 2NDPFG3

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VIRILITER AGITE

## Enhancing Children's Character Strengths during Online Learning

### 2nd Parents' Forum 2021

November 18, 2021 | 06:30PM

- Understanding developmental characteristics of children at the age of industry and inferiority
- Understanding needs-based strategies to promote learning and school engagement
- Understanding inputs on mindful parenting as new generation parenting style



**MR. VON KARLO N. GONZALES**  
DIRECTOR,  
OFFICE OF GUIDANCE & COUNSELING  
DE LA SALLE UNIVERSITY  
LAGUNA CAMPUS

6:15PM Zoom Meeting To Open  
6:30PM Opening Prayer/ Principal's Report  
7:00PM Talk  
8:00PM HPC Report

ZOOM  
MEETING ID: 881 0549 5904  
PASSCODE: 144185

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PAREF Southridge  
VIRILITER AGITE

## 2nd Parents Forum (Grade 10)

# VALUING DIFFICULTIES & DEVELOPING FORTITUDE

**3 DECEMBER**  
(Friday)

7:00pm Zoom Meeting to Open  
7:15pm HS OPCOM's Report  
8:00pm Talk  
9:00pm HPC's Report



via **zoom**

Meeting ID: 861 2932 4909  
Passcode: 958310

**Paul Christopher Y. Cheng**  
ASSOCIATE DIRECTOR  
FOR ACADEMIC STANDARDS

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