



Armed in the Digital Battleground

BY MARCOS & JANICE DE ALMEIDA

Kicking off this year's Parents Forum series for Grade 2 was the session "Keeping our Kids Safe Online," held on September 16, 2021. As Covid-19 has pushed our children to inhabit the online world, the topic could not be more relevant -- and sharing his expert insights on the matter was Kenneth Lingan, CEO of marketing firm Publicis Groupe Philippines.

Mr. Lingan began by pointing out why we should care about internet safety. While the internet can be beneficial in facilitating learning and communication, it undoubtedly has harmful effects including isolation, depression and addiction; cyberbullying; exposure to inappropriate content; distraction from school; negative impact on cognitive development; and social pressure.

As parents, we need to be proactive in guiding our children in the use of technology. Mr. Lingan says the goal is to teach our children self-regulation and to help them use technology safely and responsibly. To achieve this, he suggests: (1) setting ground rules (e.g., set limits on screen time, prioritize interaction over gadget use); (2) building family-first digital experiences (e.g., look at reviews for websites and apps,

use filters to screen content); and (3) educating our kids to be good digital citizens (Mr. Lingan recommends Google's "Be Internet Awesome" program as a great resource).

Of particular interest to us was Mr. Lingan's message that while we need to regulate our kids' usage of technology, draconian measures will not work. As parents of two young children (ages 7 and 6), our impulses have favored more rigid rules on gadget use at home. But Mr. Lingan advises that constant nagging and banning of gadgets only lead to resentment, and constant monitoring of our kids' online activities is unhealthy. Mr. Lingan stresses that the ultimate objective is to train our children to self-regulate by helping them develop their own internal controls for better decision-making.

As our kids grow older, we realize that we need to embrace the ubiquity of the digital world -- and our best bet is to equip them with the tools to navigate that world wisely.



Keeping our Kids Safe Online

BY JOUY & APRIL ARAJA

Eye strain, shorter attention span, and having access to several unsafe websites are just some of parents' concerns regarding gadget usage even before the pandemic started. When schools shifted online, limiting and monitoring children's gadget use has been an issue in several households. We are filled with both health and safety considerations.

As much as we want to protect our kids when they are using their gadgets, we can't be with them 24/7. The session on Keeping Kids Safe Online provided us parents some key points to consider to lessen our anxiousness as to our kids' online security.

Having a solid connection with our kids which involves constant communication – talking about their online activities, social media participation, games they are engrossed with, and who they play and interact with gives us, parents, a glimpse of their online activities. Building a close relationship and parental involvement welcome us to our kids' online world.

It also wouldn't hurt if we schedule quality family time like movie nights, game nights, or even physical activities. These not only lessen screen time but also deepen family relationships.



Building a close relationship and parental involvement welcome us to our kids' online world.

Another important point during the session was for our kids to develop the skill to self-regulate. This means that they are able to monitor their emotions and behavior even without the presence of an adult. This can be achieved if family values are established. Modelling and practicing virtues like respect, self-control, discipline, responsibility, and obedience are just some of the virtues that would help our kids be more discerning when it comes to online exposure. If these virtues are intact, then they will be able to know if and when it is time to stop using or exploring the net or if they can explore or go into a certain website or not.

Processing is another way not only to ensure online safety but also to improve communication among family members. After setting rules about gadget use or not allowing access to certain websites or social media, it is best to discuss the rationale to our kids. This way, we do not appear to be "dictators" in our children's eyes. They will have a better understanding of what the rules or standards are for, the rationale for having them, and why they are being implemented. This also allows dialogue between parties which fosters respect. *(continued on the next page)*

As the speaker, Mr. Lingan, said, "Technology is here to stay." Disallowance or banning kids from gadget/online use doesn't guarantee their safety. It also strains our relationship with them if we do. One way or another these digital mavens of ours will find their way to their computers, their gadgets. It is up to us parents to develop the values and skills they need for them to be good digital citizens and responsible individuals who can safely explore the online world.

Life's Olympic Strategies to Develop Grit

BY MONA SERRANO

Last September 18, 2021, organized by the Paref Woodrose School, Queena Lee- Chua gave a talk on Life Olympic Strategies to Develop Grit to parents and teachers. It was truly a fruitful morning to all 160+ zoom attendees who entered the meet with much eagerness and questions, and left the meet with resolutions, strategies and plans.

What is Grit? According to Angela Duckworth, grit is passion and sustained persistence applied toward long-term achievement, with no particular concern for rewards or recognition along the way. It combines resilience, ambition, and self-control in the pursuit of goals that take months, years, or even decades. Using the same definition, Queena further added and defined, "Filipino" Grit as passion and persistence plus strength and courage. She said that real learning is never easy and is always uncomfortable. And this is something that we all have to grapple with in order for our children to embrace learning positively.

Queena also shared several strategies and ways to develop Growth Mindset in children. As parents, we first have to recognize and reflect on our own mindset. As always, parents set the bar and we model through our example. Second is to emphasize effort over ability. She reminds us that we have to praise the learning process, rather than the child's "natural talent." And thirdly, model learning from mistakes. She stressed that we have to let our children experience discomfort – but learn from their mistakes and rise again. It is also beneficial to talk to them of our own experiences – struggles, failures and more importantly, what we learned from those.

She also mentioned other ways to develop Grit: 1 - encourage children to do at least one difficult thing that requires, perseverance, courage and discipline, 2 - give children age-appropriate chores, 3 - be role models of grit in words and actions, 4 - guide children to problem solve, 5 - guide children away from negative habits, like procrastination and self-centeredness, and 6 - guide children to find their purpose (without comparing to others). She advised parents to pay attention to our own level of anxiety – as parents jump to save their children at the first sign of discomfort. Parent's need not be afraid of their child's feeling of sadness or frustration as this is how they develop resilience. When kids never had have the ability to succeed at something difficult, they may never develop confidence in their ability to confront challenges. CS Lewis said, "Hardship prepares ordinary people for extraordinary things."

*Real learning is never
easy and is always
uncomfortable.
Queena Lee-Chua*

A mentor once said that successful, happy individuals do not only have high IQ and/or high EQ, but one needs a good balance of IQ, EQ and AQ (Adversity Quotient). This involves the ability to embrace challenges and find every obstacle as an opportunity to learn and grow. In this time of the pandemic where our homes were transformed into a school, into an office, into a playground, and we are tasked to embrace the challenges of today with a positive, grateful and resilient outlook where our children can draw from. *(continued on the next page)*



In the four corners of our homes, we are given the chance to see each and every member of our families clearly, up close and uninterrupted. We can then further re-examine our family's goals and vision with the aim to raise children from being dependent to independent to dependable individuals capable of making responsible decisions, ready to give and receive love.

As we come up with our own family resolutions that will fit our circumstances, we take note that, we as parents are to model self-control, resilience, strength in character, grateful mindset and grit in all its aspects. We teach our children problem solving skills, growth mindset and strategies that will help them overcome challenges along the way. And with all this, we ensure that our children's emotional bank account is healthy as we guide them to struggle in difficulties and failures along the way. Together, we can build a strong, hopeful and gritty society – one family at a time.

Reflections on Teaching Social Skills in Times of the Pandemic

given by Dr. Maria Paz Ortiz to the SRG Grade 1 Parents

Teaching Social Skills in Times of the Pandemic

Maria Paz Monica O. Ortiz, PhD, RGC

GUIDANCE COUNSELOR
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ATENEO DE MANILA UNIVERSITY





The current classroom setup limits social interaction among children. As working parents with two children, I think it's at least twice as challenging for us especially as our eldest is at the age wherein building social skills is at critical point.

The talk given by Dra. Ortiz was indeed timely, a much-need insight for us. There are things that we should pay attention to. Guiding them during their virtual classes is one, wherein the approach could be more of a challenge to educators. But ensuring that they are learning holistically is another, a much more challenging task to us, parents. The importance of consistently talking to our children, being more sensitive to their needs and how they react to their surroundings, and most notably spending time with them are the things we should always keep in mind and prioritize at this point in time. -

Jhen and Mark Donnel Taino



Bilbo & I believe that it takes a village to raise our 8 kids. We need the support of family, friends, teachers & mentors. We welcome activities like Parents' Fora where we get nuggets of learning and confirmation that we are raising our kids properly.

Dra. Ortiz's talk had several 'AHA' and 'YES' moments. For instance the role of grandparents in raising our kids. They make sure that their grandchildren feel their presence through their advice, sharing of their experiences and taking time to play with the kids.



Kids are digital natives. We need to ensure that they have physical activities to keep them healthy. We need to give chores so that they are not in front of their gadgets all the time. Screen breaks are a must so kids can read books, play sports or have time to connect with others. Cyberbullying is rampant and we should be careful about what we post on the internet.

For busy parents like us, it is important that we have quality time with our kids. We need to talk to them to know what is happening in their lives, in school, their issues, new favorites and friends. In this way, they will not be afraid to talk to us. There is no perfect family, but we can always work hard to be a better one. - **Jose Paolo and Christina Alberta Palileo**

Reflections on Teaching Social Skills in Times of the Pandemic



Dr. Paz Ortiz' talk has given us parents a broader view of Generation Alpha and how they are perceived to behave today. We suddenly realized that there are a lot of factors to consider when raising today's child. Social interactions have breached traditional mediums and parents are now faced with the daunting task of keeping up with technology as the modern voice. Determining our children's interests is primordial to understanding their language. Though we may communicate differently, knowing how to talk to them and sincerely deciphering their messages would spell the difference in living happily

with them. Dr. Ortiz' anecdotes are insightful as to the importance of teaching our children the values and traditions we want them to carry on. The child's mental and emotional health seem to hinge on a critical balance between the quality of social interactions he has with his friends and family. - **Emerson and Rhea Palad**



It's about time. I realized from the talk of Dr. Ortiz that time plays a very important role in setting the foundation for our children and for our family. She shared many examples and tips on how we can build routines and activities that we can do together to bond and connect with another. It was also very interesting to learn about the Generation Alpha - from the unique characteristics of this generation to what we can do to better understand and nurture them. - **Reynaldo and Maria Carmela G. Gabunada**



I am a widow raising 2 members of Generation Alpha, and because of the pandemic, it has been a challenge trying to figure out ways to ensure that my boys don't suffer the ill effects of having limited interaction with other people. Pre-pandemic, our weekends were always packed with trips, birthday parties and visits with friends. My biggest take-aways from Dr. Ortiz's talk are that 1) many luxuries that our children enjoy nowadays weren't even available to older generations (mine included), and yet we all mostly managed to socialize well, and 2) socialization always begins, and can flourish, at home. With this knowledge, a little bit of creativity, determination, and continuous intentional parenting, I have the power to make sure that my boys still thrive during this time that we need to hunker down to keep safe from the virus, and beyond. - **Ma. Francesca Baltazar-Puyo**


A Reflection on the Talk on Raising our Gen-Z

I felt the talk from Dr. Maria Paz Ortiz to be very timely, i.e., raising our Gen Z boys, especially during the pandemic. Realizing that there are some boys that will excel in the virtual classroom set-up and some that will excel in the in-person classrooms was very interesting and we had noticed that our boys have reacted more positively to the online classes last year and this school year.


Being more conscious of the narcissistic culture prevalent in today's culture was an eye-opener as the examples cited by the speaker have invaded our television and social media. The concept of the "Me Generation" poses a new problem that each of us as parents have to face with our kids. As parents, we have to be more vigilant about what our kids are exposed to.

She also gave us tips on the proper postures as well as the need for stretching and body adjustment during classes and breaks to ensure a better learning experience.

Learning how our son likes to learn, whether they are auditory, visual, or more into hands-on activity gave us some tips on how we can help our kids understand some concepts and learnings. Dr. Ortiz also presented a glimpse of possible career paths based on some of the ways our kids learn, which was interesting and part of our discussion with our son the next day. - **Vince Bunuan, Grade 8 Father**



1st Parents Forum (Grade 8)



RAISING OUR GEN-Z

Maria Paz Monica O. Ortiz, PhD, RGC

GUIDANCE COUNSELOR
 JUNIOR HIGH SCHOOL, GUIDANCE
 AND COUNSELING PROGRAM
 ATENEO DE MANILA UNIVERSITY

SCHEDULE


SEPTEMBER 24, 2021 (Friday)

6:45pm Zoom Meeting to Open

7:00 Principal's Report


7:30 Talk


8:30 HPC's Report



Meeting ID: 862 2069 2275

Passcode: 383495





WELL-BEING MINDSET FOR A RENEWED NEW NORMAL

A reflection on the talk given by Dr. Shake Hocson to the Afternoon School Parents by Mike and Lanie Abeleda

Dr. Shake Hocson was an excellent speaker. She is very knowledgeable and has shared a lot of valuable information that enlightened us in dealing with our children at this time of uncertainty. For us, she is one of the best PQF speakers we have had for the past 6 years.

Her talk was very timely. We are already moving close to the end of the second year of the pandemic and by this time, most of us, including our children, are already adjusted to the Renewed New Normal.

As we were listening to her, we were processing everything that has happened ever since the pandemic began. It made us ask ourselves if our strategies were effective or have we managed it well? Clearly the ball game has changed for all of us and all of us had to scour for new ways of doing things as we continue to navigate into these new realities.

Dr. Hocson's talk both became a validation and an eye opener for us at the same time. Let us highlight a few points that really resonated with us:

Renewed New Normal requires not necessarily "more" but a different approach in guiding our kids in a virtual learning set up. Virtual learning has its pros and cons. One advantage this has is that we as parents have an expanded view of what happens to them in class: What they learn, how they learn, what they are being taught. However, we also know its limitations.

We know that even teachers are adjusting to this new environment, perhaps even to the new virtual tools that are being used. They may not be as keen in detecting our children's learning opportunities compared to when they see them all inside a classroom setting. This brings up the challenge to the parents to be able to pick this up and fill in what may be lacking.

We cannot control the things that happen around us. What we have full control over is our mindset.



Collaboration is key. Most especially today, when everything is much more labile, being more active and proactive in communication is essential to ensure that as parents, we are constantly aligned with the school. The pandemic did not change the degree of engagement that is critical from both the school and us parents in rearing the kids towards their bright future. We cannot skip a beat; pandemic or no pandemic the partnership should never wither.

Keeping a positive mindset. We cannot control the things that happen around us. What we have full control over is our mindset. The pandemic has brought so much uncertainty to everyone's lives. Nobody got spared. We all navigate this the first time and it is easy for anyone to fall victim to a negative mindset. As parents, we have to strongly steer our mindset to a positive vantage point. We cannot give what we do not have to our kids. We have to be good examples as we build their mental fortitude necessary in the face of any adversity and uncertainty.

Staying cognizant of our kid's mental state. As mentioned earlier, it is easy for anyone under our present circumstances to fall victim to our minds. Staying cognizant of our child's mental health is very important so we can timely address as early as the first symptom manifests. Learning what these symptoms may be, knowing how to apply first aid and understanding when situations are already getting out of hand, hence requiring a higher level of intervention is utmost critical. Dr. Hocson made a very straight point about this.

Grades are not everything. Lastly, Dr. Hocson was able to illuminate that our children should never be weighed purely based on what grades they have. It is important that we look at a holistic view of them as our kids and as a person. Knowing their character, their skills and talents, their abilities and disabilities, their mental, spiritual, social and emotional state all has to be considered as we deal with our children. As parents, we will become more effective in discovering the best kind of support system that will truly impact the lives of our children when we look at all these angles.

PAREF Southridge
SCHOOL FOR PARENTS

**1ST PARENTS FORUM
LAUNCHING OF THE PARENTING
TEENS COURSE (GRADE 7)**

SCHEDULE
OCTOBER 21, 2021(Thursday)
6:30pm Zoom Meeting to Open
7:00 Prayer by Grade 7 PC
7:05 Welcome Remarks by HS Principal
Introduction of the Grade 7 Teachers, PC's
7:30 Introduction about EduChild & the Case
Study Method
8:00 HPC Announcement re-Group Assignments
8:30 End of Activity

MEETING ID: 576 281 8000
PASSCODE : SR2025

FORGE AHEAD

PAREF Southridge
1st Parents Forum (Grade 6)

**PREPARING OUR SONS
FOR HIGH SCHOOL**

SPEAKERS
TONYO & MAITA CRUZ
GILBERT & GINA GARCIA
PAUL & SHARON FERNANDEZ

MODERATORS
BOBBIT & SOY CASILLANO

SCHEDULE
OCTOBER 21, 2021, Thursday
6:45pm Zoom Meeting to Open
7:00pm Principal's Report
7:30pm Talk
8:30pm HPC's Report

via zoom
Meeting ID: 882 6892 5684
Passcode: 555206

FORGE AHEAD

1st Parents Forum (Grade 11)

**IS YOUR SON READY TO
CHOOSE HIS 3 C'S COURSE,
COLLEGE AND CAREER?**

Ms. Denise Clement
College & Career Counselor
The Beacon Academy

SCHEDULE
DECEMBER 29, 2021, Friday
Zoom Meeting to Open
Principal's Report
Talk
HPC's Report

via zoom
Meeting ID: 825 8914 5732
Passcode: 062575

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