

March 2025 Issue

PARENTS FIRST

Monthly Bulletin for Parents
of Southridge School

Lent: a time of penance, purification, and conversion.

Lent should suggest to us these basic questions: Am I advancing in my faithfulness to Christ, in my desire for holiness, in a generous apostolate in my daily life, in my ordinary work among my colleagues? Each one of us, silently, should answer these questions, and he will see that he needs to change again if Christ is to live in him, if Jesus' image is to be reflected clearly in his behavior. "If any man has a mind to come my way, let him renounce self, and take up his cross daily and follow me." Christ is saying this again, to us, whispering it in our ears: the cross each day.

-St. Josemaría Escrivá



PAREF Southridge





Let us Journey Together in Hope

(A Lenten Message of the Holy Father, February 25, 2025)

We begin our annual pilgrimage of Lent in faith and hope with the penitential rite of the imposition of ashes. The Church, our mother and teacher, invites us to open our hearts to God's grace, so that we can celebrate with great joy the paschal victory of Christ the Lord over sin and death, which led Saint Paul to exclaim: "Death has been swallowed up in victory. Where, O death, is your victory? Where, O death, is your sting?" (1 Cor15:54-55). Indeed, Jesus Christ, crucified and risen, is the heart of our faith and the pledge of our hope in the Father's great promise, already fulfilled in his beloved Son: life eternal (cf.Jn10:28; 17:3).[1]

This Lent, as we share in the grace of the Jubilee Year, I would like to propose a few reflections on what it means to journey together in hope, and on the summons to conversion that God in his mercy addresses to all of us, as individuals and as a community.

First of all, to journey. The Jubilee motto, "Pilgrims of Hope", evokes the lengthy journey of the people of Israel to the Promised Land, as recounted in the Book of Exodus. This arduous path from slavery to freedom was willed and guided by the Lord, who loves his people and remains ever faithful to them. It is hard to think of the biblical exodus without also thinking of those of our brothers and sisters who in our own day are fleeing situations of misery and violence in search of a better life for themselves and their loved ones. A first call to conversion thus comes from the realization that all of us are pilgrims in this life; each of us is invited to stop and ask how our lives reflect this fact. Am I really on a journey, or am I standing still, not moving, either immobilized by fear and hopelessness or reluctant to move out of my comfort zone? Am I seeking ways to leave behind the occasions of sin and situations that degrade my dignity? It would be a good Lenten exercise for us to compare our daily life with that of some migrant or foreigner, to learn how to sympathize with their experiences and in this way discover what God is asking of us so that we can better advance on our journey to the house of the Father. This would be a good "examination of conscience" for all of us wayfarers.

Second, to journey together. The Church is called to walk together, to be synodal[2] Christians are called to walk at the side of others, and never as lone travelers. The Holy Spirit impels us not to remain self-absorbed, but to leave ourselves behind and keep walking towards God and our brothers and sisters.[3] Journeying together means consolidating the unity grounded in our common dignity as children of God (cf.Gal3:26-28). It means walking side-by-side, without shoving or stepping on others, without envy or hypocrisy, without letting anyone be left behind or excluded. Let us all walk in the same direction, tending towards the same goal, attentive to one another in love and patience.

This Lent, God is asking us to examine whether in our lives, in our families, in the places where we work and spend our time, we are capable of walking together with others, listening to them, resisting the temptation to become self-absorbed and to think only of our own needs. Let us ask ourselves in the presence of the Lord whether, as bishops, priests, consecrated persons and laity in the service of the Kingdom of God, we cooperate with others. Whether we show ourselves welcoming, with concrete gestures, to those both near and far. Whether we make others feel a part of the community or keep them at a distance.[4] This, then, is a second call to conversion: a summons to synodality.

Third, let us journey together in hope, for we have been given a promise. May the hope that does not disappoint (cf.Rom5:5), the central message of the Jubilee,[5] be the focus of our Lenten journey towards the victory of Easter. As Pope Benedict XVI taught us in the Encyclical Spe Salvi, "the human being needs unconditional love. He needs the certainty which makes him say: 'neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord' (Rom8:38-39)".[6] Christ, my hope, has risen![7] He lives and reigns in glory. Death has been transformed into triumph, and the faith and great hope of Christians rests in this: the resurrection of Christ!

This, then, is the third call to conversion: a call to hope, to trust in God and his great promise of eternal life. Let us ask ourselves: Am I convinced that the Lord forgives my sins? Or do I act as if I can save myself? Do I long for salvation and call upon God's help to attain it? Do I concretely experience the hope that enables me to interpret the events of history and inspires in me a commitment to justice and fraternity, to care for our common home and in such a way that no one feels excluded?

Sisters and brothers, thanks to God's love in Jesus Christ, we are sustained in the hope that does not disappoint (cf.Rom5:5). Hope is the "sure and steadfast anchor of the soul".[8] It moves the Church to pray for "everyone to be saved" (1 Tim2:4) and to look forward to her being united with Christ, her bridegroom, in the glory of heaven. This was the prayer of Saint Teresa of Avila: "Hope, O my soul, hope. You know neither the day nor the hour. Watch carefully, for everything passes quickly, even though your impatience makes doubtful what is certain, and turns a very short time into a long one" (The Exclamations of the Soul to God, 15:3).[9]

May the Virgin Mary, Mother of Hope, intercede for us and accompany us on our Lenten journey.

-Pope Francis



LIVING LENT: MEANINGFUL FAMILY TRADITIONS

By: Paul and Patty Lee

Families are often so caught up in daily routines that considering how to bring the spirit of Lent into the home can feel overwhelming or like just another task to manage. But that is what Lent is all about – a time to intentionally pause and deepen our relationship with God. As parents and stewards, this involves our children as well. As Lent approaches, we remind our kids that it is a season for growing closer to God, joining Jesus as He fasts for forty days and resists the temptations of Satan. Kids being kids, they need reminders that we are in the season of Lent. These are some things we do in the house, in addition to the required fasting and abstinence:

Lenten Decorations: Decorating our home is something we typically associate with Christmas or Halloween. We also do it for Lent! The kids can visibly see that they are in a different season, and it serves as a spiritual reminder to practice the three pillars of Lent – Prayer, Fasting, and Almsgiving – every day. The decorations are simple symbols like purple cloth, an Easter candle, something from the Passion of Christ, or a cross.

Lenten Sacrifice (modified): Many of us choose to 'give something up' for Lent, which is a great practice. We encourage our kids to also 'take up something' in place of what they give up. For example, in the past, they GIVE UP music in the car and TAKE UP listening to audio Bible stories; or GIVE UP sugary desserts and TAKE UP eating fruits. We have found that this approach is more effective for the kids because it helps them develop positive habits.

Holy Week in Pampanga: Every year, our family spends Holy Week in Pampanga, continuing traditions that have been passed down through generations. These practices are important to us, not only for the sake of tradition but to ensure that our family always has a meaningful and reflective Holy Week.



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During the first days of Holy Week, the “Pabasa ng Pasyon” takes place, where “Pabasa” readers chant or sing the Passion of Christ, setting a reflective tone for the week. We make an effort to preserve this tradition, especially as it is fading in some towns. For a fun kids’ activity, we hide 30 coins around the house for them to find. This symbolizes how Judas gave in to temptation and betrayed his Friend. The kids also decorate a Holy Week banner, which is a reminder of the events that unfold each day of the week.

On Holy Wednesday, the clan gathers from across the Philippines to participate in the procession in our hometown. From a young age, the boys in the family learn to push the caroza, while the girls prepare the flowers. After the procession, the family comes together to enjoy a hearty, traditional Kapampangan feast. On Maundy Thursday, we visit churches around Pampanga for Visita Iglesia. Along the way, we often encounter penitents fulfilling their “panata”.

During Good Friday, the family does the Stations of the Cross, with each member leading a station. Afterwards, we prepare for another procession, which is the largest of the week in terms of carozas and participants. The kids stay at home to throw sampaguita from the balcony onto the carozas as they pass by. Black Saturday is a day of mourning, so we keep the activities minimal. At midnight, we join the “Salubong” procession, which has a unique format— separating the male and female carozas and participants onto different routes. Everyone eventually gathers back at the Cathedral for the meeting of the Risen Christ and the Sorrowful Mother. Easter Sunday is a day of celebration with delicious meals and fun-filled games for kids and adults!

Our Lenten and Holy Week traditions form an annual rhythm that help us be more intentional the entire season. They also serve to unite our extended family, with our kids being part of the 8th generation. We cherish the opportunity to preserve these traditions and pass them down to the next generation.





OBSERVING LENT AS A FAMILY

By: Jouy and April Araja

Lent for me is a time of reflection and eager anticipation of the celebration of the resurrection of Christ. At this time, we, as practicing Catholics, observe fasting and abstinence

The Lenten season is a time when we become more deliberate in growing and deepening our faith more. During this season, we participate in parish Lenten recollections and talks. As a form of thanksgiving and giving back, we take part in almsgiving especially during Christmas and Lent. We regularly sponsor feeding programs for the visitorless and indigent inmates of the Bureau of Corrections. We actively engage in the Easter Triduum Mass as my husband and I are members of our parish choir. We make it a point to hear mass as a family.

Our eldest started asking about Lent when he was around 9. He would ask questions like why we couldn't go on vacations or trips during Holy Week breaks or why we had to prepare goody packs or meals for the prisoners during this time. We are thankful that the school is our ally in terms of making our children understand and experience Lent. We go back to the

lessons or concepts taught and we explain to them that this is the time when we try to be closer to God by praying more, being extra kind, and doing acts of sacrifices by giving up things we really like.

For the activities and traditions, we do Visita Iglesia. As a family, we keep vigil in prayer and adoration at the altar of repose after the Maundy Thursday mass. We pray the Stations of the Cross and we make the boys lead and respond to the prayers. In these simple ways, little by little they get to understand the meaning of the season because it is experiential.

For our act of charity, since our sons cannot go inside the prison to participate in the feeding program, they do their share by helping purchase and pack the goods to be distributed to the inmates. They help pack meals for them. We would always tell them that through these simple gestures, they make Jesus smile.

Ideally, having a prayer routine makes it easier for us to make time for reflection and prayer. Work demands, family responsibilities, and personal duties don't make it easier. For us, we incorporate prayer and reflection in our daily activities, while driving to work, while we do our chores, or even while we exercise. We also utilize resources that are available such as books, mobile apps, online materials, and even Netflix.

Our desire to bring our family closer to God and to be models for our children keeps us focused on what Lent is in the midst of our numerous obligations.

We hope to continue practicing compassion towards others as a family - to demonstrate more concrete ways to show kindness to others, practice repentance and do simple acts of sacrifices. This way, we can truly deepen our faith in God and to show gratitude in Him.

Understanding that the Season of Lent is a time of reflection as to how we can prepare spiritually for Christ's resurrection helps us have a deeper sense of hope and longing. Taking part in the Lenten services helps guide and center us in our spiritual journey towards Easter.



"LENT: A TIME FOR RENEWAL AND REFLECTION."

By: Ritchie & Connie de Guzman

Ash Wednesday is the first day of Lent which is symbolized by the black cross on the foreheads of the Catholic community. It is the special time of the year to deeply focus and reflect as a family on how Jesus' death was a sacrifice on our behalf so we can receive God's forgiveness for our sins. It is a special journey which prepares every individual as we celebrate the joyful celebration of Jesus rising from the dead to give us the opportunity of eternal life.

The Lenten Season is a constant reminder to our family that we are an imperfect people from a perfect God. We, as a family, make it a point to stay home during Holy Week to take advantage of the time to get closer to God through prayers and reflections. Simply going to church with a stress free attitude and opening up to the Lord.

We are very happy that we were able to expose our son, Rico, at an early age in line with the various Lenten activities such

as "Bisita Iglesia" and the "Stations of the Cross." At first, he would just go through the motions but year after year, questions raised by him would differ and become deeper as he matures. Visiting various Churches within our community is a wonderful experience. Each one would take turn as prayer leaders as we transfer from one place to another. We are also looking forward to visit other Churches this year which are farther from our area. New and pre-loved clothes are also prepared by our family as donation to our local Parish to be distributed to the less fortunate communities. We have seen how these experiences have changed Rico's outlook and its effect on him as a Catholic. The school also plays a major role as they guide the students as well through this season. And with our busy schedules from both work and school, we have dedicated a common schedule as a family to make time for personal reflection and prayer.

Our goal for this year's Lenten journey is simple, it is to get closer to God, not only as an individual, but as a family as well. It is truly the best foundation to build on to ensure spiritual growth of every member.

As we prepare for the joy of Easter, we focus on prayer, fasting and giving during Lent. Doing these acts during Lent make Jesus' sacrifice on Good Friday and His resurrection on Easter even more meaningful.





HOW LENT MADE ME SAY YES TO MARRIAGE

By: Nes & Trina Jeturian

While people see Lent as the commemoration of the passion, death, and resurrection of Jesus, I see it as a love story. A wedding-bells-butterflies-in-your-stomach-young-love-story kind of thing. It is not because I got married on Easter nor on any of the 40 days of Lent, but because God used the season to prepare both my husband and I for marriage.

My husband attended his first Lenten silent retreat in 2008. He was a bachelor at that time. At the age of 32, he was quite ready to settle down so he prayed for “options” for his “the one”. Though we met way back in 2006 and became friends since then, our ten year age gap repelled any romantic attraction, at least from my end. :) His experience in the silent retreat allowed him to become closer to God, hear His voice, and receive His grace more than ever before.

We randomly bumped into each other a few months after his silent retreat when he was in the middle of praying and fasting. We were both members of Singles for Christ (SFC) at that time but my attendance was inconsistent.

He asked me to have dinner with some common friends and I initially thought that he was reeling me back into the community. Little did I know that he was reeling me into him! Ha! I would still joke about being one of his “options” but I’m glad he chose me. It was funny to think that some friends would refer to me as the fruit of his fasting. Not a rotten nor a forbidden one, I hope! We were blessed to have a Christ-centered courtship stage.

In 2009, we both attended the same silent retreat. Though the idea of being silent for 3 days specifically during the Lenten Triduum seemed daunting at first, my experience made me hear God’s whispers on loud speaker mode. As Saint John of the Cross said, “Silence is God’s first language.” To be disconnected from everything else and be able to be fully connected to God was truly a precious gift. The retreat allowed me to reflect on God’s presence in my life and how I was led to be in a relationship with Nes. It was not only him who was courting me after all, God was also wooing me. To be loved by Him in the most perfect way even to the point of death and suffering was overwhelming.

To my surprise, Nes proposed to me in September 2009 with the blessing of my parents. I was 24, young, and admittedly naive. I would have laughed at the idea of marriage at that time if it weren’t for God’s continuous guidance and overflowing grace. I had career plans laid down before me and I was very much set to pursue all of them. To settle down and have kids was out of the picture. Yet, to my surprise, I said YES. Being able to utter the word was pentecostal because I was a coward and I was hyper focused on my career. While I fell in love with Nes, I fell even more head over heels in love with God. He who loved us first.

We got married in July 2010 and were blessed with 4 wonderful children years after. We continued to attend the silent retreat every year since then.

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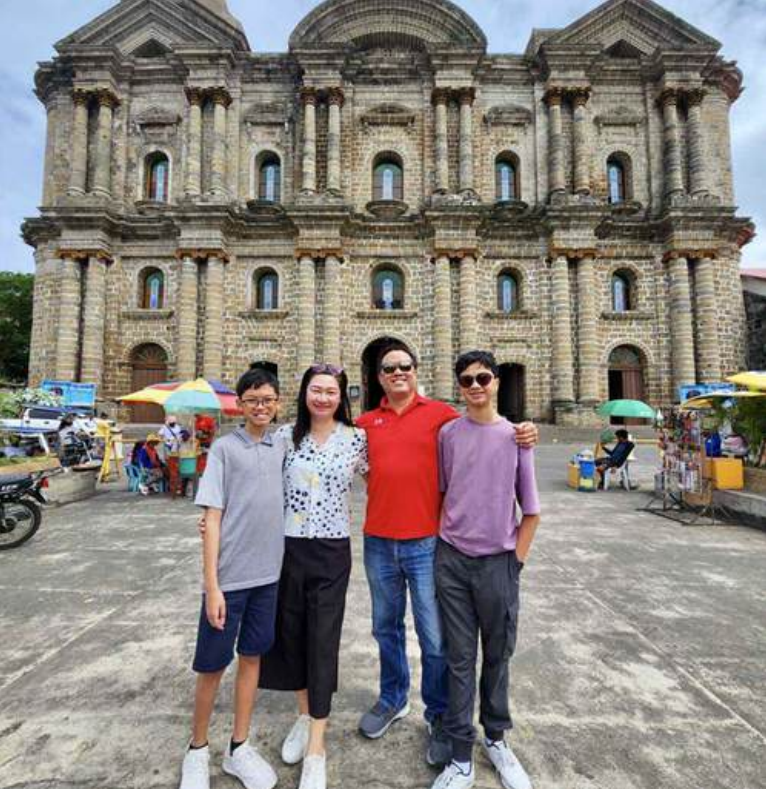
The only times I missed it were during the years I was delicately pregnant or breastfeeding. Nes and I would go to the retreat at the start of the Triduum and go home before Easter Sunday to be able to celebrate with our kids. We were blessed to have our extended families take care of our children while we were away. It also became our sacred time to be with the Lord as husband and wife.

During the pandemic lock down, we attended the retreat online. With 4 young kids at home, silence was elusive. We tried our best to keep it solemn by having multiple prayer sessions with our kids. We made it fun for them to enjoy and understand it more. On Holy Thursday, we reenacted the Washing of the Feet of the Apostles by washing the feet of our helpers. It was heartwarming especially for our then small kids to wash the feet of their nannies. On Good Friday, we set up different Stations of the Cross around the house in different rooms. On Black Saturday, we watched different movies to help us learn and reflect about the passion of Jesus. On Easter Sunday, we celebrated as a family by having a scavenger hunt at home. It was a different kind of experience for us and our hearts were filled with God's love and grace to the brim.

Just a few days ago, Nes and I talked about our current life stage. Our children are growing up not just in height but in faith. Mateo, who is now 12, passionately serves as an altar server both in Southridge and in our parish. Nes also serves as a Eucharistic Minister. We discerned that we are now at the stage wherein our kids are very much capable of celebrating the real meaning of Lent. This year, we plan to stay home and participate in the Lenten activities of our parish. I am looking forward to witnessing Nes and Mateo serve side by side in the coming services. I am also looking forward to days of prayer, fasting, and almsgiving with our family, especially during the Easter Triduum.

Looking back, Nes and I have gone a long way from the time we attended our first Lenten silent retreats. Indeed, God wrote our love story in the pages of Lent, marked by His passion, death, and resurrection. Our marriage is His gift to our family. It is His way of leading us to holiness so we can all be united with Him in heaven someday. Until then, our family is excited for each chapter and for each page to unfold, one day at time.





OUR FAMILY'S LENTEN JOURNEY: FAITH, TRADITION AND RENEWAL

By: A.C. and Fritzie Villacorta

For our family, Lent is a deeply ingrained tradition that shapes our household. It is the time when the hectic pace of our daily lives slows down, replaced by more moments of quiet reflection. It is an opportunity to turn inward to examine our faith and strengthen the bonds that tie us together. More than just abstaining from certain foods or habits, Lent for us is about sacrifice and refocusing on our devotion to God, individually and as a family.

As a typical Filipino family, we observe Lent with a deep sense of piety, weaving together religious practices and cultural traditions. We observe fasting and abstinence from meat on Fridays, or from our usual comforts or luxuries, such as soda, sweets and alcoholic drinks for us parents, and video game time for the children. This is often difficult, but a sacrifice we do our best to offer to God. By consciously choosing to abstain from certain pleasures or habits, we create a symbolic space for God, develop a deeper sense of self-control and detachment from material distractions.

We also make it a point to go to Confession, and attend church services on Holy Week. Every year we visit seven churches on Maundy Thursday, to pray and meditate on the Stations of the Cross. We started this tradition even before we got married, and we visited churches in a different province each year with our respective families. We started bringing along our sons, AJ and Francis, when they were old enough to endure long drives, the summer heat, and the crowds. To this day, it is part of our Holy Week agenda and we actually look forward to doing the long drive to different provinces together. It is a bonus that we learn the history of each church and town we visit, and experience the sights and cuisine of the countryside. This is quality time indeed, for God and for family.

Aside from the Visita Iglesia, we participate in the Stations of the Cross in our village every year. We walk for a couple of hours together with our neighbors, and host one of the stations at our home. This culminates in a celebration of the Holy Mass, and a salu-salo with our neighbors.



Organizing and participating in the Way of the Cross in Ayala Southvale Village, 2023



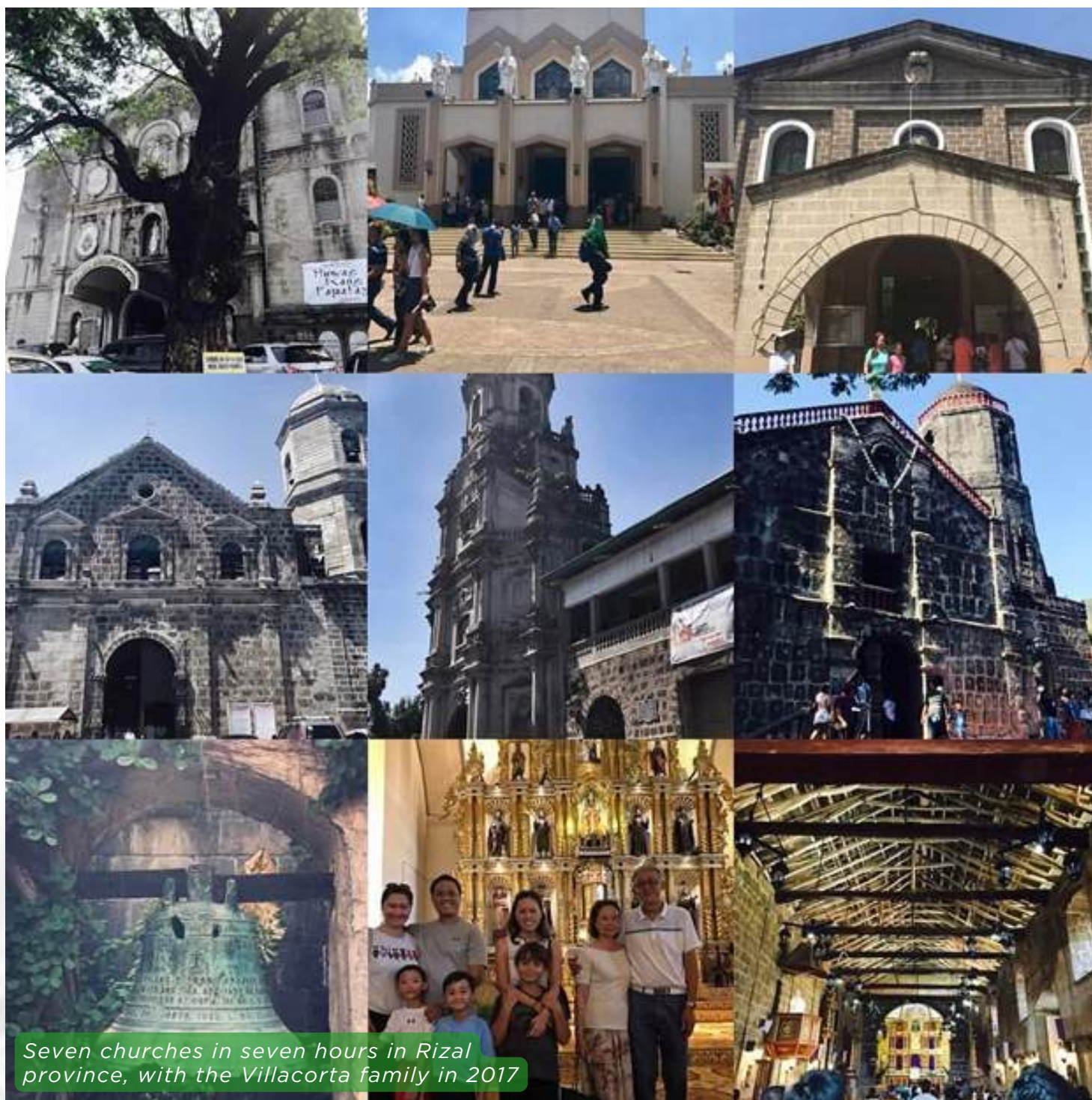
Francis leading the meditation for Stations of the Cross in Southridge, 2023

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The Lenten season indeed offers us a unique opportunity for spiritual renewal through more deliberate reflection offered by these traditions. By doing these year after year, we hope to instill in our children the practice of praying, meditating or reading scripture, to listen to the inner voice often drowned out by daily distractions.

Furthermore, by spending meaningful time with our neighbors, or going outside of our community, we are able to engage in acts of service, even in our own little ways. This shifts our focus outward, fostering empathy and compassion, and reminding us of our connection to the wider community. This combination of inward reflection and outward action allows us to shed old patterns, and through God's mercy, receive forgiveness for our sins.

May we all have a blessed Lenten season, and emerge with a renewed spirit, ready to embrace the promise of Easter.



Seven churches in seven hours in Rizal province, with the Villacorta family in 2017

UPCOMING ACTIVITIES

PAREF Southridge **45**
 3rd Parents Forum (Grade 1)
GROWING IN THE FAITH AS A FAMILY




Speaker
MARTIN L. QUESADA
 Religion Faculty Member and HS Personal Formation Officer (2017-2021)

THURSDAY
6 MARCH 2025

Start At 5:30Pm - 9:30Pm
 SR Auditorium

Schedule
 6:00 - 6:20 PM - REGISTRATION (SR Auditorium)
 6:20 - 6:30 PM - VICE-PRINCIPAL'S REPORT
 6:30 - 7:30 PM - TALK (SR Auditorium)
 7:30 - 9:30 PM - DINNER (SR Courtyard)

PAREF Southridge **EDUCHILD**
PINOY EDUCHILD FAMILY VISIONING AND GRADUATION (GRADE 7 AS)



SATURDAY
8 MARCH 2025
 8:20am - 12:00pm | Cafeteria Basement

Schedule
 8:20am Registration
 9:30 Family Visioning (Part I)
 10:00 Morning Break
 10:30 Family Visioning (Part II)
 11:30 Wrap-Up / Q & A / Filling-in of the Evaluation Form
 11:45 Graduation
 12:00 Closing Remarks by the Vice-President Couple of EduChild Central
 End of Activity

PAREF Southridge **45**
 3rd Parents forum (Grade 8)
THE IMPORTANCE OF THE SUNDAY MASS

Wednesday
12 March 2025

Time
 6.00 PM - 8.15 PM

Schedule
 6:00 PM Registration/Dinner (Basement Cafeteria)
 7:00 PM Vice-Principal's Report (SR Auditorium)
 7:15 PM Talk (SR Auditorium)
 8:15 PM HPC Report

Speaker
Paul Christopher Y. Cheng
 EXECUTIVE DIRECTOR

PAREF Southridge
2ND PARENTS FORUM (GRADE 5)
NAVIGATING THE SCHOOLING MAZE: ADDRESSING COMMON CHALLENGES IN YOUR CHILD'S SCHOOLING JOURNEY

13 MARCH 2025
 At 06 pm - 8:30 pm

Schedule
 6:00 PM Registration / Dinner (Basement Cafeteria)
 7:00 PM Opening Prayer & Vice-Principal's Report
 7:15 PM Talk (SR Auditorium)
 8:30 PM HPC Report

Speaker
RALLY GANAR
 High School Personal Formation Officer

PAREF Southridge **3RD PARENTS FORUM (GRADE 4)**
Teaching Your Child About Supernatural Helps to be Good: Grace and Sacraments



Speaker
FR. RAFFY QUINTO
 School Chaplain

ON THURSDAY
20 MARCH 2025

START AT
6 PM - 8:15 PM

Schedule
 6:00 PM Registration / Dinner (Basement Cafeteria)
 7:00 PM Opening Prayer & Vice-Principal's Report
 7:15 PM Talk (SR Auditorium)
 8:15 PM HPC Report

PAREF Southridge **45**
DEALING WITH THE CHALLENGES OF YOUR TEENAGE BOYS IN A HIGHLY SEXUALIZED SOCIETY

3rd PARENTS FORUM (GRADE 10)

26 MARCH 2025
 At 06 pm - 8:30 pm

Schedule
 6:00 PM Registration/Dinner (Basement Cafeteria)
 7:00 PM Vice-Principal's Report
 7:15 PM Talk (SR Auditorium)
 8:15 PM HPC Report

Speaker
Francis Andro A. Lee, RGC
 GUIDANCE DEPARTMENT HEAD

UPCOMING ACTIVITIES



PAREF Southridge

PAREF Southridge School invites you to its

OPEN HOUSE

MARCH 13, 2025
Thursday | 8:30am



BOOK YOUR TOUR

Come and see the campus with your family for a guided tour of the facilities.



FOR MORE INFORMATION CONTACT:

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🌐 www.parefsouthridge.edu.ph

SCAN THE QR CODE
TO REGISTER

OPEN
HOUSE



BOOK YOUR
TOUR





ASH WEDNESDAY

LENT BEGINS

What is Lent?

The **40 day period** from Ash Wednesday ad before Easter Sunday. It is marked by **prayer, fasting, abstinence** and **other acts of penance**.

Praying—Fasting—Abstinence



What is Fasting?

One meal a day, and **2 smaller meals** which if added together would not exceed one full meal.



Days of Fast?

Ash Wednesday

Good Friday

Who are required?

Catholics from age **<18 to 59>**



The sick and expectant mothers are excused from fasting



What is Abstinence?

Abstinence is **refraining from eating meat**. Meat is considered to be the flesh and organs of mammals and fowl.



Days of Abstinence?

Ash Wednesday

All Fridays of Lent

Good Friday

Who are required?

Mandatory for everyone older than 14 years old.



PRAY



FAST



GIVE



MARCH 2025
Calendar of Activities
School Year 2024-2025

1	Sat	Muntinlupa Day (Holiday)
1 - 2	Sat - Sun	Grade 7 Father & Son Activity
2	Sun	1st Sunday Recollection
3	Mon	JHS and SHS Student Assemblies
4	Tue	PS, IS, and AS Student Assemblies
5	Wed	Ash Wednesday Welcome Seido Mikawadai Students 12:40 PM: Club Meeting 2:00 PM: Faculty and Staff Recollection
6	Thu	Grade 1 3rd Parents Forum
7	Fri	First Friday
8	Sat	Grade 7 AS 3rd Parents Forum/Pinoy EduChild Family Visioning and Graduation
8 - 9	Sat - Sun	Grade 2 Father & Son Activity Grade 6 Father & Son Activity
11 - 13	Tue - Thu	SHS Sem 2 End-of-Period 1 Summatives
12	Wed	1:00 PM: Department Meeting 3:00 PM: Unit Meeting Grade 8 3rd Parents Forum
13	Thu	Open House 2 Grade 5 2nd Parents Forum
14	Fri	SHS Completion Day Grade 11 ID Photoshoot and Mock CET
15	Sat	Grade 2 First Holy Communion
15 - 16	Sat - Sun	Grade 1 Father & Son Activity
17 - 18	Mon - Tue	PS ID Photoshoot
19	Wed	46th Foundation Day - Regular Class Day 1:00 PM: Unit Meeting
20	Thu	Grade 4 3rd Parents Forum
20 - 21	Thu - Fri	IS ID Photoshoot
22	Sat	Grade 9 DS and AS 3rd Parents Forum/Seminar for Parents and Godparents of Confirmands
23	Sun	4th Sunday Recollection
24	Mon	Welcome Colegio Retamar Students
26	Wed	1:00 PM: Unit Meeting 3rd Parents Forum (Grade 10)
26 - 28	Wed - Fri	Grades 1 to 10 Mid-Term 3 Summatives Grades 7 to 10 AS and DS ID Photoshoot 2:00 PM: SEAL
29	Sat	Grades 8 and 10 AS 3rd Parents Forum
31	Mon	Eid al Fitr (tentative)

Raising Truthful Sons: A Parent's Guide

As parents, you play a crucial role in helping your son develop the virtue of truthfulness. Honesty is more than just telling the truth—it's about building integrity, trust, and responsibility. Here are some ways to nurture truthfulness in your home:

- **Communicate the Value of Honesty.** Talk openly with your son about the importance of truthfulness in your family. Help him understand that honesty strengthens relationships and builds character.
- **Lead by Example.** Model truthfulness in your words and actions. Show consistency between what you say and what you do. Make it clear that honesty is expected from everyone in the family.
- **Encourage Truth-Telling.** Acknowledge and praise your son when he tells the truth, especially in difficult situations. Reinforce that honesty is always the right choice. Recognizing truthfulness is just as important as correcting dishonesty.
- **Believe in his Integrity.** Avoid labeling your son as a “liar.” Instead, express confidence in his ability to be truthful. When children feel trusted, they are more likely to live up to that trust.
- **Create a Safe Space for Honesty.** Make it easy for your son to tell the truth by responding with calmness and understanding. Avoid reacting with anger or threats, which may push him toward dishonesty out of fear. Listen first before passing judgment.
- **Address the Root Cause of Dishonesty.** If your son does lie, try to understand why. Is he afraid of punishment? Is he trying to impress others? Instead of overreacting, help him see the value of honesty and guide him toward making better choices.
- **Teach When to Stay Silent.** Explain that not everything needs to be said. If his words could hurt someone unnecessarily, encourage him to remain silent or express himself with kindness and respect.
- **Foster Open Communication.** Hold regular family discussions where everyone is encouraged to speak truthfully and respectfully. A family environment built on trust makes honesty a natural habit.
- **Admit When You Don't Know Something.** Show your son that it's okay not to have all the answers. When faced with uncertainty, model humility by seeking the truth together.