The Glow

Casianan reaps Division award

A senior high school teacher of the school reaped award in a search for outstanding secondary teachers during the PATUNAS 2022 by the Schools Division of Iloilo.

(continued on page 8 (Casianan))





CLEAN-UP DRIVE. Grade 10 learners, advisers and parents team together in preparation to the opening of classes. /Perez

CNCHS strengthens its Brigada Eskwela Program

Collaboration of efforts from various stakeholders of the school brough impact during the preparation of the school's facilities for the conduct of the limited face-to-face classes for SY 2022-2023 anchored on the theme of Brigada Eskwela "Tungo sa Ligtas na Balik-Eskwela".

To officially commence the cooperative endeavor of the Brigada Eskwela, a launching program was held on August 22, 2022 at the school covered gym where various groups of participants attended the activity.

Prior to the launching, promotional and school marketing activities were conducted to encourage the participation of the whole community.

From August 8 onwards, various projects started to the preparation for the underpinning of classes were launched and conducted.

These included Project VALENTE, Project LITO, Project LOPE, Project TEDDY, Project ARMAN, Project KAALAM, Bata Iskedyul sa Balik Eskwela Project, Brigada Paspas, Project DREAM, Project MD, Project KAISA, Project Modulo, Project PATNUBAY, Project Balik Eskwela of Project Email, Project PREPARE Hello, Functional Learning Spaces Project, Edu-MILE, and the Farewell Appreciation and Closing Program.

Aside from the students and their parents, the many projects and activities initiated in the Brigada Eskwela were actively participated in and supported by school stakeholders in the community.

They belonged to government and non-governmental organizations, business entities, volunteer groups from industries, companies, local groups, civic clubs, and law enforcement and military field.

The huge turnout of volunteers and the amount of help that the school has received for this year's Brigada Eskwela 2022 motivated the school administration to further advance the quality of education and services provided especially that face-to-face classes have already resumed.

by Mary Noel C. Perez


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CNCHS hosts PRIMALS Plus Roll Out



The school hosted the three-day training of teachers entitled Division Roll-Out of PRIMALS Plus held on October 12-14, 2022 which was participated by members from different secondary schools in District I of Cabatuan.

PRIMALS stood for Pedagogical Retooling in Mathematics, Languages and Science plus other learning areas.

The aim of this activity was to improve pedagogical knowledge and skills of teachers and instructional leaders to address the current central and demands of learning delivery.

Also, it demonstrated effective tools, strategies and techniques in planning online learning environment for teachers, and guide participants to take informed decisions and accountability through Learning Action Cell.

Prior to the district roll out training, teachers from the different secondary schools in Cabatuan were selected to undergo Training of District Trainers conducted on August 8-10, 2022 at NDN Command Resort at Alta Tierra Village, Jaro, Iloilo City.

During the training proper, the trainers served as learning facilitators, discussed their topics to teacher participants grouped per learning areas.

The district roll out of PRIMALS was spearheaded by District of Cabatuan I under the leadership of Dr. Alma B. Jonagan, Public Schools District Supervisor with participation of school heads of secondary schools namely: Ms. Yolanda L. Lanoy, PIII, Cabatuan NCHS; Mrs. Lina L. Lubien, PII, Ambawan Egido Memorial NHS; and Mrs. Gemma G. Geo NHS; and Mrs. Elsie Bushegal, head Teacher of Puyo Integrated school that contribute to the success of the activity.

by Jhun Rohmel A. Adolfo

SSCians retain spot in TOSIA

The recently conducted search for the Ten Outstanding Students in Iloilo Award (TOSIA) sponsored by JCI Iloilo-Jaro held March 20, 2023 proved that the school is the Hall of Famer when all three of it nominees retained spots in the selection this school year.

Rhianne Faye Ang, Gwin Faith Cortez and Angela Fernandez Amboy, Grade 10 Special Science Class Students were declared as finalists.

"The screening of our documents was a bit nerve-wracking to me because I was not sure if I could make it to the semi-finals, but I was also confident in the many hours that my teammates and parents could make and so it turned out Gwin Faith Cortez during an interview by the Silver staff.

They were judged according to their academic performance, leadership skill, interview, essay and BID book.

The finalists will be awarded on June 18, 2023.

by Editorial Chief O. Hamiguan (P. Buenaventura)



CNCHS holds Search for Best Functional Home Learning Space



The learner starting to arrange her learning materials in the area where she put tables, some plants and arrange her books.



Cut paper art designs are used as decoration for the learning area.



The learner and her sister prepare the functional home learning space at home. They are working with learning materials to be placed on the table and walls.



Functional home learning space fosters collaborative learning with motivation and crafting to develop a good camaraderie with other learners.

The restrictions imposed to learners during the pandemic required learners to stay at home and adapted the modular learning.

Many families were compelled to create an at-home learning environment for their children.

The school, in response to this need, conducted Functional Home Learning Space activities for JHS and SHS students through its Brigada Eskwela program highlighting the importance of organizing home spaces into a conducive and positive learning environment at home held on October 7, 2022. This was done through a video presentation.

These included Togot Kang Kaalam with Mrs. Carol Columbres as proponent; Balay Turu-an, proponent is Miss Maria Caridad Jardiolin, Learning Nut – Nook Under the Tree with Mrs. Emelyn B. Bacas, proponent, and Video Presentation Contest by Miss Leila Solano, proponent.

Winners for the Best Functional Home Learning Space for Junior HS category were Camille Flores, 7-Euclid, first place; Sabrina Khalil Baril, 8-Faith, second place; and Sarah Yvonne Pineda, 7-Newton, third place while April Lhen Paniza, 12-Artemis, first place and Jose Lance Abraham Sison, 12-Eros, second place for the Senior HS category.

The committee on Functional Home Learning Space was composed of Mrs. Marianne G. Bastiero, BE Coordinator; Mrs. Melissa D. Adolfo, chairman; Mrs. Monica S. Baello, co-chairman.

Other members in charge of judging the video presentation were Mrs. Kaye Redondo, chairman; Mrs. Hannah Bernasol, co-chairman and members were Therese Aguilano, Mr. Warren Argeulles, and Miss Rana Tomulto.

On the other hand, the committee in charge of judges, prizes, and certificates was composed of Mrs. Brenda Miado, chairman; Mr. Romeo Mercurio, co-chairman; and Mylene Berbegal, Andrea Aguero, Rhea Marquez, and Therese Aguilano, members.

School Personnel receive promotion

Dedication and commitment to service are amongst the key factors for promotion of teachers.



Mrs. Leonyrose M. Valenzuela, assumed the reign of leadership as the new Head Teacher III of the English department effective February 22, 2022 upon the retirement from service of Mrs. Eppie M. Talamor, the former department head.

Prior to her appointment, she was designated as the officer-in-charge of the said department on October 1, 2021 to assume the duties and responsibilities left by the former OIC, Mrs. Maribel G. Comodero due to her sudden death.



Moreover, the Industrial Arts department also got its new head when **Mr. Arman C. Villasana** had his appointment as Head Teacher I, effective February 2, 2022.

For three years, he assumed the duties and responsibility as OIC from July effective February 2, 2022.

He finished his Bachelor of Science in Practical Arts Education on March 28, 1980 at the Western Visayas College of Science and Technology, now ISAT University.

He pursued his master's of Arts in Technical-Vocational Education at WVCST from 1990-1995.



Also, **Mr. Teddy B. Gabanite**, a Master Teacher II received his appointment as Asst. School Principal II on July 20, 2022 assigned in the Senior High School.

Before this, Mr. Gabanite headed the ICT department of the school. He started his Master's of Arts, major in Physics at the University of the Philippines in the Visayas, Miag-ao, Iloilo in 2001-2003 and completed the academic requirements (CAR).

On August 28, 2006, he completed the same major at the De La Salle University, Manila.

While he was pursuing his Master's degree, He was under the DepEd-Tan Yan Yee Scholarship while pursuing his master's degree.



Mr. Lope B. Apelo, Jr. was also promoted as Asst. School Principal II effective March 1, 2022. He had been a Head Teacher III of the MAPEH department from 2009 until the date of his new appointment.

He served the school for 42 years.

Aside from his supervision and managerial functions as a department head before, he was also designated as the Chief of the Security Unit of the school and former CAT commandant.



Promotion of teachers was also done through reclassification of items. This process was applied to **Mrs. Josephine A. Padilla**, Head Teacher III of the Science department when her item, HT III was reclassified to Head Teacher IV on July 1, 2022.

Mrs. Padilla heads the Science department of the school and rendered 35 years of service to her Alma Mater.

Department Heads attend Education Summit 2022



EDUCATION IS AN IMPORTANT PILLAR. *In his message, Mayor Elizalde G. Pueyo emphasizes that EDUC Summit is an initiative that LGU decided to push through towards achievement of goals to provide assistance to learners to achieve success in their studies.*

Department heads from the different learning areas of the school attended the Education Summit conducted by the Local Government Unit of Cabatuan on November 8, 2022.

The training was conceived out of the desire of the LGU with the collaboration of school heads and stakeholders to address the needs of the marginalized struggling learners of the 3R's (Reading, Writing and Arithmetic) and to free them from the loop of misery now and in the future.

Its main objective aimed at pooling in concerted efforts of all stakeholders in the municipality in order to provide sustainable solution to the post-pandemic learning crisis that have affected several learners in the Schools District of Cabatuan.

Based on its theme, "Defying Learning Crises through Visionary Initiatives and Solidarity", elementary and secondary department heads supported this cause by having their full attendance in the summit held at Cabatuan Cultural and Sports Center in the town plaza.

Gian Joshua Yebra, 10-Einstein

...from page 1 (Casianan)

Patrick Philip P. Casianan, Teacher III, was adjudged as outstanding teacher in the Schools District of Cabatuan I. By virtue of the honor he received, he became one of the top nominees for the Most Outstanding Teacher in the division level.

Out of almost 100 outstanding secondary school teachers representing the different schools districts in SDO Iloilo, Mr. Casianan clinched a spot in the Top 10 nominees and awarded a certificate of recognition during the awarding ceremony held on October 3, 2022 at Grand Xing Imperial Hotel, Iloilo City.

Components of the portfolio included the nominee's occupational competence, outstanding accomplishments, professional development, community involvement, and professional characteristics.

These were based on the standards of the Program on Awards and Incentives and Excellence (PRAISE) of SDO Iloilo.

Theo Rucel C. Prieto

...from page 2 (Campus Tidbits)

Mater. Noteworthy projects to name were multi-million project, Balay sang Alumni, steel fences, comfort rooms, name of the school in the signage of the administration building, and many more.

With your priceless efforts, you gave us, learners the ideal environment to have our education and also as to inspire us to be successful in the coming years.

Looking back and remembering the school that once a place where you grew, we applaud you for all the things you have done. Cheers!

✍ ✍ ✍ ✍ ✍

The previous PTA officers headed by Mr. Agustin M. Navarro, president turned over their projects and equipment to the school. These included a risograph machine for the reproduction of modules, a skywalk served as a bridge and linked C and D Buildings in the SHS, roofing and renovation of the PTA Building, a stockroom built at the MAPEH Department as a storage for equipments, and chairs provided for classrooms with insufficient of seats.

We give our thanks to you, our ever-supportive parents for your continued support to our Alma Mater. We lift our hats to you!

✍ ✍ ✍ ✍ ✍

We, the Glow staffers, offer our sincerest thanks to all of you for your support to all our endeavors in this school.

May God make all of us productive and fruitful in this school year.

Dictionary

It's Okay

Angela Francheska Amboy, 10-Archimedes

It's okay I hate the word okay. Mediocre, average, and common; words that I feel represent me when described as the word "okay". How did i do? "You did okay." What do you think? " It was okay." Is this okay?

According to Oxford English Dictionary, there are 171, 146 words in the English language, but among those 171, 146 words, one is enough to make all that I've achieved seem just "okay".

The word okay brings out the fear, my fear of being ordinary ----- the fear that my best is merely "okay". Days, months, and years, no matter how long I detest something, no matter how long I give my all, something will always lurk behind me.

A shadow of self doubt, insecurity, and anxiety, a shadow that will always follow whenever sunlight hits me. Whatever opportunities and victories that I bask in, that shadow is always following me. But, only then had I realized that as I make my own triumphs, I also make the shadow which I loathe so much.

Realization, one that came so late and gratefully so early. Blood, sweat, and tears are not, and should not be devalued because of low self esteem, I should not discredit myself because of one small word that I exhaustingly put immense meanings to.

Furthermore, out of the 171, 146 words in the English language, one word has given me the brightest perspective in life. Self-doubt, although daft is inevitable. Self worth is undeniable. Which brings me to the conclusion, that I am okay.

A Mother, My Mom

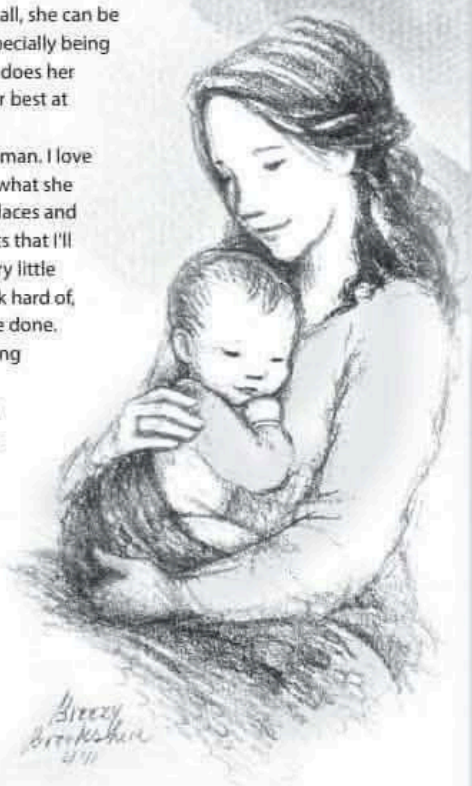
Hannah Lean Galindo, 10-Archimedes

A mom does it all, she can be everyone especially being my favorite. A mother does her job very well. She is her best at everything.

She is a wonderwoman. I love everything about her, what she loves to eat, to cook, places and her most favorite plants that I'll always remember. Every little things she do and work hard of, appreciation should be done. She is called "Ang ilaw ng tahanan".

A supportive mom raised supprotive kids. A job of being a mom is not easy yet they will do anything for us and that is how a mother's love is shown unconditionally.

A mother is my mom and she is the best, I love that about her.



"Memories"

Genevince Aince Alicabo

As I was standing in the door,
I saw you, walking in the corridor.
As the sound of your shoe taps the floor,
Wearing your bright smile makes me like you more.

I asked for your hand,
Promising you the whole land.
Every once in a while, I really like my guts,
Because you said yes without knowing what is ahead.

Our love was tested as time went by,
You tried to end it but I didn't let it die.
I fought for our love and it worked,
At the end, we stood at the altar saying our oath.

Reminiscing our past makes me,
Feel both happy and at the same time lonely.
As I watch the setting sun in front of me,
Sitting at the sand where we made our last memory.

THE BEST SONGS COME FROM "BROKEN



Engr. Jose B. Maroma

This is the title of a popular American country song album. We sing with stronger emotions when sad than when happy. The highly popular Cebuano song "Matud Nila" tells of a woman mocked because she was considered "undeserving". The Ilongo classic "Ahay Kalisud" cries out loud about forsaken love. George Canseco must have crafted the masterpiece Ngayon at Kailan man over beer bottles in a Makati pub as he struggled to save a strained marriage. My idol Dulce had to overcome emotional challenges before she bounced back with a powerful rendition of "Ako ang Nasawi, Ako ang Nagwagi". Elvis Presley was captured on TV with tears streaming down his cheeks as he delivered the last number in his last concert the song "Are you lonesome Tonight", dedicated to his estranged wife Priscilla. Even the mighty mighty Frank Sinatra, in a favorite ballad of the oldies, considered himself a fool to beg his wife Ava Gardner for a love "that can't be true, a love that's there for others too."

I was driving along Edsa one hot summer day when I saw through the untinted windows of a car running alongside mine in another lane the star Nora Aunor, then in her prime, being attended to by aides, one combing her hair, another powdering her nose, yet another fanning her face because the car a/c was not strong enough. Years later I saw the same Nora Aunor in a comeback concert at the Araneta Coliseum breaking down in the middle of "Yesterday When I Was Young", a song of deep regret reflective of her own past imprudence. Nora Aunor could not hold back tears as she struggled through the following lines:

I ran so fast that time and youth ran out/I never stopped to think what life was all about/And every conversation I can now recall/ concerned itself with me/And nothing else at all.

If we are to understand the ebbs and flows of fortune, we can appreciate better by listening to the lyrics of a sad song.

Indeed, the best songs come from broken hearts!

Youth Empowerment Through Arts

Best Advocacy Award, TOSIA 2022

✍ Nea Shane Malcontento, SHS

"A country's only true resource is its youth".

This has echoed through the years, strengthening the power of youth in shaping national change and progress.

Growing up being labeled as an "achiever", I was surrounded by people asking me what are my ambitions in life or what I aspire to be as I grow up. I started to ask myself. What exactly am I aiming for?

Until the global health crisis came in and brought challenges not only to me, but also to other students for it shook their mental and educational aspects. However, as students with the impetus to serve for a purpose, the Supreme Student Government of CNCHS is steadfast towards its goals to offer quality student service amidst the pandemic by coming to an initiative to launch various projects. Because of these, I felt empowered as a leader and as a person in general. As they say, we don't remain stagnant, we grow.

That's when I decided to start doing things on my own, hence, I came up with an innovative and unique way to advocate for youth empowerment in my community by using my God-given talent and skills in arts to ignite change in vulnerable youth.

I organized a summer fun art class for children in hopes that not only can they mend their spirits through the therapeutic power of art I but also use it as a means of redirecting their lives to be catalysts of change and a burning glimmer of hope for the future. We set up different games and activities and also handed out HeART Packs which are small art care packages containing age-appropriate art supplies, drawing pads, coloring books, healthy snacks, and gift cards. Of course, behind this project's success are people who warmly offered their services for free such as the Brgy. Jelicuon Lusaya SK Federation, barangay officials and also for the solicitations received from my family.

Creativity has a universal language that crosses all borders. It allows us to express ourselves without pre-fabricated barriers, and offers us an insight into experiences unlike our own. it lets us explore how creative practices enable young migrants and their peers in host communities to express themselves to each other with one brush stroke at a time.



Fullness in life comes from following our calling. You can call it a dream, a gift, or a purpose. Now that the world is ours to create, we will be handed a white canvas and we'll be asked to paint it. That canvas represents our life and we have complete ownership of how we decide to stroke the brush.

Will you paint it with dull, conventional, tested colors? Or will you be bold and try to experiment with new mixtures? At the end, I learned that the choice is ultimately mine. that my vision of the world I want to create lies in my own hands.

In life, they say it is better to find your own purpose, and for me, there is no better way to find your purpose than to help others find theirs. coming from a lost girl who's been into phases of self doubt and lack of confidence, to a woman who's empowered, and has the will and drive to help her fellow youth find out, what they want to contribute to the world, in order for them to spend the rest of their lives doing what they love, in pursuit of empowering others as well.

I am Nea Shane Trabado Malcontento, the Outstanding Students of Iloilo Awardee from Cabatuan National Comprehensive High School.

My TOSIA Journey: Breaking Boundaries, Redefining Success

✍ Ivon John Escalera Ponesto



The Outstanding Students of Iloilo Awards–TOSIA was an annual search for the outstanding Grade 10 and College Ilonggo Youth who excel in its four pillars: the academics, leadership, community service and faith. It has served as a platform for students to highlight their accomplishments in each of the four aforementioned fields as well as showcase their chosen causes.

For five consecutive years, our school has consistently produced exemplary students that qualified for the award. I grew up fascinated as I listened to the lore of how well my seniors had performed in that competition and how the succeeding batches had kept the legacy alive, cementing a solid five-year-streak. From that, my dream of being part of the legacy was born.

With that big dream in mind, I strived to excel in everything that I do. I studied hard in my class, honed my leadership skills, became an active individual in the community and became a good member of our congregation. I persevered to be outstanding.

Things however, took a wild turn as the pandemic came. From our way of living, down to how we perceive the world around us, it has altered everything. Being a person who loves being surrounded by people, depression and anxiety engulfed me as I was left alone almost all of the time.

I started to feel uninspired. Gradually, I lost interest in everything that I had previously enjoyed. My passion for learning started to dwindle. Soon enough, my academic performance declined and my mental state deteriorated further. I lost myself.

As I isolated myself from everyone, my hopes of ever bouncing back slowly vanished from sight. For a moment, it seemed that it was really my destiny to plunge into the void and watch my dreams fly away.

I accepted that. I told myself that maybe, this is really how this story will end. Maybe, this is what was really meant for me.

The heavens however, seem to favor me as it has sent people who opened doors of opportunities for me to fight for my dream. They encouraged me to join the school screening for TOSIA.

I remember being hesitant, contemplating on whether I am qualified to join or do I deserve to be there. All my doubts vanished when I received a sign from God through a quote that I read through the journal that I had written few years back, and it says.

"Don't wait for the perfect moment, take that moment and make it perfect."

I gave the screening process a try and gave it my all. Though I was never too hopeful, I felt a sense of self relief as I have done my best to fight for my dream. All I wanted back then was to pour everything that I've got so that at the end of the day, I wouldn't regret anything.

Qualifying for the school screening process caught me off guard, I almost cried when my name was announced as one of the three students who will represent our school. I felt that half of my dream already came true.

Although I still have doubts, the amount of encouragement and support that I had received from my teachers, classmates, family and friends are overwhelming. That gave me all the courage to bravely stand my ground and take my best foot forward.

Things started to go smoothly after that, I successfully qualified for the Qualifying rounds and the Essay writing rounds. During my TOSIA journey, I had met a lot of people, joined in new organizations, lead associations, organized events and immersed myself in new experiences that relate to my chosen advocacy, Mental Health.

However, things had inevitably come to an end in the interview rounds of the Semi-finals when I failed to advance to the next round.

Although the results had been a little saddening for me, it has made me realize a lot of things. It made me recognize that progress isn't always about getting better, sometimes it's about bouncing back.

Success is not only the peaks you reach-it's the valleys you conquer. Every experience of enduring adversity and overcoming obstacles is a meaningful accomplishment and a success on itself.

Success is not always about winning. It could mean the massive leap of faith that you made when you ventured out of your comfort zone, or the moment that you made wonderful experiences, meeting new friends or learning new things. As for me, my success is finding myself once again.

And if there's anything that I've learned in this purposeful and transformative journey, it was to never let your fear be bigger than your dream. Be scared, and do it anyway. Be under-qualified, and get in the room anyway. Be messy, imperfect, and unsure and show up anyway. Someday, like me, you'll be sharing your success story and it willl inspire many to believe that anything is possible. Keep going.

CNCHS receives approval for F2F classes

Cabatuan National Comprehensive High School, together with other secondary schools in the District of Cabatuan I received the approval from the Schools Division of Iloilo to conduct face-to-face classes to begin August 22, 2022.

This was premised when CNCHS and other 19 schools in the District of Cabatuan I passed all the requirements and met the standards required by the School Safety Assessment Tool during the validation of schools for the progressive expansion of limited face-to-face classes held in CNCHS on July 19, 2022

Dr. Lilibeth E. Larupay, Education Program Supervisor, led the monitoring team.

During the evaluation of folders, the schools prepared four portfolios consisting of documents and data under the key areas of Managing School Operations (Portfolio 1), Focusing on Teaching and Learning (Portfolio 2), Well-being and Protection (Portfolio 3), and School-Community Coordination (Portfolio 4).

Prior to the division validation, the TWG of Schools District of Cabatuan I for the preparation of limited face-to-face classes conducted a series of district validations to aspiring schools and provided them with technical assistance in order to come up with the needed documents.

The District Technical Working Group was led by Mr. Valente L. Lauro, Principal III of CNCHS.

Other members were Mrs. Maritin V. Tamoy, Mr. Agustin M. Navarro, Mrs. Ma. Jeanette M. Caballero, Mrs. Gwyn G. Tan, Mrs. Elsie M. Berbegal, Mrs. Marenel A. Balsicas, Mrs. Gay V. Manalo, and Mr. Patrick Philip P. Casianan.

Alea Nicole Fajardo



WE ARE READY! After many stressful weeks of preparation, CNCHS finally receives a thumb's up signifying approval to conduct F2F classes.



New Set of PTA Officers elected

Every school year, the school selects a new set of officers for the Parents-Teachers Association (PTA) to take over the reign of leadership left vacant by the outgoing officers of the association.

On September 24, 2022, another election was held that resulted to Hon. Rizaldy J. Nolasco, as the new PTA president; Engr. Merlo Tiongson, vice president; Mr. Joe Philip Casianan, secretary; and Mrs. Zalbe Tobias, treasurer.

Moreover, elected as collecting officer is Mrs. Genievi Cortez and Mrs. Marivic Hubag as the Disbursing Officer. The members of the Board of Directors are Hon. Rene Amido, Mrs. Vivilyn Abreu, and Mrs. Anie Relatos.

During the assembly, the outgoing president, Mr. Agustin Navarro, presented the accomplished projects of the Association as well as its financial report for the SY 2021-2022.

The school's Election Commissioner, Mr. Joselito M. Bastiero, Asst. School Principal II, presented the Omnibus Guidelines on the Regulations of Operations of Parents-Teachers Associations specifically the proper conduct of PTA elections.

Precious Marie Caballero

SSG Leader elected DFSSG Vice President



Another feather was added to the cap of the school when Carla Angela F. Herezo was elected as the Vice President of the Division Federated Supreme Student Government (DFSSG) for SY 2022-2023 held at the Iloilo National High School on October 19,2022.

Carla Angela Herezo, Grade 12 STEM student, filed her certificate of candidacy on September 19 for the vice president position.

Only DFSSG Supreme Student Government (SSG) Presidents of schools were qualified to run for the position.

The candidates were given two days to campaign from September 21–22 and the election was conducted through Google Docs and text voting on the following day. The official result of the election was announced on September 28.

Herezo is currently the president of the school's Supreme Student Government. Aside from this, she holds other titles as the 4th District Board Member of Linggo ng Kabataan Boy and Girl Officials 2022, a TOSIA awardee, and a Boy and Girl Officials Awardee.

The DFSSG aims to serve as an umbrella organization and mechanism for student consultations and also as a source of policy recommendations on issues and concerns that affect all SSG organizations in all secondary schools in the Schools Division of Iloilo.

Rhea Kate Galindo

Campus journalist becomes a Physician

Campus journalism opens a door to a discovery of one's potentials and choices in life for a better future.

This narrative came true to Dr. Venice Bolompo Penit, a former Associate Editor-in-Chief of the Glow, when she chose a path to be of service to her fellowmen.

Dr. Venice B. Penit passed the Physician Licensure Examination on November 9, 2022.

During her school days, she was a consistent honor student. She received the award as Salutatorian of Class 2009 at Cabatuan Parochial School and again for Class 2013 of Cabatuan National Comprehensive High School.

She garnered high acader award as Magna Cum Laude the degree of Bachelor of Scie in Biology, Class 2017, at the W Visayas State University, La P Iloilo City.

Doc Penit is the daughter Edgardo A. Penit and Mary A Eva D. Bolompo, a governm employee. Her only sibli is Judd Wilfred B. Penit, year in Bachelor of Science Information Technology (BSIT) at the WVSU, Iloilo City.

Angelie Grace Paniza, 10-Einstein



Debate competition springs back in school



After a few years of dormancy, the debate competition sprang up once again in the school to challenge learners of their ability in argumentation and debate.

This activity was revived by Mr. Patrick Philip P. Casianan, adviser of the Supreme Student Government (SSG) when he held a school level debate competition tagged 'The Supreme Debates 2022' among Senior High School and JHS learners to select competitors for the provincial-level tilt.

The school debate team joined in the first-ever interschool debate competition among secondary schools in the Province of Iloilo held June 10, 2022 at the Sangguniang Panlalawigan Session Hall in Iloilo Provincial Capitol, Iloilo City.

In partnership with the Panlalawigang Pederasyon ng mga Sangguniang Kabataan (PPSK) Iloilo Provincial Federation, the said competition was participated in by nine debating teams composed of JH school, SHS learners, and student leaders representing the municipalities of Alimodian, Anilao, Cabatuan, Guimbal, Igbaras, Janiuay, Lambunao, New Lucena, and Tigbauan.

The debate competition began on June 3, 2022 and concluded June 10, 2022 with the grand finals and awarding ceremony. Team Alimodian emerged as champion.

The school debate team composed of Kimberly Suel (first speaker), Janna Faye Memorando (second speaker), Carla Angela Herezo (third speaker), Angela Francheska Amboy (rebuttal speaker), and four researchers namely: Jan Colaine Tronco, Adamsso Tejereso, Jharyn Kate Alviar, and Aina Ysabel Velonero; represented the municipality of Cabatuan.

They were trained by their advisers and coaches, Mr. Patrick Philip P. Casianan, Mr. JD Phoebus Aguas, and Mr. Mark Arguelles Jr, SHS teachers.

Angela Francheska Amboy
Soledad E. Caballero

Accomplished projects of PTA for School Year 2021-2022

TOTAL AMOUNT: Php 1,869,428.05



ROOFING AND REHABILITATION OF PTA BUILDING
Total Cost: Php 549, 868.55



STEEL SKYWALK *(SHS BUILDING)*
Total Cost: Php 148, 792.50



RISO GRAPH MACHINE
Total Cost: Php 160,000.00



MAPEH STORAGE ROOM
Total Cost: Php 290,000.00



ARMED CHAIRS *(350 pcs.)*
Total Cost: Php 308,000.00



PTA OFFICE *(PHASE 1)*
Total Cost: Php 200,000.00



ELEVATED WATER TANK WITH ELECTRIC MOTOR
Total Cost: Php 193,372.00



CONCRETE RAMP
Total Cost: Php 19, 395.00



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Blessing of Balay Sang Alumni



The blessing of Balay Sang Alumni was held on September 6, 2022. It was attended by the Alumni Association's Board of Trustees, Class Coordinators and Chairmen. The mass celebration was sponsored by Class 1972.

The Balay Sang Alumni, with its elegant and modern architectural design and charming ambiance, stands proudly as a testimony of love, generous support, and unity of alumni of the school to their Alma Mater as expressed in their commitment, "Together with Alumni Members, we dedicate Balay Sang Alumni to our Alma Mater."

Among the generous gold donors of Balay Sang Alumni was the family of the Late Mr. & Mrs. Pedro Bordador Machado who donated P50,000 for the completion of the project.

The recent donations for the Balay were 50 pieces mono block chairs and one karaoke unit from Class 1973. Also, Class 1972 donated 50 pieces mono block chairs. These chairs were used by the alumni during Board meetings and conferences.

Presently, the Alumni Association Inc. of the school is headed by Dr. Purita P. Bilbao, president, Class 1963; Dionisio J. Caspe, CPA, vice-president; Mr. Christian G. Grana, Class 1997, secretary; Mr. Nestor B. Coo, Class 1986, treasurer, and SB Member Noemi Caballero-Lujan, Class 1999, auditor.

The Board of Trustees included Dr. Lenerie A. Regondon, Class 1999; Mr. Leo S. Padilla, Class 1968; Atty. Christian Arfel B. Cuadras, Class 1998; Mr. Gil S. Villalobos, Class 1978; Mayor Elizalde G. Pueyo, MD., Class 1986; Ms. Irene Bettina C. Pueyo, Class 1998; Mr. Joselito M. Bastiero, Class 1982; Mr. Diosdado P. Cadena Jr., Class 1972; Mrs. Remy Cornago-Sunio, Class 1974; and Faith P. Cadena-Jara, Class 1994.

Advisers are Vice-Mayor Ronilo O. Caspe, Class 1981 and Mr. Valente L. Lauro, Principal III of CNCHS.

Vincent Corpes, Jr.

Thank you, our dear Retirees



SPORTS



Team Paklang Bikers hurdle trails



Bikers from the municipality who banded together as Team Paklang raced along dusty roads to hurdle trails and foot paths along mountain side as a form of exercise to achieve a healthy body.

Biking became trending during the time of pandemic when people were restricted to go out from their houses or to be confined in closed areas like sports facilities for fear of acquiring the COVID-19 virus.

The Team Paklang bikers assembled at the paklang canopy, a landlmark at the town plaza of Cabatuan, to decide their biking destination for the day.

Every morning, the bikers were seen sprinting along the roads to test their maneuvering skills and to challenge narrow winding pathways.

But despite this situation, sports enthusiasts like bikers took the risk to enjoy the fresh air in the countryside and camaraderie of fellow cyclists.

Jaysa I. Canto



Team Iloilo grips 14 gold in Arnis

Battling hard against their opponents, Boys and Girls Arsinador of Team Iloilo gripped golds in the championship rounds during the Western Visayas Regional Athletic Association Meet (WVRAA) held April 26-30, 2023 at kalibo, Aklan.

They shamed their rival teams Aklan, Antique, Guimaras, Capiz, and Negros Occidental when their strong warriors executed maneuvers that received the judges' nod.

The Iloilo Arnis Teams (Boys and Girls) were composed of students of Cabatuan National Comprehensive High School where Arnis Girls won five gold; 1 silver, and 4 bronze medals while the male arnisadors bagged nine gold and 2 silver medals.

Team of Iloilo was trained by Ryan C. Robles and Mr. Mike P. Banguiran, Teacher I of Cabatuan NCHS, as coach.

Ivon John Ponesto

School Volleybelles compete in Prov'l Volleyball League



Powerful smashers of the school's Volleyball team competed during the Rebisco Volleyball League sponsored by Iloilo Province on September 3, 2022 at Hua Siong College of Iloilo (HSCI)-Ledesco campus.

Hosted by HSCI, 12 teams from the different schools in the Province of Iloilo and Iloilo City vied for a spot for the regional qualifiers, namely, Cabatuan NCHS, Oton NHS, Passi NHS, Leon NHS, Santa Barbara NCHS, Pavia NHS, HSCI, Central Philippines University, University of San Agustin, Sta. Clarita International School, St. Joseph HS, and Lapaz NHS.

Members of Cabatuan NCHS composed of Meriam Analize Amojedo, Janna Fay Memorando, Khylyn Elora Adolfo, Krystel Mae Lans, Reylyn Bayting, Wiences Irish Sadava, Ayesha Myrine Isorena, Isla Anika Subaldo, Ma. Haziel Aleman, Ma. Althea Ramirez, Claire Avon Navarro, Jannah Marvelle Subardiaga, Ezra Louise Cabrera, Hunnah Kaye Soliva, Kyla Mae Malaga, and Rheena Jane Lasquite.

The captain of the team was Jannah Faye Momorando and Mr. Demetrio Silorio, coach.

Aldred Tormon, 10-Emerald

United Cabatuan Football Clubs lord Football Festival

The United Cabatuan Football Clubs composed of students of the school lorded other teams when they won gold medal during the Golden Batch 98 Football Festival '22 held in Bacolod City National High School, October 22-23, 2022.

The competition was held by category.

In the category under 17 years old, the Cabatuan club won as champion with athletes Gabriel Dwen Grio, JV Ceasar Portigo, Anthony Jim Coniza, Karl Renz Ventura, Kenneth Gellado, Jiffrey Pillo Jr., Jan Carasco, Isidro Borbon, and Juram Chichirita.

Moreover, under the 15 years old category, our club bagged first runner-up.

The silver medalists were Mathew Lasanas, Razil Pillo, Carl Aidan Jalandoni, Anthony Jim Coniza, Kenneth Gellado, Jiffry Pillo, Andy Bibal, AJ Clausti Cañoso, Keanne Arvey Alag, Fritz Ian Continente, and Earl John Molleno.



For category under 14 years old, United Cabatuan grabbed second runner-up with players Earl John Molleno, Mathew Lasañas, Razil Pillo, Carl Aidan Jalandoni, Fritz Ian Continente, Keanne Avrey Alag, Andy Bibal, AJ Clausti Cañoso, John Paul Mallon, and Rujien Marte.

On the other hand, their female counterparts in Girls Futsal won first runner-up.

The team was composed of Crisna June Endencio, Chiarah Mae Endencio, Leonafe Orbina, Mary Angela Sunio, Angellene Gaylan, Jenyla Angel Segura, Denise Erica Coronado, Princess Pearl Gustilo, Patricia Alimane, Diana Cristine Borbon, and Jesh Ann Morata.

The young male and female footballers of the school were trained by Elymel Guidoriagao, Richard Fontiveros, Julius Jambongana, Jelani Borbon, Jefferson Sonza, Paolo Andarza, Christian Talamor, and Christopher Endencio.

Edmerl Nhic G. Tiongson 7-Newton

Dr. Palomar talks in Research Forum



Dr. Gerwayne G. Palomar (Center) receives his Certificate of Recognition as Resource Speaker from Mr. Valente L. Lauro, PIII and assisted by Mrs. Juvy Fondales, Research Coordinator of the school.

Among the reasons why teachers conduct researches are to pursue one's interest, to learn something new, or to prove or disprove a hypothesis.

Based on this idea, the school held a Research Forum for master teachers and interested school personnel on October 24, 2022 held at CNCHS Balay sang Alumni.

In this gathering, Mr. Gerwayne G. Palomar, PhD., Research Coordinator in the 3nd District of Iloilo, was invited to share his bright ideas and expertise in this field.

He discussed that teachers, especially master teachers were required to conduct action research as a tool to provide intervention and to address the problems related to teaching-learning process in the school.

Dr. Palomar pointed out that this forum was just a way of revisiting and redefining what research is nowadays.

Moreover, he mentioned that the qualitative type of research is the one that DepEd required researchers to conduct.

Presently, Dr. Palomar is a teacher of Tigbauan National High School in Maasin, Iloilo.

He was awarded as the most outstanding teacher during the Division PATUBAS 2022.

Jeremiah Corbillon, 10-Archimedes

SSG spearheads 2nd Virtual High School Week Celebration

Due to the restrictions brough about by Covid 19 pandemic, school activities and programs were adjusted so that learners would not be put at risk.

One of the activities most awaited by the learners is the celebration of the High School day.

In the adaption of the "new normal" where most of the school activities were conducted through on line, the week-long celebration of the high school day was also adjusted using this scheme.

To continue the tradition of the school, the Supreme Student Government spearheaded the conduct of the week-long HS celebration which aimed to bring out the potential and skills of the learners in a wide range of activities held on April 3-9, 2022 anchored on the theme, "Hirinugyaw: The CNCHS High School Week Celebration 2022."

The theme was inspired by the serpent-like dragon in the Philippine mythology, "Bakunawa and its seven moons' depicting the 7-day celebration.

The following were the contests and activities prepared by SSG officers: Acapella Contest, Supreme Debates, Mythological CREATEures, Conquest: A Documentary Expo, Battle of the Brains, Spoken Word Poetry and Dance Craze.

In the Acapella contest, winners were Blitzkrieg Zither Barrios, 11-Aquarius; Cris Anthony Balajadia, 11-Orion; Riza Mae Conde, 9-Aqua; Lawrence Guijarno, 9-Peach; Gwynethe Zinnia Barrios, 12-Dionysus; Jona Lorien Aquino, 9-Bronze were the champion.

Second placers were Stephanie Kate Carvajal, 9-Cream; Donna Janel Ganje, 9- Cream; Atasha Nestlie, 9-Cream; and Jheanne Nicole P. Erespe, 9-Pythagoras.

Declared as third placer were Apple Joy Luriba, Ma. Francine Taleon, Kate Francine Taleon, AKte Acbrielle Pula, Jannah Havania of Grade 7.

Stephanie Kate Carvajal, 9-Cream; Donna Janel Ganje, 9-Cream; Atasha Nestlie, 9-Cream; and 12-Dionysus; Jona Lorien Aquino, 9-Bronze were declared first place in the said contest.

Moreover, in the "Battle of the Brains" declared as champion was the Grade 10 team composed of Jobelle Borra, Karmella Indicar, Ivon John Ponesto, and Airich Anne Alag.

Grade 11 team composed of Rizany Emver Bogador, Ashley June Montalban, Mary Ann Jucaban, anf Louise Marielle Dorado, garnered second place.

To complete the set of winners, Grade 9 with Rhianne Faye Alag, Gian Joshua Yebra, Mark James Abreu and Jeiahna Lucente was adjudged third.

In the "Supreme Debates", the debate team of Grade 11 with members, Jevrell Venn Virtucio, 11-Andromeda; Ma. Ysabella Illyn Marin 11-Auriga; Aina Ysabel Velonero, 11-Aquarius; Chelsea Emmanuelle Lorca, 11-Aries; Carla Rossi Buñol, 11-Andromeda; Carla Angela Herezo, 11-Andromeda was declared as the victor.

On the other hand, winner of the second place was the Grade 9 debate team composed of Kimberly Suel, 9-Aqua; Angelica Ignasio, 9-Pythagoras; Hannah Lean Galindo, 9-Lavoisier; Angela Francheska, 9-Lavoisier; Andrea Caspe Camen, 9-Lavoisier; Neo Prince Tud, 9-Pythagoras; Jeph Ayra, Troncoso, 9-Lavoisier; and Joel Montinola Jr., 9-Lavoisier.

The third place went to Grade 8 debate team composed of Deuel Miguel Salillas, Irish Abigail Asencio, Rhaniella Margenado, Ruuji Van Irvine Salvedo, Nicole Paula Novillas Ardonna, Karen Cata Calumag, 8 -Artistotle; Samatha Julienne Batir, and Eunicee Anne Servidad; 8-Descartes.

Special awards were given to team members who stood out as best debater in their respective group and the title of "Best Speaker" was given to Janna Faye Memorando from the Grade 11 debate team while the "Best Debater" was awarded to Kimberly Lamparero Suel of Grade 9 debate team.

Theo Rucel C. Prieto

LGU sponsors Cooking Showdown, CNCHSians win Master Chef title

To give more color to the celebration of the town fiesta and encourage participation of townspeople in its activities, the Local Government Unit of Cabatuan, headed by Mayor Doc Boboy Pueyo, launched for the first time, the Search for Cabatuan Tinuom Master Chef held on September 6-8, 2022 at CNCHS Senior HS (H.E. Laboratory).

This competition was opened to students and adult constituents of the municipality.

For the student category, participants must be duly enrolled to any nationalized high schools in Cabatuan including Cabatuan NCHS while the competitors for the adult category must be bonafide residents of Cabatuan.

The turn-out of the showdown was favorable to contestants of Cabatuan NCHS when Karl Alave, Grade 10-Zircon, JHS, won the title of Master Chef while Jhun Ray Monegro, 10-Pearl, was the first runner-up.

On the other hand, cooking gurus in the adult category were Paul Cezar Dailan, champion, of Brgy. Tiring and Adreyan L. Felicelda of Brgy. Sulanga got the second place.

Young master chefs of the school, Karl Alave was coached by Mrs. Lea M. Oñate and Mrs. Ma. Eisan L. Amarela while Jhun Ray Monegro by Mrs. Maureen L. Claudio.

Edmerl Chris G. Tiongson 9-Pythagoras



FOOD PRESENTATION. *Jhun Ray Monegro displays his dishes prepared and awaits for the verdict from the judges. /Claudio*

Governor Defensor inspires Cooperators

Gov. Toto Defensor Jr. inspired cooperators from various cooperatives in the Province of Iloilo who attended the Cooperatives Congress held on October 28, 2022 at the school covered gym.

In his solidary speech, he praised the various cooperatives of their significant role and contribution to the community by providing financial assistance to members for the development of their business and livelihood.



Moreover, Hon. Felimon Espares, Congressman, COOPNATCCO Party List, also gave his keynote message during the program.

The activity unfolded to the turning-over of coop flag and key responsibility to the host LGU for 2023 Cooperative Month celebration.

In conclusion, Hon. Vicente E. Escorpion, Jr., Municipal Mayor of Igbaras gave his words of acceptance and the giving of closing remarks by VP Ronilo O. Caspe of Cabatuan.

The 2022 Provincial Cooperatives Month Culminating Activity and Cooperative Congress was centered on the theme, ***"KooPinas: Nagkakaisang Lakas para sa Makabuluhan at Sama-Samang Pag unlad."***

Janeen Erylle Ortega 7-Newton

SSCian garners advocacy award

A Special Science student of the school won the best advocacy award during the Search for Ten Outstanding Students of Iloilo Awards (TOSIA) for SY 2021-2022.

Nea Shane Malcontento, 10 Archimedes, was one of the TOSIA awardees of the school.

Her advocacy was centered on Youth Empowerment Through Arts and earned the judges' nod.

Her strong appreciation of the ability of youth today presented in various forms of arts encouraged her fellow contestants to put more emphasis on the power of the young members of our country.

When asked about her advocacy during an interview, Miss Malcontente expressed her thought, "A country's only true resource is its youth. By using my God-given talent and skills in arts, I ignited change to vulnerable youth."

Nea Shane Malcontento is now a Grade 11 Senior High School student.

Her coach, Mrs. Edda Mae G. Tiongson, Master Teacher I, assisted her in the packaging of her documents for submission to the technical committee of TOSIA.

Marie Alquia Canto



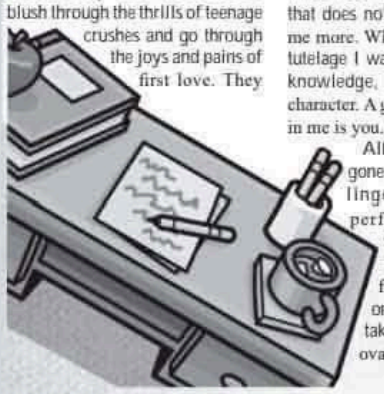
A tribute to my teachers

✍ Engr. Jose B. Maroma

(My last two surviving high school teachers passed away not too long ago. As I refresh the memories I would like to share this tribute I posted in my profile a few years back when they were still around.)

I am a product of public school education in a closely-knit community then fairly grounded on old-fashioned values. I was fortunate to be schooled in the culture of a generation when students would sometimes race to meet a lady teacher at the gate and carry her things to the classroom. This may be a simple act of juvenile fancy but, unknowingly, our young minds then were already culturing the virtues of chivalry and respect for authority.

The charming practice has since vanished but, while it lasted, it showcased the worth of a teacher to a student. Our teachers came during the mischievous days of our childhood and onward to the rollicking years of adolescence. They saw us grow in body and mind. They also observed us blush through the thrills of teenage crushes and go through the joys and pains of first love. They were mentors and friends whose influence was woven into the fabric of our character.



Whenever I went home to the province during work breaks in Manila I would visit some of my teachers, most of them retired. I always noticed a glow in their eyes when they saw a returning former pupil. They would ask how I was doing in my job. If I told them of modest achievements, they would feel happy and proud. Deep in their hearts they felt they were a part of my success. If I told them of my setbacks, they always had a consoling word.

The advanced years had not numbed their motherly instincts, nor starved their minds of wise counsel. At one time I told one of my teachers, "Ma'am, I may have made more money than you did but that does not make you less, nor me more. When I was under your tutelage I was not only gathering knowledge, I was also building character. A great deal of the good in me is you."

All of my teachers are gone now but their spirits linger like expensive perfume. In mind and spirit I would like to gather them one final time, put them up onstage and ask them to take a bow to a standing ovation.

Climate Change
An Outcome of Negligence

✍ Rhianne Faye Alag

"A wound gets worse when it's treated with neglect." These words from Stevie Nicks serve as an analogy on how the environment is being treated by people as time passes by. For the past few decades, the planet Earth undergoes gradual changing of climate which is caused by the imprudent use of natural resources and reckless human activities. These actions put the environment at the worse phases even up to this day. With these, the damage on Earth led to a bigger challenge that we try to overcome due to the fact that we can't live without activities involving nature. Is the havoc really getting worse because of the past incautious activities or due to the existing negligence?

Recently, over 1,000 scientists from 25 countries opened their voices and took part in protests for government agencies to take immediate actions against the rapid increase of climate crisis. According to them, it is necessary to provide deep cuts to greenhouse gas emissions before it is too late. Scientists raised awareness mainly to the leaders because it is crucial for them to monitor programs and conduct action plans that could help strengthen the reduction of these emissions. Scientists have been ignored for the past few years despite all of the warnings they have extended to the public.

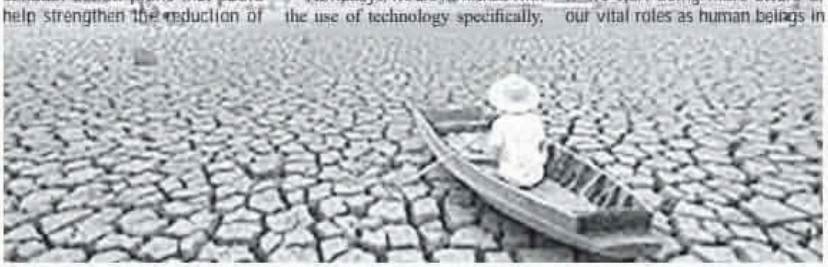
As a consequence, rapid changes in our climate and the strike of global warming are occurring. These are the outcomes of our ignorance and lack of showing importance to the warnings regarding these alarming catastrophes. We are in shortage of immediate and proper approach that should have been done a long time ago before the situation of our environment is getting worse. Numerous infrastructures and manufacturers are being built continuously for the economy needs. Overuse of these systems lead to a massive and an increased pollution. This is an instance on how people lack in providing considerations for the environment. The wrong ways of managing these structures bring several negative impacts to the surroundings as well as to the society.

Building a drastic change against these incautious actions starts by opening our minds and equipping them with enough knowledge and enlightenment regarding simple ways that could contribute in minimizing the severe effects of climate change.

Nowadays, we are furnished with the use of technology specifically, the social media. We can use this as a tool of raising awareness and promoting advocacies that could highly encourage fellowmen in taking immediate actions. Each one of us must put sustainability into practice. This is also one of the ways that could protect our ecosystem and preserve natural resources for future generations.

Moreover, various researches have shown that burning fossil fuels is the biggest source of greenhouse gases emissions. Thus, changing our main energy sources to renewable resources is a big step to reduce the effect of climate change. Increasing energy efficiency also minimizes the emissions which greatly benefits the environment. Through these activities, we are taking a step forward towards saving the Mother Earth.

The catastrophic situation we are facing due to climate change must not be taken lightly. The concerns extended by the scientists should be taken into full consideration and must not be neglected. Each one of us needs to be more cautious of our actions because we are the ones that are also affected of the wrongdoings we inflict on the environment. It's never too late to save the planet if we start being more aware of our vital roles as human beings in







The VOICE of the Chanters

✍ Mark James Aureu 10-Einstein

It was one of the mundane afternoons in the month of Novermber. Things happened as they supposed to be. But despite the monotony of the situation, a sense of anticipation filled the air.

"Mumbo, Jumbo, king of the Jungle..." the chanting reverberated around the covered gym. It was more heightened by the beating of the drum that gave a feeling of anticipation to the audience.

A fusion of voices, hoarse and shrill, coupled with an intermittent singing and dancing, captivated everyone's attention as each group of chanters performed on stage during the verse choir competition held November 7, 2022 at 1:00 p.m. in the school covered gym.

The chanters were the five sections of students under the care of Mrs. Merla P. Arlos, MT II and English 10 teacher.

They interpreted literary pieces, 'The Congo' and 'Ballad of a Mother's Heart' as their performance task in English 10 for the first quarter.

Their interpretation was judged by Mrs. Helen A. Gador, chief judge; Mrs. Edda Mae G. Tiongson, MT I; and Mrs. Leonyrose M. Valenzuela, head of the English department.

Participants to this verse choir competition were 10-Einstein, Archimedes, and Diamond that interpreted 'The Congo' while the groups of Moonstone and Garnet did 'Ballad of a Mother's Heart'.

It resulted to Einstein as the first place, Diamond, second; Archimedes, third; Moonstone, fourth; and Garnet, fifth, who did a poem reading.

The use of verse choir as performance task in class promotes the development of self-confidence among students, appreciation of literary pieces, and develops bonding and team work.









Editorial

CNCHS Learners: Ready for F2F

Majority of schools and universities all over the country have already put an end to the modular and online classes by shifting into a face-to-face set-up for the School Year 2022-2023. Schools with low cases of Covid-19 were given the permission to hold full face-to-face classes while some were in a limited face-to-face set-up.

Either of the two face-to-face set-ups are favorable for all students that aim to study more effectively.

Bringing back face-to-face classes allows students to regain knowledge they have missed due to the pandemic. It will make them focus more in their classes. Students will be able to have physical interactions with their peers and enjoy their education life.

It was August 22, 2022 when the Cabatuan National Comprehensive High School opened its main entrances to accommodate a number of learners who came to school after two years of having been cooped up at home for the modular scheme. Everyone was asked to wear facemasks, bring their own sanitary products and practice social distancing. These did not hinder the students from getting to school and having the motivation to learn. It is in no doubt that most of these students have missed so many opportunities due to the "new normal." A Grade 10 student has expressed his remarks on how the modular set-up was not really for him because he preferred discussions in physical interaction since it is when he actually learns their lessons. Moreover, learning in classrooms is really different from just being at home. It is the environment that serves a huge factor in how you learn, hence, with face-to-face classes, students are able to be in classrooms, have teacher-student interactions and can freely ask questions when they have topics they do not understand. These are the things students were deprived of during the pandemic. Now, students are also able to have fun with their peers and classmates from finally experiencing the flag ceremony again every Monday morning and attending different programs and activities by the student council and different club organizations.

It is indeed true that we still cannot fully ensure the safety of everyone, however, through proper ways we can all hand-in-hand fight the virus. The school made sure they will be able to accommodate the students from hosting Brigada Eskwela programs to improve the physical aspects of the schools to attending different seminars and training to also improve in the academic aspect. Not too long after the opening of classes, the school got the "Thumbs Up" from the Schools Division of Iloilo signifying that CNCHS was given approval to conduct its full swing F2F classes. The school has met all the requirements asked by the office.

The students, faculty and staff of the school shall continue to practice proper measures in order to avoid the spread of Covid-19. We are now halfway to finally getting back into our old set-up hence, let us learn to never take for granted the situation we are in today.

We live in a world that's constantly changing. Every individual shall be given the quality education they deserve. An education that provides students an inclusive space to nurture and grow as individuals with care and concerns from the people around them.

The Glow

School Year 2022-2023

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Campus Re-Awakening



Theo Rucel C. Prieto, 11-Andromeda

It has been more than two years since we had our F2F classes. The sudden emergence of COVID-19 took its waves as it globally affected every individual that affected their lives in a manner that even you and I have to adapt in the new normal, a new way of living. We learned our lessons through the distribution of modules delivered to our homes by our teachers to cope with the situations and to learn while staying at home. It was a bit of a new "first" to us all.

Despite many hurdles that came in our way, the students, teachers and, faculty and staff of Cabatuan National Comprehensive High School proved that whatever struggles come, they cannot hinder the pursuit of achieving academic excellence and reaping the fruits of dedication and hardwork even amidst these challenging times.

The "new normal" was truly a challenge to all learners, parents, and school personnel to keep up and juggle things altogether. But this school year, our school had been granted a thumbs up from DepEd to conduct face to face classes. This was all thanks to the efforts of the faculty and staff of CNCHS, together with the exemplary leadership of our school principal, Mr. Valente L. Lauro, who made sure that the school passed the standards transition to the face-to-face classes. Thank you, Ma'ams and Sirs for your undying support to us.

Another feather on our cap was added as our two home-grown learners from Cabatuan National Comprehensive High School got spots as TOSIA awardees for the school year 2021-2022. Adamsso Tejereso and Nea Shane Malcontento had truly exhibited the four pillars of leadership, academics, faith, and community. Keep shining with flying colors and be a role model to us, students. Congratulations to our TOSIA awardees!

We also give our gratitude to our teachers who participated in the PRIMALS to enhance their skills and knowledge in providing better services in teaching the students as they mold the upcoming generations to be ready for the path that they would venture. Our teachers truly deserve to be given recognition for their efforts and hard work in giving quality education. Through this paper, we the glow staffers, want to give our thanks for everything that you did in order to nourish us with wisdom and helping us discover our true potentials. Thank you, dear teachers!

Many activities conducted this school year were not made possible without the strong support from our loyal stakeholders, namely: the PTA headed by Hon. Rizaldy Nolasco, president; Ms. Nelfa Calero, SGC Chairperson; Dr. Maria Zelpha Carmelo, TEA President; Dr. Purita Bilbao, president of the Alumni Association, Inc.; the SSG President, Carla Angela Herezo, the different school clubs and organizations, and our parents who showed their unfaltering support all throughout our high school years. Thank you so much! We hope that you will continue your support to us and the school.

It is just right for us to commend the CNCHS Alumni Association, Inc. for the projects that they facilitated in our school through our generous alumni. Improving and renovating our school facilities just showed your love and loyalty to our Alma

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Community Vignette

One Town, One People



Paul Febriel Adolfo, 11-Andromeda

Progress can't be contained despite the struggels we faced. We progress as we struggle. This is the true essence of being a Cabatuananon— we will always come out on top and will prevail against all odds as victors.

As we Cabatuananons gradually shifted into the old normal after the pandemic, we will always remember the harship of the past and the struggles we dealt with because they somehow made us resilient and strong.

However, if we look at the positive side, we saw a bright and glittering future for our town.

In the middle of the pandemic, bayanihan spirit was present among the people of the town. A proof that there was only "one town and one people" culture. Churches, establishments, and even ordinary citizens participated in community outreach and volunteered services and provided supplies such as the community pantries, libreng sakay for frontliners, and donation drives.

Progress was already visualized in Cabatuan for the past years. Even amidst the pandemic, Cabatuananons proved that despite the challenge, we could still thrive. For instance, progress started to sprout when infrastructures, buildings and growing businesses boomed in town.

More business opportunities to the townspeople multiplied, a good indication that Cabatuan is growing its economy and government.

Convenient centers and newly opened establishments provided Cabatuananons access to buy their needs and supplies whithout goping to the city for these.

Cabatuananons now enjoyed the redesigned and renovated plaza of the town. Food was present everywhere, either of local or foreign cuisines. With the newly opened restos and cafes, townspeople enjoy the atmosphere and ambience brought by this development.

Moreover, security was also given priority. Crime rates were lessened that made Cabatuan a safe haven for everyone. Enforcers and tanods were on duty 24/7 duty to keep everyone safe.

Our town has a new face now marked by these fast influence of change and progess.

This was due to the concerted efforts by the Local Government Unit of Cabatuan for a good governance.

With this, we salute the works of our former mayor, Hon. Ronio O. Caspe and our newly elected mayor Hon. Elizalde G. Pueyo for making our town a fast developing municipality in the third congressional district of Iloilo. Congratulations to Sirs and Ma'ams, our town leaders.

We are very proud of you. Kudos!


Adobe Stock

Echoing the Reality

Nea Shane Malcontento

My name is Seanna. I'm not your average girl. From day one, people can immediately tell that I have this proclivity for greatness. With my welcoming aura and bright smile, they say, there's no reason why my peers look up to me. Besides, not only do I maintain a good relationship with my friends and mentors, I also excel academically.

"Omg, she's the top of their class! She must be smart."

"I heard her family's well-off as well! I'd die for a life like hers!"

"She's literally perfect! I want to be her!"

These are few of the things I hear as I walk through the hallways of this prestigious school. I can't help myself but to smile. I love my life, I couldn't ask for more… or do I?

One Monday morning, I woke up in bed having this weird feeling. Something like a mix of emotions I couldn't completely understand. Well, I guess it's just because of puberty. Right before I got up from bed, I was thinking very deep. I couldn't remember what had happened the night before. Was I drunk that time? Nothing pops out of my head. It's like my memory was blown away by a gust of wind. One thing came into my mind, I have class.

So I quickly fixed myself and went downstairs to eat my breakfast. Dad usually takes his coffee every morning right before going to work, but I haven't seen him that time, and so was Mom. Maybe she went out to buy groceries at the market? Nobody was down there, yet I didn't mind and decided to shrug it all off. I was having my breakfast when I saw Kirsten, my younger sister, running down the stairs.

"Morning!" I greeted with the exact smile I use to show the people around me.

She didn't reply. She just literally ignored me. It's like she's in a hurry. She was already out of the door right before I got to ask her where everybody was. "Such a rude brat. What's wrong with her?" I muttered.

It was already pass 10 AM when I left the house right after I finished eating breakfast. I was running fast along the way until I bumped onto an old man. He was formally dressed with white suit and a black tie. Being the respectful child that I am, I turned my body to face him and asked for apology.

"I'm so sorry, sir. I'm in a hurry." I said with utmost sincerity. I was about to walk away when the old man grabbed my arm. I felt his grip tightened when I tried to withdraw from his hold. "There's no turning back, young lady," he replied. It was really weird. He sounded very creepy so I pulled my arm and left and ran as fast as I could.

A couple of meters away and I looked back, there's no one there anymore. I freaked out a bit so I just continued walking fast. Why does everybody keep on acting weird? It just doesn't make any sense.

Along the way, a chapel just caught my attention. It was pretty, can't deny that but it was also obvious that it exists for decades. could see that there were a lot of people inside the chapel. Something was like something—an echo, perhaps—pushing me to go inside. I couldn't help myself so I went near. From outside, I can see a coffin at the front of the altar.

"I can't be wrong. This is a mortuary!" I whispered to myself. You know what they say, curiosity kills, so I didn't think twice and came in. I just got inside the door when I heard two middle-aged women talking beside me.

"Poor, girl, how did she die?" the woman said. Wait a minute, it's Aling Rosana! Why is she here? I couldn't agree more. Poor, girl. Some hypocrite and judgmental human being just happened to attend her wake as if she doesn't shame young people for having mental problems and illnesses. Shame on her.

"She committed suicide. I heard it was because of depression," replied the other woman. And just like that, I suddenly felt like something in me was being stabbed into pieces. My head started aching. Echoes of sobs and cries intruded my thoughts. Flashbacks of what happened that night began to appear. Stifled sounds of grief, a rope… and a chair. I'm starting to remember.

I felt a little nervous upon hearing what the woman have said. Suddenly, I saw two people, the woman crying while staring at the coffin and the man comforting her. Two people whom I really know well. My Mom and Dad.

I ran towards them as I spoke, "Mom? Dad? You're here. Mom, why are you crying?" They didn't answer me. I started to panic so I shouted, "Mom, what is wrong?! Answer me!" Still, it seems like they don't even hear me. I've been ignored by my own parents? But… why?

I looked down at the coffin. I was shocked upon seeing the dead body of a girl. My hands started shaking. My feet were nailed right where I was standing. Bullets of sweat started to gush down from my forehead. I started to have goosebumps. I couldn't speak nor move. I couldn't feel my heartbeat anymore.

The face of the corpse was very familiar. That once warm and bright aura was no longer evident. Those dark circles covered with concealer people failed to notice and that peaceful smile. It was very surreal. I know her. In fact, I know her well… too well that it's creeping me. Look at her, peacefully sleeping. I looked down and felt droplets of tears running down from the corners of my eyes.

What I saw surprised me….

Mirror of narcissus

Ma.Frances Angela Duero

If I am to be observed
By either me or anyone else
I will always be the best pulchritude in town
I know myself I deserve the fame crown

Can't think of any persona but me
No one ever tried to surpass me
Being the top of the crowd
Everybody else think I 'm an imbecile clown

Do not test me
As I do look like someone of a God-complex, you see
The Aphrodite of Greeks
A nymph of a creek

Beforehand, I sought the empathic link of affection
Yet, no one ever caught my attention
Nor the "apple of my eye"
As I mention

So I explored myself,
Before I shed a tear
Cut ties with the remains
Tried to maneuver and the matters became clear

As I look at the water bank
Sounds of current, I hear
And the stream flows
While my pace becoming slow

As I verge and took dive at what I saw
A man so beautiful, feel ethereal
I now know
Lovely kind of a human, so defined

Alas, I found my lover man
Plunged, I kissed the crystal water reflection
Hoping someone will respond any longer

I waited.
Flowers bloomed, leaves fell
Snow so white
I mourned so well

Feel like my skin began to dry
And my face began to wry
Not knowing my body is now resting
Now and forever
And eternity dominated over

"Growing Pressure"

Marium Mesada
10-Emerald

Pressure from those eyes,
Body as cold as ice.
Too much expectations,
Can't get out from this room of tensions.
Choked by the people's unreachable standard,
One mistake and they'll call me a big coward.
Doing my best just to earn their attention,
But the criteria is perfection.
Burden in my shoulders,
Tears in my eyes that showers.
One mistake doesn't mean failure,
But in my case it's like an illness without any cure.
Making everyone proud is a goal,
Even if the result is the wreckage of my soul.
If I ever break free from this growing pressure,
I could finally relish life like a blooming flower.

From the Desk of the Principal:

Resiliency in the midst of Adversity



Valente L. Lauro

Through this paper, I would like to take this opportunity to express my profound gratitude and appreciation to all the support and assistance manifested by all stakeholders to the school during the trying times of pandemic and difficult situations CNCHS faced which enabled the school to bounce back to its normal operations. I am proud to say that CNCHS has stood the test of time and eventually is now recovering from the academic loss brought about by COVID-19.

Looking back to the two years when we adapted the modular learning scheme due to COVID-19 pandemic, it affected not only our school plans and operations, but it also put our school to many difficult situations and challenged our resiliency to do our best to overcome all these trials..

One of the challenges we faced before was the production of the learning modules for our learners. To come up with the mass production of such, we tapped the help of the Local Government Unit of our town. Through the efforts of our former municipal mayor, Hon. Ronilo O. Caspe who provided us Riso and photocopy machines, we were able to produce the number of modules needed for our learners.

Due to the increase of cases on COVID-19 that required all schools to adapt an alternative work plan for all school personnel during the time of pandemic, the school was also flexible and continued to continue its operations amidst its limited personnel.

At the start of this school year, we did our best to come up with the requirements set by the Schools Division Office when we applied for the approval to hold a limited face-to-face classes. Through the collaboration of all personnel and other stakeholders, we were able to meet all the requirements..

Prior to the conduct of the full swing F2F classes, the school intensified its Brigada Eskwela by involving various sectors of its stakeholders to take part in the cleaning, repair, delivery services, and financial support. The over-all turn-out of this program has a tremendous impact on the physical aspect of the school which made the school ready and safe for the students.

Now, we are already having the full swing of F2F classes. In fact, we are now moving forward to the second quarter of our classes. All the obstacles we encountered along have been properly addressed and given solutions. This is all done because of your strong support to us.

Again, my sincerest thanks and deep gratitude to each one of you who took part, lent a helping hand, and gave financial support for the success of all our school programs and projects which redound to the delivery of quality education to our students.

Thank you and God bless us all!

COVID Pandemic: A Mark on History

It was December of 2019 when the first spread of a SARS-CoV-2 virus caused the massive outbreak of COVID-19 and January of 2020 when the virus entered the vicinity of the Philippines.

Everyone knew by then, that the life we are used to will never be the same anymore. For the past two years, the country has gone through different lockdowns in different months due to the continuous spread of the virus despite the strict precaution measures done by the government and people.

Although now, we can say that the situation has quite improved and people are slowly adjusting to the new normal—several are already proceeding with their everyday lives as if there has never been a virus outspread and a lot seemed to forget the virus never stopped up until now—we can never be sure of what awaits ahead of us.

As of September 29, 2022, there are additional cases of 2,413 COVID-19 positive and 34 deaths. This statistic is a living statement that the issue is still existing and living. Thirty four deaths are a lot to think of as you can assume it to be a whole homeroom class. Imagine a classroom becoming empty in a single snap. It is already very painful to think of and what more during the highest peaks of the virus wherein thousands of people die everyday?

The effects of this outbreak are not things to be taken lightly. May it be in the physical, mental, emotional, and spiritual aspects of one person or in the financial, economical, and ecological aspects of one place or community, the damages continue to leave traces until today.



Gena Faith Cortez, 10-Einstein

Slowly, we are trying to patch them up as we adjust to the new normal, but it is not that easy nor fast. Most of the time, the works done during the two years were carried out online and with the use of computers and gadgets. Now, slowly, the post-Covid activities are taking a new start, physically.

Just recently, face-to-face classes were already implemented—still with the safety measures—by dividing each class into two sets. This is done through alternating classes every week, one in asynchronous classes and the other in synchronous classes.

"I was deprived of my teenage years," said one of the students. If I were also to ask myself and my other fellow learners, we can all agree with this statement. The past two years of only bearing with given-out modules or video presentation and activity sheets, or only being able to face your cellphones and laptops everyday just to learn something, was such an exhausting routine. For the first weeks of face-to-face classes, the adjustments were hard and slow.

There are lessons yet to be discussed again for the second time for we know, learning during the pandemic was never that effective because of certain reasons just like slow communication with the teachers and continuous stacking of pending activities despite the unsure knowledge the students have acquired.

But to me, I really like to have a close contact with my classmates, do things together with them, and learn together with them. This is what life of a student should be!

SOGIE Bill: What is it all about?

Many things have been said about this bill, many ideas have been expressed to it, but until now, this so called SOGIE bill has not been finalized.

What does SOGIE stand for? It means Sexual Orientation and Gender Identity Expression Equality, a bill proposed by the Congress of the Philippines.

It advocates for equality and fairness not only to the LGBTQ members but also to every person in the country.

It prohibits discrimination on the basis of sexual orientation and gender identify and providing penalties thereof.



Sophia Isabel Leal, 11-Aries

The bill has been sitting in for quite some time now at the congress waiting for the final verdict.

Giving considerations to this bill entails a lot deliberations from all sectors of our community including the religious point of view. Many said that this bill promotes "equality" but there are other opinions that it is for special treatment only.

The bottom line of this bill is for the acceptance of a person's sexuality as what he/she perceives it with equal treatment and respect as a member of the society.

What we mean by sexuality is the person's natural gender. This is already determined upon his conception and during his birth. The evidence is already there. There is no mistake with that.

When God created Adam and Eve, He didn't make a mistake on their gender, it's perfect and it's the truth.

Man tries to change his outer appearance, may it be thru beauty surgery, cosmetics, and clothing. But the true blueprint we have as a human being is already stamped in our DNA, together with what sexes we are in.

To those who have issues on this, be honest with yourself. Stand on the truth and enjoy the life God has given you.

Gender orientation is simply a person's preference. This can be influenced by so many factors, yet the real us, the real you, is the person designed by God who He created after His own image.

Let's live the truth.

Modular vs F2F Learning: Which one is your choice?

The two years of having been coped up at home doing the modular learning is a kind of tough to me.

But I have no choice. This is the mode of learning DepEd provided for us during the time of pandemic in order for us, students to be safe. I was really counting the time when the school can shift back again to the normal situation. And now it is happening!

But let me weigh first the pros and cons of these two modes of learning, the Modular and the F2F so that we can know the advantages and the disadvantages of each. Then later, we can choose which of the two is the best for us, my fellow learners.

Let me start with the modular learning. As we all experienced, we started doing the modular scheme two years back, especially on the height of pandemic.

Modular learning enables a student to learn on his own pace and answer the activity or tasks alone by himself. There is no teacher to explain to the student how to perform the activity, although the instructions were given in the module.



Meri Joyce B. Lebanan, 10-Einstein

No interaction, no seat mates, no friends, no laughter, no cheating (joke). The only time you can talk is when your Mom or any member of the family is with you to explain the lesson or process.

On the other hand, since the student is staying at home the whole day, everyday, he is safe from acquiring the virus from others.

Beside from these, the family can save money from the daily allowance of their child, transportation fare, projects, and etc. Moreover, the family bonding is more intensified since all children are at home.

On the other side, face-to-face learning has its perks and drawbacks as well.

For its perks, you definitely have a seatmate to back you up when you do not know what to answer when asked by the teacher. You have a buddy all the time to share your problems, help you with your assignment, and support your lies to your parents when you skipped class. Life of a student in school is full of fun. That's what I think.

Well, let me share with you the ideas of a student when interviewed regarding the modes of learning we have experienced so far.

Angelie Grace Libiano Paniza, a Grade 10 student said. "To be honest, since the quarantine happened, it's hard to adjust since nasanay kami sa modules and namag-uhan gid sa feeling ka pagbalik sang face-to-face classes. Kay syempre, hindi easy para sa mental and physical health. For example, ang body clock namon as students hindi na same ang function ever since. At the same time, nanami-an man ko kay na reunite sa friends and classmates after two years of separation due to quarantine."

So, there you are, guys. It's all up to you to decide for yourself. But for me, I am really grateful for the two modes of learning I experienced in this school because I learned a lot from them.