



La Paz BULLETIN

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Young Journalists Grab the Over-all Champion in the MPC



LNHS Bags over-all champ in MPC

LNHS Journalists, Unleash Their Skills in Writing

by: Maria Lourdes S. Villegas

Municipal Schools Press Conference was held last August 5, 2016, LaPaz National High School journalists won the

overall champion in the Municipal School Press Conference at Comillas HS, Comillas La Paz, Tarlac.



Participants from elementary and secondary schools of the Municipality of LaPaz joined the said contest. The good writers were selected during the School-Based Press Conference joined the MSPC. The Division School Press Conference(DSPC) qualifiers are Maria

cont... p2



SLAC collaboration-Principal does.

SLAC: Empowering Administration and Instructional Supervision

By Shealdie P. Yabes

School Learning Action Cell (SLAC), dissemination of information, guidelines, and data in different departments of the school, which offers a big optimism for the highly development and to empower administration.

The implementation of Result-Based Performance Management System (RPMS) of DepEd is to ensure the quality of education in public schools.

AT La Paz National High School, teachers are given monthly training through SLAC. From August 2016 to September 2016, there were two (2) SLAC's already transpired in school which led by the School Principal II, Mariolito G. Magcalas and collaborated with the Head-Teachers from different departments with the participation of teachers. The topic last August 12, 2016, was the orientation and review of DepEd Order No. 42,s. 2016, with

cont... p5

Newly Elected SSG Grade 7 Representative

By: Maria Lourdes Villegas

Last July 13, 2016, Abigail V. Duran of grade 7-venus is officially elected as the new Grade7 Representative of the Supreme Student Government Officers of LaPaz National High School for the school year 2016-2017.

Out of 12 aspiring officers, Ms. Duran was the luckiest among them. A week before, SSG officers and advisers informed all the Grade 7 students. The campaign started on July 11 and they are given ten minutes to talk and to introduce themselves. Aspirants did not use any campaign paraphernalia, ended the day after.

The Election Day was led by SSG officers with the President, Erika Camille Asuncion collected the ballots from each grade 7 room and counted the votes at Science Laboratory. It was supervised by their adviser Mrs. Belinda M. Guinto, SSG Adviser with Mr. Jesus Del Rosario and Mrs. Rachel Del Rosario.

Ms. Abigail was proclaimed as SSG Grade 7 representative. She is looking forward for the services that she will share in the name of the service.



(from upper left photos) Declaration of the new elected SSG President. (Upper right photos) The actual SSG voting precinct at Grade 7. (lower left photos) SSG Teacher-Adviser administrators to start the counting of votes. (lower right photos) The new set of SSG Officers of LNHS 2016.

ENGLISH CLUB PROJECT MAKES SUCCESSFUL

by: Ella Jane H. Timbang

“Books play a big role in the student’s life. And reading is the key for proficiency”, one of the motto of English Club. This is the reason why the LaPaz National High School (LNHS) English Club compiles book to build up a small library to help students on their studies.

Through this project the officers and advisers of the Club binded together to push it through. They’ve decided to gather literary pieces written by the young journalist of LNHS. Through the help of them and with their school paper adviser which is Mrs, Florida

Semillano, and the teachers of the school especially the club advisers which are Ms. Adeluisa Santiago, Ms. Jenifer Pascual, and Mrs. Jhoana Serna the project, the small library was successfully done. The principal, Mr. Mariolito G. Magcalas gave the advisers and the head teacher of English a special award for being a good leader and motivation to the students. The principal also thank and recognized the efforts given by the students.

The Englis Club still have a lot of plans to pursue for the development of the school and to achieve its goal to help students especially in the field of English.

LNHS Holds an Earth Quake Drill

by: Nicky Fhaye C. Serapion



Demonstration of BFP and teachers in case of earthquake will occur.

An earthquake drill was purposely held last June 22, 2016, at LNHS covered court.

All students listened attentively to the speaker, FO2 Arvin B. Baltazar. He explained that students need to learn so they can be equipped if ever something like this happened. After sometime, he also asked the students some questions that are related to the topic to see if they are really listening. He also made them perform the “Duck, Cover and Hold” –three things you need to do when an earth quake occurs. All students participated.

After that, FO2 Arvin B. Baltazar congratulated the students for performing well in listening and participating in the process. We are now prepared in case of earthquake will occur, so it is essential to practice and have knowledge of what to do in this situations.



... SLAC from p1

the excellent speaker, Mrs. Juana Razon, HT-III TVE. It was emphasized that everyone should well-informed regarding the new guidelines in selecting awardees per semester, and end of the school year. Last September 2, the topics are: The Review and Analysis of DepEd Order No.36,s.2016, wherein in classroom management, the teachers will adopt some 21st century teaching strategies on how to deal with their learners to have a better place in learning. The latter SLAC was facilitated by Rowena V. Basilio, HT-III Science and Lolita G. Castro, HT-III FILIPINO.

Being an effective Classroom Manager is not a talent which some people just have and others do not—it is a set of skills and attitude learned through

Drug Symposium

by: Sheenalene B. Isla

Last July 20, 2016 La Paz National High School held Drug Symposium Program headed by Col. Elsa Miranda together with the La Paz Police officials.

Col. Elsa Miranda discussed with convictions the negative effects of drugs



Effective inculcation about the effects of drugs.

to our body which made the students of LNHS attentively listen. While, Chief Inspector Arthur Antonio discussed topic in a very funny way which made the students giggle yet aware in. Police Chief inspector Rocky De Guzman also grace the said symposium and discussed to the students on how they can solve problems about illegal drugs in La Paz while PO2 Rochelle Callanta and PO2 Jenny Gabriel did their part on controlling the crowd.

Police officers hope that the said program could help and effective, they distributed pamphlets to inform and educate people about drugs and disaster risk education. Students take their oath that they will never use drugs.



Endues to empower the instructional supervision.

patience and practice. Through this Instructional Supervision of SLAC, teachers will have an opportunity to rule their student well and boost their competence. With its different training objectives and target goals, teachers and students will surely have their knowledge to others provide quality education which has greatly impact for Philippine Education Development.

Drug Awareness Change Youth

by: Dianne Joy L. Mariano

Making a milestone for the aspired better country, government organizations are moving step-by-step to indeed rebuild a drug-free country starting with the expected change in the youth.

EDITORIAL

Drug is loosely understood by the youth nowadays as an ordinary

vices that they can use to make them happy and feel high for a mean time, but it is far more than that; it is a small thing that can make the worst change and wreck their lives. It is the great message that the administrations and organizations want to clear in the minds of every youth in every generation.

Moreover, prior to Republic Act 9165, the Anti-Illegal Drug Law, whoever shall be proven as users of the prohibited drugs or considering people especially youth who also used shall be imprisoned.

However, Drug Awareness Reduction and Education Programs are being conducted in different schools all over the nation particularly in La Paz National High School. Educating every student about the outcome of drug use and abuse and planting the virtues and lessons into the minds of individuals.

But it should not be merely lip-service. The generation must see the people who are living with them the virtue that they taught. It will be in vain if they are taught to hate drugs and still see people loving it. There must be a move for everyone.

Filipinos, instead of pointing fingers to whosoever, must have a self-check, clean-up and make a strong offense against drugs and that move starts to each who will show the next generation the good path they need should take to lead them far higher to success.



YOUTH VOICES

What can you say about Grade 11?

"Together with the new administration, Grade 11 and 12 known as K+12 is also for "Change". "It's also another addition to expenses". Instead of going to college and finish earlier we have to endure another two years." JONATHAN RACOCORBA, Grade 11-

"Opposes the first statement, Trishia Ann Mata says that "After 2 or 3 years of Education we could receive a certificate from TESDA taking the vocational courses. Besides, after those years we can already work without going to college." TRISHIA ANN MATA, Grade 7-

"I agree because I think K+12 is needed so our education level will be higher. It is essential that our learning skills be more nurtured and practiced here in this grade level so we can have an early job or go to college with an already good skill on a particular category. " I think this program will help us really before going to college or be employed early." GWYNETH NOVESTERAS, Grade 9-

"I also agreed that K+12 is good for our country because it will improve our economy for it will provide an early employment without going to college." SIXTO LORENZO, Grade 9-

How K + 12 could help Filipinos?

"K+12 is a very good program, students who do not have enough money to survive or continue college years can still be employed and enhance their skills". GILLEN ORTIZ, Grade 10-

"I'd like to be on the neutral side because I think government can't support this new curriculum program lacking of facilities and teachers. But I see that this new program will help our new generation to become globally competitive one." EX-EQUIEL AMURAO, Grade 10-

"The implementation of K+12 curriculum is true to say that it will help our country to improve our Philippine Educational System. " SHEALDIE YABES, Grade 11-

HONING YOUNG JOURNALISTS

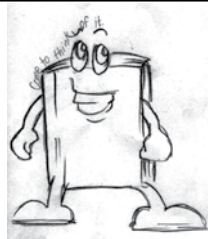
by: Dianne Joy L. Mariano

The smile of the youth shines as bright as the day start during the 2nd Municipal School Press Conference at Comillas High School. Excitement and nervousness can be seen in their faces as the light of the sun strikes the blissful curves in their lips.

The program started and welcomed every participant from different schools in the Municipality of LaPaz.

YOUTH BLOOD

LNHS young journalists brought their pen and ideas as their sword in the battlefield of writing. Bringing up their minds filled with



knowledge and their personality with skills and readiness to compete and share their talents to fellow journalists- their fellow soldiers of the news.

However, hosts and facilitators emphasized the essence of the event—to hone and equip young journalist and build their foundation in the rock of writing and not just in sand. Bringing up to the minds of the students “The Role of a 21st Century Campus Journalist in Upholding Good Governance, Leadership and Transparency”—the theme of the event—to consider it and apply in their lives as the mirror of the Campus Journalism.

The whole day affair ended up tiringly but the hope and success glance in the eyes of the youths. The best of the bests victoriously carry the day bringing the triumph for their schools but those who did not make it through cherish this lifetime experience and promised to try better next time.

Competition is not just always about winning but gaining experiences and widening our horizon. Maybe some may win and many will lose but all of the young journalists carry their vows in bringing up the light of the news and Campus Journalism.

Life of The Seniors

by: Vincent P. Flores

For some students, junior years are time to get serious. For those who have been in senior high school, their life is more serious all along. It's

important to avoid distraction and stay focus.

That is the goal of La Paz National High School in accepting the new challenge of the Department of Education, the K+12 Curriculum.

In attaining the dare of DepEd, LNHS already constructed a two storey-building composed of 6 rooms. LNHS offers 3 strands namely General Academic Strand (GAS), Science Technology, Engineering and Mathematics (STEM), and two tracks for Technical-Vocational Livelihood: Electrical Installation Management and Hair Dressing.

Pursuing Senior High is not a joke; it is a must to finish being one of the globally competitive individual who will make our world productive and progressive.

“Regrets”

by: Sheenalene B. Isla

“I hope that I could turn back the time to make it up with you, but I know it's too impossible”—lance murmur while looking at the picture of ayumi and let out a deep sigh with a tear fell from his eye. He's been dying to see Ayumi's smile. He badly wants to hug her but he can't. “It's over” line of Ayumi that always repeating on his mind. “It's hard to face the consequences for the decision I made” Lance keep on talking to the picture he's talking with, even if he knows that it will never talk back. Regrets eating him, he gave up his love ones just for his parents will. His parents fixed his own marriage with some random girls. And they are both hurting. He couldn't make it up with ayu. Regret is the right term that explain what he feels right now. Regret of obeying his parents, regret of causing too much pain with Ayu and regret for not explaining everything with ayumi.

Sword Against Dengue

by: Virginia P. Bautista

Department of Health has a new discovery on how to prevent the rise of Dengue carriers to lessen the number of people who suffered and died because of this disease. The Ovicidal-Larvicidal Trap (OL-Trap) was introduced with the collab-

oration with Department of Education to the schools as a solution.

Philippines is reported as one of the country with the leading cases of Dengue Disease. With a bright prevention, made by the joined force of Department of Science and Technology(DOST) by its Industrial Technology Development Institute (ITDI) with the DOH and DepEd made the “mosquito trap” especially the dengue carriers—Aeges Aegypti. The said departments made this hand-to-hand to prevent this phenomenon.

OL-Trap kit is consisting of black cup, stick of Lawanit and OL-trap pellet. This simple mosquito trap kit can mitigate this dengue carriers as the numbers of dengue virus lessen.

“Prevention is better than cure”, and this easy as one, two, three step can surely help to prevent cases of dengue.

ACTIVE VALUES EDUCATION CLUB IS ON THE GO

By: Monica Charize R.Aguilar & Jesric Carlos



Values Education Department headed by Mrs. Lani R. Calma HT III in Values of La Paz National High School (LNHS) aims to strengthen the values and to educate the students by promulgating campaign projects for the sake of La Pazeñians.

Values Club advocated campaign on Values formation of LNHS students. It aims to strengthen the Values and good relationship among students with different beliefs and religions. The activities are: Friday Mass, Child Counselling, Career Orientation, Initiation of Ant-Bullying Campaign, supporting the Child Protection Policy and campaigning for No Bullying Zone.

Madam Lani R. Calma, HT-III in Values led the campaign together with the help of the Values teachers: Mr. Percival R. Del Rosario the energetic and god-fearing Grade-10 teacher, the appreciative Grade-9 Mrs. Mayvilyn A. Ortiz, Mrs. Ma. Desiree S. Gragasins sophomore's active educator and the freshmen goal-oriented Ms. Fatima V. Valdez in encouraging the students about their corresponding relationship to the world.

SHINES AS STAR

by: Dianne Joy L. Mariano

Staring at the dark sky
Not even knowing why
Thinking again and again
Wondering if I can

I know for now I am not
But somehow, I will never forget
My wishes and dreams
Even how hard it seems.

I've gone through sorrows,
I've gone through tears,
Neglected by fellows,
Captivated by fears.

These thoughts makes me see bubbles in the sky,
No, it's just me starting to cry.
Please tears, stop falling
In sadness, I'm now drowning.

But suddenly I see
A star shining so free
Blinking, winking so merrily
And how I wish I could be like thee.

A bright thought came up to my mind
A thought that cause me to unwind.
I told myself, I want to be like that star.
Yes, I can be like that star.
Someday, I will be bright as it are.

ACE

by: Vincent P. Flores

In the first time I see you,
My heart feels so untrue
In the times that I look onto you,
I saw your eyes shining thru

You're my only one,
Even in our Worst time
Because your love
Is my ace to face everyone.

Not All Queens Wear A Crown

by: Nicky Phaye C. Serapion

She who tried
was the one who thrive.
Her who's smile
can make the world bright.
A warrior without an armor,
An angel without wings,
A girl who don't need mirror,
to see if she's stunning.
Wise in mind
and brave at heart.
She may refuse to dress in gown
and sometimes she may frown
But she has already proven...
That not all queens wear a crown.

Nature

by: Polyanna P. Fermin

Trees and plants are dancing
While birds and humans are singing,
Winds are softly blowing
And rivers calmly flowing.

Children are happily playing,
Even when it's raining,
The clouds is windingly walking,
And all the people beautifully smiling.

God carefully made all of this
So make sure we will take care of it.
Just don't surrender cleaning it.
And their wont and this.

I'm Fine

by: Jasper S. Rojas

When the problems come
You need to solve it fast
If you can't it
The pain will not last.

Every moment, every second,
I remember who you are.
The sweetest moment of us,
It will never be define.

Behind the sweet smile
I remember you, my past.
The tears in my eyes
Slowly drop to my arms.

I want to disappear
To forget those fear,
But I realized the reality
That this is not a problem only.

Until the time, I'll gone
I realized, I'm not the only one
And this is now the right time
To say the world that "I'm Fine".

Pain

by Sheenalene B. Isla

It's hard to endure the pain,
Whenever you fail
It's like stabbing your chest
Not once but twice,
No one wants pain,
Yet pain always around—
Haunting me inside.

Between You and Me

by: Mark Christian D. Ronquillo

I may be smooth or rough
But I am good enough
I can be white, yellow or black.
That you can put your ink dot.

I may be thick or thin
I'm the partner of your pen,
On me..., you could put your vandalisms
Promise, I won't criticize them.

If you cannot speak
No problem..., just write it on me,
Maybe I can help you feel lightly
And make you comfortably.

What's in your mind? Just write on me,
To set your burden free,
Promise, I won't tell it to anybody,
Yes, your secret will be just between you
and me.

Immeasurable

by: Sheldie P. Yabes

You lift me up from pain
Give me strength to settle despair
Embrace me in times of grief

Laughters and smiles are unlimited
Your immeasurable adoration is infinite
Oh God, thank you god
To the utmost man of me

I may be the luckiest girl in the world
You don't make me feel discomfort
You was the enormous blessing from above
You're my chief bond

It was just you, and only you
Who puts me through companionship
Who offers me the greatest friendship

Sword Against Dengue

by: Virginia P. Bautista

Department of Health has a new discovery on how to prevent the rise of Dengue carriers to lessen the number of people who suffered and died because of this disease. The Ovicidal-Larvicidal Trap (OL-Trap) was introduced with the collaboration with Department of Education to the schools as a solution.

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and DepEd made the “mosquito trap” especially the dengue carriers—Aedes Aegypti. The said departments made this hand-to-hand to prevent this phenomenon.

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“Prevention is better than cure”, and this easy as one, two, three step can surely help to prevent cases of dengue.



VACCINATIONS OF FRESHMEN, SUCCESS

by: Maria Lourdes Villegas

The vaccination of the Grade 7 students was successfully held at LNHS last September 1, 2016.

Before injecting the vaccine, the advisers of the students gave them a parental consent asking if they will allow their children to be vaccinated. The injected vaccine is for the

prevention of Measles. The vaccination program is administrated by the Rural Health Unit (RHU), assigned nurse of Division Office, Barangay Health Workers, School Health Coordinator, TVE Head Teacher and Advisers.

The catch up of this event will be conducted on September 6, 2016.

STUDENTS BID FAREWELL TO THEIR WORMS

By: Maria Lourdes Villegas

La Paz National High School (LNHS) successfully dewormed students from Grade 7 to Grade 11 last July 7, 2016.

The deworming program with the theme “OPLAN: GOODBYE BULAT” was administrated by the School Health Coordina-

tors, TVE Head and advisers in coordination of the Municipal Health centers. Thus were 88% of the population in LNHS were dewormed. The students took the candy-like capsule that will kill and dissolves the worms on their stomach and will be thrown-out of their body when they release their waste.

The catch up deworming was held last July 26, 2016.



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Senior High school Offered

Academic track
 Science & Technology, Engineering, Mathematics
 General Academic Strands
 TVL Track
 Electrical Installation and Maintenance
 Hairdressing

Junior High School Offered

TVE Major
 Bread and Pastry
 Garments Technology
 Nair Art and Hairdressing
 Computer System Servicing
 Electrical Installation and Maintenance
 Front Desk Services

“Intrams Prep, Sets Fire”

Virgina Marie P. Bautista

La Paz National High School will hold its intramurals this upcoming September 13-14, 2016 at LNHS campus.

Wherein bonafide students of La Paz National High School includ-

ing senior High School students are preparing themselves to grab a spot in the upcoming intrams.

Each year level is required to perform zumba where each must be properly presented by 200



students wearing the printed MAPEH t-shirts.

The zumba music will be “haya-pa”, “trumpets” and any of their choice with their own choreography. The MAPEH coordinator, Ms. Genalyn L. Danan said that their should be no lifting, tumbling, stunts and the like for the competition is not a cheer dance to avoid possible injuries to the participants.

Criteria for the zumba are the following: 50% zumba moves, 20% synchronization, 20% costume, 10% audience impact.

Week-long was given to the students to give their best effort and to showcase their talents in this zumba competition.

Everybody in the school is ex-



LNHS Students performed their ZUMBA MOVES at the campus of La Paz National High School.

cited and exhilarated for the upcoming Intramurals.

Determination For A Sure-Win Slot

By: Virgina Marie P. Bautista , Monica Charize R. Aguilar & Jesric Carlos

La Paz, Tarlac- The La Paz National High School players equip their mind and body in a long-week preparation to secure a sure slot in the LNHS Intramurals 2016 this upcoming September 13-14, 2016 at LNHS Covered Court.

The bonafide players of

LNHS will show off their determinations and hardworks as they compete per year level to qualify in the events they play.

Aside from zumba try outs, especially on track and field practices had began and large numbers of students joined in the different try-outs set by each year level for more chances of winning to represent their grade level.

For each day that have been passed, the most awaited Mr. And Ms. Intramurals 2016 rehearsals started facilitated by Ms. Fatima V. Valdez together with the choreographer Mr. Rester C. Capulong.

Genalyn L. Danan, the MAPEH Coordinator will lead the LNHS Intramurals together with the hardworking Tournament Managers of different event and Ma'am Danan also the coordinator of the Zumba Fest 2016 that will come off in the first day of Intramurals.

To draw on a spectacular outcome for the Badminton, thirsty players put all their sweat they can bleed to bag the victory.

Coaches, Desiree Gragas and Mercedes Rivera with the golden hand of the aspiring volleyball players will come up to let their talents shine.

With the full force, hard-work and perspiration of the said event is expected to turn out great, perhaps all the best efforts are bounded to make it through.



