

LUNTIANG BINHI

THE OFFICIAL STUDENT PUBLICATION OF DE LA SALLE SANTIAGO ZOBEL SCHOOL - BR. RAFAEL DONATO FSC NIGHT HIGH SCHOOL

2ND ISSUE

IN READING WE REAP, IN WRITING WE YIELD

A.Y 2024-2025

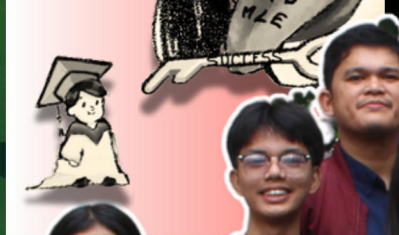
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LB clinches awards at DSPC 2025

Written by **FRANCHEZKA HUEL GAS**

Luntiang Binhi (LB), the official student publication of the De La Salle Santiago Zobel - Br. Rafael Donato Night High School (DLSZ-BRafeNHS), swept numerous awards at the Division Schools Press Conference (DSPC) on February 8, 2025 at Sucat Senior High School.

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POLLSUHAN: Senatorial qualifications— to uphold or amend?

Written by **CHLOE KIRSTEN BALEA**

People beget power, not the other way around.

Houses light up through electricity, a power that comes from an energy source. In the context of a democratic country, the people are the sources of energy, of the power manifested in the houses we choose to light up—representing how people place power onto the officials they put in positions. Government officials are only representatives with the responsibility of voicing out the nation's needs. More specifically, senators, as elected officials in the legislature, are supposed to advocate for the people's interests, making decisions on their behalf through lawmaking and overseeing the executive branch. The Senate holds great power that can affect the state of the Philippines as a whole country, so the senators sitting in that position must be qualified, make smart decisions, and put Filipinos' best interests at heart.

According to Article VI, Section 3 of the 1987 Philippine Constitution (Senate of the Philippines, n.d.), the qualifications for Senate membership include being a natural-born citizen of the Philippines, at least 35 years of age, able to read and write, a registered voter, and a resident of the Philippines for not less than two years on the day of the election. The Senate, being one of the highest governing bodies of the Philippines and having only these qualifications needed to be met to be eligible to run for a position, raises some questions regarding the competency of the senators who will be the voices of Filipinos.

Because of this, the feature section of Luntiang Binhi, the official publication of De La Salle Santiago Zobel-Brother Rafael Donato FSC Night High School (DLSZ-BRafeNHS) conducted POLLSUHAN, a survey collecting the insights and opinions of DLSZ-BRafeNHS students on whether or not changes should be made to the senatorial qualifications.

The results of POLLSUHAN showed that 89.7% of the respondents believed that the senatorial qualifications should be changed, while 10.3% believed that they should remain the same.

DLSZ-BRafeNHS ignites Lasallian spirit through LLD 2025

Written by **HERMIONE LOIS MATURAN**

De La Salle Santiago Zobel School-Brother Rafael Donato FSC Night High School (DLSZ-BRafeNHS) community united as one during the Term 2 Lasallian Leadership Day (LLD) with a theme, "Student Empowerment: Lasallians Leading with Faith and Vision," held last February 7, 2025, to live up to the school's Vision and Mission, promote leadership among students, and celebrate the Lasallian community's success.

LLD featured various activities arranged by each class, such as DLSZ Best Features which evaluates chosen offices and departments within the campus through a 3-minute video, the Teach-to-Learn program that pairs sections into a win-win situation to

teach and learn from each other, and lastly, homeroom-based programs led by the class Lasallian Leader in Me (LLIM) Ambassadors and class officers, with special guests alumni and parent speakers, icebreaker games, and a potluck feast prepared by the class.

The DLSZ-BRafeNHS Student Representative Coordinating Council prepared a closing program at the Sports Pavilion for the closing program of Term 2 LLD. This includes inspirational messages from Br. Bernard S. Oca, the DLSZ President, and Ms. Muriel Summers, the Leader in Me Global Ambassador. To wrap things up, the LLIM Core Members shared a meaningful synthesis of their batches' experiences during the Lasallian Leadership Day.

SHOULD THE SENATORIAL QUALIFICATIONS BE CHANGED?

YES

NO

DLSZ sails to victory in the 46th VMW



STOMP NUMBER ONE.
DLSZ-BRafeNHS students acquires the championship award along with other awards at the Stomp competition on November 22, 2024.
Photo from **KEANNA ORTIZ**

Written by **HERMIONE LOIS MATURAN**

De La Salle Santiago Zobel School (DLSZ) community celebrated its 46th Vision-Mission Week with the theme “**VOY46E: Navigating the Lasallian Journey,**” held last November 18 to 23, 2024, filled with both old and new programs and projects such as ICONS 2024,

Stomp Dance Competition, Mr. and Ms. DLSZ, Battle of the Bands, Inter-Barkada, Dress the Zobeloid, Street Hustle, and E-Games.

The VMW celebration started with a blast from ICONS 2024 with a theme, “P46LAGUM: Pag-uswag ng Makulay na OPM,” focusing on the Philippine eras and evolution of the music

industry, led by the school administration and faculty members through exciting and anticipating song, dance, and acting performances that filled the DLSZ community with laughter and cheer.

The DLSZ-Br. Rafael Donato FSC Night High School (BRafeNHS) community bagged awards in the following competitions:

Stomp Dance Competition
Champion: BRafeNHS Seniors

Mr. and Ms. DLSZ
Mr. DLSZ 1st Runner-Up: Shen Kenneth Lance Lee (Batch 2027)
Mr. DLSZ 2nd Runner-Up: Walter Gabriel Paña (Batch 2025)
Ms. DLSZ 2nd Runner-Up: Aliyah Ladiana (Batch 2027)

Inter-Barkada
Champion: Paro-Paro G

Dress the Zobeloid
1st Runner-Up: Yzabella Purganan (Batch 2030)
2nd Runner-Up:
Kelsey Carandan (Batch 2026)
Katrina Rebadavia (Batch 2026)
Jennica Tabucanon (Batch 2026)

The DLSZ-BRafeNHS community continues to uphold its legacy of excellence, securing multiple awards at the Seniors Interbatch Stomp Dance Competition. They proudly claimed the championship title, along with awards for Best Costume and Best Female Dancer, earned by Juami Mikaela Cordova of 12O.

“I felt very satisfied that BRafeNHS won. It made me feel that all the worry and exhaustion were worth it. I also felt accomplished, as bringing back the crown to BRafeNHS has been my goal since the cheer dance competition that happened last VMW,” Cordova said.

DLSZ-BRafeNHS earns Top 7, Best Poster at Quake Quest

Written by **PRINCESS JANE HERMOSA**

De La Salle Santiago Zobel School - Br. Rafael Donato FSC Night High School (DLSZ-BRafeNHS) brought home the bacon as they earned the Top 7 spot and Best Poster in Quake Quest last November 23, 2024 at School of Urban and Regional Planning (SURP) Training Hall, University of the Philippines-Diliman (UPD).

Quake Quest is a national competition organized by the UP Resilience Institute with the theme “Unleashing Innovations in Seismology through Arts, Engineering, and Research”. The competition challenges participants with crash courses related to seismology and geology.

Allyrha Lou Paraiso, Cristine Joy Colas, and Ashley Hisanan of 12P underwent

intensive training in programming, coding, research, and arts. Their research paper was assessed on scientific rigor, technical writing, societal relevance, data utilization, and originality during the culminating event. Mini competitions like meme-making and reel creation were also featured on the Quake Quest Facebook Page.

LEARNED AND EARNED.
Allyrha Lou Paraiso, Ashley Hisanan, and Cristine Joy Colas of DLSZ-BRafeNHS secured Top 7 and the Best Poster award at the national Quake Quest, demonstrating their strong grasp of seismology on November 23, 2024 at UP Diliman.
Photo from **Stemarie Cris Lui**



ICT students achieve 100% passing rate in CSS NC II TESDA certification

Written by **FRANCHEZKA HUELGAS**

Grade 11 and 12 Information and Communications Technology (ICT) students of Br. Rafael Donato FSC Night High School demonstrated proficiency in Computer Systems Servicing (CSS), achieving a 100% passing rate in the Technical Education and Skills Development Authority (TESDA) National Certification II (NC II) examination held last March 11 - 28, 2025 at Saint Francis of Assisi College - Las Piñas testing center.

In preparation for the certification, the ICT students were trained for months as a component of their academic curriculum standards for CSS NC II for both Grades 11 and 12. This training aimed to equip students with the technical expertise required for the TESDA examination.

With extensive hands-on practice and guidance from their CSS adviser, Miss Cherry Mae Macalima, the students approached the NC II examination with confidence and competence. Their outstanding performance in the assessment reflects their technical expertise learned in class and commitment to excellence in the field of ICT.



"The experience seems like a roller coaster ride, there's the stress and anxiety of failing, but all is worth it after we've got the hang of what we're doing. Really, it takes effort, time, and trust to succeed."

**Chirztheen Joy Joble,
One of the NC II Passers**



DLSZ-BRafeNHS BREAKTHROUGH.

Grade 11 and Grade 12 ICT students, with Mrs. Cherry Mae Macalima, their CSS adviser, Mr. Jhob Kenneth Lasala, and Ms. Elenore Perez assemble for a picture to value their achievement.

Photo from **Jonathan Ty**

2025: ART FESTIVAL

DLSZ-BRafeNHS highlights successful Arts' Month Celebration



IMAGINATION UNLEASHED.

Batch 2025 unleashes laughter and showcases artistry through their comedic theatrical performance for Elation in celebration for the Arts Festival 2025.

Photo from **Rishona Hilary Baita**

Written by **PRINCESS JANE HERMOSA**

The De La Salle Santiago Zobel School - Br. Rafael Donato FSC Night High School (DLSZ-BRafeNHS) community celebrated

the kick-off program for the Arts Festival on February 21, 2025, at the Sylvia P. Luna Theater under the theme of "Imagination Unleashed: Arts Beyond Limits".

The event featured introductions from each project head for the different competitions that showcase the student's diverse artistic skills and creativity through Impulse, an interbatch dance competition; Resounds, intense OPM mashup battle of the bands; Remodel, an interbatch fashion competition with the theme of Astral Reverie; Elation, a live comedic play competition; and Galacine, a filmmaking competition.

The following is the list of the winners:

Impulse:

- 26th Sense (Batch 2026) - Champion
- 1Luna (Batch 2029) - First Runner-up

Resound:

- Policarps - Champion
- Zimri - First Runner-up
- Agartha - Second Runner-up

Remodel:

- Batch 2027 - Champion
- Batch 2028 - First Runner-up

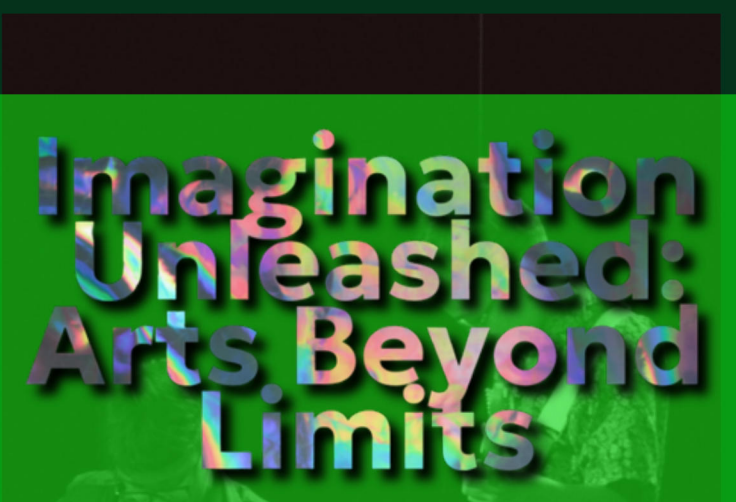
Elation:

- Batch 2025 - Champion

GalaCINE:

- Life is but a Dream - Champion
- Alapaap - First Runner-up
- 'Di Mapigilang Yapak ng Pangarap - Second Runner-up

Aside from the projects, as enrichment of the program, Luntiang Dagitab performed traditional Philippine folk dances, and the BRafeNHS Music Ensemble performed during the intermission.





STEWARDSHIP.
Lasallian Leader in Me Core Members share experiences on their batch celebration during Lasallian Leadership Day on February 7, 2025

Photo from **Rishona Hilary Baita**

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Written by **HERMIONE LOIS MATURAN**

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sustainability in the SPARKLit Student Segment as one of the program’s highlights last January 20, 2025, at the Power Mac Center in Alabang Campus.

The school partnered with the Philippine Normal University and delegated faculty members and graduate students from Kasetsart University, Thailand, to witness project and paper presentations with the theme, “Sustainable Education for Local Development”.

The program showcased how DLSZ integrates the Sustainable Development Goals into the teaching and learning process and emphasizes the use of technology to aid learning at school.

“This opportunity fosters collaboration and communication skills because you do not only need to present yourself but to build a significant connection with your audience to convey your message”, said Maria Daniela Masongsong, one of the BRafeNHS students from 11Q who presented at the event.

SHS students bring honor to the SPARKLit Program

Written by **ZAIRA JANE NANKIL**

Selected De La Salle Santiago Zobel School- Br. Rafael Donato FSC Night High School (DLSZ-BRafeNHS) Grade 11 and Grade 12 students presented their research papers and case studies as a testament to the application of

Batch '27 unveils first-ever walking gallery on Philippine issues

Written by **FRANCHEZKA HUEL GAS**



BEYOND WONDERLAND.
BRafeNHS Grade 10 students launched Walking Gallery themed “Krisis sa Wonderland: Paggalugad sa Mundo ng Realidad” on January 13, 2025.

Photo from **Keanna Marie Ortiz**

De La Salle Santiago Zobel–Br. Rafael Donato High School (DLSZ-BRafeNHS) Grade 10 students exhibit a first-ever walking gallery entitled “Krisis in Wonderland: Paggalugad sa Duming Realidad” that highlights various contemporary issues present in the Philippines, last January 13 and 14, 2025, at the Center for Performing Arts (CPA) lobby of the school.

Each grade section featured different prevalent issues that were exhibited in the walking gallery. 10L tackled unemployment, 10M brought awareness about corruption and political dynasties, 10N unveiled the West Philippine Sea territorial dispute with China, and 10O discussed globalization.

The main objective of the gallery is to raise students' awareness of the prevalent issues in today's generation while emphasizing the importance of being informed and involved as Lasallian students.

Despite the hectic schedule and limited preparation time, the Grade 10 students successfully presented a gallery rich in knowledge and insightful lessons, which received positive feedback from the DLSZ community.

NEWS

EXPRESS



STUDENT STARTUPS.

De La Salle Santiago Zobel-Br. Rafael Donato FSC Night High School students from Grade 9 held a Night Bazaar to learn about entrepreneurship as a producer and being a smart consumer.

Photo from **Antonio Junta Angoring III**

Batch '28 launches Market Simulation Odyssey

Written by **CHIRZTHEEN JOY JOBLE**

The De La Salle Santiago Zobel - Br. Rafael Donato FSC Night High School (DLSZ-BRafeNHS) Grade 9 students assembled for their annual bazaar at the school's

amphitheater from January 8 to January 10, 2025.

The market project is an integrated performance task in Social Studies, Mathematics, and Computer Technology, designed to test students' understanding of the market system and teach consumers to be responsible buyers.

Different groups from the year level offered a variety of items for the DLSZ-BRafeNHS community. The night bazaar featured various products, such as desserts prepared by the students, school materials, and diy accessories that are determined based on the pre-survey results about the student's interests and demands of BRafeNHS.

NEWS

EXPRESS

Written by **HERMIONE LOIS MATURAN**

The De La Salle Santiago Zobel School Student Representative Coordinating Council (DLSZ-SRCC) of the High School (HS) and the Brother Rafael Donato FSC Night High School (BRafeNHS) announced the newly elected officers of Academic Year 2025 - 2026 last March 20, 2025, at the school's amphitheater.

DLSZ-SRCC reveals student leaders for A.Y. '25 - '26

The BRafeNHS elected officers for HS SRCC 2026 are as follows:

BRafeNHS Vice President: Maria Daniela Masongsong
 BRafeNHS Assistant Secretary: Julianne Moulie De Lim
 BRafeNHS Assistant Treasurer: Crisvier Romano
 BRafeNHS Consul: Ether Suyod
 BRafeNHS Assistant to the Social Action Vice President: Erwin John Fruelda
 BRafeNHS Year 12 Level Representative: Emjay Mercado
 BRafeNHS Year 11 Level Representative: Kaela Tiffany Coral
 BRafeNHS Year 10 Level Representative: Zarren De Sena

BRafeNHS Year 9 Level Representative: Trisha Casalla
 BRafeNHS Year 8 Level Representative: Jacob Oprecio

According to the elected BRafeNHS Assistant to the Social Action Vice President, Erwin Fruelda, "I am very thankful, and I will enjoy serving the student body. Especially with the integration of both councils, I think that it is a good opportunity to work side by side with our counterpart and further improve the quality of projects for the whole student body."

The unification of both DLSZ student councils will be effective starting A.Y. 2025 - 2026.

Bridging graduates: DLSZ-BRafeNHS Alumni Officers Elected for 2025- 2026



VOW OF DUTY.

New DLSZ-BRafeNHS alumni officers assume position during their oath-taking last February 7, 2024 at the Our Lady of the Star (OLSTAR) Chapel.

Photo from **Aa**

Written by **PRINCESS JANE HERMOSA**

A new set of DLSZ-BRafeNHS alumni officers has been announced for the current academic year 2024-2025, aiming to maintain a strong and active link between the school and its alumni.

The following is the list of the DLSZ-BRafeNHS alumni officers:

- President:** Ms. Bianca Peralta-Velasco
Vice President: Ms. Maureen Luminario
Secretary: Ms. Tracylyn Cadangin
Treasurer: Mr. Kim Longhas
Auditor: Ms. Princess Clarise Belgica
P.R.O.: Ms. Abegail Obina
2018 Batch Representative: Ms. Alaizha Anne Denise Gundran
2019 Batch Representative: Ms. Lovely Anne Alvarado

The new DLSZ-BRafeNHS alumni officers are responsible for organizing reunions, events, and programs that allow graduates to stay involved and engaged. Their contribution will be beneficial for the scholars in terms of betterment of the community, such as school improvement and students' mentorship.

Currently, the operations are still in the development stage. According to Ms. Cadangin, the elected secretary, the next step for the officers will be to work through regular meetings, planned activities, and coordination with the school, alumni, and other stakeholders.

CONTINUATION FROM FROM PAGE 01

LB clinches awards at DSPC 2025



BINHI WINS!

DLSZ's Luntiag Binhi reaps awards at the Division School Press Conference (DSPC) on February 8, 2025 at Sucat Senior High School.

Photo from **SDO - Muntinlupa Photographer**

Written by **FRANCHEZKA HUEL GAS**

Overall, LB claimed third place in the best-performing schools category for the Filipino category and fifth place in the English category.

The publication participated and achieved awards in each category as follows:

- **News Writing:** Hermione Lois C. Maturan (3rd Place)
- **Pagsulat ng Balita:** Franchezka D. Huelgas (2nd Place)
- **Feature Writing:** Chloe Kirsten V. Balea (1st Place)
- **Pagsulat ng Lathalain:** Darren G. Longcop
- **Editorial Writing:** Kiel Andrea B. Rosita
- **Pagsulat ng Editorial:** Zaira Jane D. Nankil
- **Column Writing:** Liane Ashley P. Guevara (4th Place)
- **Pagsulat ng Kolum:** Jamia Yvonne E. Rodriguez (4th Place)
- **Editorial Cartooning:** Lawrence Emmanuel C. Carlos (1st Place)
- **Paglalarawang Tudling:** Jaquilou O. Quiton
- **Sports Writing:** Bianca Isabela A. Viado (4th Place)
- **Pagsulat ng Balitang Isports:** Timothy Ethan P. Gabagat (2nd Place)
- **Science News Writing:** Cyrine Kaye R. De Alday (4th Place)
- **Pagsulat ng Balitang Agham:** Xylene Joyce F. Mariano

- **Pagkuha ng Larawan:** Keanna Marie S. Ortiz
- **Copyreading and Headline Writing:** Ashley Nicole V. Hisanan
- **Pagwawasto at Pag-uulo ng Balita:** Mackae Abas

The publication also joined and brought recognition in the Radio Broadcasting category as follows:

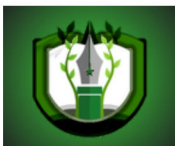
Filipino Radio Broadcasting Team:

- 1st Place Best Infomercial
- 3rd Place Best Group
- **Anchor:** Chirztheen Joy F. Joble
- **Anchor:** Crisvier P. Romano
- **News Presenter:** Cristine Joy L. Colas (1st Place)
- **News Presenter:** Von Jacob I. Oprecio
- **News Presenter:** Rihanna Gwen M. Hipol
- **News Presenter:** Alicia Cassandra P. Pura
- **Technical Director:** John Paul D. Lega (3rd Place)

English Radio Broadcasting Team:

- **Anchor:** Patricia Mae C. Maguila
- **Anchor:** Jude Elibuen D. Abetria
- **News Presenter:** Czylah Triskel A. Capulong
- **News Presenter:** Yance Zaviery D. Carcallas
- **News Presenter:** Lara Danielle C. Mamaril
- **News Presenter:** Miles C. Maguila
- **Technical Director:** Alejandro P. Bargo

Six awardees have qualified and will represent DLSZ and the Division of Muntinlupa at the Regional Schools Press Conference on February 26 and 28, 2025.



Stepping backward? End of MTB-MLE

Written by **NAOMI GABRIELLE CABO**

The Republic Act 12027, implemented by the Department of Education (DepED) in consultation with the Komisyon sa Wikang Filipino (KWF), has officially discontinued the use of the mother-tongue-based multilingual education (MTB-MLE) as medium of instruction from kindergarten to the first three years of elementary education under Section 4 of Republic Act No. 10533, reverting the medium of instruction to Filipino and English. The law went into effect in the Philippines on October 10, 2024.

Legislators initially showed uncertainty and disagreement over the impact of MTB-MLE as a medium of instruction on children's first years in education and the intended results of the policy. This lack of consensus was evident in the early versions of the bill. House Bill 6067 called for "suspending the implementation of the use of mother tongue," while Senate Bill 2427 only provided for redefining the application of mother tongue. This suggests that legislators were hesitant to completely reject the MTB-MLE strategy, which United Nations Educational, Scientific, and Cultural Organization (UNESCO) experts had prescribed 75 years ago for countries coping with diverse language communities.

Makabayan solon Alliance of Concerned Teachers (ACT) Party-list Representative France Castro stated that removing mother tongue as a medium of instruction is a step backward from providing a better quality of education to the youth, last October 12, 2024. "Abandoning the Mother Tongue is like turning your back on the different dialects of the country and its contributions to the different cultures of our country," she added. She emphasized the need to strengthen language and history education within the basic education curriculum. Castro said that as DepED continues to review the Matatag curriculum, it seems to give little to no importance to subjects and methodologies crucial for critical thinking and genuine nationalism.

During legislative deliberations, Senator Sherwin Gatchalian, author of RA 12027, clarified that many schools lack equipment to implement MTB-MLE effectively. He also mentioned that learning a mother tongue in multilingual classes can be difficult, and that teachers should have the freedom to choose which language is the most appropriate for the needs of their students.

ILLUSTRATED BY
ALEJANDRO BARGO

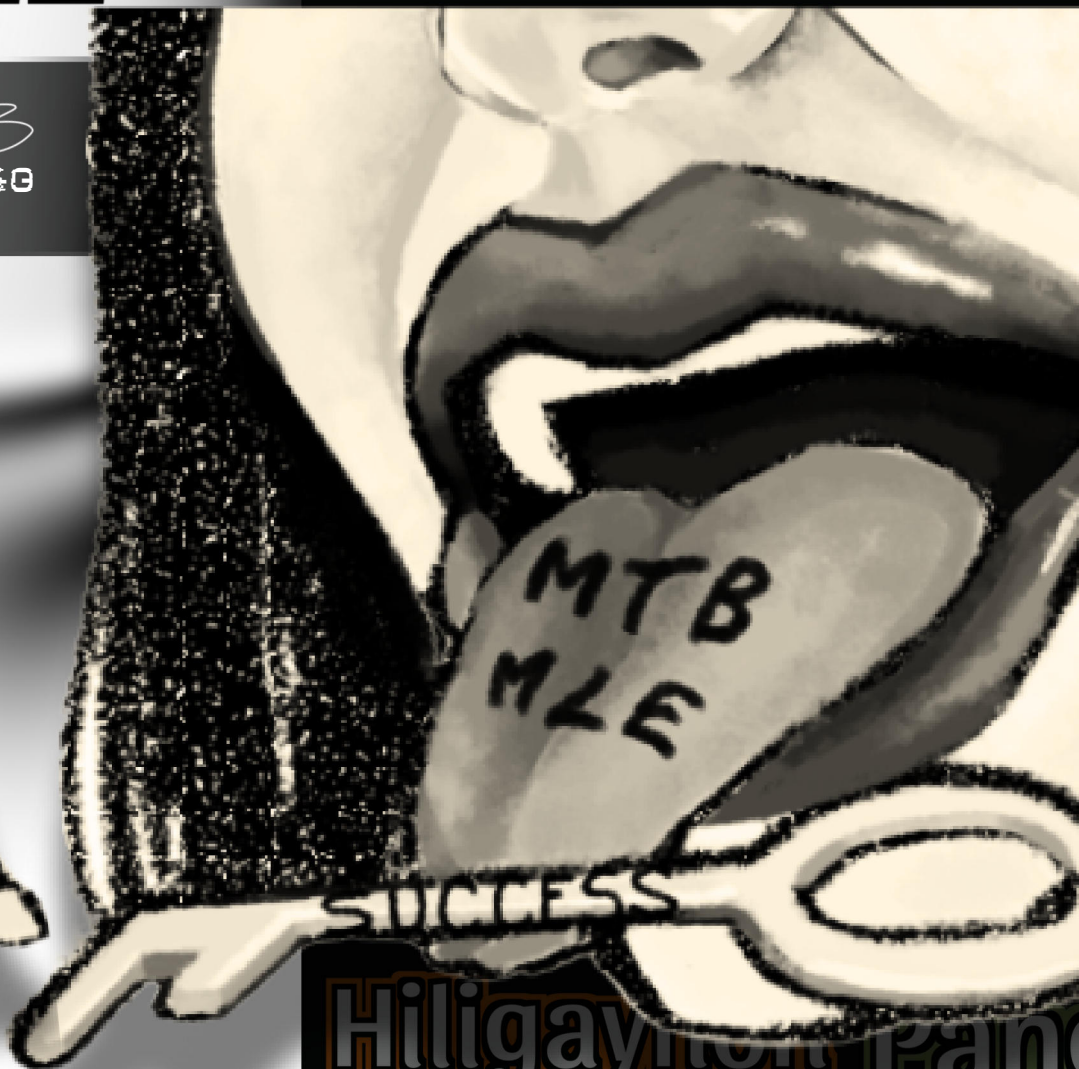


Even if MTB-MLE is currently not the medium of instruction, it may still be used optionally in monolingual classes, as said in Section 2 of the law. Using this complies with the requirements, such as an official orthography and officially documented vocabularies published or made by KWF.

Over the last decade, DepED's policy faced criticisms over its failure. Lawmakers could no longer ignore the complaints and the results of international assessment tests. Filipino students who took the Programme for International Student Assessment (PISA) last 2018 and 2022 in English showed consistently poor performance despite the 2013 law mandating MTB-MLE. In response to this, the House accepted the Senate's version of SB 2457 as an amendment to its bill. The Philippines placed last among 79 countries that participated in reading in the 2018 PISA. In addition, a poll conducted by Social Weather Stations in March 2023 shows that at least 47% of Filipinos can think in English.

Nevertheless, positive contributions of the RA 12027 cannot be ignored. This will be a great opportunity for students to focus on both English and Filipino at an early age; by then, many of them will be able to expand their vocabulary in both languages and interact better.

However, despite its promising impact on broadening students' vocabulary acquisition, erasing the MTB-MLE from the curriculum just shows that the DepED has not learned anything



Cebuano Tagalog
Tagalog Ilocano
Sambal Ivatan

Hiligaynon Pangasinan Bikol
Kinaray-a Chavacano
Surigaonon Tausug
Ibanag Maranao
Aklanon Yakan
Kapampangan Waray
Maguindanaoan

from the past. The newly implemented law is detrimental to the country's education system as it diminishes the opportunity for students to deeply connect and understand their first language starting from its basic foundation. This shift means a step backward in completely giving students the quality education they deserve and need, which is an action that is strongly being advocated to be taught and globally practiced by UNESCO and other international bodies. While the decisions lie in the hands of those who have power, it is always better to look through the lens of those who will suffer. In this case, the teachers and students who are being compromised and are forced to adapt.

Written by **ZAIRA JANE NANKIL**

The Department of Education (DepEd) will progress on implementing a “phased” rollout of the K to 12 program after years of calls and pleading to review the senior high school (SHS) curriculum, as announced by DepEd Secretary Sonny Angara on January 22, 2025. Will this initiative lead the way towards preparing to have job readiness and become fully functional individuals in the future? Or will this only be another misstep to cover up the rotten education system in the Philippines, which has long been neglected and ignored?

Ever since November 2024, Angara has proposed the reduction of core subjects in the SHS curriculum, which involves changes from the current 17 subjects to five important subjects for each grade level. This includes maintaining mathematics, science, and Filipino history, as well as subjects that aim to enhance students’ communication and computation skills. According to a recent news article published by Rappler (2025), the remaining subjects will only serve as electives, giving students more freedom to choose their courses.

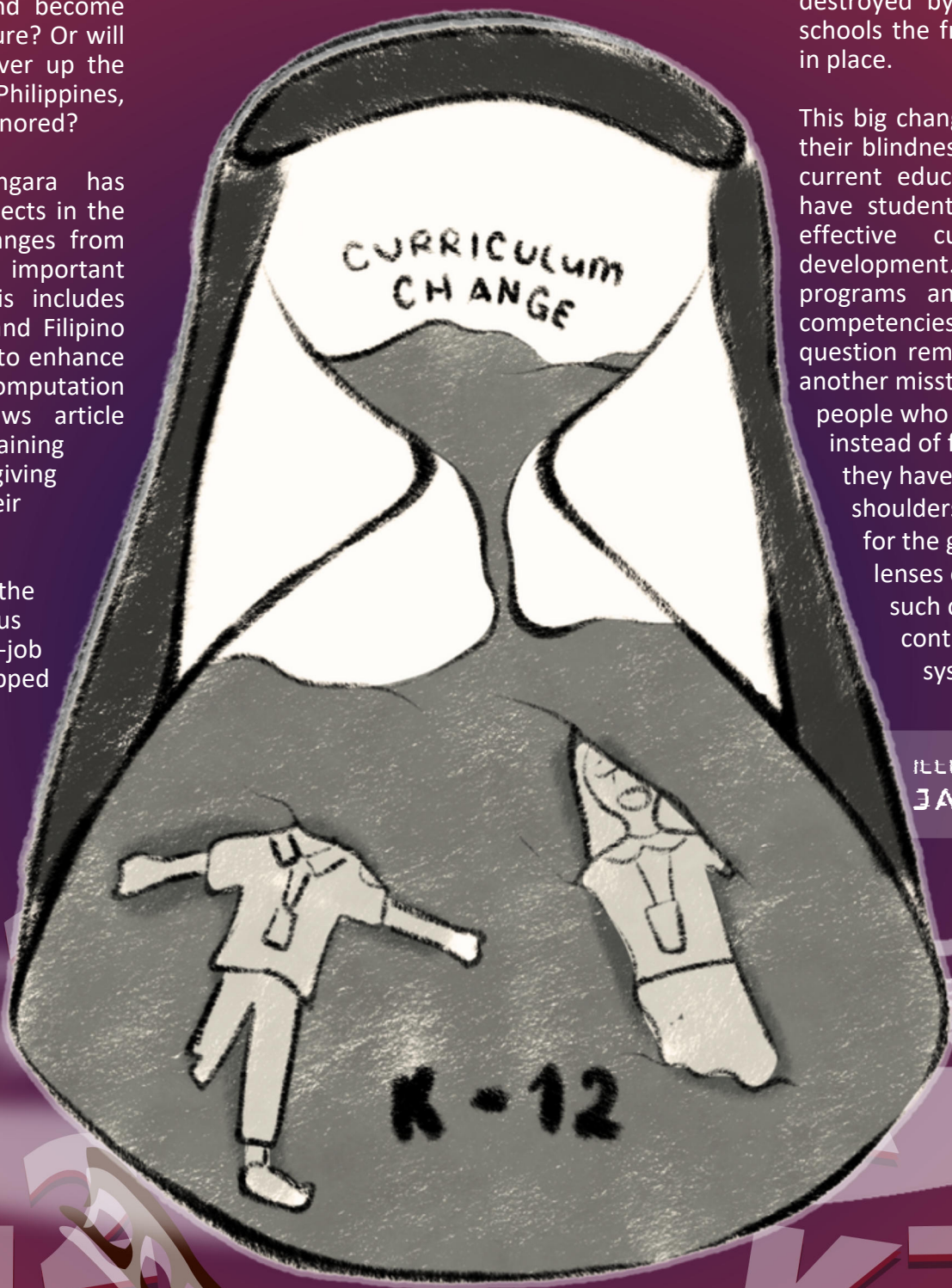
This was part of the plan to increase the employability of students and to focus more on work immersions or on-the-job training, preparing them to be equipped in the future. President Ferdinand “Bongbong” Marcos supported this by saying that DepEd should coordinate with industries to ensure that SHS students will be able to attain high-quality jobs upon graduation.

Angara also mentioned that the response of many schools concerning this plan has been positive, which seemed to be blinded by the fact that the number of subjects will be reduced, hoping that it would both benefit the students and teachers, not knowing the impacts it may have in the long run.

On a news published by Dianne Sampang in 2025, while others are sparked with joy by this news, some schools requested to phase out the implementation itself as this change also means difficult adjustments and execution for them. Considering that several schools have not been able to fully recover after being severely destroyed by previous storms, despite giving schools the freedom to put the new measures in place.

This big change by the government just proves their blindness to the problem in the country’s current educational system. Never in history have students experienced a permanent and effective curriculum for their learning development. The government keeps changing programs and curricula; therefore, learning competencies are not well applied. The question remains: Is this for the better or just another misstep? Students and teachers are the people who directly receive the drawbacks; instead of focusing on continuous learning, they have to carry the sufferings on their shoulders. This is an urgent call to action for the government to look through the lenses of reality before implementing such change. The Philippines will continue to suffer if the educational system itself is such a failure.

ILLUSTRATED BY  **JAQUILOU QUITON**



DepEd K-12 rollouts

Solution for job readiness or another misstep?

**SCAN FOR
MORE NEWS!**



ENTERTAINMENT 10-11

CONTINUE TO THE NEXT PAGE

Animo Collection: The Lasallian Essentials

~~FEAR~~

over

FACTS

Written by **KIEL ANDREA B. ROSITA**ILLUSTRATED BY
LAWRENCE
EMMANUEL C. CARLOS

The Department of Education (DepEd) declared that the implementation of Comprehensive Sexuality Education (CSE) is under review due to “confusion” on the wording in Department Order No. 31. Is this confusion only about the wording? Or is it driven by misinformation and fear tactics? How long will important education policies be delayed due to groundless concerns?

Chief Justice Maria Lourdes Sereno raised a concern over CSE, claiming that the bill contained a provision on “early childhood masturbation,” which Sen. Risa Hontiveros disputed by affirming that there was no specific term teaching children about masturbation. This misinformation about CSE only fuels unnecessary fear and hinders children from receiving age-appropriate knowledge about sex education.

President Ferdinand Marcos Jr. himself backed the bill by stating the importance of educating the youth about the risks, consequences, and challenges brought by the lack of knowledge regarding sex education.

During the hearing of the Senate Committee on Basic Education, its Chairperson Sherwin Gatchalian flagged the inconsistency of Department Order No. 31 that supposedly mandated CSE to all, even when the Responsible Parenthood and Reproductive Health Law only required it for adolescents or those aged 10 to 19. This was confirmed by Filemon Ray Javier, the DepEd Undersecretary

for Legal
and Legislative

Affairs. He stated that the current leadership of DepEd acknowledges the fact that there may be instances of confusion, which leads to the review of Department Order No. 31 to ensure that it will be implemented properly.

The confusion surrounding CSE appears to be less about the wording and more about the fear-driven narratives. While legal consistency is important, it should not be an excuse to delay a program that aims to educate the youth about their safety.

LUNTIANG BINHI

IN READING WE REAP, IN WRITING WE YIELD

THE OFFICIAL SCHOOL PUBLICATION OF DE LA SALLE SANTIAGO ZOBEL SCHOOL - BRAFENHS



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A true LASALLIAN...

★ Always carry a pen that exhibits initiative by enacting virtues and imparting values, leading to the transformation of society. Carrying a pen symbolizes leadership equipped with the knowledge of 8 Lasallian Habits, which are reflected in one's practices.

★ Loves to bring jackets to withstand the extreme temperature during classes, comparable to their resilience in persevering to adversities, whether big or small. They easily adapt to changes by holding on to their goals and beliefs.

★ Consistently keeps sticky notes for task lists and key items, which demonstrates a goal-oriented mindset. Lasallians are driven by a clear sense of purpose and a strong motivation to reach their objectives.

★ Uses a test folder which promotes honesty — highlighting their trustworthiness. As Lasallians, we consistently uphold integrity, proving ourselves reliable and honest members of society.

★ Regularly carries well-worn notebooks representing consistent effort and dedication to learning, similar to how a Lasallian is dedicated to achieving their goals.

Animo Collection



The needs of students to fully embody lists of what a Las





The *Lasallian* Essentials

by the Lasallian nature through a set of
sallian should be.



A true LASALLIAN...

★ Consistently bring umbrellas to provide shared protection, demonstrating their inclusivity. Lasallians embrace diversity and treat all people with respect and dignity.

★ Maintain a journal for daily reflection and self-examination, guided by their faith and belief in God. They live with integrity and purpose while staying true to their values and beliefs.

★ Is equipped with highlighters, which symbolize their commitment to identifying values that must be embodied and prioritized. This pursues Lasallian excellence as part of a community that showcases the gospel values of faith (religio), zeal for service (mores), and communion in mission (cultura).

★ Owns a calculator, as it signifies their decisiveness, enabling rapid yet precise decision-making with confidence and the ability to adapt to uncertainties.

★ Carry a planner to organize tasks, which aids in staying informed about future commitments. This practice fosters proactivity, ensuring that goals are achieved and responsibilities are managed efficiently.



CONTINUATION FROM FROM PAGE 01

POLLSUHAN: Senatorial qualifications— to pass or amend?

Written by **Chloe Kirsten Balea**

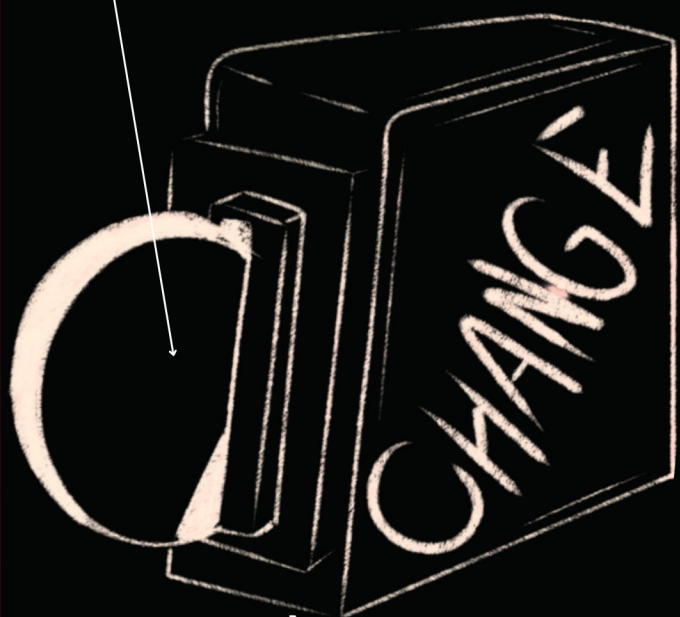
“Being able to ‘read and write’ is not a sufficient requirement. As members of the legislative branch of our government, senators are in charge of creating laws for communities, regions, and even the whole nation. Therefore, in order to help our nation enforce effective laws, they should mandate that senators have at least a college degree or substantial experience in the fields of public service, law, or economics,” a student shared from the survey.

“The current qualification is just unethical and we must set stronger and stricter qualifications. In doing this, competent, experienced, and worthy leaders could dominate the senate, providing Filipinos the leadership they deserve,” another answer from the survey, emphasizing the need for higher qualifications.

According to the results of the survey, the senatorial qualifications must be raised to a higher standard, and it should require at least a college degree and substantial experience in the fields of public service, law, and/or economics, as well as knowledge of the lawmaking process and the justice system. These credentials are necessary in ensuring that the senatorial candidates are competent and will be able to uphold the duty of serving the nation effectively.

The power of a democratic nation lies in its people, and the quality of its governance is a direct reflection of the leaders they elect. While the current qualifications for running in the Senate ensure basic eligibility, it does not guarantee competency in being the leaders responsible for national policies and the country's future. As the voices of DLSZ-BRafeNHS echo in the results of POLLSUHAN, these future voters and leaders highlight the importance of competent leadership, becoming the stepping stones of change towards a government that can truly serve its people. After all, people beget power—it is up to us to decide which ones are worthy of holding it.

89.7%



10.3%



Hell week How can we manage stress? stress?

Written by **MARK ERIC DELA CRUZ**

“Hell Week” is finally over—after all the Performance Tasks (PT), End Term Assessments (ETA), and the numerous challenges students faced. After all the cramming and stress, the last term of the school year is finally here. The question is, how are you?

Hell Week is the students' definition of days or weeks that there are many things to do, such as homework, PT, and ETA. During Hell Week, students are stressed out and cramming their activities needed to be submitted. No doubt, students' stress levels during Hell Week are alarming.

According to Steven Zauderer (2025), a healthcare specialist, approximately 45% of high school students report feeling stressed almost every day. 75% of them reason out academic stress. Moreover, a percentage of these students feel overwhelming anxiety and stress-related disorders. Surely, this alarming rate needs to be managed.

Managing stress is an important aspect of mental health as a student. Therefore, Harvard Summer School (2022) highlights 10 easy and manageable ways to reduce stress as a student:

- Keeping a journal
- Getting plenty of exercise

- Eating healthy, regular meals
- Making sure you get enough sleep
- Meditating
- Downloading an app that provides relaxation exercises or tips for practicing mindfulness
- Limiting excess caffeine in soft drinks or coffee.
- Reaching out to friends or family members who help you cope in a positive way
- Making time to do fun things
- Learning to recognize and prepare for stressful periods by doing all of the above

These steps, although they depend on a case-by-case basis and the preference of individuals, may potentially help in aiding and managing stress. Moreover, in completing academic tasks, always remember not to pressure yourself too much nor push yourself beyond your limits.

Hell Week, for some students, can be hellish as the name suggests, but students must remember that despite all of the tasks that need to be accomplished, a person's mental and physical health must always be prioritized.

Stress is not something students should often feel. Thus, managing how to cope with it helps them to feel relieved and healthy.

HOUSE IMPEACHES

SARA DUTERTE:

Why should students care?

Written by **Darren Gito Longcop**

"The youth is the hope of our future" but how can we hope for a better future when the very leaders shaping our education stand at the political turmoil?

We are continuously searching for answers within the four corners of a classroom in which we ask questions not guaranteed to be answered. We tend to face a lot of challenges that we need to conquer to continue moving forward in life. But sometimes, the questions we ask go beyond the lectures we are taught—they echo the troubles of the country outside our classroom. When the leaders that we voted for, the leaders we have placed our trust with, get entangled in controversies, we sometimes ask, but most of the time, we do not.

The impeachment of the Vice President and former Department of Education (DepEd) Secretary Sara Duterte does not end with struggles in political power, as it involves the very foundation of our learning environment, mirroring the quality of education that we get and the education policies meant to guide our growth as students. In a time when students should focus on what lies on the

next page of their life, they are forced to question the stability of the system created that was meant to support the youth.

Duterte's role as the previous DepEd Secretary means the policies she pushes or fails to push directly affect the schools and classrooms all over the country. From where to allocate the budget to curriculum reforms, her leadership holds the power to determine the quality of education that you will get. If her impeachment results in instability, could students face more setbacks in an education in which they are already struggling?

The weight of this political crisis falls heavily on education—a sector that is already struggling with underfunding and a curriculum that often fails to equip students with practices and knowledge that they can apply to real-world challenges. This political problem just adds to the stress already placed on pupils by cramped classrooms and uneven educational support.

When the goal of our education sector should be to enhance the foundation of each student's

future, political instability is the last thing the system needs.

Beyond education, this issue speaks to the kind of leaders we choose and the accountability they face. Students are taught about the importance of honesty, responsibility, and overall integrity—yet the people that we expect to uphold these values and traits often fall short. As future voters, students should pay attention to how leaders are held responsible for their words and actions. This sets a precedent for the kind of governance we will soon inherit, in which transparency and justice should matter.

In the end, this impeachment is not just a battle of politicians but rather a fight for the future of education and the values we choose to stand for. As students, we are not just passive observers of history; we are the ones who will live with the consequences of today's decisions. The questions that we ask now about leadership, accountability, and the direction of our current education system are deserving of answers. The classroom serves as our training ground that shapes future leaders—and the future we build depends on how willing we are to speak up and fight for the kind of nation that we deserve.

SCIENCE

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BEYOND ARGUING: A LOOK AT THE SCIENTIFIC BENEFITS OF DEBATE

SPORTS

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DLSZ BADMINTON SCORCHES THE COURT IN INTER LA SALLE 2025

LUNTIANG BINHI

IN READING WE REAP, IN WRITING WE YIELD



EARTHQUAKE-READY.

Br. Rafael Donato FSC Night High School students participate in an emergency earthquake drill on March 12, 2025, at De La Salle Santiago Zobel School.

Photo from **Jori Aloro**

EXPECTING THE UNEXPECTED: A rumbling of Earth's unpredictable movements

Written by **XYLENE JOYCE MARIANO**

Expect the unexpected—truthfully, earthquakes are the most sudden, powerful, and unpredictable disasters that can strike at any moment. They cause the ground beneath us to shake, often leaving traces of destruction. From minor to major earthquakes, it has a devastating impact that meets the line between critical survival and the urge for safety. Therefore, it is instilled in us on how we will be able to protect ourselves even in the most unexpected occurrence—the rumbling reality of earthquakes.

According to an article published by the Earthquake Hazards Program, earthquakes are caused by the movement of tectonic plates beneath the Earth's surface. As these plates shift, they can create pressure that builds up along fault lines. When the stress becomes too much, it releases energy in the form of seismic waves, shaking the ground. The point where the earthquake starts underground is called the focus, and its surface location is the epicenter. Additionally, earthquake intensity depends on factors like depth, energy released, and the geological makeup of the area.

Seismic activity is commonly observed along fault lines, such as the Pacific Ring of Fire, where frequent earthquakes and volcanic eruptions occur due to the movement of multiple tectonic plates. In some cases, earthquakes can trigger secondary disasters like tsunamis, landslides, and ground liquefaction, amplifying their destructive impact (Reid, 2025).

Despite their unpredictability, scientists use seismographs and early warning systems to monitor and analyze earthquake patterns, helping communities prepare for potential disasters. Understanding how earthquakes occur and their effects is crucial in developing disaster mitigation strategies, improving infrastructure resilience, and ensuring public safety.

Certainly, this natural disaster can jeopardize the safety of students given the fact that it might hit during school hours and can completely disrupt the students' focus in critical thinking during the

sudden disaster. To prepare for such events, the school does not fail to be well-prepared and well-equipped for utilizing the time for earthquake drills and posting safety routes in case of emergency, which can be seen on walls around the campus of De La Salle Santiago Zobel School (DLSZ).

Ms. Teresa Castañeda, the head of the Campus Development Office and Director of Administrative Services in 2024 stated that the school follows several protocols and safety measures to get both faculty and students ready for unexpected events.

Castañeda outlined the three key components of the school's disaster preparedness while considering various factors. The first step is to categorize potential hazards into two types. The first category is critical incidents, which includes situations that affect the school's normal operations and may impact individuals or groups physically, cognitively, socially, and mentally. Examples include food poisoning, accidents, kidnapping, and self-harm. The second category is crisis events, which refers to larger-scale emergencies that cause significant harm to many people and require external emergency intervention, such as fires, earthquakes, bomb threats, or floods. Once these hazards are classified, the next step is to assess their likelihood and potential impact, followed by developing an appropriate response plan.

The second phase involves establishing the Risk Reduction and Emergency Preparedness (RREP) Task Force, which is divided into three key groups. The first group, Facilities Hazards Assessment and Mitigation, includes Campus Development, the Facilities and Environment Programs Management Office (FEPMO), and the Social Security Office (SSO), focusing on identifying and addressing potential hazards. The second group, led by the Administrative Services Department (ASD) and SSO, is responsible for overseeing Disaster Risk Reduction and Management efforts. Lastly, the Mental Health and Wellness group, managed by the medical and counseling teams, ensures students' emotional well-being during and after emergencies.

Following that, the final step in ensuring school safety is the formation of the DLSZ Risk Reduction Management and Emergency Preparedness Committee and Sub-committee. Regular updates to the organizational structure and membership help maintain their preparedness and effectiveness at all times.

On the other hand, when it comes to preparedness and real-life application, the students of DLSZ-Br. Rafael Donato FSC Night High School (BRafeNHS) demonstrated their expertise in educating people about earthquakes and their significance. They participated in the National Competition Quake Quest, held at the School of Urban and Regional Planning (SURP) Training Hall, University of the Philippines Diliman. Representing the school, Allyrha Lou Paraiso, Cristine Joy Colas, and Ashley Hisanan aimed not only to bring home the trophy but also to share essential knowledge on earthquake preparedness—what to do and what to observe in the face of an unpredictable earthquake.

In correlation to that, DLSZ-BRafeNHS' disaster preparedness is particularly crucial since we often face challenges, such as returning home late when possible risks may be higher, and the fact that we may not have easy access to resources during times of disasters in the night hours.

Despite the alert and constant protection of the school to its students, we truly do not know what awaits during the time that it hits us in the most critical way. With that, during an earthquake, staying calm and knowing the proper safety measures can save lives.

What to do during an earthquake?

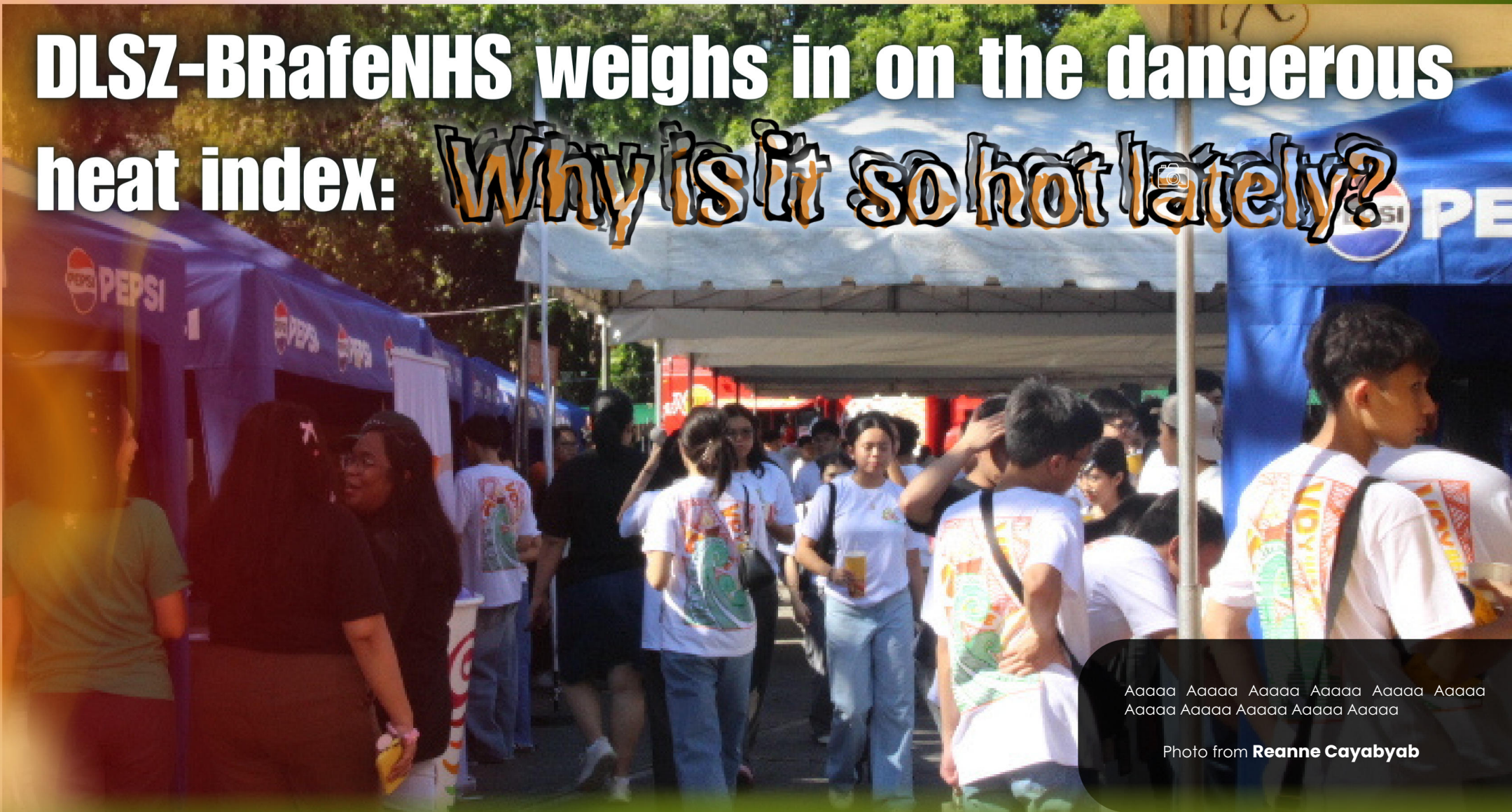
- **Drop, Cover, and Hold – drop to the ground, take cover under sturdy furniture, and hold on until the shaking stops.**
- **Stay indoors if inside, stay outside if already outside – remain in a safe location to avoid falling debris.**
- **Move to an open space if outdoors – stay away from buildings, power lines, and trees.**

What not to do during an earthquake?

- **Do NOT use elevators – power failures or structural damage can trap you inside.**
- **Do NOT run outside if indoors – falling debris from buildings poses a major risk.**
- **Do NOT stand under a doorway – doorways are not the safest shelter spots.**

Finally, while earthquakes are unpredictable and inevitable natural phenomena, their devastating effects can be minimized through awareness, preparedness, and resilience. Understanding the science behind these catastrophic events and implementing precautionary measures are essential steps in ensuring safety. When students unite in facing such occurrences, and with the school's commitment to protecting them, preparedness becomes our greatest defense. This aligns with Habit #1: Be Proactive, fostering a mindset of readiness, even in the face of inevitability.

As the saying goes, "Prevention is Better than Cure." Taking proactive steps to prepare for earthquakes is far more effective than dealing with their aftermath.



Aaaaa Aaaaa Aaaaa Aaaaa Aaaaa Aaaaa
Aaaaa Aaaaa Aaaaa Aaaaa Aaaaa

Photo from **Reanne Cayabyab**

Written by **CYRINE KAYE DE ALDAY**

You know it is getting worse when the weather starts to feel like, "I don't want to go out." In recent days, several areas in the Philippines, including Metro Manila, have experienced a sudden rise in heat index, reaching dangerously high levels of up to 46°C, causing the suspension of classes in some municipalities. The effects of the extreme heat index have posed a challenge for many educational institutions as they have to make adjustments to ensure the safety of students. For instance, on March 5, 2025, both the Alabang and Vermosa campuses of De La Salle Santiago Zobel (DLSZ) switched to an online synchronous learning modality, following the suspension of classes by Cavite Governor Athena Tolentino. In response to this, several students, specifically within the DLSZ-Br. Rafael Donato FSC Night High School (BRafeNHS) community, have voiced out how the heat index affects their day-to-day lives.

Renee Dimaano from 10-N mentioned that the hot weather is truly a struggle, especially when commuting: "Sometimes [after being exposed outside in the heat] my head hurts. This pain persists when I'm in our room or on the bus because of the abrupt temperature change. [Additionally,] the heat and the smoke from the jeep make me appear anxious before school." She then emphasized how the discomfort from the heat affects her focus and mood throughout the day. Moreover, two more student interviewees namely Athena Balanay and Ashanti Hernandez, both from 10-N, shared that they have been experiencing nose bleeds due to the extreme heat, and this caused them to stay at home. Instances like these proved that, indeed, in times when the heat is not bearable, students, teachers, and other members of the community need to face the risk of heat-related health issues.

In an article published by Queen Alyn S. Jaranilla-Mondejar of Press Reader in 2023, she highlighted that while the tropical climate in the Philippines may be ideal for tourists, its effect on the educational system and on students who spend a significant amount of time in school is quite the opposite of its positive impact on the country's tourism. Moreover, the article underscores the fact that aside from the common conditions of heat exhaustion and heat stroke that can occur due to prolonged exposure to high temperature, hot weather usually leads to decreased cognitive function, lower test scores, and increased absenteeism.

On a local scale, one possible reason for the vast effect of the heat index on the students is due to the change in school calendars. There have been significant adjustments in school schedules since the pandemic struck, and in return, this has caused an increase in the exposure of students to extreme heat during certain months. For instance, back in 2024, according to Kaiser Fuentes of Sunstar, in the academic year 2020-2022, classes started in October and ended in June. The following school year, classes started in September. For the 2022-2023 school year, classes opened in August and ended in June. In the present time, school year 2024-2025 classes started in July and will end in April. In another article of Merlina Malipot in 2024, it is revealed that such an unstable shift in school calendars has resulted in students being in school during months where, traditionally, the heat index is high. Originally, before the pandemic, the Department of Education (DepEd) followed a June to March academic calendar. This pre-pandemic school calendar is what many parents and educators are advocating to return in order to avoid the extreme heat during summer months.

Given these concerns, it is critical that we address the issue of increasing heat index in the Philippines and while it is good that we invest in

improving the infrastructure of schools or implementing more flexible scheduling to ensure the safety and well-being of students, a long term approach should be taken into consideration as well. This may involve delving deeper into one of the root causes of rising temperatures—climate change. In an article published by Ellalyn De Vera-Ruiz last May 2024, the Philippine Atmospheric, Geophysical, and Astronomical Services Administration (PAGASA) claimed that climate change has a significant contribution in the intensification of the extreme hot weather in the country, while El Niño and high-pressure systems are also factors contributing to heat events, PAGASA labeled climate change as the "main factor" in the increasing intensity of heat waves or periods of unusually hot weather. This finding highlights the significance of mitigating human-like activities that can cause the increase of greenhouse gasses in the atmosphere.

Fighting the climate crisis can be done in ways that even a 5-year-old is capable of doing. Following the United Nations Environment Programme, such ways include raising climate awareness, leaving one's car at home and walking or cycling if possible, switching to a zero-carbon or renewable energy source, eating more plant-based meals, promoting sustainable practices, and planting trees.

The most effective way to solve any problem is to look back and fix its root cause. With climate change being the ultimate factor of extremely hot weather in the country, it is crucial to address this issue at its core by taking actions that will reduce carbon emissions. Long-term solutions should be put into place to ensure the health of not only students but all those highly affected by extreme heat. How hot we feel is a reflection of how much we care about the climate. So, when the weather starts to feel like, "I don't want to go out," maybe it is because you choose to ride your car to go to a destination that can be easily reached by walking or biking.

Beyond arguing:

A look at the scientific benefits of debate

Written by **ZAIRA JANE NANKIL**

MIND BATTLE.

Batch 2027 clash on intelligence and wisdom for round 1 of their debate at the Debbie Decena Auditorium.

Photo from **Keanna Ortiz**

Throughout the years, debate has become a fundamental aspect of developing societies, the progression of ideas, and building bonds with critical minds. From ancient Greece being known for establishing the foundation of philosophical discourse to honing students' abilities and unleashing their capabilities, the fact that debate is crucial for personal and societal growth can never be neglected. In a deeper sense, have you ever wondered about the scientific advantages of debating specifically for students? How will debate assist the cognitive and intellectual development of students when exposed to these types of activities?

Debate is well-known for discussing intriguing topics relevant today, and participants are confident to talk about because they know the value of it. According to the American Debate League, a debate is an opportunity to have an organized argument over a topic coming from two opposing sides, usually called the "government side," who agrees with the motion, and the "opposition side," who disagrees with the statement. Both sides will go through a series of rounds wherein they will each have their chance to defend their sides by laying down arguments with pieces of evidence to support them.

However, there is always the challenge of being able to speak consistently in front of the public, considering all the pressure. In a study from the International Journal of English and Linguistics Research in 2023, because of the adrenaline that rushes when under pressure, people often feel anxious, and sometimes, since they are unprepared with the topic, they feel nervous about it. This response is completely normal and can be observed in many people, yet this skill is continuously being honed through practice and applications within the classroom setup. Debate as a unit of

learning has been part of many educational curricula as institutions give much value to the advantages it gives. Through this, students can think critically, learn how to handle ideas and feedback from others, and become mentally and emotionally well-prepared to structure ideas in an organized manner.

Recently, the Grade 10 students from the De La Salle Santiago Zobel - Br. Rafael Donato Night High School conducted a series of debate sessions as their performance task for the subjects English and Christian Living last January 21, 2025. Focusing on relevant issues and principles of justice, students engaged in a healthy discourse over a motion. One of the students who took on the challenge was Tarra Ty, from Grade 10L, as the Prime Minister of their group. Describing her overall experience, she found herself at a loss for words due to nervousness, and she admitted that they greatly lacked in preparation as they were not able to fully master their argument. From her perspective, this activity greatly helped in developing her cognitive and intellectual abilities in such a way that it requires you to think and engage in formulating responses and counterarguments, and identifying loopholes.

More importantly, she also mentioned the benefits of debate in terms of her mental and physical well-being. "Having the mindset of being able to logically reason no matter how difficult the situation is allows us to better care for our emotional and mental well-being since these aspects of our health can be impacted by insecurities and overthinking", Ty stated.

It cannot be prevented that emotions can take over and make them think pessimistically.

She emphasized that the skills they have applied through debate allow them to view things optimistically, for the sake of their mental and emotional well-being.

The experiences shared by Ty are no different from what the other students have to go through. It is not impossible that they also have to experience the rush of emotions while being able to stand up and speak and present their ideas clearly, which can overall be difficult to balance. However, debate can also be an avenue for students to realize their full potential and learn from these mistakes, as it helps them build a sense of understanding and want to improve. As argued by Cambridge University in 2022, seeing the truth and accuracy of an explanation are valid cues for genuine understanding, so not until you realize the truth of your abilities will you reach the understanding that you are more than the person you thought to be, and that is how debate comes into place.

There is little scientific discussion as to how debate is interconnected with the well-being of a person, but it is visible in the experiences of those who were part of it. More aspects should be discovered, focusing on its impact on students' way of thinking and handling their emotions. Overall, debate offers plenty of advantages that also pose implications to the scientific community. Many of those who are involved in political discourse and professions deemed to argue almost every day began by simply throwing ideas within the four walls of their classrooms. Therefore, this practice should not be underestimated, and more aspects should be studied to form critical minds among the young generation essential for building a progressive society.



DLSZ Badminton dominates PRISAA competition

Written by **TIMOTHY ETHAN GABAGAT**

The De La Salle Zobel (DLSZ) Badminton Team delivered a flawless performance at the PRISAA (Private Schools Athletic

Association) Badminton Tournament, storming through the competition held at Christ the King School of Muntinlupa last December 16, 2024.

Facing off against skillful players from PAREF Southridge School, Muntinlupa Cosmopolitan School, PAREF Woodrose School, and Christ the King of Muntinlupa, the tournament followed a round-robin format, with the DLSZ team emerging on top.

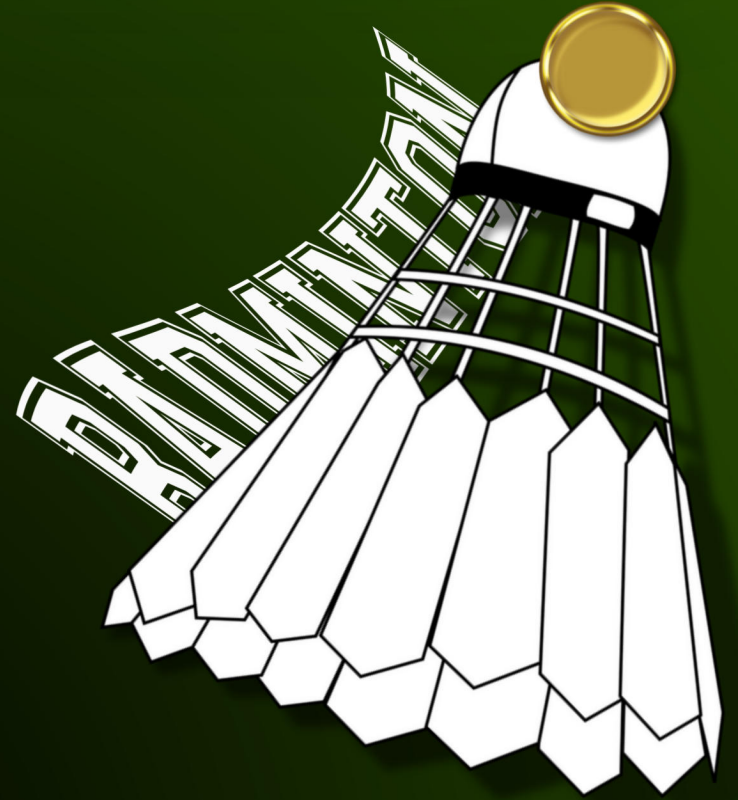
The team outclassed their opponents with dominance, soaring to the top of the standings as they displayed exceptional brilliance in their gameplay. Both the men's doubles, featuring Justin Villacruel (110) and Reejay Alcazar (110), and the women's singles player Kelly Amahit (10M) secured flawless 2-0 victories across the board, showing no signs of struggle.

In every part of their play, the team attributed their coach' game plan: to minimize lift balls, be aggressive, and attack without hesitation. They pressured their opponents by executing fast-paced rallies and relentless set-ups and attacks that ended each set without major setbacks.

"Fortunately, there were no unexpected challenges during the competition, and we are well prepared for the said competition. Kung ano man ang kailangan pa naming i-improve, I think si coach na ang bahala but if there is something we can do, yun ay ang mag training palagi. Dahil, without the discipline, the perseverance, and the dedication para mag training, hindi kami mag-iimprove, and hindi din makakapag prepare for other upcoming competitions." Justin Villacruel stated.

Below is the list of the standout players who participated in the said competition:

- Justin Villacruel - 110
- Kelly Amahit - 10M
- Reejay Alcazar - 110
- Janaira Ryuko Protacio - 7M



With this ruling victory, the DLSZ Badminton Team has once again proven their strength in the court, and they look forward to taking on new challenges in upcoming competitions.



PRISAA DOMINATION!

DLSZ Badminton Team dominates the PRISAA Tournament at Christ the King School, Muntinlupa on December 16, 2024.

Photo from **Maria Raquel Ongpin**



SPIKER FORCE.
The DLSZ Junior Lady Spikers dominates the WNCAA Volleyball Girls' Division with unyielding force and pinpoint accuracy, conquering top-tier schools and facing San Beda in an electrifying championship battle, on September 14 to December 1, 2024, at St. Scholastica's School.
Photo from **Enrico Photographer**

DLSZ Junior Lady Spikers prevail in WNCAA Volleyball Girls' Division

Written by **BIANCA ISABELA VIADO**

The DLSZ Junior Lady Spikers stormed the WNCAA Volleyball Girls' Division, crushing the competition with power and precision, held from September 14 to December 1, 2024, at St. Scholastica's School.

Competing against top-tier schools such as San Beda, St. Scholastica's, St. Paul, and Assumption Antipolo, the DLSZ Junior Lady Spikers faced fierce battles throughout the tournament, especially in the finals against San Beda.

The final match showcased the team's strength as they defeated San Beda by 25-9. The team also had a presiding victory of 25-14 when they belted San Beda at the beginning of the competition.

Their consistency in the number of matches cemented the team's champion title for best-of-3 sets, DLSZ dismantled San Beda in 2 sets straight.

When the final whistle blew, the suspense was overwhelmed by feelings. The Junior Lady Archers danced with triumph, embracing the reality of their victory.

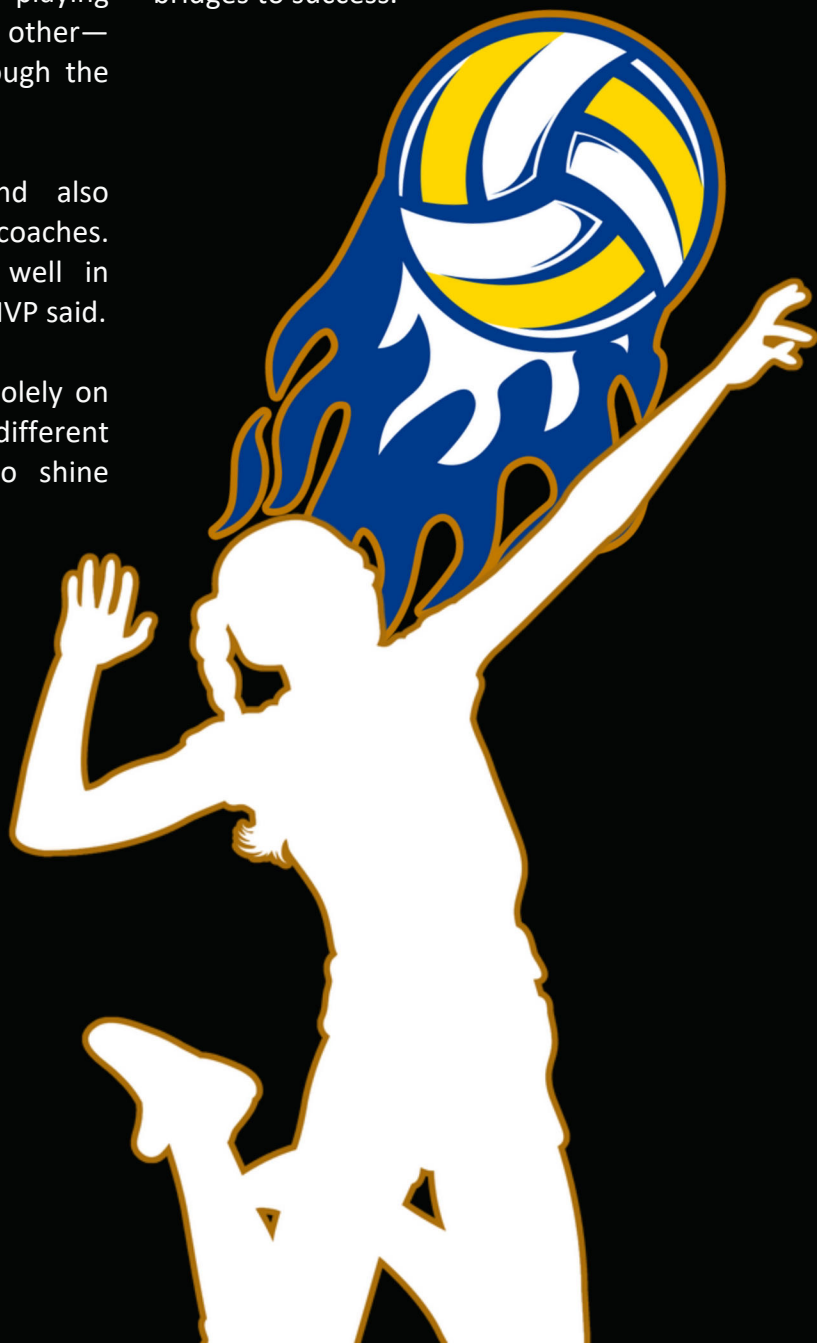
Preparation was the secret behind the success of the team. Prioritizing teamwork and synergy between coaches and teammates, the team focused on intense training sessions to master their skills. Their game plan involved staying calm, playing with honor, and having faith in each other—tactics that held them strong through the course of the tournament.

"Communication is the key, and also connecting to all teammates and coaches. Work hard on training to play well in games." Kylie Celada, the WNCAA MVP said.

The team was shown not to rely solely on one single key player, but different individuals took their moment to shine when most critically needed.

The victory of the team was not merely an expression of each of their skills individually, but evidence of how the team as a whole excelled.

With another title to their heritage, the DLSZ Junior Lady Archers remain the gold standard for excellence in WNCAA volleyball, showing that teamwork, training, and a spirit that cannot be broken are the bridges to success.



SCAN FOR MORE NEWS!



DLSZ badminton scorches the court in Inter La Salle 2025

Written by **BIANCA ISABELA VIADO**

De La Salle Santiago Zobel (DLSZ) delivered a strong performance in the recently concluded Badminton

Inter La Salle 2025, held last January 20 to 22, 2025, at the Po Hang Badminton Center in Bacolod City.

The tournament brought together La Salle schools from all over the nation, building camaraderie through friendly rivalry.

DLSZ's team featured standout players Kelly Amahit, Justin Villacruel, Leiden Paton-og, and Reejay Alcazar. They were pitted against strong teams from De La Salle John Bosco College (DLS JBC), De La Salle University-Dasmariñas (DLSU-D), De La Salle Araneta University (DLSAU), De La Salle Andres Soriano Memorial College (DLSASMC), and Saint Joseph's School-La Salle (SJHS) in the boy's division. In the girls' category, there was some added rivalry with the University of St. La Salle (USLS) entering the fray.

Perhaps the most outstanding of the tournament's matches was played in the boys' doubles competition, pitting DLSZ against SJHS in a thriller. The suspense was heightened as the game went neck-and-neck, with the two teams being a single or two points away. Adding flavor to the suspense was the arrival of SDO Head Sir Gabe, heightening the anticipation. The team turned their nerves into energy, recording a heart-stopping 31-30 victory.

In the boys' singles category, Leiden Paton-og had a pivotal win over SJHS, which turned out to be decisive in the tournament. At 2-1 apiece in the bracket, the game was a necessity. Paton-og acknowledged struggling in the first set with the pressure but was able to overcome it as the match progressed, winning 31-24.

Preparation was a big factor in DLSZ's strong performance. Justin Villacruel highlighted the team's commitment, saying, "We did everything our coach advised us to

do, attended every training, and lahat naman ng sacrifices sa training then class after ay worth it dahil sa experiences at achievement namin sa Inter La Salle."

With the tournament's fast-paced nature, the team had to make quick, strategic adjustments. "Every strategy was made during the game *kasi* it's a fast game; *hindi siya* standard scoring so we have to think of strategies mid-rallies," Villacruel added.

DLSZ' overall performance reflected their good playing. The boys' team tallied a 4-1 record and tied for first, while the girls' team compiled a respectable 2-2 tally.

Aside from competition, the tournament generated lasting friendships among La Salle players. Even if the team was proud of what they had achieved, the farewell was moving.

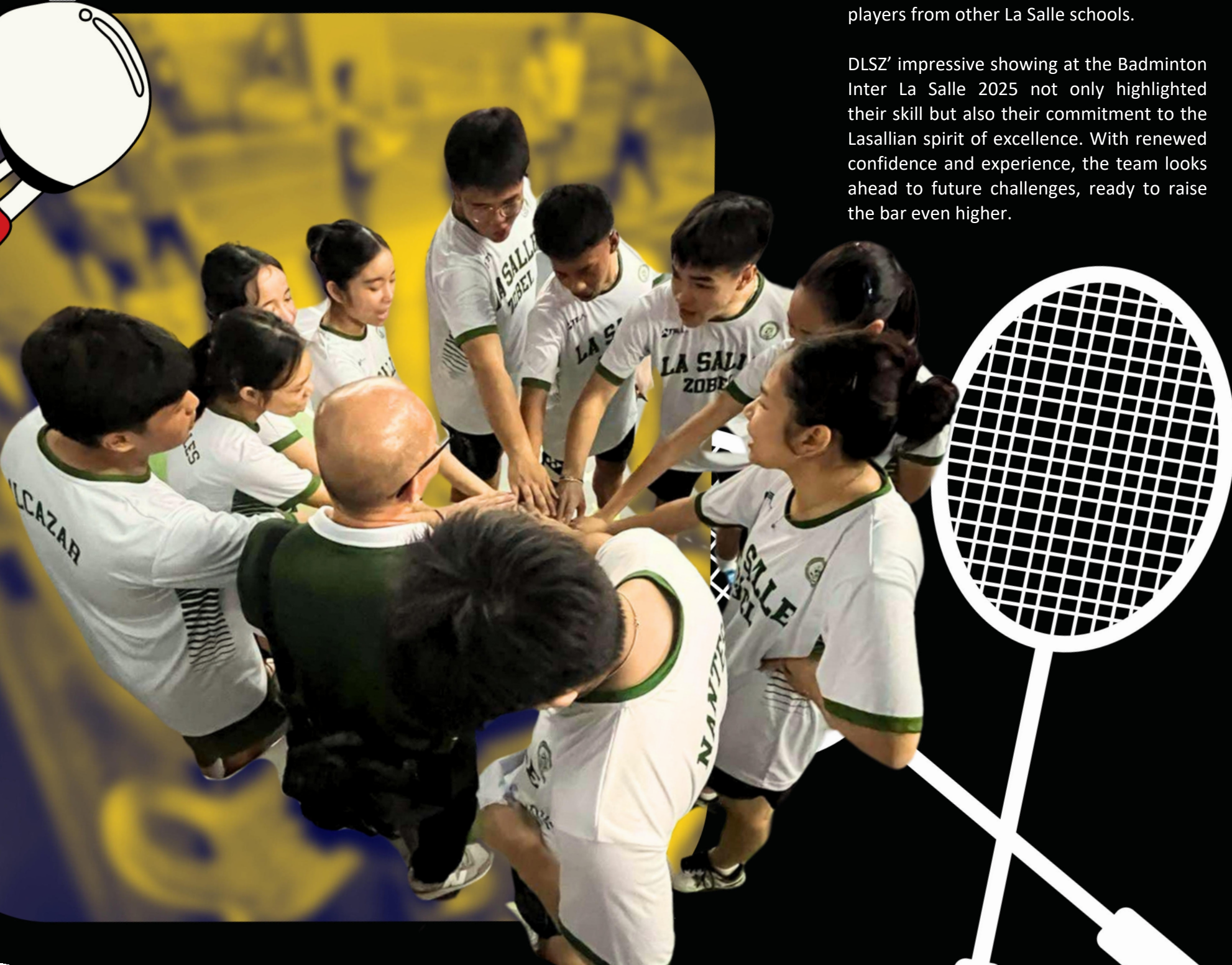
Inter La Salle sets itself apart from more traditional tournaments by emphasizing sportsmanship and harmony at the expense of individual accomplishment, so no MVPs were given. Victory lay in the bonds of brotherhood and camaraderie among players from other La Salle schools.

DLSZ' impressive showing at the Badminton Inter La Salle 2025 not only highlighted their skill but also their commitment to the Lasallian spirit of excellence. With renewed confidence and experience, the team looks ahead to future challenges, ready to raise the bar even higher.

MATCH POINT.
De La Salle Santiago Zobel's badminton team prepares and competes fiercely at the Badminton Inter La Salle 2025, on January 20 to 22, 2025, at the Po Hang Badminton Center in Bacolod City.



Photo from **Maria Raquel Ongpin**





UAAP S87

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PADDLERS PRIDE.
DLSZ Junior Paddlers delivered an outstanding performance at the 2024 UAAP High School Tournament, held from November 19-23 at Ayala Malls Manila Bay, Parañaque.

Photo from **Yngo Ramos**

DLSZ Junior Paddlers climb to the top in the UAAP Championships

Written by **TIMOTHY ETHAN GABAGAT**

After a series filled with fast-paced rallies and action-packed showdowns, the De La Salle Zobel (DLSZ) Junior Paddlers carried out a stellar performance in the 2024 UAAP High School Tournament held at Ayala Malls Manila Bay in Parañaque City from November 19 to 23, 2024.

Despite facing overwhelming challenges, both the boys' and girls' teams showcased resilience and determination, earning their slots in the final four, with the girls' team securing a silver medal and the boys' team making a deep run into the step-ladder.

The competition followed the SSDSS format: a best-of-five series in which doubles are played in the third set and singles in the remaining four sets, and a ladder tournament in the final four after the placement games. The teams faced off against powerful paddlers from the

University of Santo Tomas (UST), Adamson University (AdU), University of the East (UE), Ateneo de Manila (ADMU), and University of the Philippines Integrated School (UPIS).

The DLSZ table tennis boys' team, composed of Troy Rodriguez, Timothy Anceno, Darius Austria, Justine Felipe, Angelaw Ramos, Indigo Tolentino, and Sam Cordova, demonstrated their strength, pushing themselves to the step-ladder round.

A pivotal moment that secured their spot in the final four came during their match against UPIS when Tolentino's crucial win in the third singles match shifted the momentum, leading to a 3-2 comeback victory.

Unfortunately, their season ended with a tough loss against UE, 3-1, as they settled for fourth place.

"We really saw growth in how we placed our best players where they could contribute the most. Looking ahead, we could definitely work on building stronger connections, trust, and teamwork as we prepare for the next school year. These qualities are what will take us even further in future competitions." Timothy Anceno, captain of the boy's team, stated.

The DLSZ table tennis girls' team also stepped up, featuring Kimberly Amandy, Isabelle Trish Bernal, Ma. Ana Therese Gumobao, Kimberly Nicole

Odelmo, Andrea Reblora, and Rhian Dempsey Suitado as they clash hand in hand with the same schools crucial win in the third singles to close the gap and extend the series in a stirring tiebreaker.

Amidst a high-stakes match, Andrea Reblora delivered a game-winning performance, sealing the deal with a sweep and propelling DLSZ into the finals against UST.

Ultimately, the girls clinched the silver medal in their losing effort in the finals, 0-2 (0-3, 2-3), finishing the season with an impressive record of seven wins and three losses.

Throughout the tournament, the team had difficulties in lineup rotations, especially with fewer players. "We manage to overcome this by simply being confident. We face the table with confidence and the fighting spirit to win," said the Girls' Team Captain, Gumobao.

Despite the challenges of having a smaller roster, the DLSZ Junior Paddlers defied all odds and finished strong at the end of the season.

"Having the silver in our second season, I realize that we shouldn't take in our fear and just do our best first. For the next season, we aim to achieve the best result. We will definitely bounce back stronger," Reblora claimed.

Motivated by their triumphs and struggles, the DLSZ Junior Paddlers have set their sights on the next season to refine their skills and aim for the championship title.

