

*Where Young
Minds' Journey Begins*
SHOWCASING THE
BEST OF UBLES



OMAGAZ

the official student magazine of the
University of Baguio - Laboratory Elementary School

Volume 1 | Issue 1 | 2021-2022

The covers of the Magazine remind us that...

**OUR DREAMS AND GOALS
SHOULD NEVER STAY AS
IT IS, THEY WILL ONLY BE
DUSTS IN THE CABINS IF
THEY ARE NOT TURNED
INTO REALITY...FOR IT WILL
ONLY RESULT TO BROKEN
DREAMS AND TATTERED
ASPIRATIONS.**



OMALAHOKAN *Gazetteer*



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a door opened to new challenges - a
path to more knowledge and lessons
Finally, all the challenges we faced
paid off.

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"The books that help you most are those which make you think that most. The hardest way of learning is that of easy reading; but a great book that comes from a great thinker is a ship of thought deep freighted with truth and beauty."

— PABLO NERUDA



poster by Thomas

Mental Care in this Times of Pandemic

XYLIAH DOMINIQUE

We live in a difficult time and are faced with the challenges brought about by the COVID-19 pandemic. The issue of mental health is not only relevant but crucial.

Mental illness, also called mental health disorders, refers to a wide range of mental health conditions like disorders that affect your mood, thinking, and behavior which include depression, anxiety disorders, eating disorders, and addictive behaviors

This year 2021, many people have faced these serious challenges to their mental health. Along with the health impacts of the disease, COVID-19 has led to, self and social isolation, disconnection from family and friends, quarantine, and lockdowns on movement resulting in more people than ever experiencing feelings of helplessness, isolation, grief, anxiety, and depression. Demand for health support services has increased as a result.

According to the World Health Organization survey over 60 percent reported disruptions to mental health services for vulnerable people, including children and adolescents

(72 percent), older adults (70 percent), and women requiring antenatal or postnatal services (61 percent)"

To address these challenges Psychotherapy is the treatment of mental illness provided by a trained mental health professional. Psychotherapy explores thoughts, feelings, and behaviors, and seeks to improve an individual's well-being. Psychotherapy paired with medication is the most effective way to promote recovery.

Let us face this challenging time with our family, friends, and support groups with a strong sense of faith and determination. Let us work together and do our part to have a healthy mind.

Like Humorist Emma Bombeck said "Worry is like a rocking chair, it gives you something to do but does not take you anywhere" Believe that this shall pass.

"Worry is like a rocking chair, it gives you something to do but does not take you anywhere." Believe that this shall pass.

EXPERIENCING THE EFFECTS OF REALITY

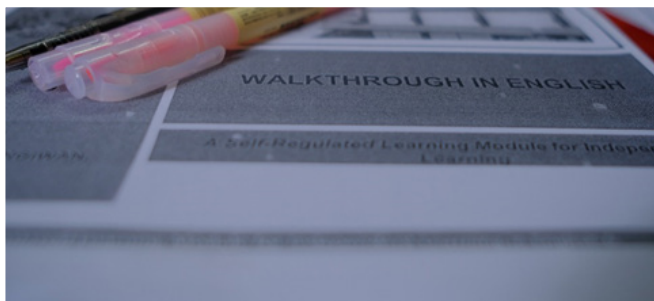
XYLIAH DOMINIQUE

“Sometimes you will never know the value of a moment until it becomes a memory” – Dr. Seuss

Before the pandemic, I always look forward to an exciting new day of going and learning in school. I usually wake up early in the morning to groom myself, eat breakfast, brush my teeth, wear my school uniform, dark grey socks, and shiny shoes, pack my bag, say our prayers, and go early to school. There I meet my classmate's teachers and schoolmates to have fun learning activities. After school, if my parents are not there to fetch me yet, I happily play around with my friends and classmates at the quadrangle. I miss all these school routines and activities I used to do because everything changed. Everything changed when this unseen Covid 19 Virus came and hit the whole world. We were asked to stay home to be safe and were eventually introduced to a new

way of learning through online classes... Our home became my school and playground and my little room, my classroom. Without physically meeting my classmates, something was missing... There were no classmates around to share my greetings, ideas, smiles, and laughter, my grins and mistakes and stories with. “Is this for real?” this is the first question I asked myself. Then days passed to weeks and weeks to months! And I had the feeling of boredom and sadness. Months continued to a year, and my hope for face-to-face classes is still a gloomy sight. I continued to adjust and adapt to the

major changes and got used to it. Despite these changes especially the new way of learning, I am thankful to God, my family, my school, and my teachers, the learning and fun did continue online. I still felt the excitement to see my classmates and teachers during synchronous classes to move forward and upward to gain additional and new knowledge, values, and skills. Everything changed... According to Bio Med Central Public Health on June 25, 2021, 12.2% of the total population reported an unhealthier lifestyle. But thanks to my family there to support and guide me, my teachers, and the University of Baguio Laboratory Elementary school, my education did not. They continued to equip and assure me that we could still face the trials and challenges with our gained knowledge, values, and skills even at home and comfort zones. “This too shall pass...” an old Persian saying from poet Rumi and as my mom said “Soon this will be over, face masks and other shields will bid goodbye, beautiful smiling faces, hugs, kisses, and cheers will be seen all around the world.”



photos by Alexandra

Never LEARN

What is Education? Is it just about going to school and development of an individual. Different ways are for the main reason of searching and identifying

A great example is the yearly Literary month activities offered by the University of Baguio Laboratory Elementary school (UBLES).

All students are encouraged to join. Quiz bee is one of the activities given to students to test their knowledge by answering questions from their past and present lessons.

Aside from academic competitions,

“A winner is someone who recognizes their God-given talents, develops them into skills, and uses these skills to benefit others.”

UBLES also provides showcasing of talents and skills, this includes singing, dancing, storytelling, poem recital, declamation, modeling, and news writing.

These are few extracurricular activities that aim to build and boost one's confidence and self-esteem.

Through these competitions, we are able to know our God-given talents and be able to use them to benefit others.

UBLES Summer Enhancement Tutorial Program (SETPRO) engages students in a meaningful experience, they learn more in less time.

UBLES SUMMERIFIC ACTIVITIES

DEA

Alas! After two years of being locked-in in our houses, we can now spend summer time with fascinating activities. UBLES kicked off fun-filled activities where students can take a vacation while learning something.

Reading enhancement, writing activities, mathematics exercises, and making summer groovin' with dance tutorials. This blended learning program is intended for learners to improve their skills; it encourages students to be creative, have fun and explore their interests in various fields.

UBLES Summer Enhancement Tutorial Program (SETPRO) engages students in a meaningful experience, they learn

more in less time. While the pace may move more quickly, the environment is typically considered more relaxed so they'll still get that laid-back summer feel while socializing, meeting new people, and building friendships.

Stop
NING

ENNE

and reading books? No. It is also about the learning experience provided to enhance all potentials of a student, identifying their capabilities and talents.

share them with everyone, and we can also develop skills that we may or may not be aware

People say practice makes perfect, that's why these activities are created so that we can explore many possibilities and be able to experience the process of our development.

Do not let fear hinder you from achieving your goals.

God-given talents, works his tail off to develop his skills to accomplish his goals.

Believe in yourself and enjoy these challenging activities because they will shape your whole being and bring you closer to your dreams.

"A winner is someone who recognizes their God-given talents, works his tail off to develop them into skills, and uses these skills to accomplish his goals." - Larry Bird



PUNO NG PAARALAN UGAT NG KINABUKASAN

Pagpupugay sa Kadakilaan ni Ser

ALICIA

Para sa akin ang buhay ng isang guro, ay parang buhay ng isang puno, umulan man o umaraw nandyan siya nagbibigay ng lakas ng loob at sigla. Ito ang paniniwalang natutunan ko mula sa aming punongguro na si Dr. Julius T. Gat-eb.

Ser Jules kung siya ay tawagin ng karamihan. Siya ay isang lider na puno ng karunungan, talento at layunin sa buhay.

Siya rin ay isang guro na puno ng mga nagawang tagumpay sa larangan ng pagtuturo. Sa murang edad ay nakuha niya ang kanyang Doctorate Degree na Doctor of Philosophy in Development Education sa University of Baguio.

Nakuha rin niya ang ranggo na propesor sa Unibersidad ng Baguio at nakatanggap ng iba't ibang parangal tulad ng:

- ISTAR Incorporated Best Research Abstract and Best Paper Presentation last October 2021
- Best Private School Head 2021
- Best Private School Teacher in Cordillera Administrative Region (2019-2020)
- University of Baguio Alumni Association (UBAFI) Outstanding Alumni (2005)
- Outstanding Youth of Baguio: Professional Level (2006)
- Fernando & Rosa Exemplary Teacher 2006 (Hall of Fame: Rank 1 for 3 consecutive years)
- University of Baguio Outstanding Teacher in 2008, 2011, 2012, 2015, 2018, and 2019
- The Top Outstanding PERAA (Private Education Retirement Annuity Association) Teaching Category-National Level
- Best Private School Teacher of 2019 (Baguio City Division & Cordillera Administrative

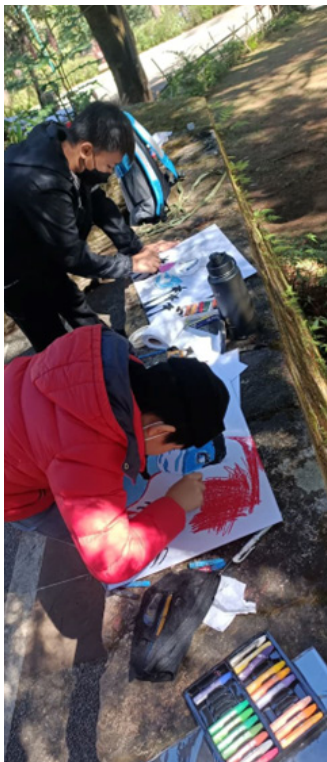
Region) – The PEAC Certifier of Education Service Contracting (ESC)-Participating Private Schools (2013-2015)

Kilala rin siya sa pagiging matapat sa kanyang tungkulin dahil ilang taon siyang naging guro at assistant principal sa University of Baguio Science High School.

Sa kasalukuyan siya ay punong-guro ng Unibersidad of Baguio Laboratory Elementary School. Siya rin ang tagapangulo ng UB Vision Mission Objectives Core Values at Graduate Attributes at Instructional Materials Development.

Sa ilalim ng kanyang pamumuno ay naikasa ang mga programa sa UBLES na naging matagumpay sa dalawang panuruang taon na nakalilipas. Kaya naman tunay na ang ating punongguro ay puno ng pag-asa at siyang magiging ugat nga magandang kinabukasan ng ating paaralan.

Siya ay isang lider na puno ng karunungan, talento, at layunin sa buhay.



poster by Sean



poster by Denisse



Kayo Naman! Magulang Yarn!

MARIEL JUNE

Narinig niyo na ba ang linyang, “Magaling ang iyong ginagawa, paniguradong ipagmamalaki ka ng mga magulang mo!”. Sa dami ng sakripisyong kanilang ginawa. Ngayon, ako naman ang taya! Ako ay sampung taong gulang at panganay sa tatlong anak ni Ginang at Ginoong Millare. Sa aking pag-aaral ay tinitiyak kong ipagbuti ito upang maibalik ko ang pagod at sakripisyong kanilang ginagawa. Nakikita sa mga ngiti ng aking ama’t ina pag ako ay umaakyat sa intablado at nabibigyan ng parangal.

Ayun sa pag-aaral ng Ministry of Education sa Ontario Canada, kapag ang mga magulang ay kasangkot sa edukasyon ng kanilang mga anak, lahat ay nakikinabang -- mga mag-aaral, magulang, guro, paaralan at komunidad. Ang mga kahanga-hangang paaralan ay maaaring maging mas mahusay pang mga pook ng pagtuturo at pag-aaral, at kadalasan ay mas bumubuti ang naaabot ng mag-aaral.

Ayun din sa Review of Educational Research dito sa Pilipinas, ang mga magulang ay mas magsusumikap upang itaguyod ang pag-aaral ng kanilang mga anak kahit anumang hirap ang danasin

nila. May mga magulang din na kailangan pang iwan ang kanilang pamilya mabigyan lang ng mabuting kinabukasan ang kanilang mga anak. Nasisiyahan ang mga magulang kahit

sa malilit ng tagumpay ng mga anak. Kahit sa unang paghahakbang ng kanilang mga anak ay malaking parangal na sa kanila. Ang mga magulang ay naiiyak pa sa tuwa sa simpleng pagpapakita ng

kanilang anak ng mabuting asal o gawa.

Sa mga magulang hindi lamang sa edukasyon maari nilang maipagmalaki ang kanilang mga anak. Maaring ito ay sa pamamagitan ng

mabuting asal, talento, o kahit sa simpleng gawain sa bahay na nagagawa ng mga anak sa bahay. Ang kasiyahan ng magulang ay malaking impluwensya sa mga anak dahil dito mas pinagbubuti pa nila ang kanilang pag-aaral at kung anumang tinatahak nila sa kanilang buhay.

Sa pagiging mabuting tao, mabuting mag-aaral o kahit na maliit na mabuting gawa ng mga anak ang mga magulang ang unang natututwa. Tayong mga anak ay mga kayamanan ng ating mga magulang na hindi mapapalitan ng kahit anuman.

Ang mga kahanga-hangang paaralan ay maaaring maging mas mahusay pang mga pook ng pagtuturo at pag-aaral, at kadalasan ay mas bumubuti ang naaabot ng mag-aaral.

Namayagpag sa entablado Si Dean Dreigh Krayon Y. Tamayo sa ginanap na Online National Marathon of Skills and Talents na binuo ng Association of Science and Mathematics Educators of Philippine Private Schools noong ika-2 ng Abril.

Mula sa mga kalahok ng iba’ ibang rehiyon ng bansa, nagwagi Si Krayon at nag-uwi ng gintong medalya sa larangan ng pagsasayaw (Dance for the Environment).

B a g a m a t pangalawa lamang si Krayon sa R e g i o n a l competition, di sumuko at sumubok

mulit bilang pambato ng UBLES.

Di naging hadlang ang edad at baitang upang makamit niya ang tagumpay. Malalaki at nasa mas mataas na baitang ang mga ibang kalahok, samantalang siya ay nasa unang baitang pa lamang.

Ani ni Krayon” Gusto ko lamang sumayaw upang maibahagi sa mundo ang aking talento at ibigay ang mensahe na pangalagaan natin ang kalikasan’.

Kinuha ang pangalan ni Krayon sa grupo ng mananayaw ng Cordillera na lumahok sa Pilipinas Got Talent at kumatawan sa Baguio-Benguet. Sila ay ang BAGUIO J-KRAYONZ, na pinangungunahan ng kanyang ama.

Ayon naman sa kanyang ama nung bata pa si Krayon, “mas magaling pa siyang sumayaw kaysa sa maglakad.”

Patuloy pa rin ang hilig ni Krayon sa pagsasayaw at hinihikayat niya ang kanyang mga kaibigan na sumayaw kasama siya.



Krayon
NAGBIGAY KULAY SA ASMEPPS
DANCE COMPETITION

UBLES Reachin' Out

DEA

"A small thing is a small thing but to be faithful in that small thing is a big thing." - Marie Eugenie

We, Filipinos, are known to be generous and kind. When help is needed, we are there for each other. Bayanihan is alive!!!!

UBLES headed by the school principal, Dr. Julius T. Gat-eb thru the outreach coordinator, faculty, staff, benefactors, and partners, organized different outreach activities to support the adopted school or community.

The outreach program created a partnership between

the community, non-governmental organizations, and educational institutions. Such activities build each other's strengths and develop their roles as change agents for improving the school and community.

Our small acts of kindness gave a great impact on the community, hoping that our program can create a ripple effect and people may realize our goal – to "PAY IT FORWARD."

Bringing together all education stakeholders to participate and contribute their time, effort, and resources to prepare school facilities.



Helping in the physical cleaning and disinfection of the school's facilities.



Sharing/donating cleaning materials, hygiene kits, and school supplies to the students.



Providing learners with visual, tactile, and sensory experiences and raising funds to beautify the adopted school.



Beautifying school/community areas and visually promoting the clear benefit of arts in the community.



Doing good things for others boosts our self-respect and makes us feel the satisfaction that comes from giving.

The UBLES outreach community is faithful to

our goals. May this act of generosity serves as the catalyst for people with a good heart to continue our advocacy.

Our small thing will be a big thing after all!

**Doing good things
for others boosts
our self-respect and
makes us feel the
satisfaction that
comes from giving.**



UNIVERSITY OF
Baguio

On the stage

ANGELA

Moving up is not the end but the beginning of a new adventure.

Moving up means the grade six outgoers pursue junior high school careers. For me, it means we finally finished all the challenges in elementary and a door opened to new challenges - a path to more knowledge and lessons. Finally, all the challenges we faced paid off.

Last June 18, 2022, the University of Baguio Laboratory Elementary held its first face-to-face moving up and graduation ceremony after two years of online

learning because of the pandemic.

I was lucky to have been part of that class 2022 and to experience the joy and excitement. We reached one

of our goals, to go up on stage, wear those gray togas, receive certificates and awards, and feel the fruit of our hardship. We also felt the happiness of our proud parents behind

those colorful face masks.

Sadly we have parted from this excellent school that was our second home.

With dedicated teachers who acted as second parents

to us. Our marvelous principal, assistant principal, and other faculty members worked hard for us and the school.

Our parents showered us with unending support in our endeavors and these are also the reasons we were able to reach one of our objectives in life.

"Take pride in how far you've come. Have faith in how far you can go but don't forget to enjoy the journey."

**"Take pride in how far you've come.
Have faith in how far you can go but
don't forget to enjoy the journey."**



UBLES educators seize awards in int'l teaching demonstration

DEA

International Society of Teachers, Administrators, and Researchers Inc. (ISTAR) awards faculty of UBLES in the Online International Educators' Conclave on Global Citizenship Education and Demonstration Teaching Festival with the theme, "Building a New Normal: Fostering Critical Empowerment" on October 28-30, 2021.

Keanwort K. Ambros and Maybelle Tisce snatched gold in the demonstration teaching and lesson planning while Cristina Dea Y. Tamayo and Florianne R. Dangiwan bagged gold and silver awards in demonstration teaching and lesson planning respectively.

Meanwhile, Adelaine T. Casis snared silver awards for the demonstration and lesson planning.

International conferences and demonstration festivals are organized monthly to give opportunities to all the educators in different academic communities in the

world to become speakers, moderators, demonstrators, and presenters.

These conferences are in collaboration with the International Chamber of Authors, Reviewers and Editors (ICARE), International Alliance of English Language Teachers

(IAELT), The Association of Researchers of Thailand, Asian Association for Academic Integrity (AAAI), Mexican Association of Teachers of English (MEXTESOL), Lyceum-Northwestern University, Tarlac Agricultural University, Department

of Education - National Capital Region, Schools Division Office of Navotas City, Navotas National High School, and Rajamangala University of Technology Lanna Tak.



UBLES young minds seize awards in nat'l competition

UB elementary students snatched awards in the Online National Marathon of Skills and organized by the Association of Science and Mathematics Educators of Philippine Private Schools (ASMEPPS) with the theme, "Championing the Challenges of the New Normal Through Mathematics, Science and Technology" on April 2, 2022.

Dean Dreigh Krayon Tamayo, a grade 1 pupil showed his skills as he ranked 1st in the Dance for the Environment while Reienne Mirage Yra, grade 3 spotted the same rank in Filipino Science News Writing.

Arabel Elise Ortile of Kindergarten bagged 2nd in Coloring while Khriel Fontanilla, a grade 6 student, grabbed the same place in Drawing Competition. The

grade 5 students, Jaimie Nicole Angelio, Mariel June Millare, Rheema Klea Amiten and Abdullah Naveed clutched 2nd place in English News Writing, Filipino Science Feature Writing, Sci-Modelling, and English Scientific Creative Writing respectively.

Jherisse Athena Calica, grade 4, received 3rd place in Filipino Scientific Creative Writing while Zephanaia

Ielle Tagara of grade 2 got 4th place in Oral Retelling of Story. Daniya Louries Baril of grade 4, Reanne Denisse Bayog, and Sean Cybell Mejia, grade 6 artists, ranked 5th in Declamation and On the Spot Poster Making accordingly.

Jermaine Dacanay Jr., preschool, and Yohanne Reign Mones, grade 4 clutched 6th place in poem recitation and Declamation

consequently. Peyton Kyrelle De Guzman snared 7th place in grade 2 Oral Retelling of Story while the grade 4 artist, Thomas Ngagan spotted 9th place in Drawing Competition.

Meanwhile, pupil-participants who equally demonstrated their skills were Violet Janapin, Xiara Bless E. Garnace, Aiah Ymana, Yuri Sofia William, Jamhie Nikhailla Yu, Lehiona

Chadanne Simon, Kassandra Ysabelle Tagara, Hans Meana, Aisha Kamille Bautista, Rone Jed Dalagan, Angela Sophea Lacson, Syliah Dominique Marty, and Alexandra Cobcobo.

Winners and participants were given medals and certificates.

Agham

Luya KATUWANG NATIN NGAYONG PANDEMYA!

Nagkakaubusan ngayon sa mga botika ang mga gamot para sa sipon, ubo at lagnat. Ang lahat ng mga tao ay alerto upang hindi mahawa ng COVID -19 Omicron Variant o makaranas ng mga sintomas nito. Mabuti na lamang at may isang alternatibong paraan para maibsan ang mga sintomas na ito kung ito'y ating maranasan. Ang sangkap na ito ay matatagpuan lamang sa ating mga kusina, ito ay ang luya!

Kagaya ng turo ng ating mga ninuno, ang nilagang luya o salabat ay mabisang panlaban sa trangkaso, sipon, ubo at marami pang iba. Ang katuruang ito ay napatunayan ng siyensya na ang luya ay madaming benepisyo sa ating kalusugan.

Ayon sa mga pag-aaral, ang luya ay nag nagtataglay ng substance na tinatawag na "gingerol" na may taglay na medicinal properties. Ang luya ay may anti-inflammatory at antioxidant properties. Ibig sabihin ang luya ay madaming taglay para labanan ang mga free radicals at toxins na sumisira sa ating katawan.

Ang luya ay mabisang katuwang natin ngayong panahon ng pandemya ngunit lagi pa din nating tandaan na komunsulta sa doktor kung ang mga sintomas ay hindi nawawala.

Kaya't ngayong panahon ng pandemya, mainam na laging meron sa ating mga kusina ang luya. Magpasalamat tayo sa Diyos sa natural na biyaya! Halleluia!





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