

UBLES shines in nat'l marathon of skills, talents

In a remarkable display of talent, young journalists and artists from the University of Baguio Laboratory Elementary School (UBLES) emerged victorious in different categories of the recently concluded National Marathon of Skills and Talents held on March 9-10 at the University of Baguio.

Alyna Yves T. Bayawa ranked first in science creative writing, while Dean Dreigh Krayon Y. Tamayo emerged as the champion in the on the spot poster making and brought movement and storytelling together as he snatched third place in dance for the environment. Denise Gatchalian's talent in Filipino feature writing earned her the 2nd place, while Neriyah Martinez impressed with a 5th place finish in drawing.



Other notable achievements from UBLES students include Reienne Mirage A. Yra and Thomas Gabriel Ngagan, who secured the 6th place in news writing and on the spot poster making, respectively. Peyton Kyrelle C. De Guzman and Ryu Matthew T. Casis showcased their skills in news writing and on the spot poster making, earning the 7th place. Angela Maeson Aguilar's Filipino creative writing prowess landed her in the 8th place, while Cassandra Lacaba and Aiah Y. Tobias impressed with their 9th place finishes in photojournalism and declamation, respectively. Jullana Atheena Villa and Violet Janapin rounded off the list with their 10th place finishes in science creative writing and storytelling.

The participants from UBLES, including Yahnis Rein L. Fucusan, Naomi Mishkaella B. Gengania, Gat Anthony B. Bagbagen, Jacob Feodore L. Co, Yohan Sasha William, Trycia Baros R. Villafuerte, Kacey Maryan A. Alcantara, Danilo Bryce C. De Guzman, and Daniya Louries Baril, also showcased continued on page 2

Little Mr. & Ms. UBLES 2023 Zayn Andrei David R. Tamayo and

Kinder pupils reign as

Zayn Andrei David R. Tamayo and Summer Clerisse P. Victoria enthrone as Little MR. and Ms. UBLES during the Intramurals held last September 5 at UB Cardinals Gym.

Tamayo secured awards clutching Best in Sports Attire, Best in Talent, Best in Casual Attire, Best in Q and A and Social Media Award while Victoria was crowned as Darling of the Crowd, Best in Sports Attire, Best in Casual Attire, and Best in Q and A.

Iñigo Lorenzo N. Mascareñas and Louise Jayde O. Ledda emerged as first runner up while Theus Sebastian V. Pablo and Klariza P. Khadka spotted second runner-up.

Meanwhile, Seven L. San Miguel and Shania Kristel D. Lacayanga landed as third runner up. San Miguel also received awards as Darling of the Crowd and Mr. Photogenic while Amberle Shea A. Que obtained Best in Talent award.

Not to be outdone, Lauren Avery L. Ruiz proved her picturesque looking as she captured the Social continued on page 3

Scouts attend 1st NELR Scout Venture, Advancement Camp

A total of 1,575 scouts and scouters from different councils in Northeastern Luzon Region participated in the camp with the theme, "Sustaining Growth" held at Batakang, Data, Sabangan Mountain Province from November 30 to December 3, 2023.

Among them were 43 scouts and scouters from the Baguio City Council, including eight active scouts from Grades 5 and 6 of the University of Baguio Laboratory Elementary School.

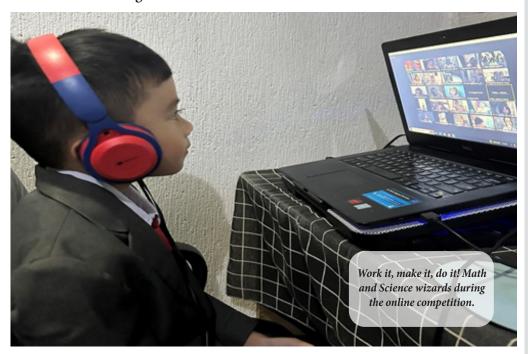
The camp aimed to develop participants'

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MathSci wizards seize awards in online reg'l competition

UBLES snatched awards in the Online Regional Math & Science Quiz Bee organized by the Association of Science and Mathematics Educators of Philippine Private Schools (ASMEPPS) with the theme, "Reinventing the Future and Advancing Communities Through ASMEPPS" on October 21.



A total of 5 gold, 5 silver and 10 bronze were clutched in the said competition while 22 were qualified to be in the nationals.

The objective of the Science and Math Quiz Bee is to promote a deeper understanding of scientific and mathematical concepts among students and stimulate their interest in these disciplines.

Team UBLES will represent Cordillera in the National Math and Science Quiz on March 9 and 10, 2024 at the University of Baguio.//Julianna

Tamayo bags silver in the Regional reading promotional video contest

Among the 10 participants from elementary to college in Cordillera Administrative Region, Dean Dreigh Krayon Y. Tamayo, grade 3 student, proved his caliber as he snared second place in the Regional reading promotional video contest in celebration of the 89th National Book Week last November 9 at the University of Baguio Library.



"Making Reading a Habit" is a promotional video contest organized by the Philippine Librarian's Association (PLAI) that encourages individual to integrate reading into their daily routines.

It emphasizes the importance of reading regularly engaging with reading materials, whether it's books, articles, newspapers, or digital content.

By adopting reading as a habit, individuals can enhance their knowledge, expand their perspectives, improve language skills, and foster personal growth. This will help in the growth and development of learners.

The theme also promotes the idea that reading is not just an occasional activity but a consistent practice that enriches lives and broadens horizons.// Reienne

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UBLES shines in nat'l marathon of skills, talents

their talents and contributed to the school's success at the event.

More than 2,000 students from various regions across the Philippines came together for this event organized by the Association of Science and Mathematics Educators of Public and Private Schools Inc. (ASMEPPS) with the theme "Reinventing the Future and Advancing Communities through ASMEPPS".//Cristina

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Scouts attend 1st NELR Scout Venture, Advancement Camp

capacities through various activities. It also aimed to promote experiential learning and foster a better understanding of the culture and historical heritage of the host community.

Some of the activities included a Sagada Tour, Songs and Dances, Skills O'Rama, Pinoy Games, Scouting Fundamentals, Hiking at Mount Polis (Sea of Clouds) and Mount Oona, Extreme Challenge, Grand Campfire, and Community Service.

Indeed, scouting is more than just a youth organization; it's a transformative journey that molds individuals into responsible, resourceful, and resilient citizens. Rooted in the principles of character development, leadership training, and outdoor adventures, scouting provides a unique platform for young people to explore their potential and contribute positively to society.//Aladin



UBLES community serves its adopted school

Baguio City - In a heartwarming display of community support, UBLES teachers, boy scouts, and girl scouts joined forces to kickstart the "Brigada Eskwela" at Dona Nicasia J. Puyat Elementary School on October 9.

The event aimed to prepare the school for the upcoming academic year by undertaking various maintenance and cleaning tasks.

With a shared vision of fostering a love for reading and enhancing academic outcomes among students, UBLES teachers, along with the school librarian, staff members, and student teachers united in their efforts to reorganize the library. Their primary objective was to arrange books — a crucial step towards access to educational materials for students.

Meanwhile, the dedicated scout team started their work by sweeping and cleaning the school

The UBLES community's participation in Brigada Eskwela not only showcased their dedication to education but also highlighted the importance of community involvement in improving schools. Volunteers from UBLES worked tirelessly throughout the day, demonstrating their commitment to creating an ideal learning environment for students.

The event concluded with a small ceremony where UBLES teachers expressed their gratitude to everyone involved in making the day a success. The school principal also commended the efforts of UBLES and expressed her appreciation for their

Earthquake drill shakes up UBLES

University of Baguio Laboratory Elementary School executed the unannounced earthquake drill on October 18, 2023 at Salud Mitra open court.

UB Occupational Safety and Health Committee (OSHCom) facilitated and monitored the simulation along with the Emergency Response

Team (ERT) spearheaded by Engr. Bernard Z.



Abaya, Engr. Julia Flores, and Chief Jet Anaen. Officials from Brgy Salud Mitra also participated in this collaborative effort.

The simulation aimed to test the readiness and effectiveness of the university's emergency response system in the event of a real earthquake.

As part of continuous improvement efforts, OSHCom, UBLES faculty and staff and other participants who were involved in the drill gave feedback so that any necessary adjustments can be made accordingly.

By conducting such exercises regularly, UB continues its mission towards fostering a culture of safety among its students and staff members ultimately making it better equipped and prepared when it comes to safeguarding lives during unexpected situations.//Cristina

Small voices serenade in Cantata

University of Baguio Basic Education alongside the Performing Arts groups performed carols and hymns at the UB Cardinal's Gym and Rose Garden, Burnham Park last December 7-9, 2023.

The festivity is a display of talent and skill of University of Baguio Laboratory Elementary School Small Voices (UBLES), High School (UBHS) and Science High School (UBSHS) with the UB Performing Arts.

Through timeless and beloved Christmas songs, they breathe life into the rich chronicles of Jesus' birth, spreading joy and wonder throughout Baguio City.//Trycia





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Kinder pupils reign as Little Mr. & Ms. UBLES 2023

Media and Miss Photogenic awards while Klyfer Red Ralph P. Lopez Ariah Rose B. Lalwet led as Mr. and Ms. Congeniality.

The participants who fairly demonstrated their talents are Richard Kaizen B. Joves, Trevor Lucas L. Agbayani, Arvyn D. Cho, Rayla Vernice R. Dilim and Shania Kristel D. Lacayanga.

The activity is an annual event in accordance to Nanay Rosa Day Celebration that aims to develop learners' talents and skills through wholesome learning opportunities.//Reienne

Scouts embrace leadership and values in investiture ceremony





The University of Baguio Laboratory Elementary School (UBLES) recently held its Investiture Day last October 16, a ceremony where Boy Scouts and Girl Scouts from grades one and four were officially welcomed into the scouting community. Led by Scouter Ramon E. Jacinto, a prominent figure in the scouting community, the event was a significant milestone for these young scouts.

The ceremony was organized by Diana Lyn G. Tamayo, the UBLES GSP Adviser, and Aladin A. Callejo, the UBLES BSP Adviser. Their commitment to instilling leadership skills and values in the young scouts was evident throughout the event.

Dr. Julius Gat-eb, the school principal, expressed his gratitude to all participants and organizers during his speech at the ceremony. He emphasized the importance of scouting in shaping well-rounded individuals.

During this solemn event, each participant proudly recited the Scout Oath and Scout Law, pledging to uphold important values such as trustworthiness, loyalty, helpfulness, friendliness, courtesy, kindness, obedience, and cheerfulness.//



Club appreciation day kicks off

UBLES academic and non-academic clubs hosted its first Open House Club Appreciation Day on December 14, 2023 at the UBLES Quadrangle and aimed to provide young learners with an opportunity to connect, engage, and have a funfilled time together.

The day was filled with excitement as nine different clubs organized various activities for the students. Led by dedicated club advisers, these activities included ball sports, popping balloons, number relays, drawing lots, singing performances, art activities, message/music relays, and photo

The participating clubs included the Journalism Club, Young Artists, Boys Scout and Girl Scout groups, Small Voices, Earth Savers, Math Wizards, Supreme Pupil Government, Sports Club and Readers' Club.

In order to ensure that the students had enough

nourishment throughout the day's events, the PTCA (Parent-Teacher-Community Association) Officers served food for the participants.

This first-ever Open House Club Appreciation Day at UBLES Quadrangle was a resounding success. It provided young learners with an opportunity to explore different clubs available at their school while fostering camaraderie among fellow students. The event undoubtedly left a lasting impact on everyone involved and will surely be remembered as one of UBLES' most cherished traditions in years to come.//CDYT





news



Unity in diversity through UN festivity

UBLES organized differentiated United Nations activities that promotes freedom, equality and justice for all last October 17-23 at UBLES Quadrangle.

The festivities kicked off with nursery and kinder pupils donning colorful costumes representing different countries. The little ones paraded, embodying the spirit of unity in diversity. It was a sight to behold as they proudly displayed their outfits to their fellow classmates and teachers.

Meanwhile, grades one and two took part in the Search for Little Mr. and Ms. UN pageant. This event allowed them to express themselves while dressed up as iconic figures from various countries. The participants exuded confidence as they charmed the audience with their wit and talent.

Grade three learners engaged in a Draw and Tell competition where they were given a chance to showcase their artistic skills. They were encouraged to draw something that represents unity or diversity while narrating its significance to them personally while the grade four entertained everyone with their talents through a Showcasing of Talents event. From singing to dancing, these young performers captivated the audience with their amazing abilities.

In addition, for grades five and six, they were given opportunities to express themselves through writing and speaking competitions respectively. Grade five students participated in an Essay Writing contest where they shared their thoughts on fostering unity amidst diversity in today's world. On the other hand, grade six students engaged in an Extemporaneous Speech competition where they had limited time to prepare a speech on a given topic related to cultural respect.

Throughout the week-long celebration, it was evident that UBLES prioritized instilling values of cultural respect among its students by providing platforms for them to express themselves creatively while embracing diversity.

The United Nations festivity at UBLES emphasized the importance of unity amidst our differences - be it through costumes, talent showcases or competitions - reminding everyone that we are stronger when we come together as one global community.//Dea









REVERTING BACK TO THE JUNE CALENDAR

The decision made by the Department of Education (DepEd) to shift the start of classes from June to a new academic calendar year beginning in 2025 has sparked controversy and raised concerns among various stakeholders. While DepEd believes this change will bring benefits, it is important to critically evaluate the potential negative effects it may have on students, teachers, and the overall education system.

One major drawback of changing the start date is the disruption it will cause to established routines. Students and teachers have become accustomed to starting classes in June, and altering this schedule can lead to confusion and disorientation. It may take time for everyone involved to adjust, resulting in a loss of valuable instructional time during the transition period.

The traditional June start allows students to enjoy their summer break before delving into another academic year. Shifting classes to a different month could interfere with planned activities or family vacations that take place during this time. Students may feel deprived of their well-deserved leisure time, affecting their motivation and overall enthusiasm for learning.

While DepEd claims that aligning our academic calendar with international standards benefits Filipino students pursuing higher education abroad, there are potential drawbacks as well.

Implementing a new academic calendar involves logistical challenges that should not be taken lightly. Schools will need to revise curriculum plans, recalibrate graduation schedules, coordinate extracurricular activities with other institutions following different calendars, and ensure smooth transitions for transferring students between schools.

DepEd's decision may have unintended negative consequences that outweigh its proposed benefits. Disrupting established routines can lead to confusion among students and teachers while overlapping with summer activities can diminish student motivation.

It is crucial that DepEd considers these potential drawbacks seriously while engaging in open dialogue with all stakeholders involved—parents, educators, policymakers to ensure any decision made prioritizes student welfare while taking into account practical considerations unique within our local context.



Letter to the Editor,,,,

Dear Editor,

I am writing to express my concern regarding the increasing trend of students wearing inappropriate attire in our school. As a member of the community who values education and its positive impact on our youth, I believe it is crucial to address this issue and promote a more respectful and conducive environment for learning.

As responsible members of society who value education's significance in shaping individuals' lives positively, I urge all stakeholders - educators, parents/guardians - to come together and collaborate on implementing an effective dress code policy that will cultivate respectfulness among our student body while maintaining each individual's dignity.

"Response to the Letter,,,,,,

Dear Nicole,

Thank you for sharing your concerns about the issue of decent attire in school. We appreciate your commitment to fostering an environment conducive to effective learning.

We understand your worries regarding the impact inappropriate clothing choices may have on students' ability to concentrate on their studies as well as how it may undermine fundamental values upheld by educational institutions.

We encourage continued dialogue among educators, parents/guardians alongside students themselves when deliberating upon such issues – after all; they are directly affected by any changes made within these frameworks aimed at fostering respectful environments within schools throughout our community

Thank you once again for raising awareness around this significant matter affecting our educational institutions—your voice adds value towards initiating change beneficial for all involved parties concerned with promoting quality education within decent environments across schools locally.

> Truly yours, Editor- in-Chief

Yours truly,



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Gazetteer

opinion -





In today's digital age, where music is easily accessible and constantly evolving, it is intriguing to explore the differences and similarities between music from the past and present. As a member of Generation Alpha, born in 2013, I have developed an appreciation for old music.

Timeless, that is how we describe old songs, because they really are. No matter how many years pass, it's still enjoyed by old and young alike. It is because of the variety and selections of the songs, and also the stories behind the songs, makes people relate easily to the song. People at that time tend to be more selective with songs that is why, an artist is considered exceptional if the song becomes a hit.

The music today is more on emotional

expressions, current events, or to simply put it, it's just merely passing trends. Imitation and inspirations are the foundation of new beats, that's why there are a lot of coincidences wherein the rhythm sound the same, and sometimes the lyrics have been used several times making it less appealing to the public. Modern day music can become a hit overnight but it doesn't have the variety and capability to stay on billboard charts, more so, to the memory of the listening public.

Lyrics in older songs often focus on storytelling and crafting vivid narratives. The emphasis on lyrical storytelling adds depth and emotional connection to old music while certain genres and artists in today's music industry have more explicit or vulgar approach to their lyrics.

It is important to note that this does not apply to all modern music. There are still many contemporary songs that showcase thoughtful and meaningful lyrics.





Bullying is a serious issue that affects individuals of all ages. It can have detrimental effects on a person's mental health, leading to depression and anxiety. Unfortunately, bullying has become rampant in our school, UBLES, especially since the transition to online classes during the pandemic. This alarming trend calls for immediate action.

UBLES has implemented various programs throughout the years that have positively impacted students' lives. However, it seems that these programs have been forgotten as we navigate through remote learning. The anti-bullying program, in particular, has not been given the attention it deserves. As a result, cases of bullying among UBIANS have increased significantly.

Bullying takes many forms - from harassment and physical abuse to hurtful words and insults. Its consequences can be devastating for victims who often experience changes in their behavior and emotions. They become withdrawn, lonely, and develop low self-esteem.

It is disheartening to see our fellow UBIANS

being subjected to such mistreatment by their own peers. Bullying should never be tolerated or brushed aside as "part of growing up." We must take a stand against it and create a safe and inclusive environment for everyone.

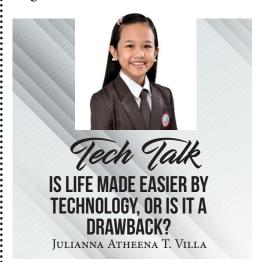
As a student from UBLES, I strongly urge the school administration to recommit itself to implementing the anti-bullying program effectively. This means providing continuous education on bullying prevention strategies and promoting empathy among students.

Furthermore, I propose the introduction of a support system within each classroom where students can freely express their concerns or seek help from their classmates or Student Government (SPG) officers. This would provide an avenue for victims of bullying to speak up without fear of judgment or retaliation.

We must remember that UBIANS are known for their exceptional minds and compassionate hearts. It is crucial that we uphold these values by treating one another with kindness and respect at all times.

Let us work together as a team to eradicate bullying from our school community once and for all. By fostering an environment built on empathy and understanding, we can bring back the strong sense of unity that makes UBLES so special.

SciTech in this modern era is rapidly developing to make people's lives better and easier. The question in my mind right now is whether this development really makes our lives easier and sets aside to understand the negative effects or its drawbacks.

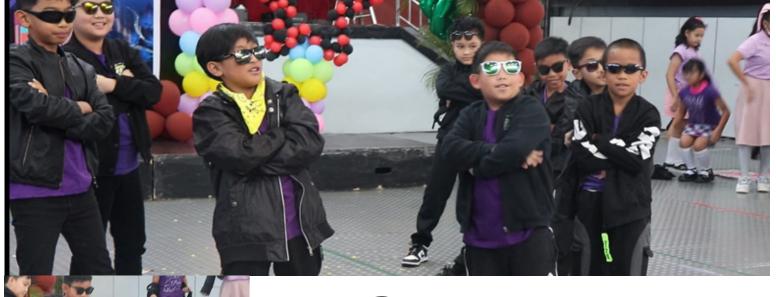


As a student, I for one utilize these kinds of science and technology developments inside and outside of school. Some examples of these developments are tablets, mobile phones, computers, the internet, and artificial intelligence also known as AI. These devices are very handy, also best for communication purposes, and entertainment, and very helpful especially in my studies.

On the positive view, most people including me truly benefit from these kinds of technology, but I think it is also better to know what are the negative effects of it. Do we need to know the negative side of it? Yes, we do. We might not notice that we are already negatively using these techs. Some observations I noticed are, that we become lazy (when doing school-related activities) technology can have negative impacts on students, including disconnecting them from real-world learning. Research has shown that technology can deteriorate students' reading and writing skills, which are essential for real-world communication, family time gets more limited, we spend more time using these techs rather than doing more productive things, and we tend to be more dependent on these techs, over use of these also result physical and mental strain, and the worst case I observed which is also a world-wide concern is cyberbullying. These are only some of the negative effects of these techs and there are more out there.

There is no doubt that techs help us in a big possible way when utilizing it properly. The negative effects also are an eye-opener for us. I think we must also pay attention to these kinds of effects on us. The move must start from ourselves.

If you feel that you are experiencing these kinds of negative effects, it is time to make a move and a choice. It is better to act now than to regret it in the end. Seeking help is not a bad idea, nor to disconnect ourselves from all the technology we have, but it is the best way to correct our wrongdoings when utilizing the said technology.



Back to the Grove: Exploring the Timeless Beats of Retro Music

In an era dominated by modern and contemporary tunes, there is something undeniably captivating about the rhythmic and nostalgic melodies of retro music.









The University of Baguio Laboratory Elementary School musical competition celebrated the timeless beats of retro music through dance and singing performances held last January 30, 2024, at UB Cardinal's Gym. With a theme that transports participants and audiences back in time, this event presented a journey of rediscovery and appreciation for the golden era of music.

The choreographed dance routines captured the essence of retro music, incorporating iconic moves such as the twist, the hustle, and the disco point. The students' enthusiasm and energy were infectious as they transported the audience back in time with their performances.

The singers took to the stage with confidence, delivering powerful renditions of beloved retro songs. From soulful ballads to upbeat disco hits, their performances demonstrated a deep appreciation for the timeless melodies and lyrics that defined an era.

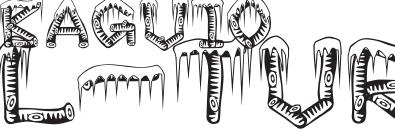
The audience couldn't help but sing along and tap their feet to familiar tunes that have stood the test of time.

As the curtains closed on this musical competition, it was evident that retro music's timeless appeal remains strong. Its beats still hold sway over our hearts and minds, reminding us why these melodies have stood the test of time. And perhaps most importantly, it encourages us all to take a step back in time and appreciate the craftsmanship behind these classic tunes that continue to resonate with us today.

The event not only celebrated retro music but also allowed students to develop important skills such as teamwork, coordination, and stage presence. It provided an opportunity for them to explore different genres of music and gain a deeper understanding of musical history.//CDT







or Colors

By: Alyna Yves T. Bayawa

It doesn't matter if you're a Filipino or a foreigner. Baguio city is a beautiful place everyone just has to see! Beautiful people, places, and culture. Baguio is really quite astonishing and again, very beautiful. But what are the beautiful things in Baguio? You ask. Well, let me tell you why.

The beauty of Baguio and its culture!

Baguio has beautiful green park places, hillsides abundant with gigantic pine trees and impressive greenery also accompanying the nice cold air that blows. Baguio is also famous for its iconic Lion's head symbolizing fierceness & strength. And a fact that you may or may not is Baguio is known as the summer capital in the Philippines, being one best tourist spot also having won the "Most Creative City". Next, Baguio's people! The people of this nation will greet you with hospitality, cheerfulness, great gratitude, optimism, generosity, and humor.

Actually, all people in the Philippines will greet gratefully, we Filipinos are also very social but respectful regarding our strong family ties and hardworking unity. Our artistic culture

ranges from unique types craft, folk art, impressive woodcarving and silver craft, accompanying with industrious weaving and amazing tattooing all the cloths, figures, products and art are handmade!

Baguio's history!

The name Baguio derived from the Ibaloi word "bagiw" meaning moss, which was Hispanicized into Baguio. A fact is that Baguio was originally called Kafagway by our ancestors. Baguio was also organized as a hill station during 1900 by the United States and was the only hill site in Asia established by the United States during that time. Baguio is currently classified as a highly urbanized (HUC). Baguio was also named as the capital of Benguet on September 1, 1909, and was established as a chartered city

and the township of Tuba was made. Baguio was known as Benguet's capital before being replaced by La Trinidad in 1916, currently La Trinidad is Benguet's capital.

Tourist spots

of Colors

There's a whole list of places you can go but I'll give you three that we find interesting. One, one of my personal favorites, the Igorot Stone Kingdom located in Long Long Benguet Rd, is an

astonishing kingdom purely made from stone. With its memorizing paths that twists in spectacular ways which gives you opportunities for breath-taking photos. Two! The Colorful Houses mainly known as the Valley

bright, bold colors. I like seeing it at night which is a beautiful sight. I describe it as a place that looks like a place where shooting stars' land.

And last but not least, number three! The Baguio Bell Church, located near the Colors of Stobosa in CHJX+MH2, Bell Church Rd, Benguet, is actually a Chinese temple by the Chinese Filipino indigenous religious organization with the matching name which was founded on August 4 in 1690. With many incredible structures and spots for photos this tourist spot cannot be resisted! With a plenty share on nature and man-made structures it just, really feels like it's one with nature also being moreover suburb it really makes you feel like your in a different, unique place.

How can I help?

Philippines in many different ways to ensure these tourist spots and people remain and stand tall. You can go ahead and share this article friends and family or share it on social media. Or even better! You can even come to the Philippines and share your findings and

You! Yes, you! You can

help support Baguio and the

Baguio is an important place for the Philippines it being a part of history, land, tourism and income so plays a very significant role in Philippine culture and economy including the ecosystem so it would mean a lot to me if you help support the Philippines and its people. Just like what Myles Munroe said...

way it's up to you.

experiences! Whichever

of Stobosa located in CHMW+GRC, Baguio-La Trinidad-Bontoc Rd, Pico, Baguio 2601 Benguet, this is really a big splash of color that is pleasant to the eye, this gigantic piece of artwork was achieved by painting the closely packed hillside homes in

"What you have done is no longer your potential. Potential is what you can do but have not done yet." -Dr. Myles Munroe



IEXPERIENCE: A TRIP TO THE NEVER-ENDING MYSTERIES OF SCIENCE

IExperience visited the University of Baguio Laboratory Elementary School and showed some physical and visual tools last September 27, 2023. Learners from grades one to six were given the chance to go into the planetarium and try out some of the tools like a Digital Microscope, Hologram, and Plasma Lamp. They also had a dome to learn more about our galaxy. With this experience, students like me learned more about science and technology in a fun and adventurous way.

Let us take a trip to the stars, and know more about these technologies that were shown to us. But first, what is Iexperience?

Iexperience is the first mobile planetarium. It is an exciting stellar adventure where young learners can tour around the wonders of our universe. The promotion of Astronomy Awareness is in line with the mission and vision of the International Astronomical Union and UNESCO.

The first exhibit is about electricity, one of the tools in this exhibit is the Plasma Lamp. A Plasma Lamp is a glass container containing filaments that are attracted to heat energy. Placing your hand on the glass ball will lead to a reaction where the electric current will follow wherever path your hand takes around the ball. The reaction of these electric currents only occurs when it is combined with the heat of our hands.

The Shadow Box is a tool in the exhibit about

the illusions of light. In the box, place your hand in it and turn on the lights, keep your hands there for five to ten seconds and watch the magic begin once the lights turn off and you remove your hand from the box. You will see the shadow of your hand in the box. This happens since the portion of where your hands were, wasn't exposed to the bright light in the box, leaving behind your shadow.

A Hologram is another tool in the exhibit of light. It is a three-dimensional light projection. Without using any required or special equipment, images can be seen. A hologram is produced by light beams that strike and reflect actual, real-life objects.

With these tools and the experience, itself, I must say that this experience has taught us learners about interesting technologies and science. It helped us discover, and learn concepts, applications, and theories.//Julianna



UBLES LEARNERS EMBRACE TECH RESOURCES

In an ever-evolving digital landscape, education is increasingly incorporating technology to enhance learning experiences. The University of Baguio Laboratory Elementary School (UBLES) is taking full advantage of its state-of-the-art Technology-Enhanced Learning Environment (TELE) lab, empowering learners to explore, create, and collaborate in new and exciting ways.

The TELE and computer lab at UBLES are equipped with cutting-edge resources such as computer workstations, smart televisions/ interactive whiteboards, and a range of educational software. These tools provide students with opportunities to engage with content more dynamically and hone their technological skills from an early age.

To ensure maximum utilization of these tech resources throughout the school year, UBLES offers regular training sessions for teachers on integrating technology into their lesson plans effectively. Educators gain insights into harnessing the power of multimedia tools while aligning them seamlessly with curriculum objectives.

Beyond academic subjects, technology also plays a role in nurturing creativity and digital literacy skills among UBLES learners. The TELE and computer lab provides access to creative software like graphic design programs or video editing tools-enabling students to unleash their imagination through art projects or multimedia presentations.

Moreover, UBLES recognizes the importance

of internet safety and digital citizenship in today's interconnected world. Computer literacy classes educate students about responsible online behavior—including practicing safe browsing habits and protecting personal information—which are crucial skills in this digital age.

Maximizing the TELE lab's resources goes beyond simply using tech—it empowers learners by equipping them with 21st-century skills essential for success in a rapidly advancing world. By embracing these technological advancements early on at UBLES, students are better prepared for higher education and future careers where proficiency in technology is increasingly demanded.

As education continues its integration with technology-enhanced environments like the TELE and Computer lab at UBLES Learners have an exciting opportunity not only to embrace modern methods but also shape their own educational journey through innovative means—a testament to how forward-thinking institutions like UBLES are preparing future generations for a tech-driven world.//Cristina







In this modern era, we are labeled as on top of food chain ruling many lands but nature is slowly dwindling. How we help in our current state?

Within today's generation, we have been heavily invested in Science and Technology and have been looking forward to upgrade and use it in specific ways but what could you, and me, do to help save the environment without any fancy equipment or chemistry and chemical experimentation?

Let's start with the first basis - tech. Technology has played a crucial role in our life as humans so let us utilize it to finish what we started. You could use it effectively to save earth globally and locally. For example, you are online and spot an opportunity, a tree planting activity is being promoted.

You can and should join as many earth-saving outreaches and activities as possible like tree planting, community clean-ups, rehabilitation, and promotion on to this topic. Or maybe you can start your own outreach programs and community activities. You post it globally around the world.

It makes a much more effective impact too. Another thing you can do, you might have heard of Ecosia, a website where in every time you search something in this browser it will plant a tree. Yes, you read me right, you can make your browser ecofriendly too! Although, we only recommend this for when you're research about something simpler.

You can go back to Google for deeper, complex research. Another thing, on your next online shopping trip you spot biodegradable, eco-friendly and non-toxic products on sale! These could be better alternatives to plastic and non-biodegradable products. Alternatives are biodegradable plastic products, eco-bags, plant based products, reusable bottles and so much more.

Second basis is Science. I know you're not a scientist or chemist but there are ways you can help in this topic. Again, back to the computer. In any community or Chanel that asks for any suggestions on "What should I invent?" question this is your chance.

You could do some research on eco-friendly material and suggest an invention on that another more science way, you could learn the basic sciences

of trees, animals and the environment to use it to promote a healthier ecosystem. Example, you live somewhere near vegetation. You learn that crushed egg shells serves as a good calcium booster for plants so you set of with a few jars of crushed egg shells and sprinkle it all over tree roots and plants. This is true facts being mentioned, you really can use egg shells as a fertilizer.

Another thing if you have the passion is you could become a scientist, ecologist, zoologist or chemist yourself! Sure, it takes time and effort but it all pays off.

Don't feel pressured! You don't have to do all of these, we won't force you. Maybe something easier? Like sharing this article! You could share it on social media, with a friend, family or colleague, again, it's all up to you.













Castielle "Odani" Shiraz B. Gulian, a young and determined swimmer from UBLES, has been making waves in the swimming community since she first dipped her toes in the water at just 8 months old. With a passion for swimming that knows no bounds, she has quickly risen through the ranks, showcasing her talent and dedication at every turn.

At the age of 6, in February 2022, she officially began her training and competitive journey as a swimmer. Within three months, she took part in her first invitational competition held in May of that same year leaving an indelible mark by clinching gold in all categories.

Castielle's exceptional skills make her become a proud member of the prestigious Baguio Invictus swimming team. This partnership provided her with valuable opportunities to train alongside elite swimmers while further honing her talents.

In an impressive display of talent and determination, she earned herself a spot as the youngest varsity athlete of UB Cardinals during the school year 2022-2023.

Throughout her swimming journey, Castielle has fearlessly taken on more than 14 competitions spanning local to national to international levels. Her hunger for success combined with relentless training has allowed her to continuously improve while gaining valuable experience from each event.

For her, water is more than just a playing field; it is where she finds comfort and solace. Even when faced with illness or adversity, diving into the pool provides respite for this passionate young athlete. Beyond traditional swimming events, Castielle also has an affinity for free diving in oceans—a sport that allows her to explore new depths both physically

and mentally.

Her love for water is evident in her words: "I love watching the water; I love swimming in the pool or in the sea. It makes me feel relaxed." This deep connection to the water is not only a testament to her athletic ability but also a reflection of the peace and tranquility she finds in the aquatic environment.

Castielle's exceptional achievements are astonishing. Throughout her remarkable journey so far, she has been awarded Most Outstanding Swimmer ten times—a testament to her natural talent.//Cristina





sports

Warriors triumph: Medals haul in 2023 CAR Poomsae and Kyorugi Taekwondo Championships

Taekwondo players captured a total of 13 gold, 4 silver and 4 bronze in the Taekwondo Championships at Easter College, Baguio City last December 10, 2023.

UBLES athletes, Joniya Yua Ysabelle C. Obiacoro, grade six, grabbed gold in individual poomsae and silver in pair poomsae while Meagan Zaniel E. Ogoy, grade five seized gold in sparring, silver in individual poomsae and bronze in pair

The grade four students also showed their determination as they secured medals in different categories. Elijah Rae D. Ramos ranked first in pair poomsae and kyorogi sparring while Kali Tanice Kenisha S. Pascual clinched first place in individual and pair poomsae. Meanwhile Kyla Nicole A. Takinan spotted first in kyorugi sparring while Alexa Rae D. Ramos clutched silver in pair poomsae and bronze in kyorugi sparring.

Samantha Nicole Dait, grade three, snatched gold both in individual and pair poomsae, amd bronze in kyorugi sparring while Kiara Trish Moncogong landed second in individual poomsae. The grade two students, Winter Niamh Scarlette Abuan ranked first in individual and pair poomsae

while Micah D. Chawi grasped gold in Kyorugia and bronze in poomsae.

Zion Ysabelle B, Buenviaje, grade one and the youngest in the group secured gold in individual and

The young athletes are getting ready to represent the school in other local, national and international championships.//Celdrine



Chess prodigies clinch gold in District Meet

University of Baguio Laboratory Elementary School (UBLES) chess maestros snared gold in individual and team categories during the District IV Athletic Meet held on December 9-10, 2023 at Mabini Elementary School.

Reuel Imer Tanyag, a fifth-grade standout, claimed the top spot in the individual category, while his teammate, Jimflordy Odasco, a sixthgrade student, contributed to their collective success, securing first place in the team category.

The dynamic duo's exceptional performance has earned them the honor of representing UBLES at the upcoming Palarong Panglungsod scheduled for March 9 and 10.//Cristina





Combatant snags medals in Muaythai Tournament

Caleb Wade Brown, a grade five athlete outclassed other contenders in the Batang Pinoy 2023 at Paco, Manila last December 17-21,2023.

In the intense arena of Muaythai Combat, Brown proved to be a force to be reckoned with, securing the silver medal and continued his winning streak by clinching the bronze in Muaythai Waikru, showcasing his versatility and mastery of various aspects of Muaythai.

Brown joined different competitions and hauled different awards. He is now channeling his focus and energy into refining his skills and strategies for the next battle, demonstrating his dedication and determination to continue making strikes in the world of Muaythai.//Kray



UBLES ace smashes the competition



SECURES GOLD IN BADMINTON TRIUMPH

emerges as a victorious force in the prestigious international scene.

Renee Scarlette Somentac, a grade four talented badminton player, recently seized gold medals in Bambanti festival tournament at Ilagan City, Isabela on January 28.

Somentac ranked first in 11 under and 13 under, singles category.

With the recent gold medals win under her belt, Scarlette is now setting her sights on the upcoming Palarong Panglungsod. She is determined to showcase her talent at this highly anticipated event and make a mark in the badminton scene.//DT

swimmer bags gold in int'l competition

Castielle Shiraz Gulian, a grade two student from the University of Baguio Laboratory Elementary School proved her determination as she seized gold medal at the 22nd Royal Bangkok Sports Club Swim Meet held on November 18-19 in Bangkok, Thailand.

Gulian's exceptional performance stood out among 17 participants from Southeast Asian countries in the challenging 200m Freestyle Relay

Prior to her success at the international level, Gulian actively participated in various local and national competitions, securing gold across all categories. Her consistent excellence earned her the prestigious title of Most Outstanding Swimmer in the Class A-B Division.

Gulian is now gearing up towards upcoming events, including the highly anticipated Palarong Panglungsod.//Dea

Buzzer Beater

FILIPINO SPIRIT SOARS: UNWAVERING SUPPORT IN EVERY STROKE, STRIDE, AND SWING

by: Trycia Villafuerte

In the heart of every sporting event, there lies a force more powerful than any athletic prowess - the unwavering support of Filipinos. From the buzzing basketball courts to the serene swimming pools, the spirit of camaraderie and encouragement echoes through the stands, enveloping athletes in a warm embrace that transcends individual achievements.

The Filipinos' love for sports goes beyond cheering from the sidelines; it extends to the grassroots level. Local competitions, like Palarong Panglungsod, become breeding grounds for emerging talents, and the community actively rallies behind its aspiring athletes. Parents, teachers, and community members become the pillars of extrangth footening an environment where dreams strength, fostering an environment where dreams of sporting glory are nurtured.

Basketball, often regarded as the heart and soul of Philippine sports, sees entire barangays coming together to witness games that transcend mere competition. The electric atmosphere in basketball

arenas is a testament to the shared passion that binds the Filipino community, uniting them in the joy of the game.

Beyond the courts and pools, the Filipino support transcends geographical boundaries. Social media platforms light up with messages of encouragement and pride, connecting Filipinos from all corners of the globe. The global diaspora passionately follows the journeys of athletes, sharing in their victories and offering solace in defeats.

It's this collective spirit that transforms every sporting event into a celebration of unity. Whether it's a medal-winning performance on the

international stage or a spirited match at the local level, Filipinos rally together, forming a tapestry of encouragement that weaves through the fabric of

In a world where sports can be a powerful unifier, the support of Filipinos stands out as a beacon of inspiration. It's a force that transcends individual achievements, turning every sporting endeavor into a collective triumph for the nation. In every stroke, stride, and swing, the Filipino spirit soars, reminding the world that in the Philippines, victory is a collective endeavor.