



# rosette

THE OFFICAL STUDENT PUBLICATION OF PAREF WOODROSE SCHOOL, INC.

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# REMOTE LEARNING: Musings of a Mother

BY RURU GONONG | WRITER

2020 filled everyone's lives with unexpected challenges. This is true for students and parents as this year has brought changes to both of their lives. The school and the home go more hand-in-hand this year as the entire Woodrose community adjusts to remote learning. The struggle of keeping everything together and adapting to these difficult times can be best represented by a mother.

A PAREF mother of five shared her thoughts on remote learning before it began. As a mother, she knows the great responsibility of taking good care of the household and the people living in it. With this in mind, she mentioned her initial thoughts on remote learning:

This was something new for us and the school, so I expected there would be a lot of adjustments on both ends. For school it would mean finding ways for them to effectively teach with the challenge of being online. On my side it would mean the kids having to balance school work and chores at home. I was a little worried about how their behaviour would change given the gadgets needed because online school would mean more hours tirelessly on screen. Aside from screen time, each kid would also need a gadget which is something new to them. They shared a desktop and laptop pre pandemic. I just worry about their social interaction and sharing skills.

This mother was able to say that adjusting to the new circumstances was difficult. "My initial thoughts did match reality... and it was hard to

balance chores and school work." She said that her children "were caught between wanting to take a break from workload and finishing on time but it was really hard to keep up with what the kids were given in school." Accomplishing work was even more difficult "when everyone needs the internet and the internet connection is bad." More importantly, she "was pushed to be a tech mom." The current situation gave her the opportunity to learn about new technology such as Google Meet and Zoom to help her children and be available for everyone, especially when they are in need. With children in both grade school and high school, she mentions that "being a mom of both would require monitoring and support but on different levels for each." She said that her attention goes more towards the younger children when it comes to school work, checking up on them almost every hour just to ensure that they are working on school. For her high school daughter, she puts more trust in her capabilities to work independently. She still must check up on her, but not as often as the others in grade school. As she was faced with several challenges, she was able to find her own way of going about everything.

Each day in her home improved, taking into consideration all the work to be done on her part as a mother. She created a system wherein one older child was assigned to assist one younger sibling in dealing with school work. However, doing school at home also means that her children can help around the house more. She decided to sit down with her husband and children to figure out a chore schedule. She emphasized how it was important to talk about this together to make sure that the chores cater to the capabilities of

her children and balances with all of their other school activities and hobbies. In order to make household work enjoyable, she allows her kids to work on them however they want. She recalls how one blasts music while doing the dishes, two do the laundry while watching a movie, and two play their toys as they clean up at the same time. In making time for each task, she keeps in mind that her children need time for themselves as well. She gives them freedom to enjoy their hobbies such as sewing and to stay in touch with friends and relatives. Though the collection of these activities and hard work brings her family closer together, faith and love in each other and in God helps her family stay strong. She said, "I make sure we all go to Sunday Mass online and pray the rosary because prayer is so important especially during these challenging times... For me, trusting God and living a life of virtue is what makes people build a welcoming home full of love and peace."

Having experienced all the hardships and change, this mother learned countless things. She is happy to say that she is more knowledgeable on technology now that remote learning gave her an opportunity to learn more about it. With this, she learned that it is always best to "have a backup gadget and internet provider" because repairing needed materials is easier said than done. As she made a schedule with her family, she realized that it is best to keep it flexible in order to prioritize school work and activities within the day. In addition to this, the process of her adjustment taught her to "keep her mind open to change." She also has accepted all of her own and her children's capabilities and limitations, seeing how "each kid moves at their own pace." Every experience she

went through this year humbled her even more, and pushed her to be physically and mentally strong for her family. She is certain that everyone should "make the most out of this situation."

Starting the year with a world pandemic that resulted in remote learning is just the beginning of their journey throughout a new chapter in their lives. Though no one could really imagine life during a modern-day pandemic, this mother's sacrifice and drive to provide her children with education shows that hard work pays off, when one is motivated by the Lord and the family that one has.

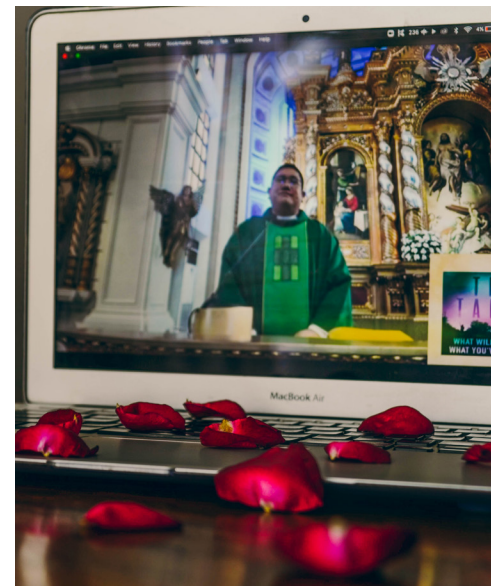


PHOTO TAKEN BY ALLY LOPEZ

# A DAY IN THE LIFE OF A TEACHER: Online School Edition

BY MM PUA | CONTRIBUTOR

From its iconic red brick walls, Woodrose has moved into the homes of teachers and students alike. The floods of emails, schedules for online calls, Google Classroom hopping, and the dings of notifications make up the new red bricks of the new walls of the Woodrose online school landscape. As the walls between home and school have been broken down, how to rebuild them is up to the individual. Like their students, the teachers have new challenges to overcome. However, as Google Classroom streams continue



PHOTOS COLLATED BY GABY RODAS

to update, they overcome them on a daily basis.

Their day begins with a morning prayer. With the Morning Offering, the teacher offers up her work for the rest of the day to God, setting the tone for the rest of the day.

As a teacher, organization is key to structuring the day brick by brick. For Ms. Bea Poblete, Grade 11A Class Adviser and Senior High Science teacher, she has a spreadsheet to remind herself of all her tasks and activities throughout the day. "I have to remind myself even to attend the daily meetings like our faculty meeting and CAP sessions, though those never change."

Other teachers like Mrs. Abygail Magbag, use planners and cork boards with reminders for daily activities. "My mantra is if it is not listed in my planner, it will never happen."

Attending meetings consists of a large portion of a teacher's day. This doesn't include giving 2-3 synchronous classes in the morning and planning lessons in the afternoon. However, for a mentor like Mrs. Grace Bayani, her day revolves around her chats. "I have 25 mentees so I would like to stick to having chats with 4 or 5 so I will be able to talk to them twice a month. I make it a point to schedule the chats during their free periods so I don't have to interrupt any SSS (Synchronous Study Session) or GIS (Guided Independent Study)."

After classes, teachers like to unwind

from all the buzz and bustle of online school. Whether it is through baking, dancing, or watching a favorite K-Drama, it serves as a reminder that superhero teachers are human too. With the advent of online school and the continuous toll of the pandemic on one's emotions, prioritizing health and rest has an added importance to find sanity in the most insane of situations.

For example, Ms. Poblete has learned how to be more healthy in her everyday life. "My routine has changed a lot in the past few years, because I've started to prioritize my health over my work. Of course, doing a good job in everything I do is important, but I've learned that health is irreplaceable. These days, I'll gladly sacrifice doing more work in exchange for exercising more often, sleeping earlier, and not skipping meals."

Like their students, teachers now spend more time with their family. While working from home, teachers now have the flexibility to get to discover and rediscover family. For Mrs. Bayani, this is one of her most non-negotiable parts of her routine. "The most non-negotiable routine is attending Holy Mass online as a family because it is important for me to make it a priority to celebrate Mass. Family Rosary also because this is when we offer up our intentions and petitions for the day. Another non-negotiable is spending time with my kids and my husband. Mostly, I spend time with my daughters, just talking or playing board games. I bond with my husband after dinner and if I have time before sleeping, I do some reading. I also check up on my kids

numerous times during the day."

With the new digital school landscape, past routines are demolished as the new walls are being built to accommodate the change of scene. However, new renovations are welcome. Mrs. Magbag adapts to the new online school environment. "Now, I spend more time with my computer. I had to buy myself an iPad. Miss Reque and I both bought iPads and with the Apple Pen, I can check my papers like I used to. She can check with green "ink" and I can check with purple "ink" so this gives us a sense of normalcy. I attend more meetings unlike before. I think my routines have changed as they respond to the needs of my work. I now have routines in response to teaching. My routines respond to the needs of the call of the times. My routines have to be flexible in order to respond to the needs of the task." She, like many other teachers, possesses that superpower of super flexibility to the changing times and super strength and endurance to do so every day.

At the end of the day, teachers find joy in their students. Even if it is through a screen and though the demands of online school may be exhausting, students remain the highlight of their teachers' days. Although she is not a teaching teacher, Mrs. Bayani enjoys chats with her mentees. "I look forward to my chats with my mentees. I enjoy catching up with them and helping them out whenever they need advice, and making sure they are doing well."

Even if she is no longer a class adviser, Mrs. Magbag delighted in her time as a class adviser. "I always look

forward to the time in the classroom. CAP is my favorite. I do not want to distance myself from the classroom. I prefer to connect with my students. I don't want to be out of the loop. My advisory classes have always been my mental escape. I can be myself, but you don't have to worry about submissions."

Meanwhile, even if Ms. Poblete has not met her current class advisory class in person, she still loves to listen to them. "My favorite part of the entire school day is seeing my students! I've never actually met this batch of students in real life, but nothing brings me more joy than talking to them and hearing what they have to say about our lessons, their interests, and the questionable things that they did when they were in junior high school."

With the new Woodrose, teachers blend deeply cemented past routines with newly laid present ones. Brick by brick, they are redefining what it means to be an educator in the online world. Amidst all the chaos, they take comfort with time well spent either with themselves, their family, or their students. Online school may be difficult, but they are more than up for the challenge. For all their resilience, they deserve their superhero status in the hearts and minds of their students. When the dust settles, physically or digitally, they will carry the best of themselves and build new bridges between the familiar and unfamiliar. Making the most of the open door of opportunity and the window to another side of their students, teachers will find a way and if not, make one.



# A GLIMPSE TO A Student Varsity's Survival Guide

BY KIMMY CALONZO | WRITER

Warm-up exercises and physical training all in front of a screen--this is far from the imagined traditional set up in the school gym and on the Chapel field. Who would've thought that doing burpees, sit-ups, or dance routines would take place via Zoom?

As strange as this may seem, this is an event that many Woodrose athletes look forward to every week. Not only has it made varsity members fit during quarantine, but it has also proven that their passion for sports can bear fruit regardless of any situation. However, behind these productive Zoom training sessions, there is no denying that there have been struggles along the way.

For some like Steph Claparols, one of the struggles she faces involves not being able to physically see her teammates on the same court. There is nothing that beats laughing beside teammates during drills. With that, Steph shares sentiments of missing her team.

*"As part of the Badminton Varsity, the hardest thing for me to adjust to is not seeing my teammates on the same court. Laughing beside my teammates was nothing alike to having them on mute in a Zoom call."*

On the other hand, Ally Lopez, Co-captain of the Football varsity, tells Rosette that she and her team had difficulty doing drills due to the unfamiliar set-up. However, with the support of their coaches, they were able to adjust together, as a team.

*"The first challenge was definitely how we were going to do this in the first place--It was such a foreign concept. Luckily we have wonderful coaches, who are so supportive in helping us through every step. Honestly, they're like my second parents, and the whole team to me is my second family. Some girls (myself included), had trouble with our limited space and lack of equipment. To respond to the situation, our coaches catered drills specifically for small spaces. Then, instead of using cones, we would*

*use slippers, shoes, jugs, or anything in the house as a substitute. Every Monday, we would also have strategy lessons about the game to help us when we get back on the field."*

Ally also shared that getting started is the key to staying motivated. With that, she came with a message for other varsity members coping with the current situation.

*"I know everything right now feels different. But you can always count on your team for that sense of familiarity, your team is your family. The life of a student-athlete is no joke. My life now is a little bit like a circus. I'm currently juggling my school work, extracurriculars, social life, sleep, and my responsibility to the team all at the same time. Some advice that helped me through this is that action leads to motivation. You might think it's the other way around but the key is to simply start. Only then you'll get the momentum you need to stay motivated and on track."*

Similarly, Lauren de Luna, Captain of the Softball team, shares that the unfamiliar environment caused the team to struggle with letting go of many members. Aside from that, members also had to adjust to the limited space at home. However, she is still grateful that the school didn't entirely remove the sports program albeit the online set-up.

*"Because the school no longer sponsored varsity teams, many of our members had to decide whether to leave or to stay. However, even though it was hard to let go of some people, I appreciate that the school still came up with a sports program. It was also hard to adjust since Softball is done in the field. With that, we just had to settle for strengthening exercises and drills that will help us when we get back. Many of us also lacked the space and equipment for training. Because of that, we learned to be resourceful. For instance, we learned to use towels for practicing our pitching."*

Lauren also shares that with the unfamiliar set-up, you may find yourself feeling unmotivated. As

a piece of advice, she shares that it helps to remind yourself why you love the sport in the first place.

*"Remind yourself why you love the sport! Whenever I feel burned out, I tell myself that it'll be worth it once we get back on the field. In a way, it is like my stress reliever since it reminds me of how it can help me in the future."*

Meanwhile, Julia Fernandez from Woodrose Dance Crew, shares that procrastination and time management were some of the difficulties she encountered in adjusting to the new set-up.

*"Some difficulties I encountered in adapting to the new setup were laziness and procrastination. This led me to be behind schedule, making me more stressed and sleep-deprived. Mentally speaking, the new set up made me anxious and restless. I was always either working or training, with barely any rest in between. On top of that, the homework given was overwhelming and time-consuming. Although everything seemed to be hard, calling a friend helped me cope. Just knowing that someone is there for you, really relieved and calmed me down. It helps to know that you aren't alone and that there are always people around to help you."*

Despite these challenges, Julia shares that she learned to get back on track by valuing rest more.

*"Rest! Always take the time to rest no matter what! Online training is a bit challenging, but it is always something that helps lighten your mood. Never give up on what you are doing, and if there are some problems regarding your training, it is always okay to ask your teammates and coach/coaches for help. Remember that you and your teammates are all in it together, meaning that no one is going to go through anything alone!"*

Workload clashing with training may already be a familiar obstacle to many student-athletes. However, given the new unfamiliar environment, there was a period of adjustment for all. With that, Erin Balza, captain of the Football team, recommends with a "mind over matter"



PHOTO TAKEN BY ALLY LOPEZ

approach in coping with the remote set-up since it is through a positive outlook that one can get things done.

*"I think it isn't easy to get through a week without having to stress over due dates but I also think that if we learn to strive to do our best in everything we do, we wouldn't feel as burdened as we think we would."*

Also from the Football team, Francine Noche shares that having faith during these trying times is what will help one get through the hectic days.

*"My advice is to first of all pray just know that God is here with you throughout these hard times. Next, set small goals to achieve by making schedules. Lastly, be more positive--not negative!"*

On top of a piling classwork To-do list, student-athletes take on the added responsibility of joining training sessions on a seemingly peculiar set-up. Juggling personal life, extracurricular activities, and schoolwork may seem like an arduous task from a first glance. But, at the end of the day, these all tie up in being a source of one's motivation and growth. With these obstacles along the way, the shift to the remote set-up was undeniably difficult. However, student-athletes like Steph, Ally, Lauren, Julia, Erin, and Francine remind others that they are not alone in the process of adjusting. After all, no one is left behind.

## THE TRANSITION TO Technology-Based Education

BY SASHA ROCHA | WRITER

The increasing number of COVID-19 cases in the Philippines has left the whole country wondering how to tackle the new challenges the situation presents. With Filipinos forced to stay at home, the nation must now rely on technology to continue normal routines usually done in person before the epidemic started. With that being said, as declared by the Department of Education, students were obliged to turn to online schooling as a means of continuing their education for Academic Year 2020-2021. While some schools delivered modules to students' houses, others relied on television and radio-based learning to continue the school year.

The transition to online learning was a new concept to many in the beginning, but now, months into the school year, students have a grasp of the difference between face-to-face education and the new digital setup. One of these students, Grade 11 student Tea Betita, shared her experience with the new system and how it affected her.

"Before classes started, I had no idea

what to expect. But what I can say is that considering how new remote learning is for all of us, I appreciate how everyone is really patient and supportive of one another. Online learning gets really overwhelming, but it also pushes us to constantly check on all our loved ones and ultimately just be there for one another amidst the pandemic," she remarked. "I'm honestly just so amazed at how we've managed to shift to remote learning and find ways to make it work to the best of our ability."

However, online learning has its downsides, especially when it comes to the painstaking amount of time it takes. "Something I did not expect was how time consuming remote learning could actually be, because we're all at home. I thought there would be plenty of time to balance everything in our lives but online learning takes up a lot of my day and I don't even realize it," Tea expressed. She also added that adjusting one's learning style is necessary given the number of factors that now affect learning. "We also have to adjust how we learn by finding what aspects of online learning work for us and what don't. I believe there are so many factors that affect the quality of education,

such as our environment, methods used, and everyone's personal learning styles, which were affected by the shift to online learning."

Tea also voiced her concerns about how the online system affects the students' mental health. "First, the online system can be really overwhelming in terms of the amount of workload and balancing other responsibilities. I believe that there's this pressure to always be on top of things, which becomes really draining and discouraging as well," she mentioned. "Learning at home also takes away the sense of community that we had in physical school. It allows us to work more independently but that can also feel like we have to carry the burden on our shoulders alone, which is not the case. It takes a lot of effort to distribute our focus on academics, extracurriculars, and personal life without them all meshing into one."

Despite the challenges that come with the new system, Tea claims there are ways to make it easier for those involved. "I think the most important thing students should do is to, first and foremost, take care of themselves.

Everyone is adjusting and coping differently to online learning so it's important to make sure you really listen to what your mind and body need, while still knowing your priorities." She also puts emphasis on being there for others. "The next thing is to just be there for your teachers, friends, and classmates. Let them know that you are there for them for whatever they need and are willing to help in any way, shape, or form. Do your best to spread as much light and love as you can because your energy can really impact others!"

Overall, she does not expect things to get easier, but expects that students will eventually learn how to cope with the changes. "Being familiar with remote learning will help us better understand how we can go about each day and do things in ways that we see fit for us. Given that we've already well into the school year, I believe that we are very capable of finishing the school year strong, striving each and every day to make the most out of the bleak situation we currently face."

The epidemic has caused the lives of every citizen to turn upside down. The fact that life is still going on

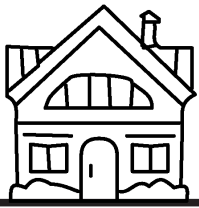


ART BY KASS CANTOS

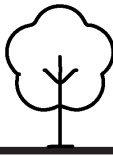
despite the challenges brought about by COVID-19 is a source of hope that once the pandemic is over, we will come out stronger and better prepared for the trials and tribulations we have yet to face.

BY SABRINA ZANTUA | CONTRIBUTOR

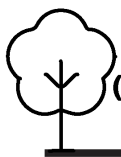
# A Beginner's GUIDE to QUARANTINE GUIDELINES



## ECQ (Enhanced Community Quarantine)



Temporary measures of strict limitations on movement and transportation of people and strict regulation of operating industries, provision of food and essential services; and heightened presence of uniformed personnel to enforce community quarantine protocols are imposed in communities/areas under ECQ.



## MECQ

(Modified Enhanced Community Quarantine)

This is a transition phase between ECQ and GCQ

The temporary measures of strict limitation on movement become relaxed and less necessary



## GCQ

(General Community Quarantine)



Implementations of temporary measures limiting movement and transportation, regulation of operating industries, and presence of uniformed personnel to enforce community quarantine protocols

Less strict than ECQ and MECQ; more relaxed measures compared to the ECQ and MECQ

*\*Enforced in provinces and cities considered to have moderate or low risk to COVID-19\**

## MGCQ

(Modified General Community Quarantine)

This is the transition phase between GCQ and the New Normal

**\*New Normal:** refers to the emerging behaviours, situations, and minimum public health standards will be institutionalized in common or routine practice remain even after the pandemic while the disease is not totally eradicated through widespread immunization.

*Citizens in areas under GCQ and MGCQ are freer to move around. However, they are still urged to travel only when necessary - to buy food and essential items, or for work. Travel for leisure is still prohibited.*

## \* Changes in the community quarantine rules \*

(observed starting October 21)

**1** 15 years old and below and 65 years old over now allowed to go out.

Presidential spokesperson Harry Roque: "Local government units (LGUs) may impose a higher age limit for minors, depending on the COVID-19 situation in their respective jurisdictions."

**2** Non-essential outbound travel allowed now.

Filipino are now allowed to leave the country. For those travelling on tourist visas, they must first submit confirmed round-trip tickets and adequate travel and health insurance.

**3** Beach volleyball, off-track horse racing, cockpits are now allowed.

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# EDITORIAL & OPINION

PLAID WITH PRIDE

## SOCIAL MEDIA ADDICTION: Who Controls Whom?

We are all aware of the onslaught of social media addiction plaguing our world today, but what do you know about what really goes on behind the screen?

In the Netflix documentary entitled “The Social Dilemma”, Google’s former Design Ethicist Tristan Harris discussed his experience working at the company. Essentially, upon describing his personal struggle with addiction to email, he found that there was a need to make interfaces such as these less addicting for its users. He pitched his desire for creating more ethical designs for technological products, and his ideas were initially lauded and taken into consideration. Despite this, his plans ultimately fell through, which led him to retire from his position.

Fast forward to 2020, Harris was interviewed alongside other tech insiders to expose the manipulative nature of technological companies and online platforms such as Facebook and Instagram. From what was said, it is clear that the interplay between algorithms and the users’ response to such has been abused by these companies for mere money-making schemes. The worst of it all? Their methods are discreet and even engaging enough that they remain unseen in the eyes of the public. In a way, it’s as if these companies and its users have taken part in some sinister puppet show—except the latter isn’t, or refuses to be aware of it.

When used in excess, social media and technology can be detrimental to our health, relationship with others, and our overall perception of the world. And although this idea is one that we are all acquainted with, it isn’t one that we seem to emphasize or care for enough. We tend to let it consume us, and take away our sense of self-control. We have even allowed it to strip us of spontaneous interaction, spread false information, and instill in us a negative self-image, to name but a few.

Now, this is not meant to downplay the countless positive impacts of social media on our world. It has found organ donors, helped spark revolutions, and during these times, allowed us to stay connected despite being stuck in our homes. However, there is a thin line between letting ourselves get manipulated and conscientious use, one that seems to get increasingly blurred as the modern age progresses. Take for instance how we use these platforms for entertainment. By

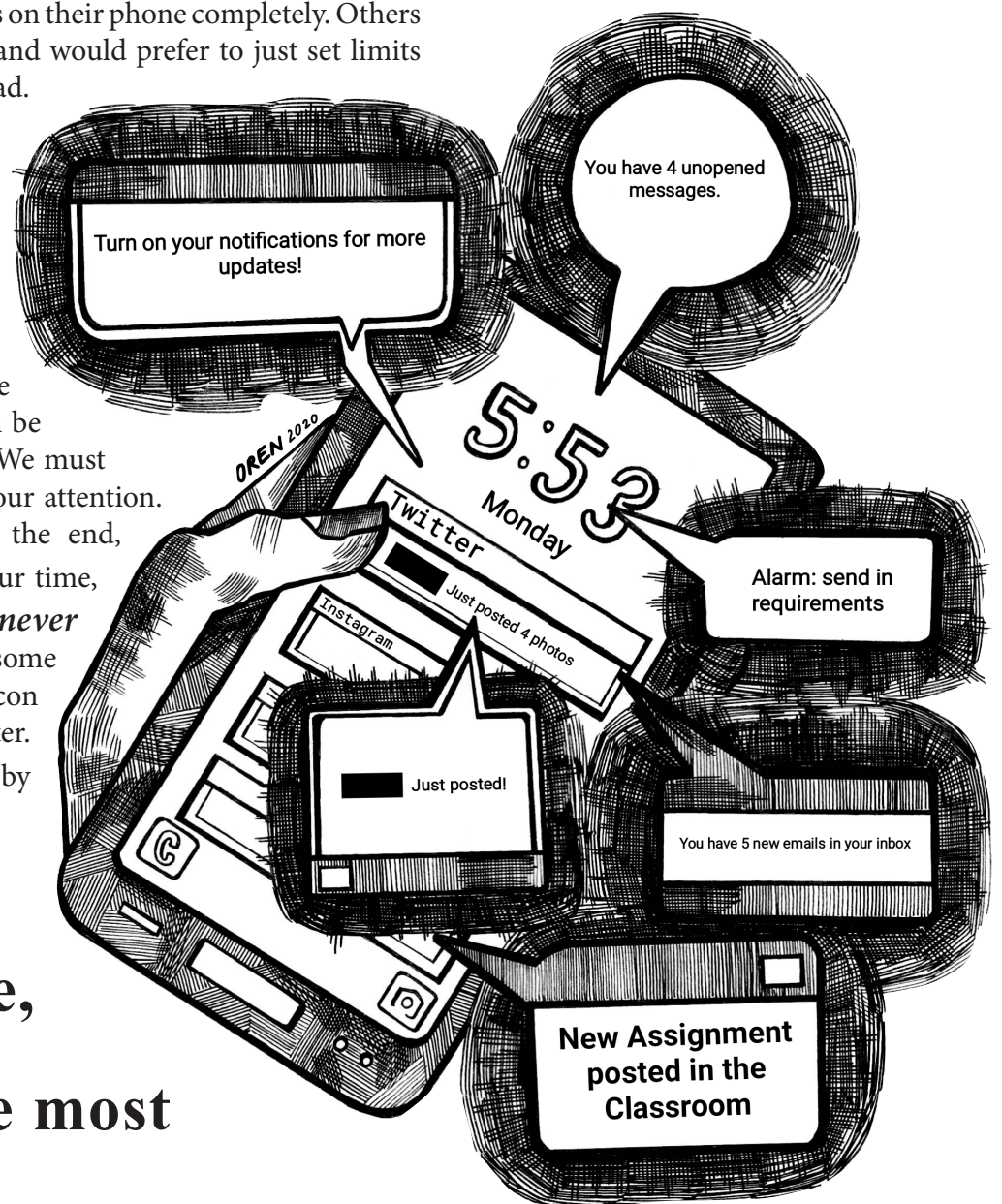
nature, there is nothing wrong with binge watching Netflix shows, keeping up with your favorite celebrities, or scrolling through Tiktok. Afterall, everyone needs some downtime once in a while. However, doing these things during the time we have deliberately allotted for rest is different from letting ourselves get distracted.

With all aspects of our lives taking a huge shift towards the digital realm, it is now imperative that we begin to draw a hard divide between using it when appropriate and letting it become a distraction. Instead of falling into the traps set up by these companies, we must learn to use technology to our advantage. There are many ways we could do this and the methods we choose will ultimately depend on what works best for each of us. Some people need to be hard on themselves and delete these apps on their phone completely. Others find that too harsh and would prefer to just set limits for themselves instead.

Whichever way we do it, what matters is that we begin to see our time as something infinitely valuable and not a mere commodity that can be sold to advertisers. We must assert control over our attention. This is because in the end, the way we spend our time, *our lives*, must *never* be dictated by some algorithm or a Silicon Valley supercomputer. It must be decided by *us*.

**It’s ours  
therefore,  
we must  
make the most  
out of it.**

ART BY OREN LEONIDA





The Philippines is ranked 20th on the list of the top 20 countries worldwide with the most cases of the Coronavirus disease (also known as COVID-19), with about 424,000 cases and more. Without a doubt, the country is struggling as it deals with COVID-19.

Starting the year with ten cases of the virus, the first call of action by the Department of Health (DOH) was home quarantine, where the infected were told to remain in their homes and trace where they travelled and who they interacted with. As cases in the country increased, the DOH required the practices of "protective measures such as hand hygiene, social distancing, and proper cough etiquette, besides avoiding unnecessary travel and mass gatherings." Intensified investigations involved surveillance systems to "look for clusters of cases" and contact tracing of the increasing cases. Rapid response teams were deployed, classes were suspended, and work schedules became flexible. The rise of infected citizens resulted in mass testing, conducted by health professionals, using different methods such as swab and rapid tests that can be done in hospitals or even in the convenience of one's home. In addition, the government supplied goods to the poverty-stricken that were in need of food. Lack of money for basic needs was not only caused by the implementation of strict quarantine, but was also due to numerous businesses shutting down or companies needing to lay-off workers. Over time, quarantine guidelines were relaxed and people were allowed to leave their homes. With the latest situation, it is mandatory to wear a face mask and face shield when outdoors. Before one enters an establishment, they are required to sanitize their hands and fill out a form with their contact information for contact tracing purposes. In a gist, the Philippines' fight against COVID-19 continues with numerous implementations in order to contain the virus and ensure the health of its citizens.

By Ruru Gonong

# COVID Responses

By Carina Gutierrez

# Healthcare

It has been nine months since the first coronavirus case in the Philippines, and the healthcare system continues to grapple with the spread of the virus. Hospitals are full, and each day, COVID cases continue to rise. Needless to say, the sector of healthcare has taken the brunt of the global pandemic, and due to the health crisis, the global health industry has changed forever. Especially in the Philippines, hospitals are struggling with thousands of new patients as the country continues to suffer from a severe lack of health equipment and facilities. As more and more hospitals have turned to dealing with the global pandemic by prioritizing COVID patients, an increasing number of non-COVID patients have suffered from health consequences that in some cases have led to death because they were turned away by hospitals. This has led to the rise of telemedicine, wherein consumers can avail of health services from their own homes. This April, the number of users who made health consultations through KonsultaMD, a subscription-based telemedicine service in the Philippines, rose by 450 percent. Especially in remote areas, this could be a viable solution to the inaccessibility to healthcare. Nonetheless, it is not clear yet whether telemedicine is becoming mainstream in the Philippines, but one thing the pandemic has made clear is that healthcare is a continually growing necessity, and though millions of funds are already going into the industry, it is still in dire need of adequate funding.

Despite the major drawbacks that the pandemic has had on the healthcare system, the Department of Health has a proposed budget of P131 billion for 2021, which is lower than this year's P180 billion. This has been criticized to be insufficient as the Philippines' healthcare system is still far from recovering from the pandemic. However, efforts are being made to increase the health budget by reallocating the government's current energy development or Malampaya fund into the health budget for 2021 under the proposed House Bill 7800.

While the process to improve health facilities is ongoing, numerous other sectors are being affected as well, and one of the biggest ones is the educational sector.



Last July 17, 2020, the Department of Education (DepEd) released an official statement on the enrollment data for School Year 2020-2021. In the statement, DepEd reported that the 21, 344, 915 enrollees this year for basic education in private and public schools represent 76% of last year's enrollment. This figure, however, does not represent the number of students who have been struggling to adjust to the new online system of learning that was implemented in an attempt to recreate classroom teaching in the comfort of students' homes.

Since the announcement of the continuation of classes for School Year 2020-2021, numerous people online have called for an academic freeze, citing the ineffectiveness of remote learning and the adverse effects it has on the mental health of students. "This learning system is too harsh on the students' mental health. Please understand that not everyone can handle the stress like some can," one Twitter user posted. "Be considerate of us students."

The Philippines also ranked 83rd out of 138 countries in digital readiness, as reported by the Department of Science and Technology. DepEd's ICT Service Director Aida Yuvienco mentioned that most public schools do not have access to the internet, saying, "Only 26 percent of public schools are connected to the internet or are able to connect to the internet." She mentioned that roughly 5,000 public schools situated in remote areas do not have access to electricity.

Yet despite the pleas of students and education activists alike, DepEd dismissed the call for an academic freeze, stating that it would merely provide a temporary solution. "This position is shortsighted as it does not take into consideration the trade-off of prolonged interruption," DepEd Undersecretary Nepomuceno Malaluan stated in a briefing. The Department of Education did, however, push the opening of classes for this school year from August 24 to October 5 in an attempt to provide schools ample time to adjust to the new online learning setup.

The College Editors' Guild of the Philippines (CEGP) is among those who strongly opposed the decision of DepEd to continue classes. CEGP announced that they had received reports of a 21-year-old student committing suicide after his family could no longer afford the gadgets he needed to continue his education. According to the group, "Another life has fallen victim to the byproduct of the government's misplaced priorities in its response, or lack thereof, to address the COVID-19 outbreak and exploitative and unconstitutional education system."

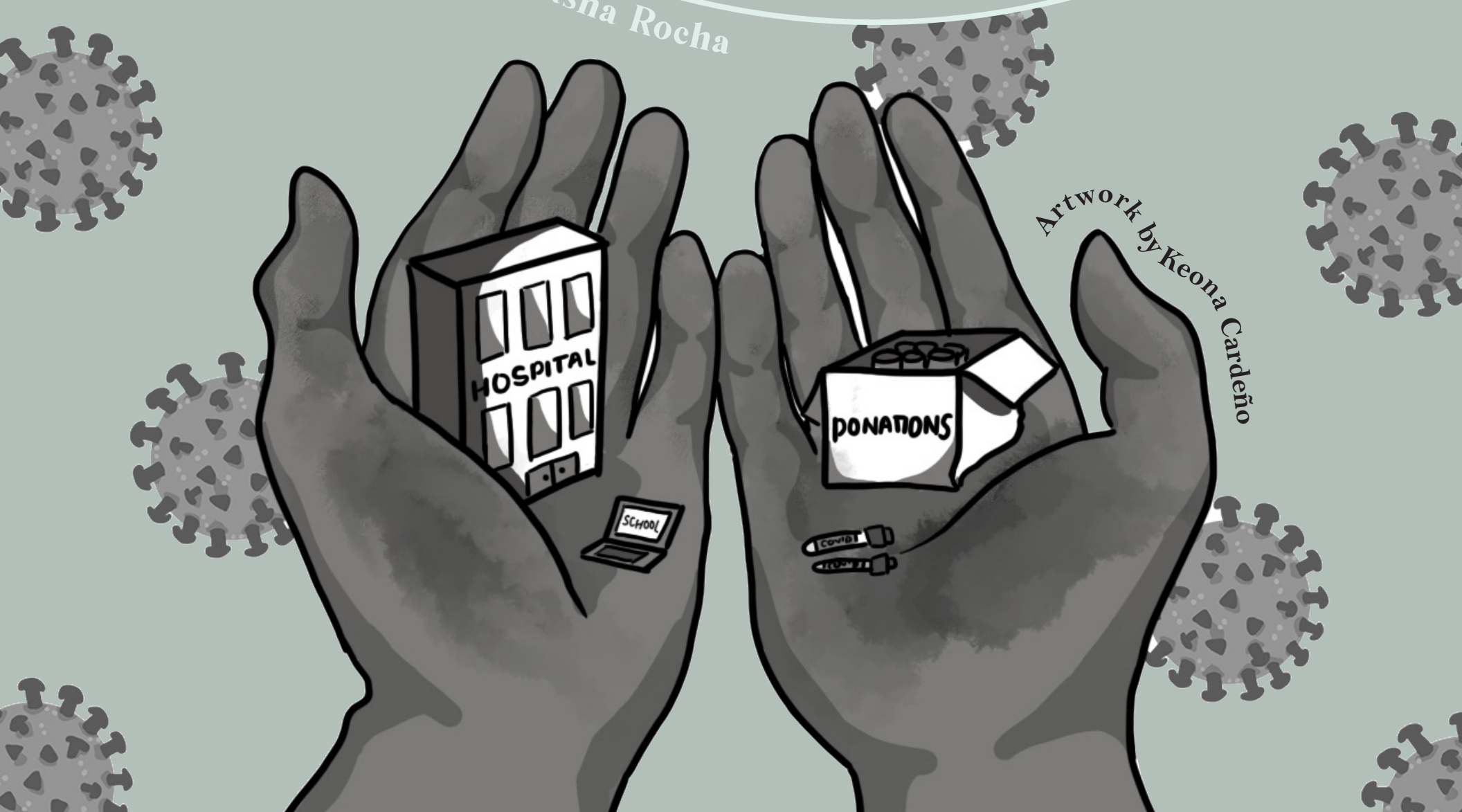
"But this is not the first case of a student dying by suicide. This pandemic has put a toll on everyone's mental health and yet those in authority still chose to push the resumption of classes, revealing the elitist and capitalist approach to an otherwise poverty-riddled country," they continued. With the unemployment rate of adult Filipinos at an all time high of 45.5% as of July, more people are unable to afford all the expenses that come with the new remote learning set-up.

Last June 16, 2020, a 19-year-old high school student in Albay ended his life by hanging due to worries that his family would not be capable of paying for all the devices needed for the upcoming school year. The National Center for Mental Health also reported that there has been a rise in suicide-related calls received by its hotline.

Overall, the pandemic will most certainly leave a lasting effect that will take years to undo. With almost every industry struggling to adjust to the new demands COVID-19 brings, we can only hope that the race for a vaccine will conclude soon and the world will become the lively, bustling place it once was.

By Sasha Rocha

Artwork by Keona Cardeño





# For those who were left behind.

ART BY OREN LEONIDA

We are aware of the challenges students all over the country are experiencing due to the transition to online or modular learning. As students of a school that was of the capacity to swiftly adjust to online learning, this does not mean we can be deaf to the voices of those who have limited to no access to gadgets, internet, printers, printed modules, or other materials. While the department of education praised itself for successfully “leaving no student behind”,

we are recognize the education system’s inability to cater to the needs of all Filipino students, including the students who, despite having access to all the needed materials, deal with learning deficiencies or mental health struggles that are not attended to nor taken seriously by their schools. Students all over the country are in exhausting and stressful circumstances with their school work and mental health, and this does not even include the current global pandemic that has affected millions of families all over the country. The mental and emotional pain that distanced learning alone has brought upon students must be given a voice.

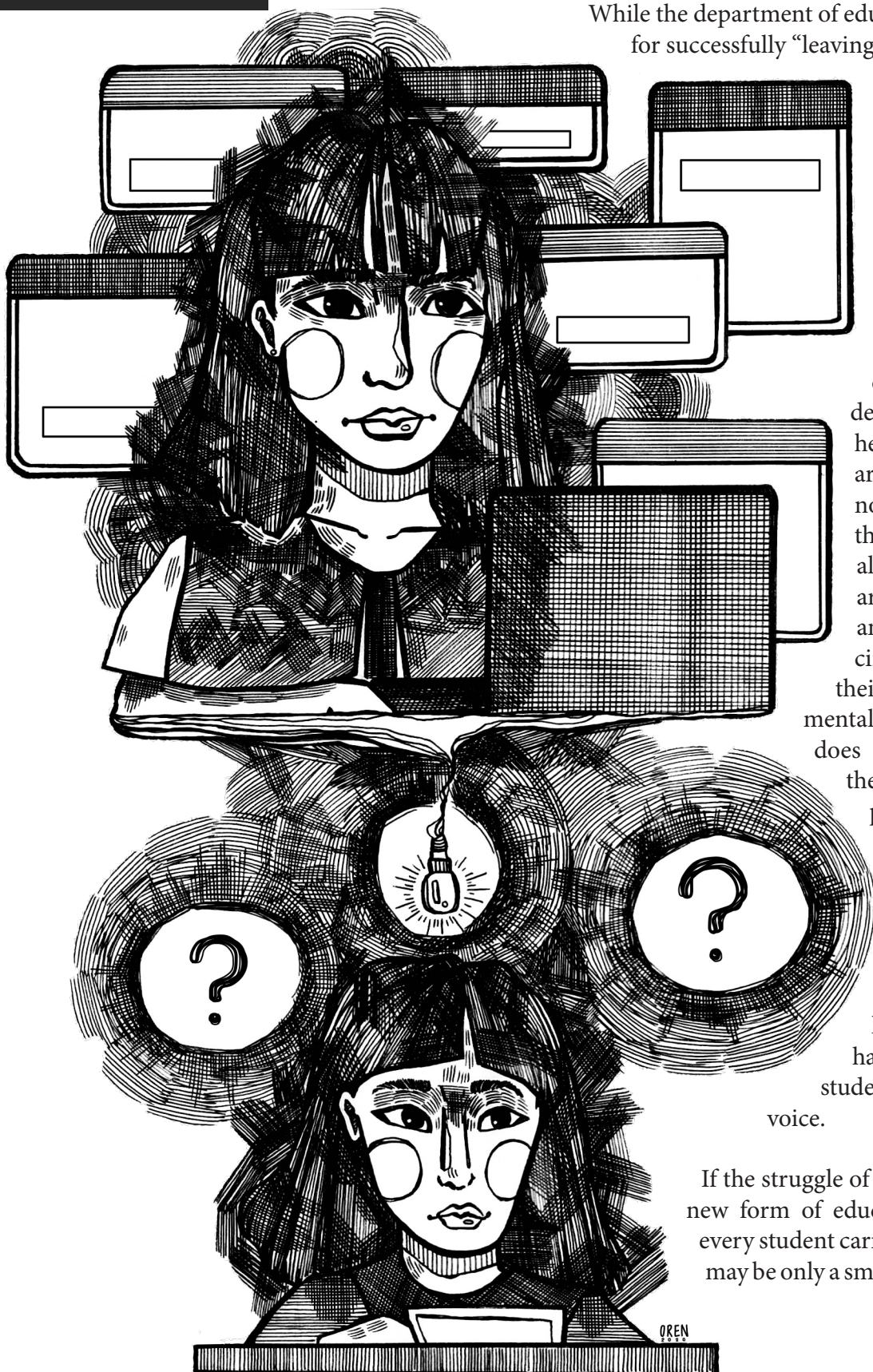
If the struggle of transitioning to this new form of education were a rock, every student carries one. For some, it may be only a small, barely noticeable

pebble. For others, it is as big and heavy as a boulder that can be too tiring to carry. Whether these rocks be pebbles or boulders, they still put stress on Filipino students. Unfortunately, not everyone has someone they can talk to about this rock. Not everyone has someone who can suggest how to carry the rock better or lighten the load. There are students whose pleas for help are met with either silence or instructions to solve their own problems, as it would be in the “real world”. However, this picture of “resilience” and “perseverance” is inaccurate. It is true that there are times when we have no choice but to face our problems alone, but now, we have a choice. Students all over the country should never believe that their worries and struggles are invalid and too mundane to discuss. Asking for help and advice is never a sign of weakness. In fact, this practice allows everyone to learn from their own experiences and those of others. Growing to become better people is at the heart of resilience and perseverance. Helping others grow as well is especially important.

It may seem difficult now, however, to help others grow since we are all learning from this pandemic. Coming up with an immediate solution is not easy, but it is something that all of us must work on. This means that not only should the education system recognize and immediately address the needs of students, but we, Filipino students, should extend a helping hand in whatever way we can. Whether we all donate to help schools buy materials or simply assist a struggling classmate, a nation-wide effort is necessary to lighten the load.

While “perseverance” and “resilience” cannot be separated from the true meaning of “*walang iwanan*”, what the country must persevere to do is ensure the success of each and every one of us, not just the privileged few. We must equate our success with the success and well being of our country men. To survive, and even thrive, during this pandemic, we need a “country-wide” effort to be compassionate.

***This is the true Filipino spirit.***





# THE SECRET TO WITHSTANDING STRESS: Cultivating Optimism

BY KIMMY CALONZO | WRITER



ART BY KEONA CARDEÑO

You have just finished accomplishing a task in your Google Classroom To-do list. Right when you think you've got schoolwork over and done with, you find that this list grows longer with more assignments to be turned in. *Does this sound familiar to you?* If it does, you are not alone.

Whether it was for a problem set, an essay, or even a Performance Task, you may have probably slept way past your bedtime to accomplish schoolwork. At times, taking a single glance at your to-do list may even be enough for you to say, *"I can't do this. There is too much to do!"*. However, the moment you get started with the work, you can find yourself being able to follow through with the rigorous demands. But how does one get that ounce of energy to start working? The answer lies in developing an optimistic mindset.

Ms. Ashley Aquino is currently a Grade 10 Class Adviser teacher and Personal Formation Officer with a Master's degree in Applied Psychology. When asked about optimism, she shares what it is and why it is important to cultivate it. To put it simply, she shares that optimism is *"the belief in a positive future. It entails having the ability to think about stressors not as threats, but as challenges--an opportunity to become better than we are now."* But, while there are claims that there are some who are naturally predisposed to this trait, Ms. Aquino shares that Science proves otherwise as optimism is a virtue anyone can cultivate.

As mentioned by Ms. Aquino, research proves that there are compelling reasons to develop optimism. Among those reasons are: *"to cope better with stress, to experience greater social support, to have fewer chances for depression and illnesses, to have a greater well-being, and overall, to live and perform better."*

Given these reasons, Ms. Aquino shares that one can do a simple activity to get started on developing optimism. She advises starting by *"thinking of a situation you're struggling with (e.g. you are dealing with the pressure of PT week)."*

Then, *"Make a note of what aspects of the situation you can control or influence (e.g. asking peers/teachers for help, planning my tasks, tracking my progress, etc) and which aspects you can't control and therefore need to accept (e.g. immovable deadlines, feeling stress, dealing with difficult groupmates, etc.)."*

Afterward, *"List what purposeful actions can make the situation better (e.g schedule a consultation session with my teacher, use my planner to plot deadlines, create a tracker to monitor my progress, etc.)."*

After this activity, she also adds that optimism is not to be confused with toxic

positivity. Ms. Aquino says *"Optimism doesn't mean denying your current reality in the name of positivity since believing in a positive future doesn't mean that you ignore or gloss over the difficulties you're facing in the present."*

Given this thin line between optimism and toxic positivity, it is imperative to understand the importance of acknowledging your feelings and emotions to discern the two. As mentioned by Ms. Aquino, *"If you force yourself to just keep thinking positive thoughts or feeling positive emotions despite the reality being otherwise, then you're deluding yourself. You're preventing yourself from improving. It's important to understand that you can't be optimistic or work toward a better future without*

*first acknowledging that what you're going through in the present is difficult and far from the ideal."* Ultimately, possessing positivity is a good trait, but one must not turn a blind eye to the situation they are in.

If you find yourself in a difficult situation, whether it is school-related or not, you must know its implications to your mental well-being. With that, Ms. Aquino shares mental health red flags parents, friends, and teachers should be aware of. She shares that *"Feelings of frustration, worry, sadness, exhaustion, feeling restless or even feeling inexplicably lonely"* are among the symptoms one may face during these trying times. However, it is still necessary to look out for *"Abnormal sleeping patterns, apathy or loss of interest in activities that used to be enjoyable, drastic decline in academic performance, loss of self-esteem, abandonment of personal hygiene, and loss of appetite"* as these are red flags that signal an actual mental illness.

If you know anyone dealing with any of these symptoms, you must not hesitate to lend a hand. So when should you step in if you know someone manifesting these red flags? What are some concrete ways to help? Ms. Aquino shares that being there to listen to a friend is enough to make a difference. She mentions that *"If she wants to talk to you, be prepared to listen. If you feel this is too distressing for you, find someone else for the person to talk to."*

Aside from that, Ms. Aquino also says that *"If you notice these symptoms in a friend, ask her how she would like to be helped. Tell her about services that are available to support her."* Moreover, Ms. Aquino also shares that in the case where one seeks help from others, the School Guidance Counselor and professional help is worth considering, *"Tell her about services that are available to support her. In school, we have the Guidance Center which is now offering teleconsultation sessions."* she says.

Aside from the School Guidance Counselor, Ms. Aquino advises friends and family to encourage someone *"having nightmares or flashbacks; having trouble thinking about anything else; and those experiencing the withdrawal from loved ones"* to seek professional help as these all indicate extreme mental distress.

Having said that, mental distress is a matter of utmost importance, and one must use optimism as the fuel to combat these varied forms of stress. However, in order to understand how to cultivate optimism in effective stress handling, one must first distinguish its two types--good and bad stress. As mentioned by Ms. Aquino, good stress is characterized by its potential to be a source of creativity. *"Limited amounts of stress can have a positive influence on motivation and creativity. Think, for example, of an elite athlete who thrives on the adrenaline rush that comes with the*

*excitement of a big game."* she says.

Ms. Aquino then draws the line between the two by characterizing bad stress as excessively toxic and dramatic. She mentions, *"Excessive stress can also have an overwhelming and debilitating effect. This kind of toxic stress can have a dramatic effect on learning and development. This is what you want to avoid or at least manage."*

As the word "stress" gets thrown around a lot, there is a tendency for others to associate it with negative emotions. This, however, is not helpful as *"there are different kinds of stress and different kinds of emotions."* With that, Ms. Aquino introduces **labeling**, a method to manage emotions better by identifying the types of stress experienced. She also adds that *"it's important to properly identify what it is you're really feeling--this is what labeling is about."*

Ms. Aquino also shares the differences among the terms of *anxiety, fear, pressure, and stress*. She says that *"Anxiety is worrying about future uncertainty and our inability to control what will happen to us."* She also defines fear as *"the palpable sense of danger that lies just ahead and will eventually strike at us."* On the other hand, she says that pressure is *"the force from the outside that tells us something important is at stake, and whether we succeed or fail will depend on how we perform (this is what the athlete in my previous example is feeling)."* Lastly, she defines toxic stress as *"what we feel when we're facing too many demands from all of the above, and fear we may not be up to it."*

While these distinct terms often get interchanged, she mentions that all these are interconnected, and useful in discerning one's

mental state. Aside from identifying emotions, it is also useful to figure out what triggers these. As mentioned by Ms. Aquino, *"each term has its own underlying theme and cause, and we must first untangle them if we're to understand them and eventually figure out what to do with them. Some of the causes of these emotions are internal, others are intrusions from the outside world."*

It's worth noting that there is a need to identify what stress you are feeling as the pandemic continues to take its toll on millions of lives. Since Labeling is the process of figuring out what your emotions are, one is able to use this in identifying their course of action. To further illustrate, Ms. Aquino says *"it's so easy to say that you're feeling 'stressed' but after some self-reflection, you might realize that what you're actually feeling is anxiety because of the uncertainties brought about by the pandemic."*

Overall, the topic of mental health should not be taken lightly. Sleepless nights, personal problems, a never-ending to-do list-- these are just among the many obstacles one can be facing. However, regardless of what problem it is, there lies the great need of rediscovering the virtue of community and mutual caring.

If you find yourself having trouble withstanding the pressure of complying with certain demands, do not be afraid to seek help. You are worthy, and you never have to struggle in silence.

Meanwhile, if you are one who notices someone who needs attention, do not hesitate to lend a hand. At the end of the day, doing something as simple as listening can already make a big difference.

PHOTO RETRIEVED BY THERESE AMANTE

BY SASHA ROCHA | WRITER

## IN LOVING MEMORY OF Mary Rose Odoño

Mary Rose Calsado-Odoño passed away on September 22, 2020 at the age of 54. She is lovingly remembered by her husband, July, and her two children, Joco and Juliana.

Mary Rose, or "Meros" as she was lovingly called, first joined the Woodrose family in 2009 as a grade school Physical Education teacher. She served as a mentor as well as a moderator of the Girl Scouts Club. A few years later, she joined the high school faculty as a Physical Education and Health teacher.

Her students fondly remember her as an ever-smiling, cheerful teacher who was passionate about the subjects she taught. She taught each class with infectious energy and never failed to make students smile along with her. It was as if she was never tired of what she did every single day, and made a conscious effort to make the students feel the same way about her subjects.

Whatever the situation or wherever she went, she always radiated joy.

Faith was of the utmost importance to Mary Rose. One of her previous advisory classes recalls the time and effort she put in for the Christmas party that year, ensuring that the image of Baby Jesus was free of dust and the Belen was arranged correctly. She was often found participating in retreats and Mass, as she was a member of the teacher's choir that sang during weekday Masses in the Chapel of Our Lady of the Rose.

Her fellow teachers know her for her generosity and charitable nature, especially during lunches. Her daughter, Juliana, recalls Mary Rose coming home from school with empty food containers after sharing what she had that day with her co-teachers. Selflessness is one of the traits she exhibited most.

*Mary Rose's legacy will live on through the lives of those she inspired and moved.  
May her soul be at peace with our Heavenly Father.*



# Hobbies: FINDING FLOW AMIDST ABRUPTING CHAOS

BY ADI FERNANDEZ | WRITER

As I am writing this piece during the last stretch of 2020, it seems as if there is no reason anyone should be relaxing. If I were to outline the past year by my relatively shallow knowledge of every calamity and the movements, protests, and other effects that came from it, it would be longer than anything I have ever written for school. It's astonishing to even have enough resources for basic needs during these times. Quarantine seemed to start out as just time, containment, hope, and more time. But now, it's screen time filled with overwhelming changes and observations every single day, all while at a great distance from the world we're supposed to be embracing. Our world right now forces us to connect online, but what is keeping us from disconnecting from our sense of being?



We have all seen a person light up when they go on about a new show or activity they enjoy. We've felt the light shine in ourselves when we feel the flow. In quarantine, hobbies take up much more significance than just leisurely activities when we're not drowning in responsibilities. Trust me, I miss the outside world as much as every other person, but Philippine traffic did not pave the way for anything that wasn't an obligation. The silver linings were the day-offs since there was time and energy for anything else. When classes were canceled during the first few months of quarantine, suddenly those days became normal with not so many rays of hope or optimism. A lot of people found themselves left with so much time, but pretty much nothing on their to-do list. With this, my fellow batchmates and I rediscovered the delight of hobbies.

Hobbies are an outlet for self-care, even more so when the activities involve nourishing your body. Indi Fandiño, a fellow Grade 10 student and athlete, discovered the wonders of cooking nutritious and healthy meals. Before quarantine, Indi tried diets but never found herself doing much research. It would always end in her going back to eating processed junk food. However, when quarantine started, she decided to turn this around. "I realized I had a lot of time, so I did a bunch of research on how to fuel my body the right way," she said. "I decided to put what I learned on a plate—or a bowl, to be more accurate—and it's only been up from there." She started out

making breakfast foods like oatmeals, smoothie bowls, and muffins, and eventually branched out into making snacks and desserts. Indi also noted that she feels productive when planning out her meals, and it gives structure to her days. "For me, it is really beneficial in a time like this because I think that we really need to invest in our health, physically and mentally." Based on Indi's story, we can learn that cooking is about fueling your body and keeping yourself healthy, especially in a time when it unexpectedly needs the most strength.

In hard times, creative expression can either keep one grounded or take them to a different world within them where they can freely release their ideas and emotions.



During quarantine, another one of my batchmates, Erin Espina, rediscovered the arts as a hobby. She was always one to stay busy and productive. Before the quarantine started, school, extracurricular activities, and family responsibilities would take up the majority of her time during the day, leaving her barely any free time during the week. So, naturally, when quarantine was implemented, there was a bit of shock when there was no work to do, yet a million world events flooding social media. However, Erin was able to keep herself grounded by rediscovering her drive to write and to make art.

"I'm one who gets anxious about not doing anything, so I felt relaxed at the fact that I was being productive. It was therapeutic to me because while I was keeping myself busy, it was like taking a break from reality and I didn't have to deal with the worry I had for the rest of the world." She said.



ideas, passion, and drive. I found myself being able to open up to so many different perspectives and personalities because of the emotions and lessons I got from books and stories. Whenever I feel that the world around me is burning, turning to literature comforts me, whether I need to escape the world, or if I need to feel that we are not alone in the world's current battles.

Nowadays, Erin is able to share her art and writing by volunteering for youth organizations. She is able to connect with people and stay updated about world events all through her passions.

As for me, I rediscovered a part of life

When we act with passion, joy, and love, that's all we flow with. When I'm in that flow, I personally feel like I have a place and purpose in the world. If not the world, then a place in my own life. Especially in quarantine, a sense of direction, groundedness, or maybe even escapism will keep us human. I believe that hobbies offer people the opportunity to feel human. It warms my heart to hear that my own batchmates were able to find passion during one of the most difficult times in our lives, and I sincerely hope that every person will find that too.

## SENTIMENTAL FOR THE Simple Things

BY CARINA GUTIERREZ | WRITER

Restaurants full of families gathering on Sunday, people hurrying up and down the streets, the sounds of cars honking on a road covered in traffic: these are the everyday things we thought would never leave us. These are the little things that in a few moments just disappeared. Suddenly, malls and restaurants were closed. Classes were suspended. The streets were empty. Lockdown for many people meant postponing trips, cancelling plans, and having to study from home. However, frustration was not the only collective sensation that being on lockdown had on us. Being cut off from normalcy for several months meant a longing for the past, a feeling of nostalgia.

For grade 11 student Ia Barrientos, the drastic change was quite overwhelming. "Honestly, I don't think I coped with it, I was just numb. During early quarantine, everything that was happening didn't really sink in, so I would just contact my friends and tell them how much I missed them."

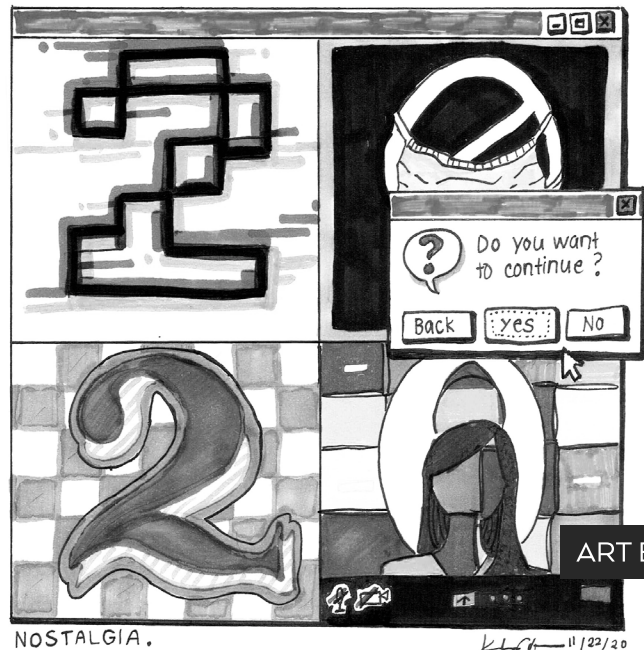
Nostalgia, as defined by Merriam-Webster is *a wistful or excessively sentimental yearning for return to or of some past period or irrecoverable condition*. During the early days of quarantine, people longed for a time not so far in the past, but this feeling made it seem as if the days of leaving the house, the days of any form of physical contact were long gone. Not needing face masks and shields when going out, not knowing what the terms GCQ or MECQ mean, and not relying on a screen to see loved ones seems so distant when

recalling it from memory. However, these days were filled with hope for better ones. "In March, I felt quite optimistic because I didn't think much of it. I was kind of happy about having no school because it was really stressful at the time and it still is. I really thought it was just going to pass, but here we are," says Ia.

This could easily be one of the reasons that now, people are beginning to become nostalgic for early quarantine. "I think that people are becoming nostalgic for early quarantine because of the privileges they had at the time. Compared to quarantine now, people weren't that aware of the weight of the situation. The ignorance was kind of blissful and not having to go to school was fun while it lasted," she adds.

It is true that people are beginning to long for the time when people turned to baking banana bread and making Dalgona coffee, when no one knew how long the pandemic would last. It has now been almost a year since quarantine began in March, but the pandemic still has not left. Society has changed drastically since the words "lockdown" were first uttered all over the news. Most people are definitely more used to the new way of living, but for

many, the new normal still is not normal at all. Coping with the new adjustments comes with unique problems for each person. Everyone has, in one way or another, lost something that is important to them. For some people, this could be something big, while for others, it could be smaller memories of the past. Nostalgia, along with many other emotions, are things that one cannot help but feel during such an unprecedented time. It is important to feel these things and to remember what it was like before. However, even in missing the past, it is important to stay in the present and act towards a better future, so that one day we can experience better days again.



ART BY KASS CANTOS

NOSTALGIA.

11/22/20



# Add to Cart

BY KIMMY CALONZO | WRITER

*Do you enjoy online shopping? Or are you an online seller?*

Whatever your answer is, it's no secret that running a business is no walk in a park. To be an entrepreneur, one will have to face challenges that may trickle them down. However, with a positive outlook, there is no doubt that several milestones are to come their way-- one of these include being able to support the country amidst a pandemic.

As COVID-19 continues to rage on the economic climate of businesses, a rise in the number of SMEs (Small or medium-sized enterprises) emerged in the local market. From selling products to organizing shipping dates, entrepreneurs have undoubtedly become the hope of the economy by spurring business activity during the quarantine period. *But who are these entrepreneurs? What if we tell you these businesses are run by high schoolers independently?*

Just like your typical high school students, entrepreneurs from Woodrose comply with assignment deadlines. However, after having completed rigorous coursework, these students

find themselves busy crafting products they love.

For some, their business' journey started when a hobby turned into a passion. Jacqui Tiongco from Grade 12A for instance narrates that her cinnamon roll business, Little Si's Kitchen, started from baking regularly during the early days of quarantine.

*"Baking is actually one of my hobbies. When I have time, I bake simple sweets like cookies or brownies. One time during quarantine, my mom and I found ourselves craving cinnamon rolls. When we decided to try and bake these rolls ourselves, it not only ended up looking like it came from Alice in Wonderland's tea party, but it also tasted really good! With that, my mom and I thought "what if we sold these rolls?". What was initially a question then turned into a fully functioning small business named after my baby sister! However, these cinnamon rolls are just the beginning. We plan to expand our menu by offering more desserts and meals soon!"*

Similarly, Regi Depante of Grade 10C, says that her cheesecake business, Regi's Cheesecake, started from an attempt to make a dessert for her family.

*"Last April, my cousin's birthday was coming up and I wanted to bake a cheesecake for him. When I went to the nearest baking supply store with my mom, I wasn't even entirely sure if I bought the right ingredients. This, however, did not stop me from baking my cousin's birthday cake. It was pretty nerve-racking on my part when all my relatives came to taste my finished product. But, lo and behold, everyone super loved my cheesecake--including my Tita who pushed us into starting our business by sending us online food communities."*

On the other hand, Yshi

David from Grade 12 A, shares that her clothing business, Angelyna, started from the desire to experience learning about the business processes at a young age.

*"I started my business mainly because my mom told me it was important to learn about the process of businesses at a young age. I was also motivated to start this business because I wanted to find something productive to do instead of staying on my phone. When I received a sewing machine as a birthday present from my Lola, I eventually picked up the skills for sewing. I tried selling a few of the clothes I made on Carousell to see and they sold right away, and I then realized that I could reach out to a bigger audience. With that, I decided to start my business on Instagram. I also advocate for slow fashion, and so I decided to use my platform as a means of spreading awareness to people. Besides that, I've been wanting to help others by donating but never had enough money to do so. I thought that doing a business would allow me to do this as well, and everything came through in the end."*

Whether it started as a hobby or as an attempt to make a product, entrepreneurs like Jacqui, Regi, and Yshi, began their business with passion in mind. However, this was not the only motivation behind starting their business. As the country slumped into recession, these three student-entrepreneurs wanted to give opportunities for others to appreciate goods crafted locally. With that, they gave advice for future buyers to encourage them to support Filipino products.

Jacqui and Regi both shared that running a business is difficult, especially over quarantine. However, they both expressed that supporting local businesses will always be fulfilling in the end.

*"It is important to support one another, especially during these difficult times. With that, we must help by supporting local businesses. That way, we can support local producers in providing people jobs that help them aid their families financially--it will all be worth it in the end."* said Yshi.

Meanwhile, Regi said *"With the tough times, it's hard to sustain a business, so we must help each other by simply supporting local products! Personally, it felt really good whenever customers of different backgrounds buy from us."*

Meanwhile, Yshi touches on deviating from the colonial mentality and appreciating the unique goods offered locally as a means of supporting small businesses.

*"The economy of the country during this time is not at its best and many are struggling to earn money. By purchasing local goods, we are supporting our fellow Filipinos who are working hard to make very beautiful and quality products. Many local stores donate a portion of their profits to different beneficiaries and I think that purchasing from them would make a big difference. By*

*shopping locally, we are encouraging Filipinos to keep going with their businesses and to not give up. Now is the time to separate ourselves from our colonial mentality and appreciate the amazing local goods being offered to us. Filipinos are more talented than we think."*

While the three talented student-entrepreneurs encourage shoppers to continue supporting local businesses, they also have a word of advice for students who are aspiring entrepreneurs-- After all, everyone is gifted with unique skill sets.

Jacqui shares that although challenges come in the process of running a business, it is guaranteed that it would be a rewarding yet exciting learning experience that one could look back to in the future.

*"Go for it! It's not easy and it takes a lot of commitment, but it's really fun! I always look forward to baking because at least I have something to do other than school work. Aside from that, you not only earn a little money, but you also gain more experiences that will definitely be useful in the future!"*

On the other hand, Regi emphasized on staying determined and passionate about doing the things you love. She also shares that age is never a barrier to running a business.

*"First of all, know your product well and love your own product! Because one cannot really sell what you don't know and love. Second, grit is a must, because, without this, you won't learn how to take risks in the business. Third, make sure you know how to market your product. By doing this, you will know how to stay relevant to your customers and you will know how to engage with them in such a way that would persuade them to buy. Last but not least, enjoy what you're doing-- be passionate about it. At the end of the day, don't let anything discourage you from acting upon your passions since in my case Age is just a number."*

Lastly, Yshi says that there will be risks throughout an entrepreneur's journey. These, however, should not discourage an entrepreneur from pursuing her business as it will all build into a learning process, which will then be the source of joy in running a business. After all, from online bazaars and market places to unique advertising strategies, there is no doubt that every step in running a business is exciting.

*"The advice I would give is to not be afraid to take risks and be creative! The truth is that Owning a business is NOT easy and it's a learning process. There will be times when people will praise you, but there will also be many times when you will commit mistakes, which is perfectly okay. Never be consumed by the thought of earning lots of money, but rather enjoy the process and make your business unique, and make it one that will reflect your personality. Don't be afraid to step outside your comfort zone because in the end you will be able to know more about yourself and you will realize that you are talented and capable of doing absolutely anything!"*

It is imperative to recognize an entrepreneur's blood, sweat, and tears, as it comes as a package deal in

## rosette

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*We, the editors, writers, and staff of the Rosette, aim to write and present works that engage our readers intellectually, emotionally, and spiritually. We aspire to promote school pride and represent in our craft dynamism, depth, and creativity— elements that define Woodrose students. We to aim to inspire reflection and to elicit responses from our readers by providing them with thoughtprovoking insights. Finally, through our work, we strive to be models of truth and substance, helping Woodrose students develop a broader perspective of life and attain greater awareness of relevant issues.*

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PHOTOS COLLATED AND TAKEN BY JACQUI TIONGCO

setting up a business. Jacqui, Regi, and Yshi are just among the many student-entrepreneurs of Woodrose who demonstrate such commitment and passion. It was through hard work that they were able to triumph over the obstacles in running a business. Though it may seem daunting to start one independently, these three students are a reminder that pursuing a passion has no age-boundaries. Whether you are someone who sells or someone who

regularly clicks "adds to cart", there is no doubt that you can support the country from the economic recession. Therefore, as part of the youth, now is the time to use your potential to be an agent for change by supporting local; or if you find yourself passionate about starting your own business too, take this as a sign--go for it!



# The Strength the Music Industry Displays and Inspires During an Online Shift

BY ADI FERNANDEZ | WRITER

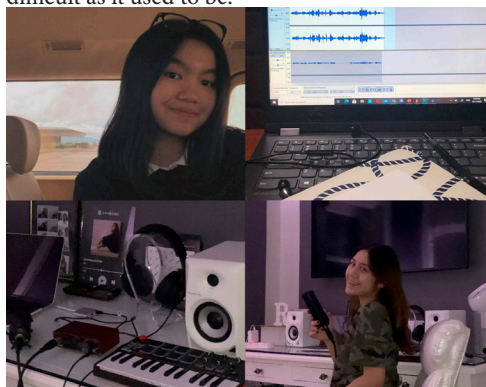
Music has been speaking all kinds of connections between people for generations. Music is culture, language, entertainment, business, and community. But since COVID-19 forced the world into quarantine, the connection that studios, concerts, dance parties, and extravagant music festivals gave to people was held back. Just because nations had to close their doors on each other, this does not mean that the people of the music industry had to close their doors on the rest of the world.

Music has not been isolated from the digital world ever since the internet was established. Especially in the last decade, the rise of streaming platforms and social media has made music widely accessible, allowing it to be a part of life for anyone. However, with current events and forced isolation affecting society, it seems that the shift of the music industry completely online has way more impact than one might think.

Musicians from Woodrose batches of 2022 and 2023 Rafi Hernandez and Bri Billano share a lot of insights and information about how the music industry is being kept alive online. "I think that ever since quarantine was implemented, so many new doors have opened," Rafi shared. "With everything shifting to an online setting, it's no doubt musicians are able to get more recognition. Singers on different social media platforms such

as Facebook, Instagram, and most importantly TikTok have been growing a bigger audience."

Rafi has been posting covers on her social media pages over quarantine, and Bri has just started to do the same with her original songs and covers. Bri mentioned that since she started to take her passion for music to a public platform, she expected to be heard and seen online. "I actually expected to do online performances and record as well because I knew that with this "new normal" almost all factors in my life would adjust." With social media making music careers more accessible, recording and producing music as well as collaborating with other musicians is not as difficult as it used to be.



Collaborations go beyond vocal features on a song. There's production, instrumentation,

songwriting, and more. Bri, being part of a youth organization to showcase musicians, released some collaborative works over quarantine. She and fellow musicians go on apps like Zoom and Discord to work together. Meanwhile, Rafi explained how important it is to be coordinated and cooperative when collaborating online. "It's important for you to communicate well, especially when it comes to agreeing on certain details about what you're working on. Simple things such as the tempo of the song can affect all your recordings... It's really all about reaching out, talking to each other, giving your ideas, and working with what you have."

The music community has undoubtedly stayed alive during the pandemic and further proved music's significance to society. The persistence of the music industry during the pandemic has allowed for fundraisers, celebrity reunions, viral dance trends, and creative quarantine music and dance videos to be created. For many individuals, music helps them feel safe during this time of uncertainty. "I like to make music to let out my feelings and to stray away from thinking so much," Rafi responded when asked how she stays inspired and motivated to keep making music during the mentally draining times in the world. "I also find a lot of my personal growth in making music. It allows me to reflect on many things and think deeply."

Besides opportunities for self-reflection, the

uplifting of the music industry during quarantine is remarkable for how it brought a light and inspiring atmosphere to the internet when it seems as if the media is combusting with devastating news every hour. Musicians have felt just as overwhelmed as others during these difficult times with harsh news all over the media and cancellations of events and projects they may have looked forward to working on. However, they have still found ways to create and promote the arts to help themselves and other people who may be struggling, or people who just need enjoyment. Bri mentioned: "Even before quarantine people listened to music to stay uplifted in their lives, but now especially in this hard time in the pandemic music is one of the important things people would listen to every day of their lives to stay motivated and happy. This is why the music industry is so significant and so important to be kept alive and to let artists sing what they want to sing and let listeners enjoy it."

Even during the toughest times in society, music continues to keep people on their feet. The music industry continues to thrive, as they continue to strive to make the best out of their limited platforms during these times. The inspiring insights and music Rafi and Bri have to offer prove that, even during quarantine, there is no need to give up on the connection. Listening, creating, and appreciating music brings life to the world. No matter where humanity is, music will always be there.

PHOTOS COLLATED BY KAIRA UY

## A YEAR GONE VIRTUAL: Modified Traditions in Quarantine

BY CARINA GUTIERREZ | WRITER

Our world has changed entirely because of the global pandemic, but there are many things that we are not willing to give up completely. These are our traditions. In just a few months, we have had to adapt to a new way of living, and as we did so, they have modified and evolved as well. These are just some of those that have changed substantially this year.

### School Events

This school year was the first time a switch to online classes was ever implemented, but it is not only the lesson plans and modules that have gone virtual. Here in Woodrose, school traditions have persisted in pushing through even with the new mode of learning. One of the biggest virtual events conducted by the school this year was the eucharistic procession. In previous years, this was an annual event preceding the feast of Christ

the King that was commemorated by intricately designed flower carpets prepared by the students. This year, it was done almost entirely online, from the digitally designed floral carpets, to the attendance of the event through live streaming. Despite this huge change, both teachers and students were able to creatively come up with a way of modifying this well-loved tradition and honoring this feast day.

### Graduations

For the class of 2020, the height of the pandemic happened during one of the most awaited moments of their lives. Because the usual graduation ceremonies couldn't take place, schools had to move to online platforms like Youtube and Facebook Live to congratulate and celebrate the newly graduated students. The class of 2020 may have had to give up some hopes and plans because of the pandemic, but as Malala Yousafzai, the 23 year old Pakistani advocate for young girls' education said in her speech to the graduates, "The

class of 2020 won't be defined by what we lost to this virus but by how we responded to it. The world is yours now and I can't wait to see what you make of it."

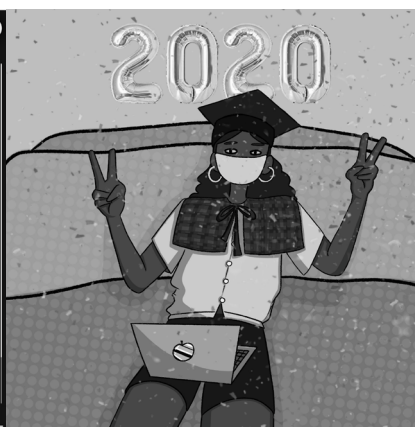
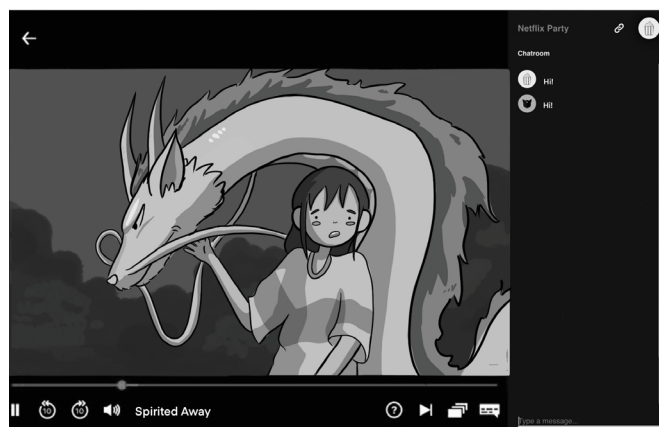
### Get-togethers

We've been growing more reliant on technology, but no one could have predicted a world where our only form of connection with people outside our home would be through small boxes on a screen; no one could have guessed that this day would come so soon. Families who have kept up the tradition of visiting their extended family on the weekends have now turned to virtual means like Zoom to keep up with their family members. The same thing goes for get-togethers between friends and colleagues. Luckily, there is a lot of innovation in the world of video calls and conferencing. There's games to play, movies to watch, and music to listen to together, no matter the distance. Though it definitely is not the same as what we were used to, it is still impressive how far technology has taken us, and it is still staggering to see how greatly the

pandemic has changed our lives.

### Holidays

During the 8 months of lockdown, quite a few holidays have taken place. A number of these were religious holidays, like Holy Week in early April, which families celebrated in their own homes, adding their own stations of the cross around their houses, and Easter, which some families celebrated by watching Easter Sunday TV Mass together. In November, all cemeteries were closed during All Souls Day, so families had to find new ways to keep the tradition of honoring dead relatives and loved ones. This December, our Christmas will truly be a different one, as traveling will not really be an option, and the usual Christmas shopping crowds will not be seen in malls and shopping centers. However, this gives us time to focus on the real meaning of the holiday, and allows us to celebrate more simply and solemnly during this time of great suffering and loss.



ART BY JI SOO LEE

### ERRATUM

For Volume 1, Issue 1 released in SY19-20, the author of "Movers and Shakers of the Woodrose Business Scene" was incorrectly cited as Adi Fernandez. The correct author of "Movers and Shakers of the Woodrose Business Scene" is Eidee Co.