



Crucian STAR

OFFICIAL STUDENT PUBLICATION OF HOLY CROSS COLLEGE
ELEMENTARY DEPARTMENT

June 2019 - March 2020



HCC comes together in rekindling spirit of giving

By Jenessa Daniela G. Simbillo

SHARE YOUR BLESSINGS: Elementary students packed relief goods for the chosen beneficiaries.
Photo and Caption by: *Khazandra Avery Navarro*

“Life learned that through happiness comes from giving and sharing.”

Helping in their own little ways is a privilege

given to Holy Cross College Grade School student as they participated in the Annual Gift Giving held last December 17.

Just in time before

Christmas, 50 families from Barangay Sapang Palay and San Joaquin of Sta. Ana, Pampanga received a Noche Buena package. Families are selected based on their

needs.

Moreover, each pack contains rice, canned goods and other. The food packs were gathered by grade school department.

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Career day highlights student skills, passion

By: *Martina May Manalastas*

Holy Cross College Grade School Department highlights students potentials in Career Day with the theme “Nurturing Career and Decision Making” held at the Learning Resource Center New Building last July 22 to 23.

The career week gives

value to students to explore their skills, talents and passion. It aims to help students decide on what career would they would like to pursue. This program was headed by the Guidance Counseling Division of the Student's Affairs and Services Department.

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IT IS MORE FUN TO LEARN:

Modern library to accommodate another learning experience

By Jenessa Daniela G. Simbillo

The Holy Cross College Grade School Department will have new library solely for elementary students that will cater additional learning experience starting June 2020 at second floor of Senior High School building.

The new library has several series of books such as picture books, graphic novels, activity books, origami books and many more. Different types of typical board games like chess,

scrabble, snakes and ladders can also be found in the learning resource center.

The HCC Chief Librarian Princess Anne Balajadia said students are welcome to the library even after class hours to read or play board games. However, he said that students should observe library rules. The library will also go digital, more books, journals and reading materials will be available online in just a click. HCC learning management system will include e-library to better

serve the students.

"I am still looking for a new librarian maybe he/she is not a teacher who came from grade school the new Library has only 2 rules to follow, you should not make any noise inside the library and respect which means you should respect the staffs," Calma said.

The library department will continuously purchase books and other learning materials to cope with the modern day learning and new curriculum.

Moreover, grade

schooler Mia Arabella Manaloto said she is happy to have now a library which can accommodate them after class hours.

"It was good to have a new library again because almost all of our assignments we could do it there. The new Library of Grade School Department is good to look at. It has a reading ambience where you can read whatever books you want and they made it soundproof so that even if it's noisy outside we can still read peacefully," Manaloto said.

LEARN COMFORTABLY. Library will be another room for learning for students to develop their skills and talents.

Photo by: *Multimedia Department*

Caption by: *Khazandra Avery Navarro*



Gradeschool

FROM PAGE 1

Career Day highlights student skills and passion

The grade school department known as the basic formator of an outstanding 21st century learners aspire to set standards in leading the Crucians into the right path of profession.



I WANT TO BE. Students future is so bright as they proudly parade their dream profession's uniform. Students future is so bright as they proudly parade their dream profession's uniform. Photo and caption by: *Khazandra Avery Navarro*

In pursuit of these objectives, grade 4 to 6 students dressed in their dream profession. Some students portrayed being in medical, education and engineering field. Others also hope to be a lawyer and worked as uniformed personnel of the government.

The program was hosted by the guidance counselor, Anna Paula Franco. A video was shown to students to inspire them despite all the setbacks,

learn to strive harder and achieve the goal. The program also reminded students to overcome fear and challenges because success is not achieved without hardships and failures.

An open forum was also held to accommodate student's questions and to explain further the goals of settings plans for their profession.

Pamandakit: A Spiritual Reflection

By Askka M. Bangcoleng

A day of spiritual reflection took place on October 17, 2019 as the Virgen Delos Remedios and Sto. Cristo Del Pedro visited the Holy Cross College.

The Crucian Community assembled as early as 5 o'clock to prepare for the occasion and exactly 7 in the morning "Pamandakit" took place.

The BS Criminology students led the parade from Sta. Ana Parish church to HCC until the Virgen Delos Remedios and Sto. Cristo Del Pedro were both stationed at the HCC

Quadrangle.

Dr. Elita Flor Umali, one of the Board of Director, shared her insights about the sacred images and encouraged the students to give time to spiritual reflection.

After each department took turns in reciting the Holy Rosary, they also took part in the Cruzada Spiritual Y Penitencia followed by a Eucharistic Celebration. Indeed, the HCC community experienced spiritual renewal after the sacred images were brought back to the Sta. Ana Parish Church in the evening.

SPIRIT OF GIVING... from page 1

Helping others is one of the lessons learned by youth in their home and school. According to the department it is also a way of letting students be aware and be concerned to those who are in need and to help them understand the spirit of compassion.

A simple program was conducted by Supreme Student officers of Junior and Senior High School before giving the gifts. The

inspirational message of the Division Coordinator of Praxis, Emmanuel Ricafrente was lauded by families and students. He pointed that gift giving is a way of saying "Thank you" for all the blessings.

The Officer-in-Charge of Grade School Department, Grace Gulapa promised that this gift giving is not an end but a beginning of new Caritas of the school.

Educational field trip highlights care for animals, nature

By Jenessa Daniela Simbillo



LEARNING IN ADVENTURE.

Students and faculty enjoyed another field learning experience in Central Luzon. Photo and caption by: *Khazandra Avery Navarro*

The Holy Cross College Grade School Department experienced a wild adventure in Zoobic Safari and Ocean Adventure in Subic, Zambales last January 25.

The educational fieldtrip aim to teach students the different kinds of animals and environment they lived in.

Ocean Adventure and Zoobic Safari are very enlightening and amusing, but aside from that, it let student experienced the nature in a different kind of level.

“The field trip was so fun and I experienced meeting and seeing a lot of animals that I have not seen before,” NAME

OF THE INTERVIEWEE

“One of the animals that they met is tiger and they were very big and intimidating along with birds like cockatoos, snakes, bearcats, sea lions and a lot more.”

The educational field trip hopes to inculcate values of care and love for the nature and animals. The importance of connection with the environment is also highlighted in the trip.

Ocean adventure and Zoobic Safari are also a well known tourist spots in the Philippines and they are visited by many foreigners because of their endangered wild animals.

Moreover, this year's field trip also hopes to build a strong bond with their classmates, schoolmates and teachers outside the classroom activities.

HCC celebrates 74th foundation

By: *Khazandra Avery M. Navarro*

Holy Cross College opened the 74th founding anniversary with an extravagant opening program on the Grade School Quadrangle last November 28.

An energy booster zumba with HCC community joined by the elementary department hyped the kick-off celebration.

In addition, a fun and exciting color run unites students, teachers and HCC staff members. The route of the 5-km run is from HCC to barangay of San Jose-Sta.Maria-San Pedro and back to school ground for the finish line. Winners are also awarded by the president, Atty. Dennis Pangan.

Pangan also led the cutting of ribbon for the different booths. Every year the students look forward to visiting different booths and bazaar of each department.

Elementary department showcased different exotic animals in the Exzoomania booth. Students got thrilled by learning and experiencing to pet wild animals like crocodiles.

The most awaited and highly anticipated part of the foundation day is the Krus Festival, November 29.

Moreover, students joined the Bible Characters and Marian costume competition. Students poised their magnificent costumes that really brought saints and Mama Mary into life.

The celebration ended with a parade and a theater play that instill the values of Fides, Caritas and Libertas among HCC students.



UNITED IN 74TH FOUNDATION. A break from the classroom learning to unwind and enjoy time with classmates and faculty.
Photo and caption by: *Khazandra Avery Navarro*

HCC Digitalization: Admin distributes smart phone to teachers

By *Khazandra Avery M. Navarro & Regina Venice M. Lapuz*

In the fast-paced changing educational system, the Holy Cross College took the challenge to upgrade and step up to cope with digitalization by distributing smart phones among basic and secondary teachers.

Just in time in the Valentine's Day, educators received a sweet gift of appreciation of hard work, a phone with monthly postpaid load of P1,500.

70 educators

accepted new mobile phones that are funded by the current administration headed by the president, Atty. Dennis Pangan.

The current administration said that these phones are for the betterment of employee's communication with students, parents and guardians.

It aims to achieve efficient conversation with co-teachers and students regarding academic matters and emergency details.



CONNECTIVITY. Teachers received their smartphones for better working environment with co-employees and students. Photo and caption by: *Khazandra Avery Navarro*

RFID to help in monitoring students activities

by: *Franz Jeric G. Pangilinan*

In just one swipe elementary students can be safer and can experience a high technology radiofrequency identification card next academic year.

The new monitoring system was initiative of Holy Cross College President Atty. Dennis Pangan to better observe the student activities inside and outside the campus.

It have modern features, when students enter the school, the parents or guardians will received a message that their son or daughter already arrived in school. Moreover, when student left the school they will also be notified.

RFID focuses on the security of each and every student. It is also to ensure that students avoid skipping classes and going outside the school unattended.

“Ngayon malalaman na natin kung nakapasok o nakalabas na nang school kaya wala nang maglalaktaw ng klase,” Pangan said during a speech.

In addition to, students and guardians can also monitor the grades and class standings using the student number in the RFID. They just need to register the number and sign in the official website of HCC.

DISCOVERING NEW TALENTS IN MUSIC: LA RONDALLA DE HCC

By Yaelis Claudine P. Baligat

Holy Cross College Elementary department funded and formed a new Rondalla group to give music to the school.

The group was composed of 21 members who will serve as instrumentalists of the school. All the instruments are from the

current administration headed by HCC president, Atty. Dennis Pangan

To produce a good quality performance, students learn from Maestro Jay Garcia Gopez who served as their coach. Gopez also teach students to play bandurrias and octavinas.



TUNE IN. Students practiced their new rondalla given by the Holy Cross College to support their love for music.
Photo and caption by: *Khazandra Avery Navarro*

The music activity will be the melody of the school. It also served as a relaxation for students outside the classroom.

In Holy Cross College President Atty. Denice C. Pangan made the Rondalla Group. The Rondalla group is also known as group of instrumentalists. "Ayoko naman turuan ang mga Rondalla

members ng simpleng pag-gitara lang dapat may dating rin" Atty. Pangan said.

In the rondalla group. Maestro Jay Garcia Gopez is the one who teaches the rondalla members to play bandurrias and octavinas. His experience teaching there was fun and amazing.

The experience of the Rondalla members was fun and amazing. The rondalla members are now playing "Atin kupung singsing" with their instruments. They are also learning songs with different languages like Dona Nobis Pacem and Edelweiss



WE ARE READY TO GIVE MUSIC. Rondalla musicians together with Holy Cross College president Atty. Dennis Pangan, Archbishop Emeritus Aniceto Paciano, Coach Jay Gopez and Principal Grace Gulapa posed all smiles after weekly practice.
Photo and caption by: *Khazandra Avery Navarro*



HCC, a home to Teachers with compassion

By Askka Bangcoleng

As another school year begins, we are able to reflect more on Holy Cross College improvements. Some of the students seldom think that studying is hard, while it's fun and easy to cope with. Maybe it only depends on how you comprehend it.

While students try to complain about the hardship of studying, there is someone who is tireless in making lesson plans and teaching...

A teacher who is compassionate in helping students achieves their goals and dreams. There are educators who give love and care for his/her student. Most importantly

of the students.

Another notable teacher is Leticia Balagtas, 53, who is now working with the elementary department for more than three decades.

She is always confident about the improvement of schools. Many co-teachers say she is one of kind teacher because her former student even comes back to her just to say thank you.

Teacher Leticia would always boast about HCC developed through the years and she is more than proud of that.

"Because Holy Cross College offers a quality education and it serves as my platform to enhance my skills and capabilities," she said.

Leticia started her career in HCC as a fresh graduate. The school gave the opportunity to grow and develop her personality.

T e a c h e r
Leticia on the other hand said that ever since she was a kid she really wanted to become a teacher and served as an inspiration to the youth.

W e m a y
always take our teachers for granted but it is not too late to say thank you for a great and wonderful school year. I hope students will respect and appreciate their teachers for the unfaltering energy and determination to teach.



ERNIDA C. BALAGTAS

there is a formator who envision youth as the hope of the future.

There's a saying that the more passionate you are in your profession the more experienced you can be. Despite all the changes that the school encounter there is someone who stays loyal to the school.

She worked for Holy Cross College for about 33 years now. Ernida Balagtas, a kindergarten teacher started to work in the campus since she was 21 years old.

"I tried applying on different kinds of school and out of all the schools that I applied I got accepted here in Holy Cross," teacher Ernida said.

Being a teacher is not her first choice but surprisingly she excels in the field.

"I didn't choose to become a teacher what I really wanted to become was a nurse, but due to our financial problems I became a teacher," she said.

Teacher Ernida said she did not regret becoming a teacher and loves her profession because



LETICIA M. BALAGTAS

ALLEVIATE MALNOURISHMENT AND OBESITY:

Removing junk foods from everyday menu

By Keizha Alessandra Simon

Food that has low nutritional value, salty, sweet and oily junk foods.

Students might enjoy junk food because of its delicious taste that makes you crave for more. But junk foods will bring no good to our health.

Eating too much junk food can lead to malnourishment and obesity. According to UNICEF, many children are eating unhealthy foods that reduce their performance in school and other activities. Seven percent of the Filipino adolescent are too thin for their height while tenth of this children are overweight for their age.

A study showed that eating junk food can change and affect the brain. A paper review in Western University revealed that overconsumption can lead to changes of prefrontal cortex, a part of the brain. It can result to poor cognitive control and heightened impulsivity.

Health experts advised parents and guardians that children should eat healthy and nutritious foods. It doesn't mean that being healthy is expensive but parents can avail affordable foods like vegetables.

Here are some tips to be healthy and get fit.

How can you avoid being sick?

- 1.) Drink plenty of water - you shall drink at least 12 cups of water everyday
- 2.) Reduce the amount of animal protein in your diet - eating too much animal protein, such as red meat, poultry, eggs, and seafood, boosts the level of uric acid, which could lead to kidney stones
- 3.) Eat less sweets - eat less candies and desserts because they are full of carbs

Nutritious foods are foods that are full of benefits that help you grow healthy and avoid sickness. Eat go, glow, and grow foods to boost immune system and to maintain a healthy body.



Climate Change needs serious actions

By Franz Jeric G. Pangilinan

It is getting hotter and icebergs are slowly melting that led to the rise of sea levels. Do you want to submerge in the water? We all have heard of climate change and its disastrous effects but we are here silenced and just staring. Climate change needs actions right now.

Let us dive deeper into the science of Climate Change.

Climate change destabilizes the Earth's temperature equilibrium and has far-reaching effects on human beings and the environment. During global warming, the energy balance and thus the temperature of the Earth change, due to the increased concentration of greenhouse gases, which has a significant impact on humans and the environment.

Life on Earth depends on energy coming from the Sun. About half the light reaching Earth's

atmosphere passes through the air and clouds to the surface, where it is absorbed and then radiated upward in the form of infrared heat and about 90% of this heat is then absorbed by the greenhouse gases and radiated back to the surface which then remains to the Earth and cause a long- change of temperature which is climate change.

However, even in our little ways, we can do a big difference. We can plant more trees and denounced any illegal cutting activities on our forest.

People can also help stop climate change by conserving energy in removing the plug of unused computers, tv, charger or other electronics. By using reusable bags and utensils we can also help nature by reducing plastics waste. Most importantly we can help reducing climate change by being educated and being a good example to others.





Everything you need to know about

Askka M. Bangcoleng

COVID-19

A novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus disease 2019 (COVID-19), is not the same as the coronaviruses that circulate among humans and cause mild illness, like the common cold. The virus can cause severe respiratory disease to affected humans according to the World Health Organization (WHO).

The COVID-19 outbreak began in Wuhan, China last December 2019. The common symptoms of this virus are fever that can last for weeks, cough, sore throat and shortness of breath. Coronavirus disease led to the death of 2,718 patients particularly in the province of Hubei based on WHO surveillance as of February 26.

The Department of Health (DOH) reported 64 cases as of March 14 including 5 deaths. The growing number of COVID-19 cases in the Philippines prompted President Rodrigo Duterte to declare a public health emergency over coronavirus threats.

The virus initially spread in an animal species (currently unidentified) and then jumped to humans where it is transferred person to person. In order to avoid contacting the virus we should avoid close contact with people who are sick, cover your cough or sneeze with a tissue, then throw the tissue in the trashcan, clean and disinfect frequently touched objects or surfaces using a household cleaning spray or wipe and lastly wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom so that we can guarantee our safety.

What can the HCC pupils contribute to prevent this problem? We should let everyone aware of the NCOV virus and help them at all cost and in order to attain a clean hygienic environment let us always maintain our surroundings clean, always carry facemask with you so that it can lessen our chances on contacting the NCOV virus and we should also bring a disinfectant alcohol so that we can sanitize our hands.



Fides • Caritas • Libertas

HEALTH ADVISORY

PROTEKTAHAN ANG SARILI LABAN SA 2019 n-CoV

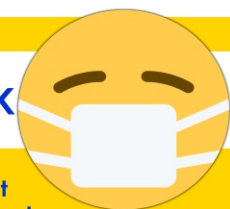
MAGHUGAS NG KAMAY

Ugaliin ang paghugas ng kamay gamit ang sabon at malinis na tubig. Magpahid ng alcohol o sanitizer



MAGSUOT NG FACE MASK

Magsuot ng surgical mask kung inuubo at sinisipon. Maaari ring magsuot ng face mask kung mayroong kasma o katabing may ubo't sipon.



TAKPAN ANG ILONG AT BIBIG

Magtakip ng ilong at bibig kung babahing o uubo. Gumamit ng panyo o tissue at agad itapon sa tamang basurahan. Maaari ring takpan ng kamay pero agad din hugasan.



IWASAN HAWAKAN ANG BIBIG AT ILONG

Maaaring dumapo ang virus sa balat kaya iwasan ang paghawak sa bibig, ilong, o mata na maaaring pasukan ng sakit papunta sa katawan



UMIWAS SA MGA MATATAONG LUGAR AT UGALIING SUMUBAYBAY SA MGA BALITA HINGGIL SA 2019 - nCoV



REFLECTIONS ON LOVE

By Keizha Allesandra Simon

In the law, the greatest commandment is the law of love. To love God and another. "You shall love the Lord, your God with all your heart, soul, and mind."

We exhibit the virtue of charity or love through our unselfish devotion and care for God and our neighbor. Love was one of Jesus favorite words and always put this word into action.

He fed thousands because of His great love for us. He loved both the faithful and the sinners, He accepted everyone. He commanded us to love and love one another as He loved us and He wants us to imitate or follow Him as a good role model.

Everyday we experience love, especially from people who gave us their time like our parents, teachers, grandparents and friends as I experience in my life, I grew up with my grandparents. As children of God we pray every day for our protection and say our gratitude to Him.

The law of God is a law of True Love. Jesus wants us to follow Him and do what He exemplified, He wants us to do good things and to love everyone.


There are times it is difficult to love others. With this, we have to ask

God's grace through a prayer. For me our God gave us unconditional love which I felt through my grandparents and my father who works in abroad for my future education.

Father And Mother I Love You

By: Jenessa Daniela Simbillo

As I count sheep trying to sleep,
My mind kept running
Memories where I keep
Which I hope it will last
I thank God for my father and mother
For teaching me how to be a
Good daughter
And how they showed me
How to be cool sister
When times get rough
My family stays tough
I thank God for keeping my heart touch
And giving me a family that
Loves me so much
I can't wait any longer
I want to tell to everyone
That there's someone who loves me
With all of their hearts
Mom Dad I love you so much





OBRA AT ARTES



“Sunset”

By: Lour Vincent M. Rey

“The War of the World”

By Elleyla Rae A. Reyes

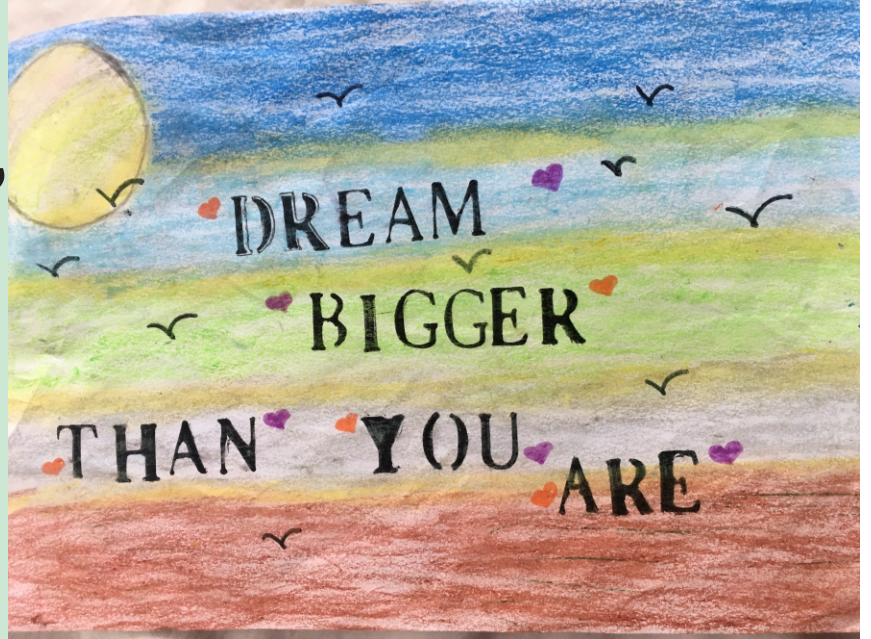


“Shadow Within”

By Vazh Miguel Jarez

“Reminder”

By: Rihanna Mae Cloe Puno



“AGREEkultural”

By: Loura Vincent Rey

“Different Time Same Beauty”

By: Rihanna Mae Cloe Puno





DID YOU KNOW?

By: Hannah Louise D. Dizon

- Chewing gum makes you more alert

Coventry University researchers found that chewing mint flavoured gum dramatically reduced feelings of tiredness



- If you're an Optimist, It could help you live longer



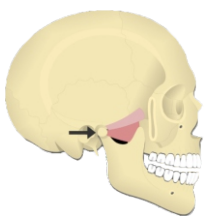
According to findings of a study published in the European Heart Journal, people who are optimistic have less chance of suffering from heart disease

Exercise

Exercise improves your cardiovascular health which means that more blood and oxygen flow around the body, therefore giving you more energy



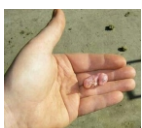
- If you're tired...



- The strongest muscle of the body is the masseter muscle, which is located in the jaw

Recorder) was made in 1956, it was the size of a piano!

- When the first VCR (Video Camera



- A newborn kangaroo is about 1 inch in length approximately the size of a lima bean

- Kiwi has twice as much vitamin C as oranges and as much as potassium as bananas



- Carrots were originally purple in color and the orange variety we grow today was developed in England in the 17th century



- Sleep literally cleans your brain.



During slumber, more cerebrospinal fluid flushes through the brain to wash away harmful proteins and toxins that build up during the day

- An averaged size tree can provide enough wood to make 17,000 pencils



- Bananas contain a natural chemical which can make people happy












- Peaches, Pears, Apricots,

Quinces, Strawberries and apples are members of the rose family



- The diameter of basketball hoop is 18 inches

Entertainment

 +  +  = 120
 +  +  = 100
 +  +  = 105
 +  = ?

BrainFans.com

		3	6		
	2				4
5				6	
	3				5
3				1	
		1	4		

SUMMER WORD SEARCH

S B W K I S U N W M K W V
 Y E K Q H X A E S K O V P
 N A D A O B D N J I N A M
 G C L C T B W M D T U C O
 N H I P L Q N T H E F A R
 I I C E C R E A M A R T M
 W D R P O P S I C L E I C
 S W I M N I E J T A M O A
 B A O E T C G U L D M N M
 R T A N E N S M H A U T P
 I H C A E I O P S V S L I
 S A Y E U C P O O L N O N
 V R S E S S A L G N U S G

WORD BANK:

- BBQ
- BEACH
- CAMPING
- FUN
- HOT
- ICE CREAM
- JUMP
- KITE
- PICNIC
- PLAY
- POOL
- POPSICLE
- SAND
- SUMMER
- SUN
- SUNGLASSES
- SWIM
- SWING
- VACATION



How should kids use technology?

Askka M. Bangcoleng

Technology is defined as the entities, both material and immaterial, created by the application of mental and physical effort in order to achieve some value. In this usage, technology refers to tools and machines that may be used to solve real-world problems. However kids these days use technology for unnecessary apps which can lead them to eye discomfort, laziness and so on. Many experts and experienced people say that, due to such technology in education, students imagination is affected, their thinking

ability is reduced, also there can be health issues too when used over limit. On the contrary it makes students much more excited to learn and gain knowledge, it helps the students and teachers with busy schedules, freedom to work at home on their own time, it trains students to learn technology skills they can use later in the work place and lastly it promotes the "Green Revolution" that decreases paper and photocopying costs. How should children really use technology to develop their well-being?

Children nowadays should use technology in order to gain more knowledge and use it as their guide to success, that's why this serves as an opportunity to widen our knowledge and to be more deliberate on how we should use technology at it's



ONLINE GAMING

By Franz Jeric G. Pangilinan

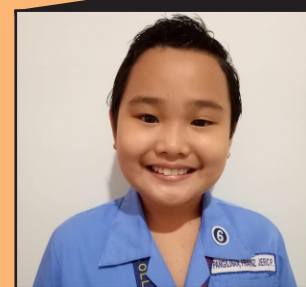
Online gaming has been a part of our life since childhood. It brings us fun, bonding, and experience in our lives. Many people find fun in online gaming, it comforts you when you are depressed and it brings happiness to you when you are sad about something, maybe we can call it our best friend or is it your best friend? But what is online gaming?

It is where you play

online games that are either partially or primarily played through the internet or any other computer network available. The design of online games can range from a simple environment to complex games and virtual worlds. It sometimes faces criticisms for its environment that can promote cyberbullying, violence, scamming, bad habits and bad influences.

It is mostly because

of the players that spread or the design of the games that can promote violence. We can say online gaming is bad but it is mostly ourselves that prompted in-game bad things, so it is ourselves that brings negativity to online gaming but on the other side, online gaming brings joy to us, brings happiness and we can also meet other people. I guess online gaming itself may not be bad to



you because it is up to you and up to other players. If we help promote the good environment of online games, we can make it better so don't promote negativity to online gaming and have limitations to it. It is up to you whether to use it in



Internet and Its Detrimental Effects

By Martina May Manalastas

Facebook, Twitter, Messenger, online games, e-commerce, and others were enjoyed by everyone through the internet. Have you ever wondered what is the impact of the internet on kid's daily lives nowadays?

The use of the internet becomes easy for the children in their studies through this they can use it for research, watch movies and play interactive games. With the use of new technologies, education improves the access of information knowledge and

it can help children develop their skills and they can also learn new information.

Students use the internet for educational purposes. They use it to do research and acquire knowledge of various subjects. The internet is used to interact with our family, friends, and relatives freely and easily even though they are far from us. The use of the internet gives students extra resources, study materials and makes quality education much better. It increases a child's creativity and teamwork among other

children.

The Internet can also be bad for children especially when they spend four hours and above in front of the computer. Children may also experience cyberbullying or spreading of lies about other people. Kids who spend more time in front of a computer may affect mental health, such as loneliness and depression that sometimes may lead to suicidal thoughts.

Excessive use of mobile games affects our eyes because of the

computer's radiation and can lose quality time and bonding with your love ones because of being addicted to games and others.

To avoid the bad effects of the internet we have to be alert at all times and be aware of our condition. Children should spend 4 hours below when using gadgets. Spend more time with your love ones to avoid depression and being lonely. Don't share or post personal information to avoid public people's scam offers.

Life style vlogs trending among youth

By: Khzandra Avery M. Navarro

A vlog is a personal website or social media account where a person regularly post a short videos sharing their everyday life on Youtube, to use service and can be a great space for a person to discover things they like.

For many young people, this application is used to watch music videos, comedy shows, guides; recipes, hacks and more. People also use the video-sharing service to follow their favorite vloggers

(video makers/ video blogger), subscribe to other youtubers and celebrities they are interested in.

A person who post a video or vlog on Youtube is called a vlogger, the couple JaMill do every day vlogs, challenges, travels and tutorials. They have over 7.8M subscribers which have given them an amount of 57, 200 dollars per year and they used it to build the "MADIRIGMA HOUSE OR JAMILL HOUSE" but sadly they do not post

everyday vlogs nowadays because they are fixing their personal problems.

Vlogging is not always about the fun stuff, vloggers do because sometimes their video content might be happy but deep inside their feelings are sad and down, they hide their feelings because they don't want their viewers to see them look miserable.

Some Youtube videos are not just vlogs, some Youtube videos are helpful and educational too.



There's a channel that has over 63.8M subscribers by not vlogging but post videos about hacks that you can use by using only items you can find at home.

Most of the children nowadays, watch Youtube videos but this should be done moderately because there are some videos are not child-friendly, that's why parental guidance is advised.



CONGRATULATIONS GRADUATES!

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CONGRATULATIONS GRADUATES!

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SPORTS



OFFICIAL STUDENT PUBLICATION OF HOLY CROSS COLLEGE
ELEMENTARY DEPARTMENT

June 2019 - March 2020

HCC student is CLRAA swimming Qualifier

By: Hannah Louise Dizon and Jasmien Reign Canio



A grade 6 student of Holy Cross College Grade School Department is ready to dive and show what he got into the Central Luzon Regional Athletic Association (CLRAA) swimming competition.

John Miles Kabigting of St Joachim is now part of Team Pampanga who will represent the province in the upcoming CLRAA. Kabigting finished multilevel competitions to be part of CLRAA. He bested all other swimmers and bagged gold medals in the East Zone Athletic and Academic Meet and Pampanga Schools Division Athletic Meet.

The athletic achiever started training in swimming when he was in Grade 4. He joined many competitions and won medals. He already garnered medals for his outstanding performance in freestyle and got 2 gold medals for backstrokes

competition. More than that, he also had gold medals for breaststroke and butterfly style swimming.

Swimming before was only Kabigting's leisure activity until it became his number one favorite sport. "It is very easy to learn and I just loved swimming," he said.

Kabigting idolized international swimmers like Michael Phelps and Caeleb Dressels. He also wants to be like them one day making name in the national and international competitions.

The grade school swimmer continues to train every day to maintain his performance and stamina despite the suspension of CLRAA over coronavirus disease.

However, Kabigting still looks forward to represent Pampanga and Holy Cross College in CLRAA swimming competition.