



The Valley



Students eagerly line up for the Flag Ceremony on the first day of in-person classes

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DAPNHS Blended Learning Halts; face-to-face Classes Starts

Katrina Paula Rosalada

After more than a year of Alternative Distance Learning due to the COVID-19 pandemic, the Don Amadeo Perez Sr. National High School (DAPNHS) has resumed face-to-face classes for the start of the new school year. The decision was made after careful considerations of the current situation and consultations with local health officials.

According to DAPNHS principal Dr. Sonia F. Mamaril, the school recognized the challenges that come with online and distance learning and believes that face-to-face classes are essential in providing quality education to their students.

While blended learning has been helpful in ensuring continuity

of education amidst the pandemic, we recognize the limitations that come with it, particularly in terms of student engagement and interaction," Dr. Mamaril said. "We have carefully assessed the situation and have put in place necessary measures to ensure that our students and faculty are safe while they learn inside the school premises.

The school has implemented a number of safety measures, including mandatory wearing of face masks and face shields, regular disinfection of classrooms and facilities, physical distancing, and limited class sizes. The school also provided access to hand sanitizers and conducted regular health checks for students and

faculty.

Parents and guardians have been informed of the decisions and have been asked to prepare their children for the resumption of face-to-face classes. Dr. Mamaril assured them that the school will do everything possible to ensure a safe and healthy environment.

Overall, the resumption of face-to-face classes at DAPNHS is seen

as a positive development as it provides students with a more engaging and interactive learning experience. However, it is more important to remember that the pandemic is still ongoing, and everyone should remain vigilant and take all necessary precautions to ensure their safety and the safety of those around them.

Amadeans gain Scouting skills through School BSP Camporee

Pia Baterina

Don Amadeo Perez National High School recently held a school-based BSP camporee on February 18-19, 2023, with the objective to promote scouting's sustainability and growth. 80 Amadeans participated in the camporee, led by the school's BSP coordinator, Charlie P. Calonge.

The camporee's theme, "Building a Sustainable Future: Nurturing Growth in Scouting," aimed to emphasize upon the participants the importance of promoting sustainability in their daily lives. The purpose of the event was to promote essential scouting principles such as leadership, teamwork, and ingenuity.

On the first day of the event, there was an investiture ceremony, followed by school-based teaching techniques.

These techniques were demonstrated by

Ms. Rochel Estabillo, Mr. Charlie Calonge, Mr. Bryan De Vera, Mr. Aljon Fernandez, Mrs. Margie Calonge, and Mr. Abraham Mulato. On the second day, a contest was arranged to test the knowledge and skills of the participants in basic teaching approaches. The contest included a tug-of-war, which added excitement to the event.

SBM Jomar R. Fabros, the guest speaker, also graced the event. The school-based BSP camporee was a successful event that gave participants the chance to

gain vital scouting skills and knowledge. It also promoted the school's dedication to fostering student progress and promoting greatness.

The event emphasized the effectiveness of scouting and how its values can be applied to make our daily lives more sustainable and aid in our growth. The Don Amadeo Perez Sr. National High School is proud to have organized this event and wishes to continue promoting scouting values to future student generations.

DAPNHS Teachers pose as they received their Certification of Recognition for Best Brigada Implementer.

DAPNHS receives award as Third Best Brigada Eskwela Implementer

Regie Palasi

Don Amadeo Perez National High School (DAPNHS) received its Third Placer award from the Department of Education (DepEd) as the best implementing school in the Municipal level for Brigada Eskwela 2023.

With the theme "Tungo sa Hamon ng Ligtas na Balik-Aral," the Brigada Eskwela program aims to promote safe and conducive learning environments for students as they return to school amid the ongoing pandemic.

DAPNHS was recognized for its outstanding efforts in ensuring the safety and cleanliness of the school premises, as well as the active involvement of its

stakeholders in the Brigada Eskwela program.

The school's principal, Dr. Sonia F. Mamaril, expressed her gratitude for the recognition, saying that it is a testament to the school's commitment to providing a safe and secure learning environment for its students.

"We are honored to receive this award for the first time, and we will continue to work hard to ensure that our students see Page 10



Scouts solemnly recite the Scout Law during the BSP Investiture.



Miss Kimberly Lagmay and her student immersed in the joy of reading through the Innovative Reading Project RISE

DAPNHS strengthens Literacy Programs to address Learning Gaps

Reinan Jake Cabanela

Don Amadeo Perez Sr. National High School (DAPNHS) has launched an innovative project aimed at strengthening literacy programs to address learning gaps among its students. The project, entitled "Project RISE (Reading Intervention by Strengthening Easy Strategies) at home," was prepared and implemented by Editha O. Cabanela, a Teacher III at DAPNHS for the school year 2021-2022 and 2022-2023.

According to Cabanela, the project aims to help students who are struggling with reading comprehension and fluency, especially during the pandemic when remote learning has become the norm. "We noticed that many of our students were struggling with reading and comprehension, and we wanted to do something to help them catch up," she said.

To achieve this goal, the project focuses on providing easy-to-use strategies that students can apply at home to improve their reading skills. The strategies include reading aloud, using context clues,

and summarizing texts. The project also provides students with a wide range of reading materials, from short stories and poems to news articles and non-fiction books, to help them develop a love for reading.

To ensure the success of the project, Cabanela recruited volunteer reading facilitators, including Erwin Ramos, Adrian Ramos, Kimberly Lagmay, and Sarah Ismael Taha. These facilitators work closely with the students, guiding them through the strategies and providing feedback to help them improve.

The project has

received positive feedback from both students and parents. "My child used to struggle with reading, but now she enjoys it and is more confident in her skills," said one parent. "The project has been a great help to us, especially during these challenging times," she added.

DAPNHS is committed to continuing the project and expanding it to reach more students in the future. "We believe that literacy is the foundation for success in life, and we are committed to doing everything we can to help our students develop this important skill," said Cabanela.

DAPNHS Commemorates Women's and Children's Rights Month with Various Activities

Van Ian Ramos

Don Amadeo Perez National High School (DAPNHS) commemorated the Women's and Children's Rights Month on December 22, 2023 with a series of activities aimed at raising awareness about violence against women and children's rights. Led by Miss Bonnalyn Lagmay, the adviser of Campus Integrity Crusaders (CIC), the event was a resounding success, with students and teachers alike participating in various activities.

The ceremony was an important occasion for the school, as it provided a formal introduction to the newly elected officers and clubs, and set expectations and goals for the upcoming year. The PTA Federated President Myra R. Ramos and PTA officers presented a dance number, which added to the festive atmosphere of the event.

The presence of important local officials at the ceremony showed their support for the school and its endeavors. Their attendance also served to motivate the newly elected officers and clubs to take on their roles with commitment and dedication.

Overall, the induction ceremony was a great success,

and the newly elected officers and clubs are sure to contribute positively to the school and its community in the upcoming year. The event was a testament to the school's commitment to providing a well-rounded education that not only focuses on academic excellence but also on fostering a sense of community and involvement.

Newly Elected PTA & SSG Officers takes Oath

Regie Palasi

Don Amadeo Perez National High School held an induction ceremony for its newly elected PTA (Parent-Teacher Association) and SSG (Supreme Student Government) officers, as well as other clubs on October 5, 2022. The event was graced by important local officials, including Daniel Uy, the Municipal Tourism Officer of Sison and son of Mayor Danilo C. Uy, who served as the inducting officer. SBM Alma Lomibao, Nora Ventura, and Kgwd. Carmela Baterina were also in attendance.

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DAPNHS joins nationwide celebration of Reading Month

Maxwell Cacdac

Don Amadeo Perez Sr. National High School joins the nationwide celebration of National Reading Month 2022. The month-long event started with the kick-off program last November 7, followed by various activities that took place until November 28, 2022.

The school's Reading Coordinator, Editha O. Cabanela (English), and Charlyn T. Navalta (Filipino), Aljon B. Fernandez (SHS English Coordinator) Arlyne A. Tay-og, (SHS Filipino Coordinator together with the Amadeans, led the festivities at the school's Covered Court.

National Reading Month is a program that aims to promote reading and literacy among students. It is celebrated simultaneously in schools across the country, and Don Amadeo Perez Sr. National High School is proud to participate in this national event.

The school has lined up several activities for the students, including a Read-a-thon, Booktalk, Poster and Slogan Making, Reading

Pantry, Share-a-book Drive, "Sayawit" for Grades 7, 8, and 9, and a Choral Reading for Grades 10, 11, and 12, with the piece "Don't Quit" by John Greenleaf Whittier.

During the kick-off program, the school had a radio broadcasting segment with DJ Caluza and DJ Tay-og of Grade 9, adding more excitement to the program.

With these activities, Don Amadeo Perez Sr. National High School hopes to inspire its students to develop a love for reading and encourage them to make it a part of their daily routine.

According to Mrs. Cabanela, the conduct of this event is important to address the lack of comprehension of students in understanding what they have read.



Students dive into the joy of reading at the Book Reading Pantry.



DAPNHS ranks 3rd Place in Division Evaluation of Guidance Program

Bernadette Ballesteros

The Don Amadeo Perez Sr. National High School was ranked 3rd Place in the Guidance Monitoring and Evaluation of Schools Division of Pangasinan II last October 13, 2022 led by Engr. Marcelino Casem, Education Program Supervisor.

The teachers especially Ms. Bonnalyn T. Lagmay, JHS Guidance Designate accompanied by Mrs. Arlyne A. Tay-Og, SHS Guidance Designate made thorough and rigorous preparation of necessary papers for the said Monitoring.

The major aim of Guidance Program is to encourage students' academic, social, emotional, and personal development. To reach this aim, guidance counseling services help students get to know themselves better and find effective solutions to their daily problems.



Teachers engage in In-service Training to enhance their skills and knowledge.

DAPNHS conducts first face-to-face INSET after the pandemic

Jomari Almoite

DAPNHS Faculty attended the annual In-Service Training with the theme "Innovative Teaching Learning Tools for 21st Century Classroom" led by Mr. Eduardo C. Ocampo, School Principal.

The said training was conducted from February 8-10, 2023. This seminar aims to strengthen the teachers' capacity and skills in making teaching aids.

Mrs. Marissa C. Fernandez served as the proponent of the training. In the first day, Ms. Rochel

Z. Estabillo, Ms. Mariven E. Navarro, and Mr. Bryan M. De Vera served as Speakers. On the next day, Mrs. Janneth M. Ocampo, Mr. Aljon B. Fernandez, and Mrs. Anchelli Mae L. Bernal was the speakers of the training. Activities and Awarding Ceremony

happened on the last day of the said training.

The said activity and training was truly fun and informative. The teachers went home with a smile as they bring home the new skills they have learned during the said training.



Dr. Sonia Mamaril delivers a heartfelt message of Gratitude and Appreciation on Teachers' Day

Studies Honor Mentors

Shantyl Tay-Og

On October 5, 2022, students at DAPNHS celebrated Teachers' Day by honoring their mentors. The event was a heartwarming tribute to the educators who have dedicated their time and efforts to help shape the lives of their students.

The students at DAPNHS organized a special ceremony to recognize the contributions of their teachers. The event was attended by students, faculty, and staff members of the school. The ceremony began with an opening speech by the principal, who praised the dedication and hard work of the teachers.

Following the speech, students took turns sharing their experiences and expressing their gratitude to their mentors. Some students shared stories of how their teachers went above and beyond to help them with their studies, while others talked about the life lessons they learned from their mentors.

The ceremony was not just a celebration of the teachers' accomplishments but also an opportunity for the students to showcase their creativity and talent. The event included performances by the school band, choir, and dance team. The students also presented their artwork and creative writing pieces, which they had created as a tribute to

their teachers.

The Teachers' Day celebration at DAPNHS was a testament to the importance of educators in shaping the future of our society. The event highlighted the invaluable role that teachers play in the lives of their students and the community as a whole. It was a reminder to all that teaching is a noble profession that deserves our respect and appreciation.

As the ceremony drew to a close, the principal thanked the students for organizing the event and reiterated the importance of honoring teachers. He encouraged the students to continue to learn from their mentors and to strive for excellence in their studies.

In conclusion, the Teachers' Day celebration at DAPNHS was a heartwarming tribute to the teachers who have dedicated their time and effort to help shape the lives of their students. The event served as a reminder of the importance of education and the crucial role that teachers play in our society.

DAPNHS and PNHS swap School Heads

Nathaniel Dela Cruz

The send-off and installation ceremony of two School Heads Dr. Sonia F. Mamaril and Mr. Eduardo C. Ocampo was held at DAPNHS Covered Court last January 18, 2023. This is to pay tribute and welcome the outgoing and incoming School Heads of DAPNHS.

During the reshuffling of the School Heads of Sison, it looked like the School Heads of Pinmilapil National High School and Don Amadeo Perez Sr. National High were swapped. Mr. Eduardo C. Ocampo was the outgoing Principal of PNHS and now the Principal of DAPNHS while Dr. Sonia F. Mamaril is now the Principal of PNHS and the outgoing Principal of DAPNHS.

DAPNHS Faculty,

with the help of the students prepared a simple send-off program for Dr. Mamaril and installation program of Mr. Ocampo.

Dr. Mamaril became emotional during the send-off program as students from each grade level presented their surprise number. Teachers became emotional also as they look back on the 27 years that Dr. Mamaril served the school.

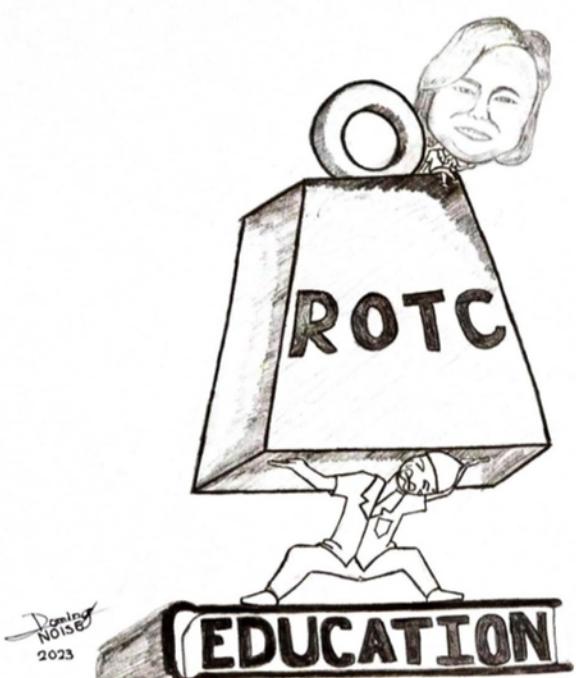
Meanwhile, in welcoming the new principal of DAPNHS, Mr. Eduardo Ocampo, the school also prepared a simple program for him together with the students.

The school gave Mr. Ocampo a warm welcome as he went back to DAPNHS where he became a teacher for many before he was promoted as principal that's why he and the teachers felt at ease in short time.



Teachers together with PSDS Cabero, Dr. Sonia Mamaril, and Mr. Eduardo Ocampo during the Send-off and Installation Program.

EDITORIAL



ROTC in Senior High School: Assessing the Pros and Cons of Inclusion in the Curriculum

The decision to include ROTC in the Senior High School curriculum is a matter of debate, with proponents and opponents offering valid arguments for their positions. In the end, the choice is made based on a number of factors, such as the security situation in the nation, the objectives of the program, and the potential effects on students.

One argument for including ROTC in the Senior High School curriculum is that it can help students develop discipline, leadership, and patriotism. Students can learn valuable skills such as teamwork, decision-making, and time management by undergoing intensive military training. They also can gain a better understanding of their civic duties and responsibilities as citizens, which will be beneficial to national development.

Another argument for incorporating ROTC into the Senior High School curriculum is its potential contribution to national defense. Terrorism, piracy, and territorial disputes are among the security threats confronting the Philippines. A well-trained and disciplined youth can be beneficial to national security, particularly during times of crisis or emergency.

Opponents argue that including ROTC in the Senior High School curriculum will have a negative impact on students. One source of concern is the possibility of power abuse by ROTC officers, who may use their authority to bully or discriminate against students. Another concern is that the program may not be inclusive for some students, particularly those with physical disabilities or religious objections to military service.

There is also the question of whether the program's objectives can be met through alternative means. Character development, leadership training, and civic education, for example, can be integrated into existing subjects or co-curricular activities without mandating military training.

To sum it all up, the decision to include ROTC in the Senior High School curriculum is a complex issue that must be carefully considered. While the program has merits in terms of developing discipline, leadership, and patriotism, it also raises reasonable concerns about power abuse and inclusivity. Finally, the decision should be based upon a comprehensive examination of the program's objectives, potential impact on students, and national security requirements.



Prioritizing Physical and Mental Well-being: Why Schools Should Bring Back Sports Activities



Maxwell Cacdac

As schools continue to navigate the challenges of the ongoing pandemic, one area that has taken a backseat is the availability of sports activities. However, I strongly believe that schools should prioritize the safe return of sports activities, both for the physical and mental well-being of students.

Sports are an integral part of a well-rounded education. They not only promote physical fitness and healthy living, but also teach important life skills such as teamwork, leadership, and perseverance. Sports also provide a sense of community and belonging, which is especially important during these times of social isolation.

Furthermore, physical activity has been proven to have a positive impact on mental health. Exercise releases endorphins, which can help reduce stress and anxiety, improve mood, and boost self-esteem. With mental health being a growing concern among young people, providing them with opportunities to engage in physical activity is more important than ever.

Of course, the safety of students and staff must be the top priority. Schools should follow the guidance of public health officials and implement appropriate safety measures to prevent the spread of COVID-19. This could include limiting the number of participants, enforcing social distancing, and requiring masks during activities. With proper planning and precautions, sports activities can be conducted safely.

In addition, schools should consider offering a range of sports options to cater to the diverse interests and abilities of students. This could include both traditional team sports like basketball and soccer, as well as individual activities like running and yoga. By offering a variety of sports, schools can ensure that every student has the opportunity to find an activity they enjoy and can participate in.

In conclusion, the benefits of sports activities for students are undeniable. As we navigate the ongoing pandemic, schools should prioritize the safe return of sports activities to promote physical and mental well-being, teach important life skills, and foster a sense of community. With proper planning and safety measures in place, sports can be a positive and impactful part of a student's education.



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INSIGHTS

Assessing the Impact and Effectiveness of the K-12 Program in the Philippines: The Need for a Comprehensive Curriculum Review



Katrina Paula Rosalada

The K-12 program in the Philippines was implemented in 2013 with the aim of improving the quality of education and preparing students for the demands of the 21st century. The program added two years to the previous 10-year basic education curriculum, making it a 12-year program that includes kindergarten, six years of elementary education, four years of junior high school, and two years of senior high school.

Since the implementation of the K-12 program, there have been ongoing discussions about its effectiveness and impact on students and the education system as a whole. A curriculum review is necessary to assess the strengths and weaknesses of the program and make necessary improvements.

One of the key strengths of the K-12 program is its focus on developing students' 21st-century skills such as critical thinking, creativity, communication, collaboration, and digital literacy. The program also offers students more options and flexibility in choosing their career paths and fields of study. The inclusion of senior high school allows students to explore their interests and gain practical skills through specialized tracks such as academic, technical-vocational, and sports and arts.

However, there are also some weaknesses in the K-12 program that need to be addressed. One of the main concerns is the lack of resources and facilities to support the implementation of the program, especially in public schools. Many schools still face challenges in providing quality education, including adequate facilities, qualified teachers, and updated textbooks and learning materials.

Another issue is the readiness of students for the senior high school level. Some students are not adequately prepared for the academic and practical demands of senior high school, leading to low retention rates and poor performance.

To address these concerns, a comprehensive curriculum review is necessary. This review should involve all stakeholders, including educators, parents, students, and government officials. It should focus on identifying the strengths and weaknesses of the program and proposing concrete solutions to improve the quality of education in the country.

Some of the proposed solutions include increasing funding for education, providing more training and support for teachers, improving the quality of textbooks and learning materials, and implementing a more rigorous assessment and evaluation system for students and schools.

Overall, the curriculum review of the K-12 program in the Philippines is crucial for the continuous improvement of the education system in the country. It should be conducted regularly to ensure that the program is meeting its goals and preparing students for the challenges of the future. With the support and cooperation of all stakeholders, the K-12 program can become a model for quality education in the region.

internet connection. This flexibility is particularly useful for students who have other commitments, such as work or family obligations.

Another advantage of distance learning is that it can be more cost-effective than in-person learning. Students do not need to pay for transportation or accommodation costs, and schools and universities can save money on facilities and equipment.

However, distance learning also has some drawbacks. One of the main disadvantages is that it can be isolating and lack the social interaction that is a crucial part of the learning experience. Students may also find it difficult to stay motivated and focused when learning from home, especially if they do not have a designated study space.

In-person learning is the traditional mode of education, where students attend classes in a physical classroom with a teacher present. This mode of learning has been the standard for many years and has proven to be effective for many students.

One of the main advantages of in-person learning is that it provides a more interactive and collaborative learning experience. Students can ask questions and receive immediate feedback from their teachers, and can also work with their peers on group projects and assignments. This interaction helps to promote critical thinking, problem-solving, and communication skills.

Another advantage of in-person learning is that it provides a structured and consistent learning environment. Students are more likely to stay motivated and focused when attending classes in person, and teachers can ensure that students are keeping up with the course materials.

However, in-person learning also has its drawbacks. One of the main disadvantages is that it can be expensive and time-consuming. Students need to pay for transportation and accommodation costs, and schools and universities need to invest in facilities and equipment.

In conclusion, both distance learning and in-person learning have their advantages and disadvantages. While distance learning is flexible and cost-effective, it can be isolating and lack the social interaction that is crucial for learning. In-person learning, on the other hand, provides a more interactive and structured learning environment, but can be expensive and time-consuming.

Ultimately, the effectiveness of each approach will depend on the needs and preferences of individual students. Some students may prefer the flexibility of distance learning, while others may thrive in a structured classroom environment. The best approach is likely a combination of both, where schools and universities can offer a mix of in-person and remote learning to cater to the needs of all students.

Just my two cents...



The Distraction Dilemma: Why Schools Should Enforce Strict Policies on Cellphone Use During Classes

Jomari Almoite

As technology has advanced and become more accessible, the use of cellphones among students has become more common, even during classes. However, the use of cellphones during class can negatively impact students' learning and discipline. Therefore, it is important for schools to enforce strict policies on cellphone use during classes.

Firstly, cellphones can be a major distraction for students during class. Instead of focusing on the lesson, students may be tempted to check social media, text their friends, or play games on their phones. This not only leads to poor academic performance but also disrupts the learning environment for other students.

Moreover, excessive cellphone use during classes can lead to addiction and negative effects on mental health. Studies have shown that excessive use of cellphones can lead to anxiety, depression, and poor sleep quality, which can further affect the academic performance of students.

Furthermore, the use of cellphones during classes can be disrespectful to teachers and their authority. It sends a message that students are not interested in the lesson and do not value the teacher's efforts to educate them. This attitude can lead to a lack of discipline, which can have serious consequences in the future.

In light of these negative impacts, it is crucial for schools to implement strict policies on cellphone use during classes. Teachers should have the authority to confiscate cellphones or issue disciplinary actions for students who do not comply with the policies. Parents should also be involved in promoting responsible cellphone use among their children and monitoring their use during classes.

In conclusion, while cellphones have become an integral part of our lives, their use during classes can be detrimental to students' learning and discipline. Schools should implement strict policies and enforce them to ensure that the learning environment is conducive to academic success and students are respectful to their teachers. It is important for students to learn self-discipline and responsible use of technology to succeed academically and in life.

TIK-TALK



Balancing Flexibility and Interaction: Exploring the Effectiveness of Distance Learning and In-Person Learning

Reinan Jake Cabanela

The COVID-19 pandemic has brought about significant changes in the education sector, with many schools and universities transitioning from traditional in-person learning to distance learning. While distance learning has provided a way for students to continue their education during the pandemic, the effectiveness of this approach has been a subject of debate. In this editorial, we will explore the advantages and disadvantages of both distance learning and in-person learning to determine which approach is more effective.

Distance learning, also known as remote learning, is a mode of education where students and teachers communicate and interact through digital platforms. This mode of learning has become increasingly popular due to the pandemic, with many schools and universities adopting it to keep students safe and prevent the spread of the virus.

One of the main advantages of distance learning is that it is flexible and can be tailored to the needs of individual students. Students can access course materials and lectures at their own pace and can learn from anywhere with an internet connection. This flexibility is particularly useful for students who have other commitments, such as work or family obligations.

Another advantage of distance learning is that it can be more cost-effective than in-person learning. Students do not need to pay for transportation or accommodation costs, and schools and universities can save money on facilities and equipment.

However, distance learning also has some drawbacks. One of the main disadvantages is that it can be isolating and lack the social interaction that is a crucial part of the learning experience. Students may also find it difficult to stay motivated and focused when learning from home, especially if they do not have a designated study space.

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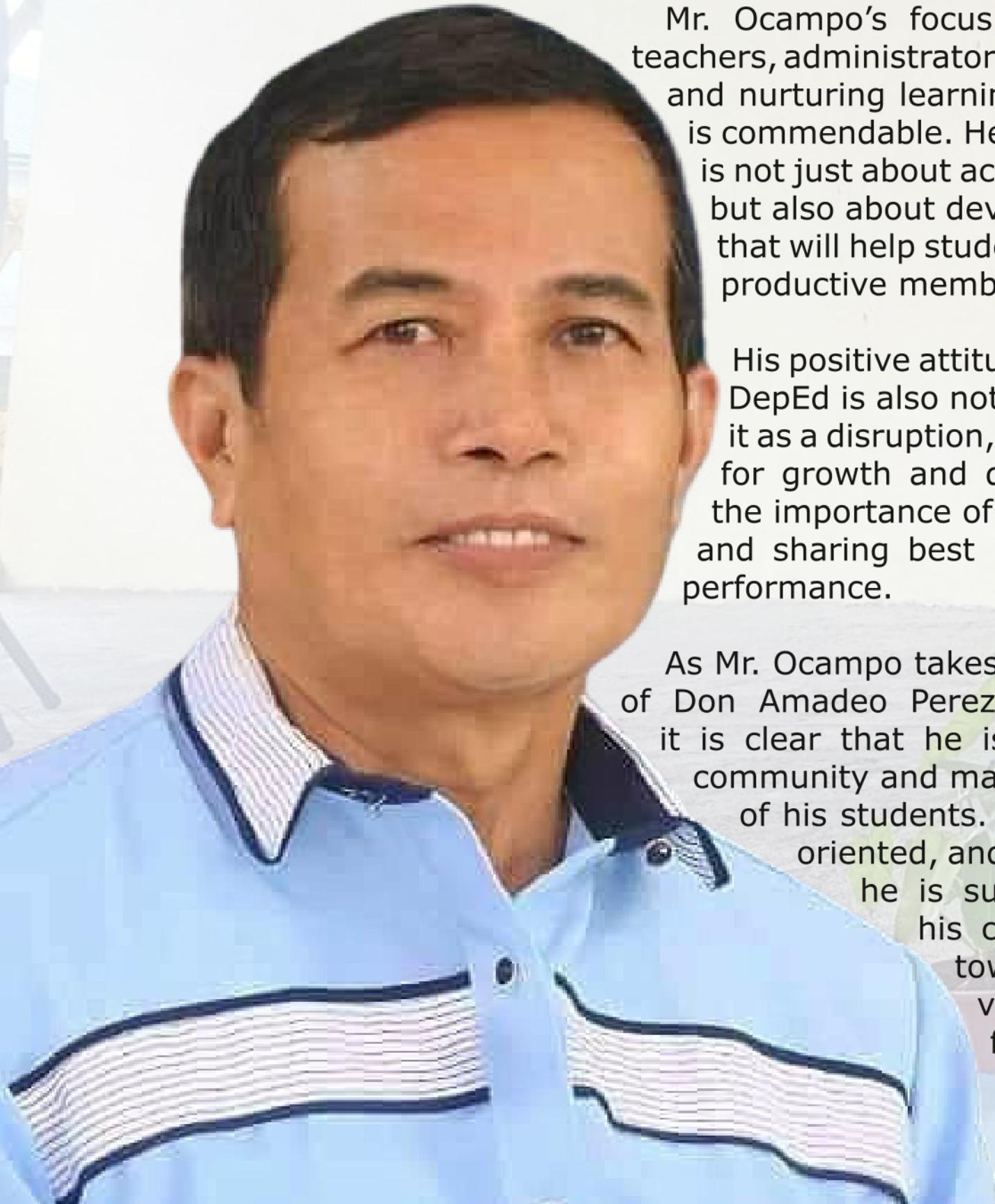
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Hello

Hello

Maxwell Cacdac

With his vision of creating an inclusive school culture and his support for reshuffling in the DepEd, Mr. Eduardo Ocampo is poised to lead Don Amadeo Perez Sr. National High School to greater heights. As a former teacher for 23 years and principal for 6 years at Pinmilapil National High School, he brings a wealth of experience and knowledge to his new position.



Mr. Ocampo's focus on working together with teachers, administrators, and parents to create a safe and nurturing learning environment for students is commendable. He understands that education is not just about acquiring knowledge and skills, but also about developing values and attitudes that will help students become responsible and productive members of society.

His positive attitude towards reshuffling in the DepEd is also noteworthy. Rather than seeing it as a disruption, he views it as an opportunity for growth and development. He recognizes the importance of learning from past mistakes and sharing best practices to improve school performance.

As Mr. Ocampo takes on his new role as principal of Don Amadeo Perez Sr. National High School, it is clear that he is committed to serving his community and making a difference in the lives of his students. With his hardworking, goal-oriented, and supportive leadership style, he is sure to inspire and motivate his colleagues to work together towards achieving their shared vision for the school. The future looks bright for Don Amadeo Perez Sr. National High School under the leadership of Mr. Eduardo Ocampo.





3, DAPHNE, Goodbye

The Don Amadeo Perez Sr. National High School community is bidding farewell to Dr. Sonia F. Mamaril, who has served as the school's administrator from 2016 to January 2023. Dr. Mamaril is transferring to Pinmilapil National High School, where she will continue her journey in the field of education.

Dr. Mamaril's rise to her position as an administrator is a testament to her unwavering commitment, dedication, and hard work. She started as a teacher in science, where she displayed her passion for teaching and nurturing the minds of the youth. Her colleagues describe her as a generous, hardworking, and caring individual, who always goes above and beyond for her students and subordinates.

Dr. Mamaril has always been guided by her strong faith, which has helped her overcome challenges and obstacles in her career. She firmly believes that education is a powerful tool that can transform the lives of students, and she has dedicated her life to ensuring that the youth receive the best possible education.

Despite bidding farewell to Don Amadeo Perez Sr. National High School, Dr. Mamaril's legacy will remain in the hearts and minds of those who have worked with her. She has touched the lives of many students, colleagues, and parents, and her contributions to the school will always be remembered.

As Dr. Mamaril moves on to her new journey, the Don Amadeo Perez Sr. National High School community wishes her the best of luck and thanks her for her invaluable contributions to the school. She may be leaving, but her impact will continue to inspire and motivate those who have had the pleasure of working with her.



Goodbye

A Merry Little Christmas in DAPNHS

Jinnel Biado

As the holiday season approached, the students of Don Amadeo Perez Sr. National High School (DAPNHS) were abuzz with excitement, eager to create a magical experience for their fellow students and teachers. Led by the Grade 11 and 12 students, the school's Christmas village became the main attraction of the campus during the Christmas season.

The project was a collaborative effort between the students and their advisers, Aljon B. Fernandez, Mariven E. Navarro, Arlyne A. Tay-og, and Anchelli Mae L. Bernal, with guidance from the school's SHS Coordinator. Together, they worked tirelessly to bring the Christmas village to life, ensuring that every detail was perfect.

The Christmas village was set up in the school's mini Forest, with various booths and stalls offering a range of Christmas-themed activities. There was a photo booth where students and teachers

could take festive photos together.

The village was beautifully decorated, with twinkling lights, wreaths, and ornaments adorning every corner. The centerpiece of the village was a towering Christmas tree, resplendent in its glittering glory. Everywhere you looked, there were reminders of the joy and magic of the holiday season.

The project was a labor of love for the students, who worked tirelessly to make sure everything was perfect. They spent countless hours planning and preparing, designing and building, and even practicing performances for the school's Christmas program.

Their hard work paid off, as the Christmas village was a resounding success. Students and teachers alike were thrilled with the new attraction, and the atmosphere on campus was filled with holiday cheer and goodwill. Sonia Mamaril, the school's principal, was extremely proud

of the accomplishments of the SHS students. She praised their dedication and hard work, noting that the project was a testament to their creativity, ingenuity, and teamwork.

In a year that had been filled with challenges and uncertainties, the Christmas village served as a much-needed source of joy and positivity for the entire school community. It was a reminder of the resilience and strength of the human spirit, and of the enduring power of the holiday season to bring people together in celebration and hope.

As the Christmas season came to a close, the students and teachers of DAPNHS could look back on a merry little Christmas indeed, thanks to the hard work and dedication of the Grade 11 and 12 students and their advisers. It was a holiday season that they would never forget, and one that would continue to inspire and uplift them in the years to come.



Meet Sir Aljon B. Fernandez: The New Mentor of DAPNHS

Jinnel Biado

Aljon B. Fernandez is the new mentor of Don Amadeo Perez Sr. National High School (DAPNHS), located in the municipality of Sison, Pangasinan. He was born and raised in Asan Sur, Sison, and completed his Bachelor's Degree in Secondary Education Major in English at DMMMSU SLUC Agoo La Union in 2017. He later pursued his Master's Degree in Educational Leadership and Management at St. Paul University System in Malate, Manila, and graduated in 2020.

Fernandez's passion for teaching started at a young age. He admired the dedication and hard work of his teachers, who not only taught him academics but also life skills. He never forgot the words of encouragement from his teacher,

Mrs. Marzan, who saw his potential and believed that he would become a great teacher someday.

Fernandez's teaching career began in St. Mary's Academy in Rosario, La Union, where he honed his skills in the classroom. He later joined DAPNHS as a Senior High School Teacher and Grade 11 Adviser. He found himself living his childhood dream of being a teacher and was thrilled to work with like-minded colleagues who shared his goal of providing quality education to their students.

Fernandez believes that being an educator is not just about imparting knowledge but also about being a role model and mentor to his students. He hopes to inspire and motivate them to pursue their dreams, just as his teachers did for him. As a Grade 11 adviser, he is determined to guide his students through their academic journey and help them develop the skills they need to succeed in life.

Fernandez is excited about his new role as a mentor at DAPNHS. He aims to become an agent of change in the school, constantly looking for ways to improve the learning environment and create opportunities for his students. He is committed to making a difference in the lives of his students and to help them reach their full potential.

In conclusion, Aljon B. Fernandez is a passionate and dedicated teacher who is committed to providing his students with the best possible education. He is a true inspiration to his colleagues and students, and his enthusiasm for teaching is contagious. With his vision and dedication, he is sure to make a significant impact on the future of education in his community.



Filipino Scientists Develop Anti-Cancer Compound from Local Plant

Regie Palasi

A team of Filipino scientists has discovered and developed a natural compound from a local plant that shows promise as a treatment for cancer. The compound, known as tiliroside, was extracted from the leaves of the *Alpinia zerumbet* plant, which is native to the Philippines and other Southeast Asian countries.

The researchers conducted a series of laboratory tests and found that tiliroside was able to inhibit the growth of cancer cells in several types of cancer, including breast, lung, and liver cancer. The compound was also found to induce apoptosis, a process by which cancer cells self-destruct, without harming healthy cells.

Tiliroside has several advantages over existing cancer treatments, which can be costly and have significant side effects. The compound is natural and can be easily extracted from the *Alpinia zerumbet* plant, which is abundant in the Philippines. It also has a low toxicity profile, meaning that it is less likely to cause harm to healthy cells than other cancer treatments.

The discovery of tiliroside is a significant achievement for the Filipino scientific community, which has been working to develop new treatments for cancer and other diseases. The researchers hope to conduct further

studies to determine the safety and efficacy of tiliroside in humans, with the goal of eventually bringing the compound to market as a cancer treatment.

The development of this natural anti-cancer compound also has the potential to boost the Philippines' economy, by creating new jobs in the pharmaceutical industry and supporting the growth of local businesses that specialize in plant-based medicines. Overall, this breakthrough is a testament to the ingenuity and creativity of Filipino scientists, and their commitment to improving the health and well-being of their fellow citizens.



Philippines Launches First Electric Jeepney Fleet

Dhea Tabcao

The Philippines has recently launched its first fleet of electric jeepneys, which are expected to significantly reduce carbon emissions in the country. Jeepneys are a popular form of public transportation in the Philippines, and this move to electric vehicles marks a major step forward in the country's efforts to reduce its carbon footprint and promote sustainable development.

The new electric jeepneys were developed by a partnership between the Department of Energy, the Asian Development Bank, and several private companies. The vehicles were designed specifically to meet the needs of the Philippines' unique transportation system, which relies heavily on small, locally-owned vehicles to transport passengers around cities and rural areas.

The electric jeepneys are powered by

lithium-ion batteries, which can be fully charged in just a few hours. They have a range of up to 80 kilometers on a single charge, making them ideal for short trips within urban areas. The vehicles are also equipped with features such as GPS navigation, CCTV cameras, and Wi-Fi, making them more convenient and comfortable for passengers.

The launch of the electric jeepneys is part of the Philippine government's wider efforts to

promote the use of electric vehicles in the country. The government has set a target of having 1 million electric vehicles on the road by 2020, and has introduced a range of incentives to encourage consumers to switch to electric vehicles.

One of the key benefits of electric vehicles is that they produce zero emissions while in use, meaning they do not contribute to air pollution. This is particularly important in the Philippines, where air pollution is a major problem in many urban areas. The new electric jeepneys are expected to reduce carbon emissions by up to 260 metric tons per year, helping to improve air quality and reduce the country's overall carbon footprint.

The launch of the electric jeepneys has been welcomed by environmental groups and sustainable transport advocates, who see it as a positive step towards a more sustainable future for the Philippines. However, there are also some challenges to overcome, such as the cost of the vehicles, the need for charging infrastructure, and the need to train drivers and mechanics in the maintenance and repair of electric vehicles.

Despite these challenges, the launch of the electric jeepneys is a major milestone in the Philippines' efforts to promote sustainable development and reduce its carbon footprint. With continued support from the government and private sector, it is hoped that more electric vehicles will be introduced in the coming years, helping to create a cleaner, more sustainable future for the country.



Filipino Researchers Develop COVID-19 Detection System Using AI

Dhea Tabcao

Filipino researchers have developed an artificial intelligence-based system for detecting COVID-19 that is faster and more accurate than traditional tests. The system uses a deep learning algorithm that can analyze chest X-rays to detect signs of COVID-19 infection. The algorithm was trained using a large dataset of X-ray images from patients with and without COVID-19, allowing it to learn to identify the specific features associated with the disease.

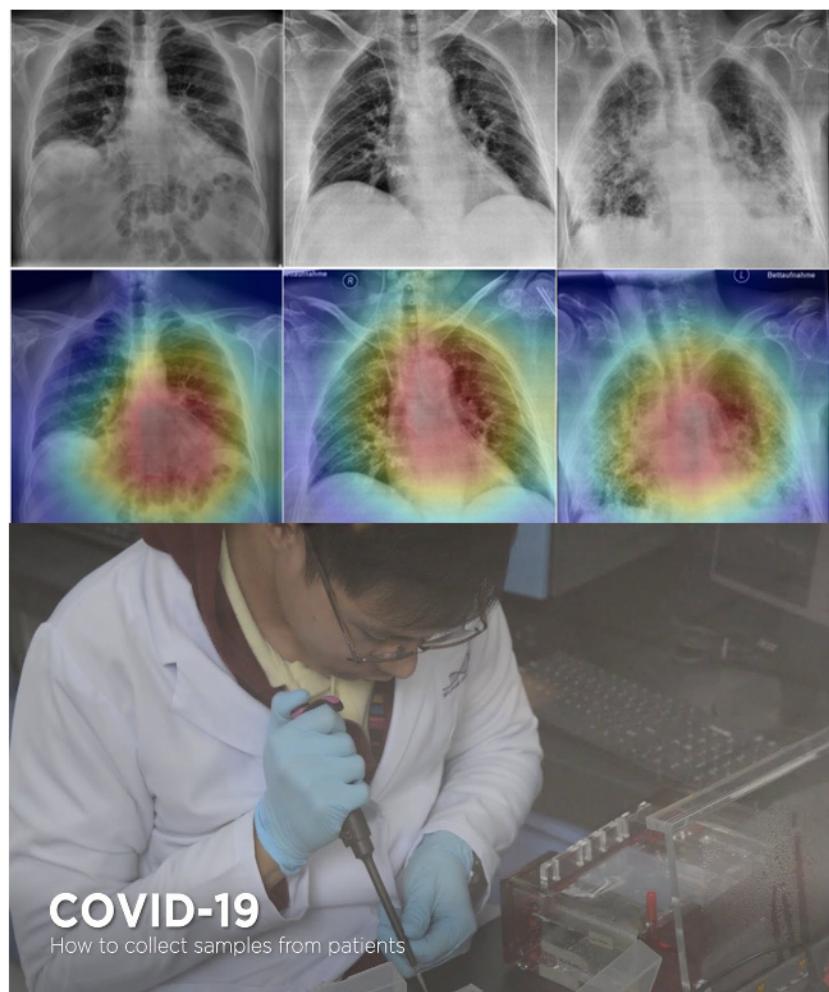
The system was developed by researchers from the University of the Philippines and the Philippine General Hospital, in collaboration with the Department of Science and Technology's Philippine Council for Health Research and Development. According to the researchers, the AI-based system can provide results in just a few seconds, making it much faster

than traditional PCR tests, which can take hours or even days to produce results.

The new system also has the potential to reduce the workload of healthcare workers, who are currently overwhelmed with the number of COVID-19 cases in the Philippines. The system can be easily integrated into existing hospital systems, allowing for quick and efficient diagnosis

and treatment of COVID-19 patients.

The development of this AI-based system is a significant achievement for the Philippines, which has been hit hard by the COVID-19 pandemic. The new system could help improve the country's testing capacity and reduce the spread of the virus, ultimately saving lives and helping to mitigate the impact of the pandemic.



COVID-19
How to collect samples from patients

The Importance of Anti-COVID Vaccine Booster Shots

Regie Palasi

As the COVID-19 pandemic continues to affect people around the world, the importance of vaccination has become increasingly clear. Vaccines have proven to be highly effective in preventing severe illness, hospitalization, and death from COVID-19. However, with the emergence of new variants of the virus, there is a growing need for booster shots to maintain immunity and prevent further spread of the virus.

Booster shots, also known as additional doses, are given to individuals who have already received a full course of the COVID-19 vaccine. The purpose of a booster shot is to boost the body's immune response and provide longer-lasting protection against the virus.

The need for booster shots is particularly urgent in the face of new variants of the virus. Some of these variants, such as the Delta variant, are more transmissible and have been shown to reduce the effectiveness of some COVID-19 vaccines.

Booster shots can help to address this issue by increasing

the level of immunity in individuals and reducing the spread of the virus.

The decision to administer booster shots has been supported by data from clinical trials and real-world studies. For example, a recent study from Israel found that a booster shot of the Pfizer-BioNTech vaccine was 86% effective in preventing COVID-19 infections and 92% effective in preventing severe illness.

In addition to providing increased protection against the virus, booster shots can also help to alleviate pressure on healthcare systems. By reducing the number of severe cases and hospitalizations, booster shots can help to ensure that healthcare resources are available to those who need them.

Overall, booster shots are an important tool in the fight against COVID-19. While vaccination remains the best way to protect against the virus, booster shots can provide additional protection against new variants and help to maintain immunity over time. It is important for individuals to stay informed about the latest recommendations from public health officials and to get vaccinated and receive booster shots as recommended.



DAPNHS receives award... from Page 1

are safe and well-cared for," she said.

The award is given to schools that have shown exceptional efforts in implementing the Brigada Eskwela program, which includes the cleaning and repair of school facilities, as well as the mobilization of volunteers and stakeholders to help in the preparations for the school year.

The award also serves as an incentive for schools to continue improving their facilities and programs to provide the best possible learning experience for their students.

DAPNHS, which has a student population of 315, is one of the schools in the Municipality of Sison. With the ongoing pandemic, the school has implemented strict health protocols to ensure the safety of its students and staff.

The Brigada Eskwela program is a nationwide initiative of the DepEd, which aims to encourage the participation of various stakeholders in preparing public schools for the opening of classes. The program has been instrumental in improving the conditions of public schools across the country.



DAPNHS Teachers Enhance Sports Coaching Skills

Dhea Tabcao

Pangasinan II Division recently hosted an in-service training and accreditation program for coaches in various sports events from February 8-10, 2023 at Ramon J. Guico Sports Center. The program was attended by teachers from DAPNHS who were interested in improving their skills as coaches.

The program was divided into three days, with each day focusing on a different sport. Charlie P. Calonge attended the football training, while Marissa C. Fernandez and Aljon B. Fernandez attended the volleyball training. Janneth M. Ocampo and Bryan M. De Vera joined the badminton training.

The training program aimed to provide teachers with the necessary skills and knowledge to coach their respective teams effectively. The program covered a wide range of topics, including coaching techniques, and team building. The coaches also learned about the rules and regulations of each sport to ensure that they

could teach their students effectively.

The training program concluded with an accreditation process to assess the coaches' understanding of the topics covered during the training. The accreditation process involved written exams and practical assessments to ensure that the coaches were fully equipped to handle their coaching duties.

Overall, the in-service training and accreditation program provided valuable learning opportunities for the teachers of DAPNHS who participated. It was a step towards improving the quality of sports coaching in the region and ensuring that the students receive the best coaching possible.

Amadean educators bag awards from Superintendent Cup Season 2

Reginald Contillo

On September 17-18, 2022, Amadean Teachers represented and bagged 2nd Place in Badminton Men's Category and Badminton 3rd Place in Women's Category held San Fabian Municipal Gym in San Fabian, Pangasinan.

In relation to World Teachers' Day celebration, the Schools Division of Pangasinan II conducted an activity that will showcase the skill of teachers of Pangasinan II in different sporting events. Teachers from Don Amadeo Perez Sr. National High School did not hesitate to represent the municipality of Sison for the said event. They were Mrs. Marissa Fernandez, Ms. Rochelle Z. Estabillo, Mr. Aljon B. Fernandez, Mr. Jesreel Castillo and Mr. Bryan M. De Vera as their coach.

The first game was



Mr. Fernandez shows his competitive spirit while playing Badminton.



Students express their gratitude to generous donor, Mrs. Sinen for providing table-tennis equipment to the school.

ITTF-approved Table Tennis Equipment Donated to DAPNHS

Josh Lennon July Gonzaga

In a bid to support the development of table tennis in Don Amadeo Perez Sr National High School (DAPNHS), Sir Michel and Mam Mary Grace Sinen have generously donated ITTF-approved table tennis rackets to Don Amadeo Perez Sr National High School (DAPNHS).

The couple, the Municipality of Sison, hopes that the table will serve and enthusiasts, as a catalyst for recognizing the growth of table tennis in the School. With the new equipment, the students of DAPNHS will have the opportunity to further develop these qualities and reach new heights in their athletic pursuits.

The donation ceremony was held at DAPNHS on March 3, 2023, and was attended by school officials, DAPNHS students, representatives from SK Federated, and the Sinens. During the event, the beneficiaries expressed their gratitude for the generous donation and pledged to make the most out of the new equipment.

In addition to the rackets, SK Federated Chairman Kyle Benosa has also donated an ITTF-approved table tennis table and net to the school. Benosa, who is a long-time supporter of sports development in the Philippines, has expressed his support for the development of table tennis in the country.

Table tennis is a sport that requires a combination of skill, technique, and agility. It is a great way to stay active and healthy, and it can also be a fun social activity. With the help of the donated equipment, the students of DAPNHS will be able to improve their skills and compete at a higher level.

The donation of the ITTF-approved rackets and table is a testament to the generosity of Sir Michel, Mam Mary Grace Sinen, and SK Federated Chairman Kyle Benosa. Their support for sports development in the Philippines is greatly appreciated and will undoubtedly make a positive impact on the lives of the young people at DAPNHS.



THE OFFICIAL PUBLICATION OF DON AMADEO PEREZ SR. NATIONAL HIGH SCHOOL

The Valley Sports

Players warm up before the soccer game to give their best performance.

DAPNHS Welcomes the Return of Sports Activities Under New Sports Enthusiast Principal

Reinan Jake Cabanela

After a long hiatus caused by the pandemic, sports activities are back in full swing at Don Amadeo Perez Sr. National High School, thanks to the new principal, Mr. Eduardo C. Ocampo, Principal III, who is a sports enthusiast.

The return of sports activities has brought a wave of excitement among students and teachers alike, who have eagerly been waiting for the opportunity to resume their favorite sports. Under the guidance of the principal, Mr. Eduardo Ocampo and Mr. Charlie Calonge, Sports Coordinator, the school has put together a comprehensive plan to ensure that sports activities can be conducted safely.

"The pandemic has disrupted our lives in so

many ways, and it has been especially challenging for our students, who have missed out on so many opportunities to engage in physical activity," said Principal Ocampo. "As a sports enthusiast, I understand the importance of sports in the development of young minds and bodies, and I am committed to ensuring that our students have the opportunity to participate in sports activities once again."

The school has implemented strict safety protocols, such as regular

sanitization of equipment, mandatory mask-wearing, and social distancing, to ensure that sports activities can be conducted safely. The sports teams have also been divided into smaller groups, or "pods," to minimize the risk of exposure.

Despite the challenges posed by the pandemic, the students and teachers at DAPNHS have risen to the occasion, displaying a remarkable level of enthusiasm and dedication. The sports teams have been

practicing hard, eager to show off their skills in upcoming competitions.

"I am thrilled to be back on the field, playing the sports I love with my friends," said a student athlete. "It feels great to have some sense of normalcy after such a long time."

The return of sports activities has not only provided an outlet for physical activity but also a sense of community and camaraderie. The students and teachers have come together, united

by their love of sports and their commitment to staying safe during these challenging times.

Principal Ocampo and the school administration have expressed their gratitude to the students, teachers, and parents for their support and cooperation during this time. They are looking forward to a successful sports season and hope that the students will continue to stay motivated and engaged in their sports activities.

Fernandez dominates SDS Cup

Josh Lennon July Gonzaga

Marissa C. Fernandez emerged as the Most Valuable Player (MVP), Best Open Spiker, and member of the Mythical 6 during the SDS Cup on October 8, 2022 at Sto. Tomas Pangasinan. Fernandez, who played for the Team Sison Maestra, showcased her exceptional skills and led her team to victory.

Team Sison Maestra dominated the tournament, winning all of their matches, thanks in large part to the outstanding performance of Fernandez. She consistently delivered powerful spikes and impressive blocks that left her opponents struggling to keep up. Fernandez was ecstatic about her individual awards but remained humble and credited her team's hard work and dedication for their success. "I couldn't have done it without my teammates. We worked hard and supported each other throughout the tournament," she said.

The SDS Cup, which featured some of the



SDS CUP SEASON 2: Fernandez and Lagmay earn the Championship!

Josh Lennon July Gonzaga

Last October 3, 2022, the Women's Volleyball Team of Sison having Mrs. Marissa C. Fernandez and Ms. Bonnaly T. Lagmay, two of the teaching force of Don Amadeo Perez Senior National High School returned home as champions during the Superintendent's Cup Season 2 held at Sto. Tomas Gymnasium in Sto. Tomas, Pangasinan.

With the aim of celebrating the World Teachers' Day 2022, the Division of Pangasinan 2 held its Superintendent's Cup Season 2. This is also held to promote the upskilling of the teachers in different sporting events. The championship for Volleyball for the said cup was held at Sto. Tomas, Pangasinan. The championship match between Asingan and Sison Team was on fire. There were breathtaking rallies. Fernandez, open spiker of Sison Team, made a total of nine

points which helped her team win the game. "Asingan team is the team to beat," said Fernandez. "But thanks God we were able to work as a team," she added. On another note, Lagmay said, "It was really a tough game! We had a very short time to prepare for this but we did our best."

It was indeed a great journey to cherish for Fernandez and Lagmay. It is a proof that when you work hard and when you do what you love, everything will turn out good.