

# ACADEMIC WEEK



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Work and fun seem to be two ideas that belong on opposite ends of a spectrum. However, in Everest Academy, the Lower School community know how to put work and fun together. Through preparation and activities of the Academic Week, the teachers, students, and staff worked to create an event that will show the rest of the community that learning in school is not all about lessons, tests, and daily routines. The different grade levels, classes, and subjects all had something to show. It was a week of fun and work side by side!

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# BONDING THROUGH SPORTS AND ACTIVITIES

*by Maica Gloria and Lucas Peterson*



Everest Academy Manila celebrated their annual Sportsfest last February 14, 2020. The sportsfest is an energetic event that happens once a year. The whole school participates in this event but the different levels are given different schedules. Each class is divided into a red and blue team which then compete against each other later on. What is even more exciting in the sportsfest is that our very own homeroom teachers and supervisors perform a dance! The Upper School even has the chance to compete against our priests! Aside from the competition between the teams vying for 1st place, tempers can flare up and cause disagreements but all of this is peacefully settled at the end because of good sportsmanship.

Father Felipe, our Chaplain, began the sportsfest with a prayer. This year's hosts for the sportsfest were Ms. Dela Cruz and Coach Syl. It was followed by some of Lower School's teachers dancing to Dua Lipa's hit song entitled "Don't Start Now". The teachers were dancing so well that all the students were cheering and screaming!

Games formally began when Ms. Dela Cruz and Coach Syl introduced all the games and sports that were to be played. The first game that we played was "Over and Under". It was very enjoyable to see each batch working as a team to get to the end. Eventually, the 5th graders won the game of over and under.

Following over and under was tug-of-war, the second game. The red and blue team went against each other in this game. There were some misconceptions with each team claiming that the other team had the strongest people. Everyone in the end was okay if they would win or lose because of good sportsmanship.



Soccer came after tug-of-war. This was a favorite of class 5A. There were some minor injuries caused by the red or blue team because of too much excitement, but they would always forgive each other and dive back into the game. It was really fun and amusing watching all of my classmates scoring the goals! Everyone enjoyed playing (and watching!) soccer. It was one of the highlights of the sportsfest!

Then came the last sport of the day, basketball. In basketball, there were a lot of minor injuries, but they were also all resolved in the end. Everyone was amazing at shooting and cheering for their teammates. It was a very exciting game. At the end of the sportsfest, most of the teachers played some of the sportsfest games representing the teams of their class. They played basketball and tug of war.

It was extremely exciting watching all the teachers play different kinds of sports. All the students of Lower School were cheering for their teachers! Who knew how exciting the day would turn out to be? Students competed against sections, the music was really upbeat and lively, and the teachers played along too. This year's Sportsfest was a time for students to develop teamwork and leadership skills as well as participate in friendly competition. It was also a time for everyone just to have fun, exercise and enjoy each other's company. In this time of social distancing, you can't help but appreciate activities like this even more and look forward to it even more!



# AN A+ QUIZ BEE WITH UPPER PRIMARY

*by Diego Arellano and Olivia Escano*

The Quiz Bee is an event held in Lower School for Upper Primary levels, Grades 3-5. It is a chance for them to recap old lessons and to show their intellectual capabilities in different subjects. Any Quiz Bee contestant would have to study these subjects: science, mathematics, and language arts, current events, and general knowledge. It is a great opportunity to show parents, guests, and even teachers what they have learned in the past.

During the Quiz Bee, the contestants were scared of getting eliminated. But this is just a natural part of any competition. The Quiz Bee promotes a healthy sense of competition with the students, along with teamwork and sportsmanship. Nobody leaves with a heavy heart. Everybody present and their parents were supportive of the contestants. In the end, there were three lucky people who won one from each level: Gabriel Holub from Grade 3; Viv Bhatia from Grade 4, and Anikka Marcos from Grade 5.

Congratulations to all contestants and, most especially, to the winners of this school year's Quiz Bee!



Photo by Pam Fajardo

# THE FANTASTIC FOOD FEST

*by Ashley Onate and Zoe Co*

The Food Fest happened on February 21, 2020. It is a unique event where our fellow Foreign Language students (both from Mandarin and Spanish) provide and prepare Spanish and Chinese food. It is an entertaining and delicious way of giving out food from different countries as we familiarize ourselves with their cultures.

## MANDARIN



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# GRADE ONE

Grade 1 Mandarin prepared wintermelon tea. In China, wintermelon tea is believed to help people dealing with hot temperatures. Since it contains no fat and may help to eliminate extra water in the human body, wintermelon tea is also named as slim tea. In order to make this you must:

**Mix ½ cup of jasmine tea and ¼ cup of wintermelon syrup**

**Add ice to fill**

**Mix and stir before serving**

# GRADE TWO

Grade 2 brought tangerines and oranges. Eating and displaying tangerines and oranges is believed to bring good luck and fortune due to the pronunciation and writing. The Chinese word for orange is 橙 (chéng) which sounds the same as the Chinese for 'success' (成). One of the ways of writing tangerine (桔 jú) contains the Chinese character for luck (吉 jí).

**Peel an orange by hand**

**Stick your fingers into the hole at the top of the orange**

**Pry it open like a book, separate the wedges, and eat them individually.**

# GRADE THREE

The Grade 3 Mandarin prepared Nian Gao, (or Fried Tikoy). The lucky Saying for Eating Nian Gao 年年高 (niánnián gāo) 'Getting higher year-after-year', can imply children's height, rise in business success, better grades in study, promotions at work, and more.

**Place pan in medium low heat then add small amount of oil for pan frying**

**Dip a slice of tikoy in the beaten egg mixture then pan fry each piece**

**Once golden brown, turn it over.**

**When cooked remove from pan then place on a paper towel lined plate.**



# GRADE FOUR

The Grade 4 Mandarin made dumplings, our all-time favorite Chinese food. A lucky saying for eating dumplings is "Zhāo cái jìn bǎo" meaning 'bringing in wealth and treasure' – a felicitous wish for making money and amassing fortune. To make this you must have: Dumpling Wrappers, Dumpling Filling, and water.

**Dip your finger in water and moisten the edges of half the dumpling wrapper.**

**Place a tablespoon of filling in the middle.**

**Fold the dumpling wrapper in half, pinching it together at the meeting point at the top.**

**Take the side of the wrapper facing away from you**

**Fold one side of it in towards the middle.**

**Repeat with the other side.**

**Press and seal to make sure it's airtight.**



# GRADE FIVE

Grade 5 Mandarin made Almond Lychee. According to ancient Chinese culture, the lychee fruit (*Litchi chinensis*) is a mythological symbol of romance, beauty, and good luck. The emperor would send runners over 800 miles to obtain the fruit from the southern regions of China where it is said the best lychee grew.

**Lightly spray ice cube trays with cooking oil spray.**

**Combine gelatine and  $\frac{3}{4}$  cup water in a bowl.**

**Add boiling water and stir to dissolve gelatine.**

**Stir in milk, sugar and almond essence.**

**Pour into prepared trays. Chill for 2 hours, until set.**

**Turn jelly cubes out onto a board. Place on plates with lychees and mint.**

**Drizzle with  $\frac{3}{4}$  cup of reserved lychee syrup and serve.**



Photos designed by Freepik



# Seniorita Maca

"It was such a nice experience to share with my students some of the most famous famous dishes from Spain and Mexico and having the opportunity of cooking them all together. It was a big challenge for all of us, but the kids put all their efforts in the dishes and had lots of fun while getting to know better the Spanish culture. ¡Vamos a comer!"

**SPANISH**



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## GRADE ONE

Grade 1 Spanish prepared orange juice. The city of Valencia, Spain is known for having the best oranges in Europe. That's why orange juice is one of the most popular drinks in Spain. Also, we have an idiom that says "encontrar a tu media naranja" which literally translates to "finding your half orange", but it means finding your soulmate.



## GRADE TWO

Grade 2 cooked tacos. It's actually a Mexican dish, but there are so many Mexican citizens in the school, such as Father Felipe, Father Mau, and the consecrated women. It was nice to cook something typical from their country. It was like including them in the food festival celebration.

## GRADE THREE



Grade 3 cooked PINTXOS. Pintxos are typical in the north of Spain, especially from the Basque Country. Spanish people love eating pintxos because you get full just eating a few of them and you can basically make it with any ingredients that you like. In this case, Grade 3 prepared two kinds of pintxos: one with smoked salmon and another with Iberian ham. But you can make them with anything that you like. They just need to have a slice of bread as the base and then a toothpick on top.

## GRADE FOUR

Grade 4 prepared Gazpacho. Gazpacho is an ice cold tomato soup that Spanish people love eating in summer since the weather is very hot. As Filipino citizens living in a tropical country, it is also going to be a good snack to eat. It's very easy to make because all the ingredients are raw and you just need to mix them in the blender.



Photo taken from Tesco Real Food

## GRADE FIVE

Lastly, Grade 5 prepared "Marineras", a tapa favorite. It's from my hometown, Cartagena. It is eaten as an appetizer before having lunch and it's super tasty. It has a bread stick in the base and then salad on top of the bread stick and an anchovy on top of the salad. If you don't like anchovies (like me) you can eat it with just the breadstick and the salad, but then it is called "bicicleta" instead of "marinera".

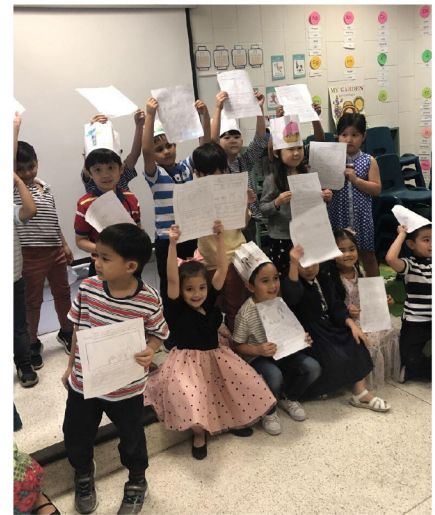


Photo taken from Twitter Visit Murcia

At the end of the day, everyone gave the food made to our parents. The food fest is an amazing way to see what foods other countries have, to see what they mean, how to make them, and try!

# HAVING FUN LEARNING

The Kinder students enjoyed their first ever Academic Week together with the Lower School community. It was a week of learning and fun, as the kindergarteners prepared for the main events that they really enjoyed. Their lessons on Luzon, Visayas, and Mindanao were perfect for the Academic Week special activities. Apart from playing hard during the Filipino games, they also had so much fun cheering for classes and other levels at the Sportsfest. They also learned some Filipino decorating practices like using banderitas. The highlight of their Academic Week experience was **COOKINDER**, a special activity that tied together what they learned about the food in Luzon, Visayas, and Mindanao. They followed various recipes of food or dessert that the Philippines's main islands are known for, and prepared these with their parents. After that, they had a Writer's Party that culminated the whole of Academic Week. This was truly a memorable first experience for the Kindergartners!



Photos from Alejandra Ongsiako



