

YEAR-END REPORT

The latest news and updates from Everest Academy Manila LS



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2020-2021!**

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Welcome, Academic Year 2020-2021!

by Erin Tulfo

Academic year 2019-2020 has recently ended, and now the summer of 2020 is here! It may seem sad to see a happy, fun-loving year go, but 2020 is a new year to start a new year for your life and others. It's like tapping the refresh button on your computer; you're refreshing yourself and starting on a new slate.

Each year has its own highlights, which will be cherished within every student always. Each student will not have the exact same highlight of the year. Here are some highlights from Everest Academy Manila Academic Year 2019-2020, according to the students:

MAICA G., 5A

The highlight of her year was spending New Years in Japan. This Academic Year, she says that she wants to achieve the IntegraMulier Award at the Award Ceremony.

BRIELLE B., 5A

The highlight of her year was making more friends and focusing on getting good grades a little more. If she could change something from last year, she would volunteer more in class discussions.

NANAMI I., 5A

According to Nanami, she had so many highlights of 2019, she couldn't choose one! For 2020, Nanami is aiming to land on the Honor Roll.

ELIZA C., 5A

For Eliza, her highlight of the year is getting to know more about her friends. Something that Eliza's wishes for is a laptop.

NANAMI I., 5A

The highlight of Gab's year was playing badminton with her friends. Something she wants to achieve is better grades and put more effort in what she does.

Academic Year 2019-2020 is a year to miss, but making memories is part of the journey. You will have more delightful times ahead, and 2020-2021 is just a blank page in your memory book to fill up. So A.Y. 2020-2021, here we come!

So You Have a Lot of Free Time Lately: Quarantine Life Hacks

by Chihiro Zemmoto and Paige Kiamzon

We are all probably bored during this long period of quarantine. Here is a list where you can find out some new things to try by yourself or with your family. Let's find out what these life hacks are!

Since our family is always at home, we should spend our time with them. You can spend the time playing puzzles and board games but it will be more fun if you try making one at home. Making a puzzle is easy and fun. So everyone in our family can join and spend time together. You can start by getting paper and coloring materials. Then, gather your family and start drawing on it. After that, cut the paper into small pieces. It's done! You and your family can start playing with that original puzzle.

Making a board game might be difficult. If you already have a board game, you could just make the rules original. To make the board game, get paper, a ruler, a pencil, and coloring materials. First, make the rules of the board game. Make some boxes on the paper and write down the rule to do if he/she lands there. Then, color and decorate the paper. You can go to any random name picker on the internet and start playing your new board game.

The second thing you can do is cooking. I know that many people have already tried cooking during this quarantine, but I am here to



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recommend some nice recipes to cook with your family, children, or just by yourself.

The first recipe is *quesadilla*. Its name came from the word *queso* which is cheese in Spanish. It is a tortilla with cheese inside. There are some people who add extra ingredients to make it original and more delicious. Some people add different kinds of cheese, vegetables, and even some meat to add more flavour. If you want to give it a try, I recommend to go and check out [Simply Recipes' entry on Quesadilla Recipe](#).



Picture by Parker Feierbach

The second recipe is a berry smoothie. It is healthy and delicious, and it cools you down on these hot summer days. It is also a great treat after a workout. This quarantine is a reminder for us to stay healthy - starting with what we eat.



You can also try baking! Baking is a creative outlet and relieves stress. When you bake, you feel like you're in control. You feel a physical connection between your body and mind. If you share baked goods, you express emotions. You also make everyone happy if you share them. And, for some people, baking is like meditation for them. It's simple, repetitive, and therapeutic. You feel great when you bake. It's because you feel accomplished and that you did something by yourself. If baking in an oven is too much for you right now, then you can make mug cakes. It's easier and faster!



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In this stressful and difficult time, it's easy to want to do nothing all day. This worldwide pandemic can make us feel down, but we can use this time as an opportunity to learn new skills and try new things.



The 100th Day of School

by Kitty del Rosario

The 100th Day of School is a special event because it is a time for celebrating an important milestone in school. Kids look back on the past 100 days and are encouraged to do better. This event is a time for both reflection and fun.

Everyone waits excitedly for this special occasion. This is a tradition many kids look forward to every year, but is only mostly celebrated by the Kinder batches. Each year is celebrated a bit differently.

This year, Kinder students celebrated the 100th day of school by dressing up as 100 year old people. Aside from that, they had all sorts of activities that made the day so much fun!

"The kids celebrate it because they celebrate the progress that they've done from the first day of school to the 100th day of school."

Erin Tulfo

Kinder worked on a 100 Days Booklet that practiced the students' writing skills. They also had challenging Math stations. They ended the day with 100 snacks!

The 100th day of school is special because it's a good thing for kids to work hard and look back on what they were able to accomplish in the past 100 days. It will encourage them greatly. 100 days may not be 365 days, not even half of it, but is a large amount of time that shows the significance of life in school.

New Lives is Our New Normal

by Tony Bengzon

We will be talking about two expecting teachers in the Lower School - Mrs. Pam Fajardo and Mrs. Meg Murff Trinidad. Read ahead; we will discuss when their babies will be born, how pregnancy has been so far, will there be anything that they will miss about being pregnant, and what is most exciting about their pregnancy.

There is nothing better than a new life coming. It is really exciting because two new lives are coming to Lower School in the next school year!

For Mrs. Fajardo, this will be her first experience as a mom. For Ms. Murff, this will be her fifth child. Let's see how different these two mothers see pregnancy!

A FEATURE

Tell us about when you found out you were pregnant. How did you feel? What was your husband's reaction?

I found out I was pregnant on the feast day of the Three Kings in January. I was so happy!!!! I feel this baby is really a gift from Our Lady of Guadalupe. I told my husband right away, but did not tell my four other kids yet. The next day, I asked my husband to tell my kids while I was at work and to take a video of their reactions. Oh my goodness, my two girls cried out of joy!!! And my younger boys were jumping around happily. It seems my older kids had secretly been wishing for another baby in the family. They are so excited to help care for the baby!!!

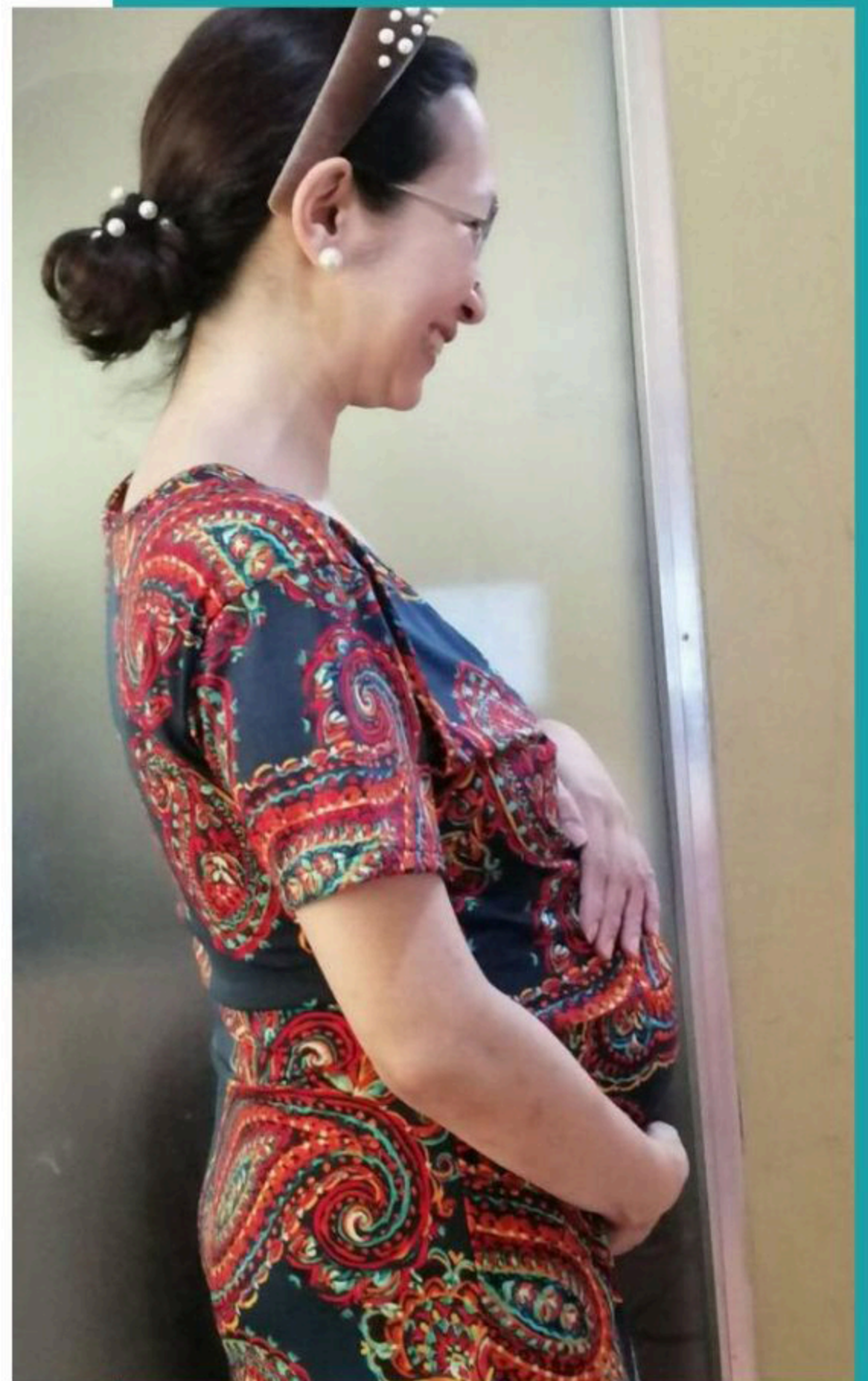
When are you going to give birth?

I will give birth anytime between August 24 and September 12.

How has the experience been so far?

It has been a unique experience in the sense that I am pregnant during a pandemic. So, this is a pregnancy that is asking me to live with a lot of faith and trust in Our Lord and Our Lady. I ask Our Lady of Guadalupe all the time to protect my unborn child and I have a devotion to the Divine Mercy.

Meg Murff



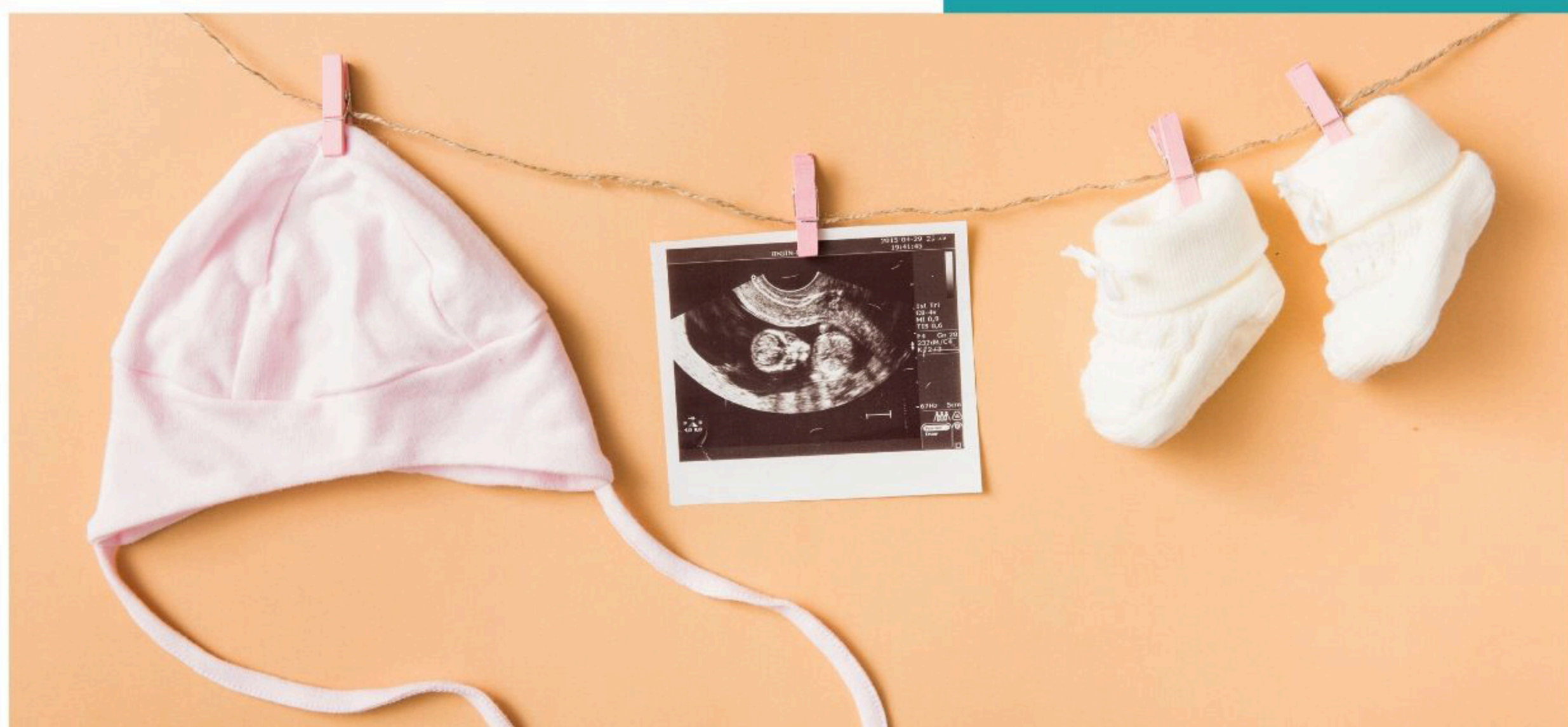
A FEATURE

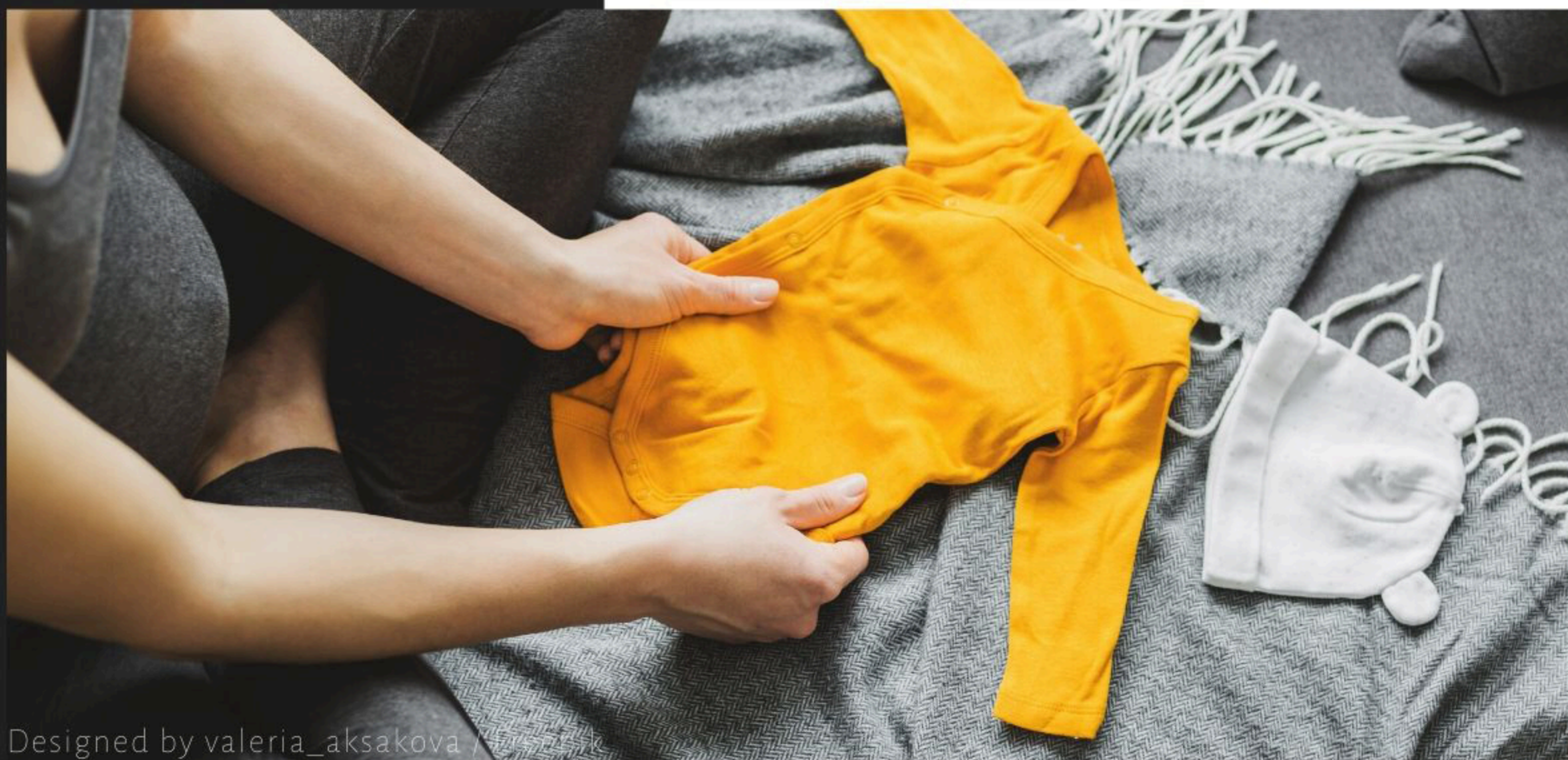
Is there anything you're going to miss about being pregnant?

Hmmm.....this being my fifth?! Hahaha, well, I will miss the fact that my husband buys me any food that I crave for, no questions asked! When we still had regular classes, the other teachers would also spoil me with food and chocolates! I enjoy the postpartum period more, when I already have a newborn in my arms.

What are you most excited about for this pregnancy?

I don't know the gender of my baby yet, and I'm already in my 20th week of pregnancy as of this writing. I'm excited to have my older kids on board and ready to help me care for the baby. If I get a baby boy, I will call him Juan Diego. If I have a baby girl, I will call her Mary. I'm so excited to have another baby after five years. I feel more confident as a mom now, having had lots of experience since 2008. ;)





Designed by valeria_aksakova

Pam Fajardo

Tell us about when you found out you were pregnant. How did you feel? What was your husband's reaction?

I found out I was pregnant last December. It was the best Christmas gift ever! I took a pregnancy test one morning while I was talking to my sisters via Facetime. When I saw that it was positive, I completely broke down in tears. I immediately woke my husband up and told him the great news. We just stood in our bedroom crying, embracing, and overjoyed with our answered prayer.

When are you going to give birth?

August or early September.



Pam Fajardo



How has the experience been so far?

Pregnancy is such a beautiful, empowering, and rewarding experience. When I heard the heartbeat and felt the first tiny kick of my baby, it brought a new level of joy to the experience. It was one of the most amazing feelings in the world! However, being pregnant in the time of global pandemic has been a difficult emotional roller coaster. There are days I find myself sobbing because of all my worries and fears. I was getting anxious because I couldn't go to the hospital to have my check-up and ultrasound. But despite everything, I am grateful for my family, friends, and colleagues who have been very supportive and uplifting during these trying times.

Is there anything you're going to miss about being pregnant?

I will miss indulging whatever I wanted and blaming it on my "cravings." Plus, being extra spoiled by my husband.

What are you most excited about for this pregnancy?

I am excited to know the gender of our baby and I'm excited to become a mom. Even if becoming a parent feels a bit scary, I know that there's a whole new adventure waiting for me and my husband at the end of nine months.



Spelling Bee: To Bee or Not to Bee

by Kitty del Rosario

Every year, the Spelling Bee is held during Academic Week, for Lower Primary: Kindergarten to Grade 2. It is a fun competition and a tradition many Lower School students look forward to watching. It is exciting both for the participants and the audience as one can never really predict who will win.

This year, for reasons not known to many, the Spelling Bee was unexpectedly cancelled. Many students were looking forward to this and were disappointed to find out that it was not part of the Academic Week celebrations. As someone who has experienced being in a spelling bee, I was also sad, thinking that some students would miss the opportunity to experience this exciting event.

Like any event, this activity has pros and cons.

I have read some articles both for and against the idea of spelling bees for kids. Those who are for it, say it encourages people to read, builds character, develops public speaking skills, and helps people learn the roots of a language. I agree with all of these. Personally, I also think that it teaches one to think well before answering and to be calm and confident when under pressure. It also gives you a sense of accomplishment, whether you win or lose. Lastly, it also encourages competitiveness, which can bring out good qualities in a person.

OPINION

Those who are against it, on the other hand, say that it forces one to memorize and to be less creative. They also say it is a waste of time, when students with other talents can be doing other things. Some say it is not a good idea to put so much pressure on young students who may prepare hard and long only to lose.

I was very lucky to have been able to participate in two spelling bees. For me, it was an exciting, fun and fulfilling experience. While there were some tense moments I thought it was a good experience overall. Recently, I joined my first quiz bee and I realized joining a spelling bee was very good preparation. To learn how to compete with a team, one must first learn how to compete one on one with others. In other words, one can do best in a team if one first prepares oneself on his or her own which is what joining spelling bees taught me.

Here's hoping for the return of the Spelling Bee next year!