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R-LIFE Teachers: The Hidden Heroes

by Gaby Dizon

RLIFE has been a grueling and tiring experience that made us rethink what we took for granted. Social interaction was out of the picture and the idea of having normal lunch with others was thrown out of the window. All throughout the chaos, there was a secret hero that kept us all together. It was the teachers. Ms. Lala, Ms. Kath, Mr. Bilog, and a whole lot more. Everest Academy's loyal team stayed with us through the lows and the highs. When we got the news, we were overjoyed. For so long, we were staring at a blue screen and trying to find ways to make this feel like normal. When we got back to school, interacting was hard as we couldn't say hi with a hug, with a friendly smile, (we can't remove our masks) ,or a high five. We saw excited faces, unsure faces, and most of all faces that wanted to hug, Hi five, and more. After all, it was a hard experience and we kept our spirits up all through it.

Thank you hidden heroes!

Husky Features



The First Day of School

by Georgia Hing

Online classes were not easy. So when it was time to go back to school, I was very excited and happy. Online classes felt weird. Back then when the coronavirus hit, I was sad because I couldn't meet my friends and cousins. I realized that staying home doing nothing is boring so I did some activities and fun things like it painting, cooking and playing. Now we are back to face to face, it's a lot easier and more fun. On the first day back in school, I saw loads of a lot of schoolmates happy and smiling and making loads of friends. I realized that I like face to face classes better, and that online classes were not easy and fun.



Back to School in Everest

by Caia Astillero

It is my first time in Everest International Academy.

I am happy to be in school. I like school because it is fun. I get to play with my friends and I can learn with my friends. I like face-to-face classes because it is easier to work. I have all my things in school and my toys are at home. I am not going to be distracted.

My old school was Philippine Montessori Center when I was in Kinder. Now I am in Grade 1, I am happy to be in Everest. I am excited to learn more!





If I Were a Teacher on Teacher's Day by Dray Santiago

Hello there! This is my first teachers day experience at Everest Academy! I am a 5th grade homeroom teacher of 5A.

The students gave me hugs, treats, greetings and so much more! They treated me with kindness and respect. The whole LS played a game! It lasted hours! The kids also surprised all the teachers with some coloured paper cards that they prepared weeks before! There was a mass and a program for all the teachers!

I came to work with writings on the whiteboard with little notes for me and other teachers.

This was the best Teacher's Day of my life! I felt fuzzy feelings inside and I hugged all my students tight!

Kinder's 100th Day of School

by Steffi Hermogenes

Kinder A and Kinder B celebrated the 100th day of school and celebrated it on February 8 2023. They celebrated it by playing 100 games, dressing up like you're 100 years old. They brought 100 of something like 100 pencils or something like that. Kinder in language arts which is also known as English class, In English class they made a booklet about what you can do when you're 100 years old. Kinder A and Kinder B had to bring 100 snacks. They had 100 snacks and they distributed it. Kinder A and Kinder B had an amazing and awesome time. The teachers of Kinder even dressed up like they were 100 years old.





All Saints Carnival

by Xander Jesson

Should we celebrate Halloween? Yes we should because it's a Catholic holiday. It's a time for celebration. It's a time to celebrate after harvest. This is why Everest celebrates the All Saints Carnival. It is a time to remember the saints and what they did on earth. During the halloween season, it's a tradition most people celebrate one popular thing to do, which is trick or treat. But in Everest, children come dressed in their favorite saints instead. It is a good way to celebrate Halloween and All Saints Day.

Christmas in Everest

as told by Cass Dee

The Everest school celebrated Christmas by having a Christmas program. It happened on December 16, 2022 in the CAS gym. The students danced on the stage. The students waited in the classrooms before they danced. When the students were done dancing, they went back to the classroom again. All the grown ups and adults watched the students. All the grown ups and adults were happy and excited because their kids were there and were good at dancing. The Grade 1 students danced the Trolls dance, Celebrate. The Grade 1 kids were nervous because it was their first time to perform in front of a huge crowd. But everyone did their best and had fun. Everyone should celebrate Christmas because it is the birthday of Jesus. When people sing and dance for Jesus, He is happy.





Fire Drill: RINGGG!

by Arjun Karthikeyan

The second subject was just starting when, RRRRRRRRIIIIIINNNNGGGG!!!!!! The fire alarm went off. All students scrambled a little and lined up. Everyone exited the classroom and walked as quickly as they could. The entire school community evacuated the building and waited on main road for 30 mins before going back inside.

Fire drills can get boring for some people, but these are for safety.

Fire Drill in Everest

by Vien Casipit

Have you heard of fire drills? Haven't you experienced one? Then, I will talk about what happened in our fire drill.

8:30 am - The fire alarm has rang. All students evacuated from their classrooms and left the campus while some marshals checked each classroom if anyone was behind so that everyone is safe. A lot of students were talking and being worried of what's happening right now.

8:45 - All students are waiting in the road. Until a few minutes later, they announced that everyone is safe and can go back to their classrooms. So when everyone was back in their classrooms, they got relieved and that they were safe.

In conclusion, when any fire drill or a real one happens, which should always be ready for what's going to happen next.

EIA Fire Practice

by Amina Stelton

Everest normally has a fire drill. This year, it was on Jan 17, 2023 and the whole school participated.

Lower school, middle school and upper school -- all students and departments joined the drill. It was really realistic, all the students evacuated and there were firefighters/ a firetruck and an ambulance all practicing what would actually happen in a real fire. All the students evacuated to outside the school, and waited until the firefighters completely made sure that the whole school was fire free.

The fire drill was surprising for all, as no one knew the time until the alarm rang. It was really fun and exciting. It is something that prepared the school for a real fire.

The Philippines Today



Picture taken from [Rockford](#)

Rockwell

by Sancho Platon

Who likes to go to Rockwell? Rockwell is a big mall that has a lot of stores that all the people like. There are many things to do there like Play games, watch movies, eat, go shopping for clothes and toys and books and gadgets. Rockwell is fun for grown ups because they can get clothes. It is fun for kids because they can play games and eat and buy toys. Power Station is a fun place in Rockwell Mall because there are games like the zombie game. If anyone visits Rockwell Mall they will have a lot of fun.

Visiting Boracay

by Adelle Villanueva

Boracay is my favorite beach. It is a very nice beach because the water is clean and the sand is nice and smooth. To get to Boracay, you need to ride a plane and a boat. Then you move to the bus or the van to go to your hotel. In Boracay you can go island hopping, sailing, and swimming. Grown-ups can have fun in Boracay because they can swim and do fun activities. Kids can also have fun in Boracay because they can build sand castles and collect shells. Anyone who goes to Boracay will have a good time.

Picture taken from [Discovery Shores Boracay](#)





Picture taken from [OneNews](https://www.onenews.com.ph)



Pictures taken from [Globalvoices.org](https://www.globalvoices.org)



Jeepney Transport Strike

by Team Grade 1

Caia Astillero, Cian Astillero, Cass Dee, Sancho Platon, Adelle Villanueva

There is a transport strike in the whole country. This means that the jeepneys will not run all over the country for one week. The government wants to have new jeepneys because the old jeepneys make it traffic and they give smoke that has pollution. The government want the jeepney drivers to pay for the new jeepneys when the new jeepneys come. The jeepney drivers do not want to pay for it because they do not have a lot of money. Because of the jeepney strike, there are very little transportations left, so there are very long lines. The people have a hard time traveling to school and to work. Many people leave very early and arrive very late. Many people are so tired just trying to find their transportation. The government should not ask the jeepney drivers to pay for the new jeepneys because the drivers are not getting enough money. We think the jeepney drivers should not pay for the jeepneys, but when the jeepney drivers go on strike, it is hard for the people. We think the government should work to help the jeepney drivers get new jeepneys because the jeepney drivers do not have money. A lot of people ride jeepneys everyday so the people also need the jeepneys. We think the government should help the people because that is their job.

My Senses Say: Movie Review

ENCANTO: The Movie Review

by Cian Astillero

Encanto is a Disney movie where the character is Mirabel. The director is Lin Manuel Miranda and it was a movie with nice songs. In the story, There was a miracle. At first, mirabel did not have powers and Antonio got powers. there was a celebration and the casita broke and Mirabel found her powers.

The best part of the movie was when Mirabel got her powers. The worst part was when Mirabel met Bruno because it was a little scary.

This movie gets 5 STARS because it is a nice movie. It teaches us that you do not need to have powers to love your family.



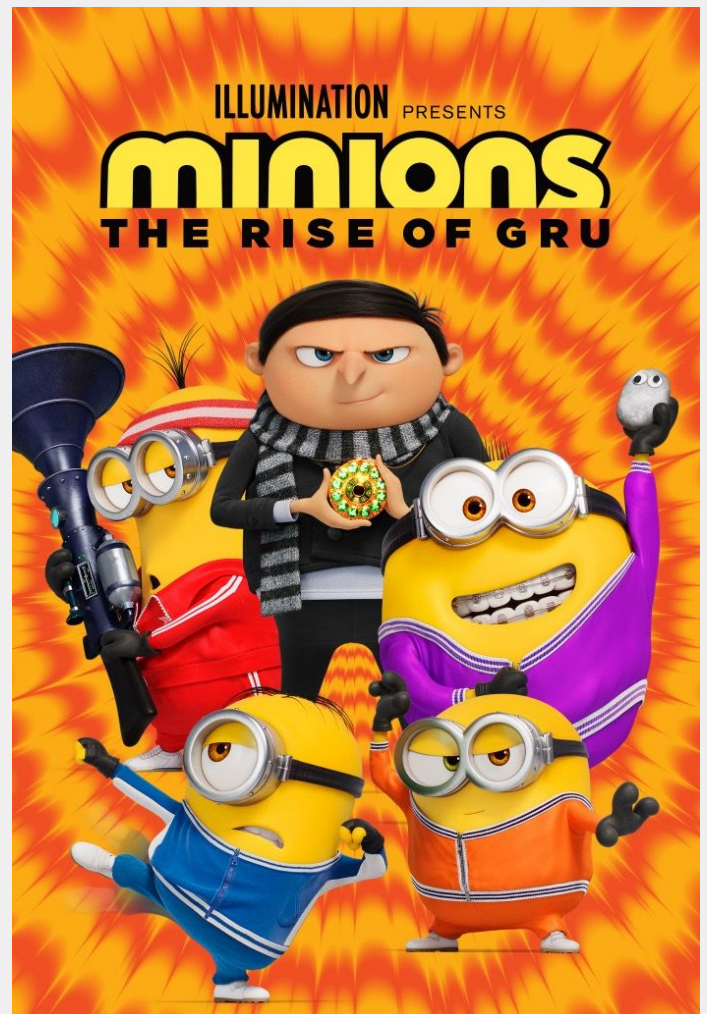
Minions: The Rise of the Gru

by Pepe Lopez

The movie Minions: The Ride of Gru is a movie directed by Kyle Banda. It is about the main characters Gru, Kevin, Stuart, and Bob. It was set in San Francisco in Gru's house and the vicious six lane. Gru and his minions went through a mission to become the greatest villain so he went to an interview. He stole the zodiac stone and then he And he got chased by the vicious six and then he escaped them but then he lost the zodiac stone and then he got captured by wild knuckles and his minions were finding him and then they found him after 48 hours and then the vicious six fount wild knuckles and his minions and led to a boss fight of the vicious six vs his minions.

My favorite scene was
The Scene was in
San Francisco when it was
Chinese New Year And Gru
was Fighting the Vicious
Six Lair.

In this movie, I learned that
bad things will happen if you
steal things. I rate this movie
4 stars because it is a good
movie.



Here's What I Think: Valentine's Day



Pictures taken from [Catholic Online](#) and [Timeanddate.com](#)

by Gabbie Masamayor

If you know what Valentine's day is, you probably know what its about. I'm going to tell you the story of Valentine's day in this article.

Saint Valentine was a person who lived in the 3rd century. He continued marriage when it was illegal. He died as a martyr.

Valentine's day is about Saint valentine. People celebrate Valentine's Day by giving flowers or gifts to their loved ones or friends. My Valentine's day experience this year was different. When I was in school, I was called to Ms.Gana's office. She gave me a bouquet of flowers and a small snack from my dad! When I brought it to the patio, everyone was so shocked. It was a great way to celebrate Valentine's day!

In my opinion, we should be celebrating Valentine's day because it is a special day for people who have loved ones, like parents. We should be celebrating Valentine's day by spending time with loved ones.

Husky Talks

Should We Switch to Solar Energy?

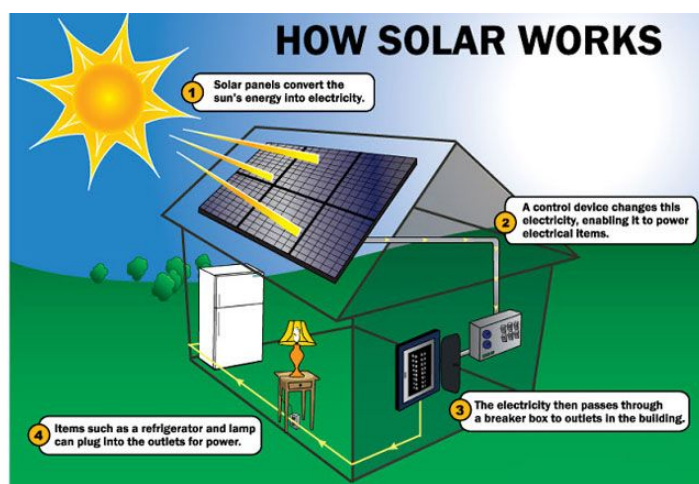
by Amina Stelton



Have you installed solar panels in your house? A few years ago, my dad installed solar panels because he believes that solar energy is better for the environment. In my opinion, we should switch to solar energy because burning fossil fuels causes pollution and it is damaging Earth. Firstly, switching to solar energy will help reduce carbon dioxide emissions. According to deegesolar.co.uk, from the article entitled

“10 Reasons To Switch To Solar Energy”, “as a type of renewable energy, generation produces no gas emissions, compared to fossil fuels.” This means that solar energy doesn’t produce pollution or smoke in the air as opposed to fossil fuels which do. One example is when you drive, there is smoke coming out of the exhaust which releases pollution that is not good for our body and our surroundings. Also, fossil fuels create pollutants which aren't safe for the environment unlike solar energy which is safe and environmentally friendly. Next, switching to solar energy is better for your health. According to the same article “ It has been reported, that more than 8 million people around the world die each year as a result of breathing polluted air”. When people burn fossil fuels, factories release pollution causing smoke in the air which can lead to many people dying. People burn coal and oil that leads to greenhouse gases which are not safe to inhale. Then, solar energy is a free source. According to greenmatch.co.uk, from the article entitled, “7 Reasons Why You Should Switch To Solar Power”, “the sun provides more energy than we could ever use, and no one can monopolise the sunlight. The longer you have your solar power system, the more you enjoy the benefits of solar technology and support the environment.” This means that the sun provides everlasting power which can generate enough light to supply the demand of the world. There are a lot of advantages of solar energy but there are some disadvantages as well. One disadvantage is that it is expensive. Well, solar energy is helpful for the environment but at the same time, it's expensive because making it needs a lot of advanced manufacturing and high-priced raw materials. Think of it as just buying an expensive thing like clothes or shoes. Yes, it is expensive but you know that it will last longer because of its high quality materials.

Another disadvantage is that it is only dependent on sunlight. If there is no sunlight, a system relying on solar energy can't create power. This can be a big problem for the users in areas where it is not sunlight dependent.



Picture taken from [VuPhong Energy Group](https://www.vuphongenergygroup.com)

Husky Talks

...continued

According to education.nationalgeographic.org, entitled "Solar Energy", " Since sunlight only shines for about half of the day in most parts of the world, solar technologies have to include methods of storing the energy during dark hours." Think of it when it's typhoon season and it is raining. Yes, there will be no electricity, right?



Picture taken from [EcoWatch](https://www.ecowatch.com)

The best example of this is battery storage from the solar panels. We can store energy when there is sunlight which normally comes from the morning to afternoon providing enough power for the batteries to use at night since this is the peak time of the day we use up electricity. In conclusion, using solar energy is safer not just for the environment but for ourselves also. It won't cause harmful effects that can lead to a dying world. So, we should do our part to maintain a cleaner, safer and healthier surrounding for us and for our future.

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In conclusion, using solar energy is safer not just for the environment but for ourselves also. It won't cause harmful effects that can lead to a dying world. So, we should do our part to maintain a cleaner, safer and healthier surrounding for us and for our future.

We Like to Move it, Move it: Keeping Healthy in the Summer

Health and Wellness

by Vien Casipit

Are you feeling warm? Do you want a cold, cool drink? Well with these 3-4 ingredients you can make exactly that!

This is the recipe for any type of fruit shake, to keep you cool in the summer.

First, add any type of fruit you want.

Add 1 glass of ice, lastly you blend all together!

If you want it to be sweeter, add some condensed milk!

If it's too dry, add some milk!

This is a cool drink to kill the heat. And it's healthy too -- just fruits, ice and milk!

Can you believe it? I hope you can try this recipe out. Trust me, it's good!



Pictures taken from [Evolvingtable.com](https://www.Evolvingtable.com) and [A Sweet Pea Chef](https://www.ASweetPeaChef.com)





Healthy Summer Snack: Granola

by Arjun Karthikeyan

Are you looking for a great meal to eat in the summer? This is perfect for you. It is good for summer because it is best with cold milk. Here I will teach you how to bake Granola. So here is how it's done...

Ingredients.

Serves 12 servings

- Rolled oats - 2 cups.
- Chopped almonds, pistachio, pecans and walnuts - 1 cup
- Sunflower seeds and pumpkin seeds - half cup.
- Cranberries and raisins - half cup.
- Dark chocolate chips - half cup (optional)
- Vanilla essence 1 teaspoon
- Coconut oil quarter cup
- Honey quarter cup
- Cinnamon powder half teaspoon
- ginger powder half teaspoon

Recipe/Instructions

1. mix coconut oil, honey, cinnamon powder, ginger powder, and vanilla essence
2. Heat the mixture until it is well mixed, and honey is liquid enough
3. Put these in the oatmeal, nuts, and seeds mixture
4. bake for 20 minutes at 350°F
5. Let it cool completely before you store it in an airtight container
6. enjoy it with cold milk or yogurt.

It does take some time but you can make it in big amounts and the outcome is just great! Take a picture of this and try it at home!

Summer Exercises in the Heat by Lele Santiago

Exercising is good for you. Exercising gives you strength and is good for your body. In the summer it is very hot and sometimes people do not want to exercise. But you can do exercises anywhere -- the beach, your house, your own apartment, and in many different places.

Breathing and stretching in Pilates is one exercise that can give good results. It makes you relax while exercising. It makes you breathe well and makes you more flexible.

Give it a try!



Pictures taken from [CompletePilates](https://www.completepilates.com/)

Gymnastics in the Summer

by Sophie Esteban

Gymnastics is a sport that takes lots of hard work, but is super fun and worth it in the end. It is fun but also challenging. Other people give up so fast but if you keep on going you will achieve your goal. For example if you dreamed to be an olympian gymnast, you never know you might be in the olympics if you work hard enough. It will also make you stronger from all the practice. But the fun thing is you can just flip around everywhere. If you keep on practicing you might even get to meet professional flippers or even olympian gymnasts! You could achieve your dreams, imagine that!

Thinking about it is one of my biggest dreams! It might be hard but it'll always be worth it in the end. I encourage you to try gymnastic summer camp. The good thing about gymnastic summer camp is that the camp is fun. As you start getting better you will get used to it and you will get stronger. It is also super fun to watch gymnastics. You never know you next time you might be the one who is making entertainment for the people.

Gymnastics in the summer is super fun because when you can flip around and practice in the beach, because the sand in the beach is soft, it won't be painful if you fall. Summer is the perfect time because, for example, it's winter and you're cold, you won't be able to flip because it'll be cold.

In conclusion, you should try gymnastics and not give up even if it is hard.



Pictures taken from [MetroGymnastics](#) and [AllGymnasts](#)

Husky Doodles

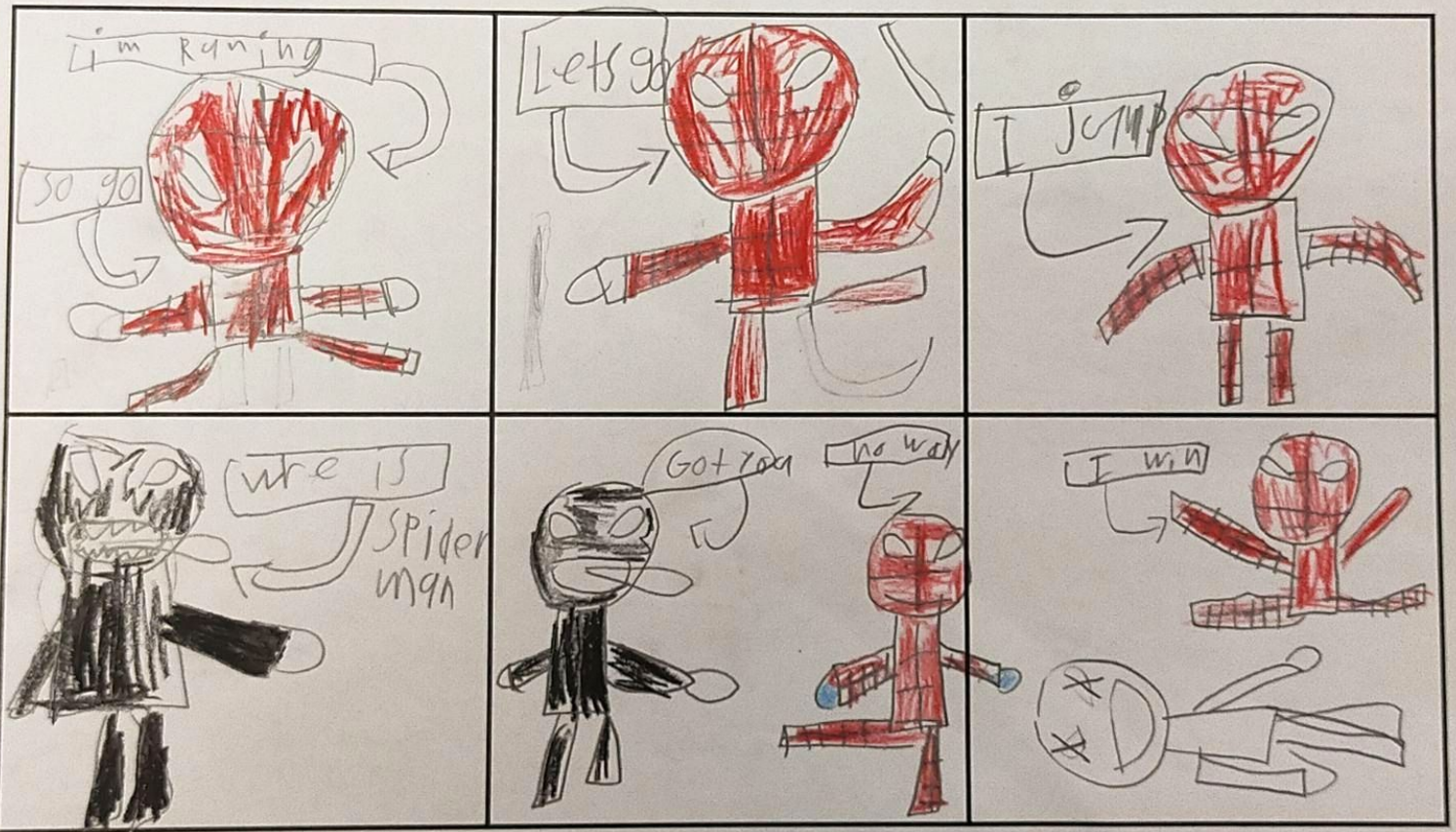
Comic Strip Title	The cute panda girl
by	Sophie Esteban



by Sophie Esteban

Husky Doodles

Comic Strip Title	
by	Sancho Platon



by Sacho Platon

Husky Doodles

Comic Strip Title	beach
by	Adelle Villanueva



by Adelle Villanueva

Meet the Writers



Adelle
Villanueva



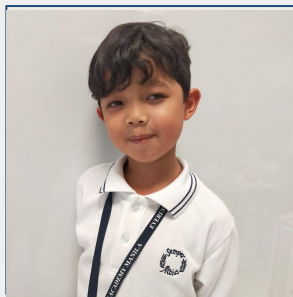
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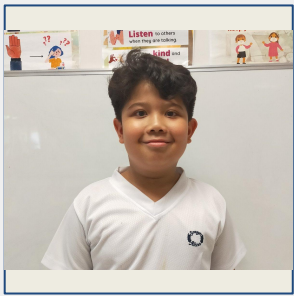
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Stephanie
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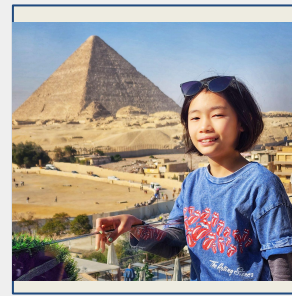
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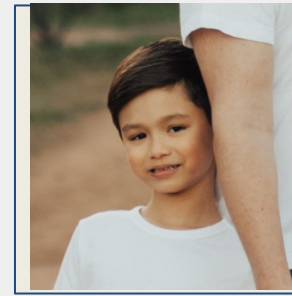
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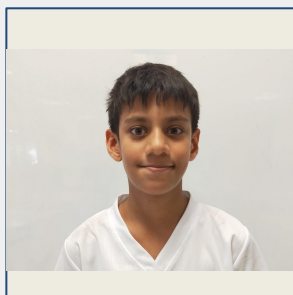
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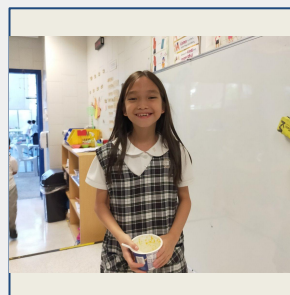
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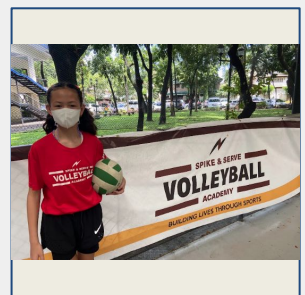
Arjun
Karthikeyan



Gabbie
Masamayor



Dray
Santiago



Amina
Stelton

