



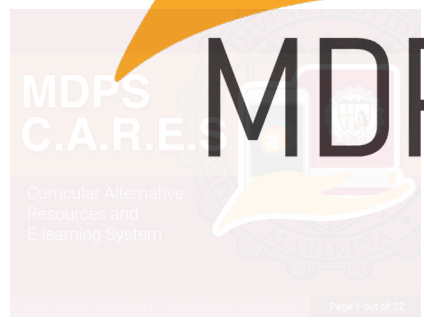
MDPS Journal

SY 2020 - 2021

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MDPS CARES



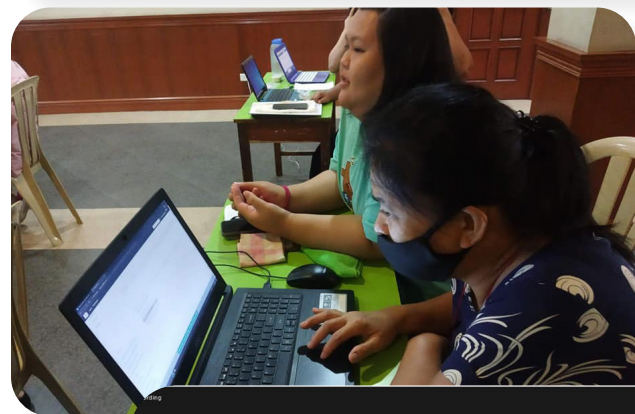
Teachers Undergo Intensive Training for Online Distant Learning

Because of the global pandemic, a lot of things in our normal life has changed. The education system is affected as well. Following the projected quarantine protocols, schools had to adjust their previous system. For this school year, the Department of Education has offered three learning modalities: modular distance learning, online distance learning, and radio/tv-based learning. As for MDPS, the establishment has chosen to adopt online distance learning for their students in place of the traditional classes. In preparation for the upcoming school year, the teachers have undergone intensive training for this new learning modality.

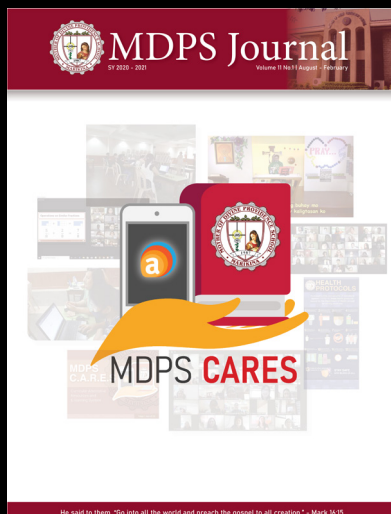
Since May 2020, the MDPS faculty attended webinars, orientations, onsite and online training to continue providing quality education for their students despite the country's situation, the teachers trained for a new system called the MDPS Cares.

The ODL Training Program involves a series of activities and demos necessary to prepare the teachers for Online Distance Teaching, in hopes of providing effective, quality education for their students, no matter through what medium.

According to Ms. Melissa Ann Salvador, the intensive trainings they attended for the past months really helped them a lot. It prepared them to face the challenges of these times in particular on how to educate their learners. She admitted it was definitely no easy feat at first, but thanks to their mentors, they've learned to adapt to the new system.



ON THE COVER



MDPS Cares for effective education during the pandemic.

Operations on Similar Fractions

$$\frac{5}{8} + \frac{2}{8} = \frac{7}{8}$$



Students Attend the Online TV Mass Every Sunday at 4:00 p.m. Spearheaded By The MDPS Campus Ministry

By Johanna Francesca L. Servillon, 7 - Lealta'



Before this pandemic, we have been used to events like going outside to eat in a restaurant with our families and celebrating with our loved ones; these events make it hard for us to adapt to this “new normal”. As Catholics, we attend mass every Sunday, but the health crisis blocks us from doing so, that is why I think that the Online TV Mass that is led by our campus ministry is a great alternative for us to be able to attend mass even though it is through our computer and cellphone screens. The Online TV Mass every Sunday is catered for students because it helps them to grow their spiritual aspect. As Christians, we should listen to the words of God and put these in our hearts and minds.

“Faith comes from preaching and preaching is rooted in the word of Christ.”
-Romans 10:17

Parents Attend Our General Orientation

By Vanessa C. Fernando, 8 - Giustizia'

On July 30, 2020, The Mother Of Divine Providence School held an orientation for our dear Parents before the official classes start. This is for the parents to know the rules and regulation of the school, and the introduction of its new teaching system that can provide us a high quality education online.

With the school acknowledging the new normal of teaching, they provided us the MDPS Cares (Curricular Alternative Resources and E – Learning System). It is where we students will learn online even at home. During the Zoom Meeting, starting from an Opening Prayer to the introduction of the MDPS Faculty, Our school’s Directress Sr. Ruby Diva, ASP also given us a meaningful speech for the Opening Remarks. Like the past orientations, it shows us the school’s Mission/Vision, history and pride. Introducing to us its new online teaching platform or the Online Distant Learning that can help us students to learn our lessons efficiently. Providing knowledge and info to the parents is the utmost goal of the school for them will know and have background on what their child will do online like Zoom meetings. This can also help the parents monitor their children to online class. Letting the Parents experience and understand the Zoom features can help them guide their child over the year. They also showed the Parents the needed equipment or gadgets their child must have, the class routine or the “synchronous and asynchronous sessions”, and also some school activities in the near future.

MDPS wants their students to have the best education as much as possible. With all of the trainings, guidelines, and knowledge showed to us and to our parents, it will be possible to have a great and successful learning experience during the pandemic. Surely, we will have some difficulties in adjusting at first, but with the help of our parents/guardians and teachers, it will be possible for us to cope up and get used to it immediately with ease. Remember that social distancing is important, so does time and education.

Disaster Awareness as an Individual

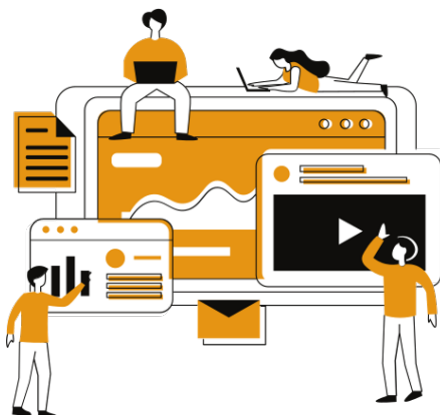
By Morpheus Zion J. Velasco, 10 - Misericordia'

It is quite unreal that New Year 2020 was celebrated welcoming one of the worst years that none of us expected. Early on the year, the Philippines was greeted with a Volcanic Eruption. A few months later, a global pandemic. A few more months later, a series of strong typhoons that devastated the main Luzon Island. It is inevitable that more years like this will follow, especially with the worsening climate change and global warming.

We can all agree that 2020 ruined many of our plans. It has even given us problems that we did not expect to get. In light of these recent events, it is important now, more than ever, that we understand how we should act, before, during, and after calamities and disasters. We should become more aware of the possible things that could happen, what they will do, and what we can do against them.

Here are things we can do on a personal level:

- 1. Research:** It is likely that you have access to the Internet. Use this to your advantage and learn more about the science behind these events.
- 2. Prepare:** Once you know the possible effects of a disaster, if you know it couldn't possibly happen yet, at least prepare the bare minimum. If you're in a flood prone zone, find your nearest evacuation center. Do anything now (that's still practical) that can help lessen your burden when this disaster does happen.
- 3. Inform:** Likelihood is, you live near or with other people. Tell them your plans, send them what you know. Everyone being prepared is better than you spitting out the facts while your house is already being flooded.
- 4. Listen:** If a disaster is imminent, visit the news frequently. This may not be possible during the disaster, so know the projections early on to get an idea of what could happen before it would.



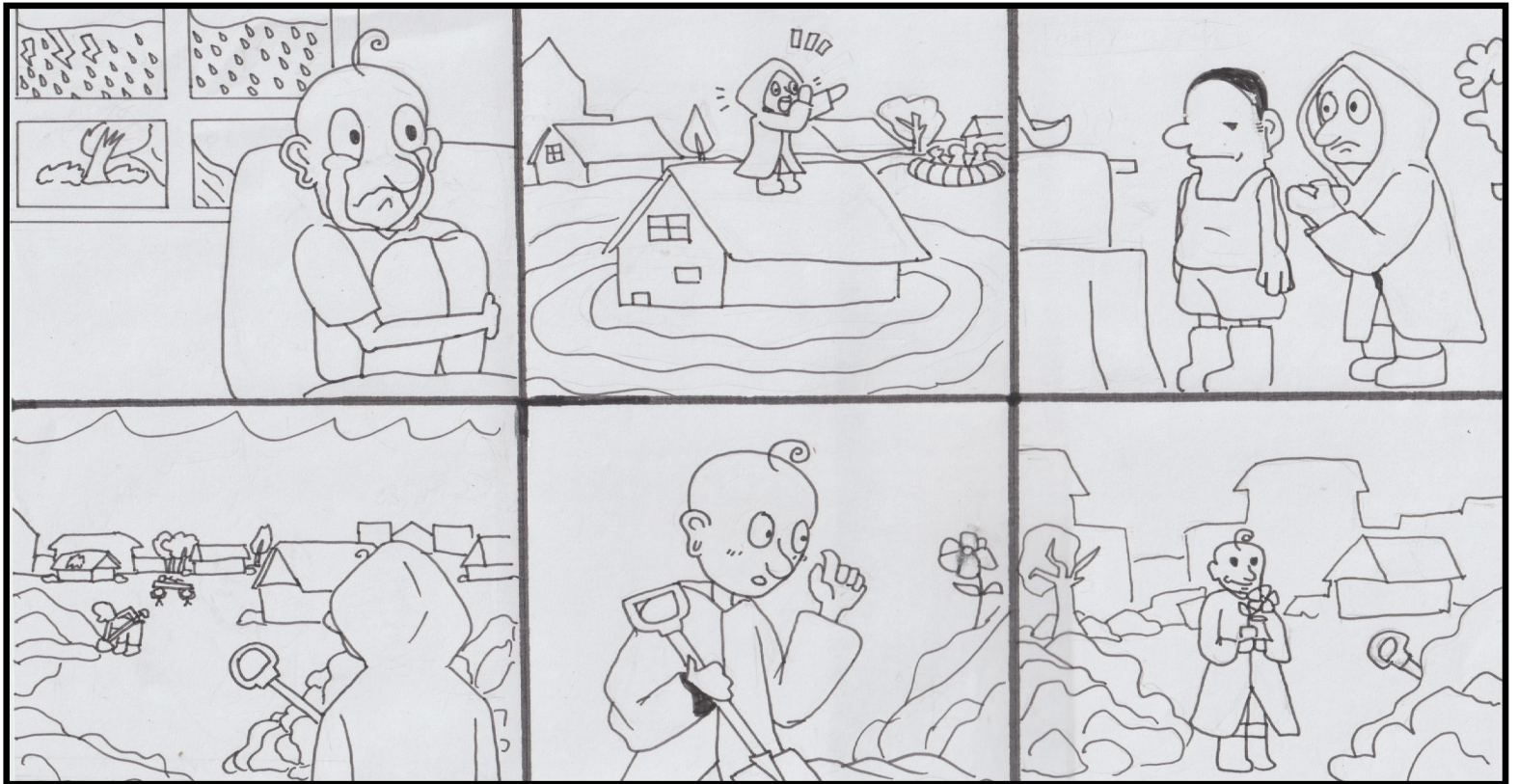
Despite of this, we are still limited with what we can do and know. The information that we just gave you relies on the fact that information is already present, ready for consumption. However, this may not always be the case. This is where we take awareness outside of our personal zone. It is essential that our Local and National Government also are aware of the dangers disasters could pose to us. It is not always that everyone is fully prepared and knowledgeable.

Recently, the budget cuts for NDRRMC and the closure of Project NOAH (a key tool in disaster prevention and mitigation) was brought to light and talked about online. We think this was a really bad move, and with the shutdown of the major information and news source of the Philippines, played a big role with why Typhoon Ulysses was more devastating that it should have been, to both property, and lives.

It is the role of our Local and National Government to inform us with accurate and timely data of what might come. After all, we all pay taxes. We should never be deprived of information that we need and deserve.

To end this message by the Editor-In-Chief and the team, we would like to say that: Disaster Awareness is only one part of the puzzle, it is important for us to also prepare for these disasters; and, wish for the best, but always prepare for the worst. Stay Safe.





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Teachers of MDPS Emphasize Mental Health Even Amidst the Pandemic

By Rae Noelle F. Ramirez, 9 - Fortezza'

MARIKINA CITY – The teachers of the Mother of Divine Providence School highlighted the importance of mental health by attending a webinar workshop last November 4, 2020 which lasted for an hour and a half. With Miss Raquel Cabrieto as their resource speaker, the webinar focused on the self-care and mindfulness one must practice especially amidst the COVID-19 pandemic. In an interview of two faculty members, they said that the webinar served as a breather from the situations brought about by the pandemic. It gave them time to reflect on the current events, especially from a teacher’s perspective. From the enlightening webinar, they have learned that emotional and mental health is just as important as physical health – a fact that should be acknowledged by everyone. “It is true that emotions are significant but what matters more is how we deal with it; our response and outlook towards the pandemic should consider our emotions. Given our circumstances, it may seem difficult to rise up but we must find our God-given purpose and work towards a better version of ourselves for a better world.” According to one student interviewed.

Unfurl Your Banners! MDPS Meets PAASCU Standards

By Julianna Velecina, 9 - Fortezza'

Mother of Divine Providence School, Marikina City—A team of seven accreditors and a PAASCU representative conducted the Resurvey Visit to the Basic Education Program of Mother of Divine Providence School in Marikina City on March 5-6, 2020.

According to their official website, PAASCU, which stands for Philippine Accrediting Association of Schools, Colleges and Universities, is a private, voluntary, non-profit and non-stock corporation that accredits academic programs which meet standards of quality education. MDPS, already having been granted PAASCU accreditation level I and II, once again applied for a Resurvey Visit for re-accreditation. According to MDPS registrar Mrs. Marytes De Guzman, the accrediting team was composed of the following: Ms. Ma. Dreena Del Mundo, Former Chairperson of Child Development & Education Miriam College Quezon City, Mr. Rodelio Santos, Planning and School Development Officer of Claret School of Quezon City, Dr. Ma. Salome Aguinaldo, Coordinator, Senior High School La Consolacion College Caloocan City, Ms. Lopita Crisostomo, IMC Coordinator of St. Mary's Academy Pasay City, Ms. Maria Teresa San Jose, Former Science Area Coordinator of St. Theresa's College Quezon City, Ms. Macrina Barrozo, Guidance Counselor of Saint Louis University-Laboratory Elem. School Baguio City, Fr. Stephen Abuan, SJ Vice President for Basic Education Ateneo de Zamboanga University Zamboanga City, and PAASCU representative Ms. Edalaine Rae Agcaoil—arrived at MDPS in the afternoon of March 4, to hold the orientation meeting, during which the team reviewed the purpose of the visit, general guidelines, the tasks to be undertaken, and the school's vision, mission, goals, and core values. The two-day visit consisted of classroom observations, examination and verification of documents and other exhibits, individual and group meetings, ocular inspection of the facilities, and a visit to the school's adopted community.

On June 16, 2020 on the official Facebook page of MDPS, the school posted the certificate of accreditation awarded by PAASCU, stating that the standards were satisfactorily met and the requirements of the association were fulfilled. Having been granted re-accreditation by PAASCU implicates the following: (1) administrative deregulation and financial in terms of setting tuition and other school fees and charges; (2) authority to revise the curriculum without DepEd's approval, provided the revised curriculum is submitted to DepEd's Regional Offices; (3) authority to graduate students in high school without need for Special Orders; (4) right to use on its publications or advertisements the word "ACCREDITED," and (5) limited visitation, inspection and/or supervision by DepEd supervisory personnel or representatives.

The Mother of Divine Providence School, proud as ever, once again unfurls its banners after the successful PAASCU revisit.

MDPS Cares : A Change in Education

By Jeanne Chloe Soriano, 9 - Fortezza'

The image displays four screenshots from the MDPS C.A.R.E.S. system. The top screenshot features the title "MDPS C.A.R.E.S. Curricular Alternative Resources and E-learning System" and a graphic of a hand holding a tablet and a laptop. The second screenshot shows a "DAILY SCREEN TIME" table with columns for "PRESCHOOL GRADES 1-2", "GRADES 3-6", and "JOB", and rows for "1 Hour", "2 Hours", "3 Hours", and "4 Hours". The third screenshot shows "HARDWARE REQUIREMENTS" with icons for a desktop, tablet, laptop, and smartphone. The fourth screenshot shows "Homecare Guidance Portal" and "Educational Media Center".

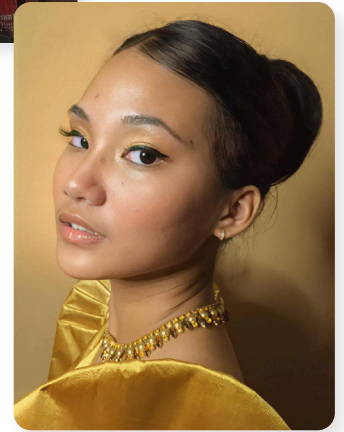
MARIKINA, MANILA, PHILIPPINES -- Because of the high threat of the Covid-19 virus to the people all over the country, our school, the Mother of Divine Providence, decided to develop a new system that will allow the students to continue learning despite the state of our country. The Mother of Divine Providence School Curricular Alternative Resources and E-Learning System or MDPS CARES for short, is a system designed for the students and faculty of our school in order for students to continue learning via online classes using various techniques prepared in the school during the summer of 2020.

The new learning system is relatively new to all the students and teachers since they need to communicate, teach, and learn all using different strategies from face to face learning in the classroom. They all have to face new and different challenges as learning takes place in remote modality. Although they need to adjust heavily to the new distance learning, they have to make it work effectively as teachers have to teach and students have to learn. This provides hope for continuous learning despite the trying times.

Ang Pagdiriwang Ng Buwan Ng Wika Sa Bagong Kadayawan

By Gabrielle R. Pahl, 9 - Fortezza'

MARIKINA CITY – The teachers of the Mother of Divine Providence School highlighted the importance of mental health by attending a webinar workshop last November 4, 2020 which lasted for an hour and a half. With Miss Raquel Cabrieto as their resource speaker, the webinar focused on the self-care and mindfulness one must practice especially amidst the COVID-19 pandemic. In an interview of two faculty members, they said that the webinar served as a breather from the situations brought about by the pandemic. It gave them time to reflect on the current events, especially from a teacher’s perspective. From the enlightening webinar, they have learned that emotional and mental health is just as important as physical health – a fact that should be acknowledged by everyone. “It is true that emotions are significant but what matters more is how we deal with it; our response and outlook towards the pandemic should consider our emotions. Given our circumstances, it may seem difficult to rise up but we must find our God-given purpose and work towards a better version of ourselves for a better world.” According to one student interviewed.



MDPS Starts Classes Online

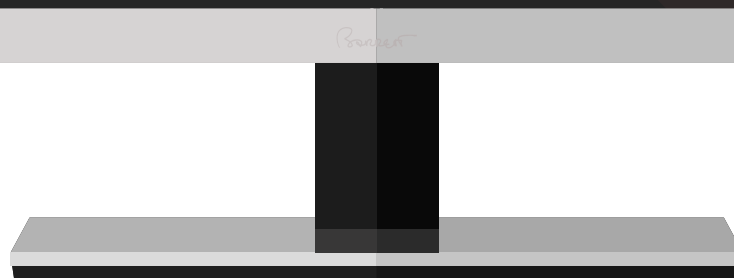
By Chanelle V. Barinque, 8 - Giustizia'

The Mother of Divine Providence School started its school year 2020-2021 on August 10, 2020. The application Zoom was used as a platform to conduct the online classes. Throughout the orientation week between August 10-17, both the teachers and the students were briefed and trained on how Zoom features work.

There were many activities including ice breakers, energizers, and most especially getting-to-know each other that have been done differently this year. The teachers and administration have organized this week for the students to get used to the platform. This is a huge help to students notably because most students aren't used to this kind of arrangement. In an interview with one of the Grade 8 students, Princess Floirendo, she stated "When we started our classes, I expected it'll be difficult at first because we still need to adjust as this type of learning system is new to most of us students."

During the week, teachers also informed the students on the rules and guidelines which will be applied throughout the school year. Due to the change of platforms, the rules and regulations were also modified by the administration. For example, students must always remain on mute unless the teacher tells them otherwise. Some teachers also shared the course outline for the quarter and how the grading system works. Additionally, there's a new way of requesting make-up classes/quizzes and proper documentation must be added prior to approval.

This year's online class has changed a lot of the 'old normal'. Everyone is adjusting and familiarizing with the new way of conducting classes amidst this pandemic. School faculties and administrators as well as the students are continuously finding ways on how learning can be easy in these very challenging times.



Kharrassarah Charlize Yap of Grade-12 Serenita' Wins The MDPS 33rd Logo-Making Contest

By Marquise Zuleika J. Velasco, 7 - Lealta'

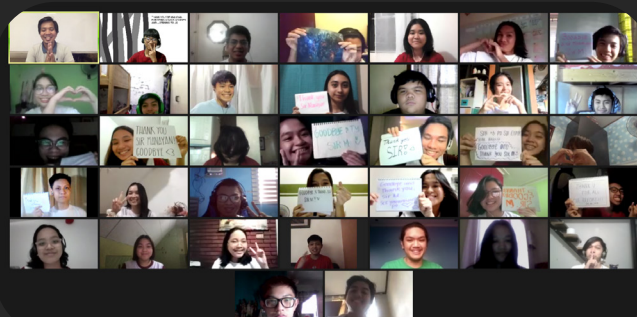
One of the activities during our 33rd Foundation Day Anniversary was the Logo-Making Contest held, on October 28, 2020. Participants were tasked to create a logo depicting the theme "MDPS @33rd: Sustaining Resilience and Excellence Amidst New Challenges". On November 7, 2020, out of 9 participants, it was announced that Ms. Kharrassarah Charlize Yap, a Grade-12 Serenita' student won the logo-making contest.

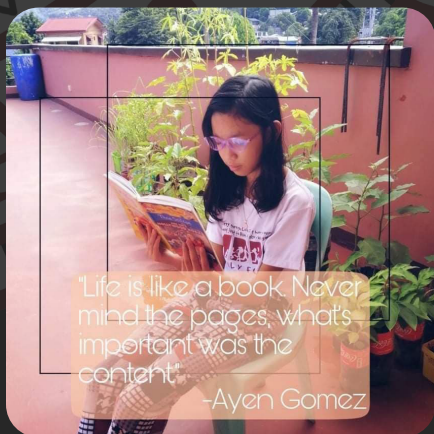
Ms. Yap decided to participate because she finds it interesting on how the school was hosting an online logo-making contest so she found and decided to try it. She also stated that she prefer digital art than drawing on a piece of paper. She was able to create an art piece by looking for inspiration she found online. By using various elements she found online and after a few trials and error, she was able to create a sketch. She was happy that she won but she wasn't expecting herself to win the contest because according to her, she is not good at art and she still has a lot to improve on. As her advice to future artists, she said "Just keep drawing and learning as much as you can from other artists, there will always be more to learn".

Because of the pandemic, our system changed. Every activity is done online but that shouldn't hinder from participating in activities like what Ms. Yap and the other participants did. This online activity gave Ms. Yap an opportunity to show her artwork online after all she stated that she is better in digital art. Ms. Yap was able to win because she learned from her past mistakes. She said, "the activities in the future can be an opportunities for us to improve and can lead us to a bright future therefore; we must at least participate in activities."



and many more amazing entries





MDPS Gives Recognition To The Service Awardees 2020-2021

By Mirim G. Lee, 9 – Fortezza'

MARIKINA, PHILIPPINES- The MDPS community commemorates the loyal teachers and staff that had served the school for years. The following names are the service awardees in this year's recognition:

Teachers

Mr. Romeo Marbella (5 years)

Mrs. Editha Ursua (30 years)

Staff

Mrs. Cynthia Bala (15 years)

Mr. Mario De Guzman (25 years)

Ms. Glenda Diva (25 years)

Ms. Elsie Dumatog (30 years)

Ms. Glenda Diva (25 years)

MDPSians Celebrates The First Virtual English Literacy Week

By Maxene Kirsten F. Peralta, 8 – Giustizia'

Literacy is one of the most important and one of the most underrated skills a person can possess. This is one of the reasons why Literacy Week in this pandemic is so important. Hence, Mother of Divine Providence School held a celebration of literacy last September 21, 2020 to September 22, 2020 with the theme: "Literacy Teaching and Learning in the Covid-19 Crisis and Beyond", to promote love of knowledge by reading despite COVID-19. This year is one of the first ever celebration where students are not inside the school campus. Students were given simple yet fun tasks like posting a selfie while reading a book and a picture of them dressed up as their favourite book character as this is the "New Normal" way of promoting and encouraging reading everywhere, every time, spelling quiz bee, essay writing contest, and storytelling. Yearly activities like spelling bee and essay writing were also done through certain online platforms like Quizziz and Quizlet. This Literacy Week celebration spearheaded by the English Department was indeed fun and still very memorable, and so even if we are stressed in this time of pandemic, let us support and take part in yearly activities like this Literacy Week celebration even with this health crisis that the world is currently experiencing.

MDPS Community Gives Donations for the Victims of Typhoon Ulysses and Super Typhoon Rolly

By Matt Adrian P. Sugui, 9 - Fortezza'

Due to Typhoon Ulysses that drowned many provinces and cities including Marikina City in the water, and Catanduanes by Super Typhoon Rolly last October-November 2020, multiple charities and our school, the Mother of Divine Providence School initiated a donation drive. Many people from the MDPS community responded to this donation drive for the victims of these past two typhoons.

With the assistance from the Angelic Sisters of St Paul, the Mother of Divine Providence School accepted donations in mid-November and started sending relief packages to the victims in Albay on November 11 and 13, 2020 through Caritas Manila. On November 15, 2020 to the victims of Ulysses in Marikina and Rizal. Finally, to the victims in Montalban, Rizal on November 18, 2020. Healing and recovery are always much easier when more people care and help each other.



MDPS Personnel's Recollection

By Danielle Reann Shanelle C. Vargas, 8 - Giustizia'

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Do's During The Pandemic- And How To Be A Hero Doing Do?

By Matt Adrian P. Sugui, 9 - Fortezza'

It does hit hard – since late December, the Coronavirus Disease [of] 2019, simplified as COVID-19, has been ravaging the entire world just mere months after this speculation about a man in China that got COVID from a bat soup and it looks like it will never stop. However, as unescapable as it seems today, there are still ways on how to prevent COVID from staying on this planet even further.

Now while you're in your house there's lots of things to do – maybe except staying in your chair playing Animal Crossing: New Horizons or Minecraft all year long until it is safe to physically shake hands again. During this time, you could finally be able to finish every book that is in your house or learn how to cook food better than you might have did before the pandemic or learn to play an instrument. No instrument in your house? You could try singing. Also, if your mind is as big as the Sun – meaning being very intelligent or creative - then you could write endless pages of a book or draw lots and lots of pictures. Like mountains of them. So many that they may fill either one of the following: your attic or your tablet. Don't like any of the above? Well you could try raising a plant into maturity. At least that's equally enjoyable like your Wattpad novel you've just written.

I know, it is pretty hard today, but hopefully someday the vaccine comes out and we could finally end this pandemic once and for all. Oh, and if you're younger than 18 or older than 60, please don't get out. You'd have a higher risk of infection and so much to live for. You see, you could just not go out and then you're a hero for the Millennials instantly for not being a contribution to the cases counter. Just stay home and study and play games online while we're at it.



Student's Survival Guide : Time Management

By Rae Noelle F. Ramirez, 9 - Fortezza'

The government of Marikina announced the suspension of online learning for one month – from November 16 to December 16, 2020. In line with this, the Mother of Divine Providence released that classes will resume on January 4, 2021. With the all this time given to us, how should we spend it? What do you do with this much time?

One essential skill we should acquire is time management. As the name suggests, it deals with time – which I am certain you have a lot of, one free month to be exact. Time management can be interpreted in numerous ways but I have managed to boil it down for you; time management is the plan one has in controlling and allotting the hours in a day to accomplish certain tasks efficiently.

Going back to the question, what do you do with this much time? Well, I would suggest to dedicate it to the enrichment activities while balancing it out with doing what you love. Prior to the suspension, most of us have not been able to attend to our interests outside of school. This one month allows us to go back to these interests but how about the lessons we should have taken up? This is where time management plays a key role. We must manage our time to find a balance between school work and our personal interests. "How is that possible?" you may ask; by planning out a simple schedule, prioritizing your tasks, eliminating distractions, and by taking breaks. In this way, you can learn at your own pace while still pursuing your hobbies and interests. In the long run, this will come in handy, especially once January comes and classes resume. You will no longer cram the assignments you have been putting off for the past week. Instead, you can take control over when you do it while still having the best output possible.

To summarize, time management is a skill we should practice because it benefits us in many different aspects. So, what are you waiting for? Go plan your day to use your time wisely.

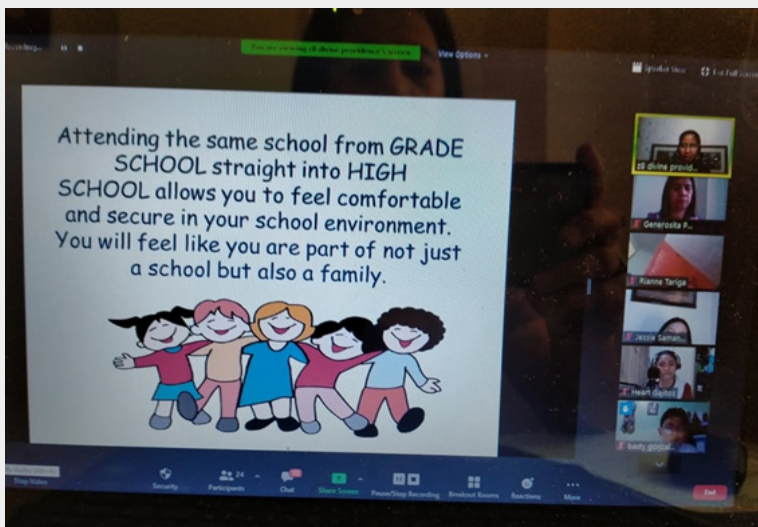
The Grade 6 Attend a Career Orientation Seminar

By Mirim G. Lee, 9 - Fortezza'

MARIKINA, PHILIPPINES - A career seminar for the Grade 6 pupils of Mother of Divine Providence School was held on February 9, 16, and 23 during their counseling sessions.

The meetings were operated via Zoom. The organizers and speakers were Mrs. Retamar, Mrs. Velasco, and Mrs. De Guzman discussed the benefits and offers of the school's Junior High School Curriculum.

"It was a fun and educating moment for me and my classmates. Being oriented about our future is a great way for us to be successful and be able to reach our dreams," said one student.



The Future is Ours

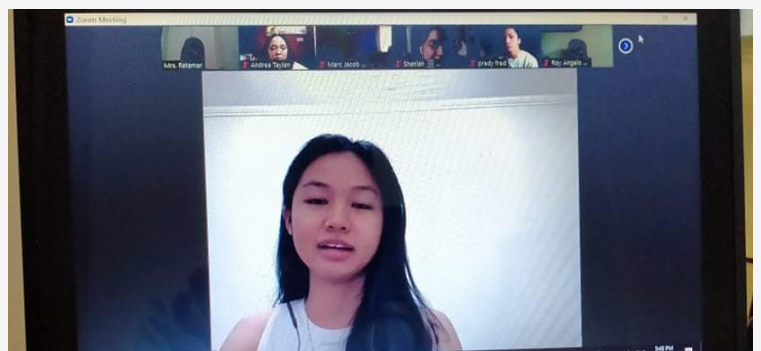
Preparing for the Future

The Grades 10 and 12 Join an Online Career Seminar

By Jeanne Chloe Soriano, 9 - Fortezza'

Marikina, Philippines - During the month of February in the current year 2021, students from the year levels Ten (10), and twelve (12) have experienced career seminars throughout the whole month. The students attended their seminars from their homes through zoom meetings held at different times. The seminar was held as a way to monitor the career choices and directions of the students especially in the "graduating" levels. With that being said, the whole month of February was dedicated to the said seminars for the students.

According to the data I have gathered through an interview, the strand the students have aligned to the most are ABM and HUMMS. According to them, most students have a clear idea on what occupation they wish to pursue or at least the track they will take. Additionally, the careers align to the dreams and the experience of the students and it will be more likely for them to enjoy and excel in their jobs.



Decoding the Algorithm of Online Relationships: Connecting During the Pandemic

By Mirim G. Lee, 9 - Fortezza'

Before the COVID-19 started, I bet that no one ever predicted that the very much preferred medium of communication for us after a couple of months would be the internet. I know I speak for everyone else when I say that it's just not the same. Hearing your friends' laugh through screens is not as funny as hearing it in person and being able to feel the rewarding vibe that they radiate. For sure, some of your relationships had shallowed or perhaps deteriorated because of poor communication. With this in mind, I have managed to jot down some helpful tips on nurturing your relationships during this quarantine.

Tip #1: Balance your time

Set a particular time for your school/work, family, friends, and yourself. It will be helpful for your mental well-being so that you will not feel overwhelmed.

Tip #2: Plan something fun

During your facetime calls, do movie marathons, game nights, or whatever you and your friends feel like doing at that time. Not only will this help in filling the moments you've been missing with your favorite people but this could also serve as a stress reliever for you because you're having fun!

Tip #3: Establish a self-care routine

You need to take care of yourself physically, emotionally, and mentally to function well. Neglecting your mental health will make you stressed and overwhelmed, therefore increasing your risk of lashing out to your loved ones. Establishing a self-care routine for yourself will help you detoxify and relax, something that you need to reset your mind and body.

Tip #4: Cut-off toxic relationships

Being in an unhealthy relationship, may it be platonic or romantic can be physically and emotionally draining. Making a relationship work involves two parties and I tell you, it takes a lot of effort. If you think that they are not worth your energy, talk it out, cut it off, and move on with life!

Tip #5: Listen and let yourself be listened

Separate your school/work life from your personal life. Take time to acknowledge and support your friends with their insights and feelings and have the freedom to do the same. Doing this will help you build a deeper connection with your friends, as well as it will keep you sane.

It is undeniably true that this pandemic had been an unfortunate event for us yet we can always make the best out of a bad situation, right? I hope that by writing this simple article, I somehow managed to imprint something in your mind.

MDPS Starts Its Own Pantry

By Vanessa C. Fernando, 8 - Giustizia'

In this time of pandemic, many people are affected by the COVID-19, both in terms of health and financial. Especially that now our government announced the MECQ. Lots of people lost their job to earn income, thus their food supplies, and other necessities are cut short. With this, generous people try to help those who are in need by establishing a community pantry and this includes our school, The Mother of Divine Providence School.

The MDPS Community Pantry started last April 23, 2021 under the initiation of the Angelic Sisters of St. Paul. Thankfully, it went well and all the people involved followed and the safety protocols, the orderliness was much observed, as well as the deep commitment of our school community to help. They said that they will continue until there are people who need help. "Give without remembering and receives without forgetting" – quoted by our school.



