

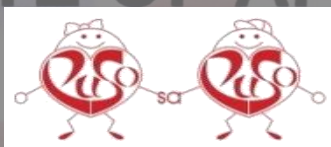
Republic of the Philippines  
Department of Education  
Division Office - Cagayan de Oro  
QUEZON CITY  
Nueva Ecija St., Bago Bantay, Quezon City  
www.education.gov.ph

**PUSO SA PUSO EDUKASYON, INC.**

**NEWSLETTER**

**CERTIFICATE OF APPRECIATION**

January to March 2017 Issue No. 11



**PUSO SA PUSO EDUKASYON, INC.**

in grateful acknowledgement and appreciation for sharing the

**BEST PRACTICES IN ALS IMPLEMENTATION**

and for being an active advocate in bringing quality and responsive education  
to the ALS learners in Quezon City



*Cecille G. Carandang*  
**CECILLE G. CARANDANG, Ed.D.**

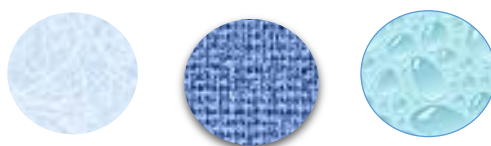
Acting Assistant Schools Division Superintendent  
Officer-In-Charge

Contributors: Joceline Basconcillo, Ma. Rika Estabillo, Jeremie Cruz, Jennifer Basconcillo, Darren Illarina,  
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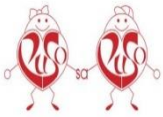
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## **Share a Smile Outreach Program at Parola Center** (December 31, 2016)



"Giving is an expression of gratitude to our blessing". Last December 31, 2016, Share a Smile group conducted Christmas Party to selected beneficiaries of Puso sa Puso Edukasyon Inc. at Livelihood Center. Forty children coming from Parola - Binondo and Tondo attended the said event. The program start with the prayer. It proceeded with various games, snacks and distribution of loot bags.

### *Preparations*



*Sponsors, volunteers, and beneficiaries*



## **Opening the Year 2017 at ALSA-BUHAY Payatas Center (Activity)** (January 6, 2017)



The New Year just started and we are all optimistic for a greater and better life. The New Year vibe is still around the corner and perhaps, we still have “hang-over” from the previous year. Many things transpired last 2016 – bittersweet moments that concluded that unambiguous period.

In grounding this year, ALSA-BUHAY Payatas conducted an introductory session with the learners last January 6, 2017 at ALSA-BUHAY Payatas Center. The session was divided into two: morning for Elementary and BLP learners, and afternoon for Secondary learners.

To make the session more engaging, various activities were prepared by the staff such as a “Reading Game”, “Music Game”, “Laughter Yoga”, “Kumustahan”, and “Stop, Start, Continue Activity”. These activities are designed for learners to recollect from the preceding year, reconnect to the contemporaneous year, and to review and re-examine their future plans and goals in life.

Numerous emotions were observed from the learners. Most of them really enjoyed and had fun while steering the activities, some gusted their inner frustrations and sadness, but we sure that all of the participants are inspired and motivated for the new chapter of their lives. Setting realistic goals are also part of the activity.

Before the activity ends, an assignment about essay writing entitled “Ang Bagong Ako” (The New Me) was given to the learners. Also, as we are nearing on the final phase of the learners’ schooling, an intensive review is set to take place in the upcoming weeks.



Photos:



*Sir Edwin Guevarra facilitating the "Laughter Yoga" activity*



*Learners seems competitive and excited with their mini games*



*Ms. Joceline Basconillo, RSW, synthesizing the "Kumustahan" sessions of secondary learners (left photo) and elementary and basic literacy learners (photo on the right)*



**Five-day Training Program on  
Alternative Learning System  
@Onesimo Foundation Inc.  
January 9-13, 2017**



Alternative Learning System is a parallel learning system that provides a viable alternative to the existing formal education instruction. It encompasses both the non-formal and informal sources of knowledge and skills. That is why, Onesimo Foundation Inc. organized a five-days training program on Alternative Learning System, and that was attended by 44 participants including the 2 Instructional Managers from Payatas Ma. Rika Estabillo and from Parola Eljohn Isagunde, together with the social worker of Parola, Jennifer Basconcillo.

**The 3 expertise who helped the trainees to conclude more what ALS is were the following:**



**1 Dr. Roger Murallos  
Educational Specialist II**



**2. Dr. Felicino Trongco  
Chief HRDD-NEAP**

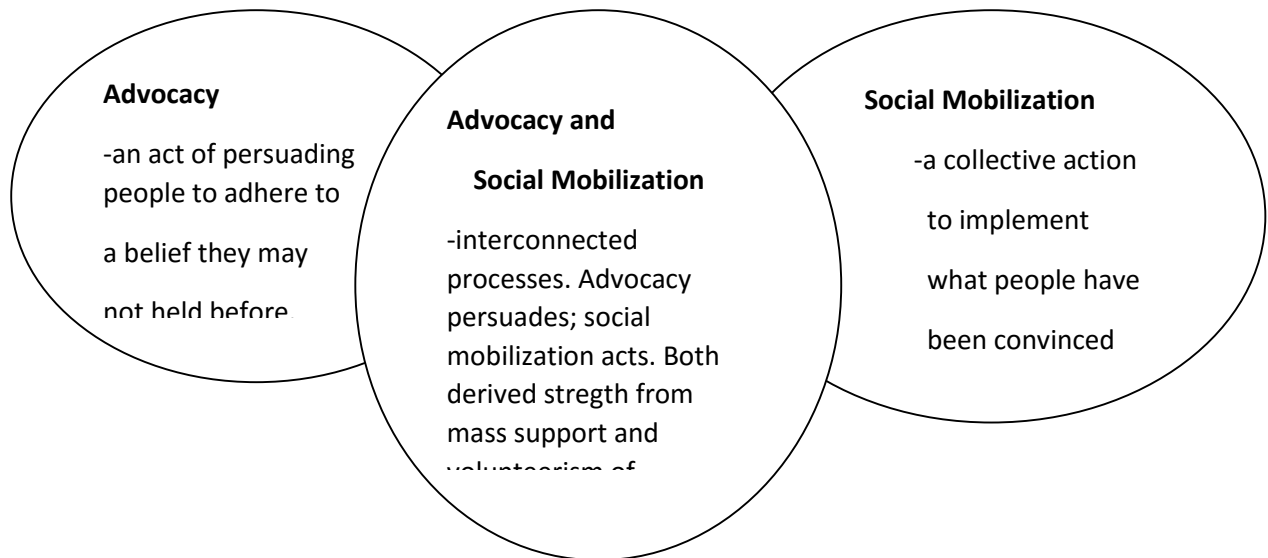


**3. Ms. Jennifer Vivas  
Educational Specialist II**



Alternative Learning System is the other side of educational system in the Philippines. We cater all young and adult who wants to continue their studies either in elementary or in secondary. The Department of Education came up with the two strategic programs: Basic Literacy program (for illiterate) to develop basic literacy skills and Accreditation and Equivalency program (elementary and secondary) for literates who have not completed basic education due to dropped-out in formal school and unable to avail the formal school system.

Using the venn diagram below, it shows the differences and similarities of advocacy and social mobilization, that can help us the implementers of ALS to look for our possible learners and to inform the barangay officials, parents, and possible learners about ALS. Including below, the 5 steps to develop an advocacy campaign.



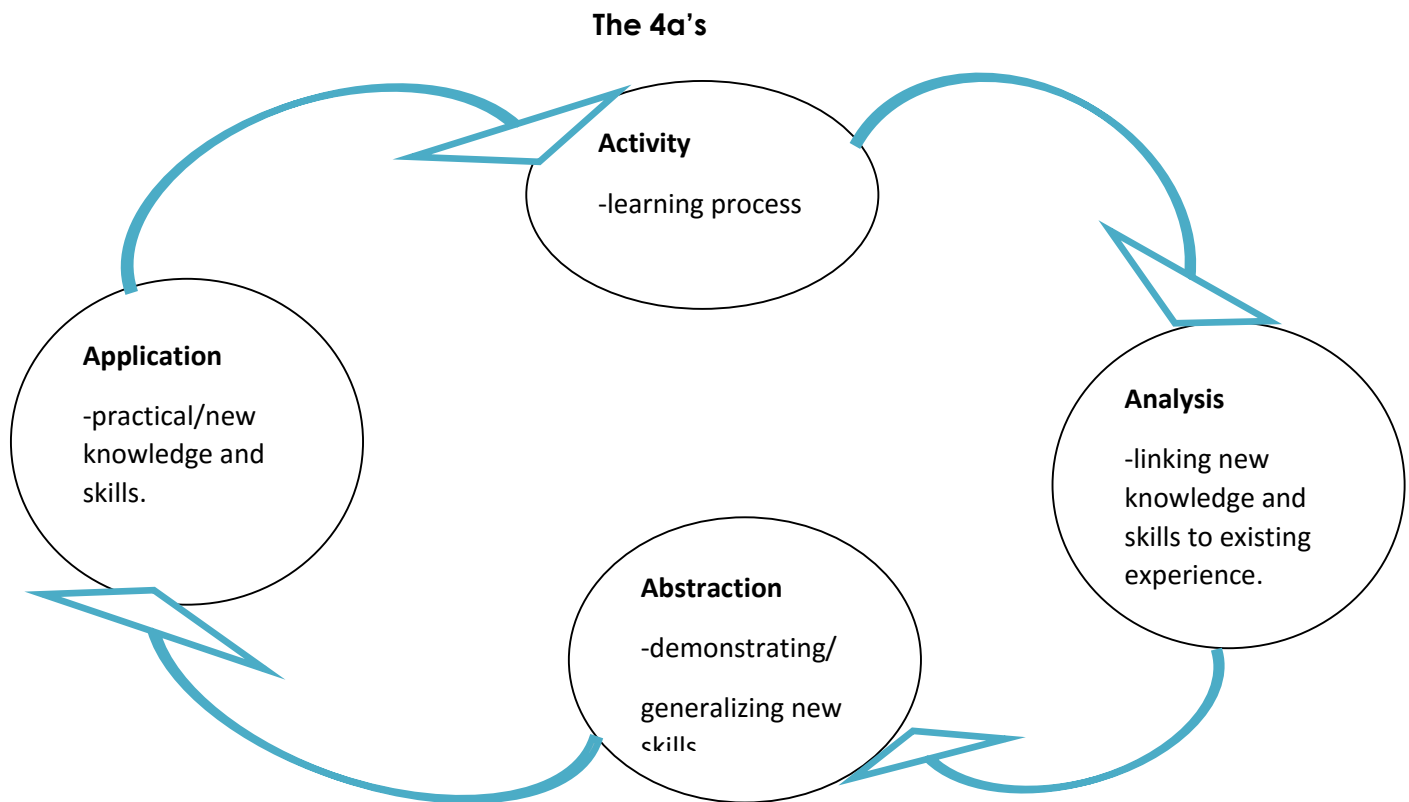
- 5 steps to developing an advocacy campaign:
  1. Set a goal.
  2. Define your message.
  3. Build a team.
  4. Map out a timeline.
  5. Develop your communication plan and activities.

Dr. Felicino Trongco assigned us an activity to do the area mapping at Tandang Sora, Quezon City together with our groupmates. He let us experienced to find our possible learners. But, before that he discussed the first 3 process in area mapping:

1. Travel to the barangay.
2. Courtesy call to the barangay captain or officials.
3. Introduced to the officials the ALS program.



Adults learn in many different ways, they always bring wealth of their life experiences to their learning, and every adult learn differently. Below, is the process of adult experiential learning; the Aa's: Activity, Analysis, Abstraction, and Application.



In our fourth-day training, we the Instructional Managers conducted a simulation on how to handle this kind of scenario that usually happen in a learning center.

- Dr. Trongco gave us 2 different scenario:
  1. The parent of the learner discouraging their child to continue his studies in ALS center.



- The Instructional Manager, went to the house of her learner talked to his parents and discussed the ALS program and its value. Afterwards, the learner together with his parents attended the ALS class.



2. The learner was discovered drunk when he attended his school.



- The Instructional Manager talked to his learner after the class and gave some spiritual advice and the learner promised that he will never do that again, it was because of his family problem.

The learning center: the place where they are shaping their minds with the help of their Instructional Managers, the place where they are making memories, and the place where they become a new version of their self ----- a HOME of ALS learners.



"A house is built by hands, but a home is built by HEARTS"

The five-days training seminar was a big help for us, being a neophyte Instructional managers. It gave us a heads-up about ALS: things to do and to improve. We give our word that when we go back to our organization we will apply all the learnings that we learned in the said training and will make the learning more fun and without tears.

**"Pag nasa ALS ka, naiiba ka!"**

### *Photos from the training*



*The 3 expertise discussing their assigned topic*



*Team Empathy*





*Team Perseverance*



*Team Mindfulness*



*Team Patience*



*team Faithfulness*

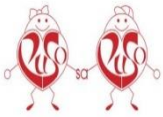


*The 3 staff of Puso sa Puso Edukasyon Inc. received the certificate*



*Group photo with (from second to the left to right) Dr. Aguilar, Dr. Trongco, and Dr. Murallos*





**DepEd-ALS Manila Monitoring**  
**(January 12, 2017)**



To ensure that the program Alternative Learning System of the Department of Education is implemented well, DepEd-ALS Manila mandated that the assigned personnel must conduct close monitoring in both in School Base Learning Center, Community Learning Center and Non-Government Learning Center.

In line with this, ALSA-BUHAY Parola Learning Center was visited by Ms. Veronica Alcazar, DepEd-ALS Manila Lead Monitor in District 1 to III for monitoring purpose last January 12, 2017. She discussed the importance of Individual Portfolio as requirements for the incoming Accreditation and Equivalency Test. She also observed the Elementary class discussion as facilitated by Ms. Mylene E. Ballaran. She also offered a free Baking skills training to our beneficiaries under her supervision.

Photos:



*Elementary class doing their seatwork while Dr. Veronica Alcazar observing the class.*



## **Basic Make-up and Hair Styling Training** (January 26, 2017)



A beautiful and generous team of make-up artists, hair stylists, and their friends shared their time, effort, and God-given talents to our learners last January 26, 2017 at Payatas Center. Headed by Ms. Ahvi Jean Badon, 50 learners, both male and female ages 15 and above were able to learn the basics about these skills.

Accordingly, this initiative started with just simple invitation in Facebook about reaching out to the youth through sharing their professional faculty. The overwhelming responses created their team and actualized the humble mission of this program.

The mission of the program is to provide knowledge and skills on beauty enhancement. They also aspires to teach women about self-appreciation and self-love. They are hoping as well that this workshop will help these women realize that physical beauty is individual and unique in each way that they can eventually take advantage to their livelihood/career plans in the future.

On top of the trainings they provided, guest speakers shared their inspiring stories and experiences which indeed give boost to the learners. In addition, various discussions tackled as well before the main activity. These include talk on Personality Development and Importance of Hygiene and Grooming. To extend more of their generosity, they gathered sponsors who provide meals, gift packs, and cosmetics and hygienic articles that are being used and distributed in the workshop.

To make the workshop more engaging, learners were grouped into five and challenged to apply what they learned from the entire activity. A mini pageant were enjoyed by all. The activity ended by a closing remarks from our Program Coordinator, Sr. Frances Mangabat, SDS.



Photos:



*50 learners from all levels participating in the activity*



*Guest speakers sharing their humble stories and professional experiences*



*Ms. Ahvie explaining the basics about make-up*



*Busy but energetic learners during their hands-on activity*



*Group photo after a very beautiful and refreshing workshop*





**Eucharistic Celebration for January 2017**  
(January 27, 2017)



*"A little, a little longer and he who is coming will come; he will not delay. My righteous one will live if he believes; but if he distrusts, I will no longer look kindly on him. "*

Parola and Payatas center celebrated their monthly mass last January 27, 2017 at their respective centers. It was attended by learners from Basic Literacy, Elementary and Secondary levels, and scholars as well of Enfant Du Meckong (EDM) joined the celebration

The mass officiated by Rev. Fr. Steven Ochieng, MCSPA and gave his homily about the Gospel. In similar way, Fr. Roland Jaluag, Parish Priest of Kristong Hari Parish headed the celebration in Payatas center.

Fr. Steven focused on how the seed of love being planted in our hearts. He also invites the learners to believe and trust to the Lord, despite of the challenges and difficulties they encounter. He inspired the learners by reflecting on the word of the Lord and by touching their hearts.

Meanwhile, Fr. Roland elucidated how God, like a seed, sprouting and growing in our hearts. And if we allow that to happen, even in the most challenging situations, He will guide us. He also reiterated that dreams are not automatic to materialize. It is something to be work on. The small things that we do can make a difference in our future. He advised the learners to be always consistent and faithful even in small things.

Both The mass ended in very fruitful way where everyone receives the blessings and guidance of our Lord.



*Parola and Payatas mass participants*



*One of the reader, Jocelyn Retorca from Secondary level who is also celebrating her birthday*



*Fr. Steven Ochieng, MCSPA with the BLP Learners*



**“Pagpapatibay ng Samahang Mag-asawa”**  
**Parents’ Formation**  
(January 28, 2017)



“Married life is more challenging than priesthood” -Fr. Ruben Tanseco S.J., the commitment of the couple to each other, the vows that they recited in front of the altar, and the promises that they built for a life time – it makes the married life more challenging.

**There are some ways to live a happy married life:**

**1. Self-esteem**

- It is very important for the couple to respect each other, take time to give and take, and be a good listener and adviser at all times.

**2. Work to keep your relationship in the present**

- Work on reinforcing positive behavior, enjoying your present time together, and think of all you have to look forward to.

**3. Maintain strong communication**

- The couple should talk graciously to each other about their thoughts or for the things that they agree upon or do together.

**4. Affirmations**

- If a problem arises especially a third party issue, the couple should discuss such matter by themselves privately.

**5. Acceptance and appreciation of praise**

- A well done job must always be appreciated by both parties, this can be shown through giving praises and commendable remarks.

- After the discussion, the speaker gave them an activity entitled “Ito ako!”, they filled up those pieces of puzzle of their talents, strengths, and good attitude that they possess.



Having a low self-esteem doesn't help the couple to have a happy life, it will affect their relationship and it may cause the following:

**1. Infidelity**

- No confidence in one self, may cause the couple to cheat to their partner.

**2. Irrational jealousy**

- Sign of insecurity, always having a suspicious thinking to their partner.

**3. Power Conflict**

- May lead to separation because of superiority complex.

Married life is not an easy thing. It is a gamble, we should always think the pros and cons, Our responsibility as a husband and wife, and the family that we are going to build. Don't get married just because you love each other; get married because both of you are ready for the responsibilities and have enough income. The most important factor is to put God first.

***Photos from the Parents' formation***



*Ate Pet discussing the married life*





## **Massive Fire Hit Parola, Tondo** (February 7, 2017)



Several houses were destroyed by the massive fire that hit the residential area in Gate 1 to Gate 10 Parola Tondo Manila. The fire started last February 7 at 9:35 pm and ended at 6:23 am the following day. It spread quickly because most of the houses are made up of light materials. The cause has yet to be determined. According to the Bureau of Fire Protection (BFP), the fire alarm was raised to Task Force Alpha as personnel are having a difficult time navigating through narrow streets.

An immediate ocular visitation was conducted by the ALSA-BUHAY staff, with selected learners. They found out that the Puso sa Puso beneficiaries together with their families and evacuees occupied the street, some stayed at Delpan Sports Complex and Delpan Evacuation Center. Other residents picked up whatever they could get valuable from the burned houses such as iron roofing, pieces of metal, broken bottles, plastic items and other things that could be sold at the junk shop.

According to the data given by the Department of Social Welfare Development (DSWD) last February 9, there were 2057 families affected, 1162 are the owner of the houses, 225 are sharer and 640 are renter. The total affected number of individuals are 8555, 3559 are minors and 4996 are adults

After the disaster happened, the ALSA BUHAY staff met the fire victims at Puso sa Puso Livelihood Center. This is headed by Sr. Frances Mangabat, SDS (Program Coordinator) and Sr Mila P. Singap, FLP (Parola Supervisor). Fourteen (14) individuals arrived in this activity; eleven from ALSA BUHAY learners and three (3) came from Eskwelahan ng buhay.

Sr. Mila Singap, FLP (Parola Program Supervisor) gave her warm welcome remarks to everyone, and also initiated the sharing and discussion about the experiences, feelings, present situation, and their plans. Everyone became emotional when they shared their thoughts and feelings. Most of them said that they don't expect that the fire will last for more than nine hours. They

stated that it was so painful to them that they witnessed that their houses and properties they built through their blood and sweat had burnt into ashes.

We found out from their sharing and discussion that some went back to their respective properties to secure the remaining materials that can still be used in rebuilding their houses especially men, while others stayed in the evacuation area. According to them, Local Government Unit (LGU's), Department of Social Welfare and Development (DSWD) and Non-Government Organization (NGO) extended food and water.

Shelter is the basic need they really want to have, however response for immediate need is a great help for them, such as food, drinking water, mats, blankets, clothing and medicine for children. Some expressed that they will start again in whatever they have and show strength and hope, while others were so dismayed and don't know how to start again.

After the Focus Group Discussion, fire victims expressed their gratitude for they felt relief in sharing their pain caused by fire. Sr. Frances expressed her deep empathy in behalf of Puso sa Puso and gave one word to them; We are here for you, we are family and we will do our best thru the people who has kind hearted to extend help to every one of you.



Area visitation of Alsa Buhay staff in Parola Compound Tondo Manila



Some beneficiaries of Puso at the evacuation area



Sr. Mila P. Singap, FLP (Parola Supervisor) with the staff during the ocular visit to the affected areas



Since February 10, Puso sa Puso Edukasyon Inc. started receiving donations from several individuals and organizations, consisting of rice, mineral water, assorted food, toiletries, beddings, new and old clothes, shoes, toys, and school supplies. These are distributed to forty (40) families who are direct beneficiaries of Puso sa Puso Edukasyon Inc. - (16) sixteen families from Eskwelahan ng Buhay program and twenty four (24) from ALSA BUHAY program. In the month of February, Alsa Buhay staff facilitated a Relief distribution for four times. In the 4<sup>th</sup> relief distribution, additional 60 indirect beneficiaries (families) outside the program were included as the recipients of relief goods. They are from Gate 5, Area A, Tondo Manila.

Relief donations became successful because of the help and initiative of Society of Divine Savior, Amadeo, SDS father, Ms. Denise Pronstroller Barreto, Ms. Maria Chiqui Sy-Quia Mabanta, Ms. Maria Maricar Marquez and Salvatorian Pastoral Institute (SPI). ALSA BUHAY staff and Puso sa Puso Scholars had offered their effort for the man power for repacking and distribution of goods.



*Puso sa Puso Edukasyon Inc. fire beneficiaries received the relief goods*





## **Annual Partners' Meeting at CEFAM on Psychological First Aid** (February 13, 2017)



Last February 13, 2017 (Monday) ALSA-BUHAY Staff attended the said activity organized by the Center for Family Ministry (CEFAM). Its purpose is to gather all partner agencies to enhanced networks and also share some relevant insights on Psychological First Aid.

Dr. Ma. Teresa "Dido" G. Villasor, Ph.D. shared an inputs on Psychological First Aid (PFA). She described it as an evidence informed approach that is built on the concept of human resilience. It aims to reduce stress symptoms and assist the victims in a healthy recovery following a traumatic event, natural disaster, public health emergency, or even a personal crisis.

She emphasized that it should be done effectively in one session and the PFA worker should focus on the strengths and positive coping skills of the victims. She also discussed the 8 cores of PFA which are the following: contact engagement, safety and comfort, stabilization, information gathering, practical assistance, connection with social support, information in coping (stress reactions), and linkage with collaborative services. Those are things that needs to consider and apply in handling victims under crisis situation.

The said activity was attended by different workers and volunteers from Government Agencies, NGO's, and Religious Group. The activity started at 8:30 in the morning until 12 in the afternoon. After the short talk on PFA, participants were able to ask some questions and get some relevant advices from Dr. Teresa and other agencies.

Participants were very grateful for the opportunity in gaining insights on Psychological First Aid. We are looking forward on the upcoming seminars that will be organized by the CEFAM.

Photos during the program:





## **Enhancement Training for NGO and Barangay ALS Implementers in QC** (February 16-17, 2017)



The Division Office of Quezon City, in collaboration of Senior Education Program Specialist (EPS) and EPS per Congressional District of Quezon City organized an Enhancement Training for NGOs and Barangay ALS implementers. It was held at Quezon City Science Interactive Center Library last February 16-17, 2017. It was attended by two Instructional Managers of our institution namely Mr. Darren Ilarina (Parola) and Mr. Jeremie Cruz (Payatas).

Several topics has been discussed such as the Importance of 4As (Activity, Analysis, Abstraction, Application), the Science of Adult Learning, Comprehensive Training on Essay Writing the ALS Way. Item Writing on Updated Core Competencies, and Sharing of Best Practices of selected institutions. It was spearheaded by various experienced and competent speakers such as MS. Mercuria Ganaden, PSDS, Mr. Michael Nazareth, Mr. Jet Gallecanao, and Mr. Dennis Mano, EPSA.

One of the highlights of the training is the sharing and presentation of Best Practices for selected NGOs. Our institution is selected as one of the sharer and Mr. Jeremie Cruz, Payatas IM presented the brief history, goals and directions of Pusong Buhay, programs, and its best practices which is well-received by other NGOs. They are also impressed on how we managed to put up programs that are relevant and holistic for the welfare of our beneficiaries.

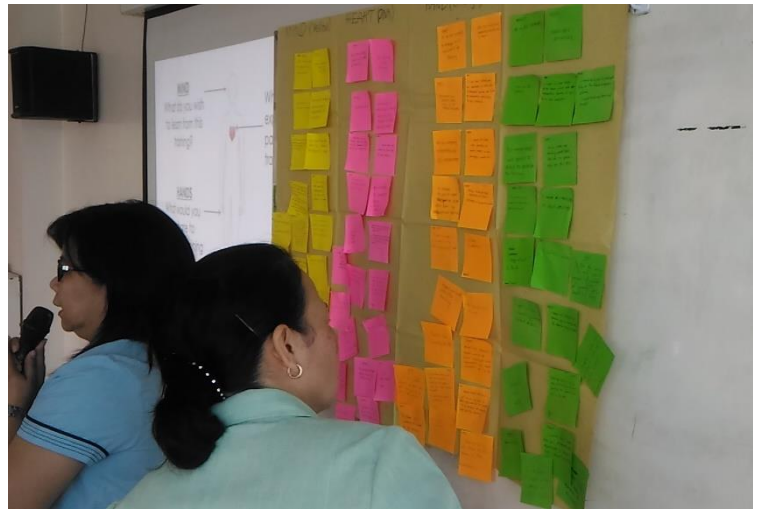
During the closing ceremony, several Division Heads such Dr. Cecille G. Carandang (Assistant Superintendent) and Dr. Corazon C. Rubio, OIC, attended and witnessed the successful trainees as they are highly motivated and inspired to continue and enrich on what they are doing on their respective institutions.

Pusong Buhay Edukasyon, Inc. received as well a Certificate of Appreciation for valuable contribution during the enhancement training.





Mrs. Ludevina Bruan, Senior EPS, welcoming everyone for the training



Expectation Check



MS. Mercuria Ganaden, PSDS, - speaker of 4As



Mr. Michael Nazareth – speaker, Science of Adult Learning



Mr. Jet Gallecanao facilitating the Essay Writing Workshop



Mr. Dennis Mano, EPSA, facilitating the item Writing Workshop





Group activities during the training



Mr. Jeremie Cruz, RN, LPT, presenting the "Best Practices" of Puso sa Puso Edukasyon, Inc.



Awarding of Certificate of Recognition to Puso sa Puso and being received by two Instructional Managers of our institution together with Division of Quezon City Head and Supervisors





**Division Assessment Test for ALS Learners**  
(February 26, 2017)



The Division Office of Quezon City administers a Division Assessment Test (DAT) for ALS learners last February 26, 2017. Elementary and Secondary learners of Congressional District 2 of Quezon City gathered at Commonwealth Elementary School for the said exam.

The DAT intently being given to the learners in order to prepare them for the Accreditation and Equivalency (A&E) Exam and a way of assessing the learners' knowledge and skills in particular focus on the competencies of five Learning Strands of ALS curriculum and essay writing.

In line with this, learners of our institution in Payatas participated in the activity and being accompanied by the staff. They were able to experience the common scenario that will takes place during an actual A&E. These include the importance of punctuality, proper decorum in testing room, filling-up required forms, and answering exam parallel to A&E test.

Overall, Payatas ALSA-BUHAY learners got a very good results as most of them passed both the multiple and essay exams and even got the highest scores in their respective testing rooms.



Photos:



*Elementary and Secondary learners gear up for the first Division Assessment Test*



**PARENTING - Parola ALSA- BUHAY**  
(February 28, 2017)



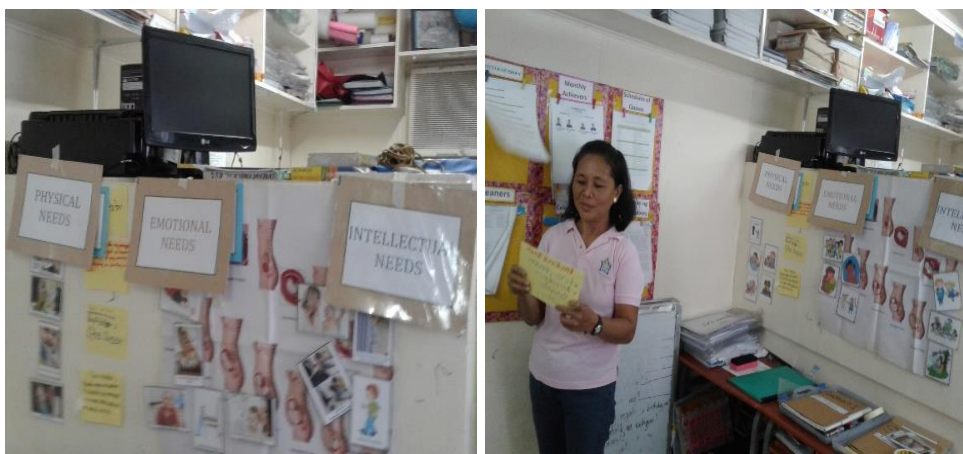
"Your children are the greatest gift God will give to you, and their souls the heaviest responsibility He will place in your hands. Take time with them, teach them to have faith in God. Be a person in whom they can have faith. When you are old, nothing else you've done will have mattered as much." — **Lisa Wingate**

A formation for secondary and elementary learners entitled "Parenting" which was conducted by Ms. Susana P. Penaranda of ENFANCE Foundation Inc. and it was attended by 24 participants from ALSA Buhay learners. It was held at ALSA Buhay learning center. The participants are divided into three groups combined with selected elementary and secondary learners. It was a collaborative discussion through different activities given by the facilitator.

Upon the activity, the facilitator discussed the responsibilities that the new parents should have. They also talked about on when an individual become parent. "It starts when the egg cell of the woman and the sperm of the man combined." Ms. Susan said. The formation rotates on the responsibilities of the parents, the cycle of life, needs of the child, different aspects and intelligences and the rights of the child.

The half-day activity ends to the songs of the "10 mga Karapatan ng mga Bata" with the tune of "Sampung Mga Daliri" that makes the participants remember their discussion.





Ms. Susana P. Penaranda, FBS officer of ENFANCE Foundation Inc., explained about the needs of the children



The secondary learners labeled the picture according to the needs of the children



The learners sang " Sampung Mga Karapatan"





**Ash Wednesday Mass @ Parola, Tondo**  
(March 1, 2017)



"I HAD HEARD OF YOU BY THE HEARING OF THE EAR, BUT NOW MY EYES SEES YOU; THEREFORE, I DESPISE MYSELF, AND REPENT IN DUST AND ASHES." - JOB 42:5-6 ESV

As an opening of the Lenten season, ALSA BUHAY celebrated Ash Wednesday Mass last March 1, 2017, held at the Delpa Sports Complex, Binondo, Manila. The mass was presided by Rev. Fr. Steven Ochieng of the Missionary Community of Saint Paul the Apostle. It is attended by approximately 150 individuals including Pusong sa Paso Edukasyon Inc. beneficiaries and the fire affected families that are temporary dwelling in the Evacuation center.

Fr. Steven, considering that the people attending the mass are poor and affected by fire, focused on three main thoughts in his homily; first, "*do not complain*" instead, be grateful for what they have, and to count their blessings not their problems. Second, "*not say bad words*", instead, to say words that can give hope and encourage or invite positive thoughts to the people; words that can boost the spirit of our neighbor, he added. And lastly "*avoid gossiping*"; instead of wasting time to insignificant things they should be productive on their own way! This is the time to acknowledge that we are SINNERS who need Repentance and Renewal.



Sr. Mila P. Singap, FLP together with Rev. Fr. Steven Ochieng, MCSPA putting Ashes on the forehead of the participants.

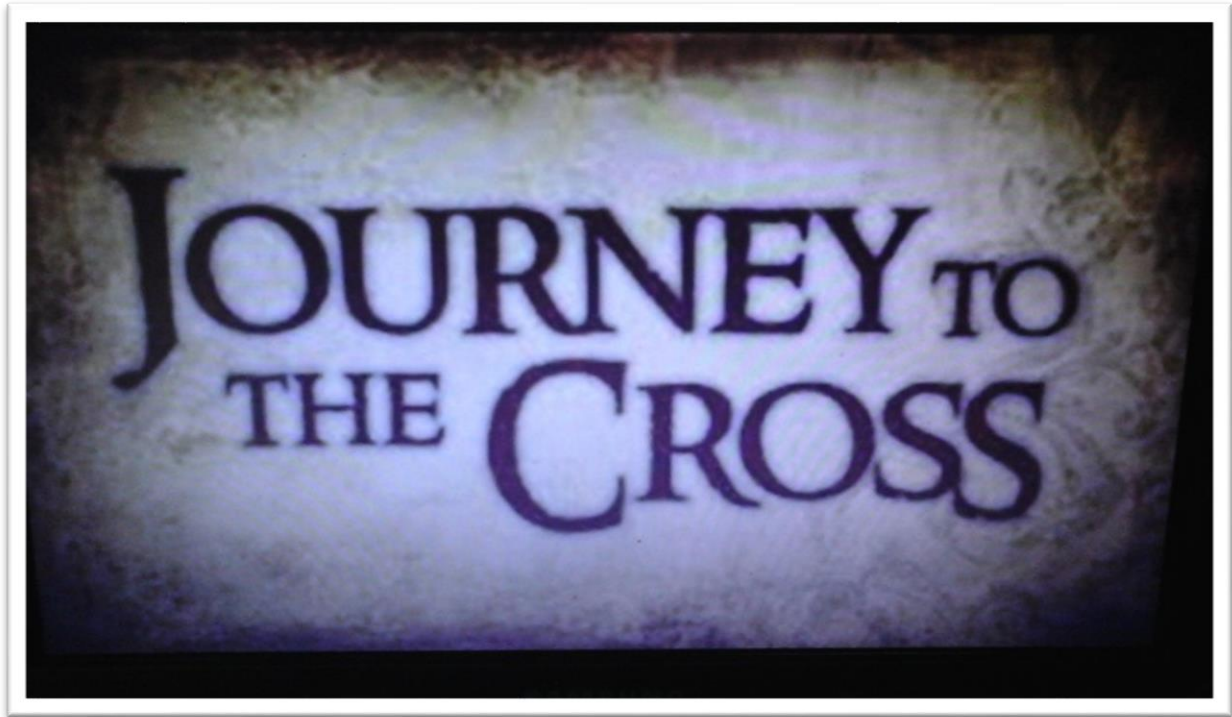


Ash Wednesday Mass at Delpan Sports Center





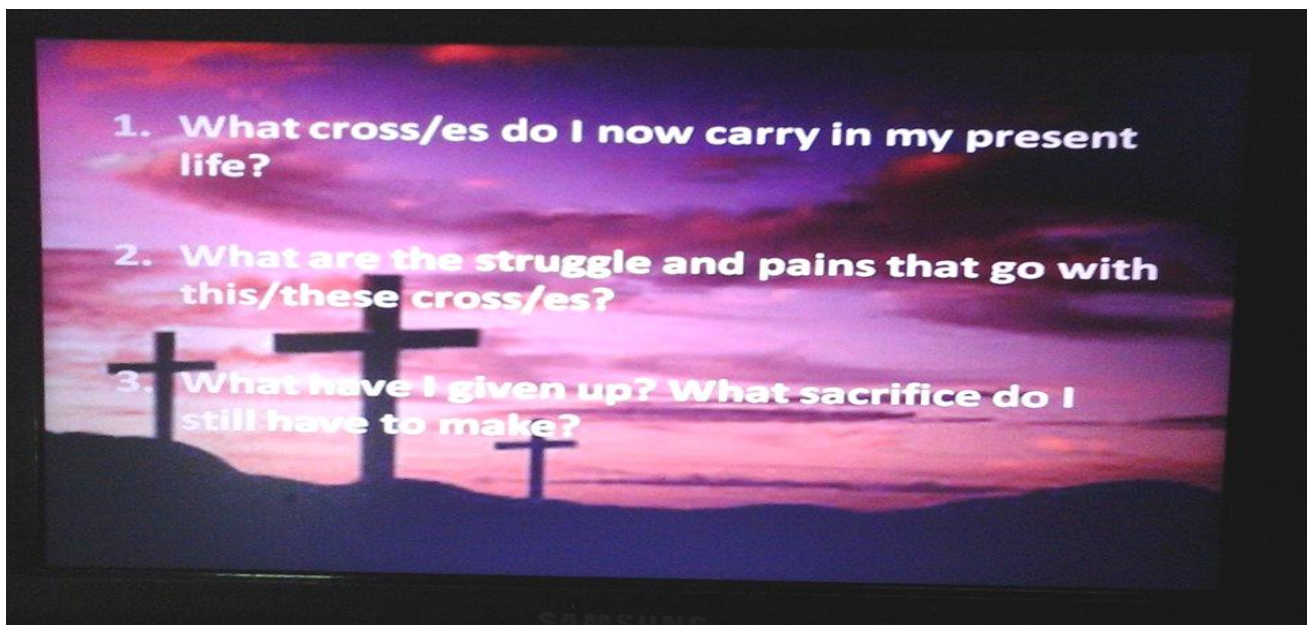
**“Lenten Recollection: Journey to the Cross”**  
**Learners’ Formation**  
(March 3, 2017)



The formation for the learners entitled “Lenten Recollection: Journey to the cross” was conducted by our very own Instructional Manager at Payatas center Mr. Edwin Guevarra, and was attended by BLP, elementary and secondary learners.

Lent is the Christian season of preparation before Easter. The lenten season is a time when many Christians observe a period of fasting, repentance, and spiritual discipline. They used this season for reflection on Jesus Christ his suffering, sacrifice, and resurrection. Also, the three pillars of lent were discussed and include the following: Prayer, Fasting, and Alms giving.

The class was divided into 4 groups for their first activity. Each group will answer the following questions:



Group 2



group 1



Group 4



Group 3

Most of the learners' answers the cross that they carry in their present life is the A&E test they are afraid to fail in the said test and they have a lots of what if's. In addition, the struggles that they are feeling now are to study hard, come to the center, and pass all the requirements that are needed. The sacrifices that they are doing: less watching television and go outside with friends.



For their last activity, they were given a piece of paper and write all the burdens that they have now and they will burn it.



Use this season to make a reflection for our sins, and to reconnect to our lost connections to our saviour Jesus Christ. We are all his disciples, who love us unconditionally that He gave his own life so that we might share an Eternal life with him.

The formation ended up with a closing prayer led by Mr. Edwin Guevarra.

### *Other Photos from the formation*



*Mr. Edwin Guevarra introducing what lent is.*





**Financial Literacy: “Money management  $A+B=3$ ”**  
(March 5, 2017)



*-Our money decisions impact our future, and others around us!*

Puso sa Puso Edukasyon Incorporated in collaboration with Ms. Agnes, Program Coordinator of Enfants Du Mekong (EDM) conducted the first activity for the EDM scholars. It was attended by 15 scholars; eight (8) from Payatas center, and seven (7) scholars from Parola last March 5, 2017 (Sunday) at Alsa Buhay, Payatas center. The formation seminar entitled **“Money management  $A+B=3$ ”**.

Financial management training for scholars is an education enrichment that provides a fast-paced tour of key topics related to money for the college freshmen preparing to embark on challenging academic career, and independence. The main objective of the financial formation is to help the students for mature life by developing their power of reasoning and judgment in money matters. The activity is more than comprehensive personal finance for the freshmen students. The discussion and series of activities are related on personal budgeting techniques and saving strategies. The formation provides fundamental understanding on the psychology of money, decision-making dynamics involved in spending, saving account management, investing, borrowing, and lending.



Series of activities were facilitated by Ms. Agnes, EDM program coordinator



The scholars during the demonstration of the activity led by the representative of each Team





## **EDM Project Leaders Meeting 2017**

(March 11-12, 2017)



On the 11th and 12th of March, Enfants Du Mekong coordinators namely Pauline, Ma. Cecille and Agnes organized a project leaders meeting. It was held in La Verna House of Prayer, Tagaytay City. It was intended to gather all the project leaders from different partner's organization in Luzon to share their experiences in handling scholars and also to impart relevant knowledge that will help our scholars in their daily lives.

On the first day of the meeting, we had undergone getting to know you activity, group sharing on the challenges faced by the project leaders and how they intervened with such difficulties. We've also heard some relevant topics such as: 1. Affective life: the teen star framework on teen sexuality. It was further discussed by Ms. Mitos Rivera. She emphasized the importance of stages of development theorized by Erik Erikson. 2. The Significance of PhilHealth in our scholars tackled by Ms. Agnes. 3. How to properly handle money? Facilitated by Ms. Agnes. 4. Introduction on Professional Life Training Center (Further education for college student with seminar and forum) talk over by Ms. Pauline. They also integrated some group dynamics to give vitality in the whole day activity like super chicken, human knot, identifying puzzle and bridge.

Before the 1st day ends, they conducted games on Ten Commandments of a good project leader. It is composed of the following: 1. Be faithful, give thanks to God! 2. Be confident of what you do! 3. Be tolerant with the youth to understand their problems. 4. Be active, keep a dynamic program 5. Be honest with your co-worker 6. Be in solidarity with the others 7. Be generous of your time 8. Be fair whatever you have face. 9. Be brave despite of the storms 10. Be proud and have fun as project leader. As a project leader we must strive to practice the above written commandments in order to have a good end result.

On the second day of the meeting, Ms. Pauline discussed the diverse program/group dynamics which is essential in handling groups. After the talk, we attended mass presided by the priest invited by the Franciscan Sisters of the Sacred Hearts. The last topic was given by Mr. AL Calara. He discussed the relevance of values formation in the lives of the scholars.

The 2 days meeting were very fruitful as the participants gained relevant insights on how to improve handling EDM scholars. We are very grateful for the opportunity given to us, because we were able to meet other project leaders who have same vision in directing our youths in a better life though way of education. We are looking forward on the next year Project Leaders Meeting.

#### OTHER PHOTOS:



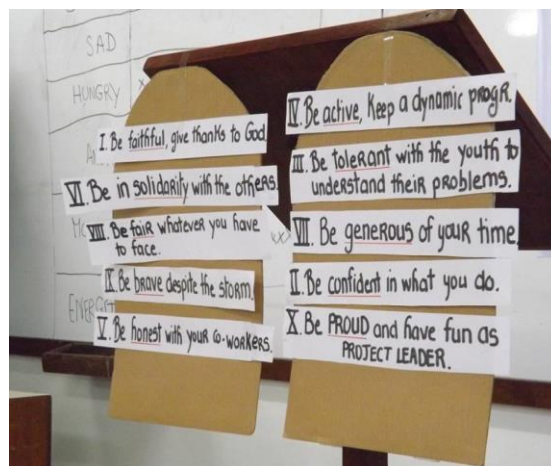
"Super Chicken GTKY"



"Human Knot"



"The Bridge"



"Ten Commandments of a Good Project Leader"



"Right vs. Wrong (Handling Money)"



"Photo with Mr. Al Calara"





## **APICIUS Scholars On the Job Training** (March 13, 2017)



On-the-job training, also known as OJT, is teaching the skills, knowledge, and competencies that are needed for employees to perform a specific job within the workplace and work environment.

Orientation of the practicums starts last March 13, 2017; discussed were their performance appraisal report content, expectation of the organizations and status report of the practicum. Enrolled in the program are 4 NC II Cookery scholars who passed the assessment test given by TESDA namely Ana Lona Sandangan, Angel Sosobrano and Mark Christian Casauay from Parola and Christian Terana from Payatas. They need to complete the 300 hours of training in the processes of their OJT.

Practicums task is to cook learners' food. On top of that, they need to discuss the nutrient content of their menu. It is integral that the quality and quantity should always meet as they given daily budget for this training. Food presentation and plating are also being part of their task so that they can able to practice what they learn from cookery class. They also observed in their attitude in workplace, its safety, and hygiene procedures in preparing food.



*Parola Cookery Intern*



*Food Preparation, Plating and Table setting*



*Payatas Cookery Intern and some of his dishes*





## **K12-Basic Education Program Seminar and Portfolio Validation** (March 16, 2017)



Our Filipino students should prepare themselves for adult life by studying subjects that suit to their talents, passions, and aspirations and enable them to contribute to the sustainable future of our country and the world. Top performing nations set their far instructional sights on more than basic reading and math skills. No nation that scores competitively on Program for International Student Assessment (PISA) exam puts skills before content or focuses chiefly on reading and math. In compliance with the nature and needs of the learners as well as in the needs of national and global community, Philippines transformed its education system to K-12 Basic Education Program last school year 2016.

To educate our learners about this transformation, ALSA BUHAY Parola held a seminar at ALSA BUHAY Learning Center facilitated by Ms. Lea Villa-Faa, EPS II (Education Program Specialist) from DepEd ALS Manila last March 16, 2017 at 1:30 pm. Ms. Lea discussed the context and curriculum of K12 Basic Education Program. She also tackled the different Senior high school tracts in Academic, Technical Vocational, Sports and Arts and Designs. These information are really significant and relevant to ALS learners as Ms. Lea also mentioned that according to DepEd Order No. 55 s. 2016 Policy Guidelines on the National Assessment of Student learning for the K to 12 Basic Education Program that for A&E test passers of elementary and junior high school levels, certificates for Grades 6 and 10 shall be given. Therefore ALS Secondary learners, after passing the A&E test are required to enroll in Senior High.

In the end, different questions from the learners were asked and answered accordingly. Learners now have a positive insight about this new education system, in fact they are encouraged to do their best to pass the A&E test and seem excited to enroll in Senior High School.



Validation of portfolio was also done; it was conducted by Ms Wendella B. Tabio, EPS II and Ms Sevilla A. Arcinas, EPS II. It has been done in connection with the DepEd Order No. 55 s. 2016 Policy Guidelines on the National Assessment, for Accreditation and Equivalency Assessment stated that in final assessment rating shall be determined by 50% written assessment results and 50% portfolio content. The portfolio should contain work samples and projects with corresponding rubrics. Work samples will have a weight of 40% while projects will have a weight of 60%. According to Portfolio validators, ALSA BUHAY learners portfolio must be improve for a better result.





## **Fire Response (2<sup>nd</sup> Update)**

(March 20, 2017)



As part of Fire disaster response of Puso sa Puso Edukasyon, Inc., ALSA BUHAY staff conducted area visitation in the affected area of Tondo Manila (Gate 1 to Gate 9). Undersigned social worker validated the information had been receiving by the staff. During the visit, it was found out that most of the fire casualties are capable to reconstruct their houses through their own capability and through the assistance giving by the Local Government Unit (LGU): DSWD (Department of Social Welfare Development), MSWD (Manila Social Welfare Development), private organizations, and individuals. Recently, they received financial assistance from Honorable Senator Cayetano and former Manila Mayor Alfredo Lim worth of (Php 500.00), and Php 1,000.00, and materials and tools for rebuilding their house.

During the visitation, undersigned social worker also observed that the place is risky to the health of the children. However, despite of unhealthy and unorganized surroundings, the residents are still struggling to continue their daily living to back into normal life situation.

In addition, some of them are still waiting for the assistance of Local Government of Manila. Based on the data given by the Head Social Worker of MSWD-District 1, Tondo, a total of 400 families are still temporarily occupying at Delpan Sports Complex. They were categorized as a sharer and renter.

Post Debriefing/ Kumustahan was conducted and held at Puso sa Puso Livelihood center facilitated by the ALSA BUHAY staff last March 20, 2017 and attended by 68 individuals/beneficiaries under Puso sa Puso Fire Response. They were able to discuss the ongoing process of normalizing their lives after the incident. Three main questions were asked during the meeting, through sharing activity and series of interview by the Alsa Buhay staff were able to gather data.

Validation of data was made by the undersigned social worker together with Mrs. Lachica, Livelihood coordinator through conducting area and house visitation in the affected area particularly in Gate1-9, Parola Compound, Tondo, Manila, and in collaboration with Honorable Chairman Arnel Bong Parce of Barangay 20, Zone 2 District 1, Tondo Manila.



*Post visitation in the affected area especially to the house of the Puso sa Puso fire beneficiaries conducted before & after the Post- debriefing Kumustahan activity conducted by the undersigned social worker & Livelihood coordinator*



*Post- debriefing & Kumustahan activity was held last March 22 (Wednesday) facilitated by the Alsa Buhay staff*





## **Holy Mass at Payatas Center** (March 22, 2017)



The biblical readings (Gospel Matthew 5:7-19) presented the inevitability of law that guides the entire nation. These laws, written not by mortal mind but our loving God ensures and curves the values, well-being, and way of life of people from all epoch. In addition, these law maintain peace and harmony in our religious life and in our societal humanity.

To deepen our understanding and reflection of the Holy Gospel, Fr. Artur Chrzanowski, SDS, President of Puso sa Puso Edukasyon, Inc. presided a Holy Mass in Payatas Center. It was attended by 4<sup>th</sup> batch learners from all levels, staff, visitors, and some scholars of our institution. The mass commenced at 10 in the morning last March 22<sup>nd</sup>.

During the Homily, Fr. Artur challenged the attendees to recall the 10 Fundamental Laws of God or the Ten Commandments. These commandments are something that absolutely need to be follow in order to have direction in life and they can make our life better and close to God.

As the season of Lent is already taking place, Fr. Artur also expressed the needs of repentance, fasting in many forms, giving alms to the needy, and renewing our relationship to God through making good deeds to the other people and communicating with Him in all our hearts and soul

Other photos:



Short talk with Fr. Artur before the mass starts







**“Drugs Awareness Seminar” ALSA BUHAY Parola Center**  
(March 23, 2017)



**“The mentality and behavior of drug addicts and alcoholics is wholly irrational until you understand that they are completely powerless over their addiction and unless they have structured help, they have no hope.” - Russell Brand -**

A drug is any substance (other than food that provides nutritional support) that, when injected, smoked, consumed, absorbed via a patch on the skin, or dissolved under the tongue, causes a physiological change in the body. Some drugs help you feel better, but drugs also can harm you.

The Police Community Relation (PCR) of Moriones Precinct II, Tondo Manila conducted a Drug Awareness Seminar. It was held at Puso sa Puso Livelihood Center located at #904 Delpan St. 3<sup>rd</sup> Floor Twin Tower Building last March 23, 2017 (Thursday) at around 9:30 am onwards. It was attended by 31 ALSA BUHAY learners from secondary, elementary, and BLP, 7 scholars and 6 staffs of Puso sa Puso Edukasyon Inc.

Alsa Buhay, Parola center in collaborated with Moriones, Police Community Relation under Police Station 2, Tondo Manila headed by PINSP Arnaldo E. Manzon –Chief, PCR PS # 2- MPD, together with PO1 Gizelle A. Santos, PNCO, PCR PS#2 MPD, PO3 Jesus R. Sumang, PS9 MPD, PO1 Cathyren C. Fermo, and PO1 Noel B. Haclawon for this educational and timely seminar.

The activity started with a prayer led by Jose Carlo Arcilla, a representative from Elementary level followed by PO3 Jesus R. Sumang, PS9 MPD. Several topics were discussed under Republic Act 9165 also known as Comprehensive Dangerous Drugs Act of 2002. It includes the different types of illegal drugs which are the following; marijuana, cocaine, methamphetamines, inhalants, tranquilizers, heroin, GHB (gammahydroxybutyrate) and LSD, a hallucinogenic and their effects on the body of the person. Some video clips were also presented about the real situation happened in our country especially the people who were involved in drugs and also illustrated the program of Philippine National Police (PNP) on Anti- Illegal Drugs Campaign plan- Project Double barrel aims to address these pressing concerns through Project Tokhang or “Katok ng Pagbabago”. Aside from that, they tackled also the bad effects of the cigarettes in our health and they distributed the pamphlets for campaign materials about drugs.

The half-day activity ended very well. Learners shared their ideas on what they had learned in the seminar and the best thing they can do is to tell for their parents, friends, and relatives about how they can avoid the use of prohibited drugs.

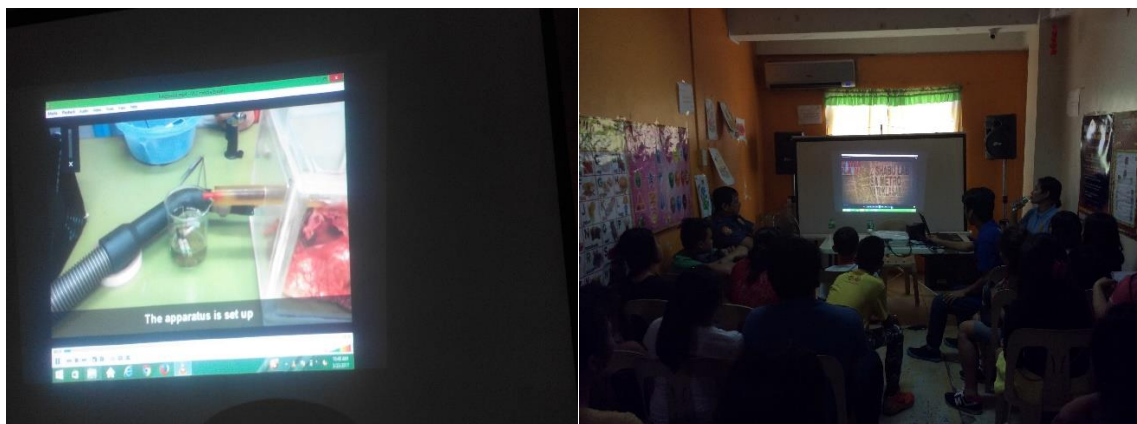
Other photos:



*The chief commander of Police Community Relation (PCR) discussed the effects of the drugs.*



*Sister Mila awards the certificate of appreciation to the Resource speakers.*







*Video clip entitled "The Effect of the Drugs", "Tokhang or Katok ng Pagbabago" and "Masa Masid"*



*PO1 Gizelle A. Santos distribute the pamphlets for campaign materials about drugs.*



## **Unleashing the Leader within You: Payatas Learners' Team Building 2017** (March 23, 2017)



Everyone can be a leader but only few can be an effective leader. "Leadership is not a position. It's a decision." The multi-facet and wide range roles and responsibilities of a leader challenge the new millennium of embracing these enormous tasks.

Last March 23, 2017, 4<sup>th</sup> batch learners from all levels in Payatas underwent formation on leadership and team building at Villanueva Resort in Rodriguez, Rizal. About 60 participants joined the said activity comprising the BLP, elementary and secondary learners, scholars, and staff. The outside activity is guided with various objectives: (1) to enhance learner's leadership skill; (2) to improve the essence of cooperation and sense of unity among themselves; (3) to hone the learners' other skills in communication, morale motivation, and develop respect and acceptance for the abilities and limitations of each individual.

All learners from all levels are group into four-coded colors; Red Team, Pink Team, Yellow Team, and Green Team. Each team prepared their respective props, cheer, and strategy to win the elusive award of being "The Best Team". They also prepared food that is good for all participants.

All of the activities were based on the "Ten Commandments of a Leadership". Each commandment comprise with an activity/game that each team should successfully work on to earn points. According to the "Ten Commandments of Leadership" a leader should possess the following: an Inspiration, good communicator, visionary, have knowledge and wisdom, integrity, authentic, humble, expresses gratitude, knows how to take a break and give credit when its due.

Learners di enjoy all the activities prepared for them by the staff and the new bond that they create from one another. After the physically, emotionally and mentally challenging activities, the Yellow Team emerged as the overall champion. They received gift packs as well. And then, everyone enjoyed the splash and kick-off of summer and bathed and played in the pools.



Other photos:



*First Activity: Camp Decorations*



*Group cheering competition*

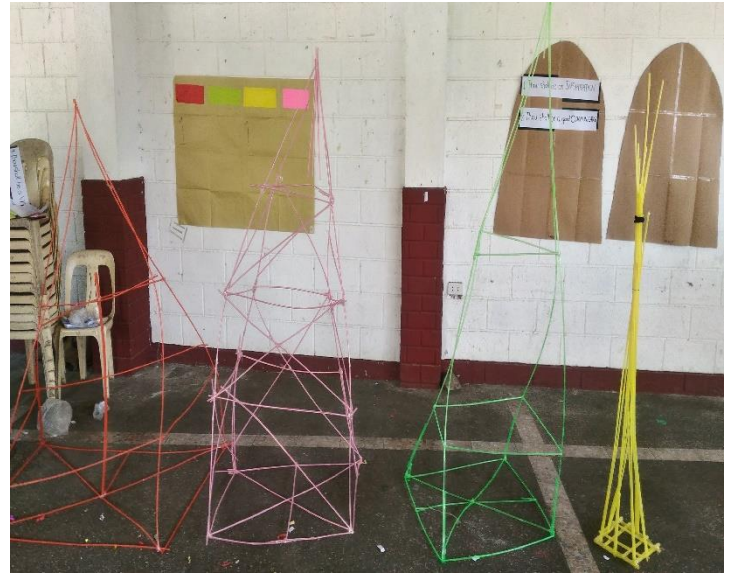


*Decoding the secret message game!*





*Patibayan: Building the strongest and highest pyramid*



*Their outputs after the game*



*Trust Fall and Walk Game*



*Delicious food prepared and shared by the staff and the learners*





*It's swimming time!*





Yellow team post their smiles as they emerged as winner of the activity



After all the activities, the Ten Commandments of leadership was reflected and synthesized by the learners



Sr. Frances closed the program and shared some few words to the learners about leadership and team building





## **Fire and Life Safety Seminar** (March 24, 2017)



This year's Fire Prevention Month focused with the theme: "Buhay at Ari-arian ay Pahalagahan, Ibayong Pag-iingat sa Sunog ay sa Sariling Pamamahay Simulan." Under Presidential Proclamation No. 115–A as declared to be the official observation of Fire Prevention Month during the month of March is promoted to provide education and awareness to lessen the incidence of fire in the Philippines.

Last March 24, 2017 at ALSA BUHAY Parola Center held the Fire and Life Safety Seminar facilitated by FO2 Al Jeph Lazaro of Bureau of Fire Protection (BFP) of Moriones Tondo, Manila. Attendees were 32 learners of 6<sup>th</sup> batch from secondary and elementary. The objectives of the said seminar are to acquired basic knowledge on the nature and behavior of fire, be familiar with the proper response and procedures during emergencies and increase awareness on fire safety and be more prepared.

The seminar includes the importance of fire drill and its purpose to save lives, and the use of fire extinguishers, the handy and first aid fighting equipment for fire. Actual demonstration of how to use the fire extinguisher when there is a fire was done by the staff and learners.



*Highlights on Fire and Life Safety Seminar*



## **Facing the Differences, Moving as One: Team Building Activity** (March 29, 2017)



The motivation outside yourself really helps on improving your skills. And running away from your busy world for a moment may open your eyes and give a bright idea on what you really need to do.

The learners of Puso sa Puso Edukasyon, Inc. under ALSA-BUHAY Parola center are preparing for their Acceleration and Equivalency test. This exam is very important for them, because it is the way for them to go to next stage of their study and life. And through this, Parola Center conducted their Team Building Activity last March 29, 2017 at Rain forest Park Pasig City. The activity was summed up in three objectives. First, it aims to promote the camaraderie among the learners from different communities. Second, it promotes collaboration in every activity that may face not only on that day but on their everyday life. And lastly, it aims to motivate them for their upcoming exam. The activity wants them to realize that whatever the challenges that comes to their life and how difficult the situation is there is always answer for it. All they have to do is to believe and trust to themselves and keep on moving. It is okay to stop and take a rest but not to give up because once you give up, you already loose the battle of life.

The learners enjoy different activities prepared by the staff of Parola Center such as; Cross the line in one shot, pass the ball in a fastest way, transfer the cup of water from one place to another using strings and paper plate, and animal hunt in a maze. They also enjoy the lunch together as they divided the food equally in each member of their group. They also tried the different amenities of the said place and learned a lot from it.

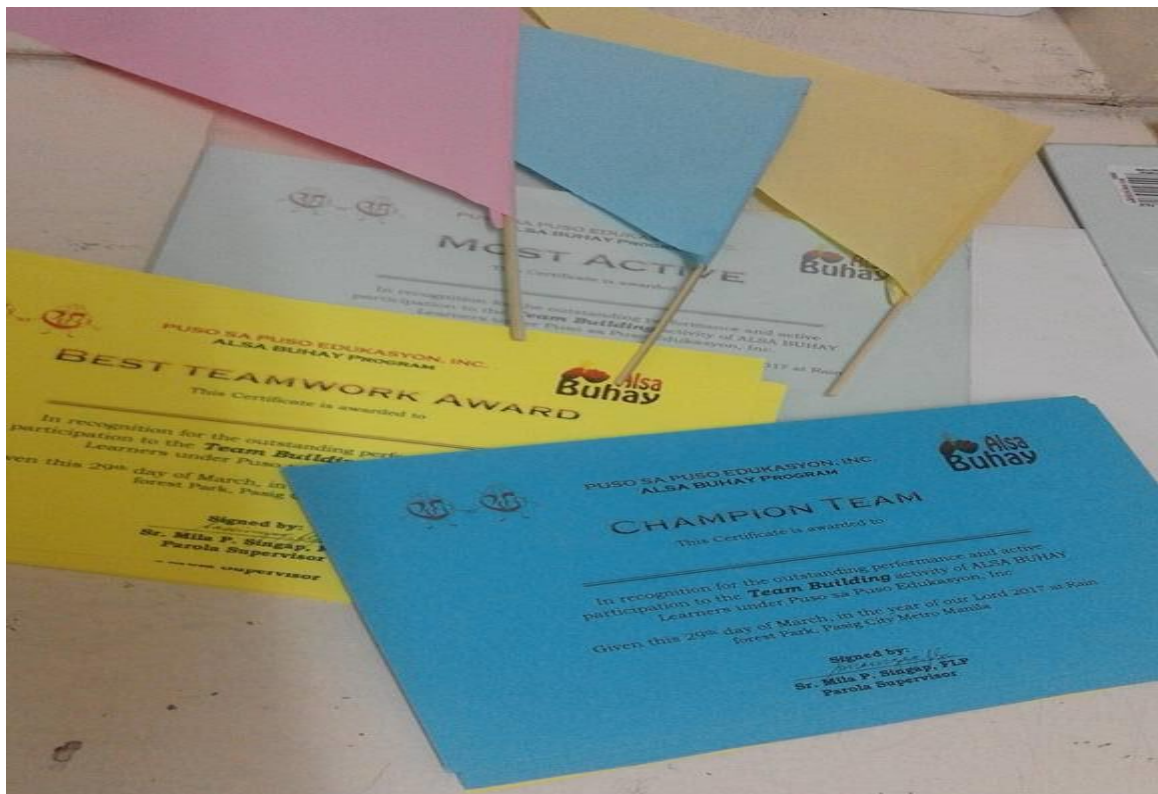
The event was ended at the awarding were three group awards are given such as; Best team Work Award, Most Active Award and the Champion team. They also receive an individual award such as; Outstanding Leader Award, Most Cooperative Learner Award and Outstanding Learner Award.



Photos during the team building activity:







Awards for the winning team