

Puso sa Puso Edukasyon, Inc.

NEWSLETTER

October to November 2016 – Issue No. 9



In preparation for ALSA-BUHAY Program Charity Event this coming holiday season, learners from both centers are taking part to raise funds for their chosen beneficiaries. This is the first ever fund raising event where learners are the main actors and become donors for the others who are needy as well.

One of their strategy to raise funds is by utilizing their livelihood skills. In Payatas Center, learners started making rugs out of used clothes and old fabrics.

Rugs, in the usual day to day experience are just simply an object that we use to clean our mess and help to maintain cleanliness of one area. Many processes take place and many learners are involved just to make one piece of rug. Out of its vibrant colors, it is made by cutting fabrics, tying from end to end, making patterns, weaving, and finally locking it. It may seems not as perfect as those sold in the market, we are sure that it is made out of genuine mission and love.

Selling products such as banana muffins, sticky rice cake, candles, peanut butter, burgers, dishwashing liquid, and organizing raffle draws are other strategies that now being utilize to raise more funds from both centers.

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RESILIENCE PROGRAM: "The decision is mine..."
(October 2016)



In the month of October, 17 learners from Payatas and Parola Center finished the remaining sessions of Resilience Program. It was held at Salvatorian house, Loyola Heights. Topics given were the following: Interconnection of Thinking, Feeling and Doing, The Importance of Patience, Perseverance, and Reframing. It was spearheaded by Ms. Grace and her team. The objectives of the sessions were the following: (1) to help the participants realized that they need to think and act critically not depending on their present emotions (2) to remind the participants that their value as a person doesn't decreased based on the bad things that they've made in their past (3) to embark them that they need to dream and work towards their dreams (4) to help them learn adapting new and positive perspectives in life and (5) to help them reveal their true selves.

The activity begins with a prayer, sharing of blessings, presenting of short video on previous session, discussion proper and writing up their reflections on their REPRO ALBUM (Workshop Activity).

Before the session comes to its end, participants were given a chance to share what they have learned from the entire program. Some of them became emotional as they expressed that they deeply realized that they still have someone who really love and trust them. That they still have value and importance despite of the unpleasant experiences that they had before. And they still have the opportunity to become a better person. In the end, facilitators were very amazed and verbalized that the participants already have the resilience within their selves as they were able to surpassed all those hefty obstacles in their past.

REPRO facilitators gave certificate to the 17 Puso REPRO participants who eagerly finished the 18 sessions. As an exchange, we also gave simple token to the REPRO facilitators who untiringly impart good values and help them out to show their true selves.

Puso sa Puso were very thankful on the extended help that CEFAM was given and we are looking forward on the continuity of the said program as it helps redirecting the lives of our dearly beneficiaries. And we are all hoping that the learnings that they get from the REPRO sessions will be practiced in their daily lives.

OTHER PHOTOS:



One of the REPRO participants gets her Certificate from the facilitators



REPRO Birthday Celebrants



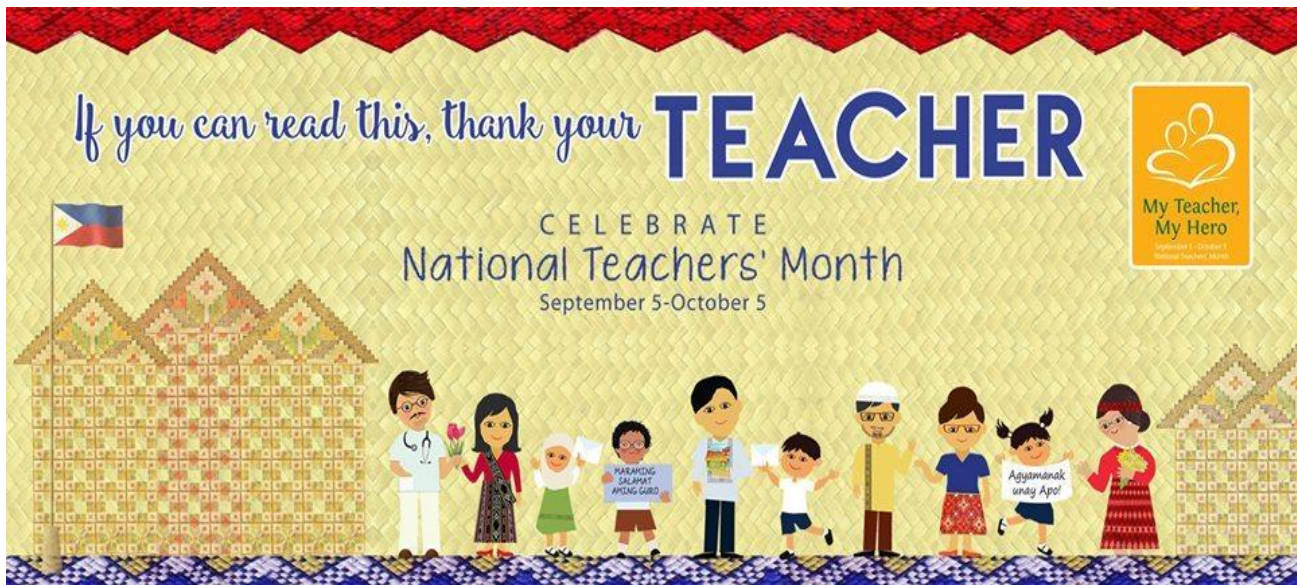
Small Group Sharing



Role Playing



Teachers' Day Celebration 2016
(October 04, 2016)



"They inspire you, they entertain you, and you end up learning a ton even when you don't know it"
– **Nicholas Sparks**

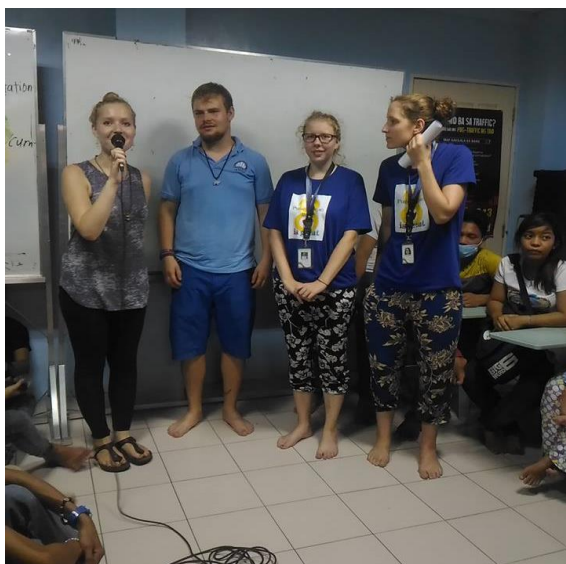
The Philippines began the celebration of National Teacher's Month last September 5 and run until October 5, 2016 which declared by the United Nation as World Teachers Day. This annual tradition was mandated by Proclamation 242 which the Department of Education follows and recently released a memorandum concerning this special celebration. For this year, the theme is "**Guro, Kabalik Sa Pagbabago.**"

In line with this, the ALSA BUHAY Payatas and Parola learners prepared and organized a surprise party for their dear Teachers/Instructional Managers (IMs) last October 4 and 5 in two respective centers. Various activities were presented by learners such as song number, dance number, and anything that can make their beloved IMs feel special and loved. Learners, international volunteers, and other staff such as social workers and supervisors gave messages as well that truly melt the hearts of the teachers.

"#ITeachBecause I believe that it is a noble duty to transform learners into person that they wanted to be someday. That by teaching, you help them reach their goals, materialize their dreams, and guide them in making a blueprint of successful life. Moreover, you help them realize their potentials by letting them explore the possibilities and teaching them that learning is an infinite task and it is indeed vital for our survival and longevity. And lastly, I teach because I need to learn more thus I can share more. Happy Teacher's Month to us! Cheers!" – IM Jeremie Cruz



A song number presentation (left) and video presentation (right) were some of the surprises of our learners



Previous and present volunteers giving messages to the teachers



Groupie of teachers with their learners in Payatas



Parola learners expressing their gratitude towards their IMs



Simple gifts of the learners



Cookery Scholars: The Taste of New Beginning

(October 13, 2016)



APICIUS started operating late 2009 when a group of highly skilled and experienced Chefs (Hotel, onboard Cargo and Cruise ship) came together to form what is now Apicius Culinary Arts & Hotel Management Consultants, Inc. Their passion is to hand down more than 30 years of experience in training and leadership to their students in a warm, friendly, and modern facility, through active cooking and in depth theoretical sessions. Their mission is to provide responsible and skilled culinary leaders, who will apply their trade locally and abroad promoting art, passion and commitment.

The long wait is over. Last October 13, the eight grantees of Apicius scholarship were called for the enrolment process at Apicius Culinary Arts and Hotel Management, Paranaque City. At first, the administrator asks them to take the entrance test provided by TESDA and filled-up related forms. On the following day, the Orientation was held conducted by Chef Len. They gathered twenty five (25) scholars coming from different areas in Metro Manila.

Eight beneficiaries from both centers have received the scholarship given by Ms. Lorena Smielgska; four learners from Parola center namely Joan Cainta, Mark Casauay, Angel Sosobrado, and Ana Lona Sandagan and four from Payatas center who are the following - John Chris Sapnu, Maria Margarita Clores, Christian Terana, and Jocelyn Gabon.

Puso sa Puso also provided free lodging for them where they can stay for 40 days, and additional benefits of free meal and transportation.



Started from the left Joan Cainta, Jocelyn, Mara, Chef Len, Ana Lona Sandagan, Angel Sosobrado, and Mark Christian Casauay



The photo was taken during the first day/ enrolment process of the scholars in Apicius Culinary Arts and Hotel Management



Orientation day at Apicius Culinary Arts and Hotel Management



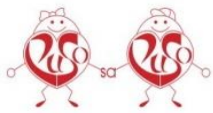
Joan Cainta, ALSA-BUHAY Parola Scholar



Christian Terana, ALSA-BUHAY Payatas Scholar



Some of their sumptuous and looks delicious food creation



Simulation of TESDA Courses (October 13, 2016)



The Technical Education and Skills Development Authority abbreviated as TESDA, is an agency of the Philippine government under the Department of Labor and Employment responsible for managing and supervising technical education and skills development in the Philippines. This agency and its program is part of the module of ALS particularly entitled "Preparing for Technical Education and Technical Skills" under Learning Strand 3.

Before the simulation process, Mr. Edwin L. Guevarra, IM of Payatas conducted discussion regarding this module. This includes lessons such as "Exploring TVET Options," "Choosing a Suitable TVET Program," and "Preparing for TESDA Occupation Qualification and Certification Tests."

In line with this, last October 13, 2016 with the help of Instructional Managers and Social Worker, simulation of different TESDA courses were held in Payatas center. This activity intended not just the learners to experience different TESDA program but also to provide opportunities to showcase their talents, demonstrates specific skills in TESDA, leadership skills, interaction among their co-learners, encourage growth and confidence, and become productive part of the society in the near future

After the activity, staff which also acted as jurors gave some comments and constructive criticism regarding their performances, things that they should avoid, and of course, complimented their positive attributes during the simulation.

Other photos:



Baking and Pastry NC II



Food Technology NC II



Massage Therapy NC II



Bartending NC II



Cosmetology NC II

GROUP-ASSESSMENT GUIDE

Qualification:	Bread and Pastry Production NC II
Certificate of Competency	• Prepare and produce banana cake product
Materials:	<input type="checkbox"/> Apron, hairnet <input type="checkbox"/> mixer <input type="checkbox"/> knife <input type="checkbox"/> sugar <input type="checkbox"/> banana cake tray <input type="checkbox"/> oven <input type="checkbox"/> tray <input type="checkbox"/> eggs <input type="checkbox"/> spatula <input type="checkbox"/> fork <input type="checkbox"/> flour <input type="checkbox"/> measuring cups <input type="checkbox"/> baking powder <input type="checkbox"/> big bowls <input type="checkbox"/> butter <input type="checkbox"/> teaspoon <input type="checkbox"/> vanilla <input type="checkbox"/> bananas
Instruction:	<ul style="list-style-type: none"> Read each of the questions in the left-hand column of the chart. Place a check in the appropriate box opposite each question to indicate your answers.
Procedures:	<ul style="list-style-type: none"> Put 1/2 cup of flour in one clean and big bowl Add 1/2 cup of sugar 1/2 tsp of salt Add 5 tsp of baking powder Mash 3 bananas in a separate bowl Put 2 tsp of vanilla Crack 2 eggs Then pour on dry ingredients and mix w/ mixer Add 1/4 cube sliced butter and mix thoroughly Spread butter on the banana cake tray w/ spatula Pour the finished mixture on the banana cake tray Decorate in circles bananas Decorate in circles of banana cake mixture w/ circle sliced bananas as desired

Copy of Assessment Guide



“Spirituality of Stewardship” - Parents Formation
(October 14, 2016)



The formation for the parents entitled “Spirituality of Stewardship” was conducted by Sr. Frances Mangabat, SDS and was attended by 22 participants from Payatas and 32 participants in Parola (w/ Eskwelahan ng Buhay parents) including our learners who are already parents. It was conducted last October 14 in Payatas and October 29 in Parola.

Sr. Frances warmly welcomed the parents, followed by an introduction about the ALSA BUHAY program and salvatorian fathers and sisters. The formation began by getting to know each other, introducing themselves, stating some informations about their work or about their child.

In the said formation everyone showed stewardship; the presence of the parents is a sign of stewardship, being responsible and supportive for their child; sending them to school and showing awareness about the ALSA BUHAY program. The staff, from the social worker to the instructional managers also projected stewardship, by answering the queries of the parents, explaining the grading system in ALS, the passing rate, the significance of portfolio, and the teaching approach of the instructional managers. The learners also demonstrated stewardship by narrating to their parents the said formation. The parents really appreciated the Alternative Learning System of Department of Education, and thru Puso sa Puso Edukasyon Inc. It is a big help for their child to continue their studies. This will be part in achieving their goals in life.

To end the said formation, Sr. Frances echoed some words; We should be thankful and grateful for all the gifts and blessings that we are receiving from our Almighty God and appreciate every moment.

The formation ended up with a closing prayer led by one of the parents.

Photos from Parents Formation





United Nation Celebration (October 28, 2016)



United Nations Day is celebrated worldwide every October 24 in honor of the intergovernmental organization promoting human rights, social progress, and world peace. In many Philippine schools, United Nations Day is celebrated by having students dress up in the national costumes or traditional clothing of different nations, and holding lessons about cultural diversity.

In line with this, ALSA BUHAY Parola learners celebrated the United Nation Day last October 28, 2016 in the afternoon at ALSA BUHAY Parola Center. It was attended by secondary learners and facilitated by Ms. Mylene E. Ballaran. Prior to the celebration, the module in Learning Strand 5 about the International Peace keepers had discussed. The activity includes individual presentation of their research paper about the brief history of different countries. The discussion also includes when the country was joined in UN and what were the services they contributed in UN or what aid they received from UN. It also include flag making.

There were ten learners who joined the contest and most of them presented their research topic effectively. At the end of the activity, there were two learners who chosen as the best presenter - Ms. Mary Con Matados in first place and Mr. John Aldrin Corpus in 2nd Place. This activity expands the knowledge of learners about UN and different countries around the world.



Learners presented the brief history of their assigned country.



Ms. Mary Con Matados presented the history of India.



A Mass for the Month of October

(October 27, 2016)

"Finally, use the helmet of salvation and the sword of the Spirit that is the Word of God."

Ephesians: 6:17

The mass was held at livelihood center in Delpan, Tondo Manila last October 27. It was officiated by the president of Puso sa Puso Edukasyon, Inc. Fr. Artur Chrzanowski, SDS. It started at 11 in the morning and ends at 12:30 in the afternoon. The mass was attended by the learners of Puso, scholars from Enfants De Meckong (EDM) and their new representative Ms. Agnes from France.



Fr. Artur Chrzanowski Officiating the Mass



The first part was the liturgy of the word, where Fr. Artur emphasize on the strength and weaknesses of man, how the man being tempted by the devil in every way of our living. In a simple way of being away from the light of Christ is entering on the gateway of the hell. He also gives importance the feelings of a man that even a strong one (macho) also cries. They also feel empty, unimportant, unaccepted by others and left alone in a dark corner that no one will recognize them. These are the factors that trigger the other side of every one of us to be in a devil side. Those pains and burden that we can't share with others pull us to the cliff of sorrow and anxiety.

Fr. Artur also went back on the first reading were he gave emphasis on the salvation of God, on His word that will serve as your helmet and your sword in every war against the devil. That everyone is blessed and everyone is loved as God loved us.

On the end of his homily, he encourage us to share our feelings, our burden, and our happiness as God share his blessings to us. To be afraid, to cry, to be frightened to drawn your sword because that sword is your faith to the Holy Spirit and the love of God for you.

After the mass Fr, Artur joined the staff on their lunch with Ms. Agnes and the Sr.Mila Singap, FLP Parola Center Supervisor.





“Farewell Party for Our Small Students”

(November 4, 2016)



For the last three months (August, September, October) two Polish missionary volunteers were teaching kids in the Payatas area. One of the teachers already finished her volunteer work and have to leave now the Philippines going back to Poland. Because these months of teaching were filled with hard work, dedication, new experiences and exchanges of love, among others, it all had to be closed up in an exceptional way. All of the volunteers' small students were invited to enjoy the Farewell Party with games, gifts and snacks.

The day of the party was cloudy and rainy so we were not able to have it at the previously reserved outdoor square at Payatas' chapel. We had to act fast and move all the decorations to the center of Puso sa Puso which was now about to host more than 80 kids! With the help of teachers, secondary level learners, German and Vietnamese volunteers we were able to make the party a great fun.

The party took off at 9:30 and lasted until 11:30. Having welcomed all of the kids, parents, learners, and teachers, children were divided into four groups. Half of the kids was playing with the big balloons downstairs and other half were doing artwork and waiting to have their faces painted.

After the activities, the food were served. All the small learners of Polish volunteers received a small gifts- candies and rosary bracelet or cross necklace. All the kids were very excited and joyful during that day and neither the bad weather nor the little space everybody had could wipe the smiles off their faces.

Photos:



The program started with their "Good Morning Song"



Kids also enjoyed art activity during the program



Balloons are all over the center!



Face painting area



Martha distributing their gifts to their kids



The program closed with their "Goodbye Song"



“One Million Lapis Project”
(November 5, 2016)



23 ALSA-BUHAY learners, 10 staff and volunteers from Payatas and Parola center joined the kick-off celebration of Council for the Welfare of Children in partnership with Department of Social Welfare and Development (DSWD) and National Youth Commission (NYC) as they celebrated the 24th National Children's Month last November 5, 2016 at SM Mall of Asia, By the Bay Park, Pasay City.

The program started at 6 in the morning and envisioned with the theme “Isulong: Kalidad na Edukasyon Para sa Lahat ng Bata”. Thousands of participants joined as well in the said activity who come from public schools, government offices, business partners, faith-based and non-government organizations.

The “1 Million Lapis Campaign Project” missions to collect a million of pencils that will be donated to the under privileged elementary students from 4th to 5th class municipalities and promote writing as a basic necessity to ensure future and safety. During the program, it was announced that the project exceeded its goal as they reached 3.3 million pencils from different generous donors.

One of the highlight of program as well is the Guinness Book of World Record attempts of the Philippines to have the longest line of pencils participated by children ages 14 to 17. After the collective effort of all participants, all rejoiced as it was announced and verified by professional surveyor that we already break the record for this attempt.



Commencement activity with Badjao Dance Troupe



Total number of pencils raised from the project



The surveyor announcing that we beat the previous record of the longest line of pencil



Monthly Mass for November 2016 (November 11, 2016)



The Holy Mass in ALSA-BUHAY Payatas was officiated by Fr. John Castillo, Parish Priest of Mother of Divine Providence Parish in Payatas, Quezon. Held last November 11, 2016 at 10 in the morning, it was attended by learners from all levels.

The homily focused on the Gospel of Luke 17:26-37. This is also the celebration of St. Martin of Tours who echoed by Fr. John as someone who was once a soldier is also one of the patrons of the Pontifical Swiss Guard. On the other hand, Fr. John highlighted that we should target a meaningful life and existence. Some of the points discussed are: (1) take most of the time to serve God (2) All of us will face death and (3) this world will end and all of the things will be perish but while we alive, continue to love.

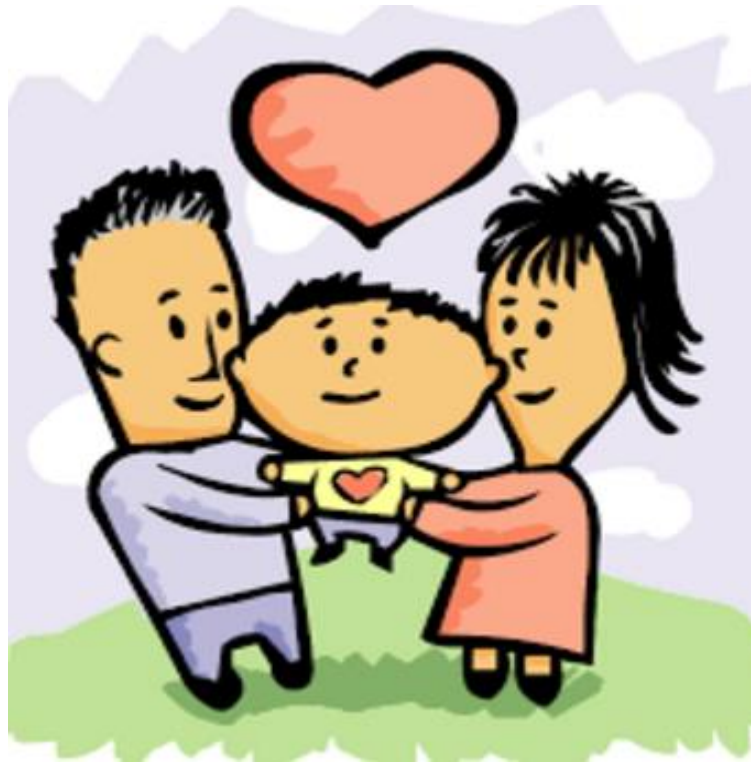
Truly, the celebration fulfilled the spiritual aspects of our learners and guides them in finding the right path of life.





“Pagbuo ng Positibong Relasyon sa Anak”

(November 12, 2016)



The formation for the parents entitled “Pagbuo ng Positibong Relasyon sa Anak” was handled by Ate Pet of CEFAM (Center for Family) in Ateneo de Manila University and was attended by 16 participants including our learners who are already parents.

It started by getting to know each other, introducing themselves, their child's name, and their age, followed by an opening prayer thru video presentation.

In this formation, it discussed the importance and the role of the parents to their child because some youth now a days are not expressive or vocal of their feelings to their parents. Instead, they will go out and run to their friends and tell them what they feel which can lead them to the wrong path. Sometimes the reason why the child acts like that is the shortcomings of the parents that they find from other people.

The speaker discussed the following:

- A. Different Parenting style**
- B. Stages of Development of the Child**
- C. Multiple Intelligence**

Different parents, different parenting style. In those styles, there are always a positive and negative outlook to their child that may lead or mislead them to the wrong path. Here are different parenting style and its effect to their child:

A. Different Parenting Style

1. Dictatorial
 - The effect of it to their child is developing a low esteem and finding it hard to express themselves to their parents.
2. Over Tolerant
 - Their child might become underachiever, self-centered, and acquire poor moral values.
3. Democratic
 - The child knows his/her limitation. There are always boundaries in every action that they will take and they will become a responsible son/daughter.

In psychology, there are different stages of development of a child, wherein in every stages the child will explore and discover many things.

B. Stages of Development of the Child

1. Infant (0-1 years old)
 - This is the stage wherein the child starts to build his/her trust to others.
2. Early Childhood (2-5 years old)
 - Starts to explore himself/herself and to know what is right or wrong.
3. School Age (6-12 years old)
 - Starting to build up self-confidence
4. Teenager (13-18 years old)
 - Starting to know himself/herself

The last topic that was discussed was all about Multiple Intelligence by Howard Gardner. Every child is unique to others. They have different skills and talents.

C. Multiple Intelligence

- | | | |
|------------------|---|---|
| 1. Artistic | - | love arts |
| 2. Musical | - | musically inclined |
| 3. Mathematic | - | good at numbers |
| 4. Linguistic | - | know how to play words |
| 5. Interpersonal | - | know how to socialize with other people |
| 6. Intrapersonal | - | love to discover something alone |
| 7. Kinesthetic | - | sports lover |
| 8. Natural | - | nature lover |

The children discover many things while they are growing up. The role of the parents are to guide them, love them unconditionally, and be with them through thick and thin; thus leading to the right path.

Photos from parents' formation





6th Year Anniversary of ALSA BUHAY Parola
(November 18, 2016)



The celebration held at Barangay 17 Covered Court last November 18, 2016, Wednesday. It started with a Holy Mass officiated by our beloved president - Fr. Artur Chrzanowski, SDS. The mass focuses on the thanks giving for the 6 successful years of ALSA-BUHAY in Parola, Tondo, Manila. Reminiscing the quite long journey and the moment of achievements and challenges in every step of the ladder of success in 6 years highlights throughout the program

The second part is the main celebration of the anniversary in which lot of performances colored the day. Sr. Mila Singap, FLP, Parola supervisor opened the program and welcomed all the guests. As the program continues, performances of the learners from previous batch and selected students boost the interest of the audience. Parents from the gate 54 also show their talents and even the Parola staff. Sr. Frances Mangabat, SDS, Project Coordinator gave her message as one of the pillar of the program.

Batch 6 learners closed the presentation in a fiesta-themed performance. The presentation of the present batch shows the different cultural dances of the Philippines that represents the diversity of every batch of ALSA BUHAY yet the unity enclosed them as one. Ms. Lucita Casero, Livelihood Coordinator closed the event and invites all for the next celebration of ALSA-BUHAY.

Photos:



Fr. Artur officiating the thanksgiving mass



Parola staff and volunteers showing their grooves



Mrs. Mylene Ballaran, IM, together with BLP learners as they showcasing their talents



Group photo after the program



“Advent Recollection: Love Come to Us”
(November 25, 2016)



The formation for the learners entitled “Advent Recollection: Love Come to us” was conducted by Mr. Edwin Guevarra, Instructional Manager of Payatas Center and was attended by 36 learners.

The formation started with an opening prayer led by Ms. Joceline Basconcillo, RSW. Mr. Jeremie Cruz, Instructional Manager echoed an introduction about Advent Recollection.

Mr. Edwin Guevarra, introduced himself before he went deeper to the discussion. He is an active youth and parish leader as well. His parents brought him up with the fear of God and to serve God by all of his means.

The class was divided into 4 groups for thier first activity. Each group did a role play about their tradition on what they usually do in Christmas time.



Group 1: Simbang Gabi



Group 2: Celebrating Christmas with whole family



Group 3: Sharing of what they have on Christmas day



Group 4: Caroling

Those are some traditional ways on how Filipinos celebrate Christmas. We always focus on the external things like putting up Christmas decorations, giving gifts, having Santa Claus visible in the midst. We really don't know the essence of Christmas but thru video presentation, Cardinal Tagle discussed the essence of Christmas.

- Advent is the preparation for the birth of our Jesus Christ, it always started on the first Sunday of December and we would see the advent tree. Advent tree has 4 candles which symbolize light the coming of our Jesus Christ.



1st purple candle – symbolizes earnest HOPE for the coming of Emmanuel

2nd purple candle – symbolizes LOVE

3rd pink candle - REJOICING for the coming of Emmanuel which is near To come. Also called GAUDETE Sunday.

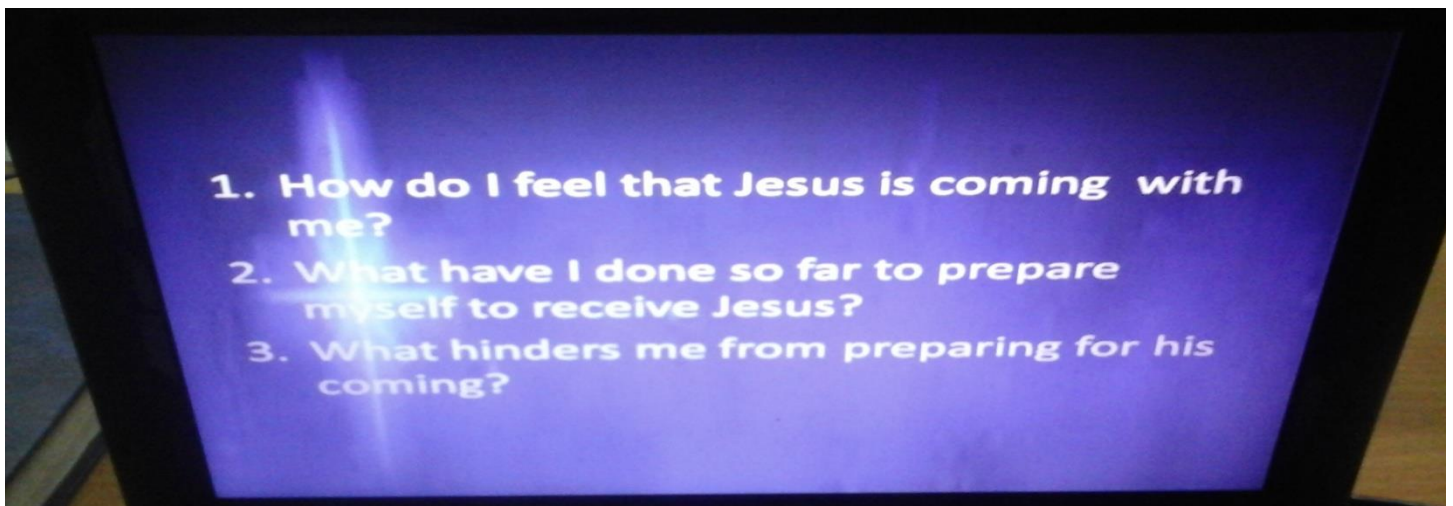
4th purple candle - symbolizes PEACE, ready to welcome Emmanuel

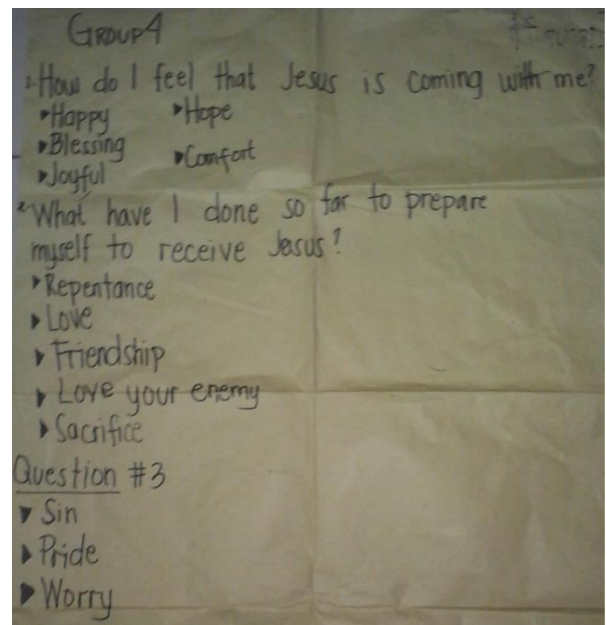
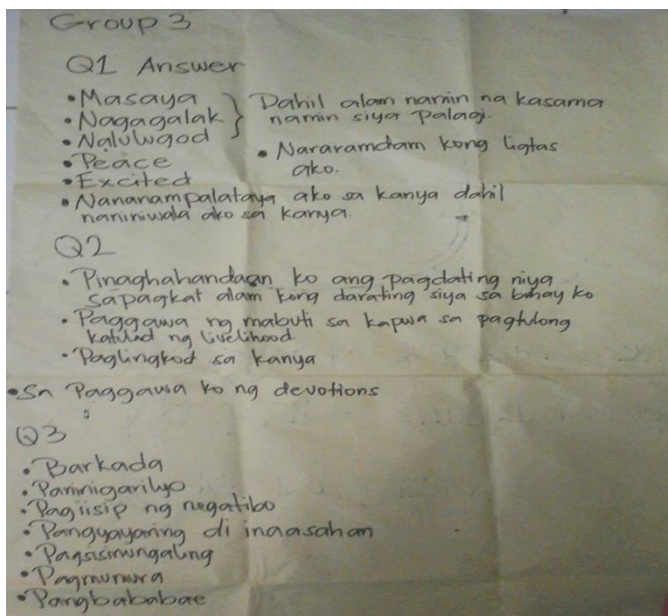
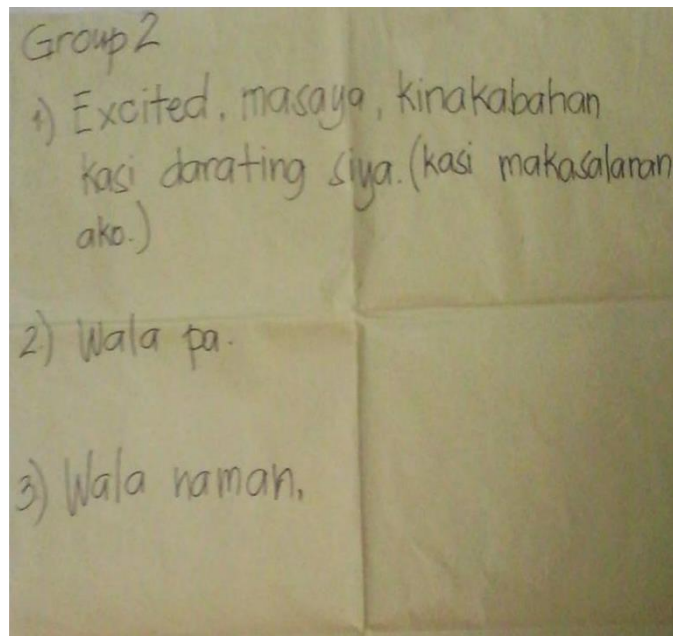
- Let us be one in welcoming our Savior Jesus Christ. Fill our hearts with God's graces.

The second video presentation was a reflection from John 3:16.

PIC “ For God so loved the world so much
 That He gave His only son, so that
 Everyone who believes in Him may not
 Die but have eternal life”

The second activity of thier formation with the same group, the learners answered the following questions:





The last video presentation showed that we should prepare ourselves for the coming of Emmanuel. Do not focus on putting up Christmas decorations instead the best way is to repent for our sins, cleanse our heart from pain and be ready to welcome our savior Jesus Christ.

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



Learners and Parents' Advent Recollection (November 25 and 26, 2016)



The event held at livelihood learning center at Parola Tondo Manila last November 25 and 26, 2016. The two days recollection was facilitated by Rev. Joseph Casiao, SDS as a preparation for upcoming Christmas. The first day, November 25 attended by the learners where they shared about the liturgical calendar or how the catholic church revolve around the whole year. On a second day parents of Alsa-Buhay learners and parents from the area attended the second day recollection. They also talked about the liturgical year and what the advent rete represents.

The two days recollection revolved on the three topics such as; disconnect, reconnect and love. Learners and parents participated on the discussions and whole heartedly accept the responsibility for this coming advent. Rev Joseph Casiao, SSS gives shows some presentations that make the learners and parents realize what the true essence of Christmas is.





Livelihood Program in Payatas

(November 14 & 24, 2016)

Financial Education



The 4th batch of ALSA BUHAY learners Elementary and Secondary level of Payatas, undergone Financial Education lecture last November 14, 2016 at Payatas center. They learned the value of money, how to budget and saved for their future. Moreover, they also shared their dreams about their family, community and for themselves.



Workshop has been executed by the learners with the title;"Mangarap ka ,Okey yon.

Skills Training: Dishwashing Liquid Making



Last November 24, 2016, procedures in making dishwashing liquid were given to 4th batch of ALSABUHAY learners of Payatas elementary and secondary respectively

facilitated by Mrs. Lucita Lachica, Livelihood Coordinator and Sir Edwin Guevarra, Instructional Manager.

