

AN INTERNATIONAL MONTHLY NEWS-MAGAZINE ON TEACHING & LEARNING

# TEACHER'S GUIDE

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# Teacher's Guide

*An international monthly news-magazine on  
teaching and learning*

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## In This Issue

Taong 2120 by Renato P. Carullo, Jr., 1

Social Studies as a Tool for Nation-Building in the  
Philippines by Irish E. Flores, 2

SDG 4: Quality Education Through the Lens of Teachers  
and Technology by Nor Nazeranah Haji Omar Din, 3

Rethinking Assessment and Evaluation in the Philippine  
Public School System by Salamen Pica Martin Jr., 5

BEACON: Building Empowered Alliances, Cultivating  
Opportunities, Nurturing Change by Nollie Boy D. Jerson, 6

The Mentor's Torch by Rosalina T. Donato, 7

Math for Life: Empowering Filipino Students Through  
Numeracy by Leroy A. Flores, 8

Reteradong Walis by Gelia M. Bellido, 9

Building Bridges by Wracking Fences by Bryan Joseph E.  
Matillano, 10

Utilization of Bluebook and the Academic Performance  
Toward Skill Development Plan by Jolina Mae C. Anit, 12

Burn without me by Renz Manuel A. Restar, 13

New Story by Renz Manuel A. Restar, 13

Muse of Memory by Jade Barrios, 13

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## Essay

**Taong 2120 by Renato P. Carullo, Jr.**

Ang mabilis na pag-unlad ng Pilipinas sa loob ng sampung dekada ay kapansin-pansin saan mang sulok ng daigdig. Ang dalumat sa biglang pagtaas ng pambansang kita ng Pilipinas ay makikita sa kaliwat kanang pahayagan sa loob o labas man. Ang kalagayan ng ekonomiya na halos matamo ang 9.9% na pagtaas o higit pa ay kinagulat ng mga karatig bansa hindi lamang sa Asya, Amerika at maging sa Europa. Ang bansa na nagtaya ng halos 1% kriminalidad dahil sa mga mamayang disiplinado at may kanya-kanyang hanapbuhay. Ang malaking ambag sa 'world bank' na naging kontribusyon sa ibang bansa sa Asya ay ikinatuwa ng iba pang bansa. Ang mayamang Sistema ng Edukasyon at kalusugan na naging dahilan para magsibalikan ang mga OFW na minsang nangibang bansa para pakipagsapalaran. Ang pagbaba ng forex rate, Implasyon at bilang ng mga nagugutom ay tila hinambalos ng paniniwala at pangarap na sa isang iglap lamang ay mawawala. Ang pangulo at ibang opisyal ng gobyerno ay nirerespeto. Ang mga nasa laylayan tulad ng mangingisda, magsasaka, drayber at mga namumuhunan ay hindi pinapabayaang ng gobyerno. Ang mga sasakyan, gusali at mga torismo na magpapakilala na ang Pilipinas ay hindi lamang mayaman kundi masaganang-masagana. Mabuhay ang Bansang Pilipinas.

Sandaling napatigil ang aking pagbabasa ng mahagip ng aking mata ang isang diyaryo na may petsang Abril 22 taong 2020. Ang kalumaan ng papel ay nagpapaalala na ito ay isinulat isandaang taon na ang nakakaraan mula sa taong kasalukuyan. Sa pag-aasam na malaman ko kung ano ang nilalaman ng sulating iyon, kinuha ko ito at naglaan ng kaunting oras.

Abril 22, 2020.

Sa loob ng halos dalawang buwan na kalbaryo ng pandemyang tumama sa bansa at sa buong panig ng daigdig, ang Pangulo ay nagdeklara na ng huling araw ng pagtatapos ng Enhance Community Quarantine sa Pilipinas. "Sa araw na ito ang Pilipinas ay isa nang bansang ligtas"! Sa wakas ay natapos rin ang matinding takot na naranasan ng mga mamamayan dulot ng sakit na Covid 19 (Corona Virus Disease na sumulpot taong 2019).

Ang yugtong ito sa kasaysayan ng bansa ay hindi makakalimutan ng sinuman. Ito ang panahon kung saan ang bawat tao na makita mo sa daan ay nakatakip sa bibig ng face mask para hindi mahawa sa sakit. Ang panahong halos mabakante ang mga pambublikong daanan sa Pilipinas na bihirang mangyari lalo na sa Metro Manila. Ito rin ang panahon kung saan nagsara ang karamihang establisyemento, at tindahan sa loob ng dalawang buwan.

Ang panahon kung saan mabibigyan ka lamang ng pagkakataong lumabas kung ika ay may Quarantine Pass na nagsilbing lisensya para lang makabili ng mga pang-araw-araw na pangangailangan. Ang kalimitang makikita sa daan ay mga pulis at sundalo na may hawak ng baril na animong Marshal Law na ang mga nagaganap.

Ang mga paaralan ay napilitan isara kahit hindi pa tapos ang taong panuruan para maiwasan ang hawaan ng nasabing sakit. Ito rin ang unang pagkakataon kung saan walang naganap na seremonya sa araw ng pagtatapos.



Ang banal na gawain ng simbahan ay tinutukan na lamang sa telebisyon at radyo. Ang panahong halos wala ng mabiling alcohol at facemask bilang panangga sa nasabing sakit.

Ang panahong inaabangan ng mga tao ang ulat sa bayan ng pangulo na nagaganap sa kalaliman ng gabi kung kaya't maraming nagagalit at naiinis.

Ang panahong ito kung saan maging ang mga artista ay nagbigay ng kani-kanilang opinyon tungkol sa pamamalakad sa tama at maling aksiyon ng Pangulo. Ito ang panahon kung saan nabigyang-pansin ang mga nars, doktor at iba pang kawani sa larangan ng mediko bilang frontliners at mga bayani ng Covid-19.

Ang social-media na animoy naging paligsahan ng kamangmangan at marurunong ng mga Pro at Anti sa gobyerno. Ang panahon kung saan lumitaw ang tunay na kulay ng mga niluklok sa pwesto .

Nakilala ang mga lider tulad ni Mayor Vico Sotto, Sen. Manny Pacquiao, Angel Locsin at Bise-Prisidente Leny Robredo. Samantalang pinutakhi naman si Mayor Joy Belmonte, Sen. Koko Pimentel at maging si Sen. Nancy Binay.

Ang pangamba sa bawat mamamayang mahihirap kung may makakain pa sa sunod na araw ay nasaksihan sa lahat ng dako ng bansa kaya ang Pangulo ay naglabas ng bilyong pundo bilang ayuda na tinawag namang Social Amelioration Fund. Ang pagtingin sa naging aksiyon ng gobyerno ay inulan ng samo't saring komento ng mga nawalan ng hanap-buhay , middle class at mga nambabatikos sa pamahalaan. Naging mahaba ang bakasyon ng mga kabataan kaya naituon ang paglilibang sa internet at nauso ang sandamakmak na online challenges, tiktok at nagsipagsulputan ang mga online sensations tulad ni Aleng Nena, Ms. Everything, DJ Loonyo at iba pa .

## Essay

### Social Studies as a Tool for Nation-Building in the Philippines by Irish E. Flores

In the Philippine educational system, social studies play a fundamental role as a transformative tool for nation-building rather than just a subject that narrates historical events or provides geographical facts. Students start to comprehend their identity as Filipinos, their background, and their potential to contribute to the nation's future through social studies. Social studies is essential for developing knowledgeable, accountable, and engaged citizens in an archipelagic country with a diverse population, complicated history, and persistent sociopolitical issues.

Social studies is a starting point for civic awareness from the very beginning of schooling to the upper levels of education. From pre-colonial societies to the contemporary democratic state, it exposes students to the melting pot of Philippine history. Students are inspired to consider the principles of justice, freedom, and patriotism by studying the nation's independence movements, its heroes and heroines, and the development of its political and economic structures. These teachings aim to inspire students to participate in creating a better future by assisting them in understanding the causes of current problems rather than merely exalting the past.

Ito ang panahon kung saan sinukat ang pananampalataya ng tao , ginamit ang pusong marangal, sama-samang nagtutungan at buong tapang na hinarap ang isang pandemyang kumitil ng libo-libong nilalang. Lumubog ang ekonomiya at marami ang nawala. Ngayon ay magsisimulang muli ang bansa. Ang makasaysayang taong ito ay nakapagpabago sa paniniwala at pananaw ng maraming Pilipino patungkol sa mga bagay na mahalaga at pansamantala.

“Ang Pilipinas ay dumaan sa isang masalimoot na digmaan na hindi malaman kung sino ang kalaban”.

Nang matapos ko ang pagbabasa na pilas ng papel na iyon , doon ko napagtanto na mapalad ang mga kabataan sa panahong ito kung saan hindi nila naranasan ang mapanganib na taon ng kasaysayan. Ang nag-uunahang pasulong ng mga bansa kasama ang Pilipinas ay hinulma ng makabagong bihis ng panahon. Natatangi at ibang-iba. Puno ng pagpupugay at hitik ng pag-asa. Ang munting pangarap na nabuo dahil sa tatag at tapang na inilaan ng tao. Hindi sumuko at hinarap ang matinding hamon. Ang tibay sa kanyang mga paa ay hindi na muling malulumpo kung tayo ay sama-sama. Ang Pilipinas sa taong 2120.

*Renato P. Carullo Jr., LPT, MAEd, is a Teacher III at Itaran National High School under the Albay Division. He holds a Master of Arts in Education. As a Licensed Professional Teacher, he remains active in advancing quality education and holistic student development.*

Social studies also promote media literacy and critical thinking in a world that is changing quickly and where social divisions and false information are becoming more prevalent. Students learn how to assess sources, consider opposing viewpoints, and have civil conversations. These abilities are essential in a democracy, where citizens must make educated judgments on daily issues affecting their neighborhoods and the country, as well as during elections. Instead of merely imparting knowledge, social studies classes that prioritize inquiry, debate, and practical problem-solving enable students to become engaged members of society.





Additionally, social studies foster cultural awareness and inclusivity. It is crucial for students to value both their ancestry and the various identities of others in a nation made up of more than 7,000 islands and more than 100 ethnolinguistic communities. Teaching about indigenous knowledge systems, local heroes, and regional histories undermines the notion that history belongs primarily in the center. They also foster empathy for others and pride in one's own community, two qualities that are crucial for fostering a sense of national unity.

However, social studies needs to be current and relevant all the time if it is to really play a part in nation-building. Beyond rote memorization and textbook data, it must inspire students to relate their civic and historical knowledge to contemporary concerns like poverty, human rights, climate change, and government. For teachers to promote critical, contextualized, and engaging learning, they need resources and training.

There is more to social studies than just a prerequisite for school. This is the core of citizenship education. It shapes the future generation of Filipinos to uphold the principles of democracy, honesty, and social responsibility in addition to helping them recall their past. Social studies continues to be a potent instrument for forming minds, forming character, and creating a society that is both proud of its history and optimistic about its future, even as the Philippines faces obstacles in its quest for advancement.

*Dr. Irish E. Flores is a Social Science Instructor at President Ramon Magsaysay State University- Iba Campus. She earned her Master of Arts in Education, majoring in Social Studies, from the same university and completed her Doctor of Philosophy in Development Studies at Pangasinan State University - School of Advanced Studies, Urdaneta City. As a dedicated academic, Dr. Flores serves as a research adviser and panelist for various undergraduate and graduate research projects under the College of Teacher Education, including Bachelor of Secondary Education (BSEd), Bachelor of Elementary Education (BEEd), and the Master of Arts in Education major in Social Studies programs. Beyond her teaching and research roles, Dr. Flores is an active advocate for gender and development. She is invited as a speaker by various stakeholders to promote gender equality and address relevant educational topics in the field of Social Sciences.*

## Essay

### SDG 4: Quality Education Through the Lens of Teachers and Technology by Nor Nazeranah Haji Omar Din

Sustainable Development Goal 4 (SDG 4) emphasizes ensuring inclusive and equitable quality education and promoting lifelong learning opportunities for all by 2030 (United Nations, n.d.). This goal is critical as it supports the reduction of disparities and inequities in education, both in terms of access and quality, particularly for vulnerable populations such as poor children, children living in rural areas, persons with disabilities, indigenous people, and refugee children (UNICEF, n.d.). Teachers are pivotal in achieving this goal, as they not only impart knowledge but also shape young minds and foster a love for learning (Hattie, 2003). The integration of technology in education has become increasingly significant, providing teachers with innovative tools to enhance learning experiences (UNESCO, 2023).

#### The Role of Teachers in Achieving SDG 4

Teachers are not merely transmitters of knowledge; they serve as mentors, guides, and role models, inspiring students to dream big and encouraging critical thinking (Rushton, 2000). They play a crucial role in character development, instilling values such as honesty, respect, empathy, and perseverance (Lickona, 1991). However, challenges such as teacher migration and shortages of qualified teachers remain significant barriers to achieving quality education (UNESCO, 2024).

#### The Impact of Technology on Education

Technology enhances learning by personalizing instruction and making it more accessible. Digital tools such as online platforms, virtual reality simulations, and collaborative platforms for student engagement have revolutionized traditional classroom settings (IRJEdT, 2023). Mobile technology also plays a significant role by allowing students and teachers to access educational content from anywhere, bridging the digital divide and promoting e-learning (GSMA, n.d.). For instance, AI-powered adaptive learning systems can provide personalized learning experiences, adjusting content and pace based on individual students' needs (MIT Technology Review, 2020).



### Achieving SDG 4: Quality Education

SDG 4 aims to ensure inclusive and equitable quality education for all. The key targets include ensuring that all girls and boys complete free, equitable, and quality primary and secondary education, increasing the number of youth and adults who have relevant skills for employment, and eliminating gender disparities in education (UN, 2023). Teachers and technology are crucial in achieving this goal:

- **Teacher Training and Development:** Continuous professional development programs equip teachers with the skills needed to deliver high-quality instruction, especially in using digital tools effectively (Juliana et al., 2024). Research highlights the importance of comprehensive support systems and continuous professional development for effective technology integration (Juliana et al., 2024).
- **Technology Integration:** Digital platforms and AI tools enhance accessibility and facilitate personalized learning experiences tailored to individual student needs (MIT Technology Review, 2020). For example, AI can assist educators in identifying at-risk students early on and automating routine administrative tasks, allowing teachers to focus on creating engaging content (Omdena, 2023).
- **Partnerships and Collaborations:** Strengthening collaborations between educational institutions, governments, NGOs, and industry partners is essential for achieving SDG 4. These partnerships can provide necessary resources and support for both teachers and technology integration (Omdena, 2023).

### Examples from Around the World

- **Finland:** Known for its excellent education system, Finland respects teacher autonomy and integrates technology to foster a culture of trust and innovation, maximizing student potential. Finnish children start formal education at age seven, with minimal homework and exams until their teens, reducing academic pressure and allowing them to flourish (Oxford Royale, 2024).
- **Netherlands:** The "Steve Jobs Schools" in the Netherlands have adopted a revolutionary model where iPads replace traditional resources, providing one-to-one tuition and personalized learning experiences. This approach prepares students for a digitized world by equipping them with essential technology skills (Oxford Royale, 2024).
- **Peru:** Innova Schools combine tech-heavy online learning with traditional instruction, offering a modular and adaptable education system designed by world-class architects. This model addresses failures in standardized education by providing a flexible learning environment (Business Insider, 2016).
- **South Africa:** The UCT Online High School offers a purpose-built online curriculum, providing high-quality blended learning opportunities for African students. This initiative stimulates digital transformation in education systems across the continent (World Economic Forum, 2021).
- **India:** Platforms like Call-a-Kahaani and Ekatra empower youth with entrepreneurial mindsets and improve learning through interactive storytelling and text-based micro-courses. Rocket Learning supports foundational learning by connecting teachers and parents via WhatsApp, promoting early childhood education (World Economic Forum, 2021).
- **Korea:** Innovative trends include using multilateral loans to finance post-secondary education and training, enhancing technical education through advanced technologies (World Bank, 2023).
- **Bhutan:** Schools in Bhutan utilize mobile applications such as WeChat and WhatsApp for two-way communication, assigning homework and requesting images of completed work for assessment, thereby enhancing engagement and feedback (GSMA, n.d.).
- **Bulgaria:** The launch of an e-learning platform connected over 700,000 students to 65,000 teachers through videos and webinars, providing six hours of distance learning per day during the COVID-19 pandemic (GSMA, n.d.).

The impact of teachers, supported by technology, is pivotal in achieving SDG 4: Quality Education. By appreciating and supporting teachers and leveraging technology effectively, we can ensure that every individual has equal access to an empowering educational experience, shaping a brighter future for all.

*Ms. Nor Nazeranah Haji Omar Din is a Senior Lecturer and Program Coordinator for the Bachelor of Business Administration (Hons) in Management and Human Resource Management at Nilai University, Malaysia. With nearly 18 years of academic experience and currently pursuing her PhD, she is also an HRD Corp Accredited Trainer and a recognized speaker at international conferences, where she shares her expertise on innovative and sustainable approaches in higher education. Her research spans educational leadership, HR management, international business, and entrepreneurship, with numerous publications and awards, including the Global Teacher Award and Iconic Sustainability Award 2024.*

## Essay

# Rethinking Assessment and Evaluation in the Philippine Public School System *by Salamen Pica Martin Jr.*

An essential part of the educational process is assessment and evaluation. They act as the compass that directs education, recognizes areas of deficiency in knowledge, and influences policy choices. Assessment and evaluation of learning are crucial in the Philippine public school system because they guarantee the efficacy of curriculum implementation and instructional practices in addition to measuring student progress. Nonetheless, these procedures encounter both established and new difficulties that mirror the wider facts of the nation's educational environment.

A variety of assessment instruments are used at all levels of basic education by the Department of Education (DepEd). Assessments, both formative and summative, are used to track students' progress and offer comments that can enhance learning results. Quizzes, performance tasks, and class participation are examples of formative evaluations that assist teachers in adapting their lessons to the requirements of their students. Summative evaluations, such as national standardized tests like the National Achievement Test (NAT) and quarterly exams, are used to gauge students' learning over time. Research projects, work immersion portfolios, and oral presentations are examples of performance-based assignments in senior high school that further demonstrate a student's proficiency and application of knowledge.

The public school assessment and evaluation system has problems despite its well-organized foundation. Large class sizes, particularly in metropolitan settings, provide a significant difficulty as they make individualized assessment challenging. Teachers' ability to give prompt and insightful feedback is sometimes hampered by their administrative duties. Concerns have also been raised about the excessive dependence on written tests and grades, which might not adequately reflect a student's capacity for learning, inventiveness, and critical thinking. This is particularly true in underserved places where there is limited access to learning support, resources, and internet connectivity.

The mismatch between evaluation techniques and learning competencies is another difficulty. Instructors may prioritize easily quantifiable results above higher-order thinking abilities, which are essential for students in the twenty-first century. The assessment system's flaws were also revealed during the COVID-19 pandemic when distant learning became popular. Concerns around academic integrity, parental intervention, and the validity of submitted outputs surfaced when modules and online platforms took over as the main means of delivering education.



Improvements to the assessment framework have been made in recent years. To promote deeper learning and student involvement, DepEd has advocated for the use of portfolio and performance-based examinations. In order to help instructors create assessment instruments that are more inclusive, equitable, and valid, training sessions are also being held to improve their assessment literacy. The significance of evaluation in professional growth and school improvement is further highlighted by the adoption of the Results-Based Performance Management System (RPMS).

A more comprehensive and learner-centered approach to assessment is required going forward. In order to empower students in their own learning process, this entails incorporating formative feedback, peer assessments, and self-assessment techniques. In addition, systemic problems including the digital divide, infrastructure deficiencies, and teacher workload require policy support. A more responsive and equitable assessment system can be achieved by embracing advancements in educational technology, funding teacher preparation, and enhancing community engagement.

*The author is an Associate Professor III at Eastern Visayas State University Tacloban City*



## Poem

### **BEACON: Building Empowered Alliances, Cultivating Opportunities, Nurturing Change by Nollie Boy D. Jerson**

Through winding roads and distant lands,  
With open hearts and calloused hands,  
They walk where silent voices yearn,  
Where dreams ignite, where futures turn.

Among the halls of Local might,  
They shape new laws; they spark new light.  
Yet policy bends with weight unseen,  
A tug of war in halls serene.

With Cooperatives, they sow the trust,  
Through bonds of gold, through earth and dust.  
Yet numbers strain, the ledgers weep,  
Still, hope persists in promises deep.

Associations rise and fall,  
Yet stand again at every call.  
Through endless plans and sleepless eyes,  
They carve new paths where progress lies.

The People's will, both fierce and frail,  
A force of change, a gust, a gale.  
Yet discord lingers, doubts entwine,  
Still, hands reach out, and roots align.

No hero's tale, no banners flown,  
Yet seeds are sown, and change is grown.  
For every struggle, every plea,  
They are the BEACON—bold and free.

*Nollie Boy D. Jerson is a Licensed Professional Teacher, a Certified Administrative Professional, and an Assistant Professor IV at Kalinga State University. He holds a Master's Degree in Business Administration and is currently pursuing a Doctorate in Business Management.*





## Poem

### **The Mentor's Torch by Rosalina T. Donato**

With tenders' palm, they mold clay,  
Influencing the young minds to search their way.  
Stand as teacher, leader as well,  
To motivate the young, the old and new.

Voices mellow, yet resounding strong,  
A tune of good and wrong,  
They germinate knowledge and wisdom,  
In the hearts of youth growing dreams.

Walking as leader when hardship dwells,  
A teacher leads, and guides as well.  
They also shared an art commitment,  
To brighten the world, in one soul and one heart.

Challenges they brought, are just but a test,  
Bringing the best in a student's quest.  
A teacher, a leader—portraying but the same  
A torch bearer that guides nurturing the flame.

Teacher and leader, they collaborate in a way,  
Where students can say, I am in the right way.  
Teacher, leader they guide the path,  
To fulfill the dream that once they want.

A mentor's torch that always light,  
The minds and soul with passionate hands and heart.

*Rosalina T. Donato is a Secondary Teacher III at  
Dinapigue National High School, Dinapigue Isabela. She  
holds a Doctorate degree in Educational Management and  
Finished Academic Subjects in PhD Curriculum Instruction.*



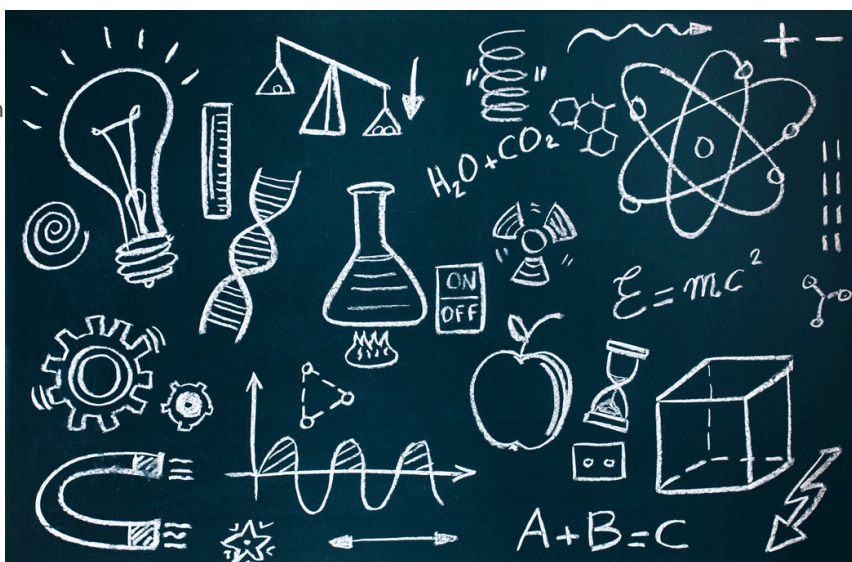
## Essay

# Math for Life: Empowering Filipino Students Through Numeracy by Leroy A. Flores

Mathematics is a powerful instrument for understanding the world around us; it is more than just numbers on a page or formulas to learn. In the Philippines, where social injustice, economic hardship, and technological advancements continue to influence education, mathematics can equip students with critical thought, logical reasoning, and self-assurance to tackle real-world issues. Numeracy, or the ability to comprehend and apply mathematics effectively, is essential for managing daily life and achieving academic achievement. "Math for Life" emphasizes that helping Filipino students become numerate is about preparing them for a future in which they can prosper and make wise decisions, not just about assisting them to pass standardized tests.

In many Filipino homes, math is often considered one of the most challenging topics in school. Students frequently claim that arithmetic is complex or reserved for the "gifted." Unfortunately, arithmetic anxiety and a negative attitude toward learning the topic are exacerbated by this view. However, the correct strategy can make math more engaging and interesting. Math becomes more intriguing and understandable when taught in a way that applies to students' daily lives, such as when budgeting their monthly spending, measuring ingredients for cooking, or figuring out change at a sari-sari store.

Enhancing math instruction in the classroom is also necessary to empower



pupils through numeracy. Teachers must be prepared with resources, methods, and instruction, prioritizing conceptual learning over rote memory. Students should be encouraged to explain their reasoning, try various answers, and relate math to real-world situations rather than just calculating equations. Additionally, using technology, games, visual aids, and manipulatives can help make abstract ideas more concrete, particularly for early elementary school students. This change can be facilitated by the Department of Education's push for contextualized and culturally responsive instruction, focusing on the learners' immediate surroundings and cultural experiences when teaching mathematics.

Furthermore, addressing educational equity and enhancing numeracy are interdependent. Accessing high-quality math instruction is difficult for many kids in underfunded and remote schools. Lack of professional development for teachers, excessive class sizes, and inadequate teaching tools may hinder students' growth. It is imperative that both the public and commercial sectors make investments to enhance math education in these domains—through teacher preparation programs, digital learning platforms, and community engagement initiatives that highlight the importance of arithmetic in daily life.

Numeracy is ultimately a life skill. It enables people to digest data, comprehend health information, make wise financial decisions, and actively participate in public life. For Filipino students, being numerate entails being ready to contribute significantly to society as future professionals, business owners, or knowledgeable citizens. "Math for Life" is a national requirement and an educational objective. By changing how mathematics is taught and valued in the Philippines, we empower kids to thrive in life and school.

*Leroy A. Flores is an Assistant Professor at President Ramon Magsaysay State University in Iba, Zambales. He is currently a PhD candidate in Mathematics Education at the Philippine Normal University and is expected to graduate in 2025. He holds a Bachelor of Secondary Education in Mathematics and a Master of Arts in Education in Mathematics, both from President Ramon Magsaysay State University. An active researcher, he has presented numerous studies at national and international conferences and has published his work in highly indexed research journals.*



## Maikling Kwento

### Reteradong Walis ni Gelia M. Bellido

Sa tuwing may dadaan bati lagi ay iyong  
mapapakinggan

“Kay linis ho talaga ng inyong kapaligiran kay gaganda  
pa ng inyong halaman.”

Sa araw araw na ginawa ng Diyos pagwawalis sa  
malawak na kapaligan ay di nalilimutan

Tatlong oras sa isang araw kayang kaya pa ng  
katawan.

Madalas naming siyang pigilan, sabi namin kame na  
lang,

“Kow di nyo mapakinis ang lupang aking winawalisan”  
yan ang lagi nyang kasagutan.

Kaya kame ay tutulong na lang

Gagawa, magwawalis ng walang imikan.

Lumipas ang mga taon halos likod nya ay baluktot na

Kamay nya ay makapal na at minsan nagiginig pa.

Pigilan man namin siya, ay talagang di uubra

Sapagkat ang taglay na sipag nya ay noong bata.

Kung babalikan natin ang panahon, pagtatanim sa  
palayan kanyang sinusuong

Magkaroon lamang ng magandang edukasyon.

Na ang larangan ng pagtuturo ang kanyang naging  
propesyon

Na sa hanggang magretiro hindi nawala ang  
dedekasyon.

Sa edad na pitumput apat, siya’y naglilimot na

*Gelia M. Bellido is a teacher at Sipsipin Elementary School  
Jalajala Sub-Office Division of Rizal.*

Kaya kung minsan kung saan saan na nagpupunta  
Pati paligid ng kapitbahay nawawalisan nya  
Pagkat ayaw daw nyang makakita ng dumi sa  
paligid nya.

Dumating ang pandemya di siya makalabas

Kaya nagagawa na niyang tumakas,

Bakit daw bawal siyang lumabas gayung kame ay  
nakalalabas

Dahil nga naglilimot na, paliwanag sa kanya dina  
niya alaala.

Kaya’t lalo nyang pinagtuunan na walis ay hawakan

Na sa umaga ay magwawalis at sa hapon ay  
dadamputan.

Ito na kanyang libangan na hindi niya nalilimutan

Kaya’t sa pagkain siya’y aming inaalagaan.

Dumating ang araw na ang walis ay dina nya  
mahawakan

Na pilit pinakukuha sa kasamang nakikita nya.

Minsan sinasabi ko na iabot nyo sa kanya

Na para mahawakan nya, walis na naaalala nya  
kahit siya ay nakaupo na sa may gulong na silya.



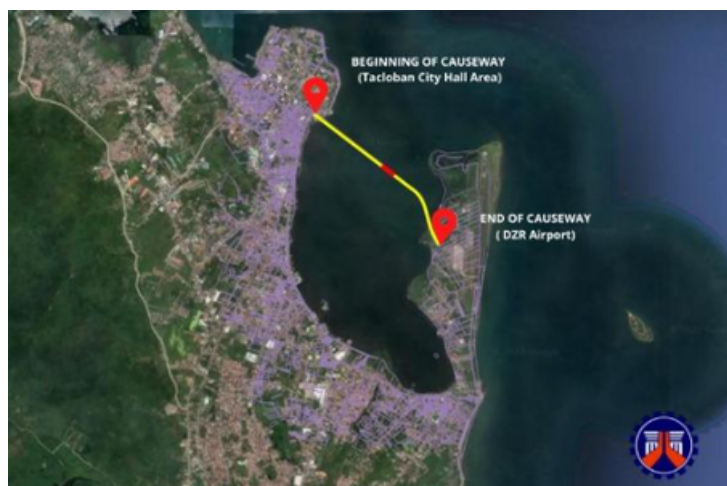
## Research Article

### Building Bridges By Wracking Fences by *Bryan Joseph E. Matillano*

Tacloban City, the capital of Leyte, plays the central role in the Eastern Visayas region's politics and governance. Since the devastating impact of Typhoon Haiyan in 2013, the city's political landscape has been focused on recovery and resilience. The local government, led by Mayor Alfred Romualdez, has prioritized infrastructure development, disaster preparedness, and economic revitalization. Political stability in Tacloban is crucial for implementing large-scale projects and attracting investments necessary for the city's ongoing recovery and growth.

A significant infrastructure project currently shaping the political and economic landscape of Tacloban is the construction of a causeway project in Cancabato Bay. This project aims to alleviate traffic congestion, promote economic activities, and provide a more efficient transportation route through the city. The ₱3.46 billion Tacloban City Causeway Project, is a priority undertaking by the Department of Public Works and Highways (DPWH) Regional Office 8 (NEDA Region 8, 2024), will transform travel between the city center and airport (DPWH Region 8). This 2.56-kilometer causeway, featuring a bridge, separate bike lanes, sidewalks, and wave deflectors on both sides (DPWH, 2023), will significantly reduce travel time from 45 minutes to a mere 10 minutes (Philippine News Agency, 2024). Designed to withstand disasters and the high humidity of the region, the causeway will also offer protection to nearby communities against erosive tidal movements caused by weather disturbances (NEDA Region 8, 2024). Construction is already in progress, with an initial ₱990 million allocated for the first section in Fiscal Year 2022 (DPWH, 2023). This project promises a scenic route for drivers, a dedicated path for cyclists and pedestrians, and a significant boost to the local economy through faster travel times and easier access to goods and services (DPWH, 2023). Completion is targeted for December 2024 (NEDA Region 8, 2024).

Figure 1. Map of the causeway project traversing Cancabato Bay



However, the construction has raised environmental concerns, particularly regarding its impact on the mangrove ecosystems of Cancabato Bay. Environmental groups and local communities have voiced concerns about potential habitat destruction and the long-term ecological effects. In response, the local government has committed to integrating environmental safeguards into the project, such as mangrove replanting initiatives and careful monitoring to minimize ecological disruption. The causeway project illustrates the delicate balance between development and conservation in Tacloban City, highlighting the need for sustainable practices in urban planning and infrastructure development.

#### A home for an array

Cancabato Bay is strategically positioned along the northeastern coast of Leyte Island, opening to the San Juanico Strait, which separates Leyte from the neighboring island of Samar. This geographical location makes Cancabato Bay a crucial marine and coastal ecosystem, interfacing with the larger bodies of water in the region and influencing both ecological and human activities. Cancabato Bay are defined by its shallow waters and extensive intertidal zones (Matillano et al., 2018), which are ideal for the proliferation of mangrove forests. The bay's coastline is lined with mangrove ecosystems, primarily composed of species such as *Rhizophora apiculata*, *Rhizophora mucronata*, *Rhizophora stylosa*, *Sonneratia alba*, *Aegiceras floridum*, *Avicennia marina* and others (Matillano et al., 2023; Carnice, 2021). These species thrive in the coastlines, which are influenced by both freshwater from local rivers, sewage inflow and tidal movements from the sea.

The bay's sedimentary composition, consisting of mud and sandy substrates (Yap-Dejeto, et al., 2018) supports diverse marine life and enhances the bay's role as a nursery ground for numerous fish and invertebrates. This biodiversity is crucial for local fisheries, which are a significant component of the local economy. The productivity of these fisheries depends heavily on the health of the mangrove ecosystems (Akram et al., 2023), which provide shelter and breeding grounds for commercially important species (Husain et al., 2020).

Economically, Cancabato Bay is a source to Tacloban City and the surrounding communities (Iuchi, 2024). The bay supports a variety of livelihoods, including fishing, aquaculture, and tourism (Mayo, 2014). Local fishermen rely on the bay for their daily catch, which is sold in local markets and supports the food security through local fisheries. Additionally, the bay's scenic beauty and rich biodiversity attract tourists, boosting the local economy through tourism initiatives.



The mangrove ecosystems also play a protective role, shielding coastal communities from storm surges (Airoldi et al., 2024) and reducing the impact of typhoons (Buitre et al., 2019), which are frequent in this region. This natural defense mechanism was notably significant during Typhoon Haiyan in 2013, where areas with intact mangroves experienced less severe damage (Salmo, 2021).

The mangrove forests of Cancabato Bay in Tacloban City are teeming with biodiversity, supporting a complex web of life both above and below the water (Matillano et al., 2020; Matillano et al., 2020; Payo et al., 2018). These ecosystems are home to a variety of plant and animal species that are uniquely adapted to the harsh coastal environment characterized by varying salinity, tides, and sediment accretion (Matillano, 2016). The intertidal zones provide habitat for various crustaceans, such as fiddler crabs and mud crabs, which play crucial roles in the ecosystem soil and nutrient cycling. Economically important mollusks such as *Perna viridis*, *Anadara transversa*, *Trachycardium* sp., *Leukoma stamineae* are amassed by local gleaners (Torale et al., 2021; Matillano et al., 2018). Commercially important fish belonging to Families Engraulidae, Clupeidae, Nemipteridae, Trichiuridae and Caesionidae comprise the capture fisheries (Yap-Dejeto et al., 2016). Bird of different species, both resident and migratory, are frequently observed and established local populations such as egrets, herons, and kingfishers. These birds rely on the rich feeding grounds provided by the mangroves.

### Unexplored valuation

The valuation of mangrove forest's ecological services is complex but essential. Mangroves in Cancabato Bay contribute significantly to coastal protection, fishery yields, and carbon sequestration, with some estimates valuing their services annually. Mangroves in Kosrae, Micronesia valued at \$666,000-\$1 million annually, provide crucial ecosystem services, with locals willing to pay for preservation (Naylor & Drew, 1998). The destruction or degradation of these ecosystems for infrastructure development could lead to long-term economic losses far exceeding the immediate benefits.

A study in Ca Mau, Vietnam employs household surveys and remote sensing to evaluate mangrove ecosystem services, estimating a \$600 million/year value, highlighting the impact of aquaculture on mangrove benefits (Vo et al., 2015). In Myanmar mangroves faces dramatic forest cover decline due to deforestation for agriculture. From 2000-2014, Myanmar lost 191,122 ha, impacting ecosystem services and causing a \$2.397 billion annual economic loss (Estoque et al., 2018).

The construction of retaining walls, causeways, and other infrastructure in coastal or offshore areas has effects on mangrove ecosystems. Primarily, these structures disrupt natural water flow and sediment deposition, which are essential for mangrove health and growth. Altered hydrodynamics can lead to erosion or excessive sedimentation, both of which can suffocate mangrove roots and hinder their ability to anchor and absorb nutrients (Alongi, 2008). Infrastructure development often leads to habitat fragmentation, reducing the available space for mangrove colonization and impairing their ability to support diverse marine life (Duke et al., 2007). This fragmentation also isolates mangrove populations, reducing genetic diversity and resilience to environmental changes. Additionally, the physical presence of structures can limit the landward migration of mangroves, essential for their survival in the face of rising sea levels due to climate change (Gilman et al., 2008).

The construction itself can introduce pollutants such as heavy metals and hydrocarbons into the mangrove environment, adversely affecting their health and the aquatic species that rely on them (Tam & Wong, 2000). Cancabato Bay is the catch basin of sewage without treatment and structures would impede in the deposition of wastes and accretion of sediments. This would result to the significantly alteration of the physico-chemical profile of water bodies, affecting both water quality and ecosystem health. These structures can modify hydrodynamic patterns, leading to altered salinity gradients, temperature variations, and reduced tidal flushing (Yee, 2023; Alongi, 2008). Reduced tidal exchange often results in decreased oxygen levels, particularly in areas behind these structures, creating hypoxic conditions detrimental to aquatic life (Ewel et al., 1998). these structures can interfere with the natural buffering capacity of mangroves, which filter and trap pollutants, thus exacerbating pollution levels in the water (Nagelkerken et al., 2008). Consequently, the construction of coastal infrastructure can degrade water quality, harm marine life, and reduce the ecological resilience of these environments.

Balancing the causeway's economic potential with the preservation of mangroves is crucial. Sustainable planning must integrate environmental impact assessments, ensuring that the long-term ecological health of Cancabato Bay is not sacrificed for short-term infrastructural gains. By valuing both development and ecological preservation, Tacloban City can achieve a sustainable plan with inclusive development directions. Conservation and management of mangrove ecosystems in Cancabato Bay involve comprehensive strategies that integrate reforestation, protected areas, community engagement, and research. These efforts are crucial for preserving the ecological integrity of the bay and ensuring the sustainability of its natural resources.

*Bjay work primarily focuses on the resilience and natural regeneration of marine ecosystems following large-scale disturbance of Super Typhoon Yolanda in 2013. Notably, his study examines mangrove recovery and ecological succession patterns and advocating for natural regeneration in rehabilitation efforts. Additionally, seagrass beds show repopulation and flourishing, emphasizing their ecological significance and resilience frameworks. At present, Cancabato Bay, the site of his studies is confronted with causeway construction that may impede the functional systems of the Bay.*

## Research Article

## Utilization Of Bluebook And The Academic Performance Toward Skill Development Plan *by Jolina Mae C. Anit*

The purpose of this study was to assess the use of PCU-Bluebook used by Philippine Christian University for blended learning and its relationship with academic achievement of JHS students in SY 2022-2023 when the aforementioned Learning Management System (LMS) was used as a tool in a blended learning environment. The study revealed a favorable and consistent relationship between interaction and students' overall satisfaction with the LMS. The results of the post-test independent t-test analysis conducted on the two groups indicated that blended learning enhanced students' academic performance in the experimental class in comparison to the control class, as evidenced by the findings of the study's observation and student opinion survey findings. The findings of this research will be used by the administrators, teachers, students, non-academic stakeholders, and future researchers as determinants of relationship between the utilization of the PCU Bluebook LMS in terms of gamification on the Academic Performance of the JHS Students in the SY 2020-2023. This study posits that to achieve successful blended learning, it is important to provide students with support and engagement in both traditional face-to-face interactions and electronic environments.



*Jolina Mae Casajeros Anit is a dedicated educator with a solid industrial education and academic management experience. She earned her Bachelor of Science degree in Industrial Education major in Industrial Arts from the Technological University of the Philippines - Manila with honors, namely Cum Laude, in 2019. For her eagerness to enhance her academic credentials, she took up her Master of Arts program in Education major in Educational Management at Philippine Christian University-Manila.*

*Her teaching experience is spread across different institutions, with the present position of a teacher at Philippine Christian University since 2022. She has also been a teacher at La Trinidad Academy and gained extensive experience as a student teacher at Francisco Benitez Elementary School.*

*Jolina holds a TESDA NC I certification in automotive servicing. She is also a licensed professional teacher. She has attended leadership, pedagogy, and gender equality workshops as part of her ongoing professional development to further hone her abilities.*

*Known for her exceptional performance, she was recognized with the 2018 Outstanding Student Teacher award and remains a shining example of learning and scholarship.*



## Poem

### **Burn Without Me by Renz Manuel A. Restar**

Go ahead, walk away,  
slam the door like you never meant to stay.  
Spit my name like a curse you regret,  
as if love was something you could forget.

You wanted war? Here's the fight.  
I gave you my days, my endless nights,  
but you tore through them like paper-thin lies,  
never once looking in my eyes.

You said forever like it meant a thing,  
but your love was hollow, a breaking string.  
Now take your silence, take your pride,  
take the weight of every time you lied.

Don't come back with sorry hands,  
don't search for what you left in sand.  
This fire's out, the bridge is ash  
burn alone, and don't look back.

*Renz Manuel A. Restar is a graduate of Bachelor of Secondary Education, Major in English at Capiz State University - Roxas City Main Campus. He is currently employed as a Library Assistant in the same institution. He is a Licensed Professional Teacher.*

### **New Story by Renz Manuel A. Restar**

I was drowning in the voices of goodbyes,  
Lost in the shadows, tears in my eyes.  
Every road I walked led me back to the past, Never  
thought I'd find a love that would last

Then you came like a sunrise, warm and new Woke  
me up from the storm I'd been through.  
With every smile, you're breaking down my walls,  
I can finally feel again, I'm learning to fall.

You're the light in my midnight, the calm in my storm  
A heart I can run to, a place that feels warm  
Didn't think I'd love again, but here you are, Turning  
my scars into shining stars

Your touch is a whisper, gentle and true,  
Healing the parts I thought no one knew.  
Every laugh we share, every word you say,  
Pulls me farther from yesterday

No more ghosts, no more pain,  
With you, love feels real again.  
Every heartbeat says your name,  
And I wouldn't change a thing

So here's to the future, here's to the now,  
With you by my side, I don't need the past.  
Didn't think I'd love again, but here we are,  
Writing our story, heart to heart

### **Muse of Memory by Jade Barrios**

Darkness envelopes the room before I can even close my  
eyes,  
Thoughts come gushing as rain pours heavily from the  
sky.  
The night is cold, yet, my heart is warm with the thoughts  
of you,  
You are my joy and my prayer, the one I long to pursue.

How beautiful is the sound of the rain that touches the  
ground,  
More beautiful is the sound of your giggles that make my  
heart pound.  
My love, you've casted your spell on me,  
With your beauty I can no longer flee.

I remember, you asked how you look, and you caught me  
silently gasping,  
Then you frowned and complained like everything about  
you is a sin.  
What eyes do you use when you look at yourself in the  
mirror?  
Or maybe your mind is the sinful one? For it cannot  
fathom its own worth.

Each moment we had is etched in my memory.  
You are my favorite part in our own little movie.  
Yet life is cruel because it gave me you just to lose you in  
between,  
More cruel to make me realize all I can do is cry and wish  
you'll visit in my dream.