



# RIVERITAS



## INSIDE THE ISSUE

### RIVERITAS

As face-to-face classes resume, a brand new name to call Southbrook Academy Inc.'s newspaper is born! *Story found on page 2.*

### EVENTS

School is 'eh' without the extracurricular activities that stir up within us excitement, motivation, a sense of creativity and teamwork, and, most importantly, the love for learning.

### GALLERY

A collection of photos and artwork to commemorate our struggles, learnings, victories, and everything in between. Brace yourself - YOU may be featured!

## WELCOME BACK, SOUTHBROOKIANS!

*Beatrice Chantelle Cabrilles  
5-Morganite*

On August 9, 2022, Southbrook Academy, Inc. opened its gate once again following the two-year pure online learning modality to hold an in-person orientation.

Students from the playgroup to Grades 1-10 introduced themselves and played games. They were all happy and excited to reunite.

The students talked about their expectations. They hoped that this school year is going to be fun and educational.

The new normal has been tough but little by little. we hope that everything will be the same again.

With the school administration being strict with safety and health protocol, students looked hopeful to become more relaxed and comfortable learning at school.

Students were advised to wear face mask at all times, wash hands properly and apply alcohol as often as needed. Social distancing was also highly encouraged.

# THE TRUTH BY THE RIVER: RIVERITAS

Teacher Kayle Borromeo

Veritas is a Latin term for truth - an essential concept that is important to human existence. It is something that people often strive for, but it can be difficult to achieve. The pursuit of truth is a never-ending journey, and, if I am allowed to give my thoughts, the truth is something that everyone should strive for.

In today's world, there are many competing ideas and opinions, and it can be challenging to determine what is true and what is not. This is why the concept of veritas is important. It serves as a guiding principle for people to distinguish between what is true and what is not.

One of the most critical aspects of veritas is its objectivity, which is a fancy word for fairness. The truth is not subjective; it is an objective fact that exists independently of our beliefs or opinions. It is not something that can be manipulated or distorted to suit our interests. Rather, it is something that is discovered through observation, experimentation, and logical reasoning. In many ways, veritas is a foundation for human progress. Without the pursuit of truth, we would be unable to make scientific discoveries, create new technologies, or solve complex problems. It is the pursuit of truth that has allowed humans to advance and improve their lives throughout history.

However, the pursuit of veritas is not always easy. There are often obstacles and challenges that stand in the way of discovering the truth. One of the most significant challenges facing society today is the spread of misinformation. With the rise of social media, it has become easier than ever for false information to spread quickly and widely. This can have serious consequences, as misinformation can lead to a breakdown of trust, social division, and even violence. To battle these challenges, it takes courage, determination, and willingness to be wrong to pursue veritas.

Such virtues were the deciding factor for choosing the members of the school publication. We need students who can stand for the truth, no matter how crippling it can be, and, so, the screening for the school journalists began. Considering that the school is geographically located at the south of a river, it seemed silly and logical at the same time to come up with "RIVERITAS", from the words river and veritas.

So, here comes our school journalists, Southbrookians! By the river, they shall speak the truth with courage, determination, and willingness!

- Editor-in-Chief - Therese Jillian Pardillo, 10-Tanzanite
- News Writer - Hilarey Yunting, Estelle Mae Danojog, Jahera Jharez Bato, 10-Tanzanite  
- Roland Jay Evalle, Travis Philippe Pardillo, 8-Topaz  
- Beatrice Chantelle Cabrilles, 5-Morganite
- Feature Writer - Veasna Asensi, Jashine Dano, 7-Sapphire  
- Kyzell Estudillo, Jairus Jude Genegobis, 8-Topaz
- Sports Writer - Rhabbi Anthony Loperas, Khurt Azzharei Andrade, 10-Tanzanite
- Editorial Writer - Dominic Trajan Ga, 10-Tanzanite
- School Paper Adviser - T. Kayle Borromeo



## DID YOU KNOW?

The word *brook* is synonymous to river. Hence, we call the school "Southbrook" because we are literally at the south of Mananga River!

## BUWAN NG WIKA: AWAKENING OUR SENSE OF NATIONALISM

Buwan ng Wika was held last August 30, with the theme "Filipino at Mga Katutubong Wika: Kasangkapan sa Pagtuklas at Paglikha."

The school had a poster making contest about the theme. The winners were Therese Jillian Pardillo (Gr, 10), Alexander Jeremiah Lasam (Gr, 6), and Jillian Juanich (Gr, 5).

Other activities were trivia games related to the Philippine history. As part of the program, students were encouraged to a variety of Filipino delicacies for everyone to eat and share. There were foods like biko, suman, puto, and other native Filipino dishes. Everyone indeed enjoyed the Filipino food feast.


*Prepared by Beatrice Chantelle Cabrilles, 5-Morganite*



*Select students in their traditional Filipino costumes, food to share with everyone, and the output for the poster-making contest in the background.*





### GEARING TOWARDS SUSTAINABLE FUTURE

## through Science and Technology



The month of September has come! The school celebrated the Science and Math Month wherein Science and Math exhibits, quiz bowl, and film showing were prepared and set up to showcase the creativity among the Southbrookians and to develop their love for learning for Science and Mathematics!

*Prepared by Beatrice Chantelle Cabrilles, 5-Morganite*

## BACK TO THE ROOTS OF WORLD PEACE...

United Nations was established in the year 1945 and celebrated every 24th of October as it marks the day it was founded. As of the present, this organization is composed of 193 countries. Only two states are non-members - the Vatican City and the Palestine.

Southbrookians enjoyed the costume parade, showcasing the unique traditional costumes of each country. Aside from the parade, there were stations reflecting the seven (7) continents, featuring its history and traditions, famous tourist spots, food, and clothing.

*Prepared by Beatrice Chantelle Cabrilles, 5-Morganite*





## MASSIVE FIRE AFFECTS OVER 700 PEOPLE, SAI RESPONDS WITH DONATION DRIVE

*Hilarey Yunting, Estelle Mae Danjog, and Jahera Jharez Bato, 10-Tanzanite*

Barangay Loooc, Mandaue – On November 22, 2022, Tuesday night, a devastating fire affected its citizens and Southbrook Academy Inc., compassionately lent a helping hand.

On a late Tuesday night, November 22, 2022, a massive fire broke out at Brgy. Loooc, Mandaue City, affecting at least 700 people. The fire alarm went off at 11:46 p.m. on Tuesday. It was brought under control around 2:12 a.m. on Wednesday, November 23, and was pronounced put out at 2:38 am. According to BFP investigation, said fire was caused by a gas lamp tipping over and making a huge fire.

Upon hearing the unfortunate news, Southbrook Academy Inc. took the initiative to respond to the situation. The students of the said school were encouraged by its Student Council to donate in-kind goods to help the fire victims.

This act, called the Love Drive, was able to collect various pieces of clothing, blankets, towels, and other basic necessities. Parents of the students and stakeholders also extended their help by donating monetary values of which totaled to PHP 2000. Said amount was then used to purchase additional food such as canned goods, noodles, powdered milk and coffee, and others.



On the 16th of December 2022, together with the Student Council adviser, Teacher MJ Reyes, selected members of the council personally delivered the goods to the affected families. Excitement and worry – all mixed – were the members’ prevalent emotions as they were on the way. Excitement for a new experience and worry for the victims. With the service of Sir Glen, the school carpool driver, they made it to the area safe and sound! Overall, this was a successful event for those who were involved – the students, the parents, the stakeholders, the teachers, and everyone else who extended their help.

This drive provided the student leaders the opportunity to meet and interact with the fire victims and this allowed them to further understand the importance of call to action and to instill in them the virtue of helpfulness - being of service to others, doing thoughtful things that make a difference in their lives. Such is among the important traits a student leader must have. But may everyone be reminded that you do not have to be a student leader to be able to extend help. Anyone can if they want and will themselves to.

Remember to help – without expecting to receive something in return. Get in the habit of helping – and do without ceasing. Lastly, do it with your heart.



## The Much Anticipated Pajama Party is Back!

*Beatrice Chantelle Cabrilles  
5-Morganite*

As the school year has gotten a little less strict and more activities were allowed by DepEd, SAI has taken the liberty to enjoy its annual Pajama Party! It's a time for the students to feel at home away from home.

The students arrived to school wearing their favorite pajamas so they could relax for a day and destress.

They were required to bring their favorite book and share it with the class. After the book sharing, board games were played, and for the rest of the party, the students enjoyed a movie.

And, of course, what's a party without food? The students certainly brought with them finger food they could enjoy while doing all these activities!

## LETTING THE KIDS OF BRGY. LAWAAN III BE KIDS THE OLD WAY

*Rhabbi Anthony Loperas, 10-Tanzanite*

Playing a game is fun, though you don't always have someone to play with. But on November 12, 2022, the Larong Pambata was held by the local government of Lawaan III, an event held to bring the pupils of the schools within Lawaan III together by having them play games with each other, 3 schools were invited in total: Lawaan III Elementary School, Maranatha Christian Academy and your very own Southbrook Academy.

The Larong Pambata was one of the events planned for the Tahi-Tahi Festival of Lawaan III, a festival celebrating the tailors within Lawaan III. This event was about playing the games you played as kid and the games played were Jackstone, Dampa, and Patintero and there was also Quiz Bee. Each game had three rounds with each round having different pupils play, and whichever school scored the most by the end of the round won the game.

By the end of the games, there was a clear winner. The school that won first place was Lawaan III Elementary school, followed by Maranatha Christian Academy and last but definitely not the least, Southbrook Academy, Inc. There were also prizes for each school in the form of money, first place is PHP10,000.00, second place is PHP8,000.00 and last place is PHP6,000.00. Our school did not with first place but our players did their best.

The kids fun playing and learning with other kids and that's what matters the most.



## OF ANNIVERSARIES AND NATURE: CROCOLANDIA IS NOW 22 YEARS OLD!

*Rolando Jay Evalle, 8-Topaz*

Crocolandia, the animal pride of Talisay, a place that has graced this city with waves of joy and beauty of nature for 22 years now celebrates another milestone! Schools, including ours, have been invited to partake in the spoils of Crocolandia's 22nd anniversary which was on January 29, 2023!

This year, Crocolandia celebrates its 22nd anniversary and its tradition of commemorating anniversaries includes holding competitions to be joined by various schools as a means to encourage students to get in touch with the environment. As appreciation for the students' participation, exciting prizes await the winners! Four thousand pesos (PHP 4,000.00) for the first placers and two thousand pesos (PHP 2,000.00) for the second placers - this surely stirs up competition!

One of the competitions joined by our school is the "Design a Mug or Shirt." The selected participants for this were Rolando Jay Evalle (Grade 8), Travis Pardillo (Grade 8) and Rhabbi Loperas (Grade 10) and they were coached by Teacher Airene. The representatives had to come up with a design using Adobe Photoshop. (Insert photos of the students and photo of the final output).

Further, the school also joined the Painting Contest which featured Philippine endemic animals. From the Grade 7 population, we had Rico Rosal and his Philippine Eagle entry and Shamali Isabelle Gurbuxani with her Philippine Hornbill. The contest was also joined by Keisha Franselle Cueva, Grade 9, who painted Tamaraw. Lastly, Grade 10 Jillian Therese Pardillo's entry was a Palawan Hornbill. (Insert pics of the students' works)

Participants, through the efforts of Teacher Airene, Teacher Kayle, and Sir Glen, submitted their works on January 27, 2023 at Crocolandia. The park opened its gates to the participants of said competitions during the awarding which was on the same day as the anniversary - a good day to be one with nature and to witness the outputs of the other schools!

To share their experience upon joining this event, one participant stated, "I've never been there, but I've heard a lot of interesting things about the place. I can't wait to visit someday." Another also shared, "I'm happy to be a part of this competition and I'm excited to see what other schools have made."

As part of the guidelines, Crocolandia Foundation, Inc. will take ownership of the submitted works whether the piece wins or not.

Win or lose, it is a privilege to have the opportunity to take part in these competitions.





# GET READY FOR A FUN AND SPOOKY NIGHT: SOUTHBROOK'S HALLOWEEN FRIGHT NIGHT IS HERE!

*Therese Jillian Pardillo, 10-Tanzanite*

Stepping foot into the area, eyes fell upon you. You look back toward the watchers and get a glimpse of their disguises. Attires full of surprises. An indefinite emotion was etched on their faces, as another made its way onto yours.

Halloween is a holiday celebrated in numerous parts of the world. This is observed annually on the 31st of October. People go out of their way to dress in various costumes and show up door to door for candies. In addition to entertainment, many choose to watch shows involving horrific or gore elements to spark thrill.

This tradition date back to its roots in the ancient Celtic festival of Samhain. A religion associated with paganism created this to repel ghosts through the use of lighting up bonfires and costumes. Furthermore, this also served as a dedication to those who have already gone on to the next world.

Later on, it evolved into a series of activities to commemorate such as carving pumpkins (jack-o-lanterns), trick or treating, having jovial gatherings, and horror rides we catch a glimpse of in fairs as some of the examples which are what we see and have in the present.



At Southbrook Academy Inc., a fun celebration for Halloween was organized along with appropriate activities such as games, booths, and presentations. These were divided and placed in between or after the sections of the program flow. It consisted of dance performances and brief matches for amusement. Students were also encouraged to come to school wearing costumes to feel the Halloween spirit.

The booths were part of an income-generating program (IGP) to be used for future projects of the school. There was a horror escape room, one for film shows, and one for photography—with the horror booth garnering the highest sales. A lot of people flocked to the place, including outsiders.

Students were dressed in various outfits, walking around as if they were in their customizable avatars. Ranging from famous characters coming from a myriad of shows, to niche personas, you name it! As a reward for their fantastic fits, prizes were given accordingly. To culminate the Fright Night, Southbrookians did its annual trick-or-treating which was enjoyed by everyone regardless of age.

Despite the changes or differences documented throughout the years of honoring Halloween, it should be treated with importance since it reveals an interesting side to humanity—where beliefs of all kinds may come from. Aside from the typical picture of how it is painted that it is fun and all, the history behind it should never be forgotten, as it tells a story as to how it all came to be.



# LITTLE BUSINESS AT SCHOOL MAKES A KID A BUSINESS PERSON IN THE MAKING

Southbrook Academy is buzzing with excitement as students gear up for the annual Kiddie Business Economic Week of 2023. This year, the event promises to be a fun-filled and educational experience for all students as they learn about starting small businesses on campus, requiring all the students to participate. This is a fun way to educate the students on thinking critically, spending wisely, and making profits from a business.

*Travis Philippe Pardillo, 8-Topaz*



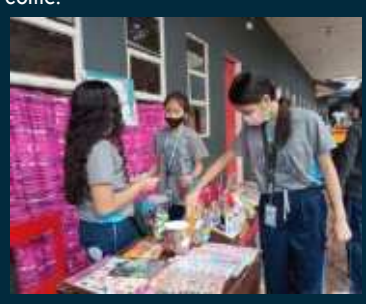
Students from Preschool to Grades 1-10 had their little business ranging from selling used items, food, and pieces of jewelry to playing carnival activities and games. At the end of this event, the question to ask was "Did I make a profit?"



Whether the students did or did not, it was pretty sure that they enjoyed the festivities and indulged themselves in food they rarely get at school. That is priceless. However, if they made a profit, we owe them a pat on the back and a round of applause for successfully becoming a business-minded kiddie.



The Kiddie Week Celebration of 2023 at Southbrook Academy promised to be a day filled with fun, excitement, and learning opportunities, an excellent way for students to come together, celebrate, and make memories that they would cherish for years to come.



## THE SOUTHBROOKIAN WAY ALL THE WAY!

Despite facing the brunt of nature's force, SAI, a community that takes pride in celebrating events that have been cherished since its establishment, has remained standing strong for many years.

## THE BENEFITS OF EATING HEALTHY

*Jairus Jude Genegobis, 8-Topaz*

Eating healthy is one of the most important aspects of how a person lives their daily lives "You are what you eat". According to research healthy food choices such as fruits and vegetables, gives not only physical but mental health benefits that includes not being stressed out and staying in a positive mood. Healthy food choices can boost your immune system, strengthening your bones, support your muscles, keep your eyes, skin and teeth healthy. Several studies show that keeping a healthy diet reduces the risk of lifestyle diseases such as cardiovascular diseases, diabetes and cancer in later life and even increases life expectancy.

Moreover, a person's eating habits will always affect an individual's nutritional status. Increase food intake more than your daily needs could lead to weight gain, overweight and even obesity. On the other hand, undernutrition by decreasing caloric intake from food could lead to underweight. Consuming a diet that usually consists of high fat meat and salty foods can increase your chance of having high blood pressure while too many sweets could lead to high blood sugar. "Let food be thy medicine and medicine be thy food" by Hippocrates.

A healthy diet consists of macronutrients like carbohydrates, protein and fats that are needed by our body in large amounts while the micronutrients like vitamins and minerals we need only traces amounts. These nutrients come from the three basic food groups, go, grow, glow. Go foods give us energy to keep going like the carbohydrate rich food groups which includes rice, pasta, root crops and cereal. Growing foods make us grow bigger and stronger and help build our bones, teeth and muscles that come from the lean meat, fish, milk and eggs. Lastly, glow foods strengthen our immune system that fights against viruses and infections, repair damaged cells and keeps our skin glowing, these are from our fruits and vegetables. It is a way to know what you eat and what you don't eat usually affects your health since there is no single food that is complete and contains every single nutrient, we must consider balance, variety and moderation in our food choices.

Lastly, nowadays most people have unhealthy food choices because they find it convenient, tasty and palatable like fast foods and sugar rich sweet foods which I practiced myself. "Do not dig your grave with your spoon fork" Healthy eating improves your health and nutritional status that could meet your daily needs to attain optimal health.

"The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition."  
-Thomas Edison.

# HEALTH SECTION

## SLEEP DEPRIVATION

*Teacher Kayle Borromeo*

Sleep is a fundamental biological need that is critical for physical, emotional, and mental well-being. Unfortunately, many students experience sleep deprivation, a condition characterized by inadequate or insufficient sleep. With the ever-increasing demands of academic and extracurricular activities, many students are finding themselves sacrificing their sleep to keep up with their commitments. Sleep deprivation among students is a serious issue that can have far-reaching consequences. Unfortunately, this can lead to a range of negative effects on both their physical and mental health, as well as their academic performance and overall quality of life.

One of the most immediate and obvious dangers of sleep deprivation is that it can hinder intellectual function. Sleep plays a critical role in consolidating memories and improving learning and retention. Without enough sleep, students may experience difficulties in concentration, attention, and memory recall. This can make it difficult for students to focus on their subjects, retain information, and make important decisions related to their academic and personal lives. As a result, students may struggle to keep up with their academics, leading to lower grades and increased stress and anxiety.

Another danger of sleep deprivation is its impact on physical health. It can weaken the immune system, making students more susceptible to illness and infection. Lack of sleep can also increase the risk of accidents, particularly when students are engaging in sports. Additionally, chronic sleep deprivation has been linked to a number of health problems, including obesity, diabetes, and cardiovascular disease.

Perhaps one of the most insidious dangers of sleep deprivation among students is the impact it can have on mental health. Lack of sleep has been linked to a range of mental health problems, including depression, anxiety, and even suicidal ideation. This can be particularly problematic for students who are about to college as they are already at a heightened risk of developing mental health issues. When combined with the stress and pressure of academic life, sleep deprivation can worsen existing mental health problems and make it more difficult for students to cope.

Unfortunately, many students struggle with sleep deprivation due to academic and social demands. To address this issue, students should prioritize getting enough sleep and take steps to ensure they are getting the rest they need. This may include establishing a regular sleep schedule, creating a sleep-conducive environment, managing screen time, and avoiding caffeine and other stimulants that can interfere with sleep. By taking these steps, students can improve their academic performance, physical health, and overall quality of life.

### Set a sleep schedule

One of the most effective ways to avoid sleep deprivation is to establish a consistent sleep schedule. Our bodies thrive on routine, and setting a regular sleep and wake-up time can help regulate the body's internal clock. As a student, it can be tempting to stay up late to study or socialize. However, consistently staying up late and waking up at different times can lead to a disrupted sleep schedule and ultimately, sleep deprivation. By setting a regular sleep schedule, students can ensure they are getting enough rest each night.

### Create a sleep-friendly environment

The environment we sleep in plays a significant role in the quality of our sleep. As a student, it can be challenging to control the environment of our dorm room or apartment. However, there are simple steps we can take to create a sleep-friendly environment, such as keeping the room cool, dark, and quiet. Investing in a comfortable mattress and pillows can also improve the quality of sleep.

### Avoid caffeine and alcohol

Caffeine and alcohol can have a significant impact on our ability to fall and stay asleep. While caffeine can provide an energy boost during the day, consuming it later in the day or in the evening can interfere with our ability to fall asleep at night. Similarly, while alcohol may make us feel drowsy, it can disrupt the quality of our sleep and lead to waking up feeling groggy.

### Take breaks and practice relaxation techniques

As a student, it can be challenging to balance academics, extracurricular activities, and social obligations. However, taking breaks throughout the day and practicing relaxation techniques can help reduce stress and improve the quality of sleep. Simple relaxation techniques such as deep breathing, meditation, and yoga can help calm the mind and promote better sleep.

### Manage screen time

In today's digital age, screens are an integral part of our daily lives. While screens provide numerous benefits, they can interfere with our ability to fall and stay asleep. The blue light emitted from screens can suppress the production of melatonin, a hormone that regulates sleep. As a student, it can be challenging to avoid screens altogether, but managing screen time and avoiding screen use before bedtime can improve the quality of sleep.

In conclusion, sleep deprivation is a serious issue among students that can have serious consequences. It can damage mental function, weaken the immune system, increase the risk of accidents and injuries, and have a negative impact on mental health.



*An opinion by Dominic Trajan Ga, 10-Tanzanite*

It is widely recognized that the world's population has been growing rapidly over the past few decades, and this growth has raised concerns about its impact on the environment, resources, and society. While some argue that population growth is a natural and positive phenomenon that drives economic development, others are concerned that it may lead to environmental degradation, resource depletion, and social inequality.

There is no doubt that our population continues to grow and as we study economics and contemporary issues, we are aware of what this growth does to our environment and economic progress. However, the question is: Is this the government's fault? Or the people's?

The next question I would like to raise is... What do we get if we are able to control population growth?

Well, controlling the growth of population can actually have several benefits. In terms of environmental stewardship, there is less pressure on natural resources such as water, land, and energy if there is less population. This can help to reduce the strain on ecosystems and reduce the carbon footprint of human activities. Our economy will also benefit from it. A smaller population can lead to higher economic growth as there are fewer people to support with limited resources. This can result in higher per capita income, more job opportunities, and a better quality of life for individuals. Further, overpopulation can lead to social conflict due to competition for limited resources. Here in the Philippines, we can reduce the risk of social instability and improve social cohesion if we are able to control population growth.

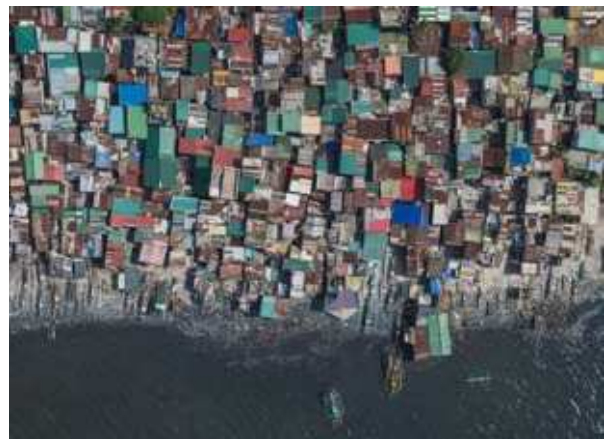
# Growing Population: Is it the Government's Fault? Or the People's?

Well, here's my take. The issue of growing population cannot be solely attributed to the government or the people. It is a complex issue that involves a variety of factors, including social, economic, cultural, and political factors.

The government plays a crucial role in shaping population growth policies and implementing family planning programs. In some cases, government policies can encourage or discourage population growth. For example, if a government provides incentives for having more children, this may lead to an increase in the population. On the other hand, if a government invests in family planning programs and educates people about contraception, this may lead to a decrease in the population growth rate.

However, the government cannot control people's reproductive choices entirely. Ultimately, individuals have the right to decide how many children they want to have, and their decisions are influenced by a range of personal, cultural, and social factors.

To sum it all, it is important to address the issue of growing population through a collective effort - which involves both the government and the people. This may include implementing effective family planning programs, promoting education and awareness about population growth, improving access to healthcare and contraception, and addressing underlying social and economic factors that contribute to high fertility rates. It is important for individuals, communities, and governments to work together to promote sustainable development and ensure a healthy and prosperous future for all.



## Speak Up Against Bullies – the Way to Keep our Environment Bully-Free!

Bullying is a form of harassment. This can lead to self-doubt, depression, and in the worst cases, suicide. When victims are suffering from the aftermath of bullying, it makes it difficult for them to stand up for themselves. However, even as students, we actually have the power to put a stop to it.

Bullying comes in various forms - verbal, physical, cyber, and many others. Any of these forms of bullying can affect a victim's academic performance. One of which is being unable to focus on classes due to the stress and anxiety that they feel. They will feel the pressure to change themselves in order to fit in and to hide their problems. When a victim is faced with difficult situations, they feel vulnerable due to the past trauma.



### Cyber Bullying

Cyber bullying can take place in online games, chats, social media platforms, etc. It has become increasingly common, especially among teenagers, as the digital world has expanded and technology has advanced. Due to the fact that people can remain anonymous online, cyberbullies can be ruthless and merciless. Cyberbullying can come in the form of sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior. Cyberbullying can lead to anxiety, depression, low self-esteem and may result self-harm or suicide.



### Physical Bullying

Physical Bullying is when interaction of physical harm occurs. This happens when you get hurt or injured in a physical way through actions. It can be due to conflicts, misunderstandings, or simply for the fun of the bullies at the expense of those they deem "weaker" than them. Effects of physical bullying also manifests mentally due to the trauma caused by the people who inflicted injuries among them and the tendency to feel like they are weak because that is what the bullies are making them feel. In most cases, victims of physical bullying are not able to defend themselves. They are also not able to easily talk about their past situations due to the trauma it has brought them.



### Verbal Bullying

Verbal bullying involves mainly insults, taunts, and name calling. Regardless of the age of the bully and the victim, verbal bullying can start off harmlessly enough - as teasing or a slight insult. But this can quickly escalate into verbal violence that causes serious harm to its victim. Sometimes, this often escalates to physical bullying. Verbal Bullying can affect a person's mental health, too. Verbal Bullying can also be done through the internet, through online games, social media platforms etc. and causes a person to feel less confident and lower a person's self-esteem.



Research shows bullying occurs in every school. However, it shouldn't take legal action for schools to act on bullying. So, how do we, as students, help keep our environment bully-free? We can help keep our environment bully-free by helping victims speak up and stand up for themselves. We citizens can help by joining health organizations that help spread awareness of bullying. Help spread awareness of cyber bullying, through posting on social media. Lastly, be a good role model, we can help our environment stay bully-free by setting a good example to others such as being kind and showing respect to others.



# ENTERTAINMENT

**Someone**

*Jewel Raia Marie C. Villanueva, 9-Turquoise*

I finally have found someone who makes my smile bright.  
 Someone who has been there for me, stopping my frown.  
 Someone whose eyes shine like a light  
 Even when the rain pours down.

As you caress my hand, soft and gentle.  
 While I lay in your heavenly arms, I nearly dozed.  
 All I could think was that this moment was sentimental.  
 As you continued caressing, my eyes closed.

When I saw you from the start  
 You turn the grey sky to blue.  
 You are a beautiful art.  
 I want to stick with you like a glue.

We'll love each other until our last breath  
 We'll be together as ghosts after death.

**The Stars Have Gazed**

*Anonymous, taken from Southbrook Confessions FB Page  
 Dedicated to Estelle Mae Danojog, 10-Tanzanite*

The stars have gazed, they announce you with such a beauty  
 Such have I, been amused by such an art  
 If ever I may, Valentines is closing day by day  
 And be dazzled by one's pure heart

From the days we converse, we had a lot in agreement  
 I am damned, that was cool  
 How I wish we had stayed that way till our heart's content  
 You really made me look like a fool

Oh heavens, you made such a mischievous lady  
 Such with your soft hand, a story with beautiful calligraphy  
 To make one's heart be fooled by your luscious trickery  
 How do I grant myself an amnesty

The days of winter on my mind of sick, you comfort  
 Such a name, Estelle, by defined, a Star  
 With this poem I don't mean you discomfort  
 How I wish your feelings are on par.

Be well, my Estelle...

**Some Days May Just Be Happy**

*Anonymous, taken from Southbrook Confessions FB Page  
 Dedicated to Grade 10-Tanzanite*

Some days may just be happy, and some days may just be naughty.  
 Some days may come in sad; some days may come out glad.  
 Some people be mischievous, and some people be courageous.  
 Some people be smart, but nonetheless, everyone is doing their part.

They say perfection is the result of practice,  
 We say progress is better than all the other madness.  
 Perhaps perfection was never the end goal,  
 Maybe just some expectations overall.

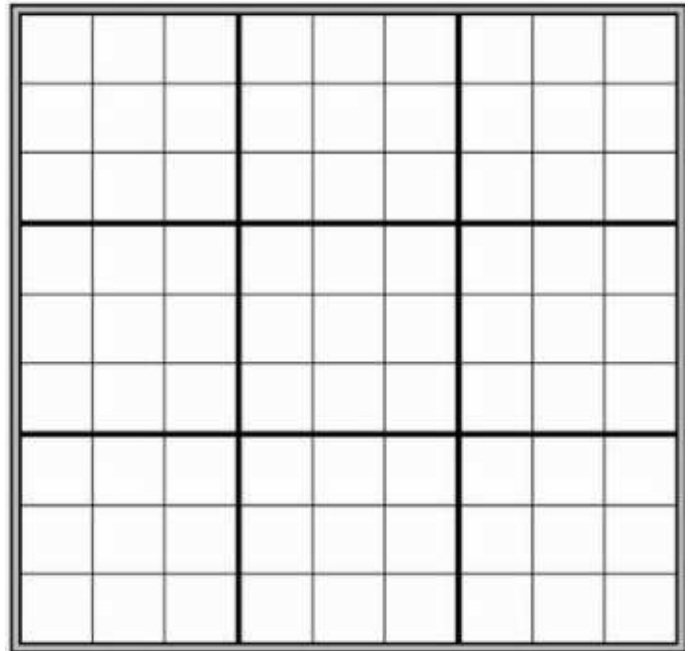
It is said that Owls can see even on the darkest of nights,  
 But the vision we see is way farther than just tonight.  
 It is said that Bats can hear the faintest of sounds,  
 We are here to support each other all year round.

We may be small in quantity, but that doesn't take us out of responsibility.  
 We are what they say, charming, but we are always ready for war, battling.  
 No one messes up our brotherhood, or you'd be facing the whole neighborhood.  
 For we are handsome and pretty but don't ever think we pity.

The future is bright, my fellow Tanzanites.  
 For what we endure, we are survivors that's for sure.  
 When days are dark and gloom, knock on the door and enter the room.  
 Soon we bid farewell, my friend, and hope to see you again on another end.

**SUDOKU**

The goal of sudoku is simple: fill in the numbers 1-9 exactly once in every row, column, and 3x3 region.



N C O M P U T E R L Q C Y D  
 A O M N Q Y S H O E A U R P  
 S Y I M O S L O I N M A I Y  
 S P G T A T P B T S O M N Z  
 I L E Y A R N E M B T O U L  
 G L C R A C E I E E I O L S  
 N A I C F N I T M T S A R G  
 M B T T N O I F A D B S N Y  
 E Y C W C H R N I T A I A N  
 N E A E W E I M E T Y B O D  
 T L R T L M J K A L N C M Y  
 K L P Y A B S O L N R E N K  
 J O G X M A A U R I C K D M  
 V V E T B J B T A P M E Q I

CANTEEN  
 AIRCON  
 COMPUTER  
 CARPOOL  
 ASSEMBLY  
 QUIZ  
 ASSIGNMENT  
 EXAMINATION  
 BADMINTON  
 VOLLEYBALL

WHITEBOARD  
 TABLE  
 PROJECT  
 PERFORMANC  
 ESSAY  
 IDENTIFICATIO  
 SUMMER  
 HISTORY  
 PRACTICE  
 BULLYING  
 BASKETBALL

# Talisay City DIVISION MEET



# INTRAMURALS 2023



# JAMBOREE CAMP



# JAMBOREE CAMP



# Southbrookian FAMILY DAY





Over the past months, we have shared countless experiences, memorable moments, and academic endeavors. Now, the academic year has drawn close.

Before the school year ends, we, at Southbrook Academy, Inc. would like to express our deepest gratitude to each and every one of you. You have brought life and energy to our classrooms, and you have been the reason behind your teacher's passion for teaching. Your curiosity, enthusiasm, and dedication have inspired us all in ways words that even us cannot fully capture.

We have faced challenges and celebrated triumphs together. We have laughed with each other; we have cried with each other. This year, we celebrated birthdays together and parted ways with some others. All of these are priceless memories for the school and will be remembered for as long as we march on.

To our graduating class, it is bittersweet to bid farewell to you, but we trust that life will intertwine our journeys again and we will hear about your accomplishments, dreams realized and the mark you leave as you go. Wherever you are, remember you always carry with you a piece of our hearts. Plant yourself where you bloom best, graduates!

To the rest, we hope to see you again next school year. We are excited to see you discover more about yourself and evolve into the best version you can be.

Enjoy the vacation, Southbrookians!  
We will miss you until the next time.

Love,  
**YOUR SOUTHBROOK FAMILY**

Thank  
You