



SCHOLE

Monthly Newsletter of the Afternoon School



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A NEW BEGINNING



Come to think of it, I once stood before you my fellow students, humbly appealing for you to cast your votes for me. And now, I'm standing here not only as the new SC President whom you've trusted, but as a fellow student welcoming you back to school year 2009-2010.

Another year is set before us, a chance to gain new ideas, build real brotherhood, design new goals to reach our dreams, take opportunities to be vigilant, systematic, and appreciative in facing the realities of life. This is another chance to be wiser in decision-making, to learn more to focus on our priorities, to acquire gentlemanliness and become a person with values.

As we enter into a new chapter of our student life, I call on you fellow Southridge students to work hand in hand in making each and every step a move towards greater awareness of our responsibilities as scholars. Let us be more optimistic to every opportunity that comes our way. Let us share ideas and always show the best that we can be. Explore and be daring enough to do what is right.

That is why the Student Council is challenged to execute its unique and, hopefully, effective plans that would be for the benefit of everyone. We, the officers, are humbly reaching out to you once again for your support to our projects which have been designed to strengthen unity and camaraderie among us scholars.



And so, I speak before you, not only as an SC officer, but as a student, classmate, and friend. Let us make use of our time wisely and productively by living the great virtues we have acquired and continue to learn. Students, be persons with character. *Be men of Integrity.*

(a speech delivered by Jao Asayas, ASSC

Chairman during the first Student Assembly)

A(H1N1) Advisory

Prepared by:

National Center for Disease Prevention and Control
National Center for Health Promotion

What is Influenza A(H1N1)?

- Influenza A(H1N1) is caused by a novel virus that resulted from the re-assortment of 4 viruses from pigs, human, and birds.
- It was first detected in people in April 2009 in the United States.
- This virus is spreading from person-to-person, probably in much the same way that regular seasonal influenza viruses spread.
- There is no vaccine yet to protect humans from this virus.
- There are existing and recommended medicines that are effective in treating these influenza A(H1N1)
- Influenza A(H1N1) can be fatal to humans due to severe respiratory distress (pneumonia)

Signs and Symptoms in humans

Similar to the symptoms of regular flu such as:

- Fever
- Lack of appetite
- Headache
- Runny nose
- Fatigue
- Sore throat
- Muscle or joint pains
- Cough
- Some cases have reported having diarrhea, vomiting, or nausea

Mode of Transmission

Exposure to droplets from the cough and sneeze of the infected person, or by touching things with the virus on it and then touching their mouth or nose. Influenza A(H1N1) is *not* transmitted by eating thoroughly cooked pork.

BUILD UP YOUR IMMUNE SYSTEM!

1. Avoid margarine, processed foods, white bread, white rice, sugary stuff, dairy products, polyunsaturated vegetable oils, salty snacks, alcohol, caffeine, and pollutants in the air.
2. Eat fish, broccoli, sea greens, ginger, fresh fruits & vegetables (especially spinach, sweet potatoes and carrots), whole grains, & cayenne pepper.
3. Slowly increase exercise.
4. Increase your hours of sleep! Less than 8 hours a night reduces your immunity.
5. Drink lots of water a day to flush away the body's toxins.
6. Get at least 15 minutes of sun every couple of days to help your body produce vitamin D.

Virtue of the Month ORDERLINESS

FORMULATING S.M.A.R.T. GOALS

Specific - A general goal would be, "Get in shape." But a specific goal would say, "Join a health club and workout 3 days a week."

Measurable - Establish concrete criteria for measuring progress toward the attainment of each goal you set. When you measure your progress, you stay on track, reach your target dates.

Attainable - When you list your goals you build your self-image. You see yourself as worthy of these goals, and develop the traits and personality that allow you to possess them.

Realistic - Your goal is probably realistic if you truly believe that it can be accomplished. Also, you know your goal is realistic if you have accomplished anything similar in the past or ask yourself what conditions would have to exist to accomplish this goal.

Time bound - A goal should be grounded within a time frame. With no time frame tied to it there's no sense of urgency.

Student's Commentary on the VOM:

You may say that this is a cliché, but this is very true, "a strong finish is very much complemented by a strong start".

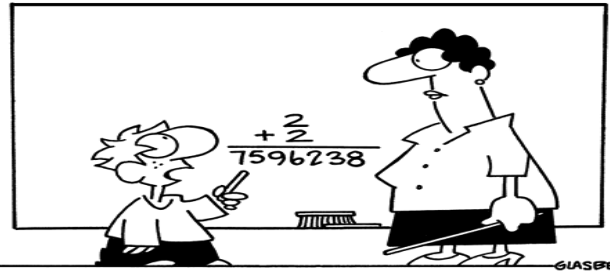


At the beginning of a new school year, it is very important that students aim for that good start. The virtue of the month for June can help students start well, if it is applied in their everyday life.

Prudence is defined as the ability to govern and discipline oneself by the use of reason. In the case of students, for them to govern and discipline their selves, setting goals at the start of the school year is one effective way. If students have goals, they will find a reason in everything that they do. Meaning the students will be very determined to finish one goal at a time. Those goals will serve as their stairway towards what they want to be in the future. Prudence is also doing the right thing in the right time and in the right place. This means that if you know that it is a distraction, you must be man enough to say "no" and do what must be done. Without knowing it, you're acquiring the virtue of Prudence little by little.

(Simon Arciaga)

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"In an increasingly complex world, sometimes old questions require new answers."

Confucius says...

"He who learns but does not think is lost.
He who thinks but does not learn
is in great danger." (Lunyu 2.15)

Toward the end of his life Confucius said, "At 15, I set my heart on learning. At 30, I was firmly established. At 40, I had no more doubts. At 50, I knew the will of Heaven. At 60, I was ready to listen to it. At 70, I could follow my heart's desires without transgressing what was right, or committing any sin."

Confucius was right—we learn more and more the older we get. Education in life begins on the day we are born and does not end until we die. That is why education has to be good. Education is life.

(from an article by Fr. Joseph Galdon, SJ)

Did you know that...

...there are 2 AS students from Pasay, 11 from Cavite, 15 from Laguna, 22 from Taguig, 26 from Parañaque, 28 from Las Piñas, and 72 from Muntinlupa!

...that the AS student who lives nearest to the school simply has to walk from ACERO.

...the student who has to travel the longest comes from Cavite City.

IMPORTANT ANNOUNCEMENT:

As a result of the suspension of classes due to a case of the A(H1N1) infection, Southridge Management has scheduled three Saturday classes as one way of making up for the lost school days. It will be on **July 4**, **July 18**, and **August 8**, from 10:20 a.m. to 4:40 p.m.

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Got something to say?

If you have an article which can be included in the next issue of Schole, just submit it to any of the staff.

Want to contact the AS office?

Just call (02) 807-8080 loc. 137