



O.B. MONTESSORI CENTER

# COSMIC JOURNAL

The Pride of OB Montessori Center

www.obmontessori.edu.ph  
O.B. Montessori Center Official Site

Greenhills

VOL. 12 NO. 3

JANUARY-MARCH 2020

## Strengthening our commitment to life

► By Antonio Maceda IV (12 Jose)



A topic we now frequently find in circulation is the gradual deterioration of the very planet we inhabit—the Earth. Even though we inhabit the Earth, we also remain the top contributors to the degradation of the planet because of human activities such as increased land development, deforestation, and consumption of single-use plastic. While our planet remains in dire straits, it is still within our capacity—yes, all of us—to protect all life as we know it.

OB Montessori Center has done its part to try to preserve our only inhabitable planet as of late; student-teacher activities such as the coastal clean-ups, which allow students the opportunity to remedy Manila Bay of the insurmountable amount of waste on it, to more recent activities such as the tree-planting initiative. These are all ways we may help mitigate

the damage we do to our planet.

While these are, indeed, large-scale efforts, there are also ways we as individuals can help this cause. Simple parts of our daily routines could be swapped for more earth-friendly alternatives; simple commodities such as single-use plastic food or water containers can be switched to reusable lunchboxes and tumblers. Several stores offer eco-friendly alternatives to common items found in school; notebooks, typically made with plastic materials, may be swapped in favor of completely paper-made notebooks. Even simple gestures such as bringing your own eco-bag or opting

to use cardboard boxes (“cartons”) at grocery stores or restaurants in favor of the likely-supplied plastic bags will do its fair share of reducing [waste].

With the current limits of technology, we only have one habitable option—the Earth—let’s all do our part to keep it in good shape for our and upcoming generations. We may have caused the Earth much trouble, but we are also capable of and very much responsible for undoing it.

For more information on the environment and our human contribution, watch out for the Senior High School annual academic journal, *Haraya*.



FEATURES

# Cloth and companionship: OBMC extends help to Taal evacuees

By Cosmic Journal Team



Operation Brotherhood can take the form of a warm blanket over weary shoulders. This was the case for the relief operations in the municipalities of Alitagtag, Lipa, San Luis, and Sto. Tomas in Batangas.



Greenhills



Fairview



Angeles

On January 18, OBMC, in partnership with the Philippine Coast Guard (PCG) and PCG Auxiliary, stood in solidarity with the families affected by the precarious state of the Taal Volcano by providing blankets and clothing, among other necessities.



All this would not have been possible without your donation to Project Kaibigan. Thank you for helping OBMC fulfill its mission of love and community service!



Greenhills Students

**COSMIC JOURNAL**  
The Voice of Our Montessori School

Editor-in-Chief  
**Yvette Margaux Bergantiños** (12 Tinio)

News Editor  
**Lyza Assumpta Balita** (12 Jose)

Feature Editor  
**Antonio Maceda IV** (12 Jose)

Literary Editor  
**Ma. Victoria Francesca Rufo** (11 Luna)

Graphics Head  
**Justin Timothy Choi** (9 Sapphire)

FEATURES

# The Grade 11 Perspective

By Pia Vistro (11 Amorsolo)



There I was, standing in front of my classroom, anxious and excited. It was the first day of school for AY 2019-2020, and, for me, it was the first day of Senior High School (SHS). Like most others, I had difficulty adjusting to SHS.

Everything was new, from the curriculum to my classmates. I had to take subjects that I was entirely unfamiliar with such as Psychology and ABM, and I had to get used to sitting through two-hour classes every day. Google Classroom was another big change. I felt like an old lady trying to figure out the new platform that majority of my classes, and my grades, relied on.

Fortunately, there were quite a few factors that helped ease the transition. I

was lucky enough to have a great advisor who guided me through the year and helped me find my footing. Being allowed a laptop was also a huge plus; it enabled me to have more thorough and understandable notes. And, of course, I can't forget about the hour-long lunch break—my absolute favorite thing in SHS!

All of these made the shift to senior high more manageable and I finally started to get acclimated to my new situation. I eventually learned to manage my time to accommodate both academics and extra-curricular, something I couldn't do during the first semester.

Overall, things took a turn for the better and I found myself enjoying the minefield that is SHS.



# Elocution 2019: Voices in solidarity

By Diego dela Cuesta (12 Tinio)



Participants

Renee Macling

Ayumu Kodama

Lorraine Castillo

“There is no race, except the human race,” Mr. Dante Danilo Tanjuakio said after concluding this year's elocution, a competition where students in Grade 12 show their skill in both speech and social awareness as they tackle current issues in the country in celebration of human rights and in solidarity with the sectors.

Part of the Elocution preparation is the rigorous selection process that all Grade 12 students go through because of their Social Sciences 2 technical paper. Far from the puffery and pandering of motherhood statements, the speeches were grounded in context and data from books, interviews, and the internet.

Khurt Go, who had to revise 23 times, chose the war on drugs as his topic because it is one of the most widely talked about issue in the Philippines with underlying issues that needed to be cleared up. For Yma Bergantiños, her parents' stories about the death of journalists was the fire that lit her academic solidarity with media workers.

The contestants then had to revise their speech based off the comments given during the screening, and the comments given by their

teacher-mentors. Being able to accurately use data in the speech is crucial as the contestants dealt with real issues affecting real people.

Lyza Balita caught the audience's attention with her discussion of the Bahay Pag-asa project while Maxine Gaw was passionate in her defense of human rights workers and activists. Patricia Nicolas delivered with conviction a data-driven piece on senior citizens. Lorraine Castillo, in third place, discussed LGBT rights in the Philippines while Ayumu Kodama, in second place, chose the exploitation of sex-trafficked women, a topic close to his heart.

Renee, the winning speaker, was told that this competition was meant to represent the people who were affected by these social issues, such as with her topic of child labor specifically on the streets. To her and the others, the competition was not about winning.

True success is finally seeing no one being left behind or being deprived of their rights.

FEATURES

# AJ Martinez: OB Montessori's Budding Diplomat

By Alida Moberg (10 Sapphire)

AJ Martinez is a proud Alumna of OB Montessori Center where she studied from Casa to Senior High School. She presently attends De La Salle-College of Saint Benilde as an AB Consular and Diplomatic Affairs major. Last year, as part of the Diplomatic League and "Youth Ambassadors," Martinez and twenty-six other delegates from her school were part of the National Model United Nations 2019 (NMUN 2019) in New York City, presenting a position paper which subsequently won several awards, including "Best Position Paper."

AJ credits her success firstly to her family upbringing, and also to

her training as a Montessorian. "My parents have brought me up to be an independent-minded individual, God-fearing, and responsible," she states. Her extended family, although busy professionals, have always shown their



commitment to her at every step. She says that it is their love that makes her strong. Stemming from that love is a humble, down-to-earth quality coming from every member of the Martinez family towards each other, and all whom they meet.

It is this love, coupled with commitment, which is spearheading her success in her studies of diplomacy.

Additionally, she continues to practice Montessori values such as independence, love for work and silence,



and responsibility. She says that these traits are what give her an edge in college, and she is grateful that she developed them at OBMC.

In this time often called "the Love Month" we can learn from AJ and her family the supportive power of a love that commits to one another, and teaches us to get along with each other in this integrated world in which we live.

# The Montessorian life of Mrs. Jimenez

By Nathan Sapitula (9 Emerald)

The Montessori way being taught here at OBMC remains unwavering. Though the environment in this campus has improved multiple times in the past few years, the Montessori way remained constant.

Mrs. Carina Jimenez of the High School Department can attest to this. She has been teaching Technology and Livelihood Education (TLE) here for 13 years and counting. Before she even became a teacher, she was a student, here at this very school.

During her student years in OBMC, they had to frequently visit the library for books because the technology during their time was very limited. They had very heavy bags because of the heavy books they must carry every day. Beyond the books, she carries with her the ideas she learned and now passes on as a mentor to hundreds of Montessorians.

"As a teacher, you feel fulfillment and contentment when you are remembered," she shared.

Her students will be her best memory in her teaching years, she said. It has been rewarding for her since she appreciates the students sharing the stories of their lives and she also enjoys sharing "motherly advice" from time to time.

As an OBMC parent, she believes in the "wholistic approach when raising children." She wanted her children to not only excel in the academic field, but also in the practical aspects of their life. With two children studying in the Greenhills campus going through the same Montessori training, she looks forward to seeing their improved character in the future.



Batch 1999



Batch 2001



# FOOD FAIR 2.0

Captions by Justin Choi (9 Sapphire)



Street Food is in our blood as Filipinos, and even in the Food Fair and Minimart it is as profitable as on the streets!



It is not only learning about managing a business, but also about life skills like multitasking and time management.



The Food Fair is all about bringing students together from all levels to enjoy delicious food!



This activity has many lessons for us students, but the most important of them all is the friends we made along the way.



## FEATURES

# Love for the Game

► By Beatrice Meneses (9 Emerald)

What's that buzz? What's that noise? What's that roar? This can only mean one thing — High School Intramurals 2020 is underway!

As the games rage on, let's take time out from scores and stats to admire the sheer dedication to the games displayed by the students, and their support unbounded as they cheer for their respective teams and friends from the sidelines, spurring them on towards greater results. Further, the players' commitment to their appointed teams shows through all their hard work and practice, compounded amidst multiple suspensions from semester break, international tournament, typhoon, even Taal. It all adds up to more

practices and preliminary matches long after normal class schedules are completed—the dreaded overtime—yet no one can be heard complaining. As the stakes of the games and the intensity of the matches rise, even more we see the high priority that is placed on this competition.

It seems that nothing can hold the Blue Bears, Red Bulldogs, Yellow Tigers, and Green Hornets down as they flex their muscles and blast their way through the confines of their tight schedules; even as their teachers and advisors sacrifice valuable grading and encoding time to lead their fanatical squads. All are still driven by their enjoyment of the games and their desire

for the title, "Champions."

It is a commitment shared by the OBMC organization itself: a commitment to a holistic education that develops every area of the child and instills a passion and fervor for excellence in every area of life.

Keep charging forward, gallant warriors, and good luck!



## The Joint Campout: A Truly Unforgettable Experience

► By Thoby Kyle Go (10 Topaz)

Nervous yet excited—that's how I felt four years ago when I joined the Joint Campout (JCO) at Preziosa Botanic Park and Farm Resort. I loved exploring, but I was afraid of not performing well. Now that I am in Grade 10, the experience was different. Aside from being responsible for others, I was also a squad leader. I had to be their role model and I was up to the challenge.

This year's JCO was held on January 9–11; however, before going to Preziosa Park, we had a stopover at the Geronimo Berenguer De Los Reyes Jr. Museum in Cavite. This was a new activity, so I was curious to see what it held. I would have loved to get lost in our history, but my eyes were glued to my Grade 6 squad mates.

Since it was my first time as a squad leader, there were instances when it felt like we were not at our best. But as we went on

with other games, we worked well. I was especially proud when some of them faced their fear of heights.

After the camping, I felt like I had become a better version of myself. I saw myself in not just one but in all my Grade 6 squad mates. I remembered a time when I was shy, too. Then I was able to grow out of my shell. I became more determined.

The JCO is a trial for the challenges that students will encounter in the future, and it has changed me—both inside the campus and out. Thank you, OBMC, for making my last year in Junior High School truly unforgettable and a timeless experience to be told to future generations.



## ARTWORK

## Tips to study efficiently

► By Mikaela Sumang (10 Sapphire),  
Adrienne Gamboa (9 Emerald), and Martha Dabo (10 Ruby)

### 1 Make studying interesting

- Play some music to help you focus, but don't let picking the music distract you!
- Make a list of things to do while studying. You will less likely be distracted once you have an idea of what to do.



### 2 Memorize faster



- Color psychology suggests using a blue-inked pen can help in memorization.
- Make use of acronyms.
- Try to apply your knowledge in everyday life.
- Reflect on what you studied.

### 3 Take care of yourself and do not procrastinate



- Set a time for exercise and for sleep.
- Prioritize your tasks.
- Don't pressure yourself.
- Hydrate!
- Remember to take breaks.

## LITERARY

## Handwritten Letters: Why and how they still matter

► By Ma. Victoria Francesca Rufo (11 Luna)  
Yvette Margaux Angela Bergantiños (12 Tinio)

Communication is everywhere. With technology, we are not limited to speaking in person or through telephones. We can quickly send emails and text messages, as well as use social media.

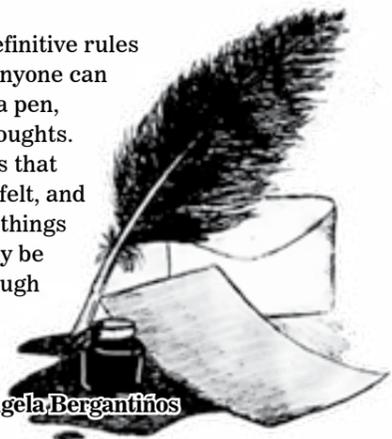
Despite having these new avenues of communication, it's still important to try an old-fashioned way of communicating—writing a letter. Though the act may sound tedious and even cheesy to some, writing a letter allows one to say what you cannot easily express in person or in chat.

Letters are heartfelt because of the time and effort invested in writing them. Writing a letter can be a great way to tell a person how much they matter to you, and can hold lasting meaning for long periods of time. Sometimes, one's feelings just flow better with pen and paper. Here are some tips to help you get started:

- Know who you are writing for. This will guide you on what you should say in the letter. Use nicknames if applicable.
- Reflect on the content. Remember, a letter is not a quick text or message. It is a compilation of your thoughts and reflections.
- Observe grammar and handwriting. Your recipient should understand what you are saying in the letter. Make sure your handwriting is legible. After writing, double check for any errors or changes in your letter.
- Think about how to send the letter. You can ask someone to give it, or you can give it yourself. If you know the recipient's address, consider sending the letter through mail.

There are no definitive rules on letter writing. Anyone can write a letter with a pen, paper, and their thoughts. What's important is that your letter is heartfelt, and can easily express things that would normally be difficult to say through other media.

Artwork by  
Yvette Margaux Angela Bergantiños



# Good Practices to Prevent the Spread of the Coronavirus Disease (COVID-19)



Use face mask if you have cough and colds to prevent transmission to other people.



Avoid crowds and close contact with people showing symptoms of cough, colds, fever, and sore throat.



Observe proper cough and sneeze etiquette: Maintain your distance; cover your mouth or nose with tissue or the crook of your elbow while coughing or sneezing.



Wash your hands frequently. If you have no access to water, use an alcohol-based hand sanitizer.



Strengthen your immune system by eating a diet high in fruits and vegetables. Get enough sleep, drink water, and exercise regularly.