

SoulTalk

a monthly newsletter to parents

Director's Teapot

At the end of this month, the Grades 5-12 students will be holding their Intramural Games. This is something that every sports-minded student looks forward to. These students excel in sports more than they do in academic subjects. They shine in the sports arena of basketball, volleyball, badminton, table tennis, scrabble and chess. The Bible has a lot to say about athletes. In fact, Paul uses the athlete as an analogy of the Christian. Any athlete who wants to compete must train, live a disciplined life and follow rules. These three requirements sound simple but truly, they are not easy. Filipino boxer champion Manny Pacquiao trains for months before a fight. He burns up to 7,000 calories a day during training and reportedly eats six meals a day to fuel his body. He wakes at 3am to sip on his first protein shake of the day. At the August, 2019 World Triathlon Olympic Qualification Event, the top two finishers were disqualified. Why? According to International Triathlon Union rules, athletes must make an attempt at winning when a finish is neck and neck. But at this event, the top two finishers instead slowed down and crossed the line together, hand-in-hand, neither making an attempt to take the victory. Recently, a Korean Tour's top golfer got suspended for 3 years after giving a fan the middle finger and slamming the golf club seemingly showing his frustrations. These are but a few examples to show that athletes follow a strict regimen in training. And when they are in competition, they observe the rules and regulations and conduct themselves with dignity. Cheers to all the athletes of the Intramural Games 2019 and may each one be found conscientious in observing the rules & regulations of the event and exhibit Christ-like behavior in word and in deed.

CONGRATULATIONS TO THE FOLLOWING STUDENTS FOR THEIR OUTSTANDING ACHIEVEMENTS IN VARIOUS COMPETITIONS

2019 DEPED SCIENCE AND TECHNOLOGY FAIR (DIVISION LEVEL)

San Nicolas Elementary School, Cebu City

SCIENCE QUIZ BOWL | SEPT. 20, 2019

Champion Coach: Ms. Manigos
JESSICA GIANNE D. LIM (GR. 4 CHESTNUT)

SCIENCE PROCESS & PRACTICES ON-SITE TEST (SPPOT) | SEPT. 27, 2019

4th Place Coach: Mr. Bacloyon
WAYNE MATTHEW A. DAYATA
ALYSSA LOUISE AMADORA (GR. 12 SINCERITY)

2019 DEPED MATH QUIZ BOWL (DISTRICT LEVEL)

Cebu City Central School | October 3, 2019

ELEMENTARY

ETHAN JENSON G. YU 1st Place (GR. 5 CYPRESS)

MATTHEW KENZIE U. RASINES 1st Place (GR. 5 SYCAMORE)

NATHANIEL TRENT S. ONG 2nd Place (GR. 6 MYRTLE)

BENJAMIN MARK Z. ZHUANG 2nd Place (GR. 6 MYRTLE)

Coach: Ms. Castañeda

HIGH SCHOOL

JOSHUA DAVID L. TAN Champion (GR. 10 WISDOM)

ANGELA JAMIE P. TAN 3rd Place (GR. 10 LOYALTY)

LANCE XAVIER S. CASTRO 3rd Place (GR. 11 CHARITY)

TRISHA DAPHNE L. LIM Champion (GR. 11 MEEKNESS)

Coach: Ms. Lazaro

14TH PHIL. SUDOKU SUPER CHALLENGE

SM Seaside, Cebu City | October 13, 2019

ELEMENTARY

BRUCE SPENCER R. ONG 1st Runner Up (GR. 5 SYCAMORE)

NESTOR NOEL C. VALENDEZ 3rd Runner Up (GR. 5 SYCAMORE)

RAY IAN P. ABELLANOSA 2nd Runner Up (GR. 6 MYRTLE)

Coach: Ms. Castañeda

HIGH SCHOOL

DESIREE REGINE N. GO 1st Runner Up (GR. 9 VICTORY)

JOSHUA DAVID L. TAN 2nd Runner UP (GR. 10 WISDOM)

Coach: Ms. Lazaro

HOLIDAYS AND EXAMINATIONS

Toddler, Nursery, Pre-Kinder & Kindergarten Pupils will enjoy school holidays starting on October 28–November 5, 2019. Be back on November 6.

Grades 1–4 Pupils will also go on school holidays starting on October 28–November 5, 2019. Be back on November 6.

Grades 5–12 students will start their school holidays on October 31–November 5, 2019. Be back on November 6.

Second Quarter Exams are scheduled on November 11–15. Details will be given in the next issue of SoulTalk.

INTRAMURAL GAMES 2019 (OCT 28-30)

ATTENDANCE IS REQUIRED OF ALL GRADE 5-12 STUDENTS

ATTIRE: October 28 (Mon) Batch shirt
 October 29 (Tue) PE shirt
 October 30 (Wed) Batch shirt

OPENING CEREMONY: October 28 | 8:00am | Gym

Games will follow after the opening ceremony.

PICK-UP time for **Grade 5 & 6** is **4:30pm**

PICK-UP time for **Grade 7–12** is **4:30pm**

PLASTIC – FREE WEDNESDAY

- A SUPREME STUDENT GOVERNMENT PROJECT -

To promote an eco-friendly environment,

- Every Wednesday, the high school canteen will only use paper bags & containers; therefore no bottled drinks (except juice).
- Students will need to bring their own bottle containers to buy drinks.
- For food to go, students need to provide their own food container.
- School staff, parents and guardians will also follow the same protocol.

Effective October 23, 2019

PRE-ELEMENTARY

SAVE THE DATE
a Christmas celebration with
Family Day
DECEMBER 07, 2019 (SATURDAY)
 TIME: 8:00am-1:00pm
 PCGS Gymnasium

This is the reply portion, please cut and return to your child's class adviser on or before October 25, 2019.

To PCGS Administration: Acknowledge receipt of your newsletter SOULTALK to us dated October 16, 2019.