

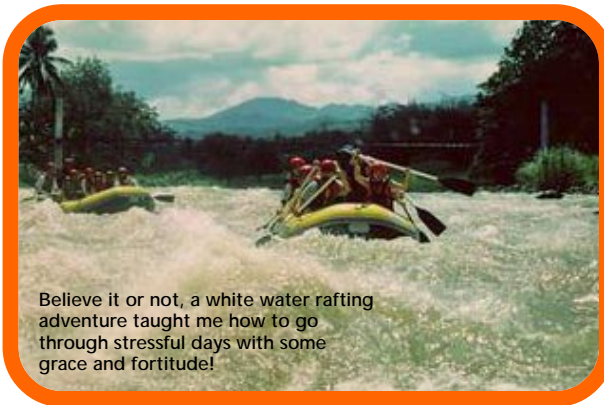


My friends and I recently went on a Cebu Pacific Fun Tour, where we braved the famous white water rapids of Cagayan de Oro River in Mindanao. With our river guide and on a bright yellow raft, we plunged headlong into churning waters that tossed us in different directions, navigated through scary rock formations, and were sprayed by torrents of water. Through all this, I had no thought in mind but the guide's shout: "PADDLE FORWARD!" But in between the frothing rapids, where the water is calm, we would relax, joke around, or sing silly songs, taking in the beauty and power of the river.

After this trip, my life just got crazy. Projects, deadlines, and work-related demands burst through in torrents. I was totally unprepared. I went through each mad day like a robot, with only caffeine keeping me awake. But then a clear idea came through all the confusion: *I was just paddling through a section of rapids.* There was no way I could bail out. I just had to go through it, and at some point, all the roiling would end and I would be in calm waters again. One thought kept me sane: just paddle forward.

I am, metaphorically speaking, finally approaching calm waters and looking forward to some R&R. But I'm happy to have discovered a new mantra to use when life becomes a little bit unbearable.

I hope the new school year is calm stretch of river for you, dear teachers. But if white waters should appear, just remember the guide's shout: PADDLE FORWARD!



Believe it or not, a white water rafting adventure taught me how to go through stressful days with some grace and fortitude!

featured letter

THE FULL HEIGHT OF SUCCESS

At the foot of a hill where we have to climb,  
Turn not about face though it is high in sight,  
Through frustrations enshroud us and trials we find,  
Falter ye not to reach the enviable height.

Though we tremendously encountered hardships,  
And we are heavy laden with miseries  
Even though how rocky and rough the road is,  
Keep going straight on to obtain victories

Therefore let not these obstacles block our way,  
But rather be our inspiration each day,  
And be our stepping stones to success,  
As we tread to go upward in our very best.

When we climb and reach the full height of success,  
Miseries disappear and even sadness,  
For Christ is our guide as we strive each day,  
Who helps us resist the trials that we bear.

—Antonia Espinoza, EdD  
Officer in Charge  
Restituto Peria High School, Aliaga, Nueva Ecija

Therese

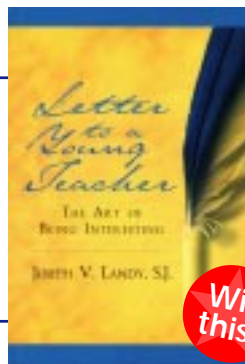
EDITOR

teachers@readerstransform.com  
cell phone: 0927-9133712

P.S. We received a poem from a reader that also deals with life's difficulties. Take a look at the left!

WRITE TO US

Tell us what you think of Star Teacher, because it's YOUR magazine. If your letter is featured in a future issue, you'll receive this special gift from Tahanan Books: **LETTERS TO A YOUNG TEACHER** by Joseph V. Landy, S.J. An excerpt from this inspiring book is featured on page 12. Please include your land line or cellphone number in your letter so we can get in touch with you.



Star TEACHER

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Star Teacher  
Sa Aklat Sisikat Foundation, Inc.  
35/F Petron Mega Plaza  
Sen. Gil Puyat Ave. Makati City  
Telefax: 889-8135  
Cell phone: 0927-9133712  
Email:  
teachers@readerstransform.com

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# PARENTS' TIPS

To give teachers the summer break they deserve, we asked parents to share their tips instead and tell us about their best experiences with the teachers of their kids. Let's hear from the other side now!

## Summer Learning

### QUICK QUERY:

What has been your best experience with a teacher so far? How did that teacher behave towards you and your child that really impressed you?

#### PARENTS SAY:

**There are two teachers** of Dominic's that I rank a perfect 10. Ms. Bolivar, Dominic's Grade 1 teacher, had a booming voice but she hugged all those who cried, gave extra time to the ones who were failing, and took time to write in the diaries of our kids so that we were always updated. Mr. Parulan, his Grade 7 teacher, knew how to discipline the kids but at the same time, had fun with them. He danced and sang with the class during their batch party. At their retreat, he comforted those whose parents did not come. During the graduation, he did not just introduce the class as 7-I...he said, "Ladies and gentlemen, my BELOVED 7-I"...obviously, he was very proud of his class. He wrote each and everyone a goodbye letter—surely an act that goes beyond his call of duty.

— TEESA DALUZ

**My best experience** is with my daughter's toddler class teacher for school year 2003-2004. My daughter is the moody type, but her teacher was able to make her participate and even excel in class. She has a nice, soft voice but is firm, so

the kids don't have a hard time following instructions. She also inspired my daughter to act in front of class and during school programs. Also, I noticed that if the teacher is kind, sweet, and well-mannered to students, the kids mimic the behavior at home, as my daughter did when she arrived home from school.

— EDEL SANTIAGO

**Just last year**, as I got my son's 2nd trimester report card, his Grade 6 teacher informed me that though Anjo was a very talkative boy, she liked the fact that he was into listening to and reading the news. I was surprised to find out that he had frequent chats with his teacher about current events and that they would have great exchanges about this. It is very comforting to know that my son had a teacher who has the capacity to look beyond a student's restlessness, appreciate his upsides, and also spare precious time outside of class to listen to him. Bless her! — MONIQUE LECAROS

**I can't forget** the time my daughter, at

age 5, said, "Sana si Teacher Agnes *na lang ang mommy ko*," referring to her preschool teacher. Of course I was hurt hearing this, but when I observed how Teacher Agnes treated my daughter, I found out that any student would feel the same way. The first thing she does when she sees a child is to call her first name sweetly and hug her. Then she listens carefully. She doesn't talk much, but listens carefully. I think that this really makes the child feel special and important. — GILDA DESEMBRANA-LAIGO

#### Teacher Cherry

was my son Jem's third grade adviser just this past school year. At first, when she would talk lengthily to me and my hubby about how intelligent our child is and how she admires him for his good qualities, I would think, *bola lang*. It was the first time I had ever encountered a teacher showing so much

fondness for my kid. As time went on, I saw how Teacher Cherry took care of my son as her own. She was in constant touch to remind us of schoolwork that needed to be done and to give pointers on his studies. I later learned that she even dedicates extra hours after class to tutor slow learners. During our end-of-school outing, I noticed how close she was to the other parents and could go on forever talking about each student's good qualities. Though she recognizes that each has his/her flaws, she commends them for all their efforts in class. What an encouraging attitude!

— REDA REMINDA



#### DO YOU HAVE A SOUND SOLUTION TO THIS QUICK QUERY?

**My students don't know how to follow instructions, whether verbal or written. How can I teach them this important skill?**

How to send your sound solutions:

Via text: 0927-9133712

Via email: [teachers@readerstransform.com](mailto:teachers@readerstransform.com)

Via fax: (02) 889-8135

Via post: Star Teacher

c/o Sa Aklat Sisikat Foundation 35/F Petron Mega Plaza  
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If we pick your Sound Solution, you'll receive free copies of Good Housekeeping Philippines courtesy of Summit Media. Submit your answer now!

