



# **SPU MANILA IN THE TIME OF COVID**

## **Health Protocol for Returning Vacationists**

Sr. Ma. Evangeline Anastacio, SPC, University President, sent the following letter to employees returning from vacations in their respective provinces:

As per compliance with the Memorandum issued by the Manila Health Department, all Manila residents returning from the provinces during the Christmas break are required to undergo RT PCR swab test for COVID-19 before being allowed entry into their barangays.

The designated testing center for our barangay, Brgy. 697, is the San Andres Sports Complex Quarantine Facility, which opens at 8:00 AM and has a 12:00 NN cut-off. Upon consultation with Barangay Chairman Gary Lee, SPU Manila employees should stay in the school on quarantine for one or two days after the swab test.

They are not allowed to return to work or go out of the campus while waiting for the results. Should the results turn out negative, they will be allowed to return to work and go out of the campus. However, if the results turn out positive, they will be brought to the quarantine facility for monitoring and further referral if necessary.

In relation to this, employees who live outside the NCR may come tomorrow, January 5, 2021 to arrange the schedule for swab test prior to reporting for work.

To ensure smooth flow, follow the guidelines below:

1. Register your name at the Health Services.
2. The School Nurse will submit the list to the Human Resource Services for ride schedule.
3. You will be informed of your schedule in going to the San Andres Sports Complex Quarantine Facility.
4. In filling out forms, specifically your address, in the San Andres Sports Complex Quarantine Facility, write SPU Manila as your temporary address.
5. Always wear your mask and face shield.
6. Bring your own pen and pocket alcohol.
7. After the swab test, you will be brought back to SPU Manila for one to two days quarantine or until the results will have been released.
8. Monitor yourselves for symptoms related to COVID.
9. You may contact the Health Services through the Official FB page for your health concerns.
10. For all employees and visitors, do adhere to our SPU Manila's strict basic health protocol:
  - a. Always wear mask and face shield while inside the campus.
  - b. Wash hands frequently.
  - c. Maintain physical distancing of at least one meter.

Please be guided accordingly.

## LOOKING BACK...

### Teaching amidst crisis: SPU Manila celebrates World Teachers Day

by Vanderlianne Bernales and Anna Torres  
from *The Paulinian*

St. Paul University Manila ended the month-long celebration of World Teachers Day on October 30, 2020, with a Facebook live event entitled “#TeachersOfTipol.”

Bearing the theme “Leading the crisis, reimagining the future,” the St. Paul University Manila Supreme Student Council (SPU Manila SSC), along with the College Department and other organizations, organized and presented the said celebration on the SSC Facebook page.

“Despite the struggles faced during these trying times, it is our academic managers and teachers who stepped up and made education possible and within reach,” SSC Public Relations Officer, Francesca Dychangco, said in her opening remarks.

The online celebration, hosted by Jasmine Kalaw, started with an opening prayer by Ivy Sadi of the Paulinian Liturgical Animators, followed by the singing of the National Anthem.

#### Featured teachers give insights on distance learning

As part of the program, four Paulinian educators were interviewed regarding their experiences, insights, motivations, and tips or advice to students who are struggling in this time of pandemic, particularly with distance learning.

“As an educator, I stay motivated by learning and applying new 21<sup>st</sup> century skills in these trying times. I make use of my time productively by learning new tools that I can use for my instruction,” Mr. Lamer Morales, a professor from the College of Arts, Sciences, and Education, said. Mr. Morales believes that although we are all facing challenges right now, the students could make the most of the COVID-19 era by doing their best to earn their degrees in the intended completion period.

Dr. Mary Grace Leongson, Dean of the College of Business and Management, said no one is exempted from difficulty in this pandemic. Teachers also experience challenges so she emphasized that the best solution is keeping the faith and having a strong prayer life.

“I always believe that more than the intelligence, we have to cope with adversities (with prayer) because that (challenge) has already become something that’s normal,” said Dr. Leongson,

Dr. Nancy Aguila, a nurse and instructor in the College of Nursing and Allied Health Sciences, stressed the importance of molding future healthcare professionals at this time. “It’s really a difficult and challenging time with our situation, but what keeps me motivated to teach is knowing that we are forming future professional nurses, who are very much needed at this time,” Dr. Aguila shared.

The “Maestro” Mr. Jose Valdez, who teaches in the College of Music and the Performing Arts, highlighted the significant steps that schools have undertaken to mitigate the effects of the ongoing pandemic.

"The feeling of worrying as how to we are going to work or perform the usual things that we do is there, but even that further motivates us to think of ways and remedies to further do what is needed to be done," said Mr. Valdez.

Maestro Valdez ended his speech with words of hope and encouragement. "The brightest mornings come after the darkest nights," he emphasized.



Photo from: <https://www.facebook.com/spumssc>

## **Paskuhan 2020 Goes Online**

by Logan Zapanta  
From *The Paulinian*

A week before Christmas, on December 18 2020, the St. Paul University Manila (SPU Manila) community celebrated its annual Paskuhan event with the theme "Paskong Paulino: Katatagan, Pagmamahalan, at Pag-asa sa Gitna ng Pandemya" via a Facebook live event broadcast on the SPU Manila Supreme Student Council page. Various performances from the different colleges, as well as from SPU Manila employees, were presented in the said online celebration, hosted by Bea Villanueva and Franchesca Faylona.

To commence the program, Ms. Elmgay Valeriano, Student Welfare and Development Head, delivered her welcome message to the viewers.

"*Nawa, sa gitna ng pandemya, alalahanin natin na ang tunay na diwa ng Pasko ay si Hesus na isinilang sa atin* (Amid a pandemic, may we still remember that Jesus and his birth remain to be the true spirit of Christmas)," she said. Ms. Valeriano ended her speech by saying: "*Tunay na walang maiiwan, sapagkat ito ang tunay na Paskong Paulino* (No one shall be left behind because that is what a Paulinian Christmas is)."

At the latter part of the event, the St. Paul of Chartres (SPC) Sisters also delivered their holiday greetings to the Paulinian community through a song number, "Ang Tunay na Noche Buena."

## **Colleges, Organizations perform at virtual Paskuhan**

The Paulinian Dance Troupe (PDT) started the event with their opening salvo, which was then followed by a skit from the College of Business and Management (CBM) that portrayed the struggles Filipinos experienced this year. Also in the form of a dramatic presentation, the College of Nursing and Allied Health Sciences (CNAHS) narrated the story of four friends, namely Pau,

Corrie, Hope, and Athena. Each of the characters showed daily troubles that people have experienced during the lockdown, such as immense workload, difficulties with self-care, and loneliness. The College of Music and the Performing Arts (CMPA) and the College of Arts, Sciences, and Education (CASE) showcased a musical presentation of "Still" by Hillsong Worship and "Ikaw ang Liwanag at Ligaya," ABS-CBN's 2020 Christmas Station ID.

Wrapping up the talent portion of the program, the Supreme Student Council and the SPU Manila employees shared their messages and presentations for the online Paskuhan 2020. Selected student leaders sang Christmas carols, while some faculty members performed dance numbers. Non-academic personnel were also given the chance to express their gratitude and share their experiences in the form of a video message.

### **SPU Manila releases new edition of Christmas Station ID**

Capping off the event, the St. Paul University Manila community launched a lyric video of the new Christmas Station ID titled "Paskong Paulino."

The latest track, which was performed by Anne Salazar and Neil Dichoso, features the bond Paulinians still share despite these unfamiliar times. *The Paulinian* released the song's official music video on their Facebook page on December 21, 2020.

### **... AND FORWARD**

Alumnae groups are preparing for the first virtual homecoming, which will be live streamed on Facebook, on January 31, 2021. There will be a Mass in the Chapel of the Crucified Christ at 3:00 P.M., followed by a brief report by Sr. Ma. Evangeline Anastacio, SPC, President of SPU Manila, on the state of the university. There will be presentations by some jubilarian classes and greetings of good cheer and hope from some alumnae.

One group, High School 1966, Emerald Jubilarians, held a zoom meeting to finalize plans for their presentation.

**Top row (L-R): Carmel Dael, Agnes Devanadera, Mina Dilag and Toni Yap. Middle row (L-R): Lullie Salcedo, Riqui Hizon, Carina Flores, Roree Sta. Romana. Bottom row (L-R): Maritess Aguirre, Noemi Gomez, Ching Petines.**



### **CONDOLENCES**

The Paulinian Family condoles with the family of Sr. Mary Matthew Damo, SPC, who died in Davao City. Sister was a student in the BSN Supplemental Course in SPCM.

