



## **JHS Discipleship Seminar fosters faculty leadership competencies**

Written by Tracy Desierto

The Junior High School Department held its Discipleship Seminar with the theme, *“Leadership: Empowering Teachers with Essential Life Skills through Team Building and First Aid Tactics”* on March 7 at the EVB Gymnasium.

**Marijoe A. Caparas**, FAU Coordinator, led the first session on Basic First Aid Training wherein she highlighted the most common school emergencies. Moreover, she explained how teachers should react to such situations.

High School Guidance Counselor **Alma Y. Rosillon** was the resource speaker for the second session titled *“Mental Health and Well-being.”* She tackled the topic of ‘Stress’ by reminding the staff that their mental health as an educator matters, too.

Team Building Activities were then held, facilitated by JHS Vice Principal, **Dr. Caridad A. Cañete**, alongside the level leaders, **Dr. Rowena Elsa P. Sagayadoro**, **Ms. Laarni C. Pascual**, **Ms. Maria Sarah V. Garcia**, and **Mrs. Liwanag R. Perez**. Afterward, Dr. Cañete

discussed the value of team building as she tackled its 5 C's: Communication, Camaraderie, Commitment, Confidence, and Coachability.

In parallel sessions per team, teachers engaged in different sessions to enrich their skills in diverse areas. **Mr. Richard A. Caballero** explained the proper way of folding the Philippine Flag in the first session while **Ms. Marijoe A. Caparas** demonstrated first-aid skills in the second session. The third session was facilitated by **Jonald F. Ramas**, titled 'Knots in 15,' wherein proper knot-tying was taught. Lastly, the fourth session was held by **Mrs. Camille B. Pineda**, introducing Macrame, a knot used for artistic purposes.

Additionally, **Mrs. Liwanag R. Perez**, Grade 10 level leader, described the event as a chance to impart wisdom, abilities, and understanding from the teachers' years of practice.

***"When academics work together to make critical decisions, they can draw from a variety of viewpoints and experiences, producing results that are better informed and comprehensive."*** Mrs. Perez further added.

The JHS Discipleship Seminar is a teacher-exclusive event held every year, aiming to train faculty members in specific areas that are beneficial to the development of their learners. This year's discipleship seminar was focused on enhancing teachers in the aspects of team building and first aid.






GAAD Vice Principal, Dr. Lorina S. Villanueva, delivers her opening remarks.



FAU Coordinator Marijoe Caparas begins her session, orienting teachers on how to react to emergency situations in the classroom.





Team TAKAS (meaning: Talented, Awesome, Kind, Amiable, Smart) attempts to build the tallest tower with marshmallows and pasta.



Team BUNTIS (Beautiful Understanding Nurturing Teachers in School) takes on the Paper Cup Stacking Challenge wherein they finish first.



Team Quick works to construct a wheel out of newspaper and tape in the span of 10 minutes.



Team Quick finds a way to transport the ball to the next station, only using pencils.



The JHS Vice Principal, Dr. Caridad A. Cariete, awards Ms. Caparas for her efforts as a resource speaker.



Dr. Cariete and Human Resources Vice Principal, Mr. Jefferson Vismonte, recognize Guidance Counselor Alma Rosillon as another resource speaker on mental health and well-being.