



STEPPING STONE

Center For Excellence In Special Education

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SY 2019-2020

Issue No.

07

July 30, 2019



Nutrition Month Celebration

**“Kumain ng Wasto, at Maging Aktibo
Push Natin To!”**

MESSAGE BOARD



Felix B. Amparo
Adviser

Celebrating Nutrition Month is a reminder of the importance of good nutrition.

Good nutrition is an essential part of leading a healthy lifestyle. We should know and aware of the kind of food that we are eating every day to prevent being sick. Proper diet, enough sleep, and exercise are some of the factors to become healthy.

Teachers prepared a fun activities for the students to also introduce them to healthy foods and exercises. While enjoying the activities, the students were also learning.

Felix B. Amparo
Former President
GE Electric Philippines



Every year we celebrate *Nutrition Month*, this celebration is to spread awareness on how we take good care of ourselves. We keep our bodies strong and healthy to avoid the possibility of getting sick. Proper diet, enough sleep, and exercise are some of the factors to become healthy.

The challenge for all the parents is what kind of healthy food to serve for their kids especially for those who are a picky eater.

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Armak® TAPE CORPORATION

Packaging Tape



A sure seal pressure sensitive biaxially-oriented polypropylene film coated with high-grade water based acrylic system. Also available in colored and custom-made printed tapes.

Electrical Tape



Philippine Standard Quality Mark Licensed (PS). Guaranteed safe, reliable and tough in protection. Extreme flexibility with superb adhesion strength.



Aluminum Foil Tape



A soft-tempered aluminum foil coated with acrylic adhesive on one side supplied with a paper release liner. A top of the line duct sealing tape with superior adhesive and good temperature and aging resistance.

Stationery Tape



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A pressure-sensitive tape made with fine structured crepe and adhesive for superb holding power, conformability properties and solvent resistance. Suitable for various temperatures and humid conditions.

Double Sided Tape



Premium grade double-sided tape with a strong tissue backing coated with a strong natural rubber resin showing strong adhesion and a special heat resistant formula. Used to bond items such as leather works and shoes.

Cloth Tape



A premium grade poly-coated cloth tape with an aggressive natural rubber resin. Recommended for use where high tensile strength and high adhesion is required.

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Highly visible, non-adhesive polypropylene tape and heavy-duty adhesive colored vinyl. Used to demarcate areas to warn people where possible dangers might exist.

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For this year, **Stepping Stone Makati-Campus** celebrated Nutrition Month last July 25, 2019, with the theme of **"KUMAIN NG WASTO AT MAGING AKTIBO, PUSH NATIN TO!"**

The students, parents, guardians gathered to the **Stepping Stone** school to join the celebration. The teachers prepared the program and activity with the helped of **OT Interns, Psychology OJT from the University of Santo Tomas (UST)**, and **UST-AIESEC Volunteer**. The stage was decorated with vibrant colors with pictures of different kinds of fruits and vegetables. The program started at 8:30 am in Functional Academic Classroom hosted by **Teacher Vanessa Natural**. The prayer was led by **Teacher Vea Cartagena** and followed by **National Anthem**.

Teacher Jeanelle Vianca Garganta gave a short message as opening remarks; she emphasized the importance of nutrition and encouraged everyone to have a healthy lifestyle. The UST OT Interns performed a surprise dance number. After the dance number, everyone joined the Zumba Dance as a warm-up which led by UST Psychology students and AIESEC Volunteer.

The celebration is not complete without the adorable presentation of our own students. Every class prepared a presentation, the first performers were students from Early Intervention class, led by **Teacher Vanessa** and **Teacher March**, and they danced the tune of **"Go Banana"**. The second performers were students from Functional Academics class with their supportive teachers, Teacher Vea, and Teacher Janica. They danced the modern song of **"Wellness"** and showed their graceful and energetic dance moves. Parents were entertained and happy as they saw their kids dancing and able to follow the steps and showed their talent very well. The teachers were also performed a dance presentation with a tune of Zumba version of **"Taki Taki"**.

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Stepping Stone Sucat Campus Nutrition Month Celebration

By: Mery Mie M. Ang - SPED Teacher

"Health is not only about what you're eating. It's also about what you're thinking and saying."

We need to be healthy at all times for us to be able to perform our everyday chores. **Stepping Stone Sucat Campus** celebrate Nutrition Month last July 26, 2019, with the theme *"Kumain ng Wasto at Maging Aktibo, Push Natin 'To"*. The program started at 9:00 am, with stretching exercise and Zumba Dance for everyone led by the Physical Therapist. **Askia Paolo Andres**, student from Teen Adult class led the National Anthem

It has been a jolly day for everyone as they gathered at the first event of the school year. Every class participated in the guessing game challenge. They tasted the fruits and vegetables like ampalaya, calamansi, carrots, potato, watermelon, apple, banana, pineapple, and tomato. Different faces and reactions show from students who tried the challenge while blindfolded.

The highlight of the event was the presentation of the students, started with the Early Intervention class with *"Makulay ang Buhay"* song led by **Teacher Angeliza**. The Functional Academics had a blast when they dance their jingle with the tuned of *"Kiss me, kiss me"* guided by **Teacher Shane** with their colorful and creative costumes. Last, was Teen Adult class as they amazed everyone to their *"Energy Gap"* dance performance guided by Teacher Diana.

Lastly, the most awaited part, the eating time, the school provides healthy foods such as watermelon, apple, orange, banana, pineapple, mango and make your own sandwich with tuna and cheese as the choices of filling. It can relieve our thirst with pineapple juice and drinks that our dear parents shared



with everyone. They also bring pancit and puto that completes our day and make our stomach full.

A satisfying day when the students received the giveaways that make them excited and happy.

Simple celebration but delighted our hearts with the smile of our students.

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Everyone was really entertained, but the celebration is not yet over. The teachers prepared games for everyone. The first game was **Bowling** (hit the unhealthy food), this game shows the students to familiarize and identify healthy and unhealthy food. The mechanics of the games is to hit the pins with unhealthy food and played into two groups.

The second game was the **Parent and Child Tandem**. Parents will blindfold and their child will feed them, the first tandem who finishes without leftover will declare the winner.

The last game was **Food Eating Relay**, this was joined with three groups of students. The mechanics of this game are to scoop the chopped apple using a spoon on a bowl then go around the chair, back to line and eat the spoonful of apple with no leftover. The player was guided with their parents and guardian, if the child refuses to eat, the parents or guardian will be the one who will eat the chopped apple. The game was finished smoothly, both parents and children enjoyed games.

The next activity was **Fruit Kebab Making, Lychee Fruit Punch, Chicken Sandwich Making**. This activity will teach the students how to prepare a simple healthy meal at home; part of it, is safety precautions in food preparation are also important. The students were guided by their parents or guardian on preparing the meals. The students enjoyed this activity as they ate the food that they had prepared with their parents and guardian.

Awarding of the winners was followed after the games. For the **Best Costumes**, the winners were **Sao Paulo Brazal, Zachary Nair, Chester Suner**. **Special Award for Food Preparation**: Fruit Kebab Making and Lychee Fruit Punch, was awarded to **Joven Paul Francis Almario** and **Brianne Aloise Bucao**, and for Chicken Sandwich Making is **Eunice Margaret Dapito, Maverick Pacit** and **Danika**



Tanghal was also awarded. **The Bibo Kid 2019** was awarded also to **Eunice Margaret Dapito**, and **Bibo Mommy 2019** is to **Mrs. Pauline Bucao**.

To end the program **Teacher Vanessa** gave a short message to everyone, thanking for the supports and participation for the first event of the school. After the program, the parents brought food to share for lunch and everybody enjoyed the "Salo-Salo".

Congratulations everyone and eat healthily!

JULY 2019



Zachary Nair	- July 18
Jared Zeph Ortega	- July 19
Markus Andres	- July 24
John Brian Camila	- July 28
Grecko Gonzales	- July 31



NOW ACCEPTING STUDENTS For School Year 2019-2020

(School Opening June 2019)

SPECIAL EDUCATION (SPeD)

- **EARLY INTERVENTION**
- **FUNCTIONAL ACADEMICS**
- **TEEN-ADULT CLASS**

TESDA- ACCREDITED COURSES

- **Barista NCII**
- **Cookery NCII**
- **Bread & Pastry NCII**
- **Housekeeping NCII**

AUXILIARY SERVICES

- **SPEECH THERAPY**
- **OCCUPATIONAL THERAPY**
- **PHYSICAL THERAPY/HEALTH & WELLNESS**
- **ALTERNATIVE THERAPY**
(Music & Dance, Expressive Art, Drama)

REGULAR CLASSES

(School Opening August 2019)

- **PRESCHOOL: Nursery & Kindergarten**
- **GRADE 1 to 3**

Scholarships for SPeD Available

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