

The official newsletter of the Center for Educational Measurement, Inc.

JANUARY 2020

VOL III | ISSUE 8



# CEM ONLINE NEWSLETTER

ISSN-1656-8583

Cheers to a Great Year Ahead!

A bountiful New Year from your CEM Family!  
May this year yield another meaningful and fruitful  
collaborations as we strengthen the bond of mutual  
trust and respect that we have for one another!

Have a blessed 2020!

## Gawad-Parangal for CEM

CEM was one of the Gawad-Parangal awardees of the Philippine Academy of Sakya, in recognition of CEM's unwavering support and assistance to the school's assessment and evaluation program through the utilization of CEM testing tools and through its professional development program which caters to the faculty members' professional enhancement and growth. Ms. Kathryn M. Tan, CEM's Director for Programs and Development, received the plaque of appreciation during the awarding ceremony at the school's auditorium on January 15, 2020.



Programs and Development Director Kathryn M. Tan receiving the Gawad-Parangal from Philippine Academy of Sakya



Gawad-Parangal plaque awarded to CEM



Tune in to



**Veritas846**  
Ang Radyo ng Simbahan

every Saturday,  
8:00-8:30 AM to  
catch new episodes.



**CEM ON-AIR**  
SATURDAYS • 8:00 - 8:30 AM

Like our page  
to get more updates



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**CEM** ONLINE NEWSLETTER

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## CEM On Air January Highlights

**Episode 17: Private Schools: Issues and Concerns** was aired on December 28, 2019 with Dr. Judith Aldaba, Assistant Superintendent of the Roman Catholic Archdiocese of Manila Educational System (RCAM ES) and Mrs. Ofelia Mampusti, DepEd Supervisor-in-Charge for Private Schools and District Supervisor for Public Schools as guests. Dr. Aldaba enumerated common challenges encountered by private institutions while Mrs. Mampusti expounded how DepEd can assist these schools in addressing their issues.

**Episode 18: Financial Literacy** discussed some financial concepts that can help our followers handle their resources effectively. Ma. Cynthia Martinez, a financial advisor, led the conversation on January 11, 2020. She also gave some tips on how to invest

and save money.

**Episode 19: Stress Management** which was aired on January 18, 2020 discussed various ways to manage and eventually master stress. It was facilitated by Ms. Aileen Cartagena and Ms. Janet Evasco from CEM's Corporate Communications and Research Sections, respectively.

**Episode 20: Student Government Program** featured the Student Executive Board (SEB) of Veritas Catholic School with its president Noel Angelo Espino, together with the School Principal Ms. Ma. Lourdes Lacupanto and SEB adviser Ms. Asthra Alinsasaguin on January 25, 2020. It tackled the objectives of the student body and its role in developing students' leadership and organization skills.



Head of Research Section Janet Evasco and Deputy Head of Corporate Communications Section Aileen Cartagena discussing Stress Management



Nitz Alano with Dr. Judith Aldaba, Assistant Superintendent of RCAM ES and Mrs. Ofelia Mampusti, DepEd Supervisor-in-Charge for Private Schools and District Supervisor for Public Schools



Aileen Cartagena with Veritas Catholic School Principal Ms. Ma. Lourdes Lacupanto, Student Executive Board Noel Espino and SEB adviser Ms. Asthra Alinsasaguin




Center for Educational Measurement, Inc.  
THE TEST OF EXCELLENCE





CEM is now accepting test schedules for  
**Posttest SY 2019-2020**  
to all its member schools.

You may contact the Test Service Section to facilitate the testing activities of your school at 8895-8236 and/or 8804-2145.  
Kindly set your preferred date three weeks before the actual test date.



Visit [www.cem-inc.org.ph](http://www.cem-inc.org.ph) for more updates.



Be **KIND** to support loved ones during #coronavirus

-  Check in regularly especially with those affected
-  Encourage them to keep doing what they enjoy
-  Share WHO information to manage anxieties
-  Provide calm and correct advice for your children

Learn more to Be **READY** for #COVID19:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)

## COVID-19 PREVENTION TIPS

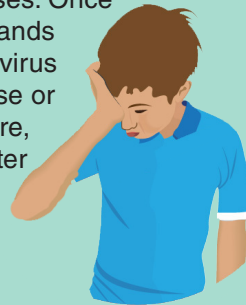
The best way to prevent illness is to avoid being exposed to the coronavirus. However, as a reminder, everyday preventive actions is always recommended to help prevent the spread of respiratory diseases, including:

Source: [www.who.int](http://www.who.int)

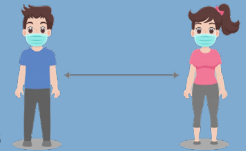
Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.



Avoid touching eyes, nose and mouth. Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.



Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing. Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.



Stay home if you feel unwell. If you have a fever, cough and difficulty in breathing, seek medical attention and call in advance. Follow the directions of your local health authority. Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.



Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.



Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely). If possible, avoid traveling to places – especially if you are an older person or have diabetes, heart or lung disease. Why? You have a higher chance of catching COVID-19 in one of these areas.

