



Fishers

Newsletter

The Official Newsletter of Lupon School of Fisheries
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LSF participates nationwide simultaneous earthquake drill

In participation to the 1st highlighting government with the NDRRMC-Quarter Nationwide capability in times of Lupon. Simultaneous Earthquake disasters. The earthquake Drill of the National The drill in the drill scenario showed the Disaster Risk Reduction ceremonial venue was preparedness of the entire and Management Council overseen by NDRRMC- LSF community in (NDRRMC), the Lupon Lupon Chairperson and responding to emergency School of Fisheries his team. Before the situations specifically in conducted an earthquake students went out of their the management and drill on March 27, 2015. respective classrooms, all evacuation of the Spearheaded by the lead trainers gave an affected populace with NDRRMC-Lupon orientation as to what focus on women, through the leadership of would be done before, children, elderly and Mr. Alvin Cafe and in during and after the said persons with disabilities, partnership with the Lead drill. Mr. Larry Juario, the management of Trainers of the Lupon Public Health Nurse II evacuation areas and the School of Fisheries, the and Disaster- provisioning of medical said drill had tested the preparedness Focal assistance and relief. National Disaster Person, facilitated the Response Plan in said drill in coordination - PIJA

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VISION

LUPON SCHOOL OF FISHERIES is a leading institution molding values for sustainable development to pursue excellence in technical vocational education and training.

MISSION

LUPON SCHOOL OF FISHERIES develops globally competitive manpower equipped with skills and desirable work values for gainful employment and entrepreneurship.

Students participate symposium on anti-smoking

With the strict implementation of the municipal ordinance of LGU-Lupón with regards to the anti-smoking policy campaign, Dra. Belen Larrobis, Municipal Health Officer conducted a symposium on anti-smoking on February 17, 2015 at the Lupón School of attentive and participative to the discussion. There were many questions raised by the students and it just proved how they had taken the issue seriously. Together with the students were the faculty and staff who were also attentively listening to the discussion. The into smoking and how to avoid the health risks associated with the tobacco products. To mention a few, the smokers are more likely to develop lung cancer, the sense of smell and taste can be dulled by smoking which may affect one's



Awareness on Anti-Smoking Campaign The students gain information as Dr. Belen P. Larrobis, Municipal Health Officer (Right) stresses the importance of anti-smoking recently launched in the municipality of Lupón, Province of Davao Oriental.

Fisheries Covered Court. This said event didn't just inform the symposium gave an awareness to the youth that smoking is not really good for the health and discussed the dangers it might cause.

The program went smooth as the students were really presented the dangers of yielding

appetite, chronic obstructive pulmonary diseases are more common in smokers, smokers have a higher rate of bronchitis and the likes. Dra. Larrobis said that the only thing to do to avoid the health risks of smoking is to

LSF observes Women's Month Celebration

The students of Lupón School of Fisheries joined the photo contest on March 23, 2015 in observance of the Women's Month celebration with the theme: "Juana, Desisyon Mo ay Mahalaga sa Kinabukasan ng Bawat Isa, Ikaw Na."

The activity drew out the strong inner views of the young girls in relation to the decisions they make to face the challenges in life.



Joy Saromines, DFT student, first placer in photo contest.

Joy G. Saromines, Diploma in Fishery Technology student, eloquently expresses the girl power in her as she presented her entry showing the successful women in the LSF campus who managed to achieve what they desired in life. Through the right decision with strong determination, the women have also touched the lives of others around them.

Research Abstracts

Faculty Performance Evaluation 2014

Some good qualities of a they appraised their in-teacher are sincere, de-structors during the learn-voted, loyal and willing to ing activities. Based on perform even beyond the the data gathered, the call of duty on the per-instructors are improving formance of his responsi-in their commitment; so bilities. with the knowledge of subject matter; teaching

The research entitled for independent learning; “Faculty Performance and management learn-Evaluation 2014” aimed ing as well.

to evaluate the faculty performance based on With this, the re-the questionnaires formu-searcher found out that lated for National Budget that the results of the Circular (NBC) No. 461 evaluation particularly in on the following criteria: the four areas as stated a) commitment, b) knowl- above got an adjectival edge on the subject mat- rating of very satisfactory ter c) teaching for inde- as compared to calendar pendent learning d) man- year evaluation of 2013. agement of learning.

The study is descrip- tive where in it uses questionnaire to gather Researcher: data on the perception of the respondents how Milan Mile A. Avila

Significance of Creating and Modifying New Recipes

The study was conducted to as- assess the significance of creating and modifying new recipes. This was due to the researcher’s ob- observation that there were some students who collapsed during flag ceremony.

It is in the form of purposive sampling of 50 students- five stu- dents from different qualifications of the Lupon School of Fisheries. Those who collapsed were the first identified respondents.

Based on the data gathered, it revealed that meat is the pre-ferred viand among the respon- dents but the food available at home was commonly rice and vegetables. Same style of cook- ing made the students unwilling to eat breakfast and probably the reason of those who fainted in the line during flag ceremony. As per survey results, all parents of the identified respondents allowed them to eat junked foods anytime of the day which caused them to lose appetite.

Modifying the cooking style and creativity of cooking by their mothers are the students’ prefer- ence enhance their appetite and have an early breakfast before going to school.

Researcher: MARIA MAGDALENA P. POMAR

“To be a great champion, you must believe you are the best. If you’re not, pretend you are.” –Muhammad Ali