

# CEM ONLINE NEWSLETTER

## JULY is National Nutrition Month

By virtue of Presidential Decree 491, or the Nutrition Act of the Philippines, signed on June 25, 1974 by then President Ferdinand E. Marcos, the whole nation celebrates the 45<sup>th</sup> National Nutrition Month this July 2019 with the theme “*Kumain nang wasto at maging aktibo... Push natin ‘to!’*”. The celebration aims to promote consumption of healthy food and drinks, eating and choosing healthy choices regularly, and making healthy eating habits and lifestyle and being active and exercising daily.



**Kumain nang Wasto at Maging Aktibo... Push Natin ‘to!’**

2019 Nutrition Month



“The campaign aims to contribute to reduce stunting and overweight and obesity among Filipinos and the incidence of non-communicable diseases in the country. It encourages everyone to adhere to the 1-2-3 challenge: Have ONE hour or more of physical activity every day; reduce screen time to TWO hours or less each day; and eat the THREE food groups every day for variety” ([www.ncc.gov.ph](http://www.ncc.gov.ph)).

Here are some snaps from the Nutrition Month Culminating Activities held in different schools nationwide:



Courtesy: Mandalagan Elementary School, Bacolod City



Courtesy: Tinibawan Elementary School, Toboso, Negros Occidental



Courtesy: Ilaya Barangka Integrated School, Mandaluyong City



Courtesy: Manggapa Elementary School, Canlaon City, Negros Oriental

## CEM at PRISAAP's Educators' Summit 2019

CEM was present during the Private Schools and School Administrators Association of the Philippines (PRISAAP) Educators' Summit 2019 as an event sponsor on July 19, 2019 at Bayview Park Hotel, Roxas Boulevard, Manila. This year's event with the theme: *The Role of Educators in the Values Formation of Youth vs. Technology and Lifestyle of Millennial*, aims to promote Filipino values, strengthen teaching of good manners and right conduct to the learners, unite school owners, administrators, heads, principals and teachers, and refresh participants with mental nourishment". It was attended by school owners, administrators, heads, principals and teachers from the private schools in Luzon. CEM's Client Relations Team was given the opportunity to present updates on CEM products and services.



## PDS pilots new Professional Development Module

CEM's Professional Development Section (PDS), in collaboration with the Research Section, concluded the pilot testing of the new module on Analyzing Student Learning for Continuous School Improvement. This will be included in CEM's roster of professional development services as a follow-up to the Data Utilization program. The one-day seminar-workshop teaches participants how to organize and process their school's achievement test data using Microsoft Excel. Participants engaged in hands-on assessment data processing to create tables and graphs that can be used to easily interpret and communicate test results, evaluate the effects of classroom instruction and design action plans that support continuous school improvement.

The target participants are teachers, subject area coordinators and guidance counselors who have attended the seminar-workshop on Interpreting and Utilizing CEM Achievement Tests. For more information about this new module, contact PDS at (02) 813-3695 to 95 local 116.



CEM staff during the pilot testing of the new module on July 31

## Why Pretest?

Teachers need to determine what their students know and can do before beginning a new unit of study and one way of doing this is through pretest. With pretest data, teachers can decide what to teach and how to manage time in teaching a skill set, as these information allow teachers to see the degrees of proficiency students have in the subject.

With pretests, what students bring into the learning experience is considered. The pretest marks a student's level of understanding before instruction while a final assessment or posttest measures student learning. A comparison of pretests and posttests can provide a teacher with an opportunity to track student growth in one class or over several years.

CEM offers K to 12 Achievement Tests for elementary and high school in the core subjects English, Mathematics, Science, Filipino and Araling Panlipunan which can be used as pretest only, posttest only or pretest-posttest.

To know more about these, contact your nearest CEM Testing Coordinator.

Adapted from: <https://www.thoughtco.com/importance-and-uses-of-pretests-7674>



**What's in it for you?**

**Determine your students' knowledge, skills, and level of performance to:**

- provide correct feedback
- identify specific strengths and areas for improvement
- design exercises to reinforce learning
- devise intervention programs to address learning gaps
- adjust teaching pace and strategies
- monitor progress

**Evaluate your school's overall and specific performance to:**

- revisit and improve programs and policies
- enrich strong areas and address areas of concerns
- validate instructional programs
- formulate development programs for teaching-learning improvement
- strengthen accountability and documentation
- make sound judgment and decisions

**Communicate test results to your stakeholders easily using:**

- Individual Student Reports
- Institutional Reports
- Electronic Reports
- Customized Reports

**Determine your students' level of proficiency in:**

Kindergarten to Grade 10 Subjects	Senior High School Core Curriculum Subjects	Cognitive Skills
<ul style="list-style-type: none"> <li>• English</li> <li>• Mathematics</li> <li>• Science</li> <li>• Filipino</li> <li>• Araling Panlipunan</li> </ul>	<ul style="list-style-type: none"> <li>• General Mathematics</li> <li>• Statistics and Probability</li> <li>• Earth Science</li> <li>• Earth and Life Science</li> <li>• Physical Science</li> </ul>	<ul style="list-style-type: none"> <li>• Remembering</li> <li>• Understanding</li> <li>• Applying</li> <li>• Analyzing</li> <li>• Evaluating</li> </ul>

(63 2) 813-3691, 813-3694 or 95, 813-3686  
 (63 2) 894-5536 and 894-1392  
 membership@cem-inc.org.ph  
 Like us on Facebook fb.com/cem.inc.org.ph

Center for Educational Measurement, Inc.  
**THE TEST OF EXCELLENCE**

**CEM K to 12 ACHIEVEMENT TEST**

*Real Results with Real Value for Real Success*

These standardized tests measure student learning in school in the K to 12 context using multiple-choice items developed systematically by a team of content experts, normed locally and maintained regularly.

[www.cem-inc.org.ph](http://www.cem-inc.org.ph)

# COMMUNITY CORNER

This section contains our stakeholders' feedback on various CEM products and services, programs and projects. Kindly email [corpcom@cem-inc.org.ph](mailto:corpcom@cem-inc.org.ph) if you want your ideas to be published on this corner.

## ON CEM RADIO PROGRAM EXPERIENCE

CEM hosted four (4) episodes of Campus Hour United with CEM on June 8, 15, 22 and 29, 2019 aired at Radyo Veritas 846 at 2:30 to 3:30 PM. During these four episodes, CEM was able to facilitate interesting discussions on relevant education and assessment-related topics with the guests and here's what they say about their experience.



*"The experience inspired me to see my work as something that adds better value to the advocacy towards enlightened teachers through better measured learning."*

**Tessa Yuvienco**

*Guest, Episode 3: Classroom Management "*

*The radio program guesting was a first for me. It allowed me to share my advocacy regarding the use of data to improve school policies and learning management. As a teacher and researcher, it is not usual to be invited to such activity that aims to popularize research. I commend CEM for this initiative."*

**Resty Collado**

*Guest, Episode 2: Data-Driven Decision Making using CEM Tests*

## ON CEM-MC SCHOLARSHIP GRANT

CEM, in collaboration with Miriam College, awards full tuition scholarship to qualified applicants to undertake the Master in Education major in Measurement and Evaluation (MME) program. This 14-month non-thesis program is designed to prepare students for research and academic careers in education, social sciences, and human services. It combines the study of research design, testing and assessment, and evaluation. Here's what the MME Batch 2019 scholars have to say:



*"I wish to express my sincere gratitude to the Center for Educational Measurement Inc. (CEM) who has chosen me as one of the scholars... Proficiency in writing research and performing various quantitative procedures seemed challenging to me, and the program offered a great avenue for me to enhance my skills to keep improving..."*

*The learning experience has equipped me with the knowledge and skills to fulfill my tasks more effectively as a psychometrician. I intend to utilize the abilities that I've learned in writing and presenting academic researches that would encourage innovation in school processes and systems towards learning efficiency..."*

**Zarah May C. Buyan**

*Psychometrician, Miriam College Lower School*

*"I would like to take this opportunity to thank CEM wholeheartedly for believing in my capabilities and taking me as one of their scholars. Because of them, I learned a lot and was able to grow professionally and personally..."*

*The program, Master in Education major in Measurement and Evaluation has helped, supported, and enhanced my skills as an educator in many ways...it helped me to view test and testing in a different angle like how psychometricians and people working in the testing centers view it. Furthermore, it also helped me to be involved in other fields like testing, guidance, and counseling...*

*Thank you CEM for the chance to help me attest my grit; to grow in my passion and persevere to achieve my goal."*

**Geraldine G. Martinez**

*Faculty, Miriam College Lower School*

*It is undeniable that the MME Program not only challenged the very things I claim to have but also validated the concerns I have been emphasizing to the school leadership and staff I once served... This program exposed me to the underlying foundational theories of effective teaching-learning practices. It made me appreciate the importance of having pedagogical knowledge and expertise, not just content knowledge. Because our professors are experts in their field, they also have provided me with effective models how to link research with applicable educational methods and strategies...*

*In retrospect, I am forever thankful for this scholarship. Cliché as it may sound; having gone through this program is life-changing. The trajectory of my life has been unexpectedly altered during this 14-month journey but the change is a breath of fresh air that I will always be grateful for.*

**Maria Mimosa L. Pranza**

*Consultant, School of Tomorrow Philippines*

*I gained a lot of knowledge — from test construction, program evaluation, research writing, and different statistical tools— which can be applied in the field of education. Moreover, I think being a student again, makes me more compassionate as a teacher.*

**Mrs. Ma. Rizaliana DC Narciso**

*Math Subject Area Chair, Notre Dame of Greater Manila*

*My trust and confidence with data-driven decisions, policies and program development have been enormously reinforced. It made me realize the real essence of what I do in the university I am working at and the significance of updating my knowledge on research and testing through the masteral scholarship program given by CEM and MC. As a teacher, I have also realized the value of understanding biopsychosocial aspects of the students in ensuring that everyone would be provided equal opportunity to reach their full potential rather than giving generic task/s.*

**-Linda Cangayao**

*Psychometrician/Researcher, San Beda University Manila*

**Tune in to**

**Veritas846**  
**Ang Radyo ng Simbahan**

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



**Like our page**  
to get more updates



[fb.com/cem.inc.org.ph](https://fb.com/cem.inc.org.ph)

**CEM ONLINE NEWSLETTER**

## **Editorial Staff**

Editorial Consultant:

**Kathryn M. Tan**

**Iris Lark H. Dizer**

**Jason V. Moseros**

Content Creator:

**Aileen A. Cartagena**

Design and Layout:

**Frances F.M.B. Cardona**

**Ralph Ronald J. Baniqued**

# 6 SIMPLE TIPS

## TO HELP TEACHERS STAY HEALTHY AND HAPPY

Teaching is an increasingly demanding profession which requires a variety of skills and experiences. Teaching can be a stressful job, and the demands placed upon them can take a toll on their health. Here are five simple things that teachers can do everyday to help them lead a healthier and happier life.



### Start your day with breakfast

Arguably the most important meal of the day, breakfast benefits your body and mind in a number of ways, ranging from a reduced risk of diabetes to increased satiety and weight loss. Eating breakfast also improves memory and concentration levels, boosts mood and reduces stress levels.



### Eat right and drink plenty of water

Eating a healthy, balanced diet consisting of plenty of fruits, vegetables, whole grains, legumes, etc. boosts your health and makes you feel best in front of students. Drinking enough water will help you stay well-hydrated and help the digestive system moving. Increased water intake removes toxins from the body, boosts the immune system and increases energy levels and brain function.



### Keep moving

Physical activity is vital for people of all age groups, including children and older adults. It helps burn off the extra calories and keep the weight under control. It reduces the risk of developing several health conditions like cardiovascular diseases, diabetes, cancer, etc. It lowers stress levels, improves sleep and changes the brain to improve memory and thinking skills.



### Get enough sleep

Not getting enough sleep can weaken your immune system and make you prone to serious health conditions, including obesity, high blood pressure, heart disease, diabetes, etc. It's a fact that teachers often find themselves sacrificing sleep to get their work done, but you should remember that getting enough snooze time is fundamental to good health, both physically and mentally.



### Care for your voice

Your voice is your most important asset. As teachers, you are more prone to voice-related problems. Prepare to take a class or a long lecture by doing vocal warm-ups, drinking plenty of water and avoiding clearing your throat often. Use nonverbal cues like a whistle, bell or hand clapping to gain the attention of your students. Do not talk too loudly. If possible, use a microphone, especially in a noisy environment and don't forget to rest your voice often during the day.



### Follow the 20-20-20 rule

As teachers, you will often end up doing intense work involving reading, writing or working in front of a screen for long periods of time. Using digital screens reduces the number of times you blink your eyes. This puts a tremendous strain on your eyes. Follow the 20-20-20 rule. Every 20 minutes look away at a distance of at least 20 feet for at least 20 seconds.