

# CEM ONLINE NEWSLETTER

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## MARCH FOR WOMEN



The Philippine Commission on Women (PCW) declares the **National Women's Month Celebration (NWMC)** every March as part of the worldwide observance of the International Women's Day.

In 2017, the PCW Board Members and Inter-Agency Technical Working Group adopted the theme "We Make Change Work for Women", 2017 until 2022. It highlights the empowerment of women as active contributors to and claimholders of development. This pursuit of development is also anchored on the commitment of "Malasakit at Pagbabago" or True Compassion and Real Change.

**CEM salutes women all around the world!**

source: <https://pcw.gov.ph/event/2020-national-women-month>



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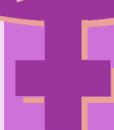
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Notable Women in Education





# NOTABLE WOMEN IN EDUCATION

From championing equality to trailblazing fields of study, women definitely played important roles in the global history of education. As we celebrate National Women's Month, check out some of the influential women who changed the world not just for girls, but society as a whole.

## MALALA YOUSAFZAI

Yousafzai's story of resilience and fighting for what is right is nothing short of incredible. Growing up in Pakistan, Yousafzai became an advocate for women's rights and education at a young age. However, due to the Taliban rule of Pakistan, freedoms for women were severely limited, with access to education virtually nonexistent. Incredibly, Yousafzai survived after being shot in the head by a Taliban soldier at close range. After recovering, she went on to become an advocate of human's rights and educational access for women. In 2014, at the age of seventeen, Malala Yousafzai became the youngest person to ever receive the Nobel Peace Prize for her amazing work in bringing attention to these issues.



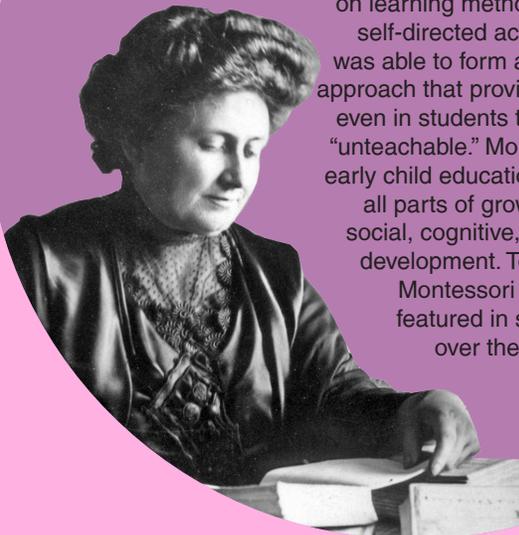
## MARY MCLEOD BETHUNE

Bethune's parents were both former slaves. As a result, she had very little access to education as a child. Despite this, Bethune went on to become a teacher herself, eventually founding her own school in 1904. Initially starting with only six students, Bethune went on to become a champion of African-American women's education, founding the Bethune-Cookman College (now university) to help women of color receive access to quality education.



## MARIA MONTESSORI

Montessori pioneered the concept of child-centered education. Using creative hands-on learning methods and encouraging self-directed activities, Montessori was able to form a unique instructional approach that provided successful results even in students that were considered "unteachable." Montessori believed that early child education should encompass all parts of growth, including social, cognitive, and emotional development. To this day, the Montessori Method is featured in schools all over the world.



## ANNE SULLIVAN & HELLEN KELLER

Sullivan changed the way people with disabilities are approached in education, despite herself being visually challenged. Due to Sullivan's diligence, Helen Keller, her deaf and blind student, was able to learn to read, write, and communicate. Keller grew up to be an author and educator herself. She wrote of her life in several books, including *The Story of My Life* (1903), *Optimism* (1903), etc. In 1913 she began lecturing, primarily on behalf of the American Foundation for the Blind, for which she later established a \$2 million endowment fund, and her lecture tours took her several times around the world.



sources:  
<https://www.tutordocor.com/blog/2018/march/celebrating-influential-women-in-education-durin/>

<https://cudoo.com/blog/female-educators-who-changed-the-world/>



## CEM at the End of School Year Meeting of Manila Private Schools

CEM was invited as one of the exhibitors at the End of School Year Meeting of Manila Private Schools facilitated by the Division of City Schools- Manila. It was held on March 4, 2020 at the Dominican School Manila. The event was attended by around 500 participants composed of educators, administrators, registrars and guidance counselors from 300 schools in the city. This annual event is organized to clarify issues and address concerns and challenges encountered by the private education sector in the division.



*Nitz Alano of CRS with Dr. Maria Magdalena Lim, Schools Division Superintendent of Division of City Schools Manila and Mrs. Ofelia Mampusti, DepEd Supervisor-in-Charge for Private Schools*



*CEM exhibit during the End of School Year Meeting of Manila Private Schools*

### CEM FAM FEATURE:

## CEM Cebu Branch

Operating at the heart of the “Queen City of the South” since 1986 is the CEM Cebu Branch. CEM’s presence in Cebu has helped many schools in the region in their quest for quality education. Headed by Ms. Mussolini Yap, the branch is serving a number of schools by

providing assessment solutions and professional development services that can inform their student and program evaluation practices, institutional decision and policy-making.

Completing the CEM Team are Clarice Jean Dugal (Program Assitant), Florencia Caneda (Bookkeeper) and Welgie Navarro (Testing Aide). CEM Cebu Branch office is located at Unit 104 Arbor Ville Building 308 Osmena Boulevard, Cebu City.



*Ms. Yap delivering test updates to participants*



*CEM Cebu Branch Team*



# MENTAL HEALTH AND PSYCHOSOCIAL CONSIDERATIONS DURING THE COVID-19 OUTBREAK

In January 2020 the World Health Organization (WHO) declared the outbreak of a new coronavirus disease, COVID-19, to be a Public Health Emergency of International Concern. WHO and public health authorities around the world are acting to contain the COVID-19 outbreak. However, this time of crisis is generating stress throughout the population. The considerations presented here have been developed by the WHO Department of Mental Health and Substance Use as a series of messages that can be used in communications to support mental and psychosocial well-being in different target groups during the outbreak.

## Messages for the general population

- COVID-19 has and is likely to affect people from many countries, in many geographical locations. When referring to people with COVID-19, do not attach the disease to any particular ethnicity or nationality.
- Do not refer to people with the disease as “COVID-19 cases”, “victims” “COVID-19 families” or “the diseased”. They are “people who have COVID-19”, “people who are being treated for COVID-19”, or “people who are recovering from COVID-19”, and after recovering from COVID-19 their life will go on with their jobs, families and loved ones.
- Minimize watching, reading or listening to news about COVID-19 that causes you to feel anxious or distressed; seek information only from trusted sources and mainly so that you can take practical steps to prepare your plans and protect yourself and loved ones.
- Protect yourself and be supportive to others. Assisting others in their time of need can benefit both the person receiving support and the helper.
- Honor carers and healthcare workers supporting people affected with COVID-19 in your community. Acknowledge the role they play in saving lives and keeping your loved

## Messages for carers of children

- Help children find positive ways to express feelings such as fear and sadness. Every child has his or her own way of expressing emotions. Sometimes engaging in a creative activity, such as playing or drawing can facilitate this process.
- Keep children close to their parents and family, if considered safe, and avoid separating children and their carers as much as possible.
- Provide engaging age-appropriate activities for children, including activities for their learning.
- During times of stress and crisis, it is common for children to seek more attachment and be more demanding on parents. Discuss COVID-19 with your children in an honest and age-appropriate way. If your children have concerns, addressing them together may ease their anxiety.



## Messages for older adults, people with underlying health conditions and their carers

- Older adults, especially in isolation and those with cognitive decline/dementia, may become more anxious, angry, stressed, agitated and withdrawn during the outbreak or while in quarantine. Provide practical and emotional support through informal networks (families) and health professionals.
- Share simple facts about what is going on and give clear information about how to reduce risk of infection in words older people with/without cognitive impairment can understand. Instructions need to be communicated in a clear, concise, respectful and patient way.
- If you have an underlying health condition, make sure to have access to any medications that you are currently using and know in advance where and how to get practical help if needed.



## Messages for people in isolation

- Stay connected and maintain your social networks. Try as much as possible to keep your personal daily routines or create new routines if circumstances change. If health authorities have recommended limiting your physical social contact, you can stay connected via telephone, social media, etc.
- During times of stress, pay attention to your own needs and feelings. Engage in healthy activities that you enjoy and find relaxing. Keep things in perspective.



To read the entire article please visit the WHO website or click the following link:

<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>



# COMMUNITY CORNER



## A Message from the CEM Acting CEO

Your CEM family deeply cares about the health and safety of its stakeholders and the community, amidst these challenging times. During this period, our Makati Head Office personnel shall be working remotely to formulate plans and measure to cater to your needs, while our other branches in Cebu and Davao shall abide by the guidelines on quarantine and safe practices set by their respective local government units.

This COVID-10 pandemic has indeed changed our day-to-day life in unprecedented ways so we must protect ourselves and others by following our government’s guidelines on social distancing, staying at home and practicing proper personal hygiene and healthy living.

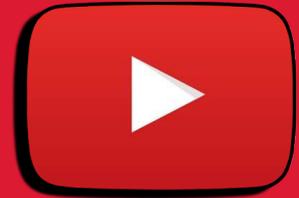
Our thoughts and support are with everyone impacted by this disaster and those in the front-lines of health care and the staff performing vital functions in organizations. We thank them for their loyalty and generosity of spirit.

Let us grow as we make the best of this rare time when staying away from work is a moral and civic duty. And let us be one in faith that this crisis shall soon pass.

Sincerely,

**Dr. Grace H. Aguilung-Dalisay**  
*Acting CEO and Acting Board Chair*

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