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# THE PAYATAS PAPER

A STUDENT NEWSPAPER

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\*image taken before the lockdown when the cafe was still open.

# TOGETHER WE CAN OVERCOME

BY ZACKHARY, 18

I believe that health is wealth, I first learned this at school. Being healthy doesn't necessarily mean having a good physique. It means maintaining our physical health by regularly exercising, getting good sleep, and eating healthy food that makes us stronger and boosts our immune system. I've also heard some things about mental health but didn't really think much of it until this covid-19 pandemic came.

The things we're going through right now has allowed me to think deeper about the real meaning of health. In these trying times, a lot can go

through our minds. There's so much information put in front of us and it can be overwhelming. News of the disease spreading, fatalities, loss of jobs, and many more. Naturally, we can't help but worry about ourselves and our families. The long lockdown has been affecting our mental health as much as our physical health.

I personally experienced overthinking a lot and frequently questioning my capabilities. I'm lucky to have my friends and family around me as my support system. Writing has been an outlet to express myself as well. It's good to be able to put my thoughts into paper rather than keeping it all to myself.

For the many people who are in isolation right now, thank you for keeping yourself and others safe. Staying inside is the simplest way to prevent this

disease from spreading. With this, I want to share with you things that have helped me throughout this ordeal.

When the situation gets a bit too much, aside from exercising, eating healthy food, and getting good sleep, you can also try meditating to reduce the stress you've been carrying. It helps you have a clearer mind so you can go through the rest of your day with good focus. Next, create a routine and set goals for the day so you to have something to look forward to. Finally, talk to your loved ones. Share what you're feeling and ask them how they're doing. In situations like these, it's important to keep ourselves and our friends in check.

Let us look after one another. Let us remember that our mental health is just as important as our physical health.



## ARTISTS' CORNER

*Sleeping 7-8  
hours a day is  
good for our  
mind.*

*Eating fruits and  
vegetables give  
nutrients to our  
body.*

*Meditation and  
exercise help us  
think clearly.*



BY PRINCESS, 10

## HEALTH AND DREAMS

BY RONALYN, 22

In Payatas, work is the priority of many families. The goal is to earn and put food on the table. Meals are usually composed of canned goods or instant noodles. Sometimes, rice with salt or soy sauce. People here also don't really bother to exercise and on most days, many sleep short hours to be able to work early.

Many of the kids here are thin and are much shorter for their

age. When I was younger, there were times that I would go to school on an empty stomach. I would not be able to think straight during the lectures. Thankfully, one of Fairplay's early projects was establishing the Fairplay Cafe where mothers in Payatas can work and cook healthy and nutritious food for the community. Now, whenever I visit the cafe, I can get healthy meals. It's nice to study when you don't have to think about where you'll get the food and especially when you know you're consuming something that is good for your body.

In the years that I've been teaching the younger kids in

Payatas, I've heard many of their dreams and goals in life. I've always told them that if they want to live their life to the fullest, they need to take care of their health and strengthen it so they can enjoy what the world has to offer.

Health is especially important during this time. We need our body to be strong to fight off viruses. If we continue to work on our physical and mental health, we will be able to surpass this obstacle and get back to our normal routine. In the meantime, let us use this time to develop other skills we have and reflect on how we can be of help to others.



# TO A HEALTHIER US

BY PIA, 20

Kalusugan ay mahalaga para sa nakakarami  
Importanteng pangalagaan ang katawan at sarili  
Upang makaiwas sa sakit na dumarami.

Mga bisyong nakakasira sa katawan  
ay huwag subukan  
Alak, junkfoods at sigarilyo ay iwasan  
Upang pangangatawan ay hindi panghinaan.

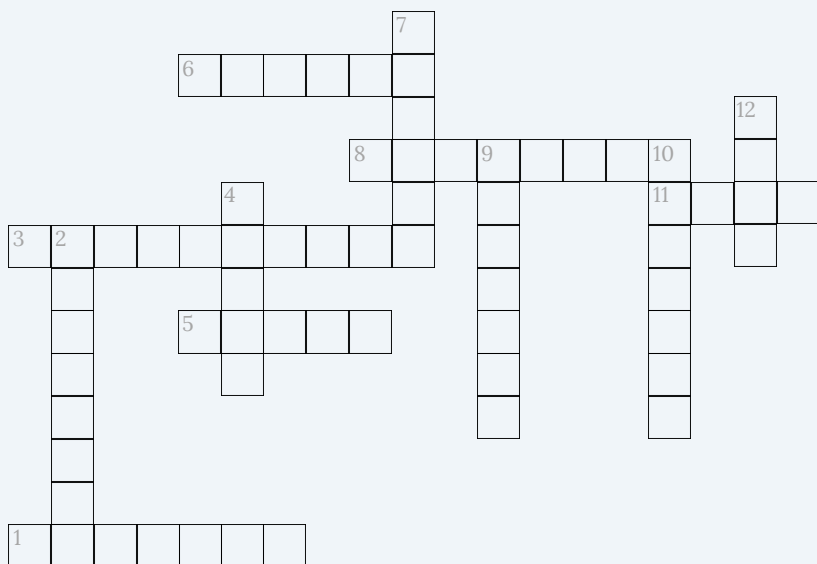
Kumain ng mga masusustansyang pagkain  
Gulay at prutas ay mahalaga para sa kalusugan  
Upang sa sakit ay hindi agad kapitan.

Panatiliing maging malusog at masigla ang pangangatawan  
Pag-eehersisyo at balanced diet ay tutukan  
Upang ang sakit ay hindi ka agad kapitan.

Lahat ng problema ay makakayang labanan  
Ating isipan ay makakahanap agad ng solusyon  
Sapagkat ating pangangatawan ay nasa mabuting kundisyon.

Kaya't wag pabayaang ating kalusugan  
Upang mga suliranin ay ating malagpsan  
At mabuhay ng masaya't may pangmatagalan.

## CROSSWORD PUZZLE



### WORD BANK

vegetables	wash	healthy	mask
sleep	water	smoking	doctor
exercise	alcohol	vitamins	fruits

### ACROSS

- The state of having good health and being free from diseases.
- These are healthy food that come from plants. Usually green and leafy.
- A \_\_\_\_\_ is a person you can consult when you are sick.
- Humans should get 7-9 hours of \_\_\_\_\_ daily.
- Your body needs \_\_\_\_\_ for you to grow and develop.
- In times of a pandemic, you should wear this to cover your nose and mouth when going outside.

### DOWN

- A physical activity wherein you sustain and improve your health and fitness.
- Humans should drink at least 8 glasses of \_\_\_\_\_ in a day.
- The usually sweet and fleshy part of a tree that contains vitamins and nutrients.
- A substance found in liquor that is not good for your health.
- A bad habit that damages your lungs.
- People should always \_\_\_\_\_ their hands to remove dirt, germs, or viruses.