

## COLEGIO DE SAN JUAN DE LETRAN - BATAAN HOLDS SUCCESSFUL ARRIBAZAAR DURING COLEGIO WEEK 2024

*by:*  
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Before we dive deeper into the event, let us first have a quick tour back to the past on the history of Letran – Bataan. The idea of having another campus in the north was proposed by Reverend Fr Rogelio Alarcon, O.P., former director and president of Colegio de San Juan de Letran Intramuros, Manila as well as a former student himself. Abucay was chosen for what might have been described as heavenly intercessions and providential twists.

The community of St. John Lateran, the Board of Colegio de San Juan de Letran and the Council of the Philippine Dominican Province approved the establishment of Letran Bataan in 1998. The site has been chosen because of its natural characteristics, which make it a plateau. This has been incorporated into the overall design and conceptual master plan for the campus.

Colegio de San Juan de Letran-Bataan is considered as the first Catholic tertiary school and an emerging university town in Bataan. The site is surrounded by a breathtaking view of Manila Bay and the surrounding mountains, including Mount Samat. One of the main attractions of Letran Bataan is its relatively undisturbed natural area and environment. It's definitely the perfect place for a study. These are just some of the reasons why there is indeed a need to celebrate. And Colegio week, annually being held during the last week of January, is a week of feast, gratitude, and solidarity among stakeholders.

Colegio de San Juan de Letran - Bataan celebrated Colegio Week in style this year with its much-awaited event, the Arribazaar. The four-day market took place from January 22nd to January 26th, 2024, and was a roaring success.

The event was managed by Mr. John Renner Adaon and Ms. Neslie R. Basilio, who ensured that everything ran smoothly and according to plan. One of the most exciting aspects of the Arribazaar was the participation of the grade 12 students, who played a significant role in the event as vendors, showcasing their entrepreneurial skills in fulfillment of their course, Entrepreneurship.

The Arribazaar featured a plethora of exciting vendor booths, providing attendees with endless options for delectable culinary delights. Visitors were greeted with a colorful array of booths, including Samyang Style, which served up delicious Samyang-style carbonara with spam and sausage, and Uy Chix, which tantalized taste buds with a variety of chicken pops flavored with spicy, honey garlic, and cheese.

In addition to these popular vendors, Chao to Gu offered special chao fan with siomai, Fun and Fry served up classic fried fries with refreshing drinks, Match and Munch provided nachos and beverages, and It's a Wrap filled sandwich wraps with soda floats. Cupid's Corner offered sweet treats in the form of delicious churros, and Takoyummy tantalized visitors with their signature takoyaki in crab, squid, and cheese variations.

The vendor booths were open daily from 8:00 am to 4:30 pm, allowing visitors to satisfy their craving for delectable treats throughout the day. Anyone in the Colegio de San Juan de Letran - Bataan, including visitors, was welcome to purchase products from the booths, and the atmosphere was teeming with excitement and anticipation.

Overall, the Arribazaar was a major success and a highlight of the Colegio Week celebration. It provided a valuable learning experience for the grade 12 students, allowing them to showcase their entrepreneurial skills, while also providing the entire Colegio

community with the chance to support their peers and indulge in a delightful fusion of culinary treats.

With these recent events, what is the real and main importance of celebrating this week? Like any muscle, the brain requires rest to perform at its best. Concentration and memory problems are frequent indicators of mental exhaustion. Theories such as Kaplan's Attention Restoration Theory [1995] suggest that taking a break from mentally demanding activities helps the brain restore its capacity for concentration and focus, which improves learning and information processing when the student returns to the classroom.

Backing up Kaplan's Theory is The Prepared Mind Theory by Boden [2009]. Unstructured playtime promotes imagination development, exploration, and discovery. According to theories of creativity such as Boden's [2009] Prepared Mind Theory, exposure to a variety of experiences during breaks might result in a richer store of ideas and information that can be applied to address challenges creatively upon returning to school.

Numerous studies have revealed that success, productivity, and a good attitude on the future all depend on taking a quick break to unwind and reset. This is especially true for pupils who sit in front of computers for extended periods of time. While a lot of people think that studying late into the night and attending cram sessions will help them graduate from college, the truth is that skipping regular breaks can have a negative impact on the grades and, in certain situations, even cause major health issues like depression, anxiety, and sleep deprivation. Taking breaks for fun activities allows students to pursue passions and interests, leading to a more positive and engaged learning experience back in school.

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