



Carlos Hilado Memorial State University CHMSU Messenger

Stay Connected. Get Engaged. Be Animated.

Carlos Hilado Memorial State University
Alijis Campus • Binalbagan Campus • Fortune Towne Campus • Talisay (Main) Campus
Themes for the Month of January



All deans, department chairs, and faculty members are enjoined to initiate and integrate the said themes in course lessons and activities. Office heads are likewise encouraged to help promote the theme in their offices.

The Week Ahead					
Date	Time	Activity/ Event	In-charge	Audience/ Participants	Location/ Venue
Jan 6 - 9		Undergraduate Programs End-term Examination for 1st Semester AY 2025-2026	VPAA, All Colleges	All Students, Faculty	All Campuses
Jan 10		NSTP End-term Examination	NSTP	NSTP Students, Coordinators	All Campuses

Highlights of the Week

ALWAYS LATE?

Try these tips to improve your punctuality

- Fill up your car the night before** (Icon: Gas pump)
- Get everything ready before you go to bed** (Icon: Phone, keys, bag)
- Set your wake-up alarm** (Icon: Alarm clock)
- Get up as soon as your alarm goes off** (Icon: Alarm clock with 'X' and 'ZZZZ')
- Shower first – it will help you to wake up** (Icon: Shower head)
- Have a breakfast that is quick and easy to prepare** (Icon: Bowl of food)
- Check traffic and weather for possible delays** (Icon: Radio)
- Watch the clock and leave earlier if necessary** (Icon: Clock)

Be on time, every time

<https://kodiakindustrial.blogspot.com/2015/02/poster-of-month-january-2015.html>
Source: Kodiak Industrial Ltd.

WASTONG PAMAMAHALA NG ATING BASURA

alinunod sa R.A. 9003 - Ecological Solid Waste Management Act of 2000

- NABUBULOK** (Green bin): Pinagwalisang tuyong dahon at damo, pinagbalatan at tirang pagkain
- RECYCLABLES** (Yellow bin): Metal, bote, papel, plastic bottles (PET), makunat na plastic (PP and HDPE)
- RESIDUAL** (Blue bin): Sando bags, plastic labo, styro, napkins, diapers, disposable containers
- HAZARDOUS WASTE** (Red bin): Baterya, lalagyan ng kemikal, sirang bumbilya, at appliances

Masamang Epekto ng Plastic Pollution

- Pagbabago ng klima o panahon
- Matagal na panahon bago mawala
- Malic na porsiyento ang maaaring maresiklo o mapakinabangan muli
- Nakakalason
- Nagdudulot ng sakit
- Sinisira ang ating karagatan
- Pumapatay ng hayop sa karagatan
- Naapektuhan ang food chain ng ating ecosystem

Positibong Epekto ng Wastong Pamamahala ng Basura

- Napapangalagaan ang kalikasan
- Nakakatipid sa pagkunsunmo ng likas yaman
- Nagpapaganda ng lugar
- Mapapas ang antas ng koleksiyon at uri ng pagreresiklo

REDUCE REUSE RECYCLE

Project IKOT
(Interventions to Keep our Oceans Trash-free)

<https://plasticSMARTcities.org/plastic-waste-reduction-in-small-island-fishing-communities-in-taytay-bay-poster/>
Source: World Wildlife Fund; Plastic Smart Cities