#### ONE IN LASALLIAN FAITH COMMITTED TO SERVICE AND EXCELLENCE

# INTEGRATED SCHOOL **Daily**Bulletin

LIVING OUT THE LASALLIAN VALUES



### SY 2020-2021 | Monday, February 15, 2021 | No. 96

#### Attribute for the month: Compassion

You have to find what sparks a light in you so that you in your own way can illuminate the world. - Oprah Winfrey

(Doing what you do best might motivate others more than you can imagine.)

f uslscenterforadvancement advancement.usls

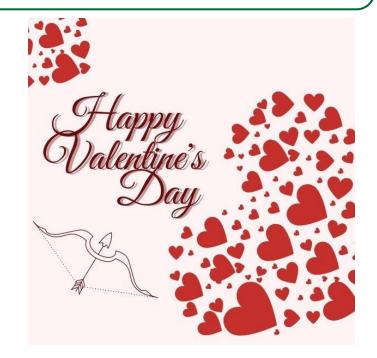


#### SCHEDULE OF 3rd QUARTER SUMMATIVE ASSESSMENT Note: Uniform ME TIME for all on February 25 (Thursday)

PRIMARY (GRADE 1-3)				
TIME	February 22 (Monday)	February 23 (Tuesday)	February 24 (Wednesday)	February 26 (Friday)
8:00-8:30	Homeroom/Flag Ceremony/General Reminders			
8:30-9:30	Math	MAPEH	Reading	English
9:30-10:00	RECESS / SCREEN BREAK			
10:00-11:00	CLE	Filipino	Science	AP

INTERMEDIATE (GRADE 4-6)				
TIME	February 22 (Monday)	February 23 (Tuesday)	February 24 (Wednesday)	February 26 (Friday)
8:00-8:30	Homeroom/Flag Ceremony/General Reminders			
8:30-9:30	Computer	English	Math	HELE
9:30-9:45	RECESS / SCREEN BREAK			
9:45-10:45	MAPEH	Science	CLE	Filipino
10:45-11:00	SCREEN BREAK			
11:00-12:00	АР			

JUNIOR HIGH SCHOOL (GRADE 7-10)				
TIME	February 22 (Monday)	February 23 (Tuesday)	February 24 (Wednesday)	February 26 (Friday)
10:30-11:00	Homeroom/Flag Ceremony/General Reminders			
11:00-12:00	Filipino	Computer	АР	Science
12:00- 1:00	RECESS/SCREEN BREAK			
1:00-2:00	CLE	Math	English	MAPEH
2:00-2:15	SCREEN BREAK			
2:15-3:15	BK 9-10		TLE 7-9	



#### FROM THE OFFICE OF THE VPA **REMINDER TO ALL STUDENTS/PARENTS:**

Catch-Up Week (February 15-19) is an opportunity for students to comply with all missed outputs or assignments in different subjects for the Third Quarter. Teachers will remain available for consultation and make-up class/work/test during the week. Contact your respective subject teachers via Canvas Inbox, class group chat, or email. After this week, teachers will not be able to entertain your request for any make-up especially if you have not communicated to them in advance. Please be guided accordingly. Thank you very much.

DATES TO REMEMBER			
February 15-19	Week 6 – Q3 *CATCH-UP WEEK		
February 25	EDSA People Power Anniversary (Holiday) *No classes in all levels and offices will be closed. (Ref: VCA Memo #23)		
March 1-5	Week 8 – QUARTERLY PERFORMANCE TASKS WEEK		

#### **FROM THE IS CELAM**

MASS SPONSORSHIP SCHEDULE

- Saturday Anticipated Mass
  - February 13 6A
  - February 20 6B
  - February 27 6C March 6 - 6C

  - March 13 6E

#### **IS DAILY BULLETIN**

#### Monday, February 15, 2021

VCA MEMO #24 - VACCI	NATION PROGRAM
UNIVERSITYOF ST.LASALLE	OFFICE OF TH
VCA MEMO No. 24	

OFFICE OF THE VICE CHANCELLOR FOR ADMINISTRATION

### Managing Stress To Attain School-Life Balance

**BED Guidance Services Center** 

**INFO GUIDE** 

It, is good to check on how we manage the stress we experience to keep a healthy school-life balance. Stress keeps us focused and aware of all the things that need to be done. It can motivate us to study harder and complete assignments and projects on time. But when your stress level becomes more than a motivating tool, or when pressures are too intense or last too long, you may be in unhealthy stress overload.

Here are some reminders on Ways to Relieve Stress:

- ✓ Exercise. Regular exercise is one of the best ways to keep stress levels under control.
- ✓ Learn ways to relax your body through meditation and breathing exercises.
  ✓ Increase your Vitamin D. Take short walks in the sun. Studies show
- that Vitamin D increases a positive and focused mood. / Laugh.
- Practice positive self-talk.
- Adopt a mantra such as "this too shall pass" or "I can handle this."
- Create an assets column that includes all of the things that bring you joy.
- ✓ Talk to a friend or loved one.
- Make the best out of stressful circumstances be optimistic-your outlook, attitude, and thoughts influence the way you see things.
- Ask for help. People who have a strong network of family and friends manage stress better.

Source: John Hopkins Student Assistance Program (jhsap.org)

"Times of stress are also times that are signals for growth, and if we use adversity properly, we can grow through adversity." — Abraham Twerski

Tension is who you think you should be. Relaxation is who you are." — *Chinese proverb* 

## FROM THE HRDS



The Human Resource and Development Services in collaboration with the Health Services Center will conduct an Online Training on the **UPDATES OF COVID 19**, **ITS NEW VARIANT AND VACCINE**. This will be conducted on **February 17**, **2021** from **2:00PM- 4:00 PM**.

Interested participants may register through this link: <u>https://forms.gle/GLBVe2448GiSUEHm6</u>

Other details (*eg. schedule and Zoom link*) will be sent to your registered email address.

Moreover, the following are our Training Offering for the month of February

UPDATES ON COVID 19, THE NEW STRAIN AND VACCINE February 17, 2021, 2:00 PM- 4:00 PM

WORKING FROM HOME WHILE PARENTING February 24, 2021, 2:00 PM- 4:00 PM

VCA MEMO No. 24 Series of 2020-21				
DATE	:	February 9, 2021		
то	:			
FROM	:	DR. JOSE TEODY G. CABANTUG, DM Director, HRDS		
		Court		
THRU	:	CHARO MAE M. CORDOVA, CPA		
		Vice Chancellor for Administration		
SUBJE	CT:	VACCINATION PROGRAM – COVID 19		
SUBJE	CT:	VACCINATION PROGRAM – COVID 19		

In consonance with the vaccination drive of the city, all employees regardless of employment status including those who availed of regular/early retirement, resigned and redundated this academic year 2020-2021 are enjoined to avail of this voluntary program. A minimal contribution from employer and employee shall be collected with an amount ranging from P250-500 for the coffers and medical workers, memo shall be issued once arrangement is final.

Enclosed is the letter issued by NOPSSCEA President. Survey form and registration form for your reference.

Survey and registration forms shall be accomplished per office and must be received by HRDS for consolidation on or before February 16, 2021.

Thank you for your cooperation.



NEGROS OCCIDENTAL PRIVATE SCHOOLS SPORTS CULTURAL EDUCATIONAL ASSOCIATION Pana-ad Park, Brgy. Mansilingan Bacolod City, Philippines

February 2, 2021

Dear School Administrators,

Greetings!

I am happy to share with you that the Bacolod City Government has been working so hard and it was able to control and mitigate the number of covid cases for the past months. To continuously protect the Bacolenos, the city has launched its Bacolod City Covid-19 Vaccination Program.

Last week, we facilitated and sought the assistance of the LGU relative to the prioritization of the academic community - our faculty, staff and students when it comes to the distribution and administration of the vaccines. Mayor Bing Leonardía has immediately approved our request and has included us in the priority. For the time being - for our faculty and staff.

In this regard, I am sending you the survey form and the registration form for the program. Kindly circulate the survey form to your faculty and staff and ask them to check whether their want to avail of the vaccine or not. Should they answer YES, please ask them to fill-out the attached registration form. The vaccine is FREE and is NOT compulsory.

Once done, please submit the survey form and the registration forms (in a folder labeled with the name of your school) to STI West Negros University and look for Ms. Babes.

In return, may I request your school to be one of the venues of the vaccination program, or send your medical or any health-related students to facilitate the vaccination, or provide snacks to the workforce during the conduct of the vaccination.

Your help, big or small is a great step towards making Bacolod City a safer place for all of us.

We hope to receive the forms on or before February 15, 2021, Monday.

Thank you very much and may God bless us all.

Yours in NOPSSCEA RYAN MARK S OLINA, DM President

Note: Please refer to the actual memo sent online for the Survey and Registration Forms.

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