

INTEGRATED SCHOOL Daily Bulletin

LIVING OUT THE LASALLIAN VALUES



SY 2020-2021 | Tuesday, February 16, 2021 | No. 97

Attribute for the month: *Compassion*

In order for the light to shine so brightly, the darkness must be present. – Francis Bacon

(Your light is not dimmed by darkness, it makes it shine brighter.)



SCHEDULE OF 3rd QUARTER SUMMATIVE ASSESSMENT

Note: February 25 (NO classes due to EDSA Anniversary)

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	AP			

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	AP	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	

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 20 - 6B
- February 27 - 6C
- March 6 - 6C
- March 13 - 6E

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.

STUDENT DEVELOPMENT

VOTERS EDUCATION AND REGISTRATION WEBINAR

for Grade 10 students

February 19, 2021 | 1:30 PM

sponsored by the De Lasalle Philippines and Team Diokno in coordination with the JHS Office, BED Support Services, Discipline & Formation Office, SAC Council, and Guidance Services Center.

BED Guidance Services Center INFO GUIDE

Managing Stress To Attain School-Life Balance

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)

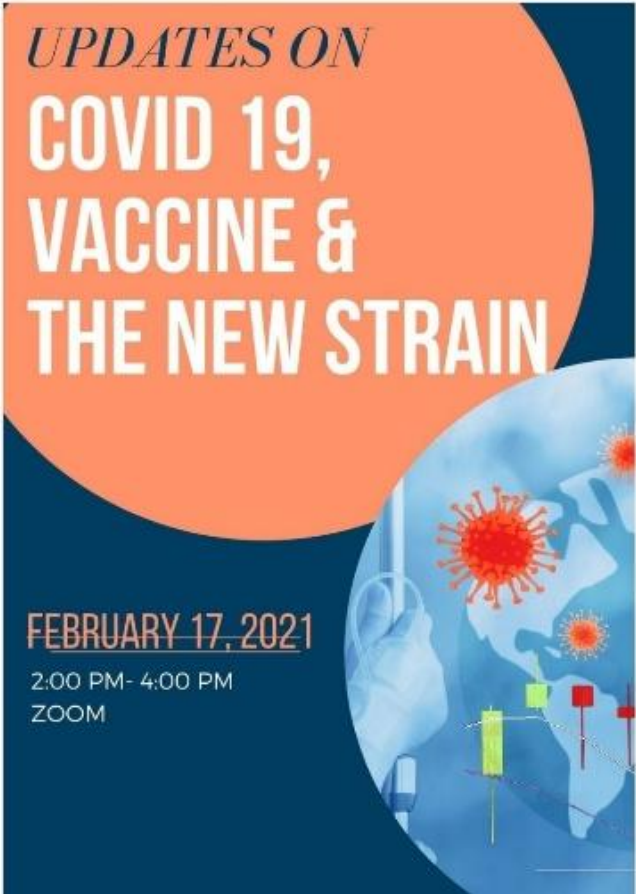
"Times of stress are also times that are signals for growth, and if we use adversity properly, we can grow through adversity."

– Abraham Twerski

"Tension is who you think you should be. Relaxation is who you are."

– Chinese proverb

FROM THE HRDS
TRAINING OFFERING



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:
<https://forms.gle/GLBVe2448GiSUEHm6>

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



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

VCA MEMO #24 - VACCINATION PROGRAM

UNIVERSITY OF
ST. LASALLE

OFFICE OF THE VICE CHANCELLOR
FOR ADMINISTRATION

VCA MEMO No. 24
Series of 2020-21

DATE : February 9, 2021

TO : THE LASALLIAN COMMUNITY

FROM : DR. JOSE TEODY G. CABANTUG, DM
Director, HRDS

THRU : CHARO MAE M. CORDOVA, CPA
Vice Chancellor for Administration


SUBJECT: 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 Leonardia 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. MOLINA, DM
President



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