

INTEGRATED SCHOOL Daily Bulletin

LIVING OUT THE LASALLIAN VALUES



SY 2020-2021 | Wednesday, February 17, 2021 | No. 98

Attribute for the month: *Compassion*

Stay afraid, but do it anyway. What's important is the action. You don't have to wait to be confident. Just do it and eventually the confidence will follow. – **Carrie Fisher**

(Sometimes you don't have to wait for the perfect timing, you just have to do it and see what happens.)



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	

REMINDERS:

In preparation for the Q3 Exams next week, please be ready with a stable internet connection or ample mobile data so that you take the exams with ease following the set guidelines. Study your lessons and take your exams diligently observing the Lasallian Academic Integrity at all times. Good luck, Lasallians!

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, 9D, 9E**
- February 27 – **6C, 9F, 9G**
- March 6 – **6C, 10A**
- March 13 – **6E, 10B, 10C**
- March 20 – **10D, 10E**
- March 27 – **10F, 10G**

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 La Salle Philippines and Team Diokno in coordination with the JHS Office, BED Support Services, Discipline & Formation Office, Students Affairs 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

THE FIRST DAY OF LENT 2021

ASH WEDNESDAY

11:00 AM

Quiet Reflection

11:15 AM

Prayer Service for the Sacrament of Reconciliation

11:30 AM

Celebration of the Eucharist for Ash Wednesday

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FROM THE HRDS
TRAINING OFFERING

HRDS ONLINE TRAINING #13

UPDATES ON COVID 19, NEW STRAIN & VACCINE

FEBRUARY 23, 2021

2:00PM- 4:00 PM

ZOOM

HRDS ONLINE TRAINING #14

WORKING FROM HOME WHILE PARENTING

FEBRUARY 24, 2021

2:00 PM- 4:00 PM

ZOOM

Please be informed of the changes in the details of our webinar:

TRAINING TITLE: **HRDS ONLINE TRAINING #13: UPDATES ON COVID 19, NEW STRAIN & VACCINE**

DATE: **FEBRUARY 23, 2021 (instead of February 17)**

TIME: **2:00 PM- 4:00 PM**

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

See you! 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

INTEGRATED SCHOOL:
Registration for NEW STUDENTS (Pre-Kinder to Grade 10) for Academic Year 2021-2022 is NOW OPEN!

Scan the QR Code or go to <http://admissions.usls.edu.ph/> and click on INTEGRATED SCHOOL.

Looking forward to welcoming you, our New Lasallians!

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