

INTEGRATED SCHOOL Daily Bulletin



SY 2018-2019 Tuesday, July 10, 2018 | No. 19

Attribute for the month: Commitment to Excellence

Bible Verse for the Day:

When they heard that he was alive and had been seen by her, they did not believe. –Mark 16:11

Reflection:

What are you afraid of? Know that God is with you in the midst of your fears.



HEALTH AND NUTRITION TRIVIA Did you know?

ASPARAGUS is high in glutathione, an important anticarcinogen. It also contains rutin, which protects small blood vessels from rupturing and may protect against radiation. ASPARAGUS is a good source of vitamins A, C and E, B-complex vitamins, potassium and zinc.

**HEALTH & NUTRITION MONTH 2018
SCHEDULE OF ACTIVITIES**

July 13, 2018 (Friday)	LAUNCHING ACTIVITY (LOWER GRADES)
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FROM THE CENTER FOR VARSITY SPORTS

❖ **GRADE 4-6 BOYS & GIRLS** who are willing to join the **CHESS TEAM** will have a *meeting with Coach Angie TODAY, July 10, 2018* at the Lower Grades Canteen.

FROM THE HEALTH SERVICES CENTER

PHYSICAL HEALTH EXAMINATION SCHEDULE

DATE	TIME	CLASS	VENUE
July 10, 2018 (Tue)	8:00-9:00 AM	Kinder A & B	JHS Clinic
	2:30-3:30 PM	Grade 1A	Main Clinic
July 11, 2018 (Wed)	8:00-9:00 AM	Grade 1B	
	1:30-2:30 PM	Grade 1C	
July 12, 2018 (Thu)	8:00-9:00 AM	Grade 1D	

FROM THE MAPEH DEPARTMENT (LOWER GRADES)

There will be screening for new members of **IS DANCE TROUPE** on the following schedule (*Please see Sir Bernard*):

DATE	TIME	VENUE
July 11 (Wednesday)	3:30-4:30 PM	Gallaga Theater
July 12 (Thursday)		
July 16 (Monday)		

Prepare the following:

- Dance steps/routine for 1 minute
- Screening can be done individually or by group
- Wear dance clothes

Note: *Old members and former NOPSSCEA dancers are requested to see Sir Bernard on Monday (July 16), 3:30-4:30 at the Gallaga Theater*

FROM RDJ LIBRARY:

RESEARCH SCHEDULE (JULY 10, 2018)

- 1st period – 9D (Science) Mr. Uberas
- 2nd period – 9F (Science) Ms. Ballesteros
- 6th period – 9A (Science) Mr. Uberas
- 7th period – 9E (Science) Mr. Uberas

FROM THE IS CELAM

CONFESSIONS / RECOLLECTIONS / HOLY MASS

July 10, 2018 (Tue)	8A RECOLLECTION Facilitators: <i>Macasero 9A, Tayo 10A, Rivera 10A, Evidente 9D, Castillon 10E</i>
	6E (1st Group) - CONFESSION 1:20PM @ Junior High School Chapel
July 11, 2018 (Wed)	6A - HOLY MASS 1:20PM @ Junior High School Chapel
July 12, 2018 (Thu)	8B RECOLLECTION Facilitators: <i>Aplaon 9B, Ferraris 10A, Dio 10B, Baga 10A, Viillaruz 9F</i>
	4D (1st Group) - CONFESSION 1:20PM @ Junior High School Chapel
	7G - NOVENA MASS <i>(in honor of Our Lady of Mt. Carmel)</i> 5:30PM @ Carmelite Assembly Time/Area: 4:30PM @ Gate 5
July 13, 2018 (Fri)	HOLY MASS 1:20PM @ Junior High School Chapel
July 14, 2018 (Sat)	SPONSORED MASS 5:30PM @ Main Chapel

FROM THE UPPER GRADES AVR

NEW CHARTS AVAILABLE

- ✓ Disaster Risk Reduction Management
- ✓ Philippine Historical Map
- ✓ Modern Periodic Table of Elements



FROM THE GUIDANCE SERVICES CENTER

GUIDANCE IN-HOUSE TESTING SCHEDULE

DATE	PERIOD	CLASS
July 11, 2018 (Wed)	1 st Period	3D, 7F, 8A
	2 nd Period	2D, 5A, 9B
	3 rd Period	3E, 7G, 8B, 10B
	4 th Period	2C, 3A, 5B
	6 th Period	2E
July 12, 2018 (Thu)	1 st Period	4E, 7D, 8F, 9A
	2 nd Period	3C, 6A
	3 rd Period	2A, 3B, 7C, 8C, 9D
	4 th Period	2B, 6B
	5 th Period	4D
July 13 (Fri)	1 st Period	5D, 10G
	2 nd Period	4A, 7A
	3 rd Period	5E, 9C
	4 th Period	4B, 6E, 7B
	5 th Period	4C
	6 th Period	6D
July 16, 2018 (Mon)	4 th Period	7E
	2 nd Period	10D
	3 rd Period	8D, 10E
July 17, 2018 (Tue)	1 st Period	10A
	3 rd Period	8G
	4 th Period	9E
July 18, 2018 (Wed)	1 st Period	8E, 9F
	4 th Period	10F
July 19, 2018 (Thu)	2 nd Period	10C

Note: Students are to bring well-sharpened pencils with eraser.

CISV 2018

June 30 – July 27, 2018 | Camp Allen, Sta. Cruz, Laguna

Delegates: Fernando Jose D. Gutierrez 6A
Vitorio Angelo C. Dimacali 6C
Roberto Sergio Ramiro S. Tan 6B

FROM LOWER GRADES LEVEL VICE PRINCIPAL

T1-T3 ASSESSMENT AND FEEDBACKING ACTIVITY

July 4, 2018 | 12:00 NN

FROM THE IS FACULTY AND STAFF ASSOCIATION

1. **THANK YOU** to all Faculty and Staff who volunteered to participate in the **BERDE BASH** last Friday and to the **P.E. TEACHERS** who helped choreograph the performance.
2. **OFFICERS' MEETING** on **July 10, Tuesday, 4:15 pm** at **LLM Library**.

FROM THE JHS LEVEL VICE PRINCIPAL OFFICE

The following homeroom classes are reminded to submit email ad (online).

- Grade 7DF
- Grade 9BCD
- Grade 10BG

Kindly email to jhsviceprincipal@usls.edu.ph

DATES TO REMEMBER

July 9-11	Data Gathering for OFW (Guidance Services)
July 10	Academic Council (AC) Meeting
July 10-12	Kasanagan House Visitation (IS Balayan)
July 13	Departmental Meetings
July 14	Mothers Club Handicraft Making (IS Balayan)
July 17-19	Follow-up Session for New Students (Guidance Services)
July 27	Search for Happy Health Child Mothers Club Food Expo (IS Balayan)
August 8-10	1 st Quarter Exams
August 13-17	1 st Quarter PT Completion
August 20	Buwan ng Wika Celebration
September 3-4	3 rd BED PAASCU Visit

AMENDED ASSIGNMENT SCHEDULE OF INSTITUTIONAL UNIFORMS

IS FACULTY AND STAFF				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAY	GREEN	FREE	NEW SHIRT	FREE OFFICE ATTIRE
COLLEGE, LICEO FACULTY, AND STAFF				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAY SHIRT JACK: GRAY	GREEN SHIRT JACK: WHITE	FREE	NEW INSTITUTIONAL SHIRT (GREEN & WHITE)	OLD INSTITUTIONAL SHIRT (GREEN & BLACK)

FOR THE INFORMATION OF THE USLS COMMUNITY

Clinic Personnel:

Physicians:

Dr. Luis S. Arroyo Jr. -Medical Director (Pediatrics)
Dr. Radela Yvonne R. Cortes (Internal Medicine-Allergy and Asthma)
Dr. Marilu B. Libo-on (Obstetrics and Gynecology)

Dentists:

Dr. Sonia Theresa E. Avelino
Dr. Marie Rita E. Araneta

Nurses:

Jerald P. Abrot
Jane P. Jarabas
Richmond Blaine G. Ombion
Harlan A. Po
Jenalyn D. San Jose
Maria Ana G. Zuloaga

Clinic Schedule:

Main Clinic:

7:30 AM to 5:00 PM (Monday to Friday)
8:00 AM to 5:00 PM (Saturday)

College Clinic:

8:30 AM to 8:30 PM (Monday to Friday)

High School Clinic:

7:30 AM to 4:00 PM (Monday to Friday)

Physicians' Schedule:

Dr. Luis S. Arroyo Jr.

Monday to Friday (Main Clinic) - 7:30 to 9:00 AM
Mon.- Wed.- Fri. (Main Clinic) - 1:30 to 3:00 PM
Tues. - Thurs. (High School Clinic) - 1:30 to 3:00 PM

Dr. Radela Yvonne R. Cortes

Monday to Friday (Main Clinic) - 10:00 AM to 12:00NN

Dr. Marily B. Libo-on

Mon.- Wed.- Fri. (Main Clinic) - 2:30 to 4:30 PM
Tues. - Thursday (Main Clinic) - 2:00 to 4:00 PM

Dentists' Schedule: (Main Clinic)

Dr. Sonia Theresa E. Avelino

Monday to Friday - 10:00 AM to 12:00 NN

Dr. Marie Rita E. Araneta

Monday to Friday - 1:30 to 3:30 PM

