

INTEGRATED SCHOOL Daily Bulletin



SY 2019-2020 Wednesday, July 10, 2019 | No. 19

Attribute for the month: *Commitment to Excellence*

Bible Verse for the Day:

With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. – James 3:9

Reflection:

May the words we speak point others to Jesus.

NUTRITION MONTH 2019

Theme: **Start the Lasallian PUSH: Proper Understanding of Self and Health**

HEALTH TRIVIA FOR THE DAY (in Celebration of Nutrition Month 2019)



➤ **Humans can cough at 60 miles an hour and sneezes can be 100 miles an hour – which is faster than the average car!**

Congratulations!

2018-2019 LASALLIAN ACHIEVERS

Awardees will be honored TODAY (July 10, 2019) during the convocation, 2PM at the USLS Coliseum.

*List of awardees are posted at the JHS Lobby Bulletin Board

2019 SINGAPORE MATH OLYMPIAD COMPETITION (SIMOC) at Singapore

Emmanuel Salgado III 3D – **BRONZE, Math Olympiad**
Carmelo Velez 3A – **BRONZE, Mind Sports and Math Olympiad**
Caleb Zeke Mellina 5A – **Honorable Mention**

12-UNDER FOOTBALL BOYS

For winning the San Carlos City Football Invitational last July 6, 2019 at San Carlos City

HEALTH SERVICES CENTER

PHYSICAL EXAMINATION SCHEDULE

July 10 (Wed)	Grade 1C	8:00-9:00AM
	Grade 1D	1:30-2:30PM
July 11 (Thu)	Grade 1E	8:00-9:00AM
July 15 (Mon)	Grade 2A	1:30-2:30PM
	Grade 2B	8:00-9:00AM
July 16 (Tue)	Grade 2C	1:30-2:30PM
	Grade 2D	8:00-9:00AM
July 17 (Wed)	Grade 2E	1:30-2:30PM
	Grade 3A	8:00-9:00AM

FROM THE JUNIOR HIGH SCHOOL LVP OFFICE

REPLY SLIPS ON PARENTS EMAIL

FINAL DEADLINE for the submission of the **Reply Slips on Parents Email** will be on **Friday, July 12, 2019.**

✓ **1 PPA star will be given for 100% submission on or before the deadline.**

PAGPASALAMAT ILAF FORMATION

The following JHS Teachers will attend the **Pagpasalamat Formation** Schedule:

(25 years and above in service)

July 12-13: Ms. Ma. Teresa Lopez
Dr. Andrelyn L. Cabil

July 26-27: Ms. Rosemarie Dolor
Ms. Carmen Penado
Ms. Jo Caña
Ms. Cyril de la Cruz
Dr. Elvira B. Singson

FROM THE GUIDANCE SERVICES CENTER

2018-2019 LASALLIAN ACHIEVERS CONVOCAION

Schedule of Practices:

➤ **July 10 (Wed) | 8:30-9:30 | Coliseum**

Subject teachers are requested to send the awardees to assemble at the respective Guidance Offices on the said dates and time.

IN-HOUSE TESTING SCHEDULE

DATE	PERIOD	GRADE & SECTION
July 15 (Mon)	1 st period	6E
	3 rd period	3B
	4 th period	5C
July 16 (Tue)	1 st period	2A
	2 nd period	3D, 6A
	3 rd period	3C
	4 th period	6C
July 17 (Wed)	6 th period	2B
	1 st period	2C, 5B
	3 rd period	3A, 6D
July 18 (Thu)	5 th period	2D
	2 nd period	3E, 5A
	3 rd period	5D
July 19 (Fri)	4 th period	2E
	2 nd period	6B
July 22 (Mon)	3 rd period	5E
	2 nd period	4B
July 23 (Tue)	3 rd period	4E
July 24 (Wed)	2 nd period	4C
July 25 (Thu)	2 nd period	4D

Note: Students are requested to bring a well-sharpened pencil with eraser.

NUTRITION MONTH 2019 SCHEDULE OF ACTIVITIES

July 12	Reachout Activity (Feeding Program & Book Donation) at Antipolo Elementary School, Pontevedra (c/o Practical Arts Dept.)
July 15-26	Trivia Question Contest for Grades 5 and 6
July 18	Animoves Grades 4, 5 & 6 during Club period (7 th period) Grades 7 and 8 during Club period (8 th period)
July 22-31	Photoshoot Contest Exhibit
July 26	Animoves Grade 10 (during CAT period), Grade 9 students, Faculty and Staff are invited to join
	Upper Grades Cookfest (UG)
July 31	Tour at the Institute for Culinary Arts (ICA) (Winners of Grade 5 & 6 Trivia Question Contest)

PAMATNUGUTAN SY 2019-2020
ANG LAYAG

Punong Patnugot:	<i>Alexa Therese Q. Chua</i>
Pangalawang Patnugot:	<i>Hanna Ashley C. Maestral</i> <i>Jasper G. Laguitan</i>
Tagapamahalang Patnugot:	<i>Bea Revese Legayada</i> <i>Reiben Jay C. Denaga</i>
Balita:	<i>Jay Angelo H. Olayra</i> <i>Ma. Angela T. Baloyo</i> <i>John Rosh N. Macasero</i>
Lathalain:	<i>Slara S. Garzon</i> <i>Jhasmine Andrea G. Sese</i>
Pampanitikan:	<i>Cheve Grace Gaudite</i> <i>Bianca Manuela P. Diva</i> <i>Jeri Mae Therese L. Espinosa</i> <i>Kylene Mhae J. Casaig</i> <i>Shennelle Sai Mari S. Borja</i> <i>Janessa R. Coruña</i> <i>Dianelle Mariz Ysabel T. Varrera</i> <i>Johannes Erika M. Acuña</i>
Pampalakasan:	<i>Jasper G. Laguitan</i> <i>Lysander Kandrick J. Tiu</i>
Kartunista:	<i>Paul Adrian Y. Estrope</i>
Photojournalist:	<i>Reiben Jay C. Denaga</i>
Layout Artist:	<i>Edrian Kyle B. Verzosa</i> <i>Reiben Jay C. Denaga</i>
Tagapamahala:	<i>G. Ariel V. Gabiño</i>

EDITORIAL BOARD 2019-2020
CROSSROADS

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	<i>Sue Esporma</i>	<i>Athena Visitacion</i>
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Senior Cartoonist:	<i>Xavier Lawrence Piccio</i>	
Junior Cartoonist:	<i>Brianna Pillo</i>	
Photojournalists:	<i>Geneen Gelvoleo</i> <i>Janna Ledesma</i> <i>Maia Malacon</i>	

Staff Writers:

<i>Bernadette Deldig</i>	<i>Sophie Louise De Castro</i>
<i>Anne Therese Vasquez</i>	<i>Denise Gonzales</i>
<i>Mary Isabelle Latina</i>	<i>Aicelyn Rose Gomez</i>
<i>Bianca Joy Tanalgo</i>	<i>Julia Saavedra</i>
<i>Leoni Magapan</i>	<i>Eunisse Labrador</i>
<i>Lance Fernandez</i>	<i>John Mhar Gellada</i>
<i>Andre Benedict Valencia</i>	<i>Brian Myles Sayon</i>
<i>Francis Gabriel Poloyapoy</i>	<i>Alexia Beatrice Soron</i>
<i>Arabella Manyuel Baroy</i>	<i>Danielle Marie Monfort</i>
<i>Carielle Nicole Montilla</i>	<i>Vinz Andrew Coresis</i>
<i>Melissa Gequillana</i>	<i>Leon Besar</i>

FROM IS BALAYAN

GRADE 8 REACH-OUT SCHEDULES

Section	Date	Recipient/ Institution
8B	July 11	Holy Infant, Brgy. Sum-ag
8C	July 16	Missionaries of Charity, Brgy. Banago
8D	July 18	St. Vincent Home for the Aged, Brgy. Tangub
8E	July 23	Missionaries of Charity, Brgy. Banago
8F	July 30	Holy Infant, Brgy. Sum-ag
8G	Aug. 20	Bahay Pag-asa, Brgy. Granada

FROM THE JUNIOR HIGH SCHOOL DFO

GOOD GROOMING INSPECTION

July 8- 12, 2019

Please refer to the uniform and haircut policy of the school.

FROM IS CELAM

CONFESSIONS / RECOLLECTIONS / HOLY MASS

Date	Event
July 11 (Thu)	8A – Recollection & Reach Out
	7A – Novena Mass (5:30PM @ Carmelite)
July 12 (Fri)	Institutional Visioning @ Nature's, Talisay
July 15 (Mon)	Distribution of Confirmation Letter to Parents
July 16 (Tue)	8C – Recollection and Reach Out
July 17 (Wed)	6A – Holy Mass
July 18 (Thu)	8D – Recollection and Reach Out
July 20 (Sat)	7C – Sponsored Mass (5:30PM @ Main Chapel)
	CPM Workshop

FROM THE RDJ LIBRARY

LIBRARY INSTRUCTION

How to Write a Bibliography and In-text Citations: APA Format

Venue: Tech Room

July 10 (Wed)	3 rd period – English 9C (Mr. Davila) 5 th period – English 10E (Ms. Navarro)
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FROM IS PUBLICATIONS

(The Crossroads, Ang Layag, Green Beacon and Luntiang Tanglaw)
Members of the said publications will have a month-long **JOURNALISM SEMINAR-WORKSHOP** on the following dates and venue:

July 13, 2019 (Saturday)

8:00am - 4:00PM | MM Audi A

Speaker: Josano Caldera, EPS II Supervisor; former Division, Regional and National President of Campus Journalism

Topic: Photojournalism, Cartooning, Collaborative & Desktop Publishing

Note: *Please bring writing materials, lunch and snacks (am and pm) except for July 20 (snacks and lunch will be served).*

FROM INSTITUTIONAL VARSITY SPORTS OFFICE

MCDONALD'S KANGA CUP 2019

July 7-12, 2019 | Canberra, Australia

Student-athlete participant: *John Matthew S. Eriso 7A*

The above student-athlete participant is excused from his July 1-5 and July 8-12 classes.

TRYOUT SCHEDULES

ELEMENTARY & HIGH SCHOOL	
July 15-16, 2019	
ATHLETICS	Elementary: 4:30 PM High School: 6:30 PM

