

# INTEGRATED SCHOOL Daily Bulletin



SY 2018-2019 Wednesday, July 11, 2018 | No. 20

Attribute for the month: Commitment to Excellence

**Bible Verse for the Day:**

This day the Lord, your God, commands you to observe these statutes and decrees. *-Deuteronomy 26:16*

**Reflection:**

How do you obey God? How do you show your love for Him?



**HEALTH AND NUTRITION TRIVIA Did you know?**



TOMATOES are rich in lycopene, flavonoids and other phytochemicals with anticarcinogenic properties. TOMATOES are an excellent source of vitamin C (the vitamin C is most concentrated in the jelly-like substance that surrounds the seeds). They also contain vitamin A and B-complex vitamins, potassium and phosphorus. A TOMATO grown in a hothouse has half the vitamin C content as a vine-ripened TOMATO.

**FROM THE IS MAIN OFFICE**

Homeroom Advisers and/or Subject Teachers are requested to send students who don't have IDs yet to the Main Office. Students who will have their ID picture taken should be in uniform.

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

July 13, 2018 (Friday)	LAUNCHING ACTIVITY (LOWER GRADES)
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**FROM THE HEALTH SERVICES CENTER**

**PHYSICAL HEALTH EXAMINATION SCHEDULE**

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

**FROM THE MAPEH DEPARTMENT (GRADES 3-6 ONLY)**

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

**SCHEDULE OF SCREENING**

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**

DATE	TIME	CLASS	TEACHER
July 11, 2018 (Wednesday)	3 <sup>rd</sup> Period	AP 10E	Ms. Magbanua
	4 <sup>th</sup> Period	Science 9C	Mr. Uberas
	5 <sup>th</sup> Period	CLE 7E	Ms. Caña
	6 <sup>th</sup> Period	Science 9D	Mr. Uberas
	7 <sup>th</sup> Period	CLE 7B	Ms. Caña
	8 <sup>th</sup> Period	AP 10C	Ms. Magbanua

**FROM THE IS CELAM**

**CONFESSIONS / RECOLLECTIONS / HOLY MASS**

July 11, 2018 (Wed)	6A - HOLY MASS 1:20PM @ Junior High School Chapel
July 12, 2018 (Thu)	8B RECOLLECTION Facilitators: Aplaon 9B, Ferraris 10A, Dio 10B, Baga 10A, Viillaruz 9F
	4D (1 <sup>st</sup> Group) - CONFESSION 1:20PM @ Junior High School Chapel
	7G - NOVENA MASS (in honor of Our Lady of Mt. Carmel) 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 <sup>st</sup> Period	3D, 7F, 8A
	2 <sup>nd</sup> Period	2D, 5A, 9B
	3 <sup>rd</sup> Period	3E, 7G, 8B, 10B
	4 <sup>th</sup> Period	2C, 3A, 5B
	6 <sup>th</sup> Period	2E
	7 <sup>th</sup> Period	5C
July 12, 2018 (Thu)	1 <sup>st</sup> Period	4E, 7D, 8F, 9A
	2 <sup>nd</sup> Period	3C, 6A
	3 <sup>rd</sup> Period	2A, 3B, 7C, 8C, 9D
	4 <sup>th</sup> Period	2B, 6B
	5 <sup>th</sup> Period	4D
	6 <sup>th</sup> Period	6C
July 13 (Fri)	1 <sup>st</sup> Period	5D, 10G
	2 <sup>nd</sup> Period	4A, 7A
	3 <sup>rd</sup> Period	5E, 9C
	4 <sup>th</sup> Period	4B, 6E, 7B
	5 <sup>th</sup> Period	4C
	6 <sup>th</sup> Period	6D
July 16, 2018 (Mon)	4 <sup>th</sup> Period	7E
	2 <sup>nd</sup> Period	10D
	3 <sup>rd</sup> Period	8D, 10E
July 17, 2018 (Tue)	1 <sup>st</sup> Period	10A
	3 <sup>rd</sup> Period	8G
	4 <sup>th</sup> Period	9E
July 18, 2018 (Wed)	1 <sup>st</sup> Period	8E, 9F
	4 <sup>th</sup> Period	10F
July 19, 2018 (Thu)	2 <sup>nd</sup> 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

The following homeroom classes are reminded to submit their PDS at the office (LG-LVP).

- Grade 1CD, 2C, 3DE, 5DE, 6BC

## FROM THE JHS LEVEL VICE PRINCIPAL OFFICE

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

- Grade 9BCD, 10BG

Kindly email to [jhsviceprincipal@usls.edu.ph](mailto:jhsviceprincipal@usls.edu.ph)

## DEPARTMENTAL MEETINGS

**JULY 12, 2018 (THURSDAY) | 4:00PM**

AP Dept. @ Room 7B

**JULY 13, 2018 (FRIDAY) | 2:30PM**

CLE Dept. @ IS CELAM Office

Filipino Dept. @ Room 7F

LG English/Reading Dept. @ Room 5E

JHS English Dept. @ Room 7G

MAPEH Dept. @ Room 7B

Math Dept. @ Room 7A

Practical Arts Dept. @ Room 9B

Science Dept. @ Room 7C

## DATES TO REMEMBER

July 10-12	Kasanagan House Visitation (IS Balayan)
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 <sup>st</sup> Quarter Exams
August 13-17	1 <sup>st</sup> Quarter PT Completion
August 20	Buwan ng Wika Celebration
September 3-4	3 <sup>rd</sup> 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. Radel 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. Radel 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

