

INTEGRATED SCHOOL Daily Bulletin



SY 2018-2019 Thursday, July 12, 2018 | No. 21

Attribute for the month: *Commitment to Excellence*

Bible Verse for the Day:

For what great nation is there that has gods so close to it as the Lord, our God, is to us whenever we call upon him? *-Deuteronomy 4:7*

Reflection:

Heroes shed their blood to make this nation and its laws great. But Someone greater than a hero gave His life that we may live ours more abundantly. How obedient are we to Him?



Sowing the Seeds of Health

PRACTICAL ARTS:
HEALTH AND NUTRITION MONTH 2018



HEALTH AND NUTRITION TRIVIA Did you know?

SWEET POTATOES are an excellent source of carotenoid antioxidants. They contain calcium, are high in vitamins A and C and contain thiamine. Be careful: eating too many may cause abdominal swelling and indigestion. SWEET POTATOES are also high in sugar and therefore should be used sparingly. SWEET POTATOES are not related to the potato nor the yam--they are actually a member of the morning glory family.

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

July 13, 2018 (Friday)	LAUNCHING ACTIVITY (LOWER GRADES)
July 19, 2018 (Thursday)	ANIMOVES Lower Grades – 7 th Period @ UGCC Upper Grades (Gr. 7 & 8) – 8 th Period @ UGCC Note: <i>Club Moderators are requested to send the students to the venue.</i>
July 20, 2018 (Friday)	ANIMOVES CAT–Grade 10 and INVITATION TO ALL 7 th Period @ UGCC

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

FROM THE JHS SAC

MEETING WITH THE SAC PRESIDENT

WHO: Class Mayors & RROC

WHEN: July 12, 2018 (Thursday) - Homeroom Period

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.

FROM THE HEALTH SERVICES CENTER

PHYSICAL HEALTH EXAMINATION SCHEDULE

DATE	TIME	CLASS	VENUE
July 12, 2018 (Thu)	8:00-9:00 AM	Grade 1D	Main Clinic
July 16, 2018 (Mon)	1:30-2:30 PM	Grade 1E	
July 17, 2018 (Tue)	8:00-9:00 AM	Grade 2A	
	2:00-3:00 PM	Grade 2B	
July 18, 2018 (Wed)	8:00-9:00 AM	Grade 2C	
	1:30-2:30 PM	Grade 2D	
July 19, 2018 (Thu)	8:00-9:00 AM	Grade 2E	

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 12 (Thursday)	3:30-4:30 PM	Gallaga Theater
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*

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 THE CENTER FOR VARSITY SPORTS**TRACK AND FIELD VARSITY TRYOUTS**

ELEMENTARY AND HIGH SCHOOL BOYS & GIRLS

July 14, 2018 (Saturday) | 7AM & 4PM | USLS Grandstand

*Look for Coach Ryan

FROM RDJ LIBRARY**RESEARCH SCHEDULE**

DATE	TIME	CLASS	TEACHER
July 12, 2018 (Thursday)	1 st Period	Science 9E	Mr. Uberas
	2 nd Period	Science 9F	Mr. Uberas
	3 rd Period	Science 9C	Mr. Uberas
	6 th Period	AP 10E	Ms. Magbanua
	8 th Period	AP 10G	Ms. Magbanua

FROM THE LOWER & UPPER GRADES AVR**NEWLY AQUIRED CHARTS**

- ✓ 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 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
	6 th Period	6C
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
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.

FROM LOWER GRADES LEVEL VICE PRINCIPAL

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

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

FROM THE JHS LEVEL VICE PRINCIPAL OFFICE

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

- Grade 9BD, 10BG

Kindly email to jhsviceprincipal@usls.edu.ph**FROM THE IS CELAM****CONFESSIONS / RECOLLECTIONS / HOLY MASS**

July 12, 2018 (Thu)	8B - RECOLLECTION Facilitators: Aplaon 9B, Ferraris 10A, Dio 10B, Baga 10A, Viillaruz 9F
	4D (1st 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)	5C - HOLY MASS 1:20PM @ Junior High School Chapel
July 14, 2018 (Sat)	10B - SPONSORED MASS 5:30PM @ Main Chapel
July 16, 2018 (Mon)	4A - HOLY MASS 1:20PM @ Junior High School Chapel
July 17, 2018 (Tue)	8C - RECOLLECTION
	SEARCH-IN CONFESSION 1:20pm @ Junior High School Chapel
July 18, 2018 (Wed)	6B - HOLY MASS 1:20PM @ Junior High School Chapel
July 19, 2018 (Thu)	SEARCH-IN CONFESSION 1:20PM @ Junior High School Chapel
July 20, 2018 (Fri)	SEARCH-IN 149 RETREAT
July 21, 2018 (Sat)	SEARCH-IN 149 RETREAT
	10C - SPONSORED MASS 5:30PM
July 22, 2018 (Sun)	SEARCH-IN 149 RETREAT 11AM - MASS @ BK

TO THE USLS-IS COMMUNITY**A USLS GRADUATE TRACER STUDY**

The USLS is inviting its Alumni and graduates of batch 2008-2017 to respond to an online survey form and help the University in assessing its graduates on how they fared in their chosen career and in improving the programs and services available to students and alumni of USLS.

Please share the link below on your social media pages (preferably alumni group only) with your USLS friends, batch mates, and other alumni that you may know.

<http://www.usls.edu.ph/cre/tracer>

Data gathering will run through until August 15, 2018. For more inquiries, you may contact us at Tel # 435-2595.

DATES TO REMEMBER

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)

CLARIFICATION ON THE FRIDAY UNIFORM OF THE IS FACULTY AND STAFF

- Clarification from Mr. Revie Salvio: The **FRIDAY UNIFORM** is referred to as the **OLD IS UNIFORM (ANY)**. Please be guided accordingly.

