

INTEGRATED SCHOOL Daily Bulletin



SY 2018-2019 Friday, July 13, 2018 | No. 22

Attribute for the month: Commitment to Excellence

Bible Verse for the Day:

Peter approached Jesus and asked him, "Lord, if my brother sins against me, how often must I forgive him? As many as seven times?" *-Matthew 18:21*

Reflection:

When you ask God for forgiveness, do you also remember to forgive those who have offended you?



HEALTH AND NUTRITION TRIVIA Did you know?

ONIONS are an excellent antioxidant, and they contain anti-allergy, antiviral and antihistamine properties. Sulfur compounds in ONIONS help to detoxify the body. ONIONS aid in cellular repair. ONIONS are a rich source of quercetin, a potent antioxidant. To obtain the maximum nutritional benefits, ONIONS should be eaten raw or lightly steamed

**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 * Homeroom Advisers (LG) are requested to bring the students to the venue. Upper Grades (Gr. 7 & 8) – 8 th Period @ UGCC *Assigned Club Moderators (c/o LVP) are requested to bring the students to the venue.
July 20, 2018 (Friday)	ANIMOVES CAT–Grade 10 and INVITATION TO ALL 7 th Period @ UGCC *FACULTY & STAFF are encouraged to join.

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 16, 2018 (Mon)	1:30-2:30 PM	Grade 1E	Main Clinic
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	

DEPARTMENTAL MEETINGS

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 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 16 (Monday)	3:30-4:30 PM	Gallaga Theater

Prepare the following:

- a. Dance steps/routine for 1 minute
- b. Screening can be done individually or by group
- c. 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 13, 2018 (Friday)	3 rd Period	AP 10F	Ms. Magbanua
	5 th Period	CLE 7C	Ms. Caña
	6 th Period	AP 10D	Ms. Magbanua

FROM THE LOWER & UPPER GRADES AVR**NEWLY ACQUIRED 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 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.

DATES TO REMEMBER

- July 17-19 Follow-up Session for New Students
July 27 Search for Happy Health Child

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

FROM THE JHS LEVEL VICE PRINCIPAL OFFICE

Grade 9B homeroom class is reminded to submit email ad (online).

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

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 27 Mothers Club Food Expo (IS Balayan)
August 8-10 1st Quarter Exams
August 13-17 1st Quarter PT Completion
August 20 Buwan ng Wika Celebration
September 3-4 3rd BED PAASCU Visit

OFFICIALLY WITHDRAWN FROM SCHOOL

Francine Kyle D. Jardio 9F - effective July 11, 2018

AMENDED ASSIGNMENT SCHEDULE OF INSTITUTIONAL UNIFORMS

IS FACULTY AND STAFF				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAY	GREEN	FREE	NEW SHIRT	FREE OFFICE ATTIRE

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.



HAPPY BIRTHDAY! July 14 – Ms. Julinda D. Quiatchon | July 16 – Ms. Michelle B. Ballesteros & Ms. Liza O. Fronda

