



**Bible Verse for the Day:**

Whoever finds their life will lose it, and whoever loses their life for my sake will find it. – *Matthew 10:39*

**Reflection:**

Nothing is really lost by a life of sacrifice.

**NUTRITION MONTH 2019**

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

**TRIVIA QUESTION FOR THE DAY for Grades 5 and 6 only** (in Celebration of Nutrition Month 2019)

(Refer to the Nutrition month Schedule of Activities Table for the Trivia Mechanics)

➤ **A calorie is a unit of measurement used to measure what?**

**NUTRITION MONTH 2019 SCHEDULE OF ACTIVITIES**

July 15-26	<b>Trivia Question Contest for Grades 5 and 6</b> <i>Trivia Mechanics:</i> 1. Trivia is open from Grades 5 to 6 students only. It will run from July 15-26 only. 2. Questions for the day will be published in the Daily Bulletin. 3. Answer and winner for the day will be published the following day in the Daily Bulletin. 4. Each participant is entitled for a single entry. A participant who has more than one (1) entry will be automatically disqualified. 5. Answers should be written legibly on a ¼ sheet of paper with complete Name/Grade and section. 6. Entries should be dropped in a box inside the HELE Lab in Santuario before 12:30PM c/o Ms. Rosela. 7. 10 lucky winners will have the chance to tour and listen to the expertise of chefs at the USLS Institute of Culinary Arts (ICA) on July 31 4PM.
	<b>Animoves</b> Grades 4, 5 & 6 during Club period (7 <sup>th</sup> period) Grades 7 and 8 during Club period (8 <sup>th</sup> period)
	<b>Photoshoot Contest Exhibit</b>
	<b>Animoves</b> Grade 10 (during CAT period), Grade 9 students, Faculty and Staff are invited to join
	<b>Upper Grades Cookfest (UG)</b>
	<b>Tour at the Institute for Culinary Arts (ICA)</b> (Winners of Grade 5 & 6 Trivia Question Contest)
	<b>July 18</b>
<b>July 22-31</b>	
<b>July 26</b>	
<b>July 31</b>	

**FROM THE IS MAIN OFFICE**

Implementation of **NO ID, NO ENTRY POLICY** will start **TODAY, July 15, 2019**.

**FROM THE LOWER GRADES AND JUNIOR HIGH SCHOOL DFO OFFICES**

**Please wear your school ID at all times.** The ID is part of your school uniform.

Read *Category One item a*, pages 70 and 73 of the Student Handbook

**FROM THE JUNIOR HIGH SCHOOL LVP OFFICE**

**DISASTER RESILIENCE CARAVAN**

**Grades 8A, 9A and 10A** will attend the School-based Disaster Resilience Caravan on **July 16, 2019** from 8:00AM-11:30AM at the Coliseum. *Advisers will supervise the students to the said event.*

**PAGPASALAMAT ILAF FORMATION 2019**

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

(25 years and above in service)

<b>July 26-27:</b> Ms. Rosemarie Dolor	Ms. Carmen Penado
Ms. Jo Caña	Ms. Cyril de la Cruz
Dr. Elvira B. Singson	Ms. Nonette Diaz
Ms. Rosalie Destua	

**FROM IS BALAYAN**

**THANK YOU AND CONGRATULATIONS**

**THANK YOU** and **CONGRATULATIONS** to **8A** and **8B** for a successful Reach-out Activity at St. Vincent Home for the Aged and Holy Infant Home.

**NATIONAL BLOOD DONORS MONTH CARAVAN**

The IS Balayan and INSPA will join the National Blood Donors Month Caravan tomorrow, July 16, 7:00AM at the New Government Center.

**IS BALAYAN SCHEDULES**

<b>July 15</b>	Kasanagan House Visitation 10:00AM-4:00PM
<b>July 17</b>	Kasanagan Supervisors Orientation 4:00PM, PAASCU Room

**HEALTH SERVICES CENTER**

**PHYSICAL EXAMINATION SCHEDULE**

<b>July 15 (Mon)</b>	Grade 2A	1:30-2:30PM
<b>July 16 (Tue)</b>	Grade 2B	8:00-9:00AM
	Grade 2C	1:30-2:30PM
<b>July 17 (Wed)</b>	Grade 2D	8:00-9:00AM
	Grade 2E	1:30-2:30PM
<b>July 18 (Thu)</b>	Grade 3A	8:00-9:00AM

**FROM THE LOWER GRADES LVP OFFICE**

**PAGPASALAMAT ILAF FORMATION 2019 PARTICIPANTS**

**July 26-27, 2019:** Ms. Alma Cabalo Ms. Ana Mitra  
Mr. Ruel Abalayan Ms. Irene Grace Yulo

**DATES TO REMEMBER**

<b>July 19</b>	Level Meetings
<b>August 5-7</b>	1 <sup>st</sup> Quarterly Assessment (Exams)
<b>August 8-19</b>	Q1 PT Completion

**GRADE 8 REACH-OUT SCHEDULES**

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

## FROM IS CELAM

CONFESSIONS / RECOLLECTIONS / HOLY MASS	
Date	Event
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 INSTITUTIONAL VARSITY SPORTS OFFICE

SCHEDULE OF ECG TESTS

for the Basketball Varsity Teams

Venue: High School Clinic

## July 16 (Tuesday) and July 18 (Thursday)

- 10AM-12NN
- for 12-under and Aspirants Boys Basketball Teams

## July 23 (Tuesday) and July 25 (Thursday)

- 10AM-12NN
- for 10-under and Junior Boys Basketball Teams

Note: Please bring 300 pesos for the payment.

## TRYOUT SCHEDULES

TRYOUT SCHEDULES	
ATHLETICS	<b>ELEMENTARY &amp; HIGH SCHOOL</b>
	July 15-16, 2019
	Elementary: 4:30 PM   High School: 6:30 PM
	<i>Interested students may also see Mr. Bernard Gonzales at the Department Chairs Office for further information.</i>

## 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 19, 2019 (Friday)

2:30-4:30PM | Santuario, Room 5A

Speaker: Jose Dante Albao Jr., Executive Director of Philippine Reef and Rainforest Conservation Foundation Inc.; Sun Star Lifestyle writer

Topics: Feature and SciTech Writing

## July 20, 2019 (Saturday)

8:00AM-12:00NN | MM Audi B

Speaker: Mark Raymund Garcia, Sagay Tourism Communications Consultant; Former The Visayan Daily Star and Manila Bulletin writer

Topics: Sports and News Writing (English and Filipino)

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



## FROM THE GUIDANCE SERVICES CENTER

IN-HOUSE TESTING SCHEDULE			
DATE	PERIOD	GR. & SEC.	EXAMINER(S)
July 15 (Mon)	1 <sup>st</sup> period	6E, 8E	Sir Harmond, Ms. Nonette
	2 <sup>nd</sup> period	9E	Sir Josef
	3 <sup>rd</sup> period	3B, 7C, 8C	Ms. Fay, Ms. Anna, Ms. Nonette
	4 <sup>th</sup> period	5C, 7D, 9F	Sir Harmond, Ms. Anna, Sir Joseph
July 16 (Tue)	1 <sup>st</sup> period	2A, 8A	Ms. Jenny, Ms. Nonette
	2 <sup>nd</sup> period	3D, 6A, 7G, 9A	Ms. Fay, Sir Harmond, Ms. Anna, Sir Josef
	3 <sup>rd</sup> period	3C, 8D, 9D	Ms. Fay, Ms. Nonette, Sir Josef
	4 <sup>th</sup> period	6C	Sir Harmond
	6 <sup>th</sup> period	2B	Ms. Jenny
July 17 (Wed)	1 <sup>st</sup> period	2C, 5B, 8G	Ms. Jenny, Sir Harmond, Ms. Nonette
	3 <sup>rd</sup> period	3A, 6D, 8B, 9C	Ms. Jenny, Sir Harmond, Ms. Nonette, Sir Josef
	4 <sup>th</sup> period	7A	Ms. Anna
	5 <sup>th</sup> period	2D	Ms. Jenny
July 18 (Thu)	1 <sup>st</sup> period	8F	Ms. Nonette
	2 <sup>nd</sup> period	3E, 5A, 7E, 9G	Ms. Fay, Sir Harmond, Ms. Anna, Sir Josef
	3 <sup>rd</sup> period	5D, 7B, 9B	Sir Harmond, Ms. Anna, Sir Josef
	4 <sup>th</sup> period	2E	Ms. Jenny
July 19 (Fri)	2 <sup>nd</sup> period	6B	Sir Harmond
	3 <sup>rd</sup> period	5E, 7F	Sir Harmond, Ms. Anna
July 22 (Mon)	2 <sup>nd</sup> period	4B	Ms. Fay
	3 <sup>rd</sup> period	4E, 10D	Ms. Anna, Sir Josef
July 23 (Tue)	2 <sup>nd</sup> period	4C	Ms. Anna
	4 <sup>th</sup> period	10C	Sir Josef
July 24 (Wed)	2 <sup>nd</sup> period	4D, 10B	Ms. Anna, Sir Josef
	3 <sup>rd</sup> period	10F	Sir Josef
July 25 (Thu)	2 <sup>nd</sup> period	4A, 10A	Ms. Fay, Sir Josef
	3 <sup>rd</sup> period	10E	Sir Josef

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

## FROM THE RDJ LIBRARY

TOP LIBRARY BORROWERS/USERS AND COMPUTER USERS

**CONGRATULATIONS & THANK YOU** to the Top Library Borrowers/Users and Computer Users for the month of **June 2019**. Please see Complete list at the RDJ Bulletin Board

LIBRARY INSTRUCTION**WRITING A BIBLIOGRAPHY AND IN-TEXT CITATIONS: MLA FORMAT**

by Ms. Dione Monserate

**SCHEDULE OF CLASSES:**

July 15 (Mon)	1 <sup>st</sup> period) - 8A (Ms. Ayre)
	7 <sup>th</sup> period - 8B (Ms. Ayre)
	8 <sup>th</sup> period - 8C (Ms. Ayre)
July 16 (Tue)	2 <sup>nd</sup> period - 8E (Ms. Sarmiento)
	4 <sup>th</sup> period - 8G (Ms. Sarmiento)
	6 <sup>th</sup> period - 8D (Ms. Sarmiento)
	7 <sup>th</sup> period - 8F (Ms. Sarmiento)
July 17 (Wed)	1 <sup>st</sup> - 2 <sup>nd</sup> periods - 7A (Ms. Cadigal)
	5 <sup>th</sup> - 6 <sup>th</sup> periods - 7F (Mr. Parpa)
	7 <sup>th</sup> - 8 <sup>th</sup> periods - 7D (Ms. Cuadra)
July 18 (Thu)	6 <sup>th</sup> - 7 <sup>th</sup> periods - 7E (Mr. Parpa)
July 22 (Mon)	5 <sup>th</sup> - 6 <sup>th</sup> periods - 7B (Ms. Cuadra)
July 23 (Tue)	3 <sup>rd</sup> - 4 <sup>th</sup> periods - 7G (Ms. Cuadra)
	7 <sup>th</sup> - 8 <sup>th</sup> periods - 7C (Mr. Parpa)

