

INTEGRATED SCHOOL Daily Bulletin



SY 2018-2019 Monday, July 16, 2018 | No. 23

Attribute for the month: *Commitment to Excellence*

Bible Verse for the Day:

“Rejoice with me because I have found my lost sheep.” -Luke 15:6

Reflection:

Has someone lost his or her way because of your own doing? What should you do to bring that person back to the right path?



Sowing the Seeds of Health

PRACTICAL ARTS:
HEALTH AND NUTRITION MONTH 2018



HEALTH AND NUTRITION TRIVIA Did you know?

PARSLEY is useful as a digestive aid. It helps to purify the blood and stimulate the bowels. PARSLEY is an anticarcinogen. It contains three times as much vitamin C as oranges, and twice as much iron as spinach. PARSLEY contains vitamin A and is a good source of copper and manganese. For a natural breath freshener, try a sprig of PARSLEY.

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

July 19, 2018 (Thursday)	<p>LAUNCHING ACTIVITY & ANIMOVES (LOWER GRADES) 7th Period @ UGCC</p> <p><i>* Homeroom Advisers (LG) are requested to bring the students to the venue.</i></p>
	<p>ANIMOVES (GRADE 7 & GRADE 8) 8th Period @ UGCC</p> <p><i>*Assigned Club Moderators (c/o LVP) are requested to bring the students to the venue.</i></p>
July 20, 2018 (Friday)	<p>ANIMOVES (CAT–Grade 10 and INVITATION TO ALL) 7th Period @ UGCC</p> <p><i>*FACULTY & STAFF are encouraged to join.</i></p>

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	

FROM LOWER GRADES LEVEL VICE PRINCIPAL

- LEVEL MEETING** on Friday (July 20, 2018) at 2:30PM with brief talk on Financial Wellness by Manulife, Gallaga Theater
- GREEN BEACON** and **LUNTIANG TANGLAW** trainings on Saturdays at the LG Science Lab with Ms. Sheila G. Ticao and Ms. Roxanne N. Balba

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 JHS SAC

- Homeroom Officers joining the LOTS III are reminded to submit duly signed reply slip and payment to Jose Mari Cajili or Kyna Hosillos at the JHS SAC Office.

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:

- 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 16, 2018 (Monday)	1 st Period	CLE 7C	Ms. Caña
	3 rd Period	CLE 7F	Ms. Caña
	6 th Period	CLE 7D	Ms. Caña
	8 th Period	CLE 7G	Ms. Caña



FROM THE GUIDANCE SERVICES CENTER

GUIDANCE IN-HOUSE TESTING SCHEDULE

DATE	PERIOD	CLASS
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 THE IS CELAM

CONFESSIONS / RECOLLECTIONS / HOLY MASS

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
	6B – HOLY MASS 1:20PM @ Junior High School Chapel
July 18, 2018 (Wed)	SEARCH-IN CONFESSION 1:20PM @ Junior High School Chapel
July 19, 2018 (Thu)	SEARCH-IN 149 RETREAT 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
	SEARCH-IN 149 RETREAT 11AM – MASS @ BK
July 22, 2018 (Sun)	

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.

FROM THE UNIFORM COMMITTEE

Upon our consent to enjoy the wearing of the *Old Institutional Green T-shirt* EVERY FRIDAY, it is highly recommended that it should be paired with *black denim pants* or *black slacks*, *black shoes (preferably)* or *any appropriate flat closed shoes*.

DATES TO REMEMBER

July 19 JHS LOTS III – Homeroom Officers
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

FROM THE BALAYAN SOCIAL DEVELOPMENT OFFICE

Everyone is invited to take part in this prayerful response to the exhortation of the Catholic Bishops' Conference of the Philippines (CBCP) last July 9, 2018.

Please refer to the email disseminated online for the **full text of the CBCP Exhortation: Rejoice and be Glad!**

YOUR PARISH, SCHOOL, OR ORGANIZATION
CAN DISCUSS HOW YOU CAN USE
THE CBCP PASTORAL EXHORTATION
IN YOUR DAILY DEALINGS. HERE'S HOW:

STEP 1. Gather people in your community.
Start with leaders and influencers.

STEP 2. Invoke the Spirit by praying 'Come, Holy Spirit.'

STEP 3. Read the Pastoral Exhortation
(See ADSUM spread for Key Points).

STEP 4. Reflect, answer and discuss these Guide Questions: If Jesus were here what would he say or do? What do Scriptures say? What's the teaching of the church on the matter? Is this the Christian way? Is this Jesus' way?

STEP 5. Share what you commit to do.
For example, 'I will not use violent language in my FB posts.'

STEP 6. End with a prayer for our nation and our leaders.

A GUIDE TO
Communal Discernment

ADSUM

DIocese of BACOLOD



A Lasallian Response to the CBCP Exhortation: "Rejoice and Be Glad"

We are inviting the entire community to heed the call of our Bishops to
Pray and Fast for PEACE, FAITH, & JUSTICE

Schedule of Activities:

July 16 : **Launching of Prayer, Fasting, and Almsgiving Commitments**
11:30am Mass @ Montelibano Chapel

July 17-19 : **Daily Mass Intentions for Peace**
Giving out of **purple ribbons**
Communal Discernments

"Blessed are the peacemakers, they shall be called sons and daughters of God." (Mt. 5:9)

May we all continue to heed the call of our Founder St. John Baptist de La Salle to "Hold prayer in high esteem. It is the foundation of all virtues, and the source of all grace needed to sanctify ourselves and to discharge the duties of our employment."

