

# INTEGRATED SCHOOL Daily Bulletin



SY 2019-2020 Tuesday, July 16, 2019 | No. 23

Attribute for the month: Commitment to Excellence

**Bible Verse for the Day:**

Because of God's tender mercy, the morning light from heaven is about to break upon us. – Luke 1:78

**Reflection:**

Jesus is both the Gift and the Giver.

**NUTRITION MONTH 2019**

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

**TRIVIA QUESTION FOR THE DAY (July 16, 2019) for Grades 5 and 6 only (in Celebration of Nutrition Month 2019)**

➤ **What is the body's main source of energy?**

PREVIOUS TRIVIA QUESTION (July 15, 2019):

✓ A calorie is a unit of measurement used to measure what? **ANSWER: Amount of Energy in Food (Winner: Kieth Cabalfin 5C)**

**NUTRITION MONTH 2019 SCHEDULE OF ACTIVITIES**

July 15-26	<b>Trivia Question Contest</b> for Grades 5 and 6
	<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.
July 18	<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)
July 22-31	<b>Photoshoot Contest Exhibit</b>
July 26	<b>Animoves</b>
	Grade 10 (during CAT period), Grade 9 students, Faculty and Staff are invited to join
July 31	<b>Upper Grades Cookfest (UG)</b>
	<b>Tour at the Institute for Culinary Arts (ICA)</b> (Winners of Grade 5 & 6 Trivia Question Contest)

EVERYBODY IS REQUESTED TO OBSERVE THE POLICY:

**NO ID, NO ENTRY**

**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 **TODAY, 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)

July 26-27: 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 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

**FROM IS CELAM**

**CONFESSIONS / RECOLLECTIONS / HOLY MASS**

Date	Event
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

**HEALTH SERVICES CENTER**

**PHYSICAL EXAMINATION SCHEDULE**

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

**FROM THE LLM LIBRARY**

**LIBRARY INSTRUCTION PROGRAM**

Grade 2: Parts of the Book and e-Book orientation

July 17, 2019 (Wed) 1<sup>st</sup> period - 2D  
3<sup>rd</sup> period - 2A  
5<sup>th</sup> period - 2B

July 18, 2019 (Thu) 4<sup>th</sup> period - 2E  
6<sup>th</sup> period - 2C

**DATES TO REMEMBER**

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

**FROM IS BALAYAN****THANK YOU AND CONGRATULATIONS**

- To the **Practical Arts Department** headed by Mrs. Lynn Niñonuevo, for a successful Reach-out Activity and Turn-over of Donations at Antipolo Elementary School, Pontevedra last July 12, 2019.
- 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 TODAY, July 16, 2019, 7:00AM** at the New Government Center.

**IS BALAYAN SCHEDULES**

**July 17** Kasanagan Supervisors Orientation  
4:00PM, PAASCU Room

**GRADE 8 REACH-OUT SCHEDULES**

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

**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)
<b>July 16 (Tue)</b>	1 <sup>st</sup> period	2A, 8A	Ms. Jenny, Ms. Nonette
	2 <sup>nd</sup> period	3D, 6A, 7G, 9A	Ms. Fay, Sir Harmod 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
<b>July 17 (Wed)</b>	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
<b>July 18 (Thu)</b>	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
<b>July 19 (Fri)</b>	2 <sup>nd</sup> period	6B	Sir Harmond
	3 <sup>rd</sup> period	5E, 7F	Sir Harmond, Ms. Anna
<b>July 22 (Mon)</b>	2 <sup>nd</sup> period	4B	Ms. Fay
	3 <sup>rd</sup> period	4E, 10D	Ms. Anna, Sir Josef
<b>July 23 (Tue)</b>	2 <sup>nd</sup> period	4C	Ms. Anna
	4 <sup>th</sup> period	10C	Sir Josef
<b>July 24 (Wed)</b>	2 <sup>nd</sup> period	4D, 10B	Ms. Anna, Sir Josef
	3 <sup>rd</sup> period	10F	Sir Josef
<b>July 25 (Thu)</b>	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 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)

