

# INTEGRATED SCHOOL Daily Bulletin



SY 2018-2019 Tuesday, July 17, 2018 | No. 24

Attribute for the month: *Commitment to Excellence*

**Bible Verse for the Day:**

Judas Iscariot went to the chief priests and said, "What are you willing to give me if I hand him over to you?" –*Matthew 26:14-15*

**Reflection:**

God has already given everything to you – signed, sealed, delivered. Have you accepted the package already?



**HEALTH AND NUTRITION TRIVIA Did you know?**



APPLES are an excellent source of pectin, which is a soluble fiber that can lower blood cholesterol and sugar levels. Pectin also binds with heavy metals like lead and mercury and helps the body eliminate these pollutants. Fresh APPLES are also good sources of vitamin C, an antioxidant that protects your body cells from damage. APPLES can help prevent constipation, arthritis, gout, gastroenteritis, and diarrhea. APPLES are excellent diet foods. (only 47 calories per apple). Even the smell of an APPLE has a calming effect. Apple pie, apple juice, fresh apples are all great.

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

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

**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 17, 2018 (Tue)	8:00-9:00 AM	Grade 2A	Main Clinic
	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 CENTER FOR VARSITY SPORTS**

ECG TEST TODAY (July 17, 2018), 10AM – 12PM at the Junior High School Clinic for MILO SBP Basketball participants.

- Roy D. Abad III 4D
- Erick Jayslen A. Alova 5B
- Jan Xandrei A. Apoyon 5D
- Kyle Matthew D. Barrieta 5E
- John Paul C. Cabayao 5D
- Lance Xavier V. Cuenca 6E
- Juan Antonio M. Cuyoca 6B
- Jovel Thomas Gonzales 5A
- Alec Philippe S. Jareño 6C
- Jose Christian D. Jomalesa 5D
- Dash G. Limco 6E
- Gabriel Iñigo A. Malijan 5E
- Cliff Shin D. Palma 4D
- Paulo Krystov B. Rasmó 5E
- Arturo Manuel P. Teruel IV 6D  
*Coach: John Villanueva*
- Hilmarie A. Ortega Jr. 4B
- Antonio Miguel B. Soto 4E
- James Alvin S. Caluste 4A
- John Troy C. Newman 4E
- Clarence O. Santos 4D  
*Coach: Ryan Monserate*

**FROM LOWER GRADES LVP OFFICE**

- 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 ENGLISH-READING DEPARTMENT**

Audition for NOPSSCEA English Declamation will be on Friday, July 20, 2018 at 2:30PM.

- ✓ Interested students kindly proceed to Grade 6A Room and look for Ms. Rosal Ramonida or Ms. Janelle Escote.

**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 RDJ LIBRARY**

RESEARCH SCHEDULE			
DATE	TIME	CLASS	TEACHER
July 17, 2018 (Tuesday)	1 <sup>st</sup> Period	CLE 8F	Ms. Salvador
	2 <sup>nd</sup> Period		
	3 <sup>rd</sup> Period	CLE 7A	Ms. Caña
	6 <sup>th</sup> Period	CLE 8D	MS. Salvador
	7 <sup>th</sup> Period		

**FROM THE GUIDANCE SERVICES CENTER**

GUIDANCE IN-HOUSE TESTING SCHEDULE		
DATE	PERIOD	CLASS
July 17, 2018 (Tue)	1 <sup>st</sup> Period	10A
	3 <sup>rd</sup> Period	8G
	4 <sup>th</sup> Period	9E
July 18, 2018 (Wed)	1 <sup>st</sup> Period	8E, 9F
	4 <sup>th</sup> Period	10F
July 19, 2018 (Thu)	2 <sup>nd</sup> 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 17, 2018 (Tue)	<b>8C – RECOLLECTION</b> Facilitators: Lachica 10A, Legayada 9A Limosnero 9A, Orleans 10F, Alcalá 9D
	<b>SEARCH-IN CONFESSION</b> <b>1:20pm @ Junior High School Chapel</b> Gabrielle Abella 10A, Cliff Año 10A, Stacy Caña 10A, Mariella Ferraris 10A, Anastasia Alcantara 10B, Jose Cajili 10B, Angela Diamartin 10B, Juliana Lavadia 10B, Joseph Ledesma 10B, Marc Arillo 10C, Vinz Comoda 10C, Gavin Dela Cruz 10C, Keith Balibalos 10D, Kaliv Bina-oro 10D, Emriel Cuachon 10G, Vanessa Delgado 10G
July 18, 2018 (Wed)	<b>6B – HOLY MASS</b> <b>1:20PM @ Junior High School Chapel</b>

**PAASCU PLENARY ASSEMBLY**

Date: July 21, 2018, Saturday Class  
Time: 8:30-11:30AM  
Venue: Gallaga Theater (tentative)  
Agenda: Presentation of Final PAASCU Reports  
In Attendance: All Faculty, Chairs & Co-Chairs

**FROM THE PRACTICAL ARTS DEPARTMENT****OFFICER-IN-CHARGE**

July 17, 2018 (Tuesday)

- Ms. Armie I. Arangote

**FROM THE IS BALAYAN****UPCOMING SCHEDULE**

July 18	Kasanagan House Visitation
July 21	Mothers Club Meeting & Handicraft Making Follow-up

**DATES TO REMEMBER**

July 19	JHS LOTS III – Homeroom Officers
July 27	Mothers Club Food Expo (IS Balayan)
August 8-10	1 <sup>st</sup> Quarter Exams
August 13-17	1 <sup>st</sup> Quarter PT Completion
August 20	Buwan ng Wika Celebration
September 3-4	3 <sup>rd</sup> BED PAASCU Visit

**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 enjoin 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*.

**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!**

**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."

