

INTEGRATED SCHOOL Daily Bulletin



SY 2018-2019 Friday, July 20, 2018 | No. 27

Attribute for the month: Commitment to Excellence

Bible Verse for the Day:

Whoever wishes to be great among you will be your servant; whoever wishes to be first among you will be the slave of all. *-Mark 10:43-44*

Reflection:

Today, deny yourself and put others first. Serve.



Sowing the Seeds of Health

PRACTICAL ARTS:
HEALTH AND NUTRITION MONTH 2018



HEALTH AND NUTRITION TRIVIA Did you know?

Dr. Conrado Dayrit's book The Truth About COCONUT Oil lists several health benefits for virgin coconut oil, like treating bacterial infection, fungal diseases such as ringworm, and even HIV-AIDS. *Dr. Dayrit* lists a number of case studies that show VCO's beneficial effects for heart disease, diabetes, and boosting one's immunity. COCONUT water, on the other hand, is good for kidney stones and cleansing one's digestive tract. It is low in carbohydrates, low in sugar and serves as an isotonic beverage, which means it's good for replenishing the body.

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

ANIMOVES	
July 20, 2018 (Friday)	(CAT-Grade 10 and INVITATION TO ALL) 7 th Period @ UGCC <i>*FACULTY & STAFF are encouraged to join.</i>

FROM THE HEALTH SERVICES CENTER

PHYSICAL HEALTH EXAMINATION SCHEDULE

DATE	TIME	CLASS	VENUE
July 23, 2018 (Mon)	1:30-2:30 PM	Grade 3A	Main Clinic
July 24, 2018 (Tue)	8:00-9:00 AM	Grade 3B	
	2:00-3:00 PM	Grade 3C	
July 25, 2018 (Wed)	8:00-9:00 PM	Grade 3D	
	2:00-3:00 PM	Grade 3E	
July 26, 2018 (Thu)	8:00-9:00 AM	Grade 4A	

FROM THE LOWER GRADES SAC

ROSARY RALLY - SAC-LG Executive Board, Level Governors and Appointed Officers
July 20, 2018 (Friday) | 2:30-3:00PM | Quadrangle

FROM THE ENGLISH-READING DEPARTMENT

AUDITION FOR NOPSSCEA English Declamation will be TODAY, 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 THE JUNIOR HIGH SCHOOL LVP OFFICE

JHS LEVEL MEETING

TODAY, July 20, 2018 | 3:30 PM | Room 8A

FROM LOWER GRADES LVP OFFICE

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

FROM GREEN BEACON & LUNTIANG TANGLAW

SCHEDULE OF TRAININGS

8:30 AM – 4 PM | LG Science Lab

- July 21 Individual Writing
- July 28 Collaborative Publishing
- Aug 18 Individual Writing & Collaborative Publishing

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

***REPORTING TIME FOR FACULTY: 8:00AM**

FROM THE GUIDANCE SERVICES CENTER

In celebration of the Nutrition Month 2018, the Guidance Services Center, in coordination with the TLE Department, will hold the "SEARCH FOR THE HAPPY HEALTHY CHILD" for Grade 1 students on July 27, 2018 (Friday) during 3rd and 4th periods at the Gallaga Theater. *Subject teachers are requested to conduct the Grade 1 students to the said venue promptly.*

General Rehearsal for participants: 2:20-3:00 PM on July 25, 2018 at the Gallaga Theater.



FROM THE IS CELAM

CONFESSIONS / RECOLLECTIONS / HOLY MASS	
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
July 23, 2018 (Mon)	6D – HOLY MASS 1:20PM @ Junior High School Chapel
July 24, 2018 (Tue)	6E – COFESSION 1:20PM @ Junior High School Chapel
July 25, 2018 (Wed)	6C – HOLY MASS 1:20PM @ Junior High School Chapel
July 26, 2018 (Thu)	8D - RECOLLECTION 4D (2 nd Group) – CONFESSION 1:20PM @ Junior High School Chapel
July 27, 2018 (Fri)	9A – HOLY MASS 1:20PM @ Junior High School Chapel

FROM THE SCIENCE DEPARTMENT

- *Ma. Francesca Santiago* will have her sharing entitled “My SIP Experience (A Guide in Choosing Science Investigatory Topic)” to the Grades 7-10 SIP Group Leaders, on **July 20, 2018 (Friday), 2:30-3:30 PM** at the Gallaga Theater.
- Science Consultation Schedule is moved to **WEDNESDAY** instead of Friday to give way to Departmental / Level Meetings.

FROM THE RDJ LIBRARY

RESEARCH SCHEDULE			
DATE	TIME	CLASS	TEACHER
July 20, 2018 (Friday)	1 st Period	Eng 10B	Ms. Navarro
	3 rd Period	Sci 10B	Ms. Ballesteros

FROM THE IS BALAYAN

UPCOMING SCHEDULE

July 21	Mothers Club Meeting & Handicraft Making Follow-up
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DATES TO REMEMBER

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

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**.

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.

PRAYER REQUEST

Let us pray for the eternal repose of the souls of:

- **Rosalinda O. Las Piñas** (Mother of *Ms. Andrellyn L. Cabil*)
- **Rodolfo Banaticla** (Father of *Mr. Raymund P. Banaticla*)

FROM THE CENTER FOR VARSITY SPORTS

MILO LINE-UP (PASARELLE)

HIGHSCHOOL

Lorenzo Melocoton – 8D	Emmanuel Gabriel Ortiz – 7C
Matthew Ariel Earlar – 10C	Andrei Lawrence Kaabay – 7A
Chrischen Jayry Beronio – 8C	Judiel Cary Peñaflor – 8B
John Andre Jamero – 10B	Jhon Ryan Mondano – 7E
Ean Miguel Gonzales – 9E	Paul Andrei Necessario – 9E
John Joshua Limco – 9F	Zachary Paul Lopez – 8G
Kent Navarro – 7E	Vince Alvarez – 8E


MILO SBP TEAM B

ELEMENTARY

Ashton Martin Austria – 6C	Gabriel Jon Bañas – 5D
Harry Davies – 6E	Levrone Flordeliza – 5E
Robert Rognel Guinanao – 5E	Axel Javellana – 3D
Lucien James Mijarez – 5D	Gabriel Santino Salde – 5B
Aaron Joseph Sangco – 7C	Lukas Raphael Sproten – 6E

FROM THE USLS LIBRARIES

Good day USLS! The Learning Resource Center (LRC) / College Library is inviting you to come and visit the **BOOK FAIR** on **July 18-20, 2018** at the **LRC, Ground Floor**. Please come and enjoy selecting books.



Don Alfredo M. Montelibano Sr., AFSC
Learning Resource Center
University of St. La Salle, La Salle Avenue, Bacolod City

MARK THE DATES BOOK FAIR 2018

July 18-20, 2018 | 8:00 a.m. – 5:00 p.m. | LRC Ground Floor

For Inquiries, Please Contact
Direct Line: (034)-433-3526
Trunk Line: (034) 434-8100 (155) or (226)
Email: library@usls.edu.ph