

INTEGRATED SCHOOL Daily Bulletin



SY 2018-2019 Monday, July 23, 2018 | No. 28

Attribute for the month: Commitment to Excellence

Bible Verse for the Day:

Believe because of the work themselves. -John 14:11

Reflection:

For every tree is known by its own fruit. (Luke 6:44)



Sowing the Seeds of Health

PRACTICAL ARTS:
HEALTH AND NUTRITION MONTH 2018



HEALTH AND NUTRITION TRIVIA Did you know?

PINEAPPLES contain the unique enzyme, bromelain, which may help in digestion and reducing inflammation in the body. PINEAPPLES are excellent sources of manganese and vitamin B, which give the body energy. The high vitamin C content also helps in strengthening one's immune system. Each cup of pineapple contains 75 calories.

FIRST QUARTER EXAMINATION SCHEDULE

GRADE LEVEL	AUGUST 8 (WED)		AUGUST 9 (THU)			AUGUST 10 (FRI)		
	1 st	2 nd	1 st	2 nd	3 rd	1 st	2 nd	3 rd
Kinder	English		Filipino	Reading		Math		
Grade 1	Science	Filipino	Math	Reading		AP	English	
Grade 2	AP	Reading	Science	Filipino		Math	English	
Grade 3	Reading	Math	English	Filipino		Science	AP	
Grade 4	Science	AP	Math	CLE	HELE	English	Filipino	
Grade 5	AP	Math	CLE	English	Science	Filipino	HELE	
Grade 6	Math	English	AP	Science	HELE	CLE	Filipino	
Grade 7	Filipino	CLE	Math	English	TLE	Science	AP	
Grade 8	Science	English	Filipino	CLE	AP	TLE	Math	
Grade 9	Filipino	Science	English	TLE	Math	CLE	AP	BK 1
Grade 10	Math	Elective	AP	BK 2	Filipino	English	CLE	Science

Note: *Subject teachers are reminded to post Pointers for Review for the quarter examinations. Students are reminded to settle accountabilities at the Business Office.*

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 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

FROM THE IS CELAM

CONFESSIONS / RECOLLECTIONS / HOLY MASS

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) – COFESSION 1:20PM @ Junior High School Chapel
July 27, 2018 (Fri)	9A – HOLY MASS 1:20PM @ Junior High School Chapel



EARTH HOUR (Daily) : Junior High School – 7:00-8:00AM | Lower Grades – 4:00-5:00PM



BIGGEST LOSER 2018: FACULTY AND STAFF EDITION

RULES AND GUIDELINES

The contest will run for 13 weeks (**July 23, 2018 to October 15, 2018**). The purpose of this contest is to promote an active and healthy lifestyle among the contestants and all Integrated School faculty and staff.

QUALIFICATIONS / ELIGIBILITY:

1. Each department must have at least two (2) potential participants to join the said competition.
2. Potential participants must initially weigh from 60 kilos and above to qualify the competition.
3. Participants must be in good health condition and capable of enduring the said competition. Participants with prevailing ailments (*heart problems, prevalent body pains, low endurance and the like*) are discouraged to join but may wish to take part in the activities set.
4. Each participant must pay the full registration fee of P 200.00 on or before July 23, 2018 (Monday).
5. All payments shall be made to Ms. Lynn G. Niñonuevo at the Department Chair's Office.

WEIGH-INS:

1. There shall only be one (1) official weighing scale to be used during the competition.
2. Official weigh-in shall be done during the Initial and Final Weigh-ins.
3. The first weigh-in shall establish the participant's Initial Weight and will be recorded as such in the weight-loss log on July 23, 2018, 9:30 AM at the JHS Clinic.
4. The Final Weigh-in shall be done on October 15, 2018 at exactly 9:30 AM at the JHS Clinic.
5. Official Weigh-Ins are to be conducted by the JHS Assigned Nurse and a member of the Practical Arts Department.
6. For the initial and final weigh-in, shoes will be removed and there shall be no items found in the pockets. Jeans and sweatshirts are strictly not allowed.

*Start the change! Sow the seeds of health in you and to others.
Good luck to all the participants!*

FROM THE MATH DEPARTMENT

Registration for the 2017 MTG (Mathematics Trainers' Guild) Qualifying Examination is **NOW OPEN**. For those who wish to join, please write your name, grade level and section, and date of birth in a 1/4 sheet of paper and pass it to your Math teacher. You will also pay an amount of P40.00 (forty pesos) as part of the registration. **Deadline of submission will be on August 2, 2018**. The schedule of the Qualifying exam will be on August 4, 2018, Saturday at Trinity Christian School at 9:00AM. **This is only open to Grades 3-6 (students born on or after 1st of September 2002) and Grades 7-10 (students born on or after 1st of August 1999).**

FROM THE ENGLISH DEPARTMENT IN COORDINATION WITH THE GUIDANCE SERVICES CENTER

The **Grade 10 ABDFG Classes** of *Sir Jonathan Davila* and *Ms. Tina Navarro* will hold an **Open Forum** on the topic **Who You Are** as an enrichment activity of their 1st Quarter Unit Title **Resolving Intra – Personal Conflict**. This will be held at the Gallaga Theater on **July 25, 2018 at 10:00 – 11:40** in the morning. *Dr. Rowena Bañes*, Dean of the College of Arts and Sciences and *Dr. Ronnie Galzote*, CAS Faculty are the speakers of the said activity.

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 SCIENCE DEPARTMENT

- Science Consultation Schedule is moved to **WEDNESDAY** instead of Friday to give way to Departmental / Level Meetings.

FROM THE IS BALAYAN

UPCOMING SCHEDULE

July 27 Mothers Club Food Expo (IS Balayan)

DATES TO REMEMBER

July 19 JHS LOTS III – Homeroom Officers
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

PRAYER REQUEST

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

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

USLS-IS UG DANCE TROUPE



AUDITION!

BY: SIR JP and SIR BERNARD
JULY 24-25 | 4PM | 2018
USLS-IS UG MAIN LOBBY

