

# INTEGRATED SCHOOL Daily Bulletin



SY 2018-2019 Tuesday, July 24, 2018 | No. 29

Attribute for the month: Commitment to Excellence

**Bible Verse for the Day:**

He is not God of the dead, but of the living, for to him all are alive.. -Luke 20:38

**Reflection:**

Are you truly using your life to live?



## Sowing the Seeds of Health

PRACTICAL ARTS:  
HEALTH AND NUTRITION MONTH 2018



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

AVOCADOS are rich in healthy monounsaturated fats, which means they're useful in preventing heart disease and stroke. AVOCADOS also contain potassium, vitamin B6, and vitamin E. These vitamins can help relieve stress and beautify the skin. AVOCADO'S ingredients can stimulate the production of collagen, which can help prevent wrinkles and smoothen one's skin. AVOCADOS may also relieve symptoms of premenstrual syndrome. Because AVOCADOS are easily digestible, they can be given to elderly and bedridden patients.

### FIRST QUARTER EXAMINATION SCHEDULE

GRADE LEVEL	AUGUST 8 (WED)		AUGUST 9 (THU)			AUGUST 10 (FRI)		
	1 <sup>st</sup>	2 <sup>nd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
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

**TO ALL CLASS ADVISERS:**

Please be informed that the **deadline for submission of Deworming reply slip** is until **Wednesday, July 25, 2018, 12:00NN ONLY.**

**TO ALL ATHLETES:**

ECG for athletes will resume **TODAY, July 24, 2018 (10:00-12:00NN)** at UG Clinic.

#### PHYSICAL HEALTH EXAMINATION SCHEDULE

DATE	TIME	CLASS	VENUE
July 24, 2018 (Tue)	8:00-9:00 AM	Grade 3B	Main Clinic
	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 MAPEH DEPARTMENT

1<sup>ST</sup> Quarter MAPEH Exam will be on July 30 - August 3, 2018.

#### 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
	8D - RECOLLECTION
July 26, 2018 (Thu)	4D (2 <sup>nd</sup> Group) – COFESSION 1:20PM @ Junior High School Chapel
July 27, 2018 (Fri)	9A – HOLY MASS 1:20PM @ Junior High School Chapel



**FROM THE LOWER GRADES LVP OFFICE**

Kinder ABC "Healthy Vegetable Food Cooking and Preparation"  
In celebration of the Nutrition month

➤ July 20 & 27, 2018

**THANK YOU** Kinder-Grade 6 for complete submission of PDS.

"Integration of Commitment to Excellence" Homeroom Activity during Homeroom period on Thursday, July 26, 2018

**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 1<sup>st</sup> of September 2002) and Grades 7-10 (students born on or after 1<sup>st</sup> of August 1999).**

**BIGGEST LOSER 2018:  
FACULTY AND STAFF EDITION**

*\*Please refer to the Previous Publication of the IS Daily Bulletin (July 23, 2018, Monday) for the mechanics/details.*

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

**USLS-IS UG DANCE TROUPE  
AUDITION!**

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

**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 1<sup>st</sup> 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**

1. The following students are to take the Guidance testing at the Upper Grades Guidance **TODAY, July 24, 2018 during the first period**. *Teacher Advisers are requested to send the students during homeroom period. Please bring your ballpen.*

- 8C – Claro, Japhet & Acerada, Terrence
- 8D – Melocoton, Lorenzo
- 8G – Armones, Ferdinand

2. Students who were given the Guidance PDS Forms are asked to submit them at the Guidance Center **on or before July 25, 2018.**

3. 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 3<sup>rd</sup> and 4<sup>th</sup> 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.**

**OFFICIALLY WITHDRAWN FROM SCHOOL**

effective July 23, 2018

- Winston Christof Gavileño 3D

**FROM THE IS LIBRARIES**

Faculty and students are encouraged to access the newly-acquired ebooks available at the Lower Grades and Upper Grades Cyberbook. You may access using your personal gadgets. Feel free to approach *Sir Nelbert* of the Upper Grades and *Sir Joey* of the Lower Grades for your personal access code.

If you need assistance, please approach the librarians or the library staff.

**FROM THE SAC**

INTERBARKADA MIX-VOLLEYBALL

GAME 1: July 21, 2018

**Notorious DIG vs Azura (Winner Notorious DIG)**

GAME 2: July 24, 2018, 4:30 PM @ UGCC

**Azura vs. Setting Ducks**

**FROM THE SCIENCE DEPARTMENT**

➤ **Grade 9 ABCDEF** will have a talk on the topic **"Common Diseases of the Respiratory & Circulatory Systems"** on **July 25 (Wednesday), 7<sup>th</sup> Period** at **MM Audi**. *Dr. Rafaelito O. Salvador*, Chairman of Department of Internal Medicine of CLMMMRH is the invited speaker of the said activity.

**ILAF FORMATION – PAGPADAYON**

The following Faculty **18-24 years of Service** will attend the ILAF Formation (PAGPADAYON) at Maryshore, Talisay.

**JULY 25, 2018**

<i>Ms. Mary Grace Sison</i>	<i>Ms. Mylene Generato</i>
<i>Mr. Benjamin Positos, Jr.</i>	<i>Ms. Sharcile Prado</i>
<i>Mr. Renante Cañada</i>	<i>Mr. Romy de la Serna</i>
<i>Ms. Girlie Serantes</i>	<i>Ms. Sheila Tan</i>

**JULY 26, 2018**

<i>Ms. Ruby Diaz</i>	<i>Ms. Maria Gertrude Hosillos</i>
<i>Ms. Rosal Ramonida</i>	<i>Ms. Lynn Niñonuevo</i>
<i>Ms. Adlefa Gromea</i>	<i>Ms. Dinnah Cuadra</i>
<i>Ms. Lynn Niñonuevo</i>	

**FROM THE IS BALAYAN**

1. *Ms. Rosalie Destua* will have a meeting on **Prototyping Solutions Project TODAY, 9:30 AM** at VCMD Office.
2. *Ms. Ana Mae Gonzales* will attend the **Employee Orientation Program of HR TODAY** from **8:00 AM-5:00 PM** at Santuario de La Salle.
3. The **Mothers Club**, our adopted community, had their **"Sando Bag"** Making last **Saturday, July 21, 2018** at **Prk. Marapara, Brgy. Bata**.
4. The schedule of **Mothers Club Food Expo 2** is moved on **Aug. 17, 2018** from **2:00pm to 4:00pm** at **Pallotine, Prk. Marapara, Brgy. Bata**.

**UPCOMING SCHEDULE**

July 27 Mothers Club Food Expo (IS Balayan)

**FROM GREEN BEACON & LUNTIANG TANGLAW SCHEDULE OF TRAININGS**

**8:30 AM – 4 PM | LG Science Lab**

July 28 Collaborative Publishing

Aug 18 Individual Writing & Collaborative Publishing

**DATES TO REMEMBER**

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

