

**Bible Verse for the Day:**

The immeasurable greatness of his power toward us who believe. –*Ephesians 1:19*

**Reflection:**

Are you thinking of quitting? Let God be God!



## Sowing the Seeds of Health

PRACTICAL ARTS:  
HEALTH AND NUTRITION MONTH 2018



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

The DRAGON FRUIT is also a source of other nutrients like calcium that may help develop strong bones and teeth, iron that may assist in forming healthy red blood cells, and phosphorus to aid in promoting tissue and cell growth, maintenance and repair. A phytochemical called captin is present in dragon fruit too. It is typically used in medicines that may help alleviate heart problems.. Meanwhile, seed extracts from DRAGON FRUIT are high in polyunsaturated fats (omega-3 and omega-6 fatty acids) 18 that may help reduce triglyceride levels and lower the risk of cardiovascular disorders.

**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 TODAY, July 25, 2018, until 12:00NN ONLY.**

**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 25, 2018 (Wed)	6C – HOLY MASS 1:20PM @ Junior High School Chapel
July 26, 2018 (Thu)	8D - RECOLLECTION
	4D (2 <sup>nd</sup> Group) – CONFESSION 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**

- OFFICER-IN-CHARGE**  
LOWER GRADES LEVEL VICE PRINCIPAL  
June 25, 2018 – Ms. Alma P. Cabalo
- Reminder to students:  
➤ **PLEASE KEEP OFF THE GRASS.**
- 6A TEACHERS CONFERENCE** with Ms. Grace and Sir Harmond **TODAY, dismissal time at LLM Discussion Room.** Please attend and be prompt.

**FROM THE ENGLISH-READING DEPARTMENT**

**AUDITION**

for NOPSSCEA ENGLISH DECLAMATION

June 27, 2018 (Friday) | 2:30PM

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



## FROM THE CENTER FOR VARSITY SPORTS

The following student-athletes are to undergo ECG TEST on the following schedule at the Junior High School Clinic:

- July 25, 2018 (Wednesday) – 9:00-10:00 AM
- July 26, 2018 (Thursday) – 10:30-12:00 AM

### MILO LINE-UP (PASARELLE)

#### HIGHSCHOOL

Lorenzo Melocoton – 8D Emmanuel Gabriel Ortiz – 7C  
 Matthew Ariel Enarle – 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 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 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).**

## USLS-IS UG DANCE TROUPE AUDITION!

BY: SIR JP and SIR BERNARD

JULY 24-25 | 4PM | 2018

USLS-IS UG MAIN LOBBY

## FROM THE GUIDANCE SERVICES CENTER

1. Students who were given the Guidance PDS Forms are asked to submit them at the Guidance Center **TODAY, July 25, 2018**.
2. 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 TODAY, July 25, 2018 at the Gallaga Theater.**

## FROM THE IS BALAYAN

- 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.**

## FROM THE IS LIBRARIES

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

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

## FROM RDJ LIBRARY

### LIBRARY RESEARCH SCHEDULE

DATE	TIME	CLASS	TEACHER
July 25, 2018 (Wednesday)	1 <sup>st</sup> Period	Sci 7A	Ms. Faicol
	6 <sup>th</sup> Period	Sci 7F	
	7 <sup>th</sup> Period	Sci 7G	

### WIKAHON RESERVATION (CLASSROOM USE)

DATE	TIME	CLASS	TEACHER
July 25, 2018 (Wednesday)	2 <sup>nd</sup> Period	Fil 7F	Ms. Penado
	3 <sup>rd</sup> Period	Fil 7E	
	4 <sup>th</sup> Period	Fil 7A	

## FROM THE SCIENCE DEPARTMENT

- **Grade 9 ABCDEF** will have a talk on the topic **"Common Diseases of the Respiratory & Circulatory Systems" TODAY, July 2, 2018, 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

Ms. Mary Grace Sison Ms. Mylene Generato  
 Mr. Benjamin Positos, Jr. Ms. Sharcil Prado  
 Mr. Renante Cañada Mr. Romy de la Serna  
 Ms. Girlie Serantes Ms. Sheila Tan

### JULY 26, 2018

Ms. Ruby Diaz Ms. Maria Gertrude Hosillos  
 Ms. Rosal Ramonida Mr. Rey Jastia  
 Ms. Adlefa Gromea Ms. Dinnah Cuadra  
 Ms. Lynn Niñonuevo

## 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

## FACULTY DEVELOPMENT

### KALEIDOSCOPE COMMUNITY WORKSHOP

**July 28-29, 2018 (Saturday-Sunday) | 8:00AM – 4:00PM**

**Nature's Village Resort, Talisay City**

Participants:

Ms. Vevelyn B. Gelisanga Ms. Dolores C. de La Serna  
 Ms. Mary Jane P. Yanos Ms. Ana Mher E. Guanzon  
 Ms. Diana P. Miñada Ms. Justine Beth M. Jayme

Trainers & Lecturers:

Ms. Maricar Gustilo-De Ocampo Ed.M  
 Ms. Claudette Avelino-Tandoc MFLCD  
 Ms. Michelle Lichauco-Tambunting Ed.M

## 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

