

# INTEGRATED SCHOOL Daily Bulletin



SY 2019-2020 Thursday, July 25, 2019 | No. 28

Attribute for the month: Commitment to Excellence

**Bible Verse for the Day:**

How long, Lord, will you look on? Rescue me from their ravages, my precious life from these lions. – *Psalms 35:17*

**Reflection:**

When your burdens overwhelm you, remember that God has His arms underneath you.

**NUTRITION MONTH 2019**

Theme: **Start the Lasallian PUSH: Proper Understanding of Self and Health**

**HEALTH TRIVIA THE DAY** (in Celebration of Nutrition Month 2019)

➤ *The soles of your feet contain more sweat glands and nerve endings per square inch than anywhere else on your body.*

PREVIOUS TRIVIA QUESTION

➤ July 24, 2019: Vitamin A is important for what? **ANSWER: Vision or eye sight** | **WINNER: (to be published tomorrow)**

**FIRST QUARTER EXAMINATION SCHEDULE**

CLE / COMPUTER EXAMS: JULY 29 - AUGUST 3, 2019

| GRADE LEVEL | AUGUST 5 (MON)  |                 | AUGUST 6 (TUE)  |                 |                 | AUGUST 7 (WED)  |                 |
|-------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
|             | 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> |
| Kinder      | Reading         |                 | Math            | Filipino        |                 | English         |                 |
| Grade 1     | Reading         | Science         | English         | AP              |                 | Filipino        | Math            |
| Grade 2     | Science         | English         | AP              | Math            |                 | Filipino        | Reading         |
| Grade 3     | AP              | Math            | Science         | English         |                 | Filipino        | Reading         |
| Grade 4     | Science         | English         | Math            | HELE            |                 | AP              | Filipino        |
| Grade 5     | Math            | English         | AP              | Science         |                 | Filipino        | HELE            |
| Grade 6     | Math            | HELE            | AP              | Science         |                 | Filipino        | English         |
| Grade 7     | Filipino        | TLE             | Math            | AP              |                 | Science         | English         |
| Grade 8     | Science         | Filipino        | English         | AP              |                 | Math            | TLE             |
| Grade 9     | English         | Science         | Filipino        | TLE             | BK 1            | Math            | AP              |
| Grade 10    | Filipino        | Science         | AP              | Math            | BK 2            | English         | Elective        |

**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 CLE DEPARTMENT**

**1<sup>st</sup> QUARTER EXAM SCHEDULE FOR GRADE 1 (CLE)**

| DATE           | PERIOD                 | SECTION | ASSISTED BY |
|----------------|------------------------|---------|-------------|
| August 1 (Thu) | 2 <sup>nd</sup> period | 1D      | Sir Kent    |
|                | 4 <sup>th</sup> period | 1C      | Ms. Minerva |
| August 2 (Fri) | 1 <sup>st</sup> period | 1A      | Ms. Jessa   |
|                | 2 <sup>nd</sup> period | 1B      | Ms. Jo      |
|                | 4 <sup>th</sup> period | 1E      | Ms. Jessa   |



**IS FACULTY - PPA AWARDEES SY 2018-2019**

Ms. Alma Cabalo  
Ms. Charette Tambasen  
Mr. Nelmark Sambo  
Ms. Jennybeb Pa-oyon

**FROM THE GUIDANCE SERVICES CENTER**

**IN-HOUSE TESTING SCHEDULE**

| DATE          | PERIOD                 | GR. & SEC. | EXAMINER(S)        |
|---------------|------------------------|------------|--------------------|
| July 25 (Thu) | 2 <sup>nd</sup> period | 4A, 10A    | Ms. Fay, Sir Josef |
|               | 3 <sup>rd</sup> period | 10E        | Sir Josef          |

**Note:** *Students are requested to bring a well-sharpened pencil with eraser.*

**HEALTH SERVICES CENTER**

**PHYSICAL EXAMINATION SCHEDULE**

July 25 (Thu) Grade 2E 8:00-9:00AM

**FROM THE JUNIOR HIGH SCHOOL DFO**

**REPORTED LOST**

Blue ASUS Laptop

last seen at the canteen area, dismissal time of July 22, 2019. If found, please return to the Upper Grades Office. Thank you.



**TLE/HELE LABORATORIES CUSTODIAN**

Ms. Jesilen R. Cena

**NUTRITION MONTH 2019 SCHEDULE OF ACTIVITIES**

|            |  |
|------------|--|
| July 22-31 | Photoshoot Contest Exhibit   |
| July 26    | <b>Animoves</b><br>Grade 10 (during CAT period), Grade 9 students, Faculty and Staff are invited to join |
|            | <b>Upper Grades Cookfest (UG)</b>  |
| July 31    | <b>Tour at the Institute for Culinary Arts (ICA)</b><br>(Winners of Grade 5 & 6 Trivia Question Contest) |

**FROM THE JHS LEVEL VICE PRINCIPAL**

1. **Homeroom Advisers** are requested to submit the Reply Slips for Parent's Email.
2. **All unclaimed items recovered from the Varsity lockers** will be donated to the IS Balayan by August 1, 2019.
3. **Statement of Accounts** were given last July 23. Please remind your Parents to **settle the accounts** to avoid inconvenience.

**FROM THE ARLING PANLIPUNAN DEPARTMENT****GRADE 2 CITY RUNNING TOUR**

Thursday, July 25, 2019

- 1<sup>st</sup>-2<sup>nd</sup> pd - 2E (Chaperone: Ms. Gia, Ms. Jenny, Ms. Riza)
- 3<sup>rd</sup>-4<sup>th</sup> pd - 2D (Chaperone: Ms. Gia, Ms. Jenny, Sir Anthony)

**FROM THE RDJ LIBRARY****RESEARCH SCHEDULE (TODAY | July 25, 2019)**

- 5<sup>th</sup> period – English 8D (Ms. Sarmiento)
- 7<sup>th</sup> period – English 8E (Ms. Sarmiento)
- 8<sup>th</sup> period – READ Alert Club (Ms. Navarro)

**PAASCU ROOM RESERVATION (TODAY | July 25, 2019)**

- 4<sup>th</sup> period – Bus. Mgmt. Elective 10 (Ms. Niñonuevo)
- 8<sup>th</sup> period – SAC Officers w/ Br. Sockie

**DATES TO REMEMBER**

July 26 Last Day of Borrowing Fiction Books

July 29 Last Day of Borrowing Non-Filipiniana Books

Aug 2 Last Day of Borrowing Filipiniana Books

Note: Only Bibles &amp; Dictionaries can be borrowed on exam days

**FROM INSTITUTIONAL VARSITY SPORTS OFFICE****SCHEDULE OF ECG TESTS**

10AM-12NN | Venue: High School Clinic

|                 |   |
|-----------------|---|
| July 25 (Thu)   | <b>BASKETBALL TEAMS</b><br>10-under & Junior Boys |
| July 30 (Tue)   | <b>HIGH SCHOOL VOLLEYBALL</b>                     |
| August 1 (Thu)  | Aspirants & Junior Boys/Girls                     |
| August 8 (Tue)  | <b>ELEMENTARY VOLLEYBALL</b>                      |
| August 13 (Thu) | 12-under, 10-under Boys/Girls                     |

Note: Please bring 300 pesos for the payment.

**FROM THE SCIENCE DEPARTMENT**

1. **The Basic Electronics Elective Class** will meet at the College of Engineering Laboratory on **July 25, 2019** with Eng'r. Ma. Fe Novia, MECE and Ms. Milagros Oraca PhD. as their Resource Speakers.
2. **Grade 5A Class** will have their field trip at Coca Cola Plant on **July 26, 2019, 12:30-3:00PM**  
Teacher-Chaperones: T. Dolly De la Serna  
Mr. Harmond Ortega

**FROM IS BALAYAN OFFICE**

Thank you IS Administrators, LG & UG Students, Faculty, Staff, Parents and Alumni for your **generous donation for Ms. Tina Navarro and her family**. Total amount collected from the Mission Collection and other donations is **P58,790.00**.

This is a tangible act of showing our love and concern to Ms. Tina and her family, and the best possible way for them to start with. May the good Lord continue to inspire us to do His holy will. **Live Jesus in our hearts, forever!**

**KASANAGAN HOUSE VISITATION**

July 25, 2019 | 9:30AM - 4:30PM

**GRADE 8 REACH-OUT SCHEDULES**

| Section | Date    | Recipient/ Institution       |
|---------|---------|------------------------------|
| 8F      | July 30 | Holy Infant, Brgy. Sum-ag    |
| 8G      | Aug. 20 | Bahay Pag-asa, Brgy. Granada |

**FROM THE MATH DEPARTMENT****AMEP (AMSLI MATHEMATICS ENRICHMENT PROGRAM)**

Like us on Facebook AMSLI-Bacolod@facebook.com

**REMINDERS:**

Exam Date: **July 28, 2019 (Sunday)**  
 Time: 8:00–10:00AM (Grades 2-5)  
 10:00AM–12:00NN (Grades 6-10)  
 Venue: USLS-IS Junior High School Building  
 (pass through Gate #5 or Gate #6)

Please take note of the following:

1. *Bring pencil to be used for shading. This is because the machine will check the papers.*
2. *During the test, any gadget especially cellphone or camera ARE NOT ALLOWED.*
3. *No need to come in school uniform, civilian clothes may do.*
4. *Come at least 30 minutes before the time for confirmation of registration and room assignment.*
5. *Bring water and snacks.*

Thank you and God Bless.

**FROM IS CELAM****CONFESSIONS / RECOLLECTIONS / HOLY MASS**

| Date          | Event  |
|---------------|--|
| July 25       | <b>Search In – Confession (1:20PM @ JHS Chapel)</b><br>Alar 10A, Oribe 10A, Garzon 10A, Sombito 10A, Arante 10B, Ferrer 10B, Lapinig 10B, Baloyo 10B, Cruz 10B, Yusingco 10C, Echavarría 10C, Ferreras 10D, Villaruz 10D, Ongsingco 10E, Rectra 10E, Espacio 10F, Flora 10F<br><br>Note:<br>The students listed above will be excused on the said date during the 6 <sup>th</sup> period and will proceed to the said venue. |
| July 26 (Fri) | <b>5C – Class Mass (1:20PM @ Adoration Chapel)</b>   |
| July 26-28    | <b>Search In – Retreat</b>   |
| July 27 (Sat) | <b>7D – Sponsored Mass (5:30PM @ Main Chapel)</b>  |

**FROM THE USLS IS UG DANCE TROUPE****AUDITION**

July 24-25, 2019 | 4-5PM | UG Lobby

Please prepare your 1 minute Dance Routine (Solo, Duo, Trio).  
Look for Sir John Paul.**FROM THE FACULTY AND STAFF CLUB****OFFICERS MEETING**

July 25, 2019 (TODAY) | 4PM | RDJ Library

**GENERAL ASSEMBLY**

July 26, 2019 (FRIDAY) | 3:00PM | RDJ Library

**DATES TO REMEMBER**July 26-27 PAGPASALAMAT ILAF Formation 2019  
(25 years and above in service)

In attendance:

|                |                   |
|----------------|-------------------|
| Ms. R. Dolor   | Ms. C. Penado     |
| Ms. J. Caña    | Ms. C. De la Cruz |
| Dr. E. Singson | Ms. N. Diaz       |
| Ms. R. Destua  | Ms. A. Cabalo     |
| Ms. A. Mitra   | Mr. R. Abalayan   |
| Ms. I. Yulo    |                   |

August 8-19 Q1 PT Completion

**PRAYER REQUEST**

- ❖ Let us pray for the eternal repose of the soul of **Mr. Melchor Y. Salar**, brother of Ms. Dionesia S. Monserate.

