

# INTEGRATED SCHOOL Daily Bulletin



SY 2018-2019 Thursday, July 26, 2018 | No. 31

Attribute for the month: Commitment to Excellence

**Bible Verse for the Day:**

If we are unfaithful he remains faithful... -2 Timothy 2:13

**Reflection:**

What are you worried about?

## Sowing the Seeds of Health

PRACTICAL ARTS:  
HEALTH AND NUTRITION MONTH 2018



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

**PAPAYAS.** Thanks to the Spaniards who introduced PAPANAS to Manila in the 16th century, these are now grown throughout the country. Like other orange-colored fruits, PAPANAS contain large amounts of beta-carotene (a precursor of vitamin A) and vitamin C. Hence, they are good for the skin and the immune system. PAPANAS also contain papain, an enzyme that helps in digestion. For people who are constipated, eating papayas every day can help regulate their bowel movement.

### 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 MAPEH DEPARTMENT**

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

**FROM THE JUNIOR HIGH SCHOOL LVL OFFICE**

➤ THANK YOU 10C for 100% SUBMISSION of PDS.

**FROM THE HEALTH SERVICES CENTER**

ECG EXAMINATION FOR STUDENT-ATHLETES

every TUESDAYS and THURSDAYS

10:00AM-12:00NN at the Junior High School Office

**FROM RDJ LIBRARY**

**LIBRARY RESEARCH SCHEDULE**

DATE	TIME	CLASS	TEACHER
July 26, 2018 (Thursday)	8 <sup>th</sup> Period	Reading Hub (Grade 7 & 8)	Ms. Navarro

**BLENDED LEARNING (iPad USE)**

DATE	TIME	CLASS	TEACHER
July 26, 2018 (Thursday)	5 <sup>th</sup> Period	Sci 7F	Ms. Faicol
	7 <sup>th</sup> Period	Sci 7G	

**PHYSICAL HEALTH EXAMINATION SCHEDULE**

DATE	TIME	CLASS	VENUE
July 26, 2018 (Thu)	8:00-9:00 AM	Grade 4A	Main Clinic

**FROM THE PRACTICAL ARTS DEPARTMENT**

➤ OIC – PRACTICAL ARTS DEPARTMENT

July 26, 2018 – Ms. Sheila May B. Tan

➤ Mr. Ernie O. Acuña is invited by DepEd La Carlota to give a seminar-workshop to Junior High English teachers on “Enhancing Teaching Skills thru Google Apps” on July 28, 2018. Mr. Acuña is also the Community Leader of Google Educators Group (GEG) Bacolod.

**WIKAHON RESERVATION (CLASSROOM USE)**

DATE	TIME	CLASS	TEACHER
July 26, 2018 (Thursday)	1 <sup>st</sup> Period	Fil 7E	Ms. Penado
	2 <sup>nd</sup> Period	Fil 7C	
	5 <sup>th</sup> Period	Fil 7A	
	7 <sup>th</sup> Period	Fil 7F	



**FROM JHS SAC**

- INTERBARKADA MIX VOLLEYBALL  
GAME 2 : Azura vs. Setting Ducks  
WINNER: **SETTING DUCKS**  
FINALS: **Best of 5 sets**  
Setting Ducks vs. The Notorious D.I.G.  
July 31, 2018 (Tuesday), UGCC, 4:30PM
- "THURSDAYS WITH THE SAC"** begins **TODAY**, every homeroom period at the UGCC.  
NOTE: *No meetings during moratorium week, exams and PT week.*
- SNAP Against Bullying** will start next week. Visit the JHS Lobby / La Salle Patio. This is a SAC Project in support of the school's Anti-Bullying Campaign. See you there!

**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 JHS ENGLISH DEPARTMENT****AUDITION FOR NOPSSCEA CONTESTS****ENGLISH DECLAMATION****IMPROMPTU SPEECH****August 3, 2018 (Friday) | 7<sup>th</sup> – 8<sup>th</sup> Periods***Please see Ms. Imelda J. Cadigal***FROM THE IS CELAM****CONFESSIONS / RECOLLECTIONS / HOLY MASS**

July 26, 2018 (Thu)	<b>8D – RECOLLECTION</b> Facilitator: <i>Samson 9B, Zuluoga 10B, Fortun 10A, De la Paz 9B, Caña 10A</i>
	<b>4D (2<sup>nd</sup> Group) – CONFESSION</b> 1:20PM @ Junior High School Chapel
July 27, 2018 (Fri)	<b>9A – HOLY MASS</b> 1:20PM @ Junior High School Chapel
July 28, 2018 (Sat)	<b>SEARCH-IN 149</b>
	<b>10D – SPONSORED MASS</b> 5:30PM
July 30, 2018 (Mon)	<b>4B – HOLY MASS</b> 1:20PM @ Junior High School Chapel
July 31, 2018 (Tue)	<b>8E – RECOLLECTION</b>
	<b>4C (1<sup>st</sup> Group) – CONFESSION</b> 1:20PM @ Junior High School

**FROM THE LOWER GRADES LVP OFFICE**

REMINDER TO STUDENTS:

- **PLEASE KEEP OFF THE GRASS.**

**FROM GREEN BEACON & LUNTIANG TANGLAW****SCHEDULE OF TRAININGS****8:30 AM – 4 PM | LG Science Lab**

July 28 Collaborative Publishing

Aug 18 Individual Writing &amp; 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 &amp; Lecturers:

*Ms. Maricar Gustilo-De Ocampo Ed.M**Ms. Claudette Avelino-Tandoc MFLCD**Ms. Michelle Lichauco-Tambunting Ed.M***FROM THE CENTER FOR VARSITY SPORTS****The following student-athletes are to undergo PHYSICAL EXAMINATION for ATHLETES TODAY, 10:30AM-12:00NN at THE MAIN CLINIC.**

<i>Lorenzo Melocoton – 8D</i>	<i>Emmanuel Gabriel Ortiz – 7C</i>
<i>Matthew Ariel Enarle – 10C</i>	<i>Andrei Lawrence Kaabay – 7A</i>
<i>Chrischen Jayry Beronio–8C</i>	<i>Judiel Cary Peñaflor – 8B</i>
<i>John Andre Jamero – 10B</i>	<i>Jhon Ryan Mondano – 9E</i>
<i>Ean Miguel Gonzales – 9E</i>	<i>Paul Andrei Necessario – 9E</i>
<i>John Joshua Limco – 9F</i>	<i>Zachary Paul Lopez – 8G</i>
<i>Kent Navarro – 7E</i>	<i>Vince Alvarez – 8E</i>
<i>Ashton Martin Austria – 6C</i>	<i>Gabriel Jon Bañas – 5D</i>
<i>Harry Davies – 6E</i>	<i>Levrone Flordeliza – 5E</i>
<i>Robert Rognel Guinanao–5E</i>	<i>Axel Javellana – 3D</i>
<i>Lucien James Mijarez – 5D</i>	<i>Gabriel Santino Salde – 5B</i>
<i>Aaron Joseph Sangco – 7C</i>	<i>Lukas Raphael Sproten – 6E</i>

**1<sup>st</sup> HUA MING DIAMOND JUBILEE VOLLEYBALL D-LEAGUE****July 25-27, 2018 | St. John's Institute**

Student-Athlete Participants:

<i>Althea Ayagan 7E</i>	<i>Neca Jane Cepeda 7C</i>
<i>Athena Española 7E</i>	<i>Lexi Javellana 7D</i>
<i>Aliyah Lachica 7D</i>	<i>Alex Montoro 7C</i>
<i>Mary Salvio 7B</i>	<i>Denise Margaret Atillaga 7B</i>
<i>Chelsea Acma 9E</i>	<i>Bettina Noreen Araneta 8C</i>
<i>Jasmine Arrojado 8B</i>	<i>Jullyen Castillo 8C</i>
<i>Jada Celeste 8E</i>	<i>Cassandra Dela Cruz 8B</i>
<i>Bea Locson 8A</i>	

Coaches: *Ian Abraham Sabio, Aileen Estanda, Jimmy Dequilla*

\*student-athlete participants are granted excuse absence from their classes on the said dates of the event.

**MAYOR ISIDRO P. ZAYCO UNDER 18 BASKETBALL TOURNAMENT****July 27-28, 2018 | Kabankalan City**

Student-Athlete Participants:

<i>Cliff Año 10A</i>	<i>Gavin De la Cruz 10C</i>
<i>Gene Sambrona 10B</i>	<i>Joshua Olayra 10D</i>
<i>Joshua Olayra 10D</i>	<i>John Andre Jamero 10B</i>
<i>Joey Arguelles 10B</i>	

\*student-athlete participants are granted excuse absence from their July 26 &amp; 27 classes.

**FROM THE MATH DEPARTMENT**

**Registration for the 2018 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).***

**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 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.*

**ILAF FORMATION – PAGPADAYON**The following Faculty **18-24 years of Service** will attend the ILAF Formation (PAGPADAYON) at Maryshore, Talisay.**JULY 26, 2018**

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

