

INTEGRATED SCHOOL Daily Bulletin



SY 2019-2020 Thursday, July 4, 2019 | No. 15

Attribute for the month: Commitment to Excellence

Bible Verse for the Day:

I urge... that petitions, prayers, intercession and thanksgiving be made for all people. – 1 Timothy 2:1

Reflection:

Prayer for those in authority is both a privilege and a duty.

NUTRITION MONTH 2019

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



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

➤ **Feeling stressed? Read. Getting lost in a book can lower levels of cortisol, or other unhealthy stress hormones, by 67 percent.**

67TH HANDUMANAN WEEK CELEBRATION

July 4, 2019 (THURSDAY) *Regular Classes for K to Grade 10

Teachers: Expression Day		Students: Activity Shirt	
2 nd period	Phil. Army OCC Class 52-2019 Silent Drill Exhibition	Grade 10 classes To be supervised by Mr. Ernie Acuña & subject teachers	USLS Football Field

***No Club period for Grade 7 & 8, Dismissal is at 3:10PM**

July 5, 2019 (FRIDAY) *No classes for K to Grade 6;
Grade 7-10 to attend Mass until Honoring Rites Program only

Teachers: New Institutional Shirt Green and White		(UG) Students: School Uniform	
Time	Activity	Participants	Venue
8:00 AM	Mass of the Holy Spirit/ Thanksgiving Mass	Grade 7-10 students, Faculty, Staff, Admin	Coliseum
9:30 AM	Honoring Rites: Golden Jubilarian	Grade 7-10 students, Faculty and Staff	Coliseum
12:00 PM	Agape Lunch / Faculty Club Activity	Faculty and Staff	PCC
6:00 PM	Berde Bash	Faculty and Staff	Coliseum

ANNOUNCEMENT

There will be limited parking spaces inside GATE 1 parking area from **July 1-5, 2019**.

Food kiosks and exhibit booths will be set up in the parking area as part of the USLS 67th Handumanan Week celebrations.

NUTRITION MONTH 2019 SCHEDULE OF ACTIVITIES

July 8	Launching of Nutrition Month to Upper Grades
July 12	Reachout Activity (Feeding Program) at Antipolo Elementary School, Pontevedra
July 15-26	Trivia Question Contest for Grades 5 and 6
July 18	Animoves Grades 4, 5 & 6 during Club period (7 th period) Grades 7 and 8 during Club period (8 th period)
July 19	Animoves Grade 10 (during CAT period), Grade 9 students, Faculty and Staff are invited to join
July 22-31	Photoshoot Contest Exhibit
July 26	Upper Grades Cookfest (UG)
July 31	Tour at the Institute for Culinary Arts (ICA) (Winners of Grade 5 & 6 Trivia Question Contest)



2019 SINGAPORE MATH OLYMPIAD COMPETITION (SIMOC)

July 6-9, 2019 | Singapore

Student-participants:

- Emmanuel Salgado III 3D
- Carmelo Velez 3A
- Caleb Zeke Mellina 5A

FROM THE CROSSROADS

There will be an **EMERGENCY MEETING TODAY, July 4, 2019, 4:10PM at Room 8G**. Matters related to the Saturday workshop shall be discussed. Please come on time.

FROM THE JUNIOR HIGH SCHOOL DFO OFFICE

SPECIAL THANKS to following for allowing the relaunching of the **ANTI-BULLYING ADVOCACY** possible: *Br. Sockie De la Rosa (Principal), Ms. Lelanie Reforma (VP Academics), Dr. Elvira Singson (UG-LVP), Mrs. Nonette Diaz, Mr. Carlo Diaz, Department Chairs, Mr. Ralf Abanilla, Mr. Romeo Awatin, Ms. Dione Monserate, Homeroom advisers, Subject Teachers, Mrs. Michelle Ballesteros, Mrs. Ana Salvador, Mr. Nel Dingcong, IS Praisers, SAC Executive Officers, Level Governors and Vice Governors, and all the upper grades students.*

Looking forward for more activities in support to the advocacy. Thank you for the usual support. **ANIMO LA SALLE!**

FORM THE CAT

ALL GRADE 10 CLASSES are invited to witness the silent drill exhibition of the Philippine Army **303rd Infantry Brigade, 31D Officer Candidate Course Class 52-2019 TODAY, July 4 at 9AM**.

Subject teachers on the second period classes are requested to bring the class to the Br. Rolly Dizon Sports Complex Grand Stand.

MULA SA PUBLIKASYONG ANG LAYAG

Tinatawagan ang **DATI** at **BAGONG** miyembro ng publikasyong "Ang Layag" na magkakaroon ng pagpupulong sa darating na Huwebes, Hulyo 4, 2019 sa silid-aralan ng 8E mula 4:00-5:00 ng hapon.

FROM THE LOWER GRADES LVP OFFICE

FIRST CLUB MEETING

First Club meeting on **TODAY, July 4, 2019**. Kindly check your clubs through your Homeroom Advisers.

FROM THE GUIDANCE SERVICES CENTER

2018-2019 LASALLIAN ACHIEVERS CONVOCATION

Schedule of Practices:

- July 9 (Tue) | 10:00-11:30AM | UGCC
- July 10 (Wed) | 8:30-9:30 | Coliseum

Subject teachers are requested to send the awardees at the respective Guidance Offices to assemble.

LOOKING AHEAD

- July 8 Guidance Meeting
- July 8-12 Follow-up session for new students
- July 15-26 Guidance In-House Testing
- July 30 Search for Happy Healthy Child

FROM IS PUBLICATIONS*(The Crossroads, Ang Layag, Green Beacon and Luntiang Tanglaw)*

Members of the said publications will have a month-long **JOURNALISM SEMINAR-WORKSHOP** on the following dates and venue:

July 6, 2019 (Saturday)**8:00AM-4:00PM | Rooms 8F and 8G**

Speakers: Marchel Espina, The Visayan Daily Star Reporter; Rappler Correspondent
John Nelbert Dela Cruz, School Paper Adviser, Former Panay News Writer

Topics: Editorial and News Writing English;
Editorial and News Writing Filipino; Copy Reading and Headline Writing

July 13, 2019 (Saturday)**8:00am - 4:00PM | MM Audi A**

Speaker: Josanto Caldera, EPS II Supervisor; former Division, Regional and National President of Campus Journalism

Topic: Photojournalism, Cartooning, Collaborative & Desktop Publishing

July 19, 2019 (Friday)**2:30-4:30PM | Santuario, Room 5A**

Speaker: Jose Dante Albao Jr., Executive Director of Philippine Reef and Rainforest Conservation Foundation Inc.; Sun Star Lifestyle writer

Topics: Feature and SciTech Writing

July 20, 2019 (Saturday)**8:00AM-12:00NN | MM Audi B**

Speaker: Mark Raymund Garcia, Sagay Tourism Communications Consultant; Former The Visayan Daily Star and Manila Bulletin writer

Topics: Sports and News Writing (English and Filipino)

Note: *Please bring writing materials, lunch and snacks (am and pm) except for July 20 (snacks and lunch will be served).*

HEALTH SERVICES CENTER**PHYSICAL EXAMINATION SCHEDULE**

- | | | |
|--------------|--------------|--------------|
| July 8, 2019 | Kinder A & B | 8:00-9:00 AM |
| | Kinder C | 2:00-3:00 PM |

FACULTY DEVELOPMENT**RETURN TO VAUGIRARD (RTV) 23**

July 1-6, 2019 | La Salle University Ozamis

Participant: *Ms. Dinnah Rose A. Cuadra***FROM THE OFFICE OF THE VICE PRINCIPAL FOR ACADEMICS**

All Faculty Members are requested to accomplish as soon as possible the **ICT SKILLS AUDIT** via https://tiny.cc/usls_is as part of our School Technology Integration Program (STIP) spearheaded by *Dr. Michael Canada* and *Ms. Lynn Ninonuevo*. This online survey was developed by STIP committee member *Mr. Ernie Acuna*. Please be guided accordingly. Thank you.

FROM THE RDJ LIBRARY

- ❖ The RDJ Library supports the Anti-bullying campaign. Reading materials on anti-bullying are being displayed at the New Arrival's Corner. Book titles on anti-bullying are featured in the OPAC display. You may also access e-books (GVRL) and online journal articles (EBSCO) through the OPAC at <http://isopac.usls.edu.ph:8080/#section=home>

LIBRARY ORIENTATIONJuly 4 (Thursday) 6th and 7th period – 7E (Mr. Parpa)**LIBRARY INSTRUCTION**

How to Write a Bibliography and In-text Citations: APA Format
Venue: Tech Room

July 4 (Thursday) 1st period – 10E (Ms. Navarro)

July 8 (Monday) 1st period – 9C (Mr. Davila)
3rd period – 9E (Mr. Davila)
5th period – 10D (Mr. Davila)
7th period – 9F (Mr. Davila)

July 9 (Tuesday) 2nd period – 9A (Ms. Gaspay)
3rd period – 9D (Ms. Gaspay)
5th period – 9G (Ms. Gaspay)
6th period – 9B (Ms. Gaspay)

FROM INSTITUTIONAL VARSITY SPORTS OFFICE**PSL ALL FILIPINO – SILAY VOLLEYBALL TOUR**

July 4, 2019 | Natalio G. Velez Sports & Cultural Center, Silay

Student-athlete participants:

Chelsea Pam S. Acma 10F Jada Biaxyl Celeste 9G

The above student-athlete participants are excused from their July 4 classes.

59th CHARTER DAY FOOTBALL FESTIVAL 2019

July 6-7, 2019 | San Carlos SJRI Football Field

Student-athlete participants:

Benedict Conrad Bandolon 7B Javier Maximo Cuadra 7D
Vince Niño Lacson 7D Jared Mendodia 7E
Rafaello Vaugh Puentevella 7D

The above student-athlete participants are excused from their July 6 Grade 7 Spirit Night Practices.

PHILIPPINE CUBERS ASSOCIATION (PCA) - MOYU VISAYAS CHAMPIONSHIP 2019

July 5-7, 2019 | Parkmall, Mandaue City, Cebu

Student-athlete participant: John Gratian Magbanua 10B

The above student-athlete participant is excused from his July 4-5 classes.

MCDONALD'S KANGA CUP 2019

July 7-12, 2019 | Canberra, Australia

Student-athlete participant: John Matthew S. Eriso 7A

The above student-athlete participant is excused from his July 1-5 and July 8-12 classes.

TRYOUT SCHEDULES

TRYOUT SCHEDULES	
BASKETBALL	GIRLS July 6, 2019 (Saturday) 1:00-3:00 PM College Covered Court
	ELEMENTARY & HIGH SCHOOL July 15-16, 2019 Elementary: 4:30 PM High School: 6:30 PM
ATHLETICS	

DATES TO REMEMBER

- July 6 Spirit Night Rehearsals/Tech Run
- July 10 Lasallian Achievers Convocation 2018-2019
2:00 PM @ Coliseum
- July 13 Spirit Night (New Schedule)

