

INTEGRATED SCHOOL Daily Bulletin



SY 2019-2020 Friday, July 5, 2019 | No. 16

Attribute for the month: Commitment to Excellence

Bible Verse for the Day:

Aaron and Hur held (Moses's) hands up – one on one side, one on the other. – *Exodus 17:12*

Reflection:

Hope can be ignited by a spark of encouragement.

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)

➤ **The blue light in phones can mess with your circadian rhythm.** (A circadian rhythm is a natural, internal process that regulates the sleep-wake cycle and repeats roughly every 24 hours.)

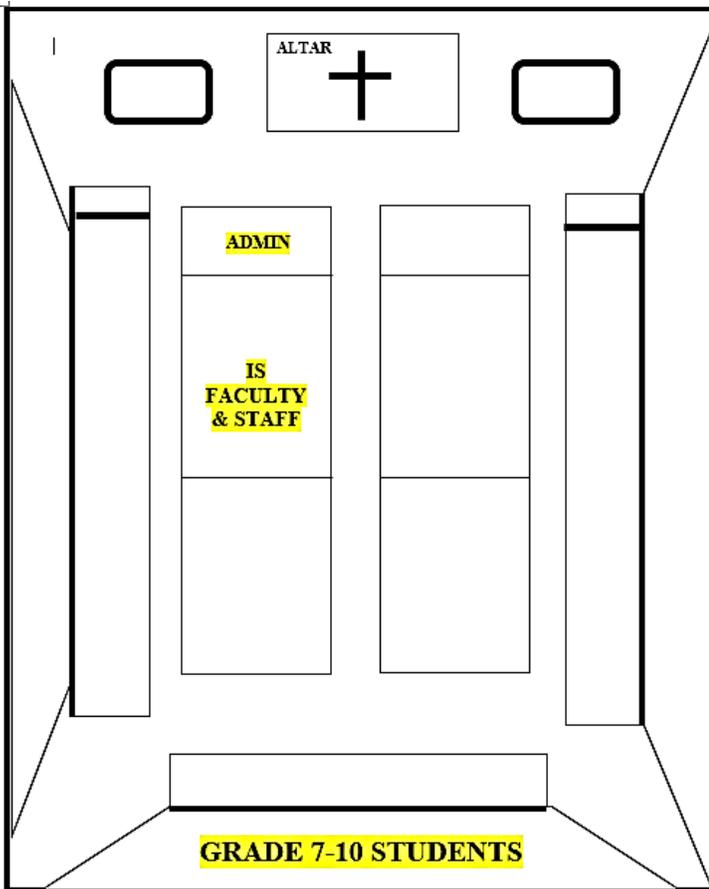
67TH HANDUMANAN WEEK CELEBRATION

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

SEAT PLAN



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



2019 SINGAPORE MATH OLYMPIAD COMPETITION (SIMOC)

July 6-9, 2019 | Singapore

Student-participants:

Emmanuel Salgado III 3D

Carmelo Velez 3A

Caleb Zeke Mellina 5A

NUTRITION MONTH 2019 SCHEDULE OF ACTIVITIES

July 8	Launching of Nutrition Month to Upper Grades
July 12	Reachout Activity (Feeding Program & Book Donation) at Antipolo Elementary School, Pontevedra (c/o Practical Arts Dept.)
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)

FROM THE RDJ LIBRARY

LIBRARY INSTRUCTION

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

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)

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)

HEALTH SERVICES CENTER**PHYSICAL EXAMINATION SCHEDULE**

July 8 (Mon)	Kinder A & B	8:00-9:00 AM
	Kinder C	2:00-3:00 PM
July 9 (Tue)	Grade 1A	8:00-9:00AM
	Grade 1B	2:00-3:00PM
July 10 (Wed)	Grade 1C	8:00-9:00AM
	Grade 1D	1:30-2:30PM
July 11 (Thu)	Grade 1E	8:00-9:00AM

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 to assemble at the respective Guidance Offices.

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
Johnn 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: Josanol 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).*

OFFICIALLY WITHDRAWN FROM SCHOOL

- **Niño Elson Salabas 2E – effective July 1, 2019**

FROM IS BALAYAN**GRADE 8 REACH-OUT SCHEDULES**

Section	Date	Recipient/ Institution
A	July 9	St. Vincent Home for the Aged, Brgy. Tangub
B	July 11	Holy Infant, Brgy. Sum-ag
C	July 16	Missionaries of Charity, Brgy. Banago
D	July 18	St. Vincent Home for the Aged, Brgy. Tangub
E	July 23	Missionaries of Charity, Brgy. Banago
F	July 30	Holy Infant, Brgy. Sum-ag
G	Aug. 20	Bahay Pag-asa, Brgy. Granada

EXCUSED ABSENCE**MEHORA: THE ANIMOVEMENT CHRONICLES***a USLS Birthday Bash celebration***July 4-5, 2019 | 6:00PM | USLS Coliseum**

Student participants from IS:

Arianne Luiz Beso 2A

Femm Villachica 3C

Francisco Hector Gloria III 5C

The above student participants are excused from their July 4 classes for their rehearsal and stage blockings..

FROM INSTITUTIONAL VARSITY SPORTS OFFICE**PFF U15 NATIONAL CHAMPIONSHIP 2019****July 6, 2019 | Panaad Park and Stadium**

Student-athlete participants:

Christopher Jason V. Valence 9C

Matthew Gabriel S. Jochico

Jose Martin L. Morales 9C

The above student-athlete participants are excused from July 3-5, 3PM classes for their trainings.

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

Leo Vincent Cayayan 7A

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	

FACULTY AND STAFF DEVELOPMENT**MANDATORY FIRE BRIGADE TRAINING****July 8-12, 2019 | Cody Conference Room A**

Participants from IS:

Mr. Ralf Eugene Abanilla

Mr. Harmond Ortega

RETURN TO VAUGIRARD (RTV) 23**July 1-6, 2019 | La Salle University Ozamis**

Participant: Ms. Dinnah Rose A. Cuadra

