

INTEGRATED SCHOOL Daily Bulletin



SY 2018-2019 Monday, July 9, 2018 | No. 18

Attribute for the month: *Commitment to Excellence*

Bible Verse for the Day:

When the doors were locked, where the disciples were, for fear of the Jews, Jesus came and stood in their midst. *-John 20:19*

Reflection:

What are you afraid of? Know that God is with you in the midst of your fears.



HEALTH AND NUTRITION TRIVIA Did you know?

KALE eases lung congestion and is beneficial to the stomach, liver and immune system. It contains lutein and zeaxanthin, which protect the eyes from macular degeneration. It also contains indole-3-carbinol, which may protect against colon cancer.

**HEALTH & NUTRITION MONTH 2018
SCHEDULE OF ACTIVITIES**

July 9, 2018 (Monday)	LAUNCHING ACTIVITY (UPPER GRADES)
July 13, 2018 (Friday)	LAUNCHING ACTIVITY (LOWER GRADES)

FROM THE CENTER FOR VARSITY SPORTS

❖ GRADE 4-6 BOYS & GIRLS who are willing to join the CHESS TEAM will have a meeting with Coach Angie on July 10, 2018 (Tuesday) at the Lower Grades Canteen.

FROM THE RDJ LIBRARY

BLENDED LEARNING

July 9, 2018

- 2nd period – 8D (AP - Ms. Fronda)
- 3rd period – 8B (AP - Mr. Valdezco)
- 4th period – 8F (AP - Ms. Fronda)
- 5th period – 8C (AP - Mr. Valdezco)

FROM THE HEALTH SERVICES CENTER

The Health Services Center will start the Annual Physical Examination for the IS students starting July 9, 2018.

PHYSICAL HEALTH EXAMINATION SCHEDULE

DATE	TIME	CLASS	VENUE
July 9, 2018 (Mon)	1:30-2:30 PM	Kinder C	JHS Clinic
July 10, 2018 (Tue)	8:00-9:00 AM	Kinder A & B	
	2:30-3:30 PM	Grade 1A	
July 11, 2018 (Wed)	8:00-9:00 AM	Grade 1B	Main Clinic
	1:30-2:30 PM	Grade 1C	
July 12, 2018 (Thu)	8:00-9:00 AM	Grade 1D	

CISV 2018

June 30 – July 27, 2018 | Camp Allen, Sta. Cruz, Laguna

Delegates: Fernando Jose D. Gutierrez 6A

Vitorio Angelo C. Dimacali 6C

Roberto Sergio Ramiro S. Tan 6B

FROM THE IS CELAM

CONFESSIONS / RECOLLECTIONS / HOLY MASS

July 9, 2018 (Mon)	7D - HOLY MASS 1:20PM @ Junior High School Chapel
July 10, 2018 (Tue)	8A RECOLLECTION Facilitators: Macasero 9A, Tayo 10A, Rivera 10A, Evidente 9D, Castillon 10E
	6E (1st Group) - CONFESSION 1:20PM @ Junior High School Chapel
July 11, 2018 (Wed)	6A - HOLY MASS 1:20PM @ Junior High School Chapel
July 12, 2018 (Thu)	8B RECOLLECTION Facilitators: Aplaon 9B, Ferraris 10A, Dio 10B, Baga 10A, Viillaruz 9F
	4D (1st Group) - CONFESSION 1:20PM @ Junior High School Chapel
	7G - NOVENA MASS (in honor of Our Lady of Mt. Carmel) 5:30PM @ Carmelite Assembly Time/Area: 4:30PM @ Gate 5
July 13, 2018 (Fri)	HOLY MASS 1:20PM @ Junior High School Chapel
July 14, 2018 (Sat)	SPONSORED MASS 5:30PM @ Main Chapel

FROM THE GUIDANCE SERVICES CENTER

GUIDANCE IN-HOUSE TESTING SCHEDULE

DATE	PERIOD	CLASS
July 11, 2018 (Wed)	1 st Period	3D, 7F, 8A
	2 nd Period	2D, 5A, 9B
	3 rd Period	3E, 7G, 8B, 10B
	4 th Period	2C, 3A, 5B
	6 th Period	2E
	7 th Period	5C
July 12, 2018 (Thu)	1 st Period	4E, 7D, 8F, 9A
	2 nd Period	3C, 6A
	3 rd Period	2A, 3B, 7C, 8C, 9D
	4 th Period	2B, 6B
	5 th Period	4D
July 13 (Fri)	1 st Period	5D, 10G
	2 nd Period	4A, 7A
	3 rd Period	5E, 9C
	4 th Period	4B, 6E, 7B
	5 th Period	4C
	6 th Period	6D
July 16, 2018 (Mon)	4 th Period	7E
	2 nd Period	10D
	3 rd Period	8D, 10E
July 17, 2018 (Tue)	1 st Period	10A
	3 rd Period	8G
	4 th Period	9E
July 18, 2018 (Wed)	1 st Period	8E, 9F
	4 th Period	10F
July 19, 2018 (Thu)	2 nd Period	10C

Note: Students are to bring well-sharpened pencils with eraser.

FROM THE JHS LEVEL VICE PRINCIPAL OFFICE

The following homeroom classes are reminded to submit email ad (online).

- Grade 7DFG
- Grade 9BCD
- Grade 10BG

Kindly email to jhsviceprincipal@usls.edu.ph

FROM THE IS FACULTY AND STAFF ASSOCIATION

NEW OFFICERS FOR SY 2018-2019

President	Mr. Jonathan D. Davila
Vice President	Mr. Romy S. Dela Serna
Secretary	Ms. Cherry Ann D. Solas
Treasurer	Mrs. Angeli B. Salvador
Asst. Treasurer	Mr. Benjamin G. Positos
Auditor	Mrs. Alma P. Cabalo
P.I.O.	Ms. Ma. Theresa C. Tumbagahan
RROC	Mr. Nonilon D. Torpez

DATES TO REMEMBER

August 8-10	1 st Quarter Exams
August 13-17	1 st Quarter PT Completion
August 20	Buwan ng Wika Celebration
September 3-4	3 rd BED PAASCU Visit

UNIVERSITY OF
ST. LASALLE | La Salle
Bacolod

NETIQUETTE

NETWORK ETIQUETTE | SOCIAL MEDIA GUIDELINES

BE RESPECTFUL

Respect other people's
privacy and opinion

BE SENSITIVE

Always remember that
different people react
differently

BE RESPONSIBLE

Think twice before
posting anything and
double check content
and veracity of source/s

BE MINDFUL

Check your PRIVACY
SETTINGS

BE PROFESSIONAL

Give credit where credit is
due

BE POLITE

Know your boundaries when
you engage with others at
all times

BE AN EFFECTIVE
COMMUNICATOR

Use proper language in
communicating online to
avoid misinformation

BE A LASALLIAN

In thoughts, in words, and in
deeds at all times