

INTEGRATED SCHOOL Daily Bulletin



SY 2020-2021 | Tuesday, September 15, 2020 | No. 14

Attribute for the month: *Caring for the Earth*

Bible Verse for the Day: [Jesus] had compassion on them and healed their sick. — *Matthew 14:14*

Reflection: How have you experienced God's compassion and care? What prevents you from showing God's love when you carry out your daily responsibilities?

source: <https://odb.org/2020/09/15/compassion-on-the-job>

FROM THE JUNIOR HIGH SCHOOL LVP OFFICE

SCHEDULED HOMEROOM VISIT (UPDATED)

September 15	8F (LVP)
September 16	8E (LVP)
September 17	8D (LVP) 8C (DFO)
September 18	8B (LVP) 8A (DFO)

DATES TO REMEMBER

Sept 28 - Oct 2	Week 6 - Quarter 1 Catch up Week
October 5	World Teachers' Day
October 6-9	Week 7 – Quarter 1-QUARTERLY SUMMATIVE ASSESSMENTS
October 12-16	Week 8 – Quarter 1 – Quarterly PERFORMANCE TASKS WEEK

USLS EMPLOYEES SHUTTLE SERVICE



EAST USLS ROUTE

BUS LEAVES USLS : 7:00 AM

To: **CL Montelibano** up to **Bangga Scala** turn-right to **Burgos Extension** turn-right to **Bangga Patyo** to **USLS**

NORTH USLS ROUTE

BUS LEAVES USLS : 7:00 AM

To: **Boundary Between Talisay & Bacolod**
From: **Boundary Straight Along Lacson Street**

BUS LEAVES TO USLS: 7:30 AM

Pick-up Points:
From: **Bangga Pepsi & Robinsons Place**
To: **University of St. La Salle**

SOUTH USLS ROUTE

BUS LEAVES USLS : 6:30 AM

To: **Boundary Between Bago & Bacolod**
via **USLS -North Drive** to **Lacson street - Taloc**

From: **Boundary Sum-ag Highway, Pahanocoy, Tangub** to **Bangga Goodyear Alijis-Mansilingan** turn-left to **Hernaez street** straight to **BPI Libertad**
(Pick up Passengers along **Vista Alegre, Bangga Cory, City Heights**) Turn to **Lopez Jaena** back to **USLS**.



**NO FACE MASK
NO FACE SHIELD
NO RIDE**

Passenger manifests will serve as an attendance and be forwarded to HR.

BED Guidance Services Center INFO GUIDE

With all the uncertainties transpiring around us, let us all remember to prioritize our Mental Health. Take a break and ask yourself these questions throughout the day and stay more attuned to your Mental Health!

Here is a 5-minute mental health checklist!

- Have I eaten proper meals?
- Am I getting enough and proper sleep?
- Have I moved my body today?
- Have I spent time outside in fresh air?
- Have I connected with someone important to me?
- Have I been thinking kind thoughts to myself?

Source: <https://www.picuki.com/tag/wellbeinghq>

"You are responsible for your mental, physical and spiritual health, so think of what self-care looks like to you depending on your preferences and needs and take some time to love yourself, especially when you're feeling overwhelmed".

– @thebraincoach

FROM THE VICE CHANCELLOR FOR ADMINISTRATION

Sharing "Libre Sakay" Program of Bacolod City



Cindy Tan-Rojas is with Mark Jelor Villamor Ayuco and 42 others.

11 hrs · 🌐

MEDICAL Workers: show your hospital ID

- working in hospitals (nurses, nurse aides, utility, security etc)

ESSENTIAL Workers: show your company ID or Work ID

- working for businesses open during the MECQ
 - government employees
 - laborers

Central drop off is Cathedral Church,.. from there please look for the jeepney stop that will bring you to your final destination.

Councilor Cindy Rojas and Councilor Dindo Ramos lead the meeting with the presidents of various jeepney organizations in Bacolod City Sunday afternoon [Sept. 13] to finalize the "Libre Sakay" Program that will start tomorrow [September 14].

About 42 jeepneys will ply the 7 routes in Bacolod City to cater to medical workers and essential workers. The jeepneys will start operations from 4:30 AM to 10:30 PM with 2 hours interval thereafter.

BTAO will assign one personnel per route to assist the passengers.

The "central dropoff" will be at the Bacolod City Public Plaza.*/CITY PIO

JEEPNEY STOP 1

For Healthcare Workers, and Essential Personnel

GRANADA BRGY. HALL - POINT OF ORIGIN

STOPS:

- Bangga Bagul
- Metro Bacolod Hospital
- MC Donalds East
- Burgos Public Market
- CL Montelibano Memorial Regional Hospital
- Central Market (Gonzaga Entrance) (via Lacson - Gonzaga Street)
- Cathedral Church (via Gatuslao Street)

Transport Provided by: Bacolod City Government

JEEPNEY STOP 1

For Healthcare Workers, and Essential Personnel

CATHEDRAL CHURCH - POINT OF ORIGIN

STOPS:

- Central Market (Gatuslao Entrance)
- CL Regional Hospital (Emergency Entrance) (via Locsin Street)
- Burgos Public Market
- MC Donalds East
- Metro Bacolod Hospital
- Bangga Bagul
- Brgy. Hall - Granada

Transport Provided by: Bacolod City Government

JEEPNEY STOP 2

For Healthcare Workers, and Essential Personnel

PUNO BANAGO - POINT OF ORIGIN

STOPS:

- Puregold Ramos
- Riverside Medical Center
- Doctors Hospital
- Shopping (Hilado & 6th St. Intersection)
- Ayala Mall (via North Capitol Road)
- CL Montelibano Memorial Hospital
- SM City South Entrance (via Burgos San Juan Street)
- BAC UP 1

Transport Provided by: Bacolod City Government

JEEPNEY STOP 2

For Healthcare Workers, and Essential Personnel

BAC UP 1 - POINT OF ORIGIN

STOPS:

- SM City South Entrance (Brgy. 13 SM Entrance)
- CL Montelibano Memorial Regional Hospital (via Luzuriaga - Lacson Street)
- Ayala Mall (via South Capitol Road & Lacson - 6th St.)
- Shopping (Hilado & 6th St. - Intersection)
- Doctors Hospital
- Riverside Medical Center
- Puregold Ramos
- Puno Banago

Transport Provided by: Bacolod City Government

JEEPNEY STOP 3

For Healthcare Workers, and Essential Personnel

BATA BANGGA SAWMILL - POINT OF ORIGIN

STOPS:

- Mandalagan City Mall
- Bacolod Queen of Mercy Hospital (via Buri Road)
- Riverside Medical Center (via Eroreco - La Salle)
- Doctors Hospital
- Bangga Patyo (via Lopez Jaena)
- Burgos Market
- CL Montelibano Memorial Regional Hospital
- Cathedral Church (via Lacson - Rizal Street)

Transport Provided by: Bacolod City Government

JEEPNEY STOP 3

For Healthcare Workers, and Essential Personnel

CATHEDRAL CHURCH - POINT OF ORIGIN

STOPS:

- CL Montelibano Memorial Regional Hospital (via Rizal Street)
- Burgos Market
- Bangga Patyo
- Doctors Hospital (via Villamonte)
- Riverside Medical Center (U-Turn Ramos / Lacson)
- Bacolod Queen of Mercy Hospital (via Eroreco / La Salle Ave.)
- Mandalagan City Mall (via Buri Road)
- Bata Bangga Sawmill

Transport Provided by: Bacolod City Government

JEEPNEY STOP 4

For Healthcare Workers, and Essential Personnel

HANDUMANAN BRGY. HALL - POINT OF ORIGIN

STOPS:

- Bangga Cabug
- Bangga Metal
- Bangga John B. Lacson
- South General Hospital
- Araneta / Magsaysay Eco Oil
- Bacolod Adventist Medical Center
- C.V. Ramos (across)
- BAC UP 6
- Libertad Market
- Bangga Servandos
- Cathedral Church

Transport Provided by: Bacolod City Government

JEEPNEY STOP 4

For Healthcare Workers, and Essential Personnel

CATHEDRAL CHURCH - POINT OF ORIGIN

STOPS:

- Bangga Servandos (via Rosario Street)
- Libertad Market
- BAC UP 6
- C.V. Ramos
- Bacolod Adventist Medical Center
- Araneta / Magsaysay Eco Oil
- South General Hospital
- Bangga John B. Lacson
- Bangga Metal
- Bangga Cabug
- Handumanan Brgy. Hall

Transport Provided by: Bacolod City Government

JEEPNEY STOP 5

For Healthcare Workers, and Essential Personnel

ACROSS MANSILINGAN CHURCH - POINT OF ORIGIN

STOPS:

- Puregold Bangga Bakyas
- Bangga Cory
- Bangga Dona Juliana
- BAC UP 6
- Libertad Market
- Ceneco (via Mabini Street)
- Burgos Market (via Galo Street)
- CL Montelibano Memorial Regional Hospital
- Cathedral Church (via Burgos Gatuslao)

Transport Provided by: Bacolod City Government

JEEPNEY STOP 5

For Healthcare Workers, and Essential Personnel

CATHEDRAL CHURCH - POINT OF ORIGIN

STOPS:

- CL Montelibano Memorial Regional Hospital (Back Entrance) (via Gatuslao - Burgos)
- Burgos Market
- Ceneco (via Galo Street)
- Libertad Market (via Mabini Street)
- BAC UP 6
- Bangga Doña Juliana
- Bangga Cory
- Puregold Bangga Bakyas
- Mansilingan Church

Transport Provided by: Bacolod City Government

JEEPNEY STOP 6

For Healthcare Workers, and Essential Personnel

ESTEFANIA SAVEMORE - POINT OF ORIGIN

STOPS:

- Homesite Market
- Doctors Hospital (via CL Montelibano Road)
- Bacolod Queen of Mercy Hospital (via La Salle / Eroreco)
- City Mall Mandalagan (via Buri Road)
- Robinsons Mall
- Riverside Medical Center
- CL Montelibano Memorial Regional Hospital
- Central Market (via Gonzaga Street)
- Cathedral Church (via Gatuslao Street)

Transport Provided by: Bacolod City Government

JEEPNEY STOP 6

For Healthcare Workers, and Essential Personnel

CATHEDRAL CHURCH - POINT OF ORIGIN

STOPS:

- Central Market (Luzuriaga Entrance) (via Luzuriaga Lacson Street)
- CL Montelibano Memorial Regional Hospital
- Riverside Medical Center
- Robinsons Mall
- City Mall Mandalagan
- Bacolod Queen of Mercy Hospital (via Buri Road)
- Doctors Hospital (via Eroreco / La Salle)
- Homesite Market (via CL Montelibano Rd.)
- Estefania Savemore

Transport Provided by: Bacolod City Government

JEEPNEY STOP 7

For Healthcare Workers, and Essential Personnel

SUM-AG BRGY. HALL - POINT OF ORIGIN

STOPS:

- Bangga Tomaro
- South General Hospital
- Bangga Rusi
- Bangga Good Year
- Bangga Magsaysay
- Bacolod Adventist Medical Center (via Araneta)
- Gaisano City Mall (via Araneta Street)
- Old City Hall
- BAC UP 1

Transport Provided by: Bacolod City Government

JEEPNEY STOP 7

For Healthcare Workers, and Essential Personnel

BAC UP 1 - POINT OF ORIGIN

STOPS:

- Old City Hall (via Luzuriaga)
- Gaisano City Mall (via Gatuslao-Hernandez-Araneta Street)
- Bacolod Adventist Medical Center (via Lacson - Magsaysay Street)
- Bangga Magsaysay (Eco Oil)
- Bangga Good Year
- Bangga Rusi
- South General Hospital
- Bangga Tomaro
- Sum-ag Brgy. Hall

Transport Provided by: Bacolod City Government