

INTEGRATED SCHOOL Daily Bulletin



SY 2020-2021 | Thursday, September 17, 2020 | No. 16

Attribute for the month: *Caring for the Earth*



Do not forget to thank God for his many blessings.

Source: 100 short quotes of St. John Baptist De La Salle



Mr. Angelo Jocson

Substitute teacher of Ms. Michelle Aspiro (Filipino 4)

FROM THE JUNIOR HIGH SCHOOL LVP OFFICE

SCHEDULED HOMEROOM VISIT

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

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>

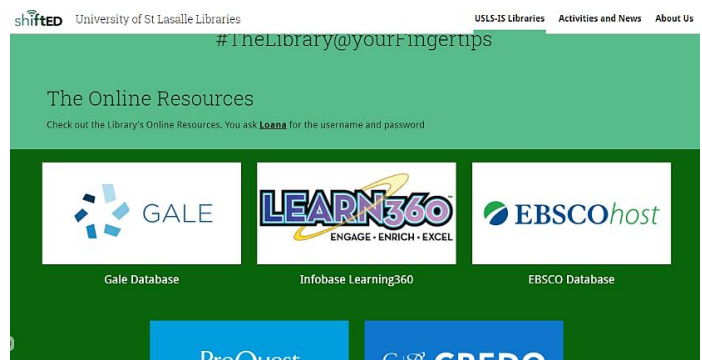
“You are responsible for your mental, physical and spiritual health, so think of what self-care looks like to you depending on your preferences and needs and take some time to love yourself, especially when you’re feeling overwhelmed.”

– @thebraincoach

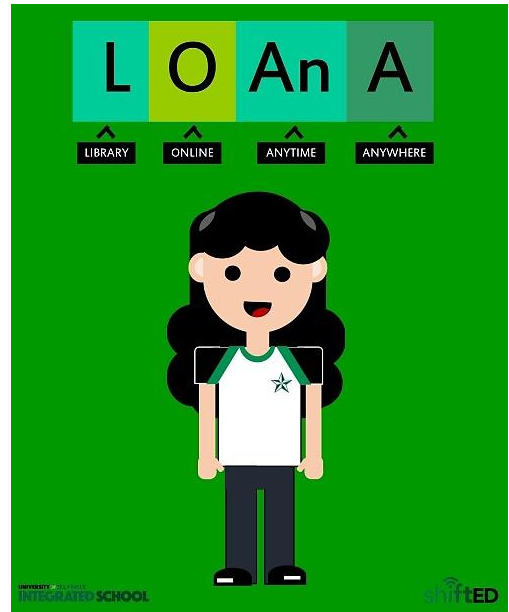
FROM THE INTEGRATED SCHOOL LIBRARIES

You may now access the **USLS-IS Libraries** @<https://sites.google.com/dlszobel.edu.ph/university-of-st-lasalle/usls-is-libraries?>

This is also visible in every course navigation on CANVAS LMS under IS Library Resources.



For assistance, please message **LOANA**, our Virtual Librarian. #TheLibrary@yourFingertips



AMSLI'S MATHEMATICS ENRICHMENT PROGRAM (AMEP)

Batch 2 for SY 2020-2021

10 Saturday sessions, 9am to 12nn

- Please register in your grade level for SY 2020-2021.
- If you already completed AMEP Batch 1 held last June 22- July 30, you may register in the next higher grade level.
- Sessions: Sept 19, 26; Oct 3, 10, 17, 31; Nov 8, 14, 21
- Time: 9am to 12nn
- Mode of Training: Online
- Training Fee: P3,500

FROM THE VICE CHANCELLOR FOR ADMINISTRATION
Health Reminder No. 13

If you are a close contact of someone scheduled for a swab or was swabbed (suspect/probable/confirmed COVID-19) please **DO NOT REPORT TO WORK**. Kindly fill up the Disclosure Form (*please see email from the VCA for the updated form*) as soon as possible and email it to clinic@usls.edu.ph or send it to the Facebook Page of the University of St. La Salle - Health Services Center.

VCA Memo No. 17

QUARANTINE LEAVES AND OTHER COVID-RELATED MATTERS

Please see actual memo emailed by the VCA for the details

Reposting VCA Memo No. 13

UNIVERSITY OF ST.LASALLE

OFFICE OF THE VICE CHANCELLOR FOR ADMINISTRATION

VCA MEMO No. 13
Series of 2020-21

DATE : August 17, 2020

TO : ALL EMPLOYEES

FROM : DR. JOSE TEODY G. CABANTUG, DM
Director, HRDS

Rafela - Cortes
RADELA YVONNE CORTES, M.D.
Director, Health Service Center

THRU : CHARO MAE M. CORDOVA, CPA
Vice Chancellor for Administration

SUBJECT: DISCLOSURE OF COVID-19 EXPOSURE

With the rising cases of COVID-19, the safety of the Lasallian community is our main concern. Controlling the spread of the virus involves rapid contact tracing, isolation and mitigation.

The USLS Administration created a USLS COVID TASK FORCE in response to this pandemic. Under this Task Force, the Health Services Center has designated a Contact Tracing Team headed by **Mr. Jerald Abrot**. Close contacts will be informed and contacted by the clinic for monitoring and proper referral if needed.

All employees who had contact with a COVID-19 suspected, probable or confirmed person or household member who had a swab test or scheduled to have one, should immediately disclose this information to their immediate supervisor and to the Main clinic (Tel. no.: 4346219 or Local 107).

Kindly email the attached disclosure form to usls-clinic@usls.edu.ph

Praying for God's mercy upon us in our fight against Covid-19.

For your guidance.

Thank you.

FROM THE CENTER FOR MARKETING AND COMMUNICATION

UNIVERSITY OF ST.LASALLE

La Salle Bacolod

QUEUE MANAGEMENT SYSTEM

THE CENTER FOR MARKETING AND COMMUNICATIONS IS FULLY ONLINE.
PLEASE QUEUE ALL REQUESTS THROUGH THE QMS LINK.

www.usls.edu.ph/qms

New Design Request

Design Approval & Posting

Web Spotlight & Content Update

News and Announcements

Social Media Support

University Communications

lasallebcd

La Salle Bacolod

@ZupLaSalle

@lasallebcd.co

usls.edu.ph

PRES MEMO NO. 02



#givethegiftoflove

Please see actual memo emailed by La Salle Bacolod for the details.

USLS EMPLOYEES SHUTTLE SERVICE

UNIVERSITY OF ST.LASALLE

La Salle Bacolod

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 **Hernaes 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.

lasallebcd

La Salle Bacolod

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usls.edu.ph