



Example makes a much greater impression than words.

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

FROM THE OFFICE OF THE IS VP-ACADEMICS

WEEK 6 (SEPT. 28-OCT. 2) - CATCH-UP WEEK

In this regard, please be reminded of the following:

1. There will be no synchronous sessions during the week except when deemed necessary by the subject teacher/s concerned for re-teaching, review or reinforcement of a topic or lesson especially covered in the upcoming QSA based on students' assessment results, conduct make-up quizzes or give Summative Assessments (SAs), or clarify instructions for unfinished activities/tasks. In this case, teachers will make announcements on Canvas regarding synchronous class schedules when needed and will remain available for consultations during the week.
2. Students may use the Catch up Week to comply with missed or unfinished assessments, assignments, or any Canvas LMS works in consultation with teachers.
3. Teachers will re-open Week 1 - 5 modules on Canvas for students to review past lessons and/or formative assessments in preparation for the First Quarterly Assessments on Week 7 (Oct. 5-9). Students must check Canvas homepage of their course tiles for the QSA pointers to review.
4. A mock/simulation exam will be given to Lower Grades students on October 1, Thursday, during the Homeroom Period until the First Period to rehearse them on the procedure for the online First Quarterly Assessment.

WEEK 7 (OCT. 5-9) * FIRST QUARTERLY ASSESSMENTS

SCHEDULE OF 1ST QUARTER SUMMATIVE ASSESSMENT

Note: ME Time during Exam Week will still be observed.

PRIMARY (GRADE 1-3)				
TIME	DAY 1 Oct. 5 (Monday)	DAY 2 Oct. 6 (Tuesday)	DAY 3 Oct. 8 (Thursday)	DAY 4 Oct. 9 (Friday)
8:00-8:30	Homeroom/Flag Ceremony/General Reminders			
8:30-9:30	Science	Filipino	Math	English
9:30-10:00	RECESS / SCREEN BREAK			
10:00-11:00	CLE	Reading	MAPEH	AP

INTERMEDIATE (GRADE 4-6)				
TIME	DAY 1 Oct. 5 (Monday)	DAY 2 Oct. 6 (Tuesday)	DAY 3 Oct. 7 (Wednesday)	DAY 4 Oct. 8 (Thursday)
8:00-8:30	Homeroom/Flag Ceremony/General Reminders			
8:30-9:30	AP	English	Filipino	Science
9:30-9:45	RECESS / SCREEN BREAK			
9:45-10:45	Math	MAPEH	HELE	CLE
10:45-11:00	SCREEN BREAK			
11:00-12:00	Computer			

JUNIOR HIGH SCHOOL (GRADE 7-10)				
TIME	DAY 1 Oct. 6 (Tuesday)	DAY 2 Oct. 7 (Wednesday)	DAY 3 Oct. 8 (Thursday)	DAY 4 Oct. 9 (Friday)
8:00-8:30	Homeroom/Flag Ceremony/General Reminders			
8:30-9:30	Filipino	CLE	AP	Math
9:30-9:45	RECESS/SCREEN BREAK			
9:45-10:45	MAPEH	Science	English	Computer
10:45-11:00	SCREEN BREAK			
11:00-12:00	BK 9-10	TLE 7-9		

GUIDELINES FOR STUDENTS DURING EXAMS

1. Go to your homeroom tile. Your homeroom adviser will give you the meeting link where you are supposed to enter.
2. The exam room is in Google Meet since exams will last for an hour. Make sure to login to google chrome using your student gmail account (the one with .usls.edu.ph). Once you are logged in using your usls account, you will not have to wait for the host to admit you in the room.
3. The meeting room will be open for the whole duration of the exam so you will not need to logout or leave. During the break, simply turn off your video and your audio. Please, do not share the Meeting details/meeting link.
4. Video should be ON at all times during the exam. Audio is turned off to prevent any unwanted noise from coming in. Remind your parents to secure a better internet connectivity for you at least during the exam week.
5. Proctors will be watching over you and teachers are moderating and monitoring your activity during the exam. Teachers can detect if a new browser has been opened or you left the exam browser while taking the test.
6. When the proctor gives you the signal to start, you will proceed to the course tile of the subject area on schedule. You will find the links you need to proceed to the exam once you are in the homepage of the subject.
7. Read the instructions carefully and enter the access code properly so that you could take the test. The access code is found in the homepage of your subject.
8. If you need to ask questions about the exam, type your question in the chat box for the proctor/teacher to know and acknowledge. Do not unmute your audio so as not to disturb others.
9. Remind family members to give you enough space during the exam to limit distractions and interruptions.
10. Read and understand by heart the Lasallian Declaration of Academic Honesty. Copy of this will be found in your exam page.
11. Should there be power interruptions or internet connectivity issues or you are physically unwell or in case of any untoward incident that may deter you from taking the exams synchronously, immediately notify your Homeroom Adviser or call the LVP Office who will give you advice on what to do.

FROM THE IS SAC

Inviting everyone to join and celebrate Holy Eucharist in celebration of World's Teacher Day.

Mass will be streamed live via the University of St. La Salle-Basic Education Facebook account this **Friday, October 2, 2020, at 10AM.**

Hope to see you, as we lead this crisis and reimagine a brighter and better future!

Mass is sponsored by the Integrated School- Student Affairs Council.

CONGRATULATIONS

ALLIYAH NICOLE SINGULAR CALO-OY 10B
RENZO ANTONINO SINGULAR JUACHON 3D
BRONZE AWARDEES

of the recent **2020 New Century Hope Cup of Math Invitational Competition** last September 12, 2020.

The contest gathered more than three thousand whiz kids from Hong Kong, Japan, India, Macau, Malaysia, Philippines, Singapore, South Korea, Thailand, and 4 provinces from mainland China.

We are proud of you! **Animo La Salle!**

DATES TO REMEMBER

October 5	World Teachers' Day
October 12-16	Week 8 – Quarter 1 – Quarterly PERFORMANCE TASKS WEEK
October 19-20	Students Rest Day after Quarterly Assessments/Teachers Checking Day

FROM IS BALAYAN



USLS- Integrated School Balayan

@ISBalayan · School

The IS Balayan-Community Services Center goes online!

For more updates on how to continue our Lasallian mission of teaching minds, touching hearts and transforming lives, like and follow us on Facebook @USLS-Integrated School Balayan.

FROM THE FACULTY AND STAFF CLUB 2020-2021

1. We will have our **GENERAL ASSEMBLY** on **October 2, 2020, Friday, 2:00 PM** via *Google meet*. Link to follow and will be sent through respective levels.

Attendance is strongly encouraged.

2. The Faculty and Staff will sponsor the **Anticipated Mass** on **Saturday, October 3, 2020**. We highly encourage everyone to send their offertories at Gate 2 not later than Wednesday. Preferably non-perishable goods to be shared with our adopted institutions.

FACULTY DEVELOPMENT

ENSURING STUDENT OUTCOMES WITH ONLINE DISTANCE LEARNING AND TEACHING OF K-12 STANDARDS IN THE TIME OF COVID-19

PEAC-INSET WEBINAR (Region X & BARMM)

October 5-7, 2020

Trainers: *Ms. Lelanie G. Reforma, MEd*
Ms. Shiela Mae G. Ticar, MAEd
Ms. Michelle B. Ballesteros
Ms. Sheila May B. Tan

OFFICIALLY WITHDRAWN FROM SCHOOL

Gabrielle Sage Maguad, 4D – effective September 28, 2020

FROM THE GUIDANCE SERVICES CENTER

BED GUIDANCE SERVICES CENTER

Ways To Wellness OF THE GUIDANCE SERVICES CENTER

Test prep involves taking care of yourself

1. Sleep. It is important to be well rested....
2. Diet. Don't change your diet right before the test....
3. Be aware of whatever anxiety you're feeling....
4. Relax....
5. Visualize a successful experience....
6. Talk about it....
7. Verbal questions....
8. Writing questions.

"HARD WORK BEATS TALENT WHEN TALENT DOESN'T WORK HARD"

Tips to boost happiness and keep stress and anxiety levels low.

- Exercise. Aim for at least 30 minutes of exercise most days of the week....
- Eat healthy....
- Avoid mind-altering substances....
- Prioritize sleep....
- Build an internal locus of control....
- Practice mindfulness....
- Pray or meditate....
- Unload.

I have chosen to be HAPPY because it is good for my health!

UNIVERSITY OF ST. LASALLE | La Salle Bacolod

ANNOUNCEMENT FROM THE BUSINESS OFFICE


1. Please be informed that the Statement of Account is now viewable at the Student Portal.
2. Due to MECQ status of the City, the Business Office will be closed for two (2) consecutive Fridays, September 18 and 25, 2020.


Everyone is encouraged to pay through the following payment channels:

 **MLHULLIER ALL BRANCHES NATION WIDE**

 **SM/SAVEMORE BILLS PAYMENT NATION WIDE**

 **BPI MERCHANT**
 (Available only to students with enrolled BPI account)

 **UBP Online – UBP Mobile App**

 **INTERBANKS AND G CASH TRANSACTIONS**

- Use UBP Bank account No. 00-279-000-1899
- Email screen shots of proof of payments to: cashiers@usls.edu.ph and provide the following details:

- * Student name
- * ID number
- * Contact number
- * Date / Time of Transaction
- * Purpose of payment

(ex. Upon enrollment, back account, etc.)