



**GOD'S WORDS FOR TODAY Mt. 13-54-58)**

Jesus came to his native place and taught the people in their synagogue. They were astonished and said, "Where did this man get such wisdom and mighty deeds? Is he not the carpenter's son? Is not his mother named Mary and his brothers James, Joseph, Simon, and Judas? Are not his sisters all with us? Where did this man get all this?" And they took offense at him. But Jesus said to them, "A prophet is not without honor except in his native place and in his own house." And he did not work many mighty deeds there because of their lack of faith.

**MISSION VISION**

"To be a sign of faith as an excellent educational institution, sharing in the Lasallian mission of teaching minds, touching hearts and transforming lives."

**FROM THE PRESIDENTIAL MANAGEMENT OFFICE:**

The Business Development Office has now transferred to the former SHS Coordinator's Office located at the SENTRUM left wing. You may contact them at loc 337. Likewise, the Quenchers Water Station shares the same local number.

**FROM THE OVCAR – GRADE SCHOOL COMMUNITY:**

*From the Assistant Principal*

- All students are reminded to spend the weekend in preparing for the first quarterly test next week. Please refer to your schedule. Good Luck to all of you!
- To the GS Faculty and Staff:** We shall have our community meeting today, July 31 at 3:10 pm at BB 41. See you there!

*From the GS- Christian Living with Character Education Department*

*Seven Attitudes in Prayer*

*—Making prayer effective*

**2 Faith**

The blessing of prayer has been clearly revealed to us in the scriptures. Let us trust what they say, and pray without doubting (James 1:5-7). <http://www.simplybible.com/f246.htm> (to be continued...)

**Thank you so much to the Mass sponsors/goers today, the following are the sponsors on Monday:**

Grade 1	BB 112	Ms. Cristy Hernandez
Grade 6	BB 405	Ms. Cecelle Masilungan
Grade 3	BB 205	Ms. Tina Aguila
Grade 4	BB 212	Ms. Regine Arada

*From the Grade School Mathematics Department*

We would like to announce that Mathematics Trainers' Guild (MTG) Philippines shall administer the Qualifying Examination hoping to recruit the best students/pupils who will qualify to the Mathematical Challenge for Filipino Kid Training Program (MCFKTP) bolstering our chance of winning in **International Math Competitions**.

Those who are still interested to take the Qualifying Examination may get a form from your respective Math Teacher (Grades 3-6 only). MTG is charging a minimal fee of **₱ 40. 00** to cover the expenses for testing materials, honorarium for proctors and other miscellaneous expenses that may incur during the test administration. The examination is scheduled on August 8, 2015 (Saturday) from 1:30 – 4:00 pm at De La Salle Lipa at the 3<sup>rd</sup> Floor/ Br. Benilde Hall. **Be one of our International Math Wizards!!!**

*From the Grade Moderators:*

- Thank you to the following advisers for submitting the list of key monitors ahead of time: Ms. Ruth Tapalla, Ms. MC Briguela, Ms. Leah Sebug, Ms. Toots Mayuga, Ms. Jem Landicho, Ms. Maricel Comia, Ms. Elma Langamon, Ms. Elma Lingao, Ms. Regh Arada, Mr. Max Bueno, Ms. Raquel Maralit, Ms. Evelyn de Castro, and Ms. KC Abante.
- Once again, students are reminded to maintain the cleanliness of our comfort rooms. Use it properly at all times.
- Haircut inspection on Monday.
- Those students who were given reminders on the use of locker are required to follow the guidelines.

LOOKING AHEAD: August 3 – Haircut Inspection

August 7 – GS Assembly

## **FROM THE OVCAR –JUNIOR HIGH SCHOOL COMMUNITY:**

### ***From the JHS Assistant Principal***

1. Exams on Monday, August 3, 2015  
8:40 – 9:40 MATH  
10:00 – 11:00 FILIPINO
2. Take note that we shall start the test at 8:40 to give way to those who still need to pay their tuition fees or have a reprint of their exam permit. For the 2<sup>nd</sup> and 3<sup>rd</sup> days, exam starts at 7:40.
3. Please make sure that you have secured your exam permit.
4. We thank the TLE Department headed by Mr. Jonas Lara for the different activities provided for the students in line with the celebration of Nutrition Month. We likewise thank everyone for the support and cooperation rendered for the success of the activities

### ***Mula sa Departamento ng Filipino***

Sa pagdiriwang ng Buwan ng Wikang Pambansa na may temang "*Filipino: Wika ng Pambansang Kaunlaran*", ang lahat ng tanggapan sa buong kumunidad ay inaanyayahang gumamit ng wikang Filipino sa pagpapalathala ng mahahalagang impormasyon sa bultin tuwing Lunes sa buong buwan ng Agosto. Ang lahat ay hinihikayat at inaasahang makikiisa sa ganitong gawain na nagpapaalala sa bawat isa sa atin ng tayo ay mga Lasalyanong Pilipino na may pagmamahal sa sariling wika. Salamat po!

### ***From the JHS Christian Living Department***

*Day to day with St. La Salle*

*"By your vocation you are obliged to announce the truths of the Gospel everyday. Practice those that are required of all Christians before you undertake to teach them to others." (Med 138.2)*

1. Thank you very much to all classes who sponsored the Holy Mass.  
Here is the schedule of the succeeding Mass sponsors. May we request that the Mass sponsors of the day be permitted to go to the Capilla at 11:55 am so that they won't be late in the Mass.

Grade	July 31	Advisers		
Grade 7	LS 106	Ms. Embel Racal		
Grade 8	LS 306	Mr. Val Bautista		
Grade 9	BM 101	Ms. Tintin Dimaculangan		
Grade 10	CMR 205	Ms. Golda Obeña		
<i>Every Wednesday Commitment of Class LS 303 of Mr. Gerald Latayan</i>				
<i>Every Thursday Commitment of Class LS 307 of Ms. Lala Faeldonia</i>				
<i>Every Friday Commitment of Class LS 409 of Ms. Edith Africa</i>				

Homeroom Advisers and CL Teachers of the said classes are also expected to accompany them in partaking the Eucharistic celebration.

### ***From the JHS English Department***

From a number of commonly confused words, this week we're giving you a number of new words that have entered the Oxford English Dictionary (OED). The OED is updated four times a year, every March, June, September, and December.

The word *intersectionality* originated in mathematical contexts, but since the late 1980s it has been used to refer to 'the interconnected nature of social categorizations such as race, class, and gender, regarded as creating overlapping and interdependent systems of discrimination or disadvantage'. Originally used primarily in academic contexts, this word has recently become common in mainstream publications as well.

Sources: <http://public.oed.com/the-oed-today/recent-updates-to-the-oed/june-2015-update/new-words-notes-june-2015/>

## **FROM THE OVCAD – INSTITUTIONAL HEALTH SERVICES:**

### **Schedule of Medical and Dental Examination**

Date	Time	Medical	Dental
July 31	08:40- 09:40am		G9 BM 102
	10:00am- 11:00am	G7 LS 205	G7 LS 205

### **NATIONAL DIABETES AWARENESS WEEK**

What do I need to do to take care of my diabetes?

The key to taking care of your diabetes is to keep your blood glucose as close to normal as possible. The best way to do this is to:

- make healthy food choices
- eat the right amounts of food

- be active everyday
- stay at a healthy weight
- take your medicines and check your blood glucose as planned with your health care team

Your doctor will tell you what blood glucose level is right for you. Your goal is to keep your blood glucose as close to this level as you can. Your doctor or diabetes educator will teach you how to check your blood glucose with a glucose meter.

It helps to know what affects your blood glucose level. Food, illness, and stress raise your blood glucose. Insulin or pills and being physically active lower your blood glucose. Talk with your doctor or diabetes educator about how these things change your blood glucose levels and how you can make changes in your diabetes plan.

Carbohydrates, or carbs for short, are a good source of energy for our bodies. But if you eat too many carbs at one time, your blood glucose can get too high. Many foods contain carbs. Great carb choices include whole grain foods, nonfat or low-fat milk, and fresh fruits and vegetables. Eat more of them rather than white bread, whole milk, sweetened fruit drinks, regular soda, potato chips, sweets, and desserts.

Why do I need to take care of my diabetes?

If you take care of your diabetes you can lower your risk for other health problems. High blood glucose can harm blood vessels and cause heart attacks or strokes. It can also damage organs in the body and cause blindness, kidney failure, loss of toes or feet, gum problems, or loss of teeth.

The good news is that when you take care of your diabetes, you can reduce or avoid these problems.

**Do not let diabetes stop you!** You can do all the things your friends do and live a long and healthy life.

<http://ndep.nih.gov/teens/whatisdiabetes.aspx>

<http://pediatrics.about.com/od/symptoms/a/diabetes->

#### **FROM THE OVCM - GUIDANCE OFFICE:**

1. **For G9 Old Students and Homeroom Advisers:** Please be informed that there will be a Parents' Assembly for G9 Old Students today, 8:00am – 11:00am at the BHV Gymnasium. Thank you.
2. **For G10 Students and Homeroom Advisers:** Please be informed that there will be a Parents' Assembly for G10 Students on Wednesday, August 05, 2015, 1:00pm – 4:00pm at the BHV Gymnasium. Letter to the parents was distributed yesterday. Kindly submit the reply slip until Monday, August 03, 2015. **Advisers are requested to encourage their students to tell their parents to attend the said meeting.** Thank you.
3. **Looking Ahead:**

August 05	Parents' Assembly of G10 Students
August 10	Drug Awareness Talk for G7 & G8 Students
August 10 & 17	Structured Homeroom for G7 – G10
August 10-14	HSPQ Administration for G7 Students
August 11 & 18	Structured Homeroom for G4 – G6
August 11	Activity for SDOs of G7 & G8
August 14	Activity for SDOs of G9 & G10
August 18 – 20	OLSAT Administration for G6 Students
August 25	Activity for SDOs of G4 – G6
August 26	NCAE Administration

#### **FROM THE OVCM – INSTITUTIONAL LASALLIAN FORMATION OFFICE:**

##### *Schedule of Recollection*

Aug 11 G9 LS 301, LS 302, LS 403	Aug 26 G8 LS312, LS 410, LS 405
Aug 12 G8 LS 211, LS 212, LS 409	Sept 1 G8 LS 311, LS 407, LS 408
Aug 19 G8 LS 305, LS 306, LS 310	Sept 2 G8 LS 411, LS 412, LS 406
Aug 25 G8 LS 309, LS 307, LS 308	

#### **FROM THE OVCM – SPORTS OFFICE:**

Deadline for submission of Milo Marathon entries is extended until August 5.