



GOD’S WORDS FOR TODAY (Jn. 15:12-17)

The Holy Gospel according to St. John

Jesus said to his disciples: "This is my commandment: love one another as I love you. No one has greater love than this, to lay down one's life for one's friends. You are my friends if you do what I command you. I no longer call you slaves, because a slave does not know what his master is doing. I have called you friends, because I have told you everything I have heard from my Father. It was not you who chose me, but I who chose you and appointed you to go and bear fruit that will remain, so that whatever you ask the Father in my name he may give you. This I command you: love one another."

Reflection:

The Lord Jesus tells us that he is our personal friend and he loves us wholeheartedly and unconditionally. He wants us to love one another just as he has loved us, wholeheartedly, without reserve, and full of mercy, kindness, and forgiveness. His love fills our hearts and transforms our minds and frees us to give ourselves in loving service to others. If we open our hearts to his love and obey his command to love our neighbor, then we will know his love more fully and we will bear much fruit. Do you wish to be fruitful and to abound in the love of God?

Prayer:

Lord, teach us to trust and obey you and fill us with your overflowing love. Amen.

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 OVCAR – OFFICE OF THE INTEGRATED SCHOOL PRINCIPAL:

1. The Institute for Advanced Continuing Education (iACE), De La Salle Lipa’s Continuing Education Department in cooperation with DTS- Dynamic Training Systems Corporation cordially invites incoming Grades 4 to 12 students, college and professionals to the **2nd Annual Dynamic Recall Memory Enhancement Workshop**. This shall be offered in three (3) batches slated on June 13 to 17, June 26 to 30 and July 17 to 21. Please register online using this link: <https://goo.gl/8wS4q2> on or before June 5 for Batch 1 schedule, June 19 for Batch 2 and July 10 for Batch 3. For inquiry, please contact Ms. Marita Quizon, the Business Development Coordinator at (043) 756 5555 local 297 or send an email to iACE@dls.edu.ph.
2. All Senior High Students are requested to please participate in the evaluation survey that the Resource Sustainability and Generation Office (ReSGO) is conducting. Your valuable feedback will surely help them in order to improve their services. Please refer to the memo dated May 12 on how to use the Evaluation Tool using Google Forms.

FROM THE OVCAR – GRADE SCHOOL COMMUNITY:

From the Assistant Principal for Administration

1. Today is your last school day except for the completers. Please be reminded of the following:
 - a. Before you leave, ensure the order and cleanliness of your area of responsibility. The last period may be allotted for this purpose.
 - b. Students who still have missed assessments and other requirements should coordinate with the concerned teachers for the schedule of completion.
2. Consistent honors and achievers are reminded of the Honors’ Assembly practice at the BHV gym on June 7, 2017 following the schedule below:
 - 7:30-9:30 – Grade 2-3
 - 10:00-12:00 – N1, N2 and Grade 1
 - 2:00-4:00 –Grade 4-5

Note: The Honors’ Assembly will be on June 8, 2017 following the same schedule. Homeroom advisers are requested to include this reminder in the students’ assignment.
3. SY 16-17 is over. Thank you so much everyone for another year of great accomplishments and happy moments. Don’t forget to thank all those who made your another year of residency in DLSL fruitful and memorable. Enjoy the school break! See you all next school year.
4. Lunch break proctoring for today:

AREA	TIME	FRIDAY
BB 108-112	11:20-11:50	Ms. Cristy/ Ms. Me Anne
	11:50-12:20	Ms. Mato/Ms. Shella
BG 108-114	11:20-11:50	Ms. Wena
	11:50-12:20	Ms. Jem
Grade 3 Area	11:30 -12:00	Ms. Lea



From the Grade Moderators

To all students, happy vacation to all! Enjoy and make the best of your vacation. See you all next school year!

FROM THE OVCAR – JUNIOR HIGH SCHOOL COMMUNITY:

From the Honors and Awards Committee

Please be informed that the members of the Honors and Awards committee will have a meeting today starting 3:00PM in LAC conference room for the proofreading of the result of honors and awards. Thank you very much.

FROM THE OVCAR – SENIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal for Administration

**SCHEDULE OF FOURTH QUARTERLY ASSESSMENT FOR GRADE 11
SECOND SEMESTER, SY 16-17
May 22-25, 2017**

Date	TIME		Strand			
			ABM	GA	HUMMS	STEM
Monday, May 22	8:00	9:30	Engacad	Commoral	Commoral	Commoral
	10:00	11:30	Pagsuri	Pagsuri	Pagsuri	Pagsuri
	1:00	2:30	Statpro	Statpro	Statpro	Statpro
Tuesday, May 23	8:00	9:30	Pracres1A	Pracres1G	Pracres1H	Pracres1S
	10:00	11:00	CLCE11B	CLCE11B	CLCE11B	CLCE11B
	1:00	2:30	Markprin	Perdevt		Perdevt
Wednesday, May 24	8:00	9:30	Finbusi	Introphi	Introphi	GenChem2
	10:00	11:30	AcounBM1	Disreadi	Soccult	Soccult
	1:00	2:30		Philgov		GenBiol2
Thursday, May 25	8:00	9:30				Basicalc
	10:00	11:30				
	1:00	2:30				

FROM THE OVCAR- GUIDANCE OFFICE:

1. Commendation to Ms. Jonalyn Aguda and Ms. Ralyn Anog for the early submission of the Anecdotal Records and Compilation of the Homeroom Modules. Commendation also to Ms. Daniella Gutierrez for the early submission of the Anecdotal Records and to Ms. Shiela Manalo and Ms. Edna Serrano for the Compilation of Homeroom Modules. Deadline of submission for Trial teachers is on **May 29, 2017** while for Permanent teachers is on **June 05, 2017**. Thank you.
2. **For Kinder Students, Advisers and Subject Teachers:** Big thanks for accommodating Ms. Love Navarro during the facilitation of the Guidance Services Evaluation held yesterday.
3. **For Grades 1-6 and Grades 7-9 Homeroom Advisers and Subject Teachers:** Please be informed that the absentees (*below is the list*) during the **CEM Achievement Test** last week shall take the said test **today, 8:00 am onwards**, at **MMR 2 for Grades 1-6** and **MMR 1 for Grades 7-9**. Please excuse them from their classes. Thank you.

Grade School DT Absentees:

Grade 1

- BG 108 : BUSTRIA, Zandrei Josef M
- BB 112 : MENDOZA, Sam Enricko P., UNLAYAO, Nyah M.
- BB 110 : JIMENEZ, Gian Carlo T.

Grade 2

- BG 109 : LEYESA, Jemmerie Malbert I., PECAYO, Martin Angelo D.,
DE MESA, Anna Danielah V., DIMACULANGAN, Cassandra Gabrielle S.
- BG 110 : INFANTE, Rob Samuel L
- BG 111 : MAGPANTAY, Nathan Zeph A.

- BG 112 : GAIN, Samantha Nicolle A., TERTE, Cherubim Blythe U.
- BG 113 : SANCHEZ, Angelie Kaye M.
- BG 114 : CABATO, Andrei Austin P., YAMAKAWA, Daisuke B.,
KATIGBAK, Beatrice Luiz C.

Grade 3

- BB 104 : MENDOZA, Shane Engrid P.
- BB 204 : MALINIS, Sid Eduardo H.
- BB 206 : DELA ROSA, Gio Eivan J.
- BB 209 : MARASIGAN, Paul Zhedrick V.
- BB 210 : MAYO, Julia Marie B.

Grade 4

- BB 310 : BISQUERA, Gael Dwyane M., DE VILLA, Judd Rafael L.,
ABAYA, Veronica Gail P., AFRICA, Maria Bernice S., HAWKINS, Frances Angela E.
- BB 311 : VIZCONDE, Markuz Mackenzie B., ANILLO, Angela Cai P.
- BB 312 : PANIQUE, Elijah Patrick C., TY, Lawrence Blaise C.,
MARASIGAN, Lil Isabelle D.

Grade 5

- BB 301 : MARASIGAN, Jet Marcus D., MARQUEZ, Kate Lizeth A.
- BB 303 : MANGUERRA, Shaun Peter M., WAGAN, Joaquin Antonio D.,
CUETO, Jannelle Mari V.(Math and Science)
- BB 304 : AGTING, Josh Sebastian S., BAUTISTA, Galileo Emmanuel M.,
JUMARANG, Keisha Georgette L.
- BB 305 : KATIGBAK, Twane Lariz C., ROMAN, Janna Felicia M.
- BB 306 : LAHAYLAHAY, Axl G.

Grade 6

- BB 41 : TARNATE, Maria Victoria A.
- BB 401 : HUDENCIAL, Jasmin Mari D.
- BB 402 : CUENCA, Jon Paul N.
- BB 404 : GERON, Marc Dainiel A.
- BB 406 : JIMENEZ, Aeron Carl T., TORRES, Gabriel S.

Junior High School DT Absentees

Grade 7

- LS 101 : CARAIG, Kyle Princess C.
- LS 102 : PASIA, Frank Jason L., REYES, Chashan Jerrox Z., ALSOL, Erinthara Paige,
DUCUT, Alliah Sophia M., MACASAET, Chloe Anne A.
- LS 105 : GONZALES, Nygel Alexiz S.
- LS 106 : MALINIS, Mikaela Gabrielle H.
- LS 108 : METICA, Jonalyn Aerial V., URIARTE, Kyrelle Jace P.
- LS 109 : VENERACION, John Lloyd M.
- LS 112 : WAGAN, Juanito Luis II D.(Science)
- LS 207 : REGALADO, Luigi Regs A.(English and Math)

Grade 8

- LS 211 : ENDAYA, Kristine Cecille P., TORRES, Nicole Marie B.
- LS 212 : GONZALES, Adriwayne Francis L.
- LS 307 : BATIOCO, Maria Carmela P
- LS 310 : DIMACULANGAN, Issey Miyake S.
- LS 311 : RODELAS, Kirsten Meryll M.
- LS 312 : GUINTO, Carl Laurenz L.
- LS 405 : OBIAS, Amanda D.
- LS 406 : LOPEZ, John Finess Miguel L.
- LS 407 : CHOI, Joosung, PENA, Antonio Bien M.
- LS 409 : RACELIS, Angelo Francis V.
- LS 412 : VILLALOBOS, Nicole Mikaela

Grade 9

- BM 100 : FERRER, Marc Christopher E., PRECILLA, Angelina Mae R.
BM 103 : BANCORO, Trinity Cyril M.
LS 202 : RIVERA, John Lloyd P.
LS 203 : LUCERO, James Harvey C., GUERRERO, Daryelle Naomi Nastassja M.,
RACELIS, Arabella Francesca V.
LS 204 : ONA, Ani Danya D.
LS 302 : BAYSA, Charles Cedrick C., DALISAY JR., Alvin A., LAZ, Alessandro Raphael .,
JOSON, Dana Alexandria A., SILVA, Kristel Cayla I.
LS 303 : URIARTE, John Paul R.
LS 305 : LAJARA, Noela Venice L.
LS 306 : VERGARA, Kaylo V.
LS 401 : RAMOS, Joyce Richelieu Q.
LS 402 : CARPIO, Mariel Hazel T.
LS 403 : DEL MUNDO, Miguel Angelo
LS 404 : VILLANUEVA, Patrick T.

FROM THE OVCAD – INSTITUTIONAL HEALTH SERVICES:

Cont...High Blood Pressure Prevention

Other nutrients may also help prevent high blood pressure. Here's a roundup of the research:

- Potassium. Eating foods rich in potassium will help protect some people from developing high blood pressure. You probably can get enough potassium from your diet, so a supplement isn't necessary (and could be dangerous without a doctor's oversight). Many fruits, vegetables, dairy foods, and fish are good sources of potassium.
- Calcium. Populations with low calcium intakes have high rates of high blood pressure. However, it has not been proven that taking calcium tablets will prevent high blood pressure. But it is important to be sure to get at least the recommended amount of calcium -- 1,000 milligrams per day for adults 19 to 50 years old and 1,200 mg for those over 50 (pregnant and breastfeeding women also need more) -- from the foods you eat. Dairy foods like low-fat milk, yogurt, and cheese are good sources of calcium. Low-fat and nonfat dairy products have even more calcium than the high-fat types.
- Magnesium. A diet low in magnesium may make your blood pressure rise. But doctors don't recommend taking extra magnesium to help prevent high blood pressure -- the amount you get in a healthy diet is enough. Magnesium is found in whole grains, green leafy vegetables, nuts, seeds, and dry peas and beans.
- Fish oils. A type of fat called "omega-3 fatty acids" is found in fatty fish like mackerel and salmon. Large amounts of fish oils may help reduce high blood pressure, but their role in prevention is unclear. Taking fish oil pills is not recommended, because high doses can cause unpleasant side effects. Most fish, if not fried or made with added fat, is low in saturated fat and calories and can be eaten often.
- Garlic. There has been some evidence to suggest garlic's effect in lowering blood pressure, in addition to improving cholesterol and reducing some cancers. Further research is being conducted to fully assess garlic's potential health benefits.

Always talk to your doctor before taking a dietary supplement or alternative herbal treatment. Some may interact with other medications you may be taking or have harmful side effects

<http://www.webmd.com/hypertension-high-blood-pressure/guide/preventing-high-blood-pressure>

Schedule of Medical and Dental Check-up

Date	Time	Section
May 24, 2017	09:10 am	Kinder – BB 201 am (medical-dental)
May 25, 2017	01:50 pm	Kinder – BB 202 pm (medical- dental)
	02:30 pm	Kinder – BB 203 pm (medical- dental)
May 26, 2017	09:10 am	Kinder – BB 203 am (medical- dental)

Schedule of Medical and Dental Check- up for Senior High School Students (May 16- 23, 2017)

Medical Check –up

10:00 am – 11:00 am

02:00 pm – 03:00 pm

Dental Check up

08:00 am – 10:00 am (MWF)

01:30 pm – 03:00 pm (TTH)

FROM THE OVCM – LASALLIAN ASSISTANCE MANAGEMENT PROGRAM:

We would like to inform you that the Senior High School Voucher Application has been re-opened from May 1-15, 2017. Deadline is not extendable. All applications must be done online by accessing PEAC OVAP website at <http://ovap.deped.gov.ph>. Please note that hard copy submission will not be processed. The results will be announced on or before May 31, 2017.