



**GOD'S WORDS FOR TODAY (Mt. 24:42-51)**

**The Holy Gospel according to St. Matthew**

42 Watch therefore, for you do not know on what day your Lord is coming. 43 But know this, that if the householder had known in what part of the night the thief was coming, he would have watched and would not have let his house be broken into. 44 Therefore you also must be ready; for the Son of man is coming at an hour you do not expect. 45 "Who then is the faithful and wise servant, whom his master has set over his household, to give them their food at the proper time? 46 Blessed is that servant whom his master when he comes will find so doing. 47 Truly, I say to you, he will set him over all his possessions. 48 But if that wicked servant says to himself, 'My master is delayed,' 49 and begins to beat his fellow servants, and eats and drinks with the drunken, 50 the master of that servant will come on a day when he does not expect him and at an hour he does not know, 51 and will punish him, and put him with the hypocrites; there men will weep and gnash their teeth.

**REFLECTION:**

The Lord Jesus calls us to be vigilant in watching for his return and to be ready to meet him when he calls us to himself. The Lord gives us his Holy Spirit so that we may have the wisdom, help, and strength we need to turn away from sin to embrace God's way of love, justice, and holiness. The Lord's warning of judgment causes dismay for those who are unprepared, but it brings joyful hope to those who eagerly wait for his return in glory. God's judgment is good news for those who are ready to meet him. Their reward is God himself, the source of all truth, beauty, goodness, love and everlasting life.

**PRAYER:**

Lord, make me strong in faith, steadfast in hope, and generous in love that I may seek to please you in all things and bring you glory. Amen.

**MISSION VISION**

"Inspired by our faith in God, by our Catholic traditions and by the charism of St. John Baptist de La Salle educational innovator par excellence, we together and by association are committed to give quality human and Christian education to all building a society founded on equity and justice and on sustainable and inclusive development. ."

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

*From the Assistant Principal for Administration*

1. No classes tomorrow in observance of Eid'l Adha or Muslims' Feast of Sacrifice.
2. Grades 1-6 shall have the election of class officers during Homeroom period today. Please follow the guidelines from the SAO.
3. Special thanks and congratulations to the Grade School Community for the success of the celebration of Buwan ng Wika as well as the culminating activity. Commendation goes to the Filipino and Preschool departments headed by Ms. Jem Landicho and Ms. Ehden Petalio respectively. Likewise, same recognition goes to the Social Studies Department headed by Ms. Ellen Ramirez for the successful celebration of Buwan ng Kasaysayan. Kudos to all of you!
4. On Fetchers' ID: Submission of the complete requirements to the advisers is until today. Homeroom advisers are requested to turn in the complete set to the GM, who in turn shall submit to ISSES0 for processing.
5. GS Community meeting today, 3:10pm at MMR 7. Please be on time. Thank you
6. Additional Mission Collection: Grade 1 - BG 114 Grade 6 - BB 406

*From the Grade School Mathematics Department*

**MTAP TALENTED SATURDAY CLASS**

Please be informed that there will be no MTAP Session on Saturday (September 2, 2017) instead it will resume on September 9 and it will be a whole day session from 7:30- 3:30 pm. Kindly bring snacks and packed lunch. Please be guided. Thank you so much and God Bless!

*From the GS Grade Moderators*

1. Haircut inspection on Monday, Sept. 4.
2. Everyone is reminded of the proper behaviour during break periods and while waiting for the subject teachers.
3. Please avoid playing with the fire extinguishers located near the classrooms.

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

*From the Assistant Principal for Administration*

1. There will be no classes tomorrow to celebrate Eid il Adha (Feast of Sacrifice).

2. The Assistant Principal for Administration will be on Official Business this afternoon to attend the CEAP Regional Conference in Gumaca, Quezon. All concerns of the JHS may be addressed to Ms. Dannah Grace Sanchez who will act as the Officer-in-Charge.
3. Additional Mission Collection: LS 105, LS 110, LS 209, LS 310

**From the JHS Grade Moderators**

*“We must all suffer one of two things: the pain of discipline or the pain of regret or disappointment. Which pain do you want to suffer from?”* By: Jim Rohn

**POLICIES AND RULES ON DISCIPLINE (Continuation...)**

1. Students are discouraged to play ball games before the homeroom period and during recess and lunch break.
2. Students are not allowed to stay in other classrooms at all times other than the one assigned to them for classes and other activities. They are also not allowed to stay in the classroom during lunch break. In case that the student will use the classroom for academic purposes, they are required to secure a form from the GM’s Office.
3. Students are required to be in appropriate attire whenever they enter the campus, whether they will attend classes or not and/or required to attend school activities outside the campus.
4. Students are required to be in complete school uniform while attending regular, make-up or special classes.

**For Grade 10**

**On NCAE**

The following Grade 10 students will be taking the NCAE today and on Monday. Subjects teachers, please excuse them from their classes.

1. Abril, Gian Allen – CMR 207
2. Adame, Gian Lucilo Primo – CMR 205
3. Carganilla, Marie Jeanelle – BM 202
4. Celmar, Monique – CMR 201
5. Garcia, Jansen Mathrix – BM 204
6. Quitco, Ezekiel – BM 105
7. Lantian, Alia Mikaela – CMR 202
8. Manalo, Reyn Sealtiel – BM 205

**On Lost and Found**

Commendations to the following honest students for returning the money they have found. May God continue to bless you a hundred fold for your good deeds.

1. Salandanan, Jericho – BM 105
2. Delfin, Rey Gabriel – BM 203

**FROM THE OVCAR –SENIOR HIGH SCHOOL COMMUNITY:**

***From the Assistant Principal for Administration***

1. Guidelines During ICL time
  - a. Ask your Subject Teachers for an ICL activity. ICL activity is part of the regular class schedule. Therefore, ICL activity is required every week.
  - b. ICL activity can be done anywhere in the campus.
  - c. Accomplished ICL activity serves as a proof of attendance of students during ICL time.
  - d. Learning Area Chairs are expected to monitor the ICL activity of their respective areas daily.
  - e. List of subjects with ICL time.

Subject	Contact Time		ICL	S.M.I.L.E.S.	Total Hours
	Lecture	Lab			
Core	2		1	1	4 hours
Applied	2		1	1	4 hours
Specialized	2		1	1	4 hours
Science	2	1	0	1	4 hours
<i>Disreadi</i>	2		1	1	4 hours
<i>Physical Science</i>	2		1	1	4 hours

ICTLearn	3		0	1	4 hours
CLCE	2		0	1	3 hours
HOPE	1		0	0	1 hour

*ICL: Independent / Cooperative Learning*

*SMILES: Synergized, Mobile, Integrated, Learning Experience, Self-directed*

2. Please be reminded of the following important dates.

September 4	Mass of the Holy Spirit for Grade 12
September 13-15	Submission of First Quarter Assessment (Draft)
September 20-22	Submission of First Quarter Assessment (Final)
September 25-29	Printing of First Quarter Assessment
October 2-6	Sorting of First Quarter Assessment
October 11-13	First Quarter Assessment

3. Big thanks to the following classes for their generous support to the Mission Collection:

S12-06, A11-02, A11-03, A11-04, A11-06, A12-01, A12-05, A12-08, H11-01, H11-02, S11-01, S11-02, S11-03, S11-05, S11-10, S11-12, S11-13, S11-17, S12-04, S12-08

4. **For G11 ABM and HUMSS Students:** Please be reminded of the deadline of submission of the accomplished Student's Personal Record (SPR) form on Monday, September 4, 2017 thru your class mayor. Class Mayors kindly bring the compiled SPRs of your class to the Grade Moderator's Office on the same day at 1:00 pm. Thank you.

***From the SHS CLCE and Philosophy Area***

1. Today is the Holy Spirit Mass of Grade 11 students and partners. Movement will start right after the morning routine over the public address system. Please be guided by the guidelines on sitting arrangement from the GMs. While the Grade 12 Holy Spirit Mass will be on September 4, 2017. Things to do:
  - a. Participate actively, fully and consciously in the celebration of the Holy Mass.
  - b. Bring your class offering - school supplies for public elementary pupils.
  - c. Altar Servers and Readers are expected to go to the SENTRUM at 7:15AM. Please coordinate with Mr. Fred Amul.
  - d. CLCE Teachers will have the commissioning rites for the Special Ministers of the Holy Communion during after the homily. Please wear the White Polo school uniform (Wednesday uniform).
2. Please be informed also that there will be schedule of class Mass sponsorship starting September 5, 2017 every noontime Mass at the Capilla.

***From the HATCH CO.***

Hi Crammers! There's a new chic in campus! Stay tuned! Cramming soon! Like us on Facebook, @TheHatch\_Co Follow us on Twitter, @TheHatch\_Co and on Instagram, @TheHatchCo

**FROM THE OVCAR – GUIDANCE OFFICE:**

1. **For Kinder and Grade 3 Advisers and Students:** Please be guided of the schedule for Guidance Services Re-Orientation.

<b>GRADE 3</b>				
<b>Aug. 31</b> (Thursday)	BB 208	8:20 – 9:00	Filipino	Ms. C. Aguila
	BB 108	9:20 – 10:00	Science	Ms. R. Garing
	BB 109	1:40 – 2: 20	C. Living	Ms. J. Estrera
<b>Sept. 4</b> (Monday)	BB 204	2:20 – 3:00	Social Studies	Ms. G. Vergara

2. **For Grades 7-9 Advisers and Students:** Kindly submit the accomplished guidance forms today at the Guidance Office. Thank you.
3. **For Grade 10 Students:** Please be reminded that the required cut-off score for students who wish to enroll in the Science, Technology, Engineering and Mathematics (STEM) Strand in Senior High School is **85 and above in the final grade both in Science and Math.**

4. **On National Career Assessment Examination:**

- a. Commendation to Grade 9 students for their active participation during the NCAE orientation yesterday. Big thanks also to Mr. Noriel Navita, Mr. Reinard Anog, advisers and subject teachers for their support on the activity.
- b. Good luck to all Grade 9 students on your NCAE today and on Monday (September 4, 2017). May God guide you as this test will be of great assistance to you in choosing the right strand for you when you go to SHS. God bless you all.
- c. Important Reminders for NCAE:
  - Wear complete uniform.
  - Be at the classroom before 6:30am.
  - Eat heavy breakfast and don't forget to bring snacks and water.
  - Bring sharpener.
  - Bring scratch papers.
  - Observe proper behavior.

5. **For Grade 12 Students:**

- a. **To DLSU applicants:** You may now get your accomplished Secondary Records. Please be reminded to upload your needed documents to have more time to complete the application process.
- b. **To UST applicants:** Please be reminded to submit the requirements (**photocopy of NSO birth certificate and payment slip**) until **Monday, September 4, 2017**.
- c. **To UP Applicants:** The following students are requested to report at the Guidance Office today. ASAP!
  - i. Sandoval, Norielle Nicole P.
  - ii. Aguila, Wren Leanro I.

**FROM THE OVCAR – STUDENT ACTIVITIES OFFICE:**

1. **On Election of Class Officers.** Congratulations to the elected Class Officers of Junior High School. Today, we shall have the Election of Class Officers in Grade School. The Homeroom Advisers are encouraged to facilitate creative ways of handling the Election of Class Officers aside from the usual hand votation.

**The following positions shall be elected:**

- |                   |                                      |
|-------------------|--------------------------------------|
| a. President      | 6. Sports Moderator (Boy) and (Girl) |
| b. Vice President | 7. Student Marshall (appointed)      |
| c. Secretary      | 8. Earth Marshall (Boy) and (Girl)   |
| d. Treasurer      |                                      |
| e. P.R.O.         |                                      |

Please forward the accomplished Class Officers' Form at the SAO thru the Class Vice President. Thank you.

2. **On Elected SHS Grade 11 SCB Officers:** We are happy to inform you of the results of the recently concluded SHS SCB Officers for SY 2017-2018:

**VICE PRESIDENT:**

Chantal Therese Laude

**ABM REPRESENTATIVES**

Giselle Ann Bautista

Joshua Emmanuel Cornejo

**STEM REPRESENTATIVES:**

Anna Danielle Castro

Anthony Cedric Mandado

Vidal Villanueva

Benedict Sumague

**HUMSS REPRESENTATIVES:**

Ruby Anne Arada

Miguel Calayan

3. **On Club Day of Grade School.** This is to request our club moderators in Grade School to please prepare a **2-3min** short and brief presentation of your club on September 6 during our Club Day at the BHV Gym from 1:00-3:00PM. May we request all presentations on September 5 until 4PM. Please coordinate with Mrs. Melissa Ishikawa for other concerns. Thank you.
4. **For Grade 7 Student Leaders.** We shall extend the filing of candidacy until Tuesday, September 5, 2017 due to NCAE schedule. The campaign period is set on September 6 – 8 and the election is on September 11 during

Homeroom Period. We are inviting our talented student leaders in Grade 7 to please visit the SAO and secure the application now. Be one of the SCB Officers in JHS for this SY 2017-2018.

5. **On Pre-Enlistment of Clubs in JHS.** May we request the following classes to please submit the pre-enlistment form on clubs today at the SAO:
  - Grade 7 – LS 105, LS 106, LS 308, LS 408
  - Grade 8 – LS 210, LS 412
  - Grade 9 – LS 201, LS 202
6. **Survey of Preferred Clubs.** Once again, may we remind those classes in Grade School who have not yet submitted the Survey on Preferred Clubs to please forward the accomplished form at the SAO today. Thank you.
7. **Dates to Remember:**
  - August 31 – Election of Class Officers in Grade School
  - September 4 – 5 Filing of Candidacy in Grade 7 SCB Representatives
  - September 6 - 8 Campaign Period of Grade 7 SCB Rep
  - September 6 – Club Day in Grade School (BHV Gym)
  - September 11 - Election of Grade 7 SCB Representatives

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

*Cont...Foods for Healthy Lungs*

**Chili Peppers** – Peppers are filled with capsaicin, the spicy compound that gives them their bite. Capsaicin improves blood flow, stimulates mucus membranes, and fights infection.

**Cruciferous Vegetables** – Cabbage, cauliflower, broccoli, and kale have been shown to halt the progression of lung cancer and cut the risk of developing lung cancer in half. They are rich in chlorophyll that cleans and builds blood, and full of some very effective antioxidants.

**Pomegranates** – Pomegranate juice slows the growth of lung tumors. Pomegranates contain many antioxidants including ellagic acid, which is gaining strides in cancer research.

**Turmeric** – This spice is related to ginger with many of the same benefits. It also contains curcumin, a compound that encourages the self-destruction of cancer cells.

**Apples** – Flavonoids, vitamin E, and vitamin C all help the lungs function at their best. Apples are rich in all of these and those who eat several a week have healthier lungs.

**Grapefruit** – Naringin, a flavonoid in grapefruit, inhibits the activation of a cancer causing enzyme. White grapefruit contains a high amount of this flavonoid, though pink grapefruit has some too along with the antioxidant lycopene. Grapefruit is especially good at cleansing the lungs after quitting smoking.

**Beans, Seeds, and Nuts** – These all contain rich amounts of magnesium, a mineral that contributes to healthy lung function. They also provide essential fatty acids that are good for the cardiovascular system.

**Carrots** – These roots are rich in vitamin A, vitamin C, and lycopene, all antioxidants that affect lung health and lower the chances of developing lung disease.

**Oranges** – Citrus is rich in vitamin C and vitamin B6. These help the lungs transfer oxygen.

**Pumpkin** – Pumpkin is another food rich in beta carotene and vitamin C, like carrots.

**Red Bell Pepper** – These mild peppers are rich in vitamin C and the carotenoids lutein and zeaxanthin. Carotenoids have been shown to cut the risks of developing lung cancer.

<https://sunwarrior.com/healthhub/foods-for-lung-health>

### **Schedule of Medical CHECK UP**

Date	Time	Section
August 31, 2017	10:00 am- 11:00 am	7- LS 206

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

Please be informed of the following **Holy Spirit Mass - 8:30AM at the SENTRUM.**

August 31, 2017 – Grade 11-Senior High School

September 4, 2017 – Grade 12-Senior High School

September 5, 2017 – College

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

1. The sports office would like to thank the Grade School community for allowing your student-athletes to attend the orientation during class hour yesterday. Our apology for some miscommunication in terms of schedule and for the abrupt change of venue. Likewise, commendation to the GS Student-Athletes for your active participation and

showcase of discipline. We are hoping for a year full of achievements, both in ACADEMICS and ATHLETICS. God bless GS GREEN CHEVRONS!

2. We also thank the Junior and Senior High School Community thru the Office of the APAds, APAc and LACs for coordinating with us the changes in the academic activities yesterday. Because of their coordination, adjustment was made immediately and the orientation of the S/JHS athletes still pushes through after class. Commendation to our S/JHS Green Chevrons for your active participation and showcase of discipline. May you continue to bring pride to your family and to our institution by achieving both in ACADEMICS and ATHLETICS. God bless S/JHS GREEN CHEVRONS!
3. Athletes are reminded of the submission of the reply slips and athlete's agreement form to the Sports Office on or before September 5 (Tuesday). Likewise, those who have not yet submitted the original copy of the Philippine Statistics Authority (PSA) Birth Certificate and 3 pcs 2x2 picture, 3pcs 1.5x1.5 picture and 3 pcs 1x1 picture in white background and with name tag are reminded to submit also on the same date. Coaches are requested to collect these requirements and submit to the sports office. Thank you very much.

Surname, Name MI Birthday
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4. Below is the schedule of the athletes' medical checkup:

Date	Time	Team
August 31, 2017 (Thursday)	2:00 – 3:00pm	GS Basketball Boys (15) GS Badminton Boys (6)
September 4, 2017 (Monday)	9:40 – 10:40am	GS Badminton Girls (6) GS Volleyball Boys (16)
	2:00 – 3:00pm	GS Volleyball Girls (17) GS Athletics Boys (2) and Girl (1) GS Table Tennis Boys (2)
September 5, 2017 (Tuesday)	9:40 – 10:40am	HS Basketball Boys (20) HS Badminton Boys (10)
	2:00 – 3:00pm	HS Table Tennis Girls (10) HS Volleyball Girls (25)
September 6, 2017 (Wednesday)	10:00 – 11:00	HS Athletics Boys (13) and Girls (12) HS Badminton Girls (8)
	2:00 – 3:00	HS Table Tennis Boys (12) HS Volleyball Boys (23)

List of athletes were already submitted to the APAds, APAc and LACs for your reference. Once we have finalized the list, hard copy will be provided per faculty room. Thank you very much.