

**GOD'S WORDS FOR TODAY (Lk. 4:31-37)****The Holy Gospel according to St. Luke**

31 And he went down to Capernaum, a city of Galilee. And he was teaching them on the Sabbath; 32 and they were astonished at his teaching, for his word was with authority. 33 And in the synagogue there was a man who had the spirit of an unclean demon; and he cried out with a loud voice, 34 "Ah! What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." 35 But Jesus rebuked him, saying, "Be silent, and come out of him!" And when the demon had thrown him down in the midst, he came out of him, having done him no harm. 36 And they were all amazed and said to one another, "What is this word? For with authority and power he commands the unclean spirits, and they come out." 37 And reports of him went out into every place in the surrounding region.

**REFLECTION:**

The Lord Jesus speaks his life-giving Word to us each and every day so that we may walk in the freedom of his love and truth. If we approach the Word of God with meekness and humility, and with an eagerness to do everything the Lord desires, we are in a much better position to learn what God wants to teach us through his word. Are you ready to follow the Lord Jesus and to conform your life according to his word?

**PRAYER:**

God our Father, may all of life's experiences lead us to grow as people who always put love into all that we do. 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 – INTEGRATED SCHOOL PRINCIPAL:**

1. We shall implement the free-structured schedule tomorrow, Sept. 6 Wednesday. APADs, please monitor to ensure that all classes are engaged. Professional Learning Community (PLC) per level is hereby requested to finalize the learning activities for tomorrow.
2. Thanks and congratulations to our Partners involved in the NCAE administration headed by the Chief Examiner, Mr. Noriel Navita. Same commendation goes to the Guidance Office headed by Mr. Jojo Beraña.
3. Homeroom advisers, please ensure that the Br. President's letter to the parents re: DLSL Campus Digitization initiatives has been distributed to your respective classes by this time. Thank you.

**4. From the HRD**

Please be informed that the following partners should attend two (2) LASALLIAN MODULES as a requirement for TRIAL FACULTY and ACADEMIC SERVICE PERSONNEL who are in their first three years of employment.. Attendees should inform the HRD which schedule they will be attending. Please call Ms. Raquel Inciong at loc. 210/310.

## Schedules:

September 6, Wednesday, 9:00 am to 10:00 am

**"Zeroing in Generation Zed: Student Affairs Practitioners Legal Issues and Challenges."**

FHP Function Room. CM Recto Hall

Speaker: Ms. Mercedes Malabanan

September 13, Wednesday, 9:00 am to 10:00 am

**"Understanding the Youth of Today"**

FHP Function Room, CM Recto Hall

Speaker: Mr. Wilfredo Bleza

## List of Attendees:

Trial Faculty – SY 2017 – 2018

## Academic Teaching

- |                                 |                               |
|---------------------------------|-------------------------------|
| 1. Ms. Ricamae E. Balmes        | 8. Mr. Anthony Karl Perez     |
| 2. Mr. Mark Christian Binuya    | 9. Mr. Bryan Lord Taningco    |
| 3. Ms. Jenny Ronna Dimaculangan | 10. Ms. Sheila Marie Villena  |
| 4. Ms. Diana Litan              | 11. Mr. Noel Virrey           |
| 5. Ms. Glydelene Ona            | 12. Mr. Michael Zara          |
| 6. Ms. Eloisa Pagcaliwangan     | 13. Mr. Rod Anthony Baldovino |
| 7. Ms. Annie Mae Pestejo        | 14. Ms. Ruby Mae de Castro    |



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

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

1. Today is mission collection day. “It’s not how much we give but how much love we put into giving.” -- Mother Teresa
2. BB occupants are requested **not** to use the central ramps in going down during lunch break to give way to our 2nd session Preschoolers. Please be advised to use the stairs instead.
3. Looking Ahead:  
Sept. 6 – Club Day

### ***From the Grade Moderators***

1. Grades 4-6 male students who did not sport the prescribed haircut are requested to go to the GMs’ office during homeroom time today.
2. Everyone is reminded of the proper behaviour during break periods and while waiting for the subject teachers.
3. Cleanliness of our surroundings is everybody’s responsibility. Hence, all students must be mindful of the proper throwing of their trash as well as maintaining the cleanliness of the classrooms and corridors.
4. Respect is an important value that everyone must possess, thus, fighting and bullying are strictly prohibited.

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

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

Thank you to the Guidance Office headed by Sir Jojo Berana for the help extended during the administration of NCAE; to the Grade 7 & 8 advisers and subject teachers for acting as room examiners at Lipa City National High School; to Ms. Aira Buquir, Ms. There Caya, Mr. Rafael Kalaw and Mr. Jonas Lara for acting as Room Examiners; to Grade 9 subject teachers and advisers for acting as temporary advisers for our NCAE takers and to the canteen personnel and maintenance personnel for the errands. God bless all of you!

### ***From the JHS Academic Council***

#### **First Quarter Theme: Respecting the Dignity of Human Life**

- Human dignity originates from God and is of God because we are made in God’s own image and likeness (Gn 1:26-27).
- Whatever insults human dignity, such as subhuman living conditions, poverty, hunger, arbitrary imprisonment, deportation, slavery, prostitution, the selling of women and children; as well as disgraceful working conditions, where humans are treated as mere tools for profit, rather than as free and responsible persons; all these things are poison to human society. These make it impossible to live a life with dignity. (The Church and the Modern World, #27)

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

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

1. On Use of Classroom: Please take note that change of classroom needs the approval of the Registrar. Reservation of classroom every Wednesday or during ICL time must get a clearance from the Attendance Office and the APAd Office.  
Regular class schedule should be given priority in the use of classroom. ICL activity can be done anywhere in the campus.
2. On CAPSTONE Initiatives: Please see your CAPSTONE Initiatives Learning Area Chair before leaving today for the activity/task for tomorrow, Wednesday, September 6, 2017. All students should have an activity/task to do every Wednesday care of CAPSTONE LACs. Please report to the APAd Office in case you failed to get an activity/task from your strand's CAPSTONE Learning Area Chair.  
CAPSTONE Initiatives can be done anywhere in the campus.
3. On ICL Time: All subject Teachers are required to give ICL activities to students (except those subject without ICL time). Students are requested to report to the APAd Office those Subject Teachers who failed to give activity during ICL time.
4. On Reply Slip: Today, September 5, 2017 is the deadline for submission of the reply slip on survey to parents re lunch break pass. Lunch break pass will only be provided to those students who submitted the reply slip on time. Please wait for further announcement about the issuance of lunch break pass.
5. On CLAYGO Policy: Students who are eating their packed lunch inside the classroom are reminded to strictly observe CLAYGO policy. Occupants of AVR 1 and 2 are not allowed to bring food inside the classroom.
6. On Mission Collection: Today is mission collection day. Collection for today will be donated to the victims of the war conflict in Marawi City.

**FROM THE OVCAR – GUIDANCE OFFICE:**

1. **For Preschool to Grade 3 Advisers, Subject Teachers and Students:** Big thanks for accommodating Ms. Melisa Gonzales and Ms. Love Navarro during their Guidance Services Re-orientation.
2. **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.**
3. **On National Career Assessment Examination:** Commendation to the Grade 9 students, Grade 7 to Grade 9 Advisers and Subject teachers for the success of the NCAE Administration held last Thursday and yesterday.
4. **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.

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

1. **On I.D. Capturing Schedule and Type B Sizing of Junior High School.** Please take note of the following schedule beginning today, at the Student Activities Office: ( Kindly bring the I.D. Form during the scheduled I.D. Capturing)

TIME	TUESDAY (September 5)	WEDNESDAY (September 6)	THURSDAY (September)
7:30 – 8:30	LS 105 LS 106	LS 405 LS 406	LS 309 LS 310
8:30 – 9:30	LS 107 LS 108	LS 407 LS 408	LS 311 LS 312
9:30 – 10:30	LS 205 LS 206	LS 109 LS 110	LS 409 LS 410
10:30 – 11:30	LS 207 LS 208	LS 111 LS 112	LS 411 BM 100
11:30 – 1:00	OPEN	OPEN	OPEN
1:00 – 2:00	LS 305 LS 306	LS 209 LS 210	BM 101 LS 101
2:00 – 3:00	LS 307 LS 308	LS 211 LS 212	LS 102 LS 103

2. **On Students who Enlisted at Shidokan Club.** The following students failed to attend the Shidokan meeting last time with Br. Mario Dacanay FSC. May we remind them to attend the next meeting on September 9 at the Mabini Roofdeck from 1:00- 5:00PM or visit the SAO for updates on their membership at Shidokan Club until tomorrow morning. Thank you.

Name	Section	Name	Section
Ysabella Francheska Luna	LS 207	Ivan Joshua Cortez	H11 - 04
Gwyneth Valencia	LS 306	Kathleen Bienne Dimaculangan	LS 206
Marc Gerard Caraig	LS 408	Daniel Louis Cuenca	LS 205
Kyle Caraig	LS 409	Royen Cutanda	S12-15
Joram Virrey	S12 - 15	Riley Javier	S12 - 15
Honie Dimaandal	H12 - 02	Daney Quizon	H12 - 04
Rap-rap Dimayuga	S12 - 15	Kenneth Larosa	S12 - 15
Earl Emmanuel Garcia	LS - 410	Lyrh Reiana Dinglasan	LS- 409
Lael Daniel Grace Visaya	A12 - 08	Michelle Anne De Villa	LS - 104

3. **On Peace Poster Making Contest.** We are inviting our talented students in JHS and SHS to join the Peace Poster Making Contest with the theme “Together for Peace - Respect, Safety and Dignity for All” on September 13 at the HASYENDA from 7:40 to 12:00nn. Interested students may enlist at the Student Activities Office beginning today until September 11, 2017.
4. **On List of Elected GS Class Officers.** May we request the Homeroom Advisers to please forward the accomplished Class Officers’ Form at the SAO thru the elected Class President. Thank you.
5. **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 for our Club Day activity tomorrow at the BHV Gym from 1:00- 3:00PM. Please coordinate with Mrs. Melissa Ishikawa for other concerns. Thank you.

6. **For Grade 7 Student Leaders.** We shall extend the filing of candidacy until today, 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.
7. **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 308, LS 408
  - Grade 8 – LS 210, LS 412
  - Grade 9 – LS 201
8. **Dates to Remember:**
  - September 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...STRESS: How to Cope Better with Life’s Challenges

*Can stress hurt my health?*

Stress can cause health problems or make health problems worse. Talk to your family doctor if you think some of your symptoms are caused by stress. It's important to make sure that your symptoms aren't caused by other health problems.

Possible signs of stress

- Anxiety
- Back pain
- Constipation or diarrhea
- Depression
- Fatigue
- Headaches
- High blood pressure
- Trouble sleeping or insomnia
- Problems with relationships
- Shortness of breath
- Stiff neck or jaw
- Upset stomach
- Weight gain or loss

*What can I do to manage my stress?*

The first step is to learn to recognize when you're feeling stressed. Early warning signs of stress include tension in your shoulders and neck, or clenching your hands into fists.

The next step is to choose a way to deal with your stress. One way is to avoid the event or thing that leads to your stress--but often this is not possible. A second way is to change how you react to stress. This is often the more practical way.

*to be cont...*

**FROM THE OVCM – SPORTS OFFICE:**

1. Below is the schedule of the athletes’ medical checkup:

Date	Time	Team
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.