



GOD’S WORDS FOR TODAY (Mk. 1:40-45)

The Holy Gospel according to St. Mark

And a leper came to him begging him, and kneeling said to him, "If you will, you can make me clean." Moved with pity, he stretched out his hand and touched him, and said to him, "I will; be clean." And immediately the leprosy left him, and he was made clean. And he sternly charged him, and sent him away at once, and said to him, "See that you say nothing to any one; but go, show yourself to the priest, and offer for your cleansing what Moses commanded, for a proof to the people." But he went out and began to talk freely about it, and to spread the news, so that Jesus could no longer openly enter a town, but was out in the country; and people came to him from every quarter.

Reflection:

How do you approach those who are difficult to love, or who are shunned by others because they are deformed or have some defect? Do you show them kindness and offer them mercy and help as Jesus did? The Lord is always ready to show us his mercy and to free us from whatever makes us unclean, unapproachable, or unloving towards others.

Prayer:

Lord Jesus, inflame my heart with your love and make me clean and whole in body, mind, and spirit. 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 – OFFICE OF THE INTEGRATED SCHOOL PRINCIPAL:

1. IS Partners, LIDICSA will celebrate LIFT (LIDICSA Festival for Teachers) on Feb. 9, 2018 at Canossa Academy from 7:30AM to 12:00NN. Because we need to know the exact number of attendees for planning purposes, a sign-up list will be passed around to signify your attendance. Those who are not joining will be considered absent.
2. IS Partners (mostly from the Senior HS) who have not casted their vote for the Gala Uniform are requested to coordinate with Ms. Lorna Guavez, ISFSA President in BB 106 (near the BHV gym) today and tomorrow from 2:00 – 4:00 pm. Thank you.

FROM THE OVCAR – GRADE SCHOOL COMMUNITY:

From the Assistant Principal

1. Due to cancellation of classes on Jan. 17, please take note of the changes in the schedule of the special exams:

	Grades 1-3	Grades 4-6
Jan. 15	Reading, Math	English, Math
Jan. 16	Soc Stud, Filipino	Soc Stud, Filipino, Science
Jan. 18	Language, Science	

Note: Examinees should proceed to BB 41 after the Homeroom period. Bring the exam permit.

2. GS classes’ picture taking will be done next week, Jan. 15-18. Refer to the schedule and reminders given by the GMs. Likewise, Grade 6 completers will have their Stallion pictorial next week at MMR 7&8.
3. First Communion Committee members will meet today, 1:00pm at BB 206.
4. Additional mission collection: Grade 4 - BB 212, Grade 6 - BB 403

From the GS- CLCE Department

Let us thank the Lord for the classes and their advisers who continuously support the “Daily Meal with God” project (Daily Mass Participation).

May you continue to be good examples to other Christian Lasallians. God bless you!

Sponsors for today:

Grade 6	BB 404	Ms. Lorna Bagares
Grade 3	BB 208	Ms. Cristina Aguila
Grade 4	BB 211	Ms. Michelle Macaraeg
Grade 2	BB 104	Ms. Mona Liza de Villa

Sponsors for Friday, January 12, 2018:

Grade 6	BB 404	Ms. Lorna Bagares
Grade 3	BB 208	Ms. Cristina Aguila
Grade 4	BB 211	Ms. Michelle Macaraeg
Grade 2	BB 104	Ms. Mona Liza de Villa

From the Grade School Mathematics Department

AMSLI – AMEP Closing Ceremony

Attention AMSLI Kids... Please be informed that we will have our closing ceremony on January 13, 2018 at De La Salle Lipa (BHV Gym) – 1:00 pm. Please wear school uniform on the said date. Thank you so much for all the support and cooperation. God bless us all!

Program includes:

1. Awarding of certificates to AMEP Trainees for successfully completing the training
2. Awarding of Certificates for Perfect Attendance
3. Recognition of AMEP who won in 2017 onsite international contests such as IRML, SIMOC, WMI, IJMO, WMTC, ASMO, ASMOPS, MIMO, IJSO
4. Awarding of medals to AMEP Achievers - approximately top 20% per grade level of each center
5. Awarding of medals/certificates to WMTC International Winners
6. Awarding of medals to Winners of Math Without Borders Round 1
7. Announcement of qualifiers for International Competition to SY 2018 -2019

From the Grade Moderators

1. Grade school class picture taking is scheduled on Jan. 15, 16 and 18 at the BB lobby. Please follow the schedule below:

Time	15-Jan	16-Jan	Jan. 18
7:40 - 8:00	N1 BB 102 AM	1 BG 111	4- BB 209
8:00 - 8:20	N1 BB 103 AM	1 BG 112	4- BB 210
8:20 - 9:00	N2 BB 101 AM	1 BG 113	4- BB 211
9:00 - 9:20	N2 BB 105 AM		4- BB 212
9:20 - 9:40	K BB 106 AM	1 BG 114	4- BB 310
9:40 - 10:00	K BB 201 AM	2 BB 104	RECESS
10:00 - 10:20	K BB 202 AM	2 BG 108	4- BB 311
10:20 - 10:40	K BB 203 AM	2 BB 110	4- BB 312
10:40 - 11:00	1 BG 109	2 BB 111	5- BB 301
11:00 - 11:20	1 BG 110	2 BB 112	5- BB 302
11:20 - 11:40			LUNCH
11:40 - 12:00			LUNCH
12:00 - 12:20	N1 BB 103 PM		LUNCH
12:20 - 12:40	N2 BB 101 PM	3 BB 205	5- BB 303
12:40 - 1:00	N2 BB 102 PM	3 BB 206	5- BB 304
1:00 - 1:20	N2 BB 105 PM	3 BB 208	5- BB 305
1:20 - 1:40	K BB 201 PM	3 BB 204	5- BB 308
1:40 - 2:00	3 BB 108	6- BB 403	5- BB 309
2:00 - 2:20	3 BB 109	6- BB 404	6- BB 306
2:20 - 2:40	K BB 202 PM	6- BB 405	6- BB 401
2:40 - 3:00	K BB 203 PM	6- BB 406	6- BB 402

**Advisers are requested to be with their respective classes during the class picture taking. Kindly go to the venue five minutes before the scheduled time of pictorial.*

2. Grades 4-6 students are once again reminded **that bringing of gadgets during Intramurals is strictly not allowed.**
3. Please follow the instructions given by your teachers. Valuables such as money must not be left inside your bag.
4. Always be mindful of your dismissal time.

FROM THE OVCAR –JUNIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal

1. Second Notice: We would like to invite our Junior High School Partners to become Spiritual Counselors / Shepherds to help our students who are in need of spiritual reformation. If you are interested, please enlist your name at the Office of the Assistant Principal for Administration.
2. This is to remind all students that curfew time for Junior high School is 5:00 pm. You are not allowed to over-stay in the classrooms.
3. Everyone is reminded to take care of their personal belongings. The school will not be held liable for any lost or damaged items.
4. Today is the first day of 2nd Quarter Parallel Exams. Please proceed to LRC to at 7:40 am.
5. Additional Mission Collection: LS 306, LS 308, LS 412

From the JHS- CLCE Department

Let us thank the Lord for the classes and their advisers who religiously support the “Daily Meal with God” project, (Daily Mass Participation). May you continue to be living examples to other Christian Lasallians. God bless you!

Please be reminded of the proper behavior while attending the Holy Mass. Remember that Jesus is truly present in the Holy Eucharist so, savor the moment and focus on Him.

Sponsors for today:

6:30 a.m.

Grade 9	LS 304	Mr. Mark Christian Binuya
Grade 10	CMR 202	Ms. Noemi Dimaunahan

12:10 p.m.

Grade 7	LS 308	Ms. Diana Litan
Grade 8	LS 312	Ms. Marian Theresa Villaruel

Sponsors for Friday, January. 12, 2018

6:30 a.m.

Grade 9	LS 401	Ms. Sheila Marie Villena
Grade 10	CMR 204	Mr. Aldwin Baldovino

12:10 p.m.

Grade 7	LS 405	Ms. Celeste Quinto
Grade 8	LS 409	Ms. Anna Doreen Morillo

G7 LS 407, G8 LS 311 & G9 LS 104 classes will have their Recollection today at the Retreat Center. Let’s all pray for the success of their spiritual activity.

Recollection Schedule:

Date	Grade & Section
January 12, 2018- Friday	G7 LS 305
	G8 LS 110
	G9 LS 402
January 29, 2018- Monday	G7 LS 206
	G8 LS 209
	G9 BM 100
January 30, 2018 - Tuesday	G7 LS 306
	G8 LS 410
	G9 LS 401

Reminders for the recollection: Come in your type B uniform. Don’t forget to bring your snacks and the assigned materials.

From the Junior High School Math Department

AMSLI – AMEP AWARDING CEREMONY

Attention AMSLI – AMEP Students!

All AMSLI – AMEP students are required to attend the AWARDING CEREMONY on January 13, 2018 in Br. Henry Virgil (BHV) Gym at 1:00 pm. Assembly time is 12:00 noon. Please wear school uniform. Thank you so much.

The program will include the following:

1. Awarding of certificates to AMEP Trainees for successfully completing the training
2. Awarding of Certificates for Perfect Attendance
3. Recognition of AMEP who won in 2017 onsite international competitions
4. Awarding of medals to AMEP Achievers - approximately top 20% per grade level of each center
5. Awarding of medals/certificates to WMTC International Winners
6. Awarding of medals to Winners of Math Without Borders Round 1
7. Announcement of qualifiers for International Mathematics Competitions for SY 2018 -2019

Note: All international awardees are requested to bring their medals and certificate for the event. Thank you very much!

MTAP SATURDAY TRAINING FOR TALENTED STUDENTS

Congratulations to all participants and special awardees in the 2017 MTAP Saturday Mathematics Program for Talented Students held last November 2018 – January 6, 2018 in Lipa City National High School. Job well done, mathletes! To God be the Glory!

Grade 7

	Name	Section	Award
1	Ashley Julie Marie De Leon	LS 205	Top Scorer – Gold Medalist
			Best in Mental Computation
2	Francis Solatorio	LS 105	Most Promising Student

Grade 8

	Name	Section	Award
1	Gian Miguel Barte	LS 309	Top Scorer – Gold Medalist
2	Brian David Metrillo	LS 209	3 rd Top Scorer – Bronze Medalist
			Most Promising Student

Grade 9

	Name	Section	Award
1	Angelo Vince Perez	LS 301	2 nd Top Scorer – Silver Medalist
2	Jeanette Ong	LS 102	3 rd Top Scorer – Bronze Medalist
3	Chzean Klyde Espiritu	LS 302	Most Promising Student

Grade 10

	Name	Section	Award
1	Kiana Alecsandra Garing	CMR 205	Top Scorer – Gold Medalist
			Most Promising Student
2	Marc Christopher Ferrer	BM 202	2 nd Top Scorer – Silver Medalist
3	Angelina Precilla	BM 204	3 rd Top Scorer – Bronze Medalist

From the JHS MAPEH Department

1. BELOW IS THE SEQUENCE OF PRESENTATION FOR THE CULTURAL EVENTS.

#	GRADE 7	GRADE 8	GRADE 9	GRADE 10
1	LS 306	LS 312	LS 101	BM 102
2	LS 206	LS 409	LS 303	CSMR 204
3	LS 407	LS 212	LS 102	CMR 205
4	LS 405	LS 111	LS 202	BM 203
5	LS 108	LS 109	LS 404	BM 105
6	LS 406	LS 311	LS 302	CMR 202

7	LS 208	LS 310	BM 100	CMR 201
8	LS 107	LS 412	BM 101	BM 103
9	LS 205	LS 211	LS 403	BM 204
10	LS 106	LS 209	LS 401	BM 206
11	LS 305	LS 110	LS 104	BM 202
12	LS 408	LS 411	LS 103	BM 104
13	LS 308	LS 112	LS 402	CMR 207
14	LS 105	LS 309	LS 304	BM 201
15	LS 307	LS 210	LS 301	BM 205
16	LS 207	LS 410	LS 201	CMR 206

2. INTRAMURALS 2017-2018

SUMMARY OF SCHEDULE (GRADE 9 & GRADE 10)

DATE	TIME	PARTICIPANTS	ACTIVITIES	VENUE	PERSON/S IN CHARGE
JANUARY 15, 2018	7: 40 - 12:00	GRADE 9 & 10	OPENING CEREMONY	SENTRUM	MAPEH TEACHERS
			FUN GAMES		
	1:00-4:00	GRADE 9 & 10	OBSTACLE COURSE	OVAL	MAPEH TEACHERS
			MIXED BADMINTON	BHY GYM	MR. ROD ANTHONY BALDOVINO
JANUARY 16, 2018	7: 40 - 12:00	GRADE 9	PATINTERO	BHV GYM	MS. CARYL AISSA MARANAN MS. JENNY RONNA DIMACULANGAN
			BASKETBALL	CENTEN A/B	MR. NELSON GONZALES
	1:00-4:00				MS. EDNA SERRANO
		GRADE 10	VOLLEYBALL	VOLLEYBALL COURT	MR. CRISTOPHER ESCARTIN MR. JAKE BIGCAS
			DODGEBALL	SENTRUM	MS. MIRRIAM MERLIN MS. ANNALYN LACERNA
JANUARY 17, 2018	8:00-9:30	GRADE 9	VOCAL SOLO	SENTRUM	MAPEH TEACHERS
	10:00-12:00	GRADE 10	LIP SYNCH		
	1:00-2:30	GRADE 10	VOCAL SOLO		
	3:00-4:30	GRADE 9	LIP SYNCH		
JANUARY 18, 2018	7:40-12:00	GRADE 9	VOLLEYBALL	VOLLEYBALL COURT	MR. CRISTOPHER ESCARTIN MR. JAKE BIGCAS
	1:00-4:00		DODGEBALL	SENTRUM	MS. MIRRIAM MERLIN MS. ANNALYN LACERNA

	7:40-12:00	GRADE 10	PATINTERO	BHV GYM	MS. CARYL AISSA MARANAN
	1:00-4:00				MS. JENNY RONNA DIMACULANGAN
			BASKETBALL	CENTEN A/B	MR. NELSON GONZALES
					MS. EDNA SERRANO
JANUARY 19, 2018	7:40-12:00	GRADE 9 & 10	CONTINUATION OF GAMES		
			TUG O' WAR	OVVAL	MAPEH TEACHERS
	1:00-4:00		CLOSING CEREMONY	SENTRUM	

FROM THE OVCAR – GUIDANCE OFFICE:

1. **For Grade 7 Students and Math Teachers:** Please be informed that the High School Personality Questionnaire (HSPQ) will be administered during their Math subject on January 15 – 19, 2018. Below is the schedule:

Date	Section	Time	Teacher
January 15, 2018 (Monday)	LS 205	8:40 - 9:40 am	Ms. C. Quinto
	LS 108	10:00 - 11:00 am	Ms. J. Alarcon
	LS 106	11:00 - 12:00 pm	Ms. S. Manalo
	LS 207	2:00 – 3:00 pm	Ms. J. Alarcon
January 16, 2018 (Tuesday)	LS 305	7:40 – 8:40 am	Ms. S. Manalo
	LS 105	8:40 – 9:40 am	Ms. S. Manalo
	LS 406	10:00 - 11:00 am	Ms. S. Manalo
	LS 206	1:00 – 2:00 pm	Ms. J. Alarcon
	LS 208	2:00 – 3:00 pm	Ms. S. Manalo
January 18, 2018 (Thursday)	LS 407	7:40 – 8:40 am	Ms. C. Quinto
	LS 308	10:00 - 11:00 am	Ms. C. Quinto
	LS 408	11:00 - 12:00 pm	Ms. J. Alarcon
	LS 307	1:00 – 2:00 pm	Ms. J. Alarcon
January 19, 2018 (Friday)	LS 405	8:40 – 9:40 am	Ms. C. Quinto
	LS 306	11:00 - 12:00 pm	Ms. J. Alarcon
	LS 107	1:00 – 2:00 pm	Ms. C. Quinto

Note: Students are requested to bring pencils (Mongol #2) and an eraser.

2. **For Grade 8 Students and Advisers:** Students whose parent/s is/are working abroad are required to attend the ANAK Talk titled “#ProudtobeSDO” on **January 15, 2018, Monday, 7:40 – 8:40 am** at **BB Roofdeck**. Advisers, kindly instruct the concerned students to bring a ball pen and to proceed to the venue immediately after the Morning Prayer. Please be prompt. Thank you very much.
3. **For G10 Advisers and Students:**
- Those who would like to apply for STEM but failed to reach the cut-off score are reminded to tell their parents to write a letter address to Mr. Randolph Renegado requesting to take the qualifying exam for STEM. Thank you.
 - STEM applicants are reminded that you should reserve **on or before January 31, 2018. No more extension** will be given to those who will fail to reserve on the given dates. **Please bring also your NCAE results for Admissions’ reference.** Thank you.
 - The following students are requested to get their NCAE results from Guidance Office:
 - Arellano, Jose Mari C.
 - Bauan, Kyla Louise A.
 - Cavero, Francesca Louise P

4. Cruz, Tom Stephen H.
5. Directo, Cherlie R.
6. Dimayuga, Raphael M.
7. Llanes, Ma. Vettina A.
8. Reyes, Mickaela Gabriell M.

4. **For Grade 12 DLSU manual applicants:** If you have questions regarding your lacking documents, please send an email to admission.requirements@dlsu.edu.ph DLSU will take 3-5 days to respond. However, if you already know what documents you lack, please scan these documents and send to the same email add: admission.requirements@dlsu.edu.ph. Just indicate your application number, complete name and what these documents are. Application number is found in the test permit given to you during the exam. Thank you. **DLSU Requirements:** NSO/PSA birth certificate, Secondary School Records

5. **Looking Ahead:**

January 17, 24, 31	SHS Career Talk
January 19	Structured Homeroom G4 & G5
January 19	G6 Talk on Sexuality Issues
January 22	Structured Homeroom G10
January 22-26	CPQ Administration G5
January 26	SDO Activity for G6
January 29	Talk on Drug Awareness G7–G9
January 30	PACT-POIS Administration G8

FROM THE OVCAR – STUDENTS ACTIVITIES OFFICE:

1. **On Club Grade.** We remind our Club Moderators that the deadline of submission of Club Grade was December 13, 2017. Once again, we call the attention of those Club Moderators who have not yet submitted their club grades to please do so until this week, Please submit the club grade to dslissao@gmail.com following this format:

**FOURTH QUARTER CLUB GRADE
S.Y. 2017 – 2018**

Name	Grade and Section	Club Grade	Club
Extra, Jocell M.	G7 - LS101	5	YFC
Mantupar, Mac Kevin	G7 - LS101	5	YFC

Please be reminded of the following:

1. Family name followed by a comma then First Name of the Child.
 2. For Grade and Section, start with G7 (or the level of the student) followed by a space then hyphen space and then section. This is very important in sorting the section of the students.
 3. The sorted Club Grade shall then be forwarded to the Grade Moderator.
 4. For other concerns, please get in touch with the SAO and look for Mrs. Melissa Ishikawa.
2. **On JHS Club Meeting.** Please be informed that there will be Club Meeting in JHS this Friday. This is our first meeting this 3rd Quarter. Thank you.

FROM THE OVCM – INSTITUTIONAL LASALLIAN FORMATION OFFICE:

Schedule of Retreat

- January 11-12, 2018 - G10 BM201
- January 22-23, 2018 - G10 BM204
- January 29-30, 2018 - G10 BM205

FROM THE OVCAD – INSTITUTIONAL HEALTH SERVICES:

Medical and Dental Check-up

Date	Time	Medical	Dental
January 11, 2018	09:40 am - 10:40 am	9 LS 102	-----
	01:00 pm - 02:00 pm	-----	8 LS 110
January 12, 2018	09:40 am - 10:40 am	9 LS 301	-----
	10:00 am - 11:00 am	-----	8 LS 212

FROM THE OVCM – SPORTS OFFICE:

1. Please excuse the following student-athletes tomorrow (January 12) from 12 nn onwards for the orientation regarding the STCAA 2018. The orientation will be at Lipa City National High School. Thank you very much.

INTEGRATED SCHOOL ATHLETICS

Coach: Ms. Janette Agura

Assistant Coach: Mr. Sujie Agura

A. High School Athletics Boys			
	NAME	GRADE	SECTION
1	Galleguez, Clark Kent Q.	12	A12-10

INTEGRATED SCHOOL ATHLETICS

Coach: Ms. Janette Agura

Assistant Coach: Mr. Sujie Agura

B. High School Athletics Girls			
	NAME	GRADE	SECTION
1	Cordovilla, Lovely Joy D.	10	BM203

INTEGRATED SCHOOL BADMINTON

Coach: Mr. Rod Anthony Baldovino

Assistant Coach: Mr. Raymund Nista

A. High School Badminton Boys			
	NAME	GRADE	SECTION
1	Angsico, Ian Piolo A.	10	BM203
2	Gardner, Kristian Carlsson E.	12	A1210
3	Maghirang, Kurt	10	CMR201
4	Valle, Dean Jeffrey G.	11	S1103

**INTEGRATED SCHOOL
BADMINTON**

Coach: Mr. Rod Anthony Baldovino

Assistant Coach: Mr. Raymund Nista

B. High School Badminton Girls			
	NAME	GRADE	SECTION
1	Carandang, Daniela Ann R.	10	LS102
2	Cirilo, Samantha Saillou P.	9	LS404

INTEGRATED SCHOOL BADMINTON

Coach: Mr. Rod Anthony Baldovino

Assistant Coach: Mr. Raymund Nista

C. Grade School Badminton Girls			
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	NAME	GRADE	SECTION
1	Bercilla, Maxyn Jomeih M.	6	BB406

INTEGRATED SCHOOL CHESS

Coach: Mr. Guilbert Javier

A. High School Chess Girls

	NAME	GRADE	SECTION
1	Perez, Elah Sarelle L.	10	BM105

HIGH SCHOOL FOOTBALL BOYS

Coach: Mr. Oliver Aguila

	NAME	GRADE	SECTION
1	Almazan, Mark Anthony C.	11	S11-14

HIGH SCHOOL FUTSAL GIRLS

Coach: Ms. Miriam Merlin

Assistant Coach:

	NAME	GRADE	SECTION
1	Bagus, Danica Elysse Esparas	11	S11-17
2	Bauan, Kyla Louise Abanto	10	CMR206
3	Miranda, Jansen Pauline Icaro	9	LS301
4	Palanca, Kayle Danielle Malbog	11	S11-05
5	Parallon, Cristina Christma Valdez	9	BM101
6	Precilla, Zia Mae Lindo	10	CMR202
7	Punzalan, Martina Rojin Katigbak	11	A11-08

GRADE SCHOOL FOOTBALL BOYS

Coach: Mr. Nizer Divina

	NAME	GRADE	SECTION
1	Endozo, Vince Jassen B.	6	BB401

INTEGRATED SCHOOL SWIMMING

Coach: Mr. Kiervienne Vincent Libat

A. High School Swimming Boys

	NAME	GRADE	SECTION
1	Bitong, Michael Karl	10	BM204
2	Co, Lorence Rae	11	S11-16
3	Go, Ethan Roy	9	LS401
4	Palbacal, Sam Emmanuel	12	A12-10

INTEGRATED SCHOOL SWIMMING

Coach: Mr. Kiervienne Vincent Libat

B. High School Swimming Girls

	NAME	GRADE	SECTION
1	Evangelista, Lucia Claire Julliane D.	8	LS212
2	Gonzalvo, Gabrielle Madelaine P.	11	A11-05
3	Gonzalvo, Gillyn Rafaella P.	8	LS109
4	Ona, Ani Anya D.	10	BM204
5	Tolentino, Robin Louise A.	10	BM104

INTEGRATED SCHOOL SWIMMING

Coach: Mr. Kiervienne Vincent Libat

C. Grade School Swimming Boys

	NAME	GRADE	SECTION
1	Paglinawan, Jirhome	6	BB306
2	Umali, Eric Jacob	5	BB304

INTEGRATED SCHOOL TAEKWONDO

Coach: Mr. Johnearl Abante

A. High School Taekwondo Boys

	NAME	GRADE	SECTION
1	Endozo, Ralph Francis B.	10	BM104

HIGH SCHOOL VOLLEYBALL BOYS

Coach: Mr. Pedro Perez Jr.

Assistant Coach: Mr. Ralph Joseph Carandang

	NAME	GRADE	SECTION
1	Babadilla, Dalzen Szack R.	12	S12-15
2	De Castro, Jonathan	9	LS103
3	Javier, Joaquin Antonio T.	11	S11-06
4	Maglinao, Vince Gerardb R.	11	A11-02
5	Narciso, Jose Gerardo R.	10	BM203
6	Ocana, Kurt Aan M.	11	S11-18
7	Orozco, Roland Job	10	BM203
8	Ronquillo, John Mark M.	11	S11-05

HIGH SCHOOL VOLLEYBALL GIRLS

Coach: Mr. Ronwald Kris Dimaculangan

Assistant Coach: Mr. Jerome Guhit

	NAME	GRADE	SECTION
1	Adajar, Kimberly D.	9	LS402

2	Cubilla, Adriane Jarie L.	9	LS302
3	Frago, Jamie Margaret G.	10	CMR204
4	Humarang, Yvonne Cyrah R.	11	S11-10
5	Lumbera, Reign S.	11	S11-05
6	Magsombol, Mikaela Alexa I.	8	LS411
7	Malaluan, Alleiah Jan L.	9	LS102
8	Mercado, Gabrielle Therese D.	11	S11-10
9	Mina, Kristina Andrea G.	7	LS108

GRADE SCHOOL VOLLEYBALL BOYS

Coach: Mr. Jerome Guhit

Assistant Coach: Mr. Ronwald Kris Dimaculangan

	NAME	GRADE	SECTION
1	Bustamante, John Carlos Benedict DL.	5	BB302
2	Cubilla, Janel Euan Gabriel Kasilag	6	BB404
3	Diaz, Jomari Casanova	6	BB404
4	Espiritu, Justine Rey Matthew Capulong	6	BB404
5	Hernandez, Kris Gabriel Delina	5	BB305
6	Kalaw, Michael Gabriel P.	6	BB404
7	Mallari, Ralph Mackenzie O.	4	BB212
8	Paran, Adriel Kit Silva	6	BB406

GRADE SCHOOL VOLLEYBALL GIRLS

Coach: Ms. Imelda A. Mendoza

Assistant Coach: Mr. Cristopher M. Escartin

	NAME	GRADE	SECTION
1	Aldovino, Danielle Kyle Marie M.	4	BB209
2	Colendra, Verenicce D.	6	BB401
3	Dimayuga, Louiza E.	5	BB303
4	Las, Sophia Aldrae	5	BB303
5	Lipat, Jacquelin Margaret R.	6	BB406
6	Magnayi, Ashley Nicole Jeremy N.	6	BB403
7	Rodriguez, Francesca Sofia S.	6	BB406

Professional Reading #9

10 Reasons Teens Abuse Alcohol or Drugs Posted on October 24th, 2013

The teen years are often considered the most difficult period of a person's life. After all, how often do you hear anyone over the age of 30 wistfully say, "Oh, to be 15 again..."? Probably never. It's a vulnerable time of life as teens attempt to navigate the precarious bridge between childhood and adulthood. And one of the most challenging decisions, for an age group that's ill-prepared to make difficult choices, is whether to start using alcohol or drugs.

On the one hand, adolescence is a time of self-exploration. One could argue that it's perfectly natural and normal to want to try new things, such as getting high or drunk for the first time. However, others would argue – and wisely so – that adolescents, by virtue of their young age and lack of life experience, aren't prepared for the consequences that often follow.

Regardless of which side of the argument you find yourself, most teens will experiment with alcohol and / or drugs at some point – for many different reasons. Following are 10 of the most common:

1. Peer pressure

[Peer pressure](#) is a powerful force at any stage of life, but it's especially influential during adolescence. At a time when kids are trying to figure out who they are and where they fit in –when insecurities can be fierce – the desire to be accepted and liked makes saying "no" extremely difficult. Saying no can also have painful consequences, ranging from being laughed at or mildly teased, to being humiliated, rejected, and even bullied.

Peer pressure often comes as the devil in sheep's clothing. The "cool kid" who says, "Hey, [it's just weed](#)" or "it's my dad's prescription, so of course it's safe!" Or the popular girl who's hosting a party while her parents are out of town, encouraging everyone to "drink up" and just have fun – after all, who's going to know if no one tells?

2. To look and feel "grown-up"

Adolescents often want to be treated like adults. "I'm not a kid anymore" is a frequent mantra, especially when they want privileges that come with age – like using alcohol. It's no surprise that they're drawn to things that make them feel like an adult – older, more mature, more sophisticated. Drinking, smoking, and drug use can all boost that feeling; "Hey, look at me, I'm all grown up now." With those behaviors comes the illusion that one is truly mature – and thus can handle anything. Sadly, one bad incident can quickly shatter it and remind them just how young and vulnerable they still are. But until such an event, they naively believe that "bad things" happen only to "other kids." They overestimate their maturity and underestimate their vulnerability.

3. Modeling parents' behavior

Teens that grow up with parents who abuse [alcohol or drugs](#) often follow suit. After all, that's what they know and what they've learned. Not to mention, if one or both parents are actively using they often have easy access as well. Not only does the apple often not fall far from the tree, kids often mimic their parents' behaviors – both good and bad.

Granted, some kids will do the very opposite and shun all substances, wanting to avoid the very thing that ruined their parents' lives or led to traumatic childhood experiences, such as abuse or neglect.

4. Curiosity

Curiosity not only "killed the cat," it also can be a very seductive temptress. The desire to try new things and explore the world didn't suddenly shut off when puberty commenced. In fact, it often becomes even stronger. Most teens have a lot more autonomy (and some have way too much) than they did as children. They're less closely supervised and often left home alone for chunks of time while mom and dad are still at work or out for the evening.

The desire to find out what it feels like to get drunk or high – "just this once," of course – can be very strong. Not to mention, "Everybody experiments – don't they?" can be a very compelling rationale. Unfortunately, far too many kids end up in [alcohol or drug rehab treatment](#) down the road due to some ill-fated need to satisfy their curiosity.

5. Boredom

It's been said that "idle hands are the devil's tools" – and similarly, that an "idle mind is the devil's playground." In other words, boredom can quickly get anyone – and especially a restless teen – into all sorts of trouble. It's even worse for teens who have bored friends. Passing the time with a few beers or a few hits with friends (or even alone) is often a slippery slope to addiction.

6. Self-medication

Teens who struggle with a lot of emotional pain are especially vulnerable to alcohol and drug abuse. They use these substances – just like many adults – as a way to [self-medicate](#). They know that getting high or getting drunk will, at least temporarily, numb or ease their pain and provide them with a means of escape. These substances can also appear to ease the problem. For example, a socially awkward or extremely shy teen may use alcohol in a desperate attempt to feel more comfortable around others. A teen living in a conflicted home environment may resort to drugs to shut out the world for a while – or at least make it feel a little more bearable.

7. Rebellion

Teens like to assert their budding maturity and test the limits with their parents. Those with nagging, overprotective, or strict parents often lash out in a passive-aggressive manner. Rather than talking to mom and dad about their frustrations, such as what they perceive as overly strict rules, religious hypocrisy, or constant nagging, they may rebel by using alcohol or drugs — especially if they know that doing so will make their parents angry or embarrassed.

8. Ignorance

Let's face it, most teens don't know what's good for them and what's not. Not because they're not bright, but because they simply don't have enough information or experience. Experimenting with alcohol or drugs often seems innocent enough— in fact, it's often regarded as a sort of adolescent "rite of passage." Many teens feel entitled to experiment at this age, as if they're expected to do so and therefore should do so. What many don't realize is that it's neither innocent nor harmless.

For those on the outside looking in, it seems like everyone who's "doing it" is having fun, and they're the ones who are missing out. What they don't yet see (and haven't yet learned to minimize or rationalize) is all the vomiting after drinking too much, the hangover the next morning, or the sickening "what have I done?" morning-after feeling when they've just woken up in a strange place or realized that the needle they used was dirty. Even worse is finding themselves in a jail cell or mourning the death of a friend who drove home drunk. The bliss of ignorance can be quickly shattered.

9. To have fun

Getting drunk or high with friends sounds fun — in the moment. What isn't fun about spending time with friends, sharing an intensely pleasurable drug-induced euphoria or the disinhibiting effects of alcohol? The silliness, the slurred words, the stumbling, the bizarre behavior – all of those things can be very entertaining and make for great stories the next day or down the road. Of course, it's all just good old teenage fun – until someone is seriously injured, has to face a judge, or winds up on a cold slab in a morgue.

10. They've become addicted

Teens don't use alcohol or drugs with the intent of becoming addicted. In fact, since part of adolescence is the still-intact belief that you're invincible. "Addiction? What's that? Only losers who use or drink excessively or for years become addicted, right? But not me – I'm just experimenting, having fun with my friends, or seeking a temporary escape from my crappy life." Oh, to be 15 again – and believe that becoming an addict is something that could never happen to you.

[Talk to your teen](#). If you're the parent of a pre-teen or adolescent, talk to him or her today about the dangers of alcohol and drugs. Don't lecture. Don't condescend. Don't be dramatic. Just talk – openly and directly. Talk to your child from a place of unconditional love, genuine concern, understanding, and heartfelt compassion, recognizing the challenges and temptations that are so insidious and prevalent at that age. Understand just how vulnerable and easily influenced teens are.

Do everything you can, today and going forward, to keep the doors of communication as wide open as possible, so that tomorrow, or next week, or next year your child will know that he or she can talk to you,

confide in you, and ask you questions about alcohol or drugs. Hopefully, by doing so, your teen can avoid the dangerous landmines that devastate and destroy the lives of so many young people. If your [teen is already abusing alcohol or drugs](#), don't hesitate to seek help. Contact an addiction specialist or local alcohol and [drug treatment facility](#) for guidance in confronting the problem, and to determine the best options for treatment. Make that call today, because tomorrow may be too late.

Source: <https://www.promises.com/articles/teens/10-reasons-teens-abuse-alcohol-or-drugs/>