



GOD’S WORDS FOR TODAY (Mk. 2:1-12)

The Holy Gospel according to St. Mark

And when he returned to Capernaum after some days, it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven."

Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk'? But that you may know that the Son of man has authority on earth to forgive sins" -- he said to the paralytic -- "I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

Reflection:

Jesus claimed an authority which only God could rightfully give. Jesus not only proved that his authority came from God, he showed the great power of God's redeeming love and mercy by healing the cripple of his physical ailment. This man had been crippled not only physically, but spiritually as well. Jesus freed him from his burden of guilt and restored his body as well. The Lord is every ready to bring us healing of body, mind, and spirit. Is there any area in your life that cripples you from walking in the freedom of Christ's transforming love and forgiveness?

Prayer:

Lord Jesus, may your healing power and love touch every area of my life - my innermost thoughts, feelings, attitudes, and memories. 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

1. The Intramurals culminate today. Whose class per grade level will be declared as overall champion this school year? Let’s find out later during the awarding ceremony. Good luck to all of you!
2. Schedule of 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.

3. The Grade School class picture taking will start on Monday. Refer to the schedule and reminders given by the GMs. Grade 6 completers will also have their Stallion pictorial next week at MMR 7&8.
4. Pictorial of GS Partners is scheduled from 10:00-12:00 and 3:00-4:00pm on Jan. 15-19.

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 6	BB 306	Ms. Mona Liza de Villa

Sponsors for Monday, January 15, 2018:

Grade 6	BB 405	Ms. Joseph Vallejo
Grade 4	BB 212	Ms. Ruth Ararao
Grade 3	BB 205	Ms. Daycel Alon
Grade 1	BB 109	Ms. Elizabeth Pagulayan

From the Grade Moderators

- 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. Wear school uniform on your scheduled date. Kindly go to the venue five minutes before the scheduled time of pictorial.*

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

FROM THE OVCAR –JUNIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal

- Third 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.
- Second Notice: 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.
- Today is the 2nd day of 2nd Quarter Parallel Exams. Please proceed to LRC 2 at 7:40 am.
- Next week is the intramurals of Grades 9 and 10. Grade 9 students will occupy the Hasyenda as their Home base while Grade 10 students shall occupy the Peace Lane. All the stipulations in the student handbook are in effect. Wear your decent sports attire and do not make yourself as one of the attractions during the intramurals. Play fairly, manifest sportsmanship and enjoy the games!

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 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

Sponsors for Monday, January. 15, 2018

6:30 a.m.

Grade 9	LS 402	Ms. Jeraldyn Licaros
Grade 10	CMR 205	Mr. Adrian Dimaunahan

12:10 p.m.

Grade 7	LS 406	Ms. Sheila Manalo
Grade 8	LS 410	Mr. Bryan Lord Taningco

On Recollection:

G7 LS 305, G8 LS 110 & G9 LS 402 classes will have their Recollection today at the Retreat Center. Let's all pray for the success of their spiritual activity.

Note: Vehicle to transport the advisers to the Retreat Center will be at the parking area near ILFO Office at 3:00p.m.

Schedule:

Date	Grade & Section
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.

On The Sacrament of Confirmation:

The CLCE Department has started preparing for the Celebration of the Sacrament of Confirmation scheduled on April 21, 2018. This is open to Catholics from Grades 8-10 who have not received this Sacrament yet. Those who are interested, please coordinate with your CLCE Teacher.

From the Junior High School Math Department

AMSLI – AMEP AWARDS CEREMONY

Attention AMSLI – AMEP Students!

All AMSLI – AMEP students are required to attend the AWARDS 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!

From the JHS MAPEH Department

ON CHANGE OF SCHEDULE

Please be informed of the adjustments in the schedule of activities for INTRAMURALS 2017-2018. Cultural competitions for grades 9 and 10 will be on **January 19, 2018**. Closing ceremony will be held on **January 26, 2018**.

ON CULTURAL COMPETITIONS

Please be guided by the following reminders:

1. VOCAL SOLO

- Vocal solo contestants should assemble at the back stage of the sentrum before 8:00 A.M.
- CDs should be checked and tested 30 minutes before the competition. FLASH DRIVE/CELLPHONES/IPADS/TABLETS are not allowed.

2. LIP SYNCH

- Participants in the Lip Synch Competition should be at the venue 30 minutes before the competition.
- CDs should be checked and tested 30 minutes before the competition. FLASH DRIVE/CELLPHONES/IPADS/TABLETS are not allowed.
- Props should be placed at the back stage following the sequence of presentation. Entrance of props should be at the right side of the stage and exit on the left.

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

From the Grade Moderators' Office

For Grade 10

GRADE 10 SCHEDULE OF INDIVIDUAL AND CLASS PICTURE TAKING

Time	Jan. 22 (Mon.)	Jan. 23 (Tue.)	Jan. 25 (Thu.)	Jan. 26 (Fri.)	Jan. 29 (Mon.)	Jan. 30 (Tue.)
7:40 – 9:40	BM 104	BM 205	BM 105	CMR 205	BM 201	BM 204
10:00 – 12:00	BM 202	CMR 202	CMR 201	BM 206	BM 203	BM 102
1:00 – 3:00	CMR 204	CMR 207			BM 103	CMR 206

Note:

Classes whose schedule falls from 10:00 – 12:00 will have an early recess at 9:40 – 10:00 while classes whose schedule falls from 1:00 – 3:00 will have an early lunch at 12:00 – 1:00

GRADE 10 PICTORIAL GUIDELINES

KNOW YOUR ATTIRE

Make sure to come to school with your complete School Uniform and your preferred attire for the creative shot.

The motif for your attire for the creative shot as agreed upon (based on the majority of the votes of each class) during the meeting with class representatives (Presidents) was **NEUTRAL COLORS** (black, grey, brown, white or navy blue).

(Formal, Semi-formal, Sunday dress for the ladies and long sleeved polo, neck tie, coat(optional) and slacks for the gentlemen) **STRICTLY NO JEANS or SHORTS and ABIDE BY DLSL's DRESS CODE POLICY!**

(You may refer to the sample attires posted outside the GM's office.)

PLEASE COME ON TIME

Please go to the pictorial venue (**MMR 7&8**) on time as stated in the schedule allotted for each class to give ample time for the stylist to fix your hair and do your makeup.

Bring extra money for the extra services you would like to avail.

Fill out the pictorial form legibly and accurately; then, submit it to the front desk for queuing.

(Class advisers are requested to join their respective class for the class picture)

KNOW YOUR PACKAGE

Grade 10 Package – in School Uniform with Sablay and Creative Shot: Php 550.00

1 pc. 8X10 in glass to glass frame (formal shot in school uniform with sablay)

1pc. 5X7 (group shot/creative shot with classmates and adviser)

12 pcs. 2X3/wallet size (formal shot in school uniform with sablay)

12 pcs. 2X3/wallet size (informal/creative shot in chosen attire)

During the pictorial, be guided by the following:

Three (3) shots/poses – formal (uniform with sablay) – one (1) pose will be chosen

Three (3) shots/poses – informal or creative – one (1) pose will be chosen

Three (3) shots/poses – informal or creative class picture – one (1) pose will be chosen

NOTE: Individual payment for the package (Php 550. 00) should be done in the school cashier prior to the photo shoot dates. Class Presidents will collect and submit the receipts at the Grade 10 GM's Office. The Grade 10 GM will only give the picture package once the whole class has completed the payment and submitted the receipts.

Optional/add-on packages:

Softcopy (CD RAW FILES) – Php 300.00

Recopy Rates:

1pc 8R – Php 300.00

1pc 5R – Php 100.00

8 pcs Wallet Size – Php 150.00

Group Shot (SOFTCOPY ONLY) – Php 300.00

False Lashes – Php 100.00

NOTE: Cashiering for additional packages will be handled by Splurge Photography staff during the photo shoot dates.

On Creative Shot: For a more flexible and unique pictures, students are allowed to wear their desired casual/creative attire in accordance to the motif as long as it abides by **DLSL's Dress Code Policy**.

Splurge Photography will provide the sablay, ample supply of tube tops (for female inner/under garment), polo, coat, neckties (for male), accessories and props during the pictorial. Please return whatever you will borrow once done with your photo shoot.

HAIR AND MAKEUP GUIDE

Package includes basic hair and makeup with minor retouch. If you have preferred hair and makeup style please inform the makeup artists on duty. Additional fees will apply if you wish to have a "creative makeup" for your Creative Shot/Casual Shot or redo your hair and makeup.

NOTE: Do not put any oil on your hair so as not to give the beautician/make up artist hard time fixing your hair.

For those who wish to go to the venue with their makeup on, you may do so just please make it natural looking. For hygienic purposes, girls may bring their own makeup sponge/brushes to be used by the makeup artists in the venue. Please inform them if it is your turn. Tipping is strictly prohibited.

PRACTICE YOUR POSES

Practice your smiles, angles, and poses beforehand and make sure that your face is fully seen in the photos. You may discuss your concerns with the photographers during your pictorial.

NOTE: Asking someone to take your picture using mobile phone/own camera while your shoot is on-going is **NOT** allowed.

KEEP IT CLEAN AND PROPER

Please bear in mind that your photos will be part of the Stallion Magazine of your batch and the one which will be presented during your Recognition Rites. Photos that are indecent, insulting and malicious will not be accepted. These unacceptable photos include poses that portray nudity or too much “skin” exposure, display of cigarettes, alcoholic beverages, illegal drugs or drug paraphernalia, destructive weapons, and sexual objects or symbols.

Remember to exhibit proper decorum all the time. Do it the Lasallian Way. Any untoward action and behavior will be dealt with accordingly.

CHOOSE IMAGE FOR PRINTING WISELY

Please take time to decide in choosing your photos for printing. The selected images are considered final and changes will no longer be entertained by Splurge Photography after. Choose wisely.

Note:

The school will no longer issue letter to your parents regarding the pictorial fees and guidelines. Should they have any questions or clarifications, they may refer to this bulletin entry through our website or they may call our office at local 239. Thank you very much.

FROM THE OVCAR – GUIDANCE OFFICE:

- 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:**
 - a. 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.
 - b. 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.
 - c. The following students are requested to get their NCAE results from Guidance Office:
 1. Arellano, Jose Mari C.
 2. Bauan, Kyla Louise A.
 3. Caverro, 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 dlsissao@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 today. 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:

The Benefits of Healthy Habits

The impact of good health

You know that healthy habits, such as eating well, exercising, and avoiding harmful substances, make sense, but did you ever stop to think about why you practice them? A healthy habit is any behavior that benefits your physical, mental, and emotional health. These habits improve your overall well-being and make you feel good.

Healthy habits are hard to develop and often require changing your mindset. But if you're willing to make sacrifices to better your health, the impact can be far-reaching, regardless of your age, sex, or physical ability. Here are five benefits of a healthy lifestyle.

CONTROLS WEIGHT

Eating right and exercising regularly can help you avoid excess weight gain and maintain a healthy weight. Being physically active is essential to reaching your weight-loss goals. Even if you're not trying to lose weight, regular exercise can improve cardiovascular health, boost your immune system, and increase your energy level.

Plan for at least 150 minutes of moderate physical activity every week. If you can't devote this amount of time to exercise, look for simple ways to increase activity throughout the day. For example, try walking instead of driving, take the stairs instead of the elevator, or pace while you're talking on the phone.

Eating a balanced, calorie-managed diet can also help control weight. When you start the day with a healthy breakfast, you avoid becoming overly hungry later, which could send you running to get fast food before lunch.

Additionally, skipping breakfast can raise your blood sugar, which increases fat storage. Incorporate at least five servings of fruits and vegetables into your diet per day. These foods, which are low in calories and high in nutrients, help with weight control. Limit consumption of sugary beverages, such as sodas and fruit juices, and choose lean meats like fish and turkey.

IMPROVES MOOD

Doing right by your body pays off for your mind as well. The Mayo Clinic notes that physical activity stimulates the production of endorphins. Endorphins are brain chemicals that leave you feeling happier and more relaxed. Eating a healthy diet as well as exercising can lead to a better physique. You'll feel better about your appearance, which can boost your confidence and self-esteem. Short-term benefits of exercise include decreased stress and improved cognitive function.

It's not just diet and exercise that lead to improved mood. Another healthy habit that leads to better mental health is making social connections. Whether it's volunteering, joining a club, or attending a movie, communal activities help improve mood and mental functioning by keeping the mind active and serotonin levels balanced. Don't isolate yourself. Spend time with family or friends on a regular basis, if not every day. If there's physical distance between you and loved ones, use technology to stay connected. Pick up the phone or start a video chat.

to be cont...

Medical and Dental Check-up

Date	Time	Medical	Dental
January 12, 2018	09:40 am - 10:40 am	9 LS 301	-----
	10:00 am - 11:00 am	-----	8 LS 212
January 15, 2018	09:20 am - 10:20 am	1 BB 111	1 BB 111
	10:20 am - 11:20 am	-----	1 BG 110
	02:00 pm - 03:00 pm	3 BB 202	-----
January 16, 2018	10:00 am - 11:00 pm	5 BB 304	-----
	01:00 pm - 02:00 pm	-----	6 BB 405
	02:00 pm - 03:00 pm	5 BB 305	6 BB 403
January 18, 2018	10:00 am - 11:00 am	4 BB 312	-----
	01:00 pm - 01:50 pm	-----	4 BB 310
	01:50 pm - 02:50 pm	Nursery 2 BB 102 pm	Nursery 2 BB 102 pm
January 19, 2018	09:20 am - 10:20 am	2 BB 110	2 BB 110
	10:20 am - 11:20 am	-----	2 BG 108
	1:50 pm - 02:50 pm	Kinder BB 203 pm	-----

FROM THE OVCM – SPORTS OFFICE:

1. Please excuse the following student-athletes today (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

	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 Elyse 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

