



GOD’S WORDS FOR TODAY (Jn. 3:7-15)

The Holy Gospel according to St. John

Do not marvel that I said to you, 'You must be born anew.' The wind blows where it wills, and you hear the sound of it, but you do not know whence it comes or whither it goes; so it is with everyone who is born of the Spirit." Nicodemus said to him, "How can this be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand this? Truly, truly, I say to you, we speak of what we know, and bear witness to what we have seen; but you do not receive our testimony. If I have told you earthly things and you do not believe, how can you believe if I tell you heavenly things? No one has ascended into heaven but he who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life."

REFLECTION:

The Holy Spirit gives us spiritual power and gifts, especially the seven-fold gifts of wisdom and understanding, right judgment and courage, knowledge and reverence for God and his ways, and a holy fear in God's presence, to enable us to live in his strength as sons and daughters of God. Do you thirst for the new life which God offers you through the transforming power of his Holy Spirit?

PRAYER:

Lord Jesus, fill me with your Holy Spirit that I may walk in freedom and joy in the knowledge of your great victory over sin and death. 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. The GS Community extends its deepest gratitude to all who made the First Holy Communion of our Grade 3 pupils truly memorable and successful. It is indeed great to see our Lasallian Partners working collaboratively for this noble mission. Warmest congratulations to all the communicants. May you continue to apply the learning you got from this special celebration. May God bless you always!
2. The First Communicants will have their pictorial today at MMR 7 following this schedule:

TIME	SECTION
7:40-8:40	BB 108
8:40-9:40	BB 109
9:40 – 10:40	BB 204
10:40-11:40	BB 205
12:20-1:20	BB 206
1:20-2:20	BB 208
2:20-3:00	Grades 4-7

Note: Proceed to the venue 5 minutes before the scheduled time. Homeroom Advisers are requested to be with their class during the pictorial. Thank you.

3. Lunch break-proctoring schedule:

AREA	TIME	MONDAY
BG 113	11:20 - 12:20	Ms. Cristy
BG 114	11:20 - 12:20	Ms. Ruby
BB 111	11:20 - 12:20	Ms. Arlene
BB 110	11:20 - 12:20	Ms. Flores
BB 104	11:20 - 12:20	Ms. Gregorio

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 1	BG 109	Ms. Elizabeth Pagulayan
Grade 4	BB 310	Ms. Elma Langamon
Grade 6	BB 406	Ms. Leah Sebu
Grade 3	BB 208	Ms. Cristina Aguila

Sponsors for Wednesday, April 11, 2018:

Grade 4	BB 311	Ms. Liezel Magnaye
Grade 1	BG 110	Ms. Maciz Cantos
Grade 2	BB 104	Ms. Rhea Pecayo
Grade 5	BB 301	Ms. Marychrist Briguela

FROM THE OVCA – JUNIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal for Administration

1. All Grade 7 ESC grantees who have refund must tell their parents / guardians to claim the ESC grant from the cashier until Friday, April 13, 2018. If your parents / guardian will not claim the refund, the ESC grant will not be given to you anymore. This is for your strict compliance. Advisers are requested to remind ESC grantees about this matter. (note: only those whose tuition fees have been fully paid are eligible for refund. For those whose payment scheme is installment basis, ESC grant was automatically deducted from their tuition fee account).
2. 4th Year AB Multimedia Arts students are inviting Junior High School students to attend a multimedia arts conference called MAD Summit 2018: In Space, We Connect" with the theme "The Constellation of Arts and Media in the Millennial Universe" on Friday, April 13, 2018 8:00- 5:00 pm at DLSL SENTRUM.

The following speakers have been invited to grace the occasion:

- a. Jayzar Recinto (Lipa City-based lifestyle blogger)
- b. Anthony Bathan (Spoken poetry artist featured on Pilipinas Got Talent)
- c. Katsy Garcia (Illustrator known for her works with Ben&Ben, Adobo Magazine and Wanderland)
- d. Roger Raker aka Pau Sepagan (a well-known filmmaker and Youtuber)
- e. Emman Nimedez (a well-known filmmaker, Youtuber and Facebook Personality from Adober Studios, known for his Korean Drama parodies)
- f. Bella Racelis aka ThatsBella (a lifestyle, beauty and fashion vlogger from Adober studios and our very own Grade 10 student)
- g. Maqui Castelo (a photographer, filmmaker, Youtuber, and the heart of Limitless).

For students who are interested to attend, a registration fee of P300.00 will be paid at DLSL cashier. Your official receipt should be shown to the event organizers upon entry to the venue. You will also be required to accomplish your pull-out form, otherwise, you will be charged with cutting classes. For clarifications, please visit the office of the Assistant Principal for Administration. Thank you!

From JHS Learning Area Chair’s Office

ON FFI

All FFI mentors are requested to inform their FFI students about the 2nd and 3rd quarter fee. Kindly encourage them to pay as soon as possible because this will be a requirement for the students’ clearance. Thank you very much.

From the JHS Christian Living 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 402	Ms. Jeraldyn Licaros
Grade 10	CMR 205	Mr. Adrian Dimaunahan

12:10p.m.

Grade 7	LS 406	Ms. Sheila Manalo
Grade 8	LS410	Mr. Bryan Lord Taningco

Sponsors for Tuesday, April 11, 2018**6:30 a.m.**

Grade 9	LS 403	Ms. Gina Lontoc
Grade 10	CMR 206	Ms. Merrylle Marquez

12:10 noon

Grade 7	LS 407	Ms. Glyndelyn Ona
Grade 8	LS411	Ms. Fatima Rivera

Recollection Schedule:

Due to the Basic Education Exit Assessment for Grade 12 on April 12 & 13, G7 LS 105 & LS 207 will have their recollection on a later date.

Date	Grade & Section
April 12, 2018 - Thursday	G8 LS 310 G9 LS 102
April 13, 2018 - Friday	G8 LS 210 G9 LS 103
April 16, 2018 - Monday	G7 LS 307 G8 LS 112 G9 LS 301

Reminders for the recollection: Come in your type B uniform. Do not forget to bring your snacks and the assigned materials. Other reminders will be given by the respective CLCE teacher.

FROM THE OVCAR –SENIOR HIGH SCHOOL COMMUNITY:***From the Assistant Principal for Administration***

- 1. On Basic Education Exit Assessment for Grade 12 Students:** Please be informed that all Grade 12 students will be taking the Basic Education Exit Assessment on April 12-13, 2018.
- 2. On Suspension of Classes to Grade 11:** Classes for Grade 11 students will be suspended on April 12-13, 2018 due to the Basic Education Exit Assessment for Grade 12 Students. Letter to parents will be distributed today. Class Mayors are requested to get the letter to parents re suspension of classes at the GM's Office at JRN 101.
- The following ABM students are pulled-out from their classes today, **April 10, 2018** (Tuesday), to attend the **FedEx Express/JA International Trade Challenge Business Plan Competition 2018** to be held at **Philippine Trade and Training Center**, Manila. Please extend all assistance to these students in case they missed certain requirements in you class. Thank you.

Section	Student Name	Section	Student Name
A11-01	Bendaña, Loren R. Cuenca, Janna Kaye C. Muria, Mary Sofia G.	A11-06	Maulion, Abegail M. Ongkiatco, Maria Yvonne P.
A11-03	Caurez, Beatrice Nathalie L.	A11-07	Gamboa, Melody G. Jayin, Kate Renshie M.
A11-04	Canlas, Miguel Enrico Morada, Deliboy John M. Reyes, Carl Joshua R.	A11-08	Maranan, China Zia F.

A11-05	Banaag, Patricia Ellaine A. Hernandez, Joyce G.		
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From the SHS Christian Living Department

SCHEDULE OF CLASS MASS SPONSORSHIP EVERY 12:05NN AT THE CAPILLA

“The Eucharist is the ‘source and summit of the Christian life’. By the Eucharistic celebration we already unite ourselves with the heavenly liturgy and anticipate eternal life, when God will be all in all. In brief, the Eucharist is the sum and summary of our faith: Our way of thinking is attuned to the Eucharist, and the Eucharist in turn confirms our way of thinking.” – CCC,1326-1327

Let us offer this time again of giving thanks and praise to God and unite ourselves with one another in the spirit of faith and love.

Kindly be in the Capilla on your respective schedule of mass sponsorship. Class President and Vice-President are requested to facilitate and monitor the movement of the class to the Capilla. Class Advisers and CLCE Teachers are also expected to monitor and join their respective classes in attending the Holy Mass.

Date	Time	Class Mass Sponsors	
		Grade 11	Grade 12
April 10	12:05 – 12:45	S11-08	S12-06
April 11	12:05 – 12:45	S11-09	S12-07
April 16	12:05 – 12:45	S11-11	S12-09
April 17	12:05 – 12:45	S11-12	S12-10
April 19	12:05 – 12:45	S11-13	S12-11
April 20	12:05 – 12:45	S11-14	S12-12
April 23	12:05 – 12:45	S11-15	S12-13
April 24	12:05 – 12:45	S11-16	S12-14
April 26	12:05 – 12:45	S11-17	S12-15
April 27	12:05 – 12:45	S11-18	A12-01

FROM THE INTEGRATED SCHOOL REGISTRAR’S OFFICE:

- To All Grade School & Junior High School Students:
Fully accomplished Pre-Enrollment form will be submitted to the Office of the Integrated School Registrar with Class List attach thru Homeroom Adviser on or before April 13, 2018. Please be reminded also that the submission of the said form is for slot reservation and preparation of Assessment Forms.
- All Grade 11 SHS Students:**
Please be informed that the **Pre-Enrollment & Enrollment Adjustment Form** for 1st semester of A.Y. 2018-2019 was already distributed thru your **Class Presidents**. Kindly coordinate with them on how to accomplish the form properly and legibly. Make sure to have it signed by your respective Academic Adviser. Class Presidents are reminded to have it submitted to the Office of the Integrated School Registrar Enrollment & Evaluation In-Charge (Ms. Mitch Reyes) with **Class List** attach **on or before April 16, 2018 from 8:00 am to 4:00 pm**. Failure to do so will no longer be accepted. . Please be reminded also that submission of the said form is for slot reservation and preparation of Assessment Forms.
- All graduating students (GRADE 12) who has completed the required number of years of study in the Integrated School from Grade 1 to Grade 12 are required to report at the Integrated School Registrar’s Office. Reporting will be until **April 20 only (8:30 to 11:30am & 1:30 to 4:30pm)**, look for Ms. Daisy Landicho. Thank you!

FROM THE OVCAR – GUIDANCE OFFICE:

- For Grades 4-5 Advisers and Students:** Please be informed that there will be a Career Talk titled “Discovering Possibilities” on Friday, April 13, 2018 at the BHV Gymnasium, 7:40am - 8:40am. Movement to the venue will be right after the Morning Prayer.
- For Grades 6 Advisers and Students:** There will be a Structured Homeroom on Friday, April 13, 2018. The title of the module is “Wrapping Up My Year”. Thank you.
- For Grade 8 Students, Advisers and Social Studies Teachers:** Below is the schedule of the OLSAT (Otis-Lennon School Ability Test) Administration for **today**.

Section	Time	Teacher
LS 410	7:40 - 8:40 am	Mr. B. L. Taningco

LS 412	8:40 - 9:40 am	Mr. B. L. Taningco
LS 312	10:00 - 11:00 am	Ms. M. Bautista

Note: Students are requested to bring pencils and eraser.

4. For Grade 10 Students: Those who were not able to take the OLSAT (Otis Lennon School Ability Test) are required to report to Ms. Alecks Dimaano at the JHS Guidance Office at 1:30 pm today.

5. For Grade 12 Students:

- a. Those who were absent and were not able to submit the Survey on Course/ College Preference last Friday, April 6, 2018 during the BEEA Orientation are required to submit their accomplished survey form until today at the JHS Guidance Office. Thank you.
- b. Please be guided with the following reminders for the **BEEA on April 12-13, 2018:**
 - Avoid being absent / late.
 - Wear complete school uniform.
 - Bring your School ID.
 - Eat a heavy breakfast.
 - Be at the classroom BEFORE 6:30 a.m.
 - Bring packed snacks and water. You are not allowed to leave the classroom during recess.
 - Bring at least 2 lead pencils (No. 2) with erasers. Do not use mechanical pencil or ballpen.
 - Shade lightly and avoid shading outside the circle.
 - Cellphones and calculators are not allowed.
 - Please observe proper behavior!

6. Looking Ahead:

April 16	Grades 7- 9 Structured Homeroom Grade 10 Structured Homeroom- <i>Moving On to Senior High School Talk</i>
April 16, 19, 23, 24 & 26 April 16-19	Grade 8 OLSAT Interpretation Nursery 1, Nursery 2 and Grade 1 4 th Counselor's Time & Evaluation of Guidance Services
April 20 April 23	Grades 4-5 Structured Homeroom Grade 9 SDO Activity Grades 6 &10 Evaluation of Counseling Services
April 23- 27 April 24 & 25	Grades 2-3 4 th Counselor's Time Grade 5 CPQ Interpretation

FROM THE OVCAR – STUDENT ACTIVITIES OFFICE:

1. **On Club Meeting.** Please take note of the schedule of the Club Meetings this month:

Grade School		Junior High School	
Date	Activity	Date	Activity
April 11	Collection of Hygiene Kit and Energy Pack	April 13	Collection of Hygiene Kit and Energy Pack
April 18	Evaluation of Clubs	April 20	Evaluation of Clubs
April 18		Preparation of Gift Packs for the Children of Cancer Warriors Foundation c/o SCB	
April 21		Program for the Children of Cancer Warriors Foundation at the Centen B from 9:00 – 12:00nn	
April 26 – Club Culminating Activity at the Sentrum from 1:30 to 3:00PM		April 27 – Club Culminating Activity a the Sentrum from 1:30 to 3:00PM	
<p>Note: May 18 – Submission of Club Portfolio which will be part of the clearance. Full details of the content will be publish in the bulletin.</p>			

2. **On Club Grades.** Club members who have concerns on Club Grades are requested to please coordinate first with their Club Moderators for verification of grades. The Club Moderators shall then inform Ms. Melissa Ishikawa who is in-charge of uploading club grades. Thank you.
3. **On Timeline of SCB Election.** Today is the start of filing SCB Application Form. We remind our students who are interested to run as SCB Officer for SY 2018-2019 in Grade School and Junior High School to form a party list as a requirement for candidacy. Please take note of the following important dates:
 - April 10 – Start of Filing SCB candidacy
 - April 12 – Deadline of filing SCB candidacy, 4:00PM at the SAO
 - April 13 – Announcement of Official SCB Candidates for SY 2018-2019
 - April 16 – Start of Campaign Period
 - April 26 – Presentation of Candidates during GS Club Culminating Activity
 - April 27 – Presentation of Candidates during JHS Club Culminating Activity
 - May 2 – Meeting de Avance
 - May 3 – SCB Election
4. **ON CSYA.** We keep on reminding different Departments who have sponsored various activities with corresponding CSYA points to please coordinate with Ms. Melissa Ishikawa until today for verification of points. Thank you so much.
5. **On I.D. Concerns.** This is to inform the community that all I.D. concerns must be coursed through the ISSESO. You may please visit their office at the College Lobby or look for Ms. Aiza. Thank you.

FROM THE HRD OFFICE:

To all IS Faculty (GS/JHS/SHS): Please be informed of the following schedule of students' evaluation for faculty:

SCHEDULE OF EVALUATION

3rd /4th QUARTER SY 2017 - 2018

**April 10, 2018
(Tuesday)**

	A		B		C		D		E	
TIME	Section	TEACHER	Section	TEACHER	Section	TEACHER	Section	TEACHER	Section	TEACHER
7:30 - 9:30	S12-11 MB306	Ms. Ma. Lourdes Abril	S12-14 JRF403	Dr. Sofio Isaga	S12-15 JRF404	Ms. Clarissa Alic	S12-04 JRF201	Ms. Maria Glaisielyn Alcancia	S12-05 JRF202	Mr. John Issel Recto
10:00 - 12:00	S12-06 JRF203	Ms. Gracia Madolid	S12-02 JRF102	Ms. Christie Arcega	S12-10 JRF303	Ms. Maria Angelica Samonte	S12-01 JRF101	Ms. Bernadette Dimaculangan	S12-12 JRF401	Ms. Asuncion Atienza
1:10 - 3:10	S12-07 JRF204	Dr. Sofio Isaga	S12-08 JRF301	Mr. Allan Nicko Rodelas	S12-03 JRF104	Ms. Maria Ralyn Anog	S12-09 JRF302	Mr. Jerico Mayor	S12-13 JRF402	Ms. Asuncion Atienza

April 11, 2018 (Wednesday)

	A		B		C		D		E	
TIME	Section	TEACHER	Section	TEACHER	Section	TEACHER	Section	TEACHER	Section	TEACHER
7:40 - 8:40	CMR201 G10	SMILES	CMR202 G10	SMILES	CMR204 G10	SMILES	CMR205 G10	SMILES	CMR206 G10	SMILES
8:40 - 9:40	CMR207 G10	SMILES	BM102 G10	SMILES	BM103 G10	SMILES	BM104 G10	SMILES	BM105 G10	SMILES
9:40 - 10:40	BM201 G10	SMILES	BM202 G10	SMILES	BM203 G10	SMILES	BM204 G10	SMILES	BM205 G10	SMILES
11:00 - 12:00	BM206 G10	SMILES	BM100 G9	SMILES	BM101 G9	SMILES	LS101 G9	SMILES	LS102 G9	SMILES
12:00 - 1:00	LS103 G9	SMILES	LS104 G9	SMILES	LS201 G9	SMILES	LS202 G9	SMILES	LS301 G9	SMILES
2:00 - 3:00	LS302 G9	SMILES	LS303 G9	SMILES	LS304 G9	SMILES	LS401 G9	SMILES	LS402 G9	SMILES
3:00 - 4:00	LS403 G9	SMILES	LS404 G9	SMILES	LS408 G7	SMILES	LS207 G7	SMILES	LS108 G7	SMILES

FROM THE OVCM – INSTITUTIONAL LASALLIAN FORMATION OFFICE:

Senior High Recollection

April 10 - A12-09
- H12-01

FROM THE OVCAD – INSTITUTIONAL HEALTH SERVICES:

7 reasons why too much salt is bad for you

We need salt to survive as our bodies rely on sodium for muscle contractions, nerve transmissions and the control systems for balancing body fluids, together with other electrolytes like potassium.

However, our bodies react negatively when we consume too much salt, and this can affect our brain, kidneys, arteries and heart.

The overuse of salt can cause chemical imbalances that can lead to death.

Salt is the major factor contributing to stroke and heart attacks in South Africa, claiming more lives each year than all forms of cancer combined. The World Health Organization recommends 5g per day; however, it is estimated that South Africans use 8.5g.

Here is a list of reasons why too much salt is bad for your health:

1. Cardiovascular disease

Exceeding the recommended daily sodium intake contributes to a high risk of cardiovascular disease in adults.

2. Brain

High dietary sodium intake has been linked to hypertension and cardiovascular disease (CVD). The study also reveals that a high dietary sodium intake may impair cognitive function in older people.

to be cont....

SCHEDULE OF MEDICAL AND DENTAL

DATE	TIME	MEDICAL	DENTAL
TUES. APRIL 10, 2018	10:00-11:00 AM	A12-04	-----
	1:50-2:30 PM	-----	K BB 202 2 ND
	2:00-3:00 PM	S12-03	-----
THURS. APRIL 12, 2018	10:00-11:00 AM	A12-09	-----
	1:00-2:00 PM	-----	G3 BB 208
	2:00-3:00 PM	S12-13	S12-13
FRI. APRIL 13, 2018	9:00-9:40 AM	-----	G5 BB 304
	9:50-10:40 AM	-----	G9 LS 301
	10:00-11:00 AM	A12-04	-----
	2:00-3:00 PM	H12-01	-----

Professional Reading # 18

15 Little Ways to Enjoy the Summer When You're Trapped in the Office

by

KAITLYN RUSSELL

As you've probably noticed, summer has arrived! And we're sure you've also noticed that your office is still operating as if it's not beautiful outside. You're stuck inside, staring at a stock image of a beach as your desktop background while your social media feeds get filled with photos of tropical getaways, Summer Friday activities, and tan lines.

While you can definitely continue daydreaming of your next escape, you can also take matters into your own hands and learn to enjoy the season from indoors. While my tips and tricks won't land you that summer glow, they'll definitely help you scroll through Instagram without feeling (quite so) jealous.

1. Make Fruit-Infused Water

One of the best parts of it being sunny out is having the excuse to [down fruity drinks](#) without feeling silly. And we're not just talking poolside cocktails! To make a summery, SFW drink, all you need is a flavor enhancer, like [MiO Liquid Water Enhancer](#). Or, check out these [DIY recipes](#) that you can make at home and leave in the office fridge.

2. Switch Up Your Playlist

'Tis the season to make a new playlist with all your favorite summer hits. Maybe it's a classic like "Summer" by Calvin Harris, or perhaps it's a song that no one else relates to summer but reminds you of your family's annual beach trip. Or maybe, it's just a compilation of every "song of the summer" from the past 20 years from Spotify. Get everyone (else stuck) in the office involved by asking for suggestions. If you're still feeling stumped, [start with Billboard's recommendations](#).

3. Brighten Your Desk

It's no secret that colors affect our mood, environment, and [work ethic](#). So, why not incorporate the colors of the beach into your workspace? May I suggest starting with [this poster](#) or [this desktop sand box](#)—or [this amazing fish tank deskcoration](#) if you're in the mood to go all out?

4. Plan a Frozen Treat Happy Hour

If your office doesn't participate in [Summer Fridays](#), suggest starting an (alcohol-free) happy hour on Fridays to enjoy some ice cream sundaes (or slightly less-messy ice cream sandwiches). The only thing that doesn't work for this? Bringing your guilt! Taking an hour away from work will actually make you [more productive](#). So, put down your computer, and pick up a scoop.

5. Lighten Up

Whether you bring a new lamp to your desk or purchase a "happy light," brightening up your workspace is a simple trick to feeling more like you're outdoors. Especially when you're trapped in a cubicle craving some sunshine.

6. Play With Your Wardrobe

Nothing notes a season change more than switching out your closet. If your most beloved part of summer is a sundress or bright shorts, find ways to wear incorporate your summer pieces into your wardrobe. Obviously, keep your company's dress code in mind, and be sure that all attire is work-appropriate. But, there's no reason you should still be wearing what you wore when it was snowing out. (

7. Switch Up Your Lunch

BBQs are great for the summer, so leave the boring old sandwiches at home and grab a hot dog or burger for lunch. Bonus points if you start an indoor BBQ tradition with your co-workers! Rather than firing up the grill, you just need everyone to agree to bring a key ingredient: buns, hot dogs, ketchup, you know the drill.

8. Get Outside Every Day

A little fresh air can do your mind and body wonders, so step outside for some breaks during the day. It's a simple trick that will score you some Vitamin D and [improve your efficiency](#). Can you say win-win?

9. Bring Popsicles for Your Office

Stock your office freezer full of popsicles and snack on one when you're craving a treat—or, better yet, make some friends by offering them up to your co-workers. Have a few extra minutes? Grab one and go sit outside while you eat it.

10. Buy a Plant

Bring the outdoors (and some fresh O₂) to your cubicle with some small plants. Even if you can't physically be outside, you'll feel a little better if you can actually see some green. Personally, I love [this one](#)—and not just because it's called a Donkey's Tail.

11. Make Your Schedule More Summer-Friendly

If possible, start coming in an hour earlier so you can actually head out at a reasonable hour and enjoy the late night sunshine. (Because it wasn't so long ago that it was dark at 4 PM.) Or, put the bulk of your work or meetings on

your schedule earlier in the week to allow you to duck out on Friday afternoons without missing anything important.

12. Use Your Lunch Breaks Differently

Eat outside instead of at your desk, bring your lunch so that you can use your break to get a quick mani-pedi, or spend those 30 minutes reading a book at the park near your office. Feeling more ambitious (and have a bit more time)? Work out! From walking around the neighborhood to taking a short class to jumping in the local gym's pool, it's possible to be active in the middle of the day without getting behind.

13. Make Summer Friday Friends

Also known as all of those other people who have to work on Fridays, too. Try to make a routine to grab lunch together at your favorite outdoor restaurant. Or, at the very least, know who will be around on Gchat when the rest of the world goes quiet at 2 PM.

14. Change Up Your Commute

If you usually drive to work or take the train, give yourself extra time in the mornings to [walk or bike to work](#). If that's not an option, try to take a different route. Switching up your daily routine (especially if it's been daily for years) will feel more exciting than you even realize.

15. Get Sporty

Bring summer sports to your office! While I don't recommend throwing a frisbee around electronics, there's no reason you can't take 10 minutes to toss one around with your co-worker outside in the parking lot. Or, if your office has the spare room (and your co-workers understand the difference between tossing a beanbag and torpedoing it), you can easily play a quick game of cornhole.

Russel, K. (2018). *15 Little Ways to Enjoy the Summer When You're Trapped in the Office*. Retrieved from: Source: <https://www.themuse.com/advice/15-little-ways-to-enjoy-the-summer-when-youre-trapped-in-the-office>