



**GOD’S WORDS FOR TODAY (Jn. 3:16-21)**

The Holy Gospel according to St. John

**GOSPEL: John 3:16-21**

For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him. He who believes in him is not condemned; he who does not believe is condemned already, because he has not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and men loved darkness rather than light, because their deeds were evil. For every one who does evil hates the light, and does not come to the light, lest his deeds should be exposed. But he who does what is true comes to the light, that it may be clearly seen that his deeds have been wrought in God.

**REFLECTION:**

Jesus shows us the paradox of love and judgment. We can love the darkness of sin and unbelief or we can love the light of God's truth, goodness, and beauty. If our love is guided by what is true, and good, and beautiful then we will choose for God and love him above all else. What we love shows what we prefer and value most. Do you love God above all else? Does he take first place in your life, in your thoughts, affections, and actions?

**PRAYER:**

Lord Jesus, may your love consume and transform my heart with all of its yearnings, aspirations, fears, hurts, and concerns, that I may freely desire you above all else and love all others generously for your sake and for your glory. Amen.

**MISSION VISION**

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

**FROM THE OVCAR – INTEGRATED SCHOOL PRINCIPAL:**

1. Due to the Intranet interruption, grades due to AP are extended up to today while the online viewing of grades will be on Apr. 17, 2018. Subject teachers are again reminded to ensure that all students have their approved 3<sup>rd</sup> quarter grades.
2. Roster of honor students will be displayed on Apr. 24 and parents’ consultation will be on Apr. 26 Thursday; details will be given by the Asst. Principals.
3. Basic Education Exit Assessment (BEEA) for Grade 12 will be administered on Apr. 12-13. Consequently, Grade 11 classes are called off because the classrooms will be used as testing centers and Grade 11 subject teachers will be deployed as room examiners to other schools. Meanwhile, Grade 7 classes are also called off because Grade 7 teachers will act as proctors to our Gr. 12 examinees. Grade 7 teachers need to send the learning activities to the students during those two days through Canvas.
4. S Assembly will be held on Apr. 25 at 1:30pm; MMR 7 &8.

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

*From the Assistant Principal for Administration*

1. Grades 2-6 classes have no club meeting today. Be mindful of the dismissal time.
2. Lunch break-proctoring schedule:

AREA	TIME	WEDNESDAY
BG 113	11:20 - 12:20	Ms. Citron
BG 114	11:20 - 12:20	Ms. Galela
BB 111	11:20 - 12:20	Ms. Mutia
BB 110	11:20 - 12:20	Ms. Flores/ Ms. Rosilla
BB 104	11:20 - 12:20	Ms. Rhea

3. Looking Ahead:  
 April 17 – Online Viewing of Grades  
 April 26 – GS General Assembly



**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 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

**Sponsors for Thursday, April 12, 2018:**

Grade 4	BB 312	Ms. Elma Lingao
Grade 1	BG 111	Ms. Daniella Gutierrez
Grade 2	BB 110	Ms. Fe Lajara
Grade 5	BB 302	Ms. Marilyn Camitan

**FROM THE OVCAR – 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!

3. Our commendation to the following classes for their donation to the mission collection:  
 Grade 7: LS206, LS207, LS208, LS305, LS308, LS405  
 Grade 8: LS109, LS110, LS111, LS211, LS309, LS312, LS409, LS411, LS412  
 Grade 9: BM100, BM101, LS101, LS102, LS201, LS202, LS303, LS304, LS401, LS402  
 Grade 10: BM202

Our congratulations to the following classes for their generous donation to the mission collection:

- |                                       |  |
|---------------------------------------|--|
| Grade 7: LS405 of Ms. Celestie Quinto | Grade 9: LS401 of Ms. Sheila Marie Villena |
| Grade 8: LS309 of Ms. Margie Laraya   | Grade 10: BM202 of Ms. Luisa Mayuga        |

**From the JHS Office of the Learning Area Chair**

**On 4<sup>th</sup> Quarter CAPSTONE Concerns**

Please be reminded of the following:

1. Schedule:

Date	Grade	Activity/Task
Wed. - April 11	7-10	Each class will finalize the documentation and come up with a multimedia documentation.
Wed. – April 18	10	Individual Task - Reflection Writing and Submission
	7-9	Each class will finalize the documentation and come up with a multimedia documentation.
Wed. – April 25	7-9	Individual Task - Reflection Writing and Submission

2. Guidelines for the Individual Task:

- 2.1 Each student will write a reflection paper.
- 2.2 Each student will answer the given questions on a whole sheet of paper. Introduction must also be included in the reflection paper.
- 2.3 Handwriting of the drafts will be done in the morning. Drafts will be checked and monitored by the assigned proctor.
- 2.4. Reflection paper should be a minimum of 4 paragraphs producing an essay.  
Each question has to be answered where the topic sentence is the first sentence.
- 2.5. Encoding and submission will be done in the afternoon. Reflection paper will be submitted via Google doc following the given format: Arial 12; double space; one-inch margin all sides; short bond paper.

Name:	Section:
Assigned Area:	Date Submitted:
<b>Title</b>	
Introduction	
Answer –Q1	
Answer –Q2	
Answer –Q3	
Answer –Q4	

- 2.6. First quarter evaluators will check and evaluate the reflection paper. The average scores of the evaluators will be the final CAPSTONE score (100%) of the student.

*\*English teachers will discuss the writing mechanics in their respective classes.*

*\*Computer Department- Each class will consolidate and finalize their 5-6 minute multimedia documentation / presentation. This will be submitted to their respective Computer teachers and will be graded under Practical Assessment / WOWA.*

3. Grade 10 Proctoring Schedule on April 18 (Wed.)

	BM 102	BM 103	BM 104	BM 105	BM 201	BM 202	BM 203	BM 204	BM 205	BM 206	CMR 201	CMR 202	CMR 204	CMR 205	CMR 206	CMR 207
7:40-8:40	Ms. Endaya	Ms. Atienza	Ms. Fortus	Ms. Serrano	Ms. Aguda	Ms. Mayuga	Ms. Samson	Ms. Villegas	Ms. Malai	Ms. Yabut	Mr. Angeles	Ms. Dimahunahan	Mr. A. Baldo	Mr. Dimahunahan	Ms. Marquez	Mr. Jumadiao
8:40-9:40	Ms. Obre	Ms. Ebreo	Mr. Virrey	Mr. Gonzales	Mr. Perez	Mr. Loreto	Ms. K. Calingasan	Ms. Sagoinit	Ms. Maranan	Ms. Policarpio	Ms. Endaya	Ms. Sanchez	Ms. Aguda	Mr. R. Baldo	Ms. Mayuga	Ms. Villegas
9:40-10:40	Ms. Dimaun	Ms. Samsa	Ms. Villeg	Ms. Navale	Mr. A. Baldo	Ms. Obreo	Ms. Remo	Mr. de la Cruz	Ms. Fortu	Ms. Rosale	Ms. Aguda	Ms. Obre	Mr. Perez	Ms. Mara	Mr. Dima	Mr. Virr

	ahan	n	as	z	vino				s	s				nan	unahan	ey
10:40 - 11:00	<b>RECESS</b>	<b>RECESS</b>	<b>RECESS</b>	<b>RECESS</b>	<b>RECESS</b>	<b>RECESS</b>	<b>RECESS</b>	<b>RECESS</b>	<b>RECESS</b>	<b>RECESS</b>	<b>RECESS</b>	<b>RECESS</b>	<b>RECESS</b>	<b>RECESS</b>	<b>RECESS</b>	<b>RECESS</b>
11:00-12:00	Mr. Loreto	Ms. K. Calingasan	Ms. Malai	Ms. Licaros	Ms. Endaya	Ms. Serrano	Ms. Maranan	Mr. Jumadio	Mr. de la Cruz	Mr. Virrey	Ms. Serrano	Ms. Sagoinit	Ms. Dimahunahan	Ms. Ebreo	Ms. Atienza	Mr. Loreto
12:00-1:00	Mr. Angeles	Ms. Mayuga	Mr. R. Baldovino	Mr. Lirio	Ms. Obre	Mr. Perez	Mr. R. Baldovino	Ms. Fortus	Mr. Virrey	Ms. Serrano	Mr. Gonzales	Ms. Obre	Ms. Malai	Ms. K. Calingasan	Ms. Samsan	Ms. Marquez
2:00-3:00	Ms. Yabut	Mr. Jumadio	Ms. Marquez	Ms. Rosales	Mr. Angeles	Ms. Remo	Mr. R. Baldovino	Mr. Dimahunahan	Mr. Loretto	Ms. Licaros	Ms. Obre	Mr. Perez	Mr. Gonzales	Ms. Remo	Ms. Sagoinit	Mr. Gonzales
3:00-4:00	Ms. Endaya	Ms. Atienza	Ms. Fortus	Ms. Serrano	Ms. Aguda	Ms. Mayuga	Ms. Samsan	Ms. Villegas	Ms. Malai	Ms. Yabut	Mr. Angeles	Ms. Dimahunahan	Mr. A. Baldovino	Mr. Dimaculangan	Ms. Marquez	Mr. Jumadio

**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 403	Ms. Gina Lontoc
Grade 10	CMR 206	Ms. Merrylle Marquez

**12:10p.m.**

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

**Sponsors for Thursday, April 12, 2018**

**6:30 a.m.**

Grade 9	LS 404	Mr. John Louie dela Cruz
Grade 10	CMR 207	Mr. Bernie Jumadio

**12:10 noon**

Grade 7	LS 408	Ms. Joanna Marie Alarcon
Grade 8	LS 412	Ms. Eloisa Pagcaliwangan

**Recollection Schedule:**

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
April 17, 2018 - Tuesday	G7 LS 105

	G7 LS 207

**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.

**On Recollection:**

**All Confirmands from Grade 8 to Grade 10 will have their orientation today at 10:00 -12:00 a.m. in the Capilla. Please bring ballpen and paper. Please come on time.**

**FROM THE OV CAR –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.
4. **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:**
    - i. Avoid being absent / late.
    - ii. Wear complete school uniform.
    - iii. Bring your School ID.
    - iv. Eat a heavy breakfast.
    - v. Be at the classroom BEFORE 6:30 a.m.
    - vi. Bring packed snacks and water. You are not allowed to leave the classroom during recess.
    - vii. Bring at least 2 lead pencils (No. 2) with erasers. Do not use mechanical pencil or ballpen.
    - viii. Shade lightly and avoid shading outside the circle.
    - ix. Cellphones and calculators are not allowed.
    - x. Please observe proper behavior!

*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 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:**

1. 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 until Friday. April 13, 2018. Please be reminded also that the submission of the said form is for slot reservation and preparation of Assessment Forms.
2. **All Grade 11 SHS Students:**  
Please be informed that the **Pre-Enrollment & Enrollment Adjustment Form** for 1<sup>st</sup> 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.
- 3 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:**

1. **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 – 9:00am. Movement to the venue will be right after the Morning Prayer.
2. **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.
3. **For Grades 7-9 Homeroom Advisers and Students:** Structured Homeroom on Monday, April 16, 2018. Thank you.
  - a. **Grade 7 – “My Freshman Year”**  
*Pre-assigned materials: pair of scissors*
  - b. **Grade 8 - “Intentional Acts of Kindness and Service”**
  - c. **Grade 9 – “Discovering My Career Interest”**
4. **For Grade 8 Social Studies Teachers and Students:** Big thanks for accommodating Ms. Alecks Dimaano during the OLSAT (Otis-Lennon School Ability Test) administration. Those who were not able to take the OLSAT are required to report at the JHS Guidance Office at 12:30 pm today.
5. **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.
6. **For Grade 10 Advisers and Students:** Please be informed that there will be a Career Awareness Talk titled, “Moving on... Getting Ready to SHS” on Monday, April 16, 2018, 7:40am to 9:40am. OLSAT Interpretation will also be included in this activity. Movement to the venue will be right after the Morning Prayer. Thank you.
7. **For Grade 12 Students:** Please be guided with the following reminders for the **BEEA on April 12-13, 2018:**
  - a. Avoid being absent / late.
  - b. Wear complete school uniform.
  - c. Bring your School ID.
  - d. Eat a heavy breakfast.
  - e. Be at the classroom BEFORE 6:30 a.m.
  - f. Bring packed snacks and water. You are not allowed to leave the classroom during recess.
  - g. Bring at least 2 lead pencils (No. 2) with erasers. Do not use mechanical pencil or ballpen.
  - h. Shade lightly and avoid shading outside the circle.
  - i. Cellphones and calculators are not allowed.
  - j. Please observe proper behavior!
8. **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 <sup>th</sup> Counselor’s Time & Evaluation of Guidance Services
April 20	Grades 4-5 Structured Homeroom
April 23	Grade 9 SDO Activity Grades 6 &10 Evaluation of Counseling Services

April 23- 27  
April 24 & 25

Grades 2-3 4<sup>th</sup> Counselor's Time  
Grade 5 CPQ Interpretation

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

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

Grade School		Junior High School	
Date	Activity	Date	Activity
April 11	<i>No Club Meeting to give way to the scheduled APE</i>	April 13	Collection of Hygiene Kit and Energy Pack
April 18	Collection of Hygiene Kit and Energy Pack and 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 at the Sentrum from 1:30 to 3:00PM	
<p><b>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.</b></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.** We are reminding our student leaders that you may start securing your SCB form at the SAO now. Please take note of the following important dates:

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 shall post the tentative CSYA results for this SY 2017-2018 for verification only. Should you have corrections, you may please see Ms. Ishikawa at the SAO until Friday only. Thank you very much.

**FROM THE OVCM – VOCATIONS MINISTRY OFFICE:**

**ON SIKAT 5<sup>TH</sup> Medical and Dental Mission**

Our gratitude to **MR. JOAN KHO, ELIZABETH KHO (BM203) and her family** for their generous donations to SIKAT. God bless you and your family.

**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**

3<sup>rd</sup> /4<sup>th</sup> QUARTER SY 2017 - 2018

**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 -	BM201	SMILES	BM202	SMILES	BM203	SMILES	BM204	SMILES	BM205	SMILES

10:40	G10		G10		G10		G10		G10	
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

**April 12, 2018  
(Thursday)**

	A		B		C		D		E	
TIME	Section	TEACHER	Section	TEACHER	Section	TEACHER	Section	TEACHER	Section	TEACHER
7:40 - 8:40	LS407	Ms. C. Quinto	LS210	Ms. A. Fermin	LS312	Ms. M. Laraya	LS309	Ms. R. De Castro	LS209	Ms. AM Pestejo
	G7		G8		G8		G8		G8	
8:40 – 9:40	LS405 G7	Ms. C. Quinto	LS110 G8	Mr. J. Orozco	LS107 G7	Ms. R. Rosima	LS305 G7	Ms. M. Rivera	LS106 G7	Ms. S. Manalo
10:00 – 11:00	LS211 G8	Ms. G. Obena			LS412 G8	Ms. R. de Castro	LS311 G8	Mr. M. Zara	LS208 G7	Ms. S. Manalo
11:00 – 12:00	LS112 G8	Ms. A. Fermin	LS410 G8	Ms. E. Pagcaliwangan	LS411 G8	Ms. AM Pestejo	LS205 G7	Ms. R. Beltran	LS308 G7	Ms. M. Rivera
1:00 – 2:00	LS409 G8	Ms. AM Pestejo	LS111 G8	Ms. J. Brill	LS109 G8	Mr. J. Lirio	LS310 G8	Ms. E. Africa	LS105 G7	Ms. G. Ona

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

**3. Edema**

Swelling of the knees or feet and even your hands can be caused by edema. An article claims that a high sodium diet causes your body to retain water. Depending on the severity, it may be treated with either a change in diet or prescription medication.

**4. Craving more salt/unhealthy foods**

Consuming too much salt over a long period of time can make your taste buds accustomed to the taste, no longer registering how much salt you're consuming.

**5. Stomach cancer**

Overconsumption of processed foods is harmful to your stomach. Reducing your bacon, sausages, high in salt and hidden fats can reduce your risk of stomach cancer. Men are more vulnerable than women.

**6. Kidneys**

Your kidneys help to remove waste products, balance fluid levels and control the production of red blood cells in your body. But with a high salt intake and high blood pressure combined, this can be lethal to your kidneys.

**7. Bloating**



Eating out can leave you feeling bloated and the foods high in salt tend to be the culprit. High sodium foods, usually processed foods, can cause the body to retain water. It is highly recommended that you read your food labels and refrain from adding salt, rather adding herbs or spices for flavor.  
<https://www.health24.com/Lifestyle/Healthy-you/7-reasons-why-too-much-salt-is-bad-for-you->

**SCHEDULE OF MEDICAL AND DENTAL**

DATE	TIME	MEDICAL	DENTAL
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 # 19*

**7 Ways You Can Help Someone With Anxiety**

**By Catriona Harvey Published On Jul 19, 2016**

To see someone you care about dealing with anxiety is hard to watch, and loved ones can often feel helpless. But there are things you can do to help—telling them to "stop worrying" definitely *not* being one of them.

We spoke to psychologists from personal development and mental wellbeing app [Remente](#), who advised us on exactly what we should be doing for somebody suffering from anxiety.

**1. Find out more**

When it comes to helping someone with anxiety, the first thing you need to do is find out more about what anxiety is and especially what it means for your friend or loved one. Communicate as openly as you can, but also conduct your own research by reading as much as you can on the condition to find out about what other people are experiencing. The more you know, the more support you will be able to offer.

**2. Listen**

It can sometimes be difficult to understand why someone is feeling anxious about certain things, so make sure to ask and actually listen. For many people with anxiety, thoughts can become so crowded and tangled that even they don't know what's necessarily bothering them. Simply listening to them can help in organizing their thoughts and making them feel calmer.

**3. Be patient**

Many people with anxiety are prone to jumping to conclusions. Sometimes these conclusions can be quite negative, which can lead them to think that their loved ones are unhappy or angry with them. Instead of getting frustrated and irritated by this, you should find the time to calmly talk through the situation and find a workable solution for the next time your loved one gets anxious.

**4. Don't trivialize**

While you shouldn't confirm someone's anxieties, it is never a good idea to tell an anxious person to "just get over it" or "stop worrying." Just like when you feel sad and want people to sympathize, the same happens to people with anxiety. The vast majority of sufferers know that their fears and worries are irrational, but they don't need you to tell them this again and again. Instead, just listen to them and let the episode ride itself out.

**5. Keep them company**

Recent [research](#) by the University of Oxford found that people with big circles of friends had higher pain thresholds, and this is something that can be easily applied to anxiety. Hanging out with friends and loved

ones increase levels of endorphins, making the anxious person happy, as well as distracting them from their worries. If a friend or loved one is feeling particularly anxious, ask them if they would like to do something, whether with just you or a bigger group of friends.

**6. Don't push them too hard**

One of the problems with anxiety is that it can leave people feeling absolutely exhausted. If someone you know suffers from anxiety, it is likely that they are often in a hyper-tense state, both physically and mentally, which can be absolutely exhausting. It's important to remember this if you're trying to make your anxious friend do more and be more active—they can sometimes be too tired as opposed to just unwilling.

**7. Take care of yourself**

If you spend a lot of time with someone who has anxiety, it can sometimes start to affect your own mental health. When you start feeling overwhelmed or stressed, make sure to take some me time and do something you enjoy. It is always better to take a step back and relax, as being stressed around an anxious person can just make them stress as a result, setting off an unhealthy chain.

Harvey, C. (2016, July). *7 ways you can help someone with anxiety*. Retrieved from: Source:

[https://www.cosmo.ph/lifestyle/ways-you-can-help-someone-with-anxiety-src-intl-a658-20160719?utm\\_source=Facebook-Cosmo&utm\\_medium=Ownshare&utm\\_campaign=20180402-fbnp-lifestyle-ways-you-can-help-someone-with-anxiety-src-intl-a658-20160719-fbold](https://www.cosmo.ph/lifestyle/ways-you-can-help-someone-with-anxiety-src-intl-a658-20160719?utm_source=Facebook-Cosmo&utm_medium=Ownshare&utm_campaign=20180402-fbnp-lifestyle-ways-you-can-help-someone-with-anxiety-src-intl-a658-20160719-fbold)