



**GOD’S WORDS FOR TODAY (Jn.15:12-17)**

**The Holy Gospel according to St. John**

"This is my commandment, that you love one another as I have loved you. Greater love has no man than this that a man lay down his life for his friends. You are my friends if you do what I command you. No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you. You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide; so that whatever you ask the Father in my name, he may give it to you. This I command you, to love one another.

**REFLECTION:**

The Lord Jesus tells us that he is our personal friend and he loves us wholeheartedly and unconditionally. He wants us to love one another just as he has loved us, wholeheartedly, without reserve, and full of mercy, kindness, and forgiveness. His love fills our hearts and transforms our minds and frees us to give ourselves in loving service to others. If we open our hearts to his love and obey his command to love our neighbor, then we will know his love more fully and we will bear much fruit - especially the fruit of peace, joy, patience, kindness, and goodness - the kind of fruit that lasts for eternity. Do you wish to be fruitful and to abound in the love of God?

**PRAYER:**

Good Lord, teach us to serve you as you deserve, to give and not to count the cost, to fight and not to heed the wounds, to toil and not to seek for rest, to labor and not to ask for any reward. 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 OV CAR – GRADE SCHOOL COMMUNITY:**

**From the Assistant Principal for Administration**

1. Reminders on Exam days:
  - a. Wear complete school uniform.
  - b. Be mindful of the test schedule and dismissal time.
  - c. Eat heavy breakfast.
  - d. Take time to read and analyze the questions. Think twice before choosing/writing your answer.

2. 4<sup>th</sup> Qtr Test Schedule

**Nursery 1**

	May 7	May 8	May 9
7:00 – 8:00 (1 <sup>ST</sup> session) 10:30 – 11:30 (2 <sup>nd</sup> session)	Assembly/ Homeroom	Assembly/Homeroom	Assembly/Homeroom
8:00 – 9:00 (1 <sup>st</sup> session) 11:30-12:30(2 <sup>nd</sup> session)	Reading	Math	Oral Test/ Penmanship

**Nursery 2**

	May 7	May 8	May 9
7:00 – 7:40(1 <sup>ST</sup> session) 11:40 – 12::00(2 <sup>nd</sup> session)	Assembly/Homeroom	Assembly/Homeroom	Assembly/Homeroom
7:40 – 8:40 (1 <sup>st</sup> session) 12:00-1:00 (2 <sup>nd</sup> session)	Reading	Filipino	Oral Test / Penmanship
8:40-9:40 (1 <sup>st</sup> session) 1:00- 2:00 (2 <sup>nd</sup> session)	Language Arts	Math	Completion



**Grades 1- 3**

	<b>May 7</b>	<b>May 8</b>	<b>May 9</b>
7:00 - 7:40	Assembly/Homeroom	Assembly/Homeroom	Assembly/Homeroom
7:40 – 8:40	Social Studies	Language Arts	Reading
8:40-9:40	Filipino	Science	Math

**Grades 4 & 5**

	<b>May 7</b>	<b>May 8</b>	<b>May 9</b>
7:10 - 7:40	Assembly/Homeroom	Assembly/Homeroom	Assembly/Homeroom
7:40 – 8:40	Social Studies	English	Math
8:40 - 9:40	Filipino	Science	Completion

## 3. Lunch Break Proctoring Schedule

<b>AREA</b>	<b>TIME</b>	<b>FRIDAY</b>
BG 113	11:20 - 12:20	Ms. Mutia
BG 114	11:20 - 12:20	Ms. Rosilla
BB 111	11:20 - 12:20	Mr. Mercado
BB 110	11:20 - 12:20	Ms. Flores
BB 104	11:20 - 12:20	Ms. Gregorio/ Ms. Vicente

## 4. Looking Ahead:

May 10 – CEM Achievement Test

May 11 – Completion Day

**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 212	Ms. Ruth Ararao
Grade 1	BG 110	Ms. Maciz Cantos
Grade 3	BB 205	Ms. Daycel Alon

**Sponsors for Monday, May 7, 2018:**

Grade 4	BB 310	Ms. Elma Langamon
Grade 1	BG 111	Ms. Ella Gutierrez
Grade 3	BB 206	Ms. Lea Camacho

**On Recollection:**

Grade 5 BB 302 will have its Recollection today. Let’s all pray for the success of this spiritual activity.

<b>Date</b>	<b>Grade 6 Section</b>
May 11	BB 406
May 14	BB 405
May 15	BB 404
May 18	BB 306
May 22	BB 403
May 23	BB 401
May 24	BB 402

**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.

Class Advisers are invited to join their class in the celebration of the Holy Mass at 12:10 p.m. at the Capilla.

**FROM THE OV CAR – JUNIOR HIGH SCHOOL COMMUNITY:**

*From the Assistant Principal for Administration*

1. Students are reminded to settle their financial obligations with the FRD to avoid hassle during QA. Furthermore, make sure that obligations with other offices (GMs’ Office, Guidance Office, Sports Office, LRC, LAMP, etc.) and requirements with other teachers are done. This is for your strict compliance.
2. Christian John Laqui (DLSL-JHS Alumnus and Salindayaw member) is a candidate for Ginoong CALABARZON 2018 and online voting is requested for him to be included in the finals.

Please allow our students to do the following for online voting:

- a. Visit <https://pageantvote.ph/pageants/873>.
- b. Click the photo of Christian John C. Laqui and vote.
- c. You can cast your vote once a day until May 26, 2018.

Please encourage our students to support Christian. Since we have our wifi connection in every classroom, let us maximize our resources to help or students who needs support. Students may do this every morning during Homeroom period.

*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	BM 100	Ms. Caryl Aissa Maranan
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**12:10p.m.**

Grade 7	LS 105	Ms. Monique Rivera
Grade 8	LS 109	Ms. Annie Mae Pestejo

**Sponsors for Monday, May 7, 2018**

**6:30 a.m.**

Grade 9	LS 403	Ms. Gina Lontoc
Grade 7	LS 407	Ms. Glyndelyn Ona
Grade 8	LS411	Ms. Fatima Rivera

**On Pondong Batangan:**

Classes who already have filled Pondong Batangan Tibyo may start bringing them to the LAC office for records purposes and to be submitted to the ILFO. Thank you.

**FROM THE OV CAR – GUIDANCE OFFICE:**

1. **For Nursery 1 to Grade 10 Homeroom Advisers:** Please be informed that the deadline of submission of Student’s Anecdotal Record and Compilation of Homeroom Modules for Trials 1-3 Teachers is on May 28, 2018 while for Permanent Teachers is on June 5, 2018. Thank you.
2. **For Kinder Advisers / Teachers and Students:** Big thanks for accommodating Ms. Melisa Gonzales during the Fourth Counselor’s Time held yesterday.
3. **For Grades 1- 6 Homeroom Advisers, Subject Teachers and Students:** Please be informed that the **Diagnostic/Achievement Test in English, Math and Science** will be administered to **Grades 1-6** students on **May 10, 2018, Thursday** from **8:00 am onwards**. Students are reminded to bring pencils (Mongol #2), erasers, and sharpeners and to eat a heavy meal on the day of testing. Please also be reminded that the advisers will serve as proctors during the test. Briefing with them by the CEM staff will be held at **MMR 1** on **May 9, 2018** from **3:30pm-4:00pm**. Below is the schedule:

Grade	English	Recess	Math	Lunch	Science
Grade 1	8:00—9:20	9:20—9:40	9:40—11:00	11:00 – 11:40	11:40—1:00
Grade 2	8:00—9:10	9:10—9:30	9:30—10:50	10:50—11:30	11:30—12:40
Grade 3	8:00—9:30	9:30—9:50	9:50—11:20	11:20—12:00	12:00—1:10
Grade 4	8:00—9:30	9:30—9:50	9:50—11:30	11:30—12:10	12:10—1:40
Grade 5	8:00—9:30	9:30—9:50	9:50—11:30	11:30—12:10	12:10—1:40
Grade 6	8:00—10:00	10:00—10:20	10:20—12:00	12:00—12:40	12:40—2:30

4. **For Grades 1 & 2 Homeroom Advisers, Subject Teachers and Students:** Please be informed that the Kuhlmann – Anderson Test will be administered to Grades 1 and 2 students on **May 11, 2018**. Below is the schedule.

Grade & Section	Time	Subject	Teacher
G1 - BG 109	7:40 am – 9:00 am	Filipino & Math	Ms. D. Gutierrez & Ms. C. Hernandez
G1 - BG 110	7:40 am – 9:00 am	Social Studies & Language	Ms. E. Pagulayan & Ms. C. Del Mundo
G2 - BG 108	7:40 am – 9:00 am	Math & Reading	Ms. R. Pecayo & Ms. C. Arellano
G2 - BB 104	7:40 am – 9:00 am	Language and Christian Living	Ms. F. Lajara & Ms. N. Hernandez
G1 - BG 111	9:20 am – 10: 40 am	Filipino & Math	Ms. D. Gutierrez & Ms. C. Hernandez
G1 - BG 112	9:20 am – 10: 40 am	Christian Living	Ms. N. Hernandez
G2 - BB 110	9:20 am – 10: 40 am	Social Studies & Filipino	Ms. S. Sarmiento & Ms. G. Robles
G2 - BB 111	9:20 am – 10: 40 am	Math & Language	Ms. R. Pecayo & Ms. F. Lajara
G1 - BG 113	12:20 pm – 1:40 pm	Math & Music/Art	Ms. C. Hernandez & Ms. A. De Ocampo
G1 - BG 114	12:20 pm – 1:40 pm	Reading & Math	Ms. C. Arellano & Ms. C. Hernandez
G2 - BB 112	12:20 pm – 1:40 pm	Language & Filipino	Ms. F. Lajara & Ms. G. Robles

5. **For Grades 2-3 Advisers and Students:** The Guidance Services Evaluation form will be distributed on **Monday, May 7, 2018** during homeroom period. Advisers are requested to facilitate the answering of the forms. Thank you.
6. **For Grades 4-5 and Grades 7-9 Advisers and Students:** The Counseling Services Evaluation form will be distributed on **Monday, May 7, 2018** during homeroom period.
7. **For Grades 7 – 9 Homeroom Advisers, Subject Teachers and Students:** Please be informed that the **Diagnostic/Achievement Test in English, Math and Science** will be administered to **Grades 7-9 students** on **May 9, 2018** from **8:00 am onwards**. Students are reminded to bring pencils (Mongol #2), erasers, and sharpeners

and to eat a heavy meal on the day of testing. Please also be reminded that the advisers will serve as proctors during the test. Briefing with them by the CEM staff will be held at **MMR 1 from 7:20am-7:50am**. Below is the schedule:

Grade	ENGLISH	RECESS	MATH	LUNCH	SCIENCE
7	8:00 – 9:50	9:50 – 10:10	10:10 – 12:10	12:10 – 12:50	12:50 – 2:40
8	8:00 – 9:20	9:20 – 9:40	9:40 – 11:10	11:10 – 11:50	11:50 – 1:10
9	8:00 – 9:30	9:30 – 9:50	9:50 – 11:35	11:35 – 12:15	12:15 – 1:35

8. **For Grades 8 Homeroom Advisers, Subject Teachers and Students:** Please be informed that the **PACT-CEM Profiler (Philippine Aptitude Classification Test – CEM Career Interest Profiler)** will be administered to all **Grade 8 students** on **May 11, 2018, Friday, from 8:00 am – 12:30 pm**. Students are reminded to bring pencils (Mongol #2), eraser and sharpener and to eat a heavy meal on the day of testing. Briefing of proctors with the CEM staff will be held at **MMR 1 from 7:15 am-7:50 am**. Below is the list of proctors:

SECTION/ROOM	TIME	PROCTORS
LS 109	8:00 am – 12:10 pm	Ms. A. Pestejo
LS 110	8:00 am – 12:10 pm	Ms. A. Lacerna
LS 111	8:00 am – 12:10 pm	Mr. J. Lirio
LS 112	8:00 am – 12:10 pm	Ms. R. De Castro
LS 209	8:00 am – 12:10 pm	Ms. J. Dimaculangan
LS 210	8:00 am – 12:10 pm	Ms. M. Bautista
LS 211	8:00 am – 12:10 pm	Ms. G. Obeña
LS 212	8:00 am – 12:10 pm	Mr. J. Bigcas
LS 309	8:00 am – 12:10 pm	Ms. M. Laraya
LS 310	8:00 am – 12:10 pm	Ms. A. Fermin
LS 311	8:00 am – 12:10 pm	Mr. M. Zara
LS 312	8:00 am – 12:10 pm	Ms. M. T. Villaruel
LS 409	8:00 am – 12:10 pm	Ms. A. Morillo
LS 410	8:00 am – 12:10 pm	Mr. B. Taningco
LS 411	8:00 am – 12:10 pm	Ms. F. Rivera
LS 412	8:00 am – 12:10 pm	Ms. E. Pagcaliwangan

**FROM THE OV CAR –STUDENT ACTIVITIES OFFICE:**

1. **On newly elected SCB Officers.** Congratulations to the following newly elected SCB Officers. Thank you so much for all your support in making this on-line election a success! ANIMO!

High School		Grade School	
President	Votes	President	Votes
Avila, Clarisse Abigail	1346	LALUCES, Chino	443
Rubis, Peter Andrei	496	GUERRA, Mikaela Eunice	299
Vice - President		Vice - President	
Maalihan, Bea Alissandrine	1117	Amata, Raidon	429
Gonzales, Raphael	727	Bercilla, Aiden	315
Grade 8		Grade 6	
Manalo, Jan Mar Gavriel	388	Aba, Todd Gabriel	144
Uy, Benedict	309	Uy, Naomi Ashley	120
Bancoro, Ysabelle Rain	281	Magnaye, Arvinn John	95
Petalio, Ahyen Franzyn	183	Dario Julian Alver Patterson	97
Robles, Robe Andre Yllard	171		

Tibayan, Maria Daniela	168	<b>Grade 5</b>	
Belen, Rojoewel	82	Cantos, Cassie	136
Cenize, Gianna Raphaela	68	Fonte, Lhi	127
Guevarra, Iance Raphael	49	Saculo, Yew Niel	106
Pantalion, Sophia	44	Yabut, Yuri	105
<b>Grade 9</b>		<b>Grade 4</b>	
Narciso, Beatrice	454	Urrea, Gilliene Nicole	129
Fortu, Katrina Raphaela	409	Quinto, Immanuel Gerard	127
Mendoza, Raphaela Jeremy	310	Olanio, Yeshua	106
Malabanan, Amilov Geoff	289	Silviderio, Maria Alessandra	60
Baya, Chaltea Marie	212		
Candava, Maria Angelica	101		
<b>Grade 10</b>			
Dinglasan, Josiah Keil	384		
Ozaeta, Gaille Andrei	359		
De Gracia, Jean Aubrey	293		
Bendana, Pamela	280		
Alvarez, Mark Anthony	252		
Ariola, Jerus Jacob	157		

2. **On HIGHLIGHTS or Batch Culminating Activity of Grade 10.** Our Grade 10 shall have their Batch Culminating Activity today at the SENTRUM from 1:00PM to 4:30PM. This activity is sponsored by our SCB in coordination with the SAO. We cordially invite our Homeroom Advisers as this will also be the CSYA awarding. Thank you.
3. **On Clubs.** Club Moderators are reminded of the following:
  - 3.1. Submission of Outstanding Club Member in Grade 6 and Grade 10 only on or before May 7.
  - 3.2. Submission of Club Grades. Deadline is on May 9. Please follow the usual format and coordinate with Ms. Melissa Ishikawa for club concerns.
  - 3.3. Submission of Club Portfolio i.e. Constitution-By-Laws, Club Members, Club Officers, Minutes of Club Meetings, Documentation of Club Activities e.g. POA or Project Proposal, pictures, evaluation. Deadline is June 1.
4. **On Canteen Evaluation.** We request our Homeroom Advisers to please reiterate to our students to evaluate the Canteen Services on line. The canteen evaluation is open to Grade 4 up Senior High School via Canvas. Thank you very much.
5. **On The Bald Run 2.** I Love Santa Rosa and Cancer Warriors Foundation will once again initiate a **Run for a Reason called "THE BALD RUN 2"**. This project is organized to raise fund from 3K/5K/10K Fun Run which will be given to chosen kids fighting against cancer for their medications and other needs. The event is scheduled on **May 13, 2018 (Sunday) at SM City Santa Rosa** using the route of Santa Rosa – Biñan Access Road. Interested students may please enlist at the SAO until May 8. Thank you.
6. **On Color Run: Race for a Reason, Run for a Child 2.** This is an invitation to our students and Lasallian Partners to join the COLOR RUN; Race for a Reason, Run for a Child 2 on May 6, 2018, 4:00 in the morning at Lipa City Hall Grounds. This is for the benefit of 125 children and youth under Family Based Care Program and more than 700 children beneficiaries of SOS.

Categories	Student	Adult	Gun Start
3K	P 350	P 400	5:45AM
5K	P 400	P 450	5:30AM

Interested runners may please coordinate with the SAO and CIO or call 756-1192 or 0927-829-2610. Please note that registration fee is inclusive of singlet, race bib, certificates, and SOS pins for the first 300 registrants.

**FROM THE OVCM – INSTITUTIONAL LASALLIAN FORMATION OFFICE:**

**Senior High Recollection**

May 4 = S11-06  
= S11-07

May 7 = S11-08  
= S11-09

May 8 = S11-10  
= S11-11

May 9 = S11-12  
= S11-13

May 10 = S11-14  
= S11-15

May 11 = S11-16  
= S11-17  
= S11-18

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

**What Causes High Blood Pressure?**

Most of the time, there's no specific reason why someone has high blood pressure. This is called **essential hypertension** or **primary hypertension**. But some people have a medical condition that causes hypertension — like kidney disease or a thyroid disorder. This is called **secondary hypertension**.

If you have high blood pressure, a doctor might also check for high blood cholesterol and other conditions that could make heart disease or a stroke more likely.

Other causes of high blood pressure include:

- being obese
- stress
- lack of exercise
- too much salt in the diet
- using alcohol, tobacco, or illegal drugs
- some medicines (like steroids or birth control pills)
- premature birth or low birth weight

**How Do Doctors Diagnose Hypertension?**

A single reading showing high blood pressure doesn't mean that you have hypertension. It is a sign to watch your blood pressure, though. Sometimes, blood pressure needs to be checked several times over a period of days or weeks to determine if someone has hypertension.

Some people have what's called "white coat hypertension." This means that their blood pressure goes up when they're at a doctor's office because they're nervous. When they feel more relaxed, their blood pressure usually goes down. To make sure high blood pressure readings aren't caused by anxiety, doctors will sometimes track a person's blood pressure over a whole day. This is called ambulatory blood pressure monitoring.

If you have high blood pressure, your doctor will want to figure out why. He or she might ask about:

- your medical history
- the health of your family members
- any medicines or drugs you take
- if you use tobacco or drink alcohol
- your eating and exercise habits
- if you've had any kidney problems

Your doctor will probably weigh and measure you. He or she might do urine tests or blood tests to check for other conditions that can cause hypertension.

*to be cont...*

**SCHEDULE OF MEDICAL AND DENTAL**

<b>DATE</b>	<b>TIME</b>	<b>MEDICAL</b>	<b>DENTAL</b>
FRI. MAY 4, 2018	9:00-10:00 AM	-----	G9 BM 100
	10:00-11:00 AM	S11-05	S11-05
	2:00-3:00 PM	S11-03	-----
MON. MAY 7, 2018	9:00-10:00 AM	-----	S11-15
	10:00-11:00 AM	S11-01	S11-01
	2:00-3:00 PM	S11-14	-----
TUES. MAY 8, 2018	10:00-11:00 AM	A11-01	-----
	1:10-2:10 PM	-----	S11-04
	2:15-3:15 PM	A11-07	A11-07
THURS. MAY 10, 2018	9:00-10:00 AM	N1 BB 103 AM	G9 LS 103
	10:00-11:00 AM	-----	G9 LS 304
	2:00-3:00 PM	A11-02	-----
FRI. MAY 11, 2018	9:00-10:00 AM	-----	G9 LS 402
	10:00-11:00 AM	H11-03	G9 LS 404
	2:00-3:00 PM	S11-16	-----