



GOD’S WORDS FOR TODAY (Jn.16:5-11)

The Holy Gospel according to St. John

But now I am going to him who sent me; yet none of you asks me, ‘Where are you going?’ But because I have said these things to you, sorrow has filled your hearts. Nevertheless I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Counselor will not come to you; but if I go, I will send him to you. And when he comes, he will convince the world concerning sin and righteousness and judgment: concerning sin, because they do not believe in me; concerning righteousness, because I go to the Father, and you will see me no more; concerning judgment, because the ruler of this world is judged.

REFLECTION:

It is the work of the Holy Spirit to both convict us of our unbelief and wrongdoing and to convince us of God's truth. The Spirit convinces us of the righteousness (moral truth and goodness) of Christ, backed by the fact that Jesus rose again and went to his Father. The Holy Spirit also convicts us of judgment. When we heed his judgments we find true peace, joy and reconciliation with God. Do you allow the Holy Spirit free reign in your life that he may set you free from the grip of sin and set you ablaze with the fire of God's love?

PRAYER:

Loving Father, let me desire only what is pure, lovely, holy and good and in accord with the will of God and give me the courage to put away all that is not pleasing in your sight. 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. 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. 4th Qtr Test Schedule

Nursery 1

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

Nursery 2

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



Grades 1- 3

	May 8	May 9
7:00 - 7:40	Assembly/Homeroom	Assembly/Homeroom
7:40 – 8:40	Language Arts	Reading
8:40-9:40	Science	Math

Grades 4 & 5

	May 8	May 9
7:10 - 7:40	Assembly/Homeroom	Assembly/Homeroom
7:40 – 8:40	English	Math
8:40 - 9:40	Science	Completion

3. Looking Ahead:

May 10 – CEM Achievement Test

May 11 – Completion Day

FROM THE OVCAR – 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 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 **Thursday, May 10, 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 tomorrow** 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

3. **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 **Friday, May 11, 2018** following the schedule below:

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

4. **For Grades 4-5 Advisers and Students:** The Counseling Services Evaluation form will be distributed on **Friday, May 11, 2018** during homeroom period.
5. **For Grade 8 Students:** Please be reminded to settle your pending requirements at the Guidance Office until **May 10, 2018**. See Ms. Jane. Thank you.
6. **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 tomorrow** 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

7. **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 **Friday, May 11, 2018, Friday, from 7:40 am – 12:00 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 7:10am-7:40am**. Below is the list of proctors:

SECTION/ROOM	TIME	PROCTORS
LS 109	7:40 am – 12:00 pm	Ms. A. Pestejo
LS 110	7:40 am – 12:00 pm	Ms. A. Lacerna
LS 111	7:40 am – 12:00 pm	Mr. J. Lirio
LS 112	7:40 am – 12:00 pm	Ms. R. De Castro
LS 209	7:40 am – 12:00 pm	Ms. J. Dimaculangan
LS 210	7:40 am – 12:00 pm	Ms. M. Bautista
LS 211	7:40 am – 12:00 pm	Ms. G. Obeña
LS 212	7:40 am – 12:00 pm	Mr. J. Bigcas
LS 309	7:40 am – 12:00 pm	Ms. M. Laraya
LS 310	7:40 am – 12:00 pm	Ms. A. Fermin
LS 311	7:40 am – 12:00 pm	Mr. M. Zara
LS 312	7:40 am – 12:00 pm	Ms. M. T. Villaruel
LS 409	7:40 am – 12:00 pm	Ms. A. Morillo
LS 410	7:40 am – 12:00 pm	Mr. B. Taningco
LS 411	7:40 am – 12:00 pm	Ms. F. Rivera
LS 412	7:40 am – 12:00 pm	Ms. E. Pagcaliwangan

FROM THE OVCA – STUDENT ACTIVITIES OFFICE:

1. **On Clubs.** Club Moderators are reminded of the following:
 - 1.1. Submission of Club Grades. Deadline is TOMORROW. Please follow the usual format and coordinate with Ms. Melissa Ishikawa for club concerns.
 - 1.2. 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.
2. **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.
3. **On Canteen Evaluation.** We request our Homeroom Advisers to please reiterate with our students the following link in evaluating our Canteens:
GS Canteen Eval :
<https://tinyurl.com/y9xlp7p>

JHS/SHS: <https://tinyurl.com/ISCanteenEval>

Your honest evaluation shall mean a lot in improving the services of our canteens. Thank you very much.

FROM THE OVCM – INSTITUTIONAL LASALLIAN FORMATION OFFICE:

Senior High Recollection

May 8 = S11-10
= S11-13

May 9 = S11-12
= S11-11

May 10 = S11-14
= S11-15

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

FROM THE OVCA – INSTITUTIONAL HEALTH SERVICES:

10 ways to control high blood pressure

By making these 10 lifestyle changes, you can lower your blood pressure and reduce your risk of heart disease.

If you've been diagnosed with high blood pressure, you might be worried about taking medication to bring your numbers down.

Lifestyle plays an important role in treating your high blood pressure. If you successfully control your blood pressure with a healthy lifestyle, you might avoid, delay or reduce the need for medication.

Here are 10 lifestyle changes you can make to lower your blood pressure and keep it down.

1. Lose extra pounds and watch your waistline

Blood pressure often increases as weight increases. Being overweight also can cause disrupted breathing while you sleep (sleep apnea), which further raises your blood pressure.

Weight loss is one of the most effective lifestyle changes for controlling blood pressure. Losing even a small amount of weight if you're overweight or obese can help reduce your blood pressure. In general, you may reduce your blood pressure by about 1 millimeter of mercury (mm Hg) with each kilogram (about 2.2 pounds) of weight you lose.

Besides shedding pounds, you generally should also keep an eye on your waistline. Carrying too much weight around your waist can put you at greater risk of high blood pressure.

In general:

- Men are at risk if their waist measurement is greater than 40 inches (102 centimeters).
- Women are at risk if their waist measurement is greater than 35 inches (89 centimeters).

These numbers vary among ethnic groups. Ask your doctor about a healthy waist measurement for you.

2. Exercise regularly

Regular physical activity — such as 150 minutes a week, or about 30 minutes most days of the week — can lower your blood pressure by about 5 to 8 mm Hg if you have high blood pressure. It's important to be consistent because if you stop exercising, your blood pressure can rise again.

If you have elevated blood pressure, exercise can help you avoid developing hypertension. If you already have hypertension, regular physical activity can bring your blood pressure down to safer levels.

Some examples of aerobic exercise you may try to lower blood pressure include walking, jogging, cycling, swimming or dancing. You can also try high-intensity interval training, which involves alternating short bursts of intense activity with subsequent recovery periods of lighter activity. Strength training also can help reduce blood pressure. Aim to include strength training exercises at least two days a week. Talk to your doctor about developing an exercise program.

to be cont...

SCHEDULE OF MEDICAL AND DENTAL

DATE	TIME	MEDICAL	DENTAL
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	-----