



GOD’S WORDS FOR TODAY (Jn.16:12-15)

The Holy Gospel according to St. John

"I have yet many things to say to you, but you cannot bear them now. When the Spirit of truth comes, he will guide you into all the truth; for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come. He will glorify me, for he will take what is mine and declare it to you. All that the Father has is mine; therefore I said that he will take what is mine and declare it to you.

REFLECTION:

Do you live in the shadow of doubt and uncertainty or in the light of God's truth and revelation? Jesus proclaims that he is the Truth, the Way, and the Life (John 14:6). Truth is not something we create nor is it our discovery. It is the gift of God who is the possessor and giver of all truth. Jesus tells his disciples that it is the role of the Holy Spirit to reveal what is true, right, and good.

PRAYER:

Lord Jesus, free me from ignorance of your truth, and from deception and moral blindness caused by sinful pride and the refusal to believe and obey your word of truth. 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. CEM Achievement Test will be administered to Grades 1-6 tomorrow, May 10, 2018. Please be guided of its significant information from the Guidance office. Take note also of the recess and lunch break schedule.
2. Grades 1-3 Advisers are requested to supervise their class during recess and lunch break tomorrow and on Friday (May 10-11). Thank you.
3. Letter on Performance Enhancement Program (PEP) was already sent to the parents. Homeroom Advisers are requested to make follow-ups on this. Kindly submit the reply slips to Ms. Annie. Thank you.
4. 4th Qtr Test Schedule

Nursery 1

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

Nursery 2

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

Grades 1- 3

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



Grades 4 & 5

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

5. Commendation to the following classes for their generous donation to the Mission Collection:

- Grade 1: BG 112, BG 113
- Grade 2: BB 104, BG 108, BB 110, BB 111, BB 112
- Grade 3: BB 108, BB 109, BB 204, BB 205, BB 206
- Grade 4: BB 209, BB 210, BB 211, BB 212, BB 310, BB 311
- Grade 5: BB 304, BB 309
- Grade 6: BB 306, BB 405

6. Looking Ahead:

- May 10 – CEM Achievement Test
- May 15-17 – Special Exams
- May 11 – Completion Day
- June 18 - July 13 - PEP

FROM THE OVCAR – JUNIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal for Administration

Our commendation to the following classes for their donation to the mission collection:

- Grade 7: LS106, LS407
- Grade 9: LS401

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

- Grade 7: LS 106 of Mr. Jayson Baet
- Grade 9: LS 401 of Ms. Sheila Marie Villena

From the Learning Area Chairs

1. For the Evaluators of the 4th Quarter CAPSTONE (Reflection Paper):

- 1.1 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.
- 1.2. Google sheets forms will no longer be provided to you. Instead, you will have to meet with your respective co-evaluators to do the averaging. The average grade should be submitted to the concerned subject teacher of each section assigned to you.

2. For the Students:

Students who have not submitted the reflection (CAPSTONE) must go the OLAC (4th floor of the LS building) **on or before Friday, May 11, 2018**. Bring pen, paper and laptop.

3. Dates to Remember:

Please take note of the following important dates:

For Grade 10	
<i>**All CAPSTONE reflection papers should have been checked and the average scores should have been submitted to the concerned teachers.</i>	
May 7-10	Submission of grades to LAC
May 11	Approved encoded grades due to AP
May 18	Online viewing of grades
For Grades 7-9	
May 16	<i>Submission of the average scores (CAPSTONE reflection papers) to the concerned teachers</i>

May 21-24	Submission of grades to LAC
May 25	Approved encoded grades due to AP
May 30	Online viewing of grades

FROM THE OVCAR – SENIOR HIGH SCHOOL COMMUNITY

SCHEDULE OF GRADE 11 4TH QUARTERLY ASSESSMENT

May 28-30, 2018

Day 1 – May 28			
	ABM	HUMSS	STEM
08:00-9:00	FINBUSI	SOCCULT	SOCCULT
9:15-10:15	ACCOUNBM1	NONFICT	BASICALC
10:30-11:30			GENBIOL2
Day 2 – May 29			
	ABM	HUMSS	STEM
08:00-9:00	ENGACAD	COMMORAL	COMMORAL
9:15-10:15	PAGSURI	PAGSURI	PAGSURI
10:30-11:30	STATPRO	STATPRO	STATPRO
Day 3 – May 30			
	ABM	HUMSS	STEM
08:00-9:00			GENCHEM2
9:15-10:15			PERDEVT

ROOM ASSIGNMENT – GRADE 11		
	SECTION	ROOM
1	A11-01	JRN 103
2	A11-02	JRN 104
3	A11-03	JRN 201
4	A11-04	JRN 202
5	A11-05	JRN 203
6	A11-06	JRN 204
7	A11-07	JRN 301
8	A11-08	JRN 302
9	H11-01	JRN 102
10	H11-02	JRN 303
11	H11-03	JRN 304
12	H11-04	JRN 401
13	S11-01	JRN 402
14	S11-02	JRN 403
15	S11-03	JRN 404
16	S11-04	JRF 101
17	S11-05	JRF 102
18	S11-06	JRF 104
19	S11-07	JRF 201
20	S11-08	JRF 202
21	S11-09	JRF 203
22	S11-10	JRF 204
23	S11-11	JRF 301

24	S11-12	JRF 302
25	S11-13	JRF 303
26	S11-14	JRF 304
27	S11-15	JRF 401
28	S11-16	JRF 402
29	S11-17	JRF 403
30	S11-18	JRF 404

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 **tomorrow, 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 **today, 3:30 pm – 4:00pm at MMR 1**.

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 **tomorrow, 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 **tomorrow, May 11, 2018** during homeroom period.
5. **For Grade 8 Students:** Please be reminded to settle your pending requirements at the Guidance Office until **today**. See Ms. Jane. Thank you.
6. **For Grades 7 – 9 Homeroom Advisers, Subject Teachers and Students:** **Today** is the administration of the **Diagnostic/Achievement Test in English, Math and Science** to **Grades 7-9 students** from **8:00 am onwards**. Briefing with the advisers / proctors 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 tomorrow, May 11, 2018, 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 OVCM – INSTITUTIONAL LASALLIAN FORMATION OFFICE:

Senior High Recollection

May 9 = S11-12
= S11-11

May 10 = S11-14
= S11-15

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

FROM THE OVCAD – INSTITUTIONAL HEALTH SERVICES:

Cont... Ways to Control Hypertension

3. Eat a healthy diet

Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure by up to 11 mm Hg if you have high blood pressure. This eating plan is known as the Dietary Approaches to Stop Hypertension (DASH) diet.

It isn't easy to change your eating habits, but with these tips, you can adopt a healthy diet:

- **Keep a food diary.** Writing down what you eat, even for just a week, can shed surprising light on your true eating habits. Monitor what you eat, how much, when and why.
- **Consider boosting potassium.** Potassium can lessen the effects of sodium on blood pressure. The best source of potassium is food, such as fruits and vegetables, rather than supplements. Talk to your doctor about the potassium level that's best for you.
- **Be a smart shopper.** Read food labels when you shop and stick to your healthy-eating plan when you're dining out, too.

4. Reduce sodium in your diet

Even a small reduction in the sodium in your diet can improve your heart health and reduce blood pressure by about 5 to 6 mm Hg if you have high blood pressure.

The effect of sodium intake on blood pressure varies among groups of people. In general, limit sodium to 2,300 milligrams (mg) a day or less. However, a lower sodium intake — 1,500 mg a day or less — is ideal for most adults.

To decrease sodium in your diet, consider these tips:

- **Read food labels.** If possible, choose low-sodium alternatives of the foods and beverages you normally buy.
- **Eat fewer processed foods.** Only a small amount of sodium occurs naturally in foods. Most sodium is added during processing.
- **Don't add salt.** Just 1 level teaspoon of salt has 2,300 mg of sodium. Use herbs or spices to add flavor to your food.
- **Ease into it.** If you don't feel you can drastically reduce the sodium in your diet suddenly, cut back gradually. Your palate will adjust over time. to be cont...

SCHEDULE OF MEDICAL AND DENTAL

DATE	TIME	MEDICAL	DENTAL
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	-----