



GOD'S WORDS FOR TODAY (Jn.16:16-20)

The Holy Gospel according to St. John

"A little while, and you will see me no more; again a little while, and you will see me." Some of his disciples said to one another, "What is this that he says to us, 'A little while, and you will not see me, and again a little while, and you will see me'; and, 'because I go to the Father'?" They said, "What does he mean by 'a little while'? We do not know what he means." Jesus knew that they wanted to ask him; so he said to them, "Is this what you are asking yourselves, what I meant by saying, 'A little while, and you will not see me, and again a little while, and you will see me'? Truly, truly, I say to you, you will weep and lament, but the world will rejoice; you will be sorrowful, but your sorrow will turn into joy.

REFLECTION:

Jesus' orientation for the time between his first coming and his return in glory at the end of the world is a reversal of the world's fortunes. The world says take your joy now in whatever pleasures you can get from this present life. Jesus points to an "other-worldly" joy which transcends anything this world can offer. Jesus contrasts present sorrows with future joy. We cannot avoid pain and sorrow if we wish to follow Jesus to the cross. But in the cross of Christ we find freedom, victory, and joy. Do you know the joy of the Lord?

PRAYER:

Lord, may I witness to those around me the joy of the Gospel and the reality 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. CEM Achievement Tests will be administered to Grades 1-6 today. Everyone is encouraged to take the tests seriously.
2. Grades 1-3 Advisers are requested to supervise their class during recess and lunch break today and tomorrow. Thank you.
3. Homeroom Advisers are requested to make a follow-up on PEP. Kindly submit the reply slips to Ms. Annie.
4. Students who were not able to take the 4th Quarter Exams are reminded of the scheduled special exams on May 15-17, 2018.
5. Looking Ahead:
May 11 – Completion Day
June 18 - July 13 - PEP

FROM THE OVCAR – JUNIOR HIGH SCHOOL COMMUNITY:

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

*****All CAPSTONE reflection papers should have been checked and the average scores should have been submitted to the concerned teachers.***



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:

From the Assistant Principal for Administration

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: Today** is the administration of the **Diagnostic/Achievement Test in English, Math and Science** to **Grades 1-6** students from **8:00 am onwards**. Distribution of test materials will be held at **MMR 7** at **7:30 am**. 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 **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 1- 7 and 9 Homeroom Advisers, Subject Teachers and Students:** Absentees during the CEM Diagnostic / Achievement Test will be taking the test **tomorrow, May 11, 2018 at MMR 2 at 7:40 am onwards.** They are reminded to bring pencils (Mongol #2), eraser and sharpener and to eat a heavy meal on the day of testing. Advisers and Subjects Teachers, please excuse them in class. Thank you.
5. **For Grades 4-5 Advisers and Students:** The Counseling Services Evaluation form will be distributed **today** during homeroom period. Kindly submit it at the Guidance Office. Thank you.
6. **For Grades 7 – 9 Homeroom Advisers, Subject Teachers and Students:** Big thanks for the success of the administration of the **Diagnostic/Achievement Test** held yesterday.
7. **For Grades 8 Homeroom Advisers, Subject Teachers and Students:**
 - a. Absentees during the CEM Diagnostic / Achievement Test will be taking the test today at **MMR 8 at 7:40 am onwards.** They are reminded to bring pencils (Mongol #2), eraser and sharpener and to eat a heavy meal on the day of testing. Advisers and Subjects Teachers, please excuse them in class. Thank you.
 - b. 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 10 = S11-14
= S11-15

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

FROM THE OVCAD – INSTITUTIONAL HEALTH SERVICES:

Cont... Ways to Control Hypertension

5. Limit the amount of alcohol you drink

Alcohol can be both good and bad for your health. By drinking alcohol only in moderation you can potentially lower your blood pressure by about 4 mm Hg. One drink equals 12 ounces of beer, five ounces of wine or 1.5 ounces of 80-proof liquor.

But that protective effect is lost if you drink too much alcohol.

Drinking more than moderate amounts of alcohol can actually raise blood pressure by several points. It can also reduce the effectiveness of blood pressure medications.

6. Quit smoking

Each cigarette you smoke increases your blood pressure for many minutes after you finish. Stopping smoking helps your blood pressure return to normal. Quitting smoking can reduce your risk of heart disease and improve your overall health. People who quit smoking may live longer than people who never quit smoking.

7. Cut back on caffeine

The role caffeine plays in blood pressure is still debated. Caffeine can raise blood pressure up to 10 mm Hg in people who rarely consume it. But people who drink coffee regularly may experience little or no effect on their blood pressure.

Although the long-term effects of caffeine on blood pressure aren't clear, it's possible blood pressure may slightly increase.

To see if caffeine raises your blood pressure, check your pressure within 30 minutes of drinking a caffeinated beverage. If your blood pressure increases by 5 to 10 mm Hg, you may be sensitive to the blood pressure raising effects of caffeine. Talk to your doctor about the effects of caffeine on your blood pressure. 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	-----