



GOD’S WORDS FOR TODAY (Lk. 13:18-21)

The Holy Gospel according to St. Luke,

Jesus said , “What is the kingdom of God like? To what can I compare it? It is like a mustard seed that a person took and planted in the garden. When it was fully grown, it became a large bush and ‘the birds of the sky dwelt in its branches.’”

Again he said, “To what shall I compare the kingdom of God? It is like yeast that a woman took and mixed in with three measures of wheat flour until the whole batch of dough was leavened.”

MISSION VISION

“To be a sign of faith as an excellent educational institution, sharing in the Lasallian mission of teaching minds, touching hearts and transforming lives.”

FROM THE OVCAR – GRADE SCHOOL COMMUNITY:

From the Assistant Principal

1. Thanks to the Preschool classes and advisers for participating in the Children’s Fair held yesterday. Congratulations and thanks to the classes and office personnel who also took part in this annual activity hosted by the MCD.
2. Grades 4-6 Intramurals will end today. Congratulations to all the classes and advisers for your active participation in the games. Commendation is given to the MAPEH CC, Mr. Joseph Vallejo Jr., our MAPEH teachers, Academic Council and varsity players for facilitating the games. You made us enjoy the Intramurals 2015.
3. Mid-year break for students starts tomorrow. See you all on November 4, 2015. Have a restful break to everyone!

From the GS- Christian Living with Character Education Department

“Daily Meal with God”

Thank you so much to all Mass sponsors today. May we request the following classes to be the sponsors on November 4.

Grade 2	BG 109	Ms. Rowena Marquez
Grade 5	BB 301	Ms. Magdalena Mayuga
Grade 3	BB 208	Ms. Annie Embalsado
Grade 4	BB 310	Ms. Raquel Maralit

Dawn Rosary

Thank you so much to those who participated in the Dawn Rosary. Special thanks to ILFO with Ka Alex, all CLCE teachers, administrators and advisers for your support.

Block Rosary

Please be guided by the following schedule of the Block rosary from Grades 4-6 starting November 5- 13. Student Marshals are requested to assist the prayer leaders in maintaining the prayerful attitude of the students as you transfer the image of the Blessed Mother.

Date and time	Grade & Section	CLCE Teacher/Adviser
Nov. 5 (11:50)	Grade 4-BB 210 Grade 5-BB-301 Grade 6-BB-401	Ms. Elma Lingao/Ms. Elma Langamon Ms. Daycel Martija/Ms. Toots Mayuga Ms. Monette/Ms. Lein Saculo
Nov. 6 (11:50)	Grade 4-BB 211 Grade 5-BB-302 Grade 6-BB-402	Ms. Elma Lingao/Ms. Elma Lingao Ms. Daycel Martija/Ms. Daycel Martija Ms. Monette/Ms. Margie Magnaye
Nov. 9 (11:50)	Grade 4-BB -212 Grade 5-BB-303 Grade 6-BB-403	Ms. Elma Lingao/Ms. Regine Arada Ms. Daycel Martija/Ms. Jeramie Landicho Ms. Edna Yanga/Ms. Leah Sebu
Nov. 10 (11:50)	Grade 4-BB -309 Grade 5-BB-304 Grade 6-BB-404	Ms. Elma Lingao/Ms. Liezel Magnaye Ms. Daycel Martija/Mr. Max Bueno Ms. Marian Peña/Ms. Leonie Landicho
Nov. 11 (11:50)	Grade 4-BB -310 Grade 5-BB-305 Grade 6-BB-405	Ms. Elma Lingao/Ms. Raquel Maralit Ms. Daycel Martija/Ms. Maricel Comia Ms. Monette/Ms. Cecile Masilungan

Nov. 12 (11:50)	Grade 4-BB-311 Grade 5-BB-306 Grade 6-BB-406	Ms. Elma Lingao/Ms. Elevyn de Castro Ms. Daycel Martija/Ms. Marychrist Briguela Ms. Daycel Martija/Ms. Lorna Bagares
Nov. 13(11:50)	Grade 4-BB 312 Grade 5-BB-308 Grade 6-BB-41	Ms. Elma Lingao/ Ms. Kristine Abante Ms. Daycel Martija/Ms. Ruth Tapalla Ms. Monette de Villa/Ms. Verna Dimaala

From the Grade School Mathematics Department

Congratulations to Paolo Miguel Torres, Gerard Elmer Ilagan and Frederich Galen Angeles for bagging the Bronze Medal in the recently concluded 7th SCI-MATH Quiz Bee held in DLSU- Canlubang last October 24, 2015. Your dedication and desire to work and win as team are great help for this achievement.

Big salute also to their teachers, Ms. Leonie Landicho and Ms. Lorna Bagares for their untiring support and effort to train our great ACHIEVERS. We are really proud of you... ANIMO LA SALLE!!!

FROM THE OVCAR –JUNIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal

1. **For Grade 10:** This afternoon, you shall have the LYF practice at the Centen. Movement to the venue will be after the afternoon prayer. Your active participation and cooperation to this rehearsal is highly expected. Subject teachers are requested to accompany their classes during the practice. Thank you very much.
2. Tomorrow starts the short break for students; classes resume on November 4.
3. When we come back on November 4, we shall have Junior HS Community Mass at 8:00AM in the SENTRUM. Movement to the venue starts at 7:30 AM; the Mass will likely be 2 hours. Please follow the seating arrangement assigned by your respective GM. In addition, each class is requested to prepare its offertory to be donated to the Pondong Batangan. Thank you This Eucharistic Celebration is sponsored by English, CLCE and Social Studies departments.
4. Our commendation to the following classes for their donation to the mission collection:
Grade 7: LS111 Grade 8 : LS408

From the JHS English, Social Studies, and CLCE Departments:

1. All Grade 7 – 10 class treasurers will have a short meeting today, October 27 right after the morning prayer at the BHV gym.
2. **PONDONG BATANGAN**, if properly reflected on alongside the story of compassion in the Parable of Lazarus and the rich man, is equivalent to having a practical version of love as the path to the Kingdom or “getting to heaven, made easy”.

<http://archlipa.org/pondong-batangan/PBsupplement.pdf>

From the JHS Mathematics and Science Departments:

Congratulations to all the winners in the recently held 7th Sci – Math Interchool Challenge happened last October 24, 2015 at De La Salle University Integrated School, Canlubang. Our school was recognized as the OVER – ALL 1st Runner Up. Our gratitude also to Carl Joshua Africa, Regin Louis Patulot, Kiana Alecsandra Garing and George Ediah Castor for their participation in other events. Lastly, kudos to all the coaches and adult leaders. ANIMO LA SALLE!

Sci – Math Modulo Art - CHAMPION

Pierre Romayne Ilao

Sci – Math Infomercial – CHAMPION

- | | |
|------------------------------|-------------------------------|
| 1. Julia Reymonde Llanes | 6. Carlo Lorenzo Cadiz |
| 2. John Gabriel Garcia | 7. Jacob Vince Macatangay |
| 3. Vien Hannael Dimaculangan | 8. Andrae Jamal Tecson |
| 4. Rizza Danna Austria | 9. Rey Edward Arcega |
| 5. Lloyd Levi Cabacungan | 10. Lorenzo Miguel Villapando |

Sci – Math Race - 1st RUNNER UP

- | | |
|------------------------|--------------------------|
| 1. Mark Allen Rocafort | 3. Marcus Carlo Baroja |
| 2. Angelo Vince Perez | 4. Angelina Mae Precilla |

FROM THE OVCAD – INSTITUTIONAL HEALTH SERVICES:

Cont... Simple Ways to Live a Healthy Lifestyle

Eating Well

Eating a healthy diet is another part of the healthy lifestyle. Not only can a clean diet help with weight management, it can also improve your health and quality of life as you get older. You can use the new Plate to determine how many calories you need and what food groups you should focus on or, if you're looking for smaller changes, you can use these tips for simple ways to change how you eat:

- **Eat more fruit.** Add it to your cereal, your salads or even your dinners
- **Sneak in more veggies.** Add them wherever you can--a tomato on your sandwich, peppers on your pizza, or extra veggies in your pasta sauce. Keep precut or canned/frozen veggies ready for quick snacks.
- **Switch your salad dressing.** If you eat full-fat dressing, switch to something lighter and you'll automatically eat less calories.
- **Eat low-fat or fat-free dairy.** Switching to skim milk or fat free yogurt is another simple way to eat fewer calories without having to change too much in your diet.
- **Make some substitutions.** Look through your cabinets or fridge and pick 3 foods you eat every day. Write down the nutritional content and, the next time you're at the store, find lower-calorie substitutes for just those 3 items.

Creating a healthy lifestyle doesn't have to mean drastic changes. In fact, drastic changes almost always lead to failure. Making small changes in how you live each day can lead to big rewards, so figure out what you can to be healthy today.

Sources:<http://exercise.about.com/od/healthinjuries/a/healthylifestylel.htm>

Schedule of Medical and Dental Check Up

Date	Time	Medical	Dental
October 27, 2015	10:00am- 11:00am	G8- LS 212	
	02:00pm- 03:00pm		G8- LS 406
November 4, 2015	10:00am- 11:00am	G8- LS 308	G8-LS 308
November 5, 2015	02:00pm- 03:00pm	G10- BM 105	G8- LS 407
November 6, 2015	10:00am- 11:00am	G8- LS 408	G8- LS 408

FROM THE OVCM - GUIDANCE OFFICE:

1. **For Grade 9 Advisers and Students:** Big thanks for accommodating Mr. Jervy Delgado during the CFIT (Culture-Fair Intelligence Test) administration held last October 21 – 26, 2015.
2. **Looking Ahead:**
 - Nov 9: G7 Structured Homeroom- *Talk on Sexuality*
G8 – G10 Structured Homeroom
 - Nov 9 - 20: N1 – G3 Counselor’s Time
 - Nov 9 -13: G6 OLSAT Interpretation
 - Nov 10: G4 – G6 Structured Homeroom
 - Nov 13: G8 PACT- POIS Administration
 - Nov 16 - 20: G7 CFIT and HSPQ Interpretation
 - Nov 16: G7, G8, & G10 Structured Homeroom
G9 Structured Homeroom- *Talk on Sexuality/ Risk Behavior*
 - Nov 17: G4 – G6 Structured Homeroom

FROM THE OVCM - STUDENTS ACTIVITIES OFFICE:

1. **To all Lectors and Acolytes Club members:** There will be a practice today in LS 103 at 4:00 – 4:30 pm. This is in preparation for the Eucharistic celebration on November 4, 2015.

FROM THE OVCM – INSTITUTIONAL LASALLIAN FORMATION OFFICE:

Schedule of Recollection

November 6 Grade 7LS 109, LS 110, LS 103

Schedule of Retreat

November 5 – 6 G10 MM 203

November 23 – 24 G10 BM 205

FROM THE OVCM - SPORTS OFFICE:

NCAA South Volleyball Game

Date: October 27, 2015

Time: 7:00 am

Venue: Colegio de San Juan de Letran

De La Salle Lipa vs San Pablo Colleges

High School Volleyball A

Head Coach: Mr. Rosel Sumcad

Asst. Coach Mr. Peter Perez

	Name	Grade	Section		Name	Grade	Section
1	Aguilar, Kurt Mikhael M.	10	CMR 206	8	Linatoc, Jasmel Aaron E.	9	BM 103
2	Albano, Gildean C.	9	LS 402	9	Lumawag, Jose Maria R.	10	BM 204
3	Briones, Jean Royce D.	10	BM 204	10	Maglinao, Vince Gerard R.	9	BM 102
4	Cantos, Raliuz Joezer E.	9	LS 303	11	Malasique, Marcus Thomas C.	10	BM 204
5	Edep, Eugene Micko P.	10	BM 204	12	Mayuga, Allan Christian D.	10	BM 204
6	Encarnacion, Simon Joseph M.	8	LS 206	13	Ocana, Kurt Alan M.	9	LS 202
7	Enginco, Angelo Ricardo R.	10	BM 204				

NCAA South Volleyball Game

Date: November 6, 2015

Time: 7:00 am

Venue: Colegio de San Juan de Letran

De La Salle Lipa vs University of Batangas

High School Volleyball Boys A

Head Coach: Mr. Rosel Sumcad

Asst. Coach: Mr. Peter Perez

	Name	Grade	Section		Name	Grade	Section
1	Aguilar, Kurt Mikhael M.	10	CMR 206	8	Linatoc, Jasmel Aaron E.	9	BM 103
2	Albano, Gildean C.	9	LS 402	9	Lumawag, Jose Maria R.	10	BM 204
3	Briones, Jean Royce D.	10	BM 204	10	Maglinao, Vince Gerard R.	9	BM 102
4	Cantos, Raliuz Joezer E.	9	LS 303	11	Malasique, Marcus Thomas C.	10	BM 204
5	Edep, Eugene Micko P.	10	BM 204	12	Mayuga, Allan Christian D.	10	BM 204
6	Encarnacion, Simon Joseph M.	8	LS 206	13	Ocana, Kurt Alan M.	9	LS 202
7	Enginco, Angelo Ricardo R.	10	BM 204				