



GOD’S WORDS FOR TODAY (Mk. 4:26-34)

The Holy Gospel according to St. Mark

Jesus said to the crowds: "This is how it is with the Kingdom of God; it is as if a man were to scatter seed on the land and would sleep and rise night and day and the seed would sprout and grow, he knows not how. Of its own accord the land yields fruit, first the blade, then the ear, then the full grain in the ear. And when the grain is ripe, he wields the sickle at once, for the harvest has come."

He said, "To what shall we compare the Kingdom of God, or what parable can we use for it? It is like a mustard seed that, when it is sown in the ground, is the smallest of all the seeds on the earth. But once it is sown, it springs up and becomes the largest of plants and puts forth large branches, so that the birds of the sky can dwell in its shade."

With many such parables he spoke the word to them as they were able to understand it. Without parables he did not speak to them, but to his own disciples he explained everything in private.

Reflection:

What can mustard seeds teach us about the kingdom of God? The tiny mustard seed literally grew to be a tree which attracted numerous birds because they loved the little black mustard seed it produced. God's kingdom works in a similar fashion. It starts from the smallest beginnings in the hearts of men and women who are receptive to God's word. And it works unseen and causes a transformation from within. Just as a seed has no power to change itself until it is planted in the ground, so we cannot change our lives to be like God until God gives us the power of his Holy Spirit. Do you allow the seed of God's word to take deep root in your life and transform you into a fruit-bearing disciple of Jesus Christ?

Prayer:

Lord Jesus, fill me with your Holy Spirit and transform me into the Christ-like holiness you desire. Amen.

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 – OFFICE OF THE INTEGRATED SCHOOL PRINCIPAL:

From Sports and Culture Office

Payment for the Kabensang Tales of Php 60.00 shall be collected by the advisers during homeroom period today and on Monday. Kindly remit the payment at the Assistant Principal’s Office right after the collection. Please attach a class list.

FROM THE OVCAR – GRADE SCHOOL COMMUNITY:

From the Assistant Principal for Administration

1. Good luck to Grades 4 – 6 classes on their “Club Shirt Day” today at the BHV gym. The last subject teachers are requested to dismiss the students at 2:10pm so they can proceed to their respective club rooms for the necessary preparations. Movement to the venue shall start at 2:15pm. The club moderators are requested to accompany their members. Thank you.
2. On Musical Play: Grade 6 students who will watch the play hosted by St. Francis de Sales Major Seminary shall start moving to the SENTRUM at 1:40pm. Subject teachers are requested to accompany them. Those who will not join shall proceed to BB 41 for an activity to be facilitated by the GM.
3. On FFI: Third Quarter sessions will be on Jan. 30 – March 10, 2017. Kindly remind the attendees to submit the reply slip until Monday, Jan. 30. Subject teachers are requested to submit their specific schedule to the FFI manager, Ms. Rizza Limbo.
4. Lunch break proctoring schedule for today:

AREA	TIME	FRIDAY
BB 108-112	11:20-11:50	Ms.Lorna/Ms. Cel
	11:50-12:20	Ms. Elma/Ms. Olive
BG 108-114	11:20-11:50	Ms.Andrea/ Ms. Toots
	11:50-12:20	Ms. Tess
Grade 3 Area	11:30 -12:00	Ms. Gina

5. Community meeting at MMR 7, 3:10pm. Please come on time.
6. Looking Ahead:

Jan. 30 – Online Viewing of Grades
 Jan. 31 – BB 405 – KAAGAPAY activity



From the GS- CLCE Department

Thank you so much to the class sponsors today for participating in the Eucharistic celebration. The following classes are requested to attend on Monday:

Grade 3	BB 205	Ms. Jenny Asupre
Grade 4	BB 212	Ms. Elma Lingao
Grade 3	BB 206	Ms. Marian Pena
Grade 4	BB 309	Ms. Evelyn de Castro

From the Grade School Mathematics Department

SMC Mind Boggling for Teachers and Staff # 2 Winners –MATHEMATICS

Transforms children from:
 - Math haters into Math lovers
 - Math lovers into Math masters!

Correct Answer:

1. What is $3\frac{2}{5}$ of 50% of 6?
 Answer: 10.2 or $10\frac{1}{5}$

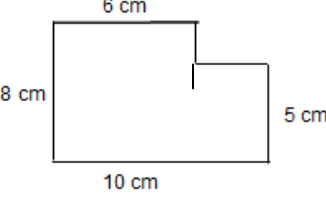
2. What is the area of the shape below?

A1 = 5cm x 4 cm
 20 cm²

A2 = 6cm x 8cm
 48 cm²

A1 + A2 = 20cm² + 48 cm

Total Area = 68 cm²



Winners: Ms. Josephine Jopia, Ms. Maria Ralyn Anog, Ms. Raquel Maralit and Ms. Michelle Macaraeg

CONGRATULATIONS and thanks for joining...

From the Grade School Computer Department

Computer Trivia

Did you know that....

David Bradley is credited for implementing the "Control-Alt-Delete" key combination that was used to reboot the computer.

Reference: http://en.wikipedia.org/wiki/David_Bradley_%28engineer%29

FROM THE OVCAR –JUNIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal for Administration

1. Lunch Break Proctoring schedule for today:

Teacher	Time	Place of Proctoring
Mr. Chris Torres Mr. Hiro Baon GMs	12:00- 1:00	Fine Dining BB canteen Greenspoon Café
Ms. Mary Rose Salvacion Ms. Alecks Dimaano Mr. Minerva Fanoga	1:00- 2:00	Fine Dining BB canteen Greenspoon Café

From the Junior High School Computer Department

Computer Trivia

Did you know that...

The @ symbol is known by various names, such as:

- in English: “at sign”, “at the rate”, “at symbol”, “at mark”, “commercial at”, “cyclips”, “ampersat” and “asperand”;
- its French name is “arobase” or sometimes “arrobe” or “arobe”;
- in Dutch it is called the “(little) monkey-tail”;
- in German, the “at symbol” or “spider monkey”;
- in Chinese, it is known as the “little mouse”;
- in Spanish and Portuguese it is the symbol for arroba, an archaic unit of weight (~25 pounds or 11.3 kilograms).

Reference: <http://blog.emailaddressmanager.com/outlook/funny-email-facts-trivia-info.html>

Computer Brain Teasers

1. The computer brain teasers will be published in the daily bulletin every Friday.
2. Students will write their answer on a ¼ sheet of paper.
3. The class secretary is requested to collect and submit the entries to the LAC secretary before 2:00pm.
4. One winner per grade will be drawn every week.
5. Winner will receive a prize.

Brain Teaser#1

Grade 7

Which of the following is NOT true about robot?

- A. Robot means fictional humanoids.
- B. Robots are of advanced technology and cannot do things at their own will.
- C. Most robots are common in our houses as household machines like washing machines, television and computers.
- D. Robot is a machine resembling a human being and able to replicate certain human movements and functions automatically.

Grade 8

Which HTML tag creates a link to another browser page?

- A. A href
- B. A ref
- C. An href
- D. An ref

Grade9

Which is an optional element of an event procedure?

- A. End Sub
- B. Object_Event
- C. Statements
- D. Sub

Grade10

How many pins does a SIMM have?

- A. 50
- B. 64
- C. 30 or 72
- D. 168

From the JHS Math Department

Congratulations to our first set of winners for the Math Brain Teasers.

Grade 7 – Allen Andrei Gutierrez (LS 108)

Answer: 11 cartons

Grade 8 – Sean Gerard Abacan

Answer: 2 km away

Grade 9 – Jamelah Mae Umali (LS 201)

Answer: 96 cm

Grade 10 – Rollen Joseph Martija (CMR 207)

Answer: 11 children

Winners may claim the prize from Ms. Nicca Mendoza at the Office of the LAC. Thank you very much for the active participation of our Grades 7 – 10 students. Kindly wait for the next Math Brain Teasers next Wednesday.

FROM THE OVCAR –SENIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal for Administration

1. On "Kabesang Tales" Play: All Class Treasurer are requested to turn the payment to Ms. Crece Roldan at the Discipline Officer's Office from 8:30 am to 9:00 am today and on Monday. Please be guided accordingly.
2. On ICL Time: All students are reminded to accomplish their academic requirements during ICL time scheduled per subject area.

FROM THE OVCAR- GUIDANCE OFFICE:

1. **For Grade 7 Advisers and Students:** Kindly forward the evaluation sheets of the module to the Guidance Office until today. Thank you.
2. **For Grade 8 Advisers, Subject Teachers and Students:**
 - a. Kindly forward the evaluation sheets of the module to the Guidance Office until today. Thank you.
 - b. **PACT-POIS (Philippine Aptitude Classification Test - Philippine Occupational Interest Survey) will be administered today from 8:00 am - 12:10 pm.** 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 and the schedule of testing activity:

SECTION/ROOM	TIME	PROCTORS
LS 210	8:00 am – 12:10 pm	Ms. M. Breones
LS 211	8:00 am – 12:10 pm	Ms. A. Dacles
LS 212	8:00 am – 12:10 pm	Ms. MA Padua
LS 307	8:00 am – 12:10 pm	Mr. C. Escartin
LS 308	8:00 am – 12:10 pm	Ms. L. Faeldonia
LS 309	8:00 am – 12:10 pm	Mr. J. Baet
LS 310	8:00 am – 12:10 pm	Ms. A. Buquir
LS 311	8:00 am – 12:10 pm	Ms. A. Fermin
LS 312	8:00 am – 12:10 pm	Ms. E. Africa
LS 405	8:00 am – 12:10 pm	Mr. J. Lirio
LS 406	8:00 am – 12:10 pm	Ms. A. Lacerna
LS 407	8:00 am – 12:10 pm	Ms. JA Dimaculangan
LS 408	8:00 am – 12:10 pm	Ms. E. Policarpio
LS 409	8:00 am – 12:10 pm	Ms. MT Villaruel
LS 410	8:00 am – 12:10 pm	Ms. AD Morillo
LS 411	8:00 am – 12:10 pm	Ms. M. Laraya
LS 412	8:00 am – 12:10 pm	Ms. J. Montales

3. **For Grade 9 Advisers, Subject Teachers and Students:** The following students are required to take PACT-POIS today, from 7:30am to 12:10pm at the MMR3:

ESPIRITU, Maria Giulia Alessandra G.	BM 101	AFRICA, John Uriel M.	LS 302
CAVERO, Francesca Louise P.	BM 102	ADAO, Maria Janna A.	LS 303
MAYO, Maria Katrina -.	BM 102	MARALIT, Alfonso Luis A.	LS 303
AQUINO, Stephen Darren John M.	LS 201	CARREON, Mary Kathleen G.	LS 303
GUILLERMO, Jericho Charles O.	LS 201	ANTIG, Jose Carlos L.	LS 304
INCIONG, Jethro Jervin -.	LS 201	DIMACULANGAN, Dan Christian M.	LS 304
SALANDANAN, Diana R.	LS 201	BANAAG, Cheennie S.	LS 305
RAMOS, JASON M.	LS 201	REQUIÑO, Klimbert Bryne M.	LS 305
NACHOR, Edrielle Anne L.	LS 202	RESQUID, Justine Marie D.	LS 305
RIVERA, John Lloyd P.	LS 202	FESTIJO, Adam Aron M.	LS 306
BOLOR, Tj Vincent B.	LS 203	MANGUERA, Jhazmin Joi C.(ret. / trans.)	LS 306
RACELIS, Arabella Francesca V.	LS 203	MARQUEZ, Galahad Khalil I.	LS 306
DIMAANO, Harold J.	LS 203	BARRETE, Theanna Shannon Alejandra P.	LS 402
MENDOZA, Marie Ira M.	LS 203	CARPIO, Mariel Hazel T. (ret./ trans.)	LS 402
CUEVAS, Immanuel M.	LS 204	MALAIBA, Pia Diana M.	LS 402
FERRANCULLO, John Shervin D.	LS 204	PAPIO, Francis J B.	LS 402

TOLENTINO, ROBIN LOUISE	LS 204	KATIGBAK, Cindy Marie P.	LS 403
REVATORIS, Heart M.(ret. / trans.)	LS 301	MASA, Kiana Dominique Z.(ret. / trans.)	LS 404
INANDAN, Justine Dawn K.	LS 302	SALAZAR, Ruth Angele L.	LS 404

Subject teachers are requested to excuse them from their classes. Thank you.

4. For G10 Advisers and Students:

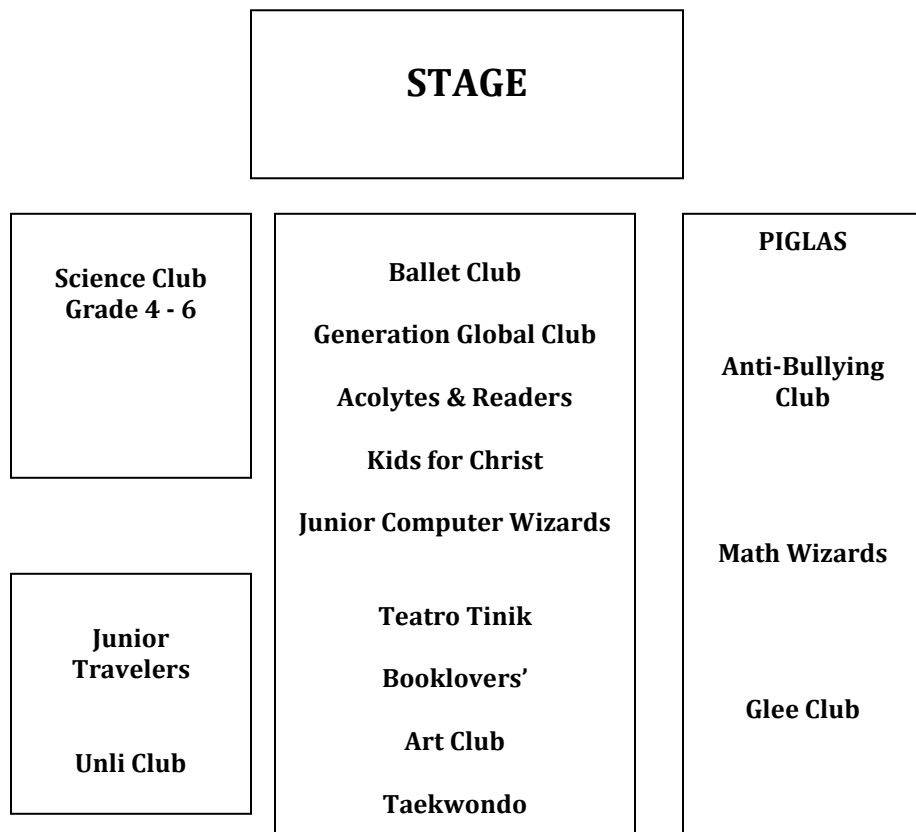
- a. Kindly forward the evaluation sheets of the module to the Guidance Office until today. Thank you.
- b. For those who were assessed already and will reserve slot for SHS, get your accomplished career assessment form in the Guidance Office before payment of reservation fee to the Cashier’s Office. Just get the accomplished career assessment form if you are sure already that you will reserve a slot to avoid loss of the said form.
- c. For those who failed to have their assessment during their scheduled period, report to the office to enlist your name in a new schedule. Failure to be assessed will mean no pre-registration for SHS.

5. Looking Ahead:

February 6-7	G6 OLSAT Interpretation
13	G7 – G10 Structured Homeroom
14	G4 - G6 Structured Homeroom

FROM THE OVCAR - STUDENT ACTIVITIES OFFICE:

1. **On Club Shirt Day.** Today, we shall have the CSD or Club Shirt Day in Grade School at the BHV Gym from 2:20 – 3:00PM. Club Moderators are requested to please take note of the seating arrangement for orderly and smooth flow of the program. Some club shirts are not yet delivered by the supplier. Please wait for further notice. Thank you very much.



2. **On Musical Play at St. Bridget College.** A Filipino musical adaptation of Mulan shall be staged at St. Bridget College until February 4, 2017 from 3:00-5:00PM for P120. Performing Arts Clubs are invited to watch on February 1. The Club President may please prepare the sign-up list and submit to the SAO until Monday, January 30, 12:00nn. Please get in touch with the SAO for other details. Thank you.
3. **On Booths.** We invite our students in Junior High School to sponsor Class or Club booth in the coming 54th Foundation Celebration scheduled on February 16-18, 2017. You may please visit the SAO to secure application form and enlistment. Deadline of submission of accomplished Application Form is set on February 2, 4:00PM at the SAO. Thank you.
4. **On B.Y.O.U.** We are changing the climate of the planet by our every choice. What can we do to show we care about the environment and the next generation of this planet? Let us support the B.Y.O.U. Project of the school Lasallians. **#BYOUadvocate.**

FROM THE OVCAR – INSTITUTIONAL LASALLIAN FORMATION OFFICE:

Schedule of Retreat

February 2 & 3 BM 205

February 6 & 7 BM 206

FROM THE OVCAR – COMMUNITY INVOLVEMENT OFFICE:

SCHEDULE OF GRADE 8 KAPUSO EXPOSURE & OUTREACH ACTIVITY

Date	Section	Partner Community
Jan. 30, 2017 (Mon.)	Grade 8 LS-210	Sagip Buhay Tahanan Foundation Inc., Bauan Batangas
Jan. 31, 2017 (Tues.)	Grade 8 LS-211	Sta. Ana-San Joaquin Bahay Ampunan, Tanauan City
Feb. 1, 2017 (Wed.)	Grade 8 LS-309	Tahanan ng Mahal na Ina ng Guadalupe, Lipa City
Feb. 3, 2017 (Fri.)	Grade 8 LS-212	Sagip Buhay Tahanan Foundation Inc., Bauan Batangas
Feb. 6, 2017 (Mon.)	Grade 8 LS-308	Sta. Ana-San Joaquin Bahay Ampunan, Tanauan City
Feb. 8, 2017 (Wed.)	Grade 8 LS-310	Tahanan ng Mahal na Ina ng Guadalupe, Lipa City
Feb. 10, 2017 (Fri.)	Grade 8 LS-307	Sagip Buhay Tahanan Foundation Inc., Bauan Batangas
Feb. 13, 2017 (Mon.)	Grade 8 LS-311	Sta. Ana-San Joaquin Bahay Ampunan, Tanauan City
Feb. 14, 2017 (Tues.)	Grade 8 LS-405	Sta. Ana-San Joaquin Bahay Ampunan, Tanauan City
Feb. 15, 2017 (Wed.)	Grade 8 LS-312	Sagip Buhay Tahanan Foundation Inc., Bauan Batangas
Feb. 22, 2017 (Wed.)	Grade 8 LS-407	Sta. Ana-San Joaquin Bahay Ampunan, Tanauan City
Feb. 24, 2017 (Fri.)	Grade 8 LS-406	Tahanan ng Mahal na Ina ng Guadalupe, Lipa City
Feb. 27, 2017 (Mon.)	Grade 8 LS-409	Sagip Buhay Tahanan Foundation Inc., Bauan Batangas
Feb. 28, 2017 (Tues.)	Grade 8 LS-408	Sta. Ana-San Joaquin Bahay Ampunan, Tanauan City
Mar. 1, 2017 (Wed.)	Grade 8 LS-410	Tahanan ng Mahal na Ina ng Guadalupe, Lipa City
Mar. 2, 2017 (Thurs.)	Grade 8 LS-411	Sagip Buhay Tahanan Foundation Inc., Bauan Batangas
Mar. 3, 2017 (Fri.)	Grade 8 LS-412	Tahanan ng Mahal na Ina ng Guadalupe, Lipa City

FROM THE OVCAD – INSTITUTIONAL HEALTH SERVICES:

WAYS TO HELP PREVENT CANCER & STAY HEALTHY

Eight healthy behaviors can go a long way toward improving your health and lowering your risk of many cancers as well as heart disease, stroke, diabetes, and osteoporosis. And they're not as complicated as you might think.

So take control of your health, and encourage your family to do the same. Choose one or two of the behaviors below to start with.

1. Maintain a Healthy Weight

Keeping your weight in check is often easier said than done, but a few simple tips can help. First off, if you're overweight, focus initially on not gaining any more weight. This by itself can improve your health. Then, when you're ready, try to take off some extra pounds for an even greater health boost.

Tips

- Integrate physical activity and movement into your life.
- Eat a diet rich in fruits, vegetables and whole grains.
- Choose smaller portions and eat more slowly.

Schedule of Medical Check-up

Date	Time	Section
January 27, 2017	10:00 – 11:00 am	G8 – LS 411
	02:00 – 03:00 pm	G8 – LS 409
January 30, 2017	10:00 am-11:00 am	G7 – LS 206
	02:00 pm- 03:00 pm	G6 – BB 405
January 31, 2017	10:00 am – 11:00 am	G6 – BB 406
	02:00 pm - 03:00 pm	G7 – LS 207
February 1, 2017	09:20 am -10:20 am	G1 – BB 110
	02:00 pm -03:00 pm	G8 – LS 406

February 2, 2017	09:40 am - 10:40 am	G10 – MM 203
	02:00 pm – 03:00 pm	G8 – CMR 201
February 3, 2017	10:00 am – 11:00 am	G8 – LS 407
	02:00 pm – 03:00 pm	G8 – LS 408

Schedule of Dental Check-up

Date	Time	Section
January 27, 2017	08:40 am – 09:40 am	G9 – BM 103
January 30, 2017	08:40 am- 09:40 am	G8 – LS 209
January 31, 2017	02:00 pm – 03:00 pm	G9 – LS 403
February 1, 2017	09:20 am – 10:20 am	G1 – BB 110
February 2, 2017	02:00 pm – 03:00 pm	G9 – BM 102
February 3, 2017	08:40 am – 09:40 am	G9 – LS 304

FROM THE OVCM – LASALLIAN ASSISTANCE MANAGEMENT PROGRAM (LAMP) OFFICE:

All High School scholars namely Expanded, STAR, MA, Freeschool and Privately Funded are requested to submit photocopy of their 2nd quarter report card at the LAMP Office on or before February 3, 2017.

FROM THE OVCM – SPORTS OFFICE

Tomorrow, the JR. NBA will be offering **FREE Basketball Clinic and Training to children aged 10-16 years old from 8:00 -3:00 pm at the SPORTS CENTER (before the Retreat House) instead of SENTRUM.** Well known basketball coaches in the Philippines and from JR NBA shall handle the clinic. Participants are expected to be at the venue one hour before the registration due to flock of participants

January 28, 2017

Morning Session

Registration 8:00 AM– 9:00 AM
 Clinic Time 9:00 AM – 11:00 AM (Session I)

Afternoon Session

Registration – 12:00NN- 1:00 PM
 Clinic Time – 1:00PM -3:00 PM (Session 2)

All interested students are requested to come in their proper playing attire.

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