



GOD’S WORDS FOR TODAY (Mk. 5:1-20)

The Holy Gospel according to St. Mark

Jesus and his disciples came to the other side of the sea, to the territory of the Gerasenes. When he got out of the boat, at once a man from the tombs who had an unclean spirit met him. The man had been dwelling among the tombs, and no one could restrain him any longer, even with a chain. In fact, he had frequently been bound with shackles and chains, but the chains had been pulled apart by him and the shackles smashed, and no one was strong enough to subdue him. Night and day among the tombs and on the hillsides he was always crying out and bruising himself with stones. Catching sight of Jesus from a distance, he ran up and prostrated himself before him, crying out in a loud voice, "What have you to do with me, Jesus, Son of the Most High God? I adjure you by God, do not torment me!" (He had been saying to him, "Unclean spirit, come out of the man!") He asked him, "What is your name?" He replied, "Legion is my name. There are many of us." And he pleaded earnestly with him not to drive them away from that territory.

Now a large herd of swine was feeding there on the hillside. And they pleaded with him, "Send us into the swine. Let us enter them." And he let them, and the unclean spirits came out and entered the swine. The herd of about two thousand rushed down a steep bank into the sea, where they were drowned. The swineherds ran away and reported the incident in the town and throughout the countryside. And people came out to see what had happened. As they approached Jesus, they caught sight of the man who had been possessed by Legion, sitting there clothed and in his right mind. And they were seized with fear. Those who witnessed the incident explained to them what had happened to the possessed man and to the swine. Then they began to beg him to leave their district. As he was getting into the boat, the man who had been possessed pleaded to remain with him. But Jesus would not permit him but told him instead, "Go home to your family and announce to them all that the Lord in his pity has done for you." Then the man went off and began to proclaim in the Decapolis what Jesus had done for him; and all were amazed.

Reflection:

Jesus took pity on the man who was overtaken by a legion of evil spirits. The destructive force of these demons is evident for all who can see as they flee and destroy a herd of swine. After Jesus freed the demoniac the whole city came out to meet him. No one had demonstrated such power and authority against the forces of Satan as Jesus did. They feared Jesus as a result and begged him to leave them. Why would they not want Jesus to stay? Perhaps the price for such liberation from the power of evil and sin was more than they wanted to pay. Jesus is ready and willing to free us from anything that binds us and that keeps us from the love of God. Are you willing to part with anything that might keep you from his love and saving grace?

Prayer:

Lord Jesus, unbind me that I may love you wholly and walk in the freedom of your way of life and holiness. 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 – GRADE SCHOOL COMMUNITY:

From the Assistant Principal for Administration

1. Online viewing of grades begins today. Advisers are requested to assist those who have concerns on this. Likewise, kindly monitor the online viewing status of your class.
2. On FFI: Third Quarter sessions will begin this week. Subject teachers are requested to submit their specific schedule to Ms. Rizza.
3. Lunch break proctoring schedule for today:

AREA	TIME	MONDAY
BB 108-112	11:20-11:50	Ms. Ella
	11:50-12:20	Ms. Edna
BG 108-114	11:20-11:50	Ms. Fe
	11:50-12:20	Ms. Leonie
Grade 3 Area	11:30 -12:00	Ms.Arlene D./Ms. Mitch

4. Looking Ahead:

Jan. 31 – BB 405 – KAAGAPAY activity

Feb. 2 - BB 406 – 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 tomorrow:

Grade 3	BB 208	Ms. Lea Camacho
Grade 4	BB 310	Ms. Regina Arada
Grade 3	BB 209	Ms. Marilyn Camitan
Grade 4	BB 311	Ms. Elma Langamon

From the GS Science Department

Science Trivia

1. If you go into space, do you get taller? *Yes, the cartilage disks in your spine expand under zero gravity.*
2. Who has more hair follicles, blondes or brunettes? *Blondes*

Source: fizzicseducation.com.au/Free+experiments/science+trivia.html#humantrivia

From the Grade School Moderators

1. All students are reminded of the following:
 - a. maintain the cleanliness of the classroom and corridor
 - b. avoid playing before homeroom period , recess and lunch break
 - c. be mindful of the :
 - allotted time for recess and lunch break
 - curfew time in the building (4:00 p.m)
 - off – limit areas before homeroom period, during recess, lunch break and dismissal time
 - lunch break policy
 - d. take care of their personal belongings.

NOTE: Whenever the students move out to transfer to another place for an activity, assigned students are requested to lock the doors and turn off the lights and ceiling fans. Classroom keys are available in the BB Hall Guard.

- e. observe Clean as You Go Policy
- f. secure Student Pass
 - to give the right to re – enter his class after absence (with correct format of the letter and /or tardiness, transact business in the offices of e.g Grade Moderator, Clinic, Guidance Counselor)
 - to permit them for not wearing the complete school uniform and for leaving the campus during class hours

NOTE: Failure to get an admit pass (absent, tardy, school uniform, leave school ...) is a violation.

- g. refrain from quarrelling, ridiculing others, fighting , or being accomplices to misconduct in and/or out of the campus
- h. submit the reply slip on a given time

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. Randy Palestina Ms. Edlyn Ebreo Ms. Golda Obeña	12:00- 1:00	Fine Dining BB canteen Greenspoon Café
Mr. Roldan delos Reyes Mr. Jrex Atienza Ms. Cora Magcawas	1:00- 2:00	Fine Dining BB canteen Greenspoon Café

2. Some female students in the Junior High School are coming to school without the necktie. Please be reminded that it is a part of your school uniform. Any female student who will be seen not wearing the necktie as part of the regular school uniform will be dealt with accordingly.

From the Junior High School Science Department

Science Trivia

A honey bee could visit around **2000 flowers in a day**, flying around **25 kilometers** per hour! That's not all. It would take about **2 million flowers** for these little creatures to visit to make just half a kilogram of honey! Not only that, just one single honey bee colony can produce between **30 to 40 kilograms of honey in a year**. Can anyone beat that?

So, let's remember how much hard work goes into a single spoonful of honey that we so *yummily* use as part of our food.

Source: <https://www.sciensational.com/blog/2007/10/100-pure-honey-facts.html>

Science Brain Teasers:

1. This Science brain teaser is published every Monday in the Daily Bulletin.
2. Answer to this brain teaser should be written in a ¼ sheet of paper and be submitted to the class secretary. The class secretary will submit the papers/entries to the LAC secretary before 2:00 pm.
3. A winner per grade will be drawn every week and will receive a prize.

Grade 9 and 10

Assume a situation. There is an earthquake which is one point higher on the Richter scale than another earthquake which is ten times powerful. Now how much powerful do you think the earthquake will be if it was just 1/2 a point higher on the Richter scale?

Grade 7 and 8

What is black when you buy it, red when you use it, and gray when you throw it away?

From the Grade Moderators Office

All students are reminded not to play DOTA or any computer games in nearby computer shops within 500m of the school's vicinity most especially after dismissal and you're still wearing the school uniform. Remember that your top priority should be your academics and not to bet or to gamble with your friends and other students and outsiders. Reports have already reached our office that some JHS students are playing and betting computer games after dismissal.

For Grade 9

1. The Grade 9 community is very happy for the success of one of its members - Arabella Racelis of LS 203. She is one of the top 15 YouTube Personalities of the Philippines of the Influence Asia Awards. Congratulations, Bella and may you continue to be an inspiration to your generation!
2. Commendation to BM 100 of Mr. Arthur Dimaculangan for getting 5.00 in the Early Morning Observation.

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. Please be guided accordingly.
2. On ICL Time: All students are reminded to accomplish their academic requirements during ICL time scheduled per subject area.
3. **Grade 11 LASALYANONG KAMALAYAN Exposure and Outreach Activity Schedule:**

TRACK	OUTREACH SCHEDULE		Venue
A11-01	Monday, January 30, 2017	1-5 pm	Senator Claro M. Recto Memorial School
A11-02	Wednesday, February 01, 2017	1-5 pm	Bolbok Elementary School
A11-03	Friday, February 03, 2017	1-5 pm	Bolbok Elementary School
A11-04	Monday, February 06, 2017	1-5 pm	Senator Claro M. Recto Memorial School
A11-05	Wednesday, February 08, 2017	1-5 pm	Bagong Pook Elementary School
A11-06	Thursday, February 09, 2017	1-5 pm	Bagong Pook Elementary School
A11-07	Friday, February 10, 2017	1-5 pm	Mabini Elementary School

**Grade 11 Lasalyanong Kamalayan Orientation Schedule for
A11-08, A11-09, A11-10 and G11-01:**

Section	Orientation Date	Time	Room
A11-08	Thursday, February 02, 2017	8:30-9:00	JRN301
A11-09	Thursday, February 02, 2017	1:40-2:10	JRN302
A11-10	Thursday, February 02, 2017	2:00-2:30	JRN303
G11-01	Thursday, February 02, 2017	2:00-2:30	JRN303

FROM THE OVCAR- GUIDANCE OFFICE:

1. **For Grade 8 Homeroom Advisers, Subject Teachers and Students:** Big thanks for the successful administration of PACT-POIS (Philippine Aptitude Classification Test - Philippine Occupational Interest Survey) last Friday, January 27, 2017.
2. **For G9 Homeroom Advisers and Students:** Kindly accomplish the homeroom evaluation form for the talk about Sexuality held last January 23. Thank you.
3. **For G10 Advisers and Students:**
 - a. 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.
 - b. 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.
4. **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. Congratulations to our Club Moderators and Club Members in Grade School for the success of the launching of CSD or Club Shirt Day last Friday. Please take note that we shall have Club Meeting this week in both Grade School and Junior High. All Club Members are expected to wear their Club Shirt during Club Meeting. Those who have concerns about their club shirt may please visit the SAO and look for Ms. Thea. For your information, some club shirts are not yet delivered by the supplier as of this time. Thank you very much.
2. **On Musical Play at St. Bridget College.** Today is the deadline of submission of the list of participants who will watch *Mulan*, a Filipino musical adaptation. This musical play shall be staged at St. Bridget College on February 1 from 3:00-5:00PM . All participants are reminded of the following:
 - a. Please wear Type B Uniform.
 - b. Prepare P120 as payment for the musical play.
 - c. Club Moderator or Club President must secure a waiver at the SAO.
 - d. Time of departure from DLSL to SBCC is 1:30PM and expected time of arrival at De La Salle Lipa from SBC is 6:00PM.
Note: Those who are from Batangas area may please submit a letter from their parents informing the organizer (SAO/Club Moderator) that they will be fetched by their parents at SBC. Please coordinate with the SAO for transportation arrangements. 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. Please note that all Booth Operators are requested to attach the POA in your Booth Application. Deadline of submission of accomplished Application Form and POA is on February 2, 4:00PM at the SAO. Thank you.
4. **On B.Y.O.U.** Bottled Water: the plastic from water bottles can sit in landfills for 500 or more years before they even begin to decompose. The solution? Lets BYOU 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

Please refer to the schedule posted in the previous bulletin. Thank you.

FROM THE OVCAID – INSTITUTIONAL HEALTH SERVICES:

WAYS TO HELP PREVENT CANCER & STAY HEALTHY

2. Exercise Regularly

Few things are as good for you as regular physical activity. While it can be hard to find the time, it's important to fit in at least 30 minutes of activity every day. More is even better, but any amount is better than none.

Tips

- Choose activities you enjoy. Many things count as exercise, including walking, gardening and dancing.
- Make exercise a habit by setting aside the same time for it each day. Try going to the gym at lunchtime or taking a walk regularly after dinner.
- Stay motivated by exercising with someone.

to be cont...

Schedule of Medical Check-up

Date	Time	Section
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 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 AND CULTURE OFFICE:

Viewing of Kabesang Tales for Grades 9 – 11 is scheduled on February 14, 2017, 9:00 – 11:00 at the SENTRUM. Afternoon schedule is reserved for the College students. Faculty members can watch for free.

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