



**GOD’S WORDS FOR TODAY (Mk. 5:21-43)**

*The Holy Gospel according to St. Mark*

When Jesus had crossed again in the boat to the other side, a large crowd gathered around him, and he stayed close to the sea. One of the synagogue officials, named Jairus, came forward. Seeing him he fell at his feet and pleaded earnestly with him, saying, "My daughter is at the point of death. Please, come lay your hands on her that she may get well and live." He went off with him and a large crowd followed him.

There was a woman afflicted with hemorrhages for twelve years. She had suffered greatly at the hands of many doctors and had spent all that she had. Yet she was not helped but only grew worse. She had heard about Jesus and came up behind him in the crowd and touched his cloak. She said, "If I but touch his clothes, I shall be cured." Immediately her flow of blood dried up. She felt in her body that she was healed of her affliction. Jesus, aware at once that power had gone out from him, turned around in the crowd and asked, "Who has touched my clothes?" But his disciples said to him, "You see how the crowd is pressing upon you, and yet you ask, Who touched me?" And he looked around to see who had done it. The woman, realizing what had happened to her, approached in fear and trembling. She fell down before Jesus and told him the whole truth. He said to her, "Daughter, your faith has saved you. Go in peace and be cured of your affliction." While he was still speaking, people from the synagogue official's house arrived and said, "Your daughter has died; why trouble the teacher any longer?" Disregarding the message that was reported, Jesus said to the synagogue official, "Do not be afraid; just have faith." He did not allow anyone to accompany him inside except Peter, James, and John, the brother of James. When they arrived at the house of the synagogue official, he caught sight of a commotion, people weeping and wailing loudly. So he went in and said to them, "Why this commotion and weeping? The child is not dead but asleep." And they ridiculed him. Then he put them all out. He took along the child's father and mother and those who were with him and entered the room where the child was. He took the child by the hand and said to her, "*Talitha koum*," which means, "Little girl, I say to you, arise!" The girl, a child of twelve, arose immediately and walked around. At that they were utterly astounded. He gave strict orders that no one should know this and said that she should be given something to eat.

**Reflection:**

In both instances we see Jesus' personal concern for the needs of others and his readiness to heal and restore life. In Jesus we see the infinite love of God extending to each and every individual as he gives freely and wholly of himself to each person he meets. Do you approach the Lord with confident expectation that he will hear your request and act?

**Prayer:**

Lord Jesus, you love each of us individually with a unique and personal love. Touch my life with your saving power, heal and restore me to fullness of life. 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 ASSOCIATE PRINCIPAL FOR ACADEMICS:**

We would like to thank and commend the student delegates, adult leaders, Learning Area Chairs, and Lasallian partners who have contributed to the success of the recently concluded DLSP Academic and Cultural Fair held in USLS Bacolod. Also, we would like to congratulate the members of the Modern Dance Club for their excellent performance and the following students who qualified for the final round of the academic challenge:

1. Patricia Gabrielle A. Zamora	Grade 7 – LS 209
2. Danielle Lei R. Araez	Grade 8 – LS 408
3. Lanz William A. Macuha	Grade 9 – BM 100
4. Joshua Katigbak	Grade 10 – MM 201
5. Julia Reymonde B. Llanes	Grade 11 – SS-02

Patricia Gabrielle A. Zamora was part of the team that emerged as the champion.

**FROM THE OVCAR – GRADE SCHOOL COMMUNITY:**

*From the Assistant Principal for Administration*

1. Good luck to Grade 6- BB405 on their KAAGAPAY activity today.
2. On FFI: Subject teachers are requested to submit their specific schedule as well as the number of attendees to Ms. Rizza.
3. Lunch break proctoring schedule for today:

AREA	TIME	TUESDAY
BB 108-112	11:20-11:50	Ms. Dang
	11:50-12:20	Ms. Cecele
BG 108-114	11:20-11:50	Ms. Verna
	11:50-12:20	Ms. MC
Grade 3 Area	11:30 -12:00	Ms. Tina

4. Looking Ahead:

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 5	BB 301 *	Ms. Ruth Tapalla
Grade 2	BG 109	Ms. Verna Cuevas
Grade 6	BB 41 *	Ms. Mona Liza de Villa
Grade 1	BG 108 *	Ms. Crisvelyn Del Mundo

**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, during recess and lunch break.
- c. Be mindful of the following:
  - 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 after dismissal time
  - lunch break policy
- d. Take care of your personal belongings.

**NOTE: Whenever the students need to transport to another place for an activity, the assigned students are requested to lock the doors and turn off the lights and ceiling fans. Get the classroom keys from the BB Hall Guard.**

- e. Observe Clean as You Go Policy.
- f. Secure Student Pass to give the right to re – enter the class after an absence and /or tardiness/wearing incomplete uniform ( using the correct format of the letter)
- g. Secure permission from the Grade Moderator, Clinic, or Guidance Counselor when leaving the campus during class hours

**NOTE: Failure to get an admit pass is a violation.**

- h. Refrain from quarrelling, ridiculing others, fighting, or being accomplices to misconduct in and/or out of the campus.
- i. Submit the reply slip on a specified date.
- j. Leave the campus with adult companion.

**Note: If the parents/guardian permitted to leave the campus without adult companion, kindly secure a gate pass from the Grade Moderator’s office upon presentation of a letter**

**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
Ms. Malu Navales Mr. Reinard Anog Ms. Jonalyn Aguda	12:00- 1:00	Fine Dining BB canteen Greenspoon Café
Ms. Edna Policarpio Ms. Shiela Gaurano Ms. Joana Alarcon	1:00- 2:00	Fine Dining BB canteen Greenspoon Café

- Grade 10 students shall have their practice tomorrow of their LYF presentation for the soft opening of the 54<sup>th</sup> Foundation Celebration. Please proceed to the SENTRUM immediately right after the dismissal.

***From the JHS Math Department***

In line with the SMC celebration this school year, all Grade 8 students are required to participate in the activity entitled “Grade 8 Math Gallery” to be held this coming February 8 - March 31, 2017. Please be guided by the schedule below in preparation for the said exhibit. Other details will be discussed by the Grade 8 Math teachers. Thank you very much and happy learning! Animo La Salle!

Feb 1-7	Preparation of all groups
Feb 9 – 14	Group 1 Display
Feb 15,21-24	Group 2 Display
Feb 27 – Mar 3	Group 3 Display
Mar 6 – 10	Group 4 Display
Mar 20-24	Group 5 Display
March 27-31	Group 6 Display

***From the Grade Moderators Office***

**For Grade 10**

- Kindly be guided by the following schedule/activities of our Grade 10 classes this week.
  - February 1 (3:00-4:00) Practice at the Centrum
  - February 2-3 BM 205 Retreat
  - February 3 Stallion/Picture Taking  
(1:00-3:00) for the Absentees  
(3:10) JHS Faculty  
(3:15) G10 Advisers
- Commendation to the following classes for the submission (receipts and class list) of the complete payment for the Stallion pictures.
  - BM 203 Ms. Eva Jonson
  - MM 201 Ms. Rose Rosima
  - MM 203 Mr. Alan Cadelina

**FROM THE OVCAR –SENIOR HIGH SCHOOL COMMUNITY:**

***From the Assistant Principal for Administration***

**1. Grade 11 LASALYANONG KAMALAYAN Exposure and Outreach Activity Schedule:**

TRACK	OUTREACH SCHEDULE		Venue
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 G9 Homeroom Advisers and Students:** Kindly forward to the Guidance Office the homeroom evaluation form for the talk about Sexuality until Friday, February 3. Thank you.
2. **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.
3. **For Anti Bullying Club Members:** Meeting place on February 1, 2017, Wednesday for Grade 7 and 8 students will be at LS 401 while Grade 9 students will be at LS 402.
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. **On Booths.** We invite our students in Junior High School to sponsor Class or Club booth in the coming 54<sup>th</sup> 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. POA is the proposed activity from the proceeds of booth. Please take note that we discourage proposed activities outside the school. Deadline of submission of accomplished Application Form and POA is on February 2, 4:00PM at the SAO. Thank you.
2. **On Regular Club Meetings.** Our Junior High School Clubs shall have their regular Club Meeting tomorrow. Please take note that all Club Members are required to wear Club Shirts tomorrow during Club Meeting. However; those without club shirts yet may just wear school uniform or P.E. shirt. Please wait for further notice re: delivery of club shirts. Thank you.
3. **On B.Y.O.U.** For us to be healthy we need to live in a healthy environment. The small changes each one of us can make will add up to big changes which will help make our environment healthier now and in the future.  
**#BYOUAdvocate**

#### **FROM THE OVCAR – INSTITUTIONAL LASALLIAN FORMATION OFFICE:**

##### *Schedule of Retreat*

February 2 & 3 BM 205

February 6 & 7 BM 206

#### **FROM THE OVCAD – INSTITUTIONAL HEALTH SERVICES:**

##### **WAYS TO HELP PREVENT CANCER & STAY HEALTHY**

##### 3. Don't Smoke

You've heard it before: If you smoke, quitting is absolutely the best thing you can do for your health. Yes, it's hard, but it's also far from impossible.

##### *Tips*

- Keep trying! It often takes six or seven tries before you quit for good.
- Talk to a health-care provider for help.
- Join a quit-smoking program. Your workplace or health plan may offer one.

##### 4. Eat a Healthy Diet

Despite confusing news reports, the basics of healthy eating are actually quite straightforward. You should focus on fruits, vegetables and whole grains and keep red meat to a minimum. It's also important to cut back on bad fats (saturated and trans fats) and choose healthy fats (polyunsaturated and monounsaturated fats) more often. Taking a multivitamin with folate every day is a great nutrition insurance policy.

##### *Tips*

- Make fruits and vegetables a part of every meal. Put fruit on your cereal. Eat vegetables as a snack.
- Choose chicken, fish or beans instead of red meat.
- Choose whole-grain cereal, brown rice and whole-wheat bread over their more refined counterparts.
- Choose dishes made with olive or canola oil, which are high in healthy fats.
- Cut back on fast food and store-bought snacks (like cookies), which are high in bad fats.
- Buy a 100 percent RDA multivitamin that contains folate.

*to be cont...*

**Schedule of Medical Check-up**

Date	Time	Section
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

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**Schedule of Dental Check-up**

Date	Time	Section
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.