



GOD’S WORDS FOR TODAY (Mt. 18:1-5,10)

The Holy Gospel according to St. Matthew

The disciples approached Jesus and said, "Who is the greatest in the Kingdom of heaven?" He called a child over, placed it in their midst, and said, "Amen, I say to you, unless you turn and become like children, you will not enter the Kingdom of heaven. Whoever humbles himself like this child is the greatest in the Kingdom of heaven. And whoever receives one child such as this in my name receives me. "See that you do not despise one of these little ones, for I say to you that their angels in heaven always look upon the face of my heavenly Father."

REFLECTION:

God gives us the help of his angelic hosts and he gives us spiritual weapons, the shield of faith and the breastplate of righteousness (see Ephesians 6:1-11), to resist the devil and his lies. Through the gift of the Holy Spirit, we, too, join with the angelic choirs of heaven in singing the praises of God. Do you thank the Lord for his guidance and protection?.

PRAYER:

Lord Jesus, give me strength of will and courage to refuse what is evil and to choose what is good. 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 – LASALLIANS4PEACE COMMITTEE:

Today is Peace Monday. Let us begin the day with a smile ☺

It’s crazy how much of a difference a little smile can make. It’s one of the most positive expressions we as humans know how to do, and it can have such a fast and powerful impact.

Have peaceful Monday!

FROM THE OVCAR – OFFICE OF THE INTEGRATED SCHOOL PRINCIPAL:

1. Please be guided by the scheduled cancellation of classes in the Junior HS due to NAT administration.

Date	NAT Schedule	No Classes	Remarks/ Reasons
Oct. 3, Tuesday	Grade 7	Grade 8 - 9	<ul style="list-style-type: none"> • HLS classrooms will be the testing rooms of 695 Grade 7 examinees. • Grade 10 will have regular classes.
Oct. 10, Tuesday	Grade 11	Grade 7- 10	<ul style="list-style-type: none"> • HLS classrooms will be the testing rooms of 1282 Grade 11 examinees. • Selected Grade 7-10 teachers will serve as Room Examiners.

2. As per HRD, all Partners joining the Block Movie Screening Activity as part of WTD's celebration on October 4 have to file a 4-hour OB leave via HRIS while those who will not join shall file a 4-hour leave. Partners who have valid reason for not joining will be excused. Please be guided accordingly.

FROM THE OVCAR – GRADE SCHOOL COMMUNITY:

1. Lunch break proctoring schedule for today:

ROOM	TIME	MONDAY
BG 113	11:20 - 12:20	Ms. Cristy
BG 114	11:20 - 12:20	Ms. Ruby
BB 111	11:20 - 12:20	Ms. Arlene
BB 110	11:20 - 12:20	Ms. Marie
BB 104	11:20 - 12:20	Ms. Tin

2. Looking Ahead:

Oct. 4 – Lasallian Earth Day

Oct. 9-11 – 1st Quarter Assessment

Oct. 13 – General Assembly

From the GS- CLCE Department

Today is the beginning of the Month of the Holy Rosary:

The month of the Holy Rosary is October and this entire month is dedicated to the Rosary. The feast day of the Holy Rosary in particular is October 7th. The feast of the Rosary is held on October 7th in memory of the glorious and triumphant victory at the battle of Lepanto. That battle was the most convincing military victory that proved without a doubt the great power of the Rosary.

Let us thank the Lord for the classes and their advisers who sponsored the Holy Eucharist last Friday. May you continue living the life of true Christian Lasallians. God bless you!

Sponsors for today:

Grade 6	BB 403	Ms. Verna Dimaala
Grade 3	BB 109	Ms. Jonalisa Estrera
Grade 4	BB 310	Ms. Elma Langamon
Grade 1	BG 114	Ms. Cristy Hernandez

Sponsors for Monday:

Grade 6	BB 404	Ms. Lorna Bagares
Grade 3	BB 204	Ms. Gina Vergara
Grade 5	BB 309	Ms. Edna Yanga
Grade 1	BG 113	Ms. Ruby Garing

From the Grade Moderators

Haircut inspection for boys will be done today

FROM THE OVCAR – JUNIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal for Administration

1. All students should have submitted the parental contract by now. Students who have not yet submitted the contract should report to the respective Grade Moderator.
2. There will be a simulation of the National Achievement Test for Grade 7 today at 3:00- 4:00 pm. Classrooms in the 1st and 2nd floors of the LS building will be used. Please see your groupings for the NAT in the bulletin boards of BHV gym.
3. Grade 7 and 9 advisers and subject teachers are requested to supervise the simulation. Please refer to the following room assignments:

Room	NAT Adviser	Room	NAT Adviser
LS 101	Mr. Jason Baet	LS 201	Ms. Glydeline Ona
LS 102	Mr. Rod Baldovino	LS 202	Ms. Cestie Quinto
LS 103	Ms. Merriam Merlin	LS 203	Ms. Rose Rosima
LS 104	Ms. Monique Rivera	LS 204	Ms. Lilia Faeldonia
LS 105	Ms. Ellen Tapalla	LS 205	Ms. Jasmin Inciong
LS 106	Ms. April Mae Dacles	LS 206	Ms. Diana Litan
LS 107	Mr. Alan Cadeliña	LS 207	Ms. Embelle Racal
LS 108	Ms. Jelyn Bril	LS 208	Ms. Nellea Savadera
LS 109	Ms. Del Beltran	LS 209	Ms. Kristine Calingasan
LS 110	Ms. Joanna Alarcon	LS 210	Mr. Ar Jay Ron De Gala
LS 111	Ms. Allysa Lasi	LS 211	Mr. John Louie dela Cruz
LS 112	Ms. Shiela Manalo	LS 212	Ms. Marlene Breones

4. Grade 8 advisers and subject teachers who will act as Room Examiners are requested to file their OB for NAT.
5. JHS partners are requested to utilize the assignment corner so that instructions and assignments which are given to students will be clear. Several reports from parents have been forwarded to our office regarding unclear instructions to students.
6. Wednesday proctors are reminded to be vigilant in supervising the classes assigned to them so that unnecessary circumstances will be avoided. Please refer to the areas of supervision per faculty room as agreed last August community meeting:

LSF 11 Occupants- LS 101- 104
 LSF 12 Occupants- LS 105- 108
 LSF 13 Occupants- LS 109- 112
 LSF 21 Occupants- LS 201- 202
 LSF 24 Occupants- LS 205- 208
 LSF 25 Occupants- LS 209-212
 LSF 26 Occupants- LS 309-312
 LSF 34 Occupants- LS 301- 304
 LSF 35 Occupants- LS 305- 308
 LSF 36 Occupants- LS 409- 412
 LSF 42 Occupants- LS 405- 408
 LACs- LS 401- 404
 BMF1- BM 100- 105
 BMF2- BM 201- 206
 CMR Faculty Room- CMR 201-207
 GMs, APAd- Roving Proctors

From the JHS Academic Council Office
On CAPSTONE INITIATIVE CONCERNS

- All Grades 9 & 10 group leaders will have an important meeting today, October 2, 2017 at 2:10pm at MMR 3. Attendance is a must! Please be prompt.
- All Teachers will have a meeting today, October 2, 2017, 2:10 pm at MMR 1 for Grades 7 & 8 teachers and MMR 2 for Grades 9 & 10.

From the JHS- CLCE Department

Today is the beginning of the Month of the Holy Rosary:

The month of the Holy Rosary is October and this entire month is dedicated to the Rosary. The feast day of the Holy Rosary in particular is October 7th. The feast of the Rosary is held on October 7th in memory of the glorious and triumphant victory at the battle of Lepanto. That battle was the most convincing military victory that proved without a doubt the great power of the Rosary.

Let us thank the Lord for the classes and their advisers who sponsored the Holy Eucharist last Friday. May you continue living the life of true Christian Lasallians. God bless you!

Sponsors for today:

6:30 A.M.

Grade 9	LS 104	Mr. Hirodian Baon
Grade 10	BM 201	Ms. Luisa Mayuga

12:10 P.M.

Grade 7	LS 206	Ms. Allysa Lasi
Grade 8	LS 210	Ms. Mae Bernadette Bautista

Sponsors for tomorrow:

6:30 A.M.

Grade 9	LS 201	Ms. Eva Jonson
Grade 10	BM 203	Ms. Mina Samson

12:10 P.M.

Grade 7	LS 207	Ms. Jelyn Bril
Grade 8	LS 211	Ms. Golda Margaret Obeña

From the JHS Grade Moderators

REMINDERS:

1. Haircut Inspection will be conducted today.
2. Submission of the Parental Contract of the Student Handbook SY 2017 – 2018 is due today.

For Grade 10

Commendation to class CMR 205 of Mr. Adrian Dimaunahan for submitting the complete parental contracts ahead of time.

For Grade 9

Grade 9 classes will have a special assembly TODAY from 7:40 – 8:40 AM in the BHV Gym. Movement in going to the venue will be after the singing of the Alma Mater song. Reading of the bulletin will be done during the assembly.

FROM THE OVCAR – SENIOR HIGH SCHOOL COMMUNITY:

From the SHS CLCE and PHILOSOPHY Department

Here is the schedule of class Mass sponsorship. All members of the class are expected to attend the Holy mass on the scheduled date. Class President and Vice-President are requested to facilitate and monitor the movement of the class to the Capilla.

Class Advisers and CLCE Teachers are also expected to monitor the students and join with them in attending the Holy Mass.

Date	Time	Class Mass Sponsors	
		Grade 11	Grade 12
October 2	12:10 – 12:45	S11-03	H12-04
October 3	12:10 – 12:45	S11-04	S12-01
October 5	12:10 – 12:45	S11-05	S12-02
October 6	12:10 – 12:45	S11-06	S12-03
October 9	12:10 – 12:45	S11-07	S12-04

FROM THE OVCAR – GUIDANCE OFFICE:

- For Grades 2 & 3 Advisers, Subject Teachers and Students:** Big thanks for accommodating Ate Love during the Counselor's Time.
- For Grade 7 Advisers and Students: On National Achievement Test:**
 - Big thanks to teachers and students for the success of NAT Orientation last Friday.
 - Today, October 2, there will be a NAT Simulation at 3:00pm – 4:00pm. Students are advised to check their groupings during break time. Please proceed to your respective room assignment right after your last subject period. Thank you.
 - IMPORTANT REMINDERS FOR NAT TAKERS:**
 - Avoid being absent.
 - Wear complete uniform.
 - Bring your Assessment Form or Old School ID.
 - Eat a heavy **breakfast**.
 - Be at the classroom **BEFORE 6:30 a.m.**
 - Bring packed snacks and water. You are not allowed to leave the classroom during recess.
 - Bring at least 2 Mongol # 2 pencils with erasers. Do not use mechanical pencil or ball pen.
 - Shade lightly and avoid shading outside the circle.
 - Cell phones and calculators are not allowed.
 - Please observe proper behavior!
- For G10 Advisers and Students:** Please be informed that starting today, **October 2, 2017**, all G10 students shall undergo Career Counseling with Ms. Minnie. Students are advised to bring their PACT POIS results. Thank you. *** Schedule for October 2 – 6: BM 102**
- For Senior High School Students:** Kindly submit the reply slip regarding the invitation for Parenting Seminar to your Class Mayor **on or before October 5, Thursday**. Thank you.
- Looking Ahead:**

October 3	G7 NAT Administration
	Start of Career Counseling for G10 Students
October 5	G11 NAT Orientation
October 10	G11 NAT Administration
October 14	SHS Parenting Seminar
October 16 and 23	G7 – G10 Structured Homeroom Guidance
October 18	G4 CFIT Administration
October 20	G4 – G6 Structured Homeroom Guidance
October 23	G10 Career Talk

FROM THE OVCAD – INSTITUTIONAL HEALTH SERVICES:

Medical and Dental Check- up

Date	Time	Medical	Dental
October 2, 2017	09:40 am – 10:40 am	10 CMR 201	10 CMR 201
October 2, 2017	02:00 pm- 03:00 pm	7 LS 406	-----
October 3, 2017	10:00 am – 11:00 am	7 LS 405	-----
October 3, 2017	02:00 pm - 03:00 pm	10 CMR 202	10 CMR 202
October 4, 2017	09:40 am – 10:40 am	10 BM 201	10 BM 201
October 4, 2017	02:00 pm – 03:00 pm	10 BM 203	-----
October 5, 2017	09:40 am – 10:40 am	10 CMR 206	-----
October 5, 2017	02:00 pm – 03:00 pm	6 BB 406	7 LS 207
October 6, 2017	09:40 am- 10:40 am	10 CMR 207	10 CMR 207
October 6, 2017	02:00 pm – 03:00 pm	6 BB 405	-----

MENTAL HEALTH WEEK

WHAT IS MENTAL HEALTH?

Mental health is a state of well-being in which the individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his own community (World Health Organization, 2007).

Ten Things You Can Do for Your Mental Health

Try these tips to help find the right balance in your life.

1. Value yourself:

Treat yourself with kindness and respect, and avoid self-criticism. Make time for your hobbies and favorite projects, or broaden your horizons. Do a daily crossword puzzle, plant a garden, take dance lessons, learn to play an instrument or become fluent in another language.

2. Take care of your body:

Taking care of yourself physically can improve your mental health. Be sure to:

- Eat nutritious meals
- Avoid cigarettes
- Drink plenty of water
- Exercise, which helps decrease depression and anxiety and improve moods
- Get enough sleep. Researchers believe that lack of sleep contributes to a high rate of depression in college students.

3. Surround yourself with good people:

People with strong family or social connections are generally healthier than those who lack a support network. Make plans with supportive family members and friends, or seek out activities where you can meet new people, such as a club, class or support group.

4. Give yourself:

Volunteer your time and energy to help someone else. You'll feel good about doing something tangible to help someone in need — and it's a great way to meet new people.

5. Learn how to deal with stress:

Like it or not, stress is a part of life. Practice good coping skills: Try One-Minute Stress Strategies, do Tai Chi, exercise, take a nature walk, play with your pet or try journal writing as a stress reducer. Also, remember to smile and see the humor in life. Research shows that laughter can boost your immune system, ease pain, relax your body and reduce stress.

6. Quiet your mind:

Try meditating, Mindfulness and/or prayer. Relaxation exercises and prayer can improve your state of mind and outlook on life. In fact, research shows that meditation may help you feel calm and enhance the effects of therapy.

7. Set realistic goals:

Decide what you want to achieve academically, professionally and personally, and write down the steps you need to realize your goals. Aim high, but be realistic and don't over-schedule. You'll enjoy a tremendous sense of accomplishment and self-worth as you progress toward your goal.

8. Break up the monotony:

Although our routines make us more efficient and enhance our feelings of security and safety, a little change of pace can perk up a tedious schedule. Alter your jogging route, plan a road-trip, take a walk in a different park, hang some new pictures or try a new restaurant.

9. Avoid alcohol and other drugs:

Keep alcohol use to a minimum and avoid other drugs. Sometimes people use alcohol and other drugs to "self-medicate" but in reality, alcohol and other drugs only aggravate problems

10. Get help when you need it:

Seeking help is a sign of strength — not a weakness. And it is important to remember that treatment is effective. People who get appropriate care can recover from mental illness and addiction and lead full, rewarding lives.

<https://www.uhs.umich.edu/tenthings>

FROM THE OVCM – SPORTS OFFICE:

1. Congratulations to the student-athletes and their coaches who participated in the recently concluded Area Athletic Meet held at De La Salle Lipa and Canossa Academy. Our school bagged the over all champion title because of the following awards:
 - Athletics Elementary Girls – 3 Gold
 - Athletics Elementary Boys – 1 Silver and 1 Bronze
 - Athletics Secondary Girls – 19 Gold and 4 Silver
 - Athletics Secondary Boys – 5 Gold, 5 Silver and 4 Bronze
 - Badminton Elementary Girls – 3 Gold
 - Badminton Elementary Boys – 2 Gold and 1 Bronze
 - Badminton Secondary Girls – 2 Gold and 1 Bronze
 - Badminton Secondary Boys – 3 Gold
 - Basketball Elementary Boys – Champion
 - Basketball Secondary Boys – Champion
 - Chess Elementary Girls – Board 1 and 2 (2nd Place)
 - Chess Elementary Boys – Board 1 (2nd Place) and Board 2 (1st Place)
 - Chess Secondary Girls – Board 1 (1st Place) and Board 2 (2nd Place)
 - Chess Secondary Boys – Board 1 and 2 (2nd Place)
 - Table Tennis Elementary Boys – 1 Gold and 1 Silver
 - Table Tennis Secondary Girls – 1 Gold and 3 Silver
 - Table Tennis Secondary Boys – 4 Gold
 - Taekwondo Secondary Girls – 6 Gold and 1 Silver
 - Taekwondo Secondary Boys – 7 Gold, 1 Silver and 1 Bronze
 - Volleyball Elementary Girls – Champion
 - Volleyball Elementary Boys – Champion
 - Volleyball Secondary Girls – Champion
 - Volleyball Secondary Boys – Champion
2. All student-athletes who were pulled out in their classes last week are expected to accomplish all the requirements that they missed. Please coordinate with your subject teachers.
3. Division Athletic Meet 2017 entitled “The Stallion’s League” will be on October 9 - 12, 2017. Solidarity meeting which will be attended by the coaches will be on October 9, 8:00am at Lipa Academy for Sports, Culture and Arts (LASCA). Opening ceremony will be in the afternoon of October 9. Since Grade 11 students will have the National Achievement Tests on October 10, start of games will be on October 11.
4. Students who will participate in the Division Athletic Meet will take the quarterly assessment a week after the schedule. Specific date will be announced in the next bulletin entry.
5. The sports office would like to thank the volleyball enthusiasts who participated in the “Meet and Drill” last Saturday (September 30).