



GOD’S WORDS FOR TODAY (LK. 21:12-19)

The Holy Gospel according to St. Luke

But before all this they will lay their hands on you and persecute you, delivering you up to the synagogues and prisons, and you will be brought before kings and governors for my name's sake. This will be a time for you to bear testimony. Settle it therefore in your minds, not to meditate beforehand how to answer; for I will give you a mouth and wisdom, which none of your adversaries will be able to withstand or contradict. You will be delivered up even by parents and brothers and kinsmen and friends, and some of you they will put to death; you will be hated by all for my name's sake. 18 But not a hair of your head will perish. By your endurance you will gain your lives.

REFLECTION:

What will attract others to the truth and power of the Gospel? When they see Christians loving their enemies, being joyful in suffering, patient in adversity, pardoning injuries, and showing comfort and compassion to the hopeless and the helpless. Jesus tells us that we do not need to fear our adversaries. God will give us sufficient grace, strength, and wisdom to face any trial and to answer any challenge to our faith. Are you ready to lay down your life for Christ and to bear witness to the joy and freedom of the Gospel?

PRAYER:

Lord Jesus, fill me with joyful hope, courage, and boldness to witness the truth of your love for sinners and your victory over the powers of sin, Satan, and death. 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 – GRADE SCHOOL COMMUNITY:

From the Assistant Principal

- Room assignment for Parents’ Consultation:** N1– BB 103, N2 - BB102, K- BB106, G1-BB104, G2-BB112, G3- BB111, G4- BB110, G5- BB109 and G6- BB108
- On Friday, Dec. 1, we’ll observe the Lasallian Earth Day (LED) in our campus. Wear Type B uniform except those with P.E. classes.
- There’ll be no classes tomorrow in commemoration of 154th birth anniversary of Andres Bonifacio, the “Father of Philippine Revolution”.
- 2nd Qtr exam permits are now with the Homeroom Advisers for checking and necessary follow-up.
- Lunch break-proctoring schedule on Friday:

AREA	TIME	FRIDAY
BG 113	11:20 - 12:20	Ms. Jem
BG 114	11:20 - 12:20	Sir Dennis
BB 111	11:20 - 12:20	Ms. Rose
BB 110	11:20 - 12:20	Ms. Haicee
BB 104	11:20 - 12:20	Ms. Love

- Commendation to the following classes for their generous donation to the Mission Collection:
 - Grade 1: BG 109, BG 110, BG 111, BG 112, BG 113, BG 114
 - Grade 2: BG 108, BB 104, BB 110, BB 111
 - Grade 3: BB 108, BB 109, BB 205, BB 206, BB 208
 - Grade 4: BB 209, BB 210, BB 211, BB 212, BB 310, BB 311, BB 312
 - Grade 5: BB 301, BB 302, BB 303, BB 304, BB 305, BB 308, BB 309
 - Grade 6: BB 402, BB 403, BB 405, BB 406
- Looking Ahead:
 - Dec. 1 – Lasallian Earth Day
 - Dec. 6 – Posting of Honors list
 - Dec. 11-13 – Second Quarterly Assessment
 - Dec. 14 – Christmas Party
 - January 8-12 - Intramurals

From the GS CLCE Department

Let us thank the Lord for the classes and their advisers who continuously support the “Daily Meal with God” project (Daily Mass Participation).

May you continue to be good examples to other Christian Lasallians. God bless you!

Sponsors for today:

Grade 3	BB 206	Ms. Lea Camacho
Grade 5	BB 304	Ms. Rizza Limbo
Grade 6	BB 405	Mr. Joseph Vallejo
Grade 1	BG 113	Ms. Ruby Garing

Sponsors for Friday, December 1, 2017:

Grade 6	BB 405	Mr. Joseph Vallejo
Grade 3	BB 205	Ms. Daycel Alon
Grade 5	BB 308	Ms. Maricel Comia
Grade 2	BG 108	Ms. Grace Robles

Thank you G5 BB 309 for turning in your Pondong Batangan Tibyo. God bless you!

From the Grade School Mathematics Department

1. Congratulations to the following students for bagging the **CHAMPIONSHIP** trophy in the **2017 Malaysia International Mathematics Olympiad Competition (MIMO)** last November 25-29, 2017 in Kuala, Lumpur Malaysia. This is really an impressive and excellent accomplishment. Thank you also to their teachers, coaches, parents, and to the whole community for being with us in praying and igniting our positive minds and hopeful hearts for their success.

1. Reuben Joseph Felix – **GOLD Medalist (Individual)**
2. Maru Adrian Robles – **GOLD Medalist (Individual)**
3. Aiden Jomeil Bercilla – **SILVER Medalist (Individual)**
4. Alonzo Alvarez – **SILVER Medalist (Individual)**

Team Category – CHAMPION – De La Salle Lipa, Philippines
Overall Group – 2nd Runner Up – De La Salle Lipa, Philippines

Again, to our great winners, continue to boost the Mathematics brilliance in you. ANIMO LA SALLE!!!

2. **AMSLI – AMEP Training – Last Day (December 2, 2017)**

Please be informed that we will have our last day of AMSLI- AMEP training this coming Dec. 2, 2017 (Saturday). Session 8 and FINAL Exam will be given so we will extend until 4:30 pm. The tentative schedule of awarding ceremony will be on Jan. 13, 2018 and the venue will be announced soon. All students and Math mentors should wear their AMSLI’s shirt. Thank you so much for all the support and cooperation. God bless us all!

From the GS Social Studies Department

HISTORY CHANNEL

Bonifacio Day

November 30, 2017



Tomorrow, November 30, we will commemorate the 154th birth anniversary of Andres Bonifacio.

Andres Bonifacio is considered as the “Father of the Philippine Revolution”. He is the founder and “Supremo” (leader) of the independence movement against Spain, the Kataastaasan Kagalang-galang na Katipunan ng mga Anak ng Bayan (KKK), or simply known as the Katipunan. This national observance honors Bonifacio as one of an industrious and innovative worker, and as a pioneer labor leader.

<http://www.dilg.gov.ph/events/Bonifacio-Day/529/>

From the Grade Moderators

Room to Room Orientation Schedule

Grade 1 and 2 (November 27 – 29, December 1)

	Wednesday	Friday
10:00 - 10:40	BB 112	
1:00 - 1:40		BG 114

Grade 1 (December 4 – 6)

	Wednesday
9:20 - 10:00	BG 112

Grades 4 -6

	Nov. 29	Dec 1
8:20 – 9:00		BB 311
9:00 – 9:40	BB 211	
9:00 – 9:40		BB 209
10:40 -11:20		BB 308
12:20 – 1:00		BB 302

FROM THE OVCAR –JUNIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal

- Grade 7 classes are reminded not to lock the front and back door during classes. Doors should only be locked during recess, lunch break, or if the class will use or proceed to other learning areas. Furthermore, please make sure to clean your corridors and remove the backdoor design once the contest is over.
- Parents’ consultation with subject teachers regarding first quarter grades will be held today, November 29, 2017 at 1;00 pm, hence, Junior High School students will be dismissed at 12:00 pm. The following classrooms will be used by each department for the consultation:
 - LS 201 and 202- English
 - LS 205 and 206- Mathematics
 - LS 207 and 208- Science
 - LS 209- Social Studies
 - LS 210- Filipino
 - LS 211- CLCE
 - LS 212- TLE
 - LS 103- Computer
 - LS 104- MAPEH
- Thank you very much to the following classes for their donation to the NEXT Christmas Star Project initiated by the Office of the CSAO:
 - BM 202 of Ms. Luisa Mayuga
 - BM 204 of Ms. Taleth Villegas
 - LS 102 of Mr. Roldan delos Reyes
- Second notice: Female students are required to wear their tie whenever they are wearing the school uniform. There were already some female students who were reminded about this concern. Anyone who is seen not wearing their tie will be sent to the Grade Moderator’s office for proper action. On the other hand, boys are reminded to follow the prescribed haircut. Some male students are not following the prescribed haircut just to make a fashion statement. Lastly, all students are required to wear the type B uniform every Wednesday and first Friday of the Month. Follow the rules of the school and develop your sense of obedience and responsibility. You should be the one to adjust to the standards of the school and not the other way around.
- Second notice: Lasallian Partners who are willing to help our students who received corrective measures / reformation (those who violated category 3 and above) by becoming a spiritual counselor may go to the AP office. Let us help our students in need.
- Correction: Date of Submission of your CAPSTONE Initiatives is on December 1, 2019, and not today. However, it is expected that you will utilize and maximize your time today to accomplish the tasks given.
- Second notice: As early as now, we would like to inform you of our schedule of the Second Quarter Assessment:

Date / Time	December 11, 2017	December 12, 2017
7:40- 8:40	Processing of permits	English
8:40- 9:40	Science	Mathematics

9:40- 10:00	Recess	Recess
10:00- 11:00	Social Studies	Filipino

8. Thanks to the following classes for their donation to the mission collection:

Grade 7: LS105, LS108, LS205, LS207, LS208, LS 305, LS307, LS308, LS407

Grade 8: LS109, LS110, LS211, LS212, LS309, LS409, LS412

Grade 9: BM101, LS102, LS104, LS201, LS301, LS303, LS401, LS402

Grade 10: BM105, BM201, BM202, BM204, CMR201

Our congratulations to the following classes for their generous donation to the mission collection:

Grade 7: LS208 of Ms. April Mae Dacles Grade 9: LS401 of Ms. Sheila Marie Villena

Grade 8: LS110 of Ms. Anna Lyn Lacerna Grade 10: BM202 of Ms. Luisa Mayuga

9. Dates to Remember:

- a. November 29- Parents' consultation with subject teachers
- b. November 30- Bonifacio Day (No Classes)
- c. December 1- First Friday of the Month / Lasallian Earth Day
Online Submission of CAPSTONE Initiatives
- d. December 6- Free Structured Wednesday / Review and Completion Day
- e. December 7- Junior High School Community Meeting
- f. December 8- Batangas Day (wait for further announcement if there will be no classes)
- g. December 11- First day of 2nd QA
- h. December 12- Second Day of 2nd QA
- i. December 13- Completion Day
- j. December 14- Students' Christmas Party
- k. December 15- Lasallian Partners' Christmas Party
- l. January 8- Classes resume
- m. January 15- 19- Grades 9 and 10 Intramurals (updated)
- n. January 22- 26- Grades 7 and 8 Intramurals

From the JHS- CLCE Department

Let us thank the Lord for the classes and their advisers who religiously support the "Daily Meal with God" project, (Daily Mass Participation). May you continue to be living examples to other Christian Lasallians. God bless you!

Please be reminded of the proper behavior while attending the Holy Mass. Remember that Jesus is truly present in the Holy Eucharist so, savor the moment and focus on Him.

Sponsors for today:

6:30 A.M.

Grade 9	BM 100	Ms. Caryl Aissa Maranan
Grade 10	BM 102	Ms. Luzelyn Endaya

12:10 P.M.

Grade 7	LS 105	Ms. Monique Rivera
Grade 8	LS 109	Ms. Annie Mae Pestejo

Sponsors for Friday, December 1, 2017:

6:30 A.M.

Grade 9	BM 101	Ms. Rina Uy
Grade 10	BM 103	Ms. Marian Leslie Atienza

12:10 P.M.

Grade 7	LS 106	Mr. Jayson Baet
Grade 8	LS 110	Ms. Anna Lyn Lacerna

From the Learning Area Chairs' Office:

On CAPSTONE Initiatives Concerns

Submission of Action Plan is postponed from November 29, 2017 to December 1, 2017.

FROM THE OVCAR – SENIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal

Congratulations to Jericho Joshua De Jesus of S11-02 for receiving Merit Award in The 8th World Mathematics Team Championship 2017 held in Bangkok, Thailand last November 9-13. The SHS community is proud of you.

Last Call for Students With No Quarterly Assessment: All students who have no first quarter assessment yet are requested to report to the Assistant Principal's Office ASAP. Application for missed First Quarterly Assessment is until Wednesday, November 29, 2017 (10am) only.

NEXT Christmas Star: The NEXT Christmas Star is an individual or group gift in the amount of Php 500.00. Every gift is equivalent to a Christmas Star which will be hung on DLSL giant Christmas tree to be lit on November 29, 2017. The total cash gift will form part of the Br. Ceci Hojilla FSC Mission Fund which will ensure several Hilarian scholars of Junior High School education.

From the OVCAR – IS Registrar's Office

For the concerned SHS Students:

• **Grade 12 SHS Graduating Students:**

For those who didn't get their Graduation Checklist you are reminded to get your copy until today only. Failure to do so will hold your Enrollment for 2nd Sem.

• **SHS Class Presidents** who were not able to attend the Orientation on Pre-Enrollment and Enrollment Adjustment last November 27, 2017 are required to go to the IS Registrar's Office today. Refer to the list of sections below;

A11-02	S12-01	G12-01
A11-04	S12-02	H12-01
S11-15	A12-10	H12-02

Please be reminded also that this will be one of your requirements for the 2nd Semester Enrollment. Deadline of submission to the IS Registrar's Office will be on December 4, 2017.

FROM THE OVCAR – GUIDANCE OFFICE:

1. **For G10 Advisers and Students:**

- Career Counseling / Assessment is ongoing. Transferees / Returnees who already have their NCAE result may see Ms. Minnie during their free time. **Schedule for November 29 & December 1:** CMR 206, 207.
- Please be informed that we will be having a Career Talk on **December 4, 2017, Monday, 7:40am-8:40am** at **BHV Gym**. Movement to the venue will be right after the Morning Prayer.
- Reservation for SHS will start on **December 5, 2017**. Details / procedures will be discussed during our Career Talk on December 4, 2017. Thank you.

2. **Looking Ahead:**

December 4 Seminar of Mary Brennan on "The Link Between Drug Abuse and Suicide Incidents"

FROM THE OVCAR – STUDENT ACTIVITIES OFFICE:

- On Block Screening of Daddy's Home 2.** In behalf of the Cinema Board Club and ISFSA, we would like to thank the I.S. Community for your heartfelt support in the Block Screening of Daddy's Home 2 at SM Cinema today. The tickets are already sold out since early morning yesterday. We are very sorry that we need to return the payment for the tickets. However; we request that all issued tickets be returned the soonest time possible or the bearer will be held accountable. Please take note of the following guidelines in today's block screening activity:
 - The block screening will start at exactly 4:00PM, 30 minutes earlier from the previous schedule.
 - All movie goers are encouraged to proceed at SM Cinema 1, 30 minutes earlier to get a good seat. The seating arrangement is on first come, first served basis.
 - All movie goers are reminded to bring the tickets with their name and section at the back for raffle promo.
 - All movie goers are reminded of the proper behaviour and good Lasallian values inside the cinema.
 - The 15 winners of P1000 each will be drawn 1 hour after the start of the movie to ensure that all ticket holders are already inside the cinema.
 - The SAO Staff together with the available officers of ISFSA shall serve as marshals and ensure the organized flow of the activity.
 - All concerns related to this activity may be coordinated with Ms. Jo Rosos or Mr. Patty Guavez

2. **On LTS of Grade 4 – 6 Class Presidents.** The Class Presidents of Grade 4 – 6 including our GS SCB Officers shall attend a Leadership Training today at the 5th floor of LS Building from 8:00AM to 11:15AM. Subject Teachers are reminded to excuse our Class Presidents. Thank you.
3. **On Division Fun Run 2017.** The Schools Division of Lipa City shall sponsor a fun run with the theme “Ready, Set ISO...” tomorrow, November 30, 2017 from 4:00AM to 8:00 AM at OLAN PLACE, Lipa City. The registration fee is Ph150.00 for teens (ages 13-18) and Ph100 for Kids (ages 5 – 12). Please visit the SAO to secure registration form until 4:00PM today. Thank you.

FROM THE OVCAD – INSTITUTIONAL HEALTH SERVICES:

Neuropathy (nerve disease)

Etiology

Diabetes causes nerve damage through different mechanisms, including direct damage by the hyperglycemia and decreased blood flow to nerves by damaging small blood vessels. This nerve damage can lead to sensory loss, damage to limbs, and impotence in diabetic men. It is the most common complication of diabetes.

Symptoms

The symptoms are many, depending on which nerves are affected: for example, numbness in extremities, pain in extremities, and impotence. Decreased sensation to feet can lead to patients not recognizing cuts and developing foot infections. If not treated early, these can lead to amputation.

Diagnosis

Early diagnosis is made by early recognition of symptoms by patients and health care providers as well as by careful examination by health care providers at regular intervals.

Treatment

If detected early, and blood glucose brought under control, these complications can also be prevented or delayed.

Diabetic foot disease, due to changes in blood vessels and nerves, often leads to ulceration and subsequent limb amputation. It is one of the most costly complications of diabetes, especially in communities with inadequate footwear. It results from both vascular and neurological disease processes. Regular inspection and good care of the foot can prevent amputations. Comprehensive foot programs can reduce amputation rates by 45-85%.

Cardiovascular disease

Etiology

Hyperglycemia damages blood vessels through a process called “atherosclerosis”, or clogging of arteries. This narrowing of arteries can lead to decreased blood flow to heart muscle (causing a heart attack), or to brain (leading to stroke), or to extremities (leading to pain and decreased healing of infections).

Symptoms

The symptoms of these different conditions are varied: ranging from chest pain to leg pain, to confusion and paralysis.

Diagnosis

While early detection of these complications can delay progression, early detection of other risk factors such as smoking, high blood pressure, high serum cholesterol and obesity is even more important.

Treatment

Controlling these other risk factors along with blood glucose can prevent or delay cardiovascular complications. http://www.who.int/diabetes/action_online/basics/en/index3.html

Medical and Dental Check-up

Date	Time	Medical	Dental
November 29, 2017	09:20 am - 10:20 am	1 BG 114	1 BG 114
	02:00 pm - 03:00 pm	9 LS 404	-----
December 1, 2017	09:20 am - 10:20 am	1 BG 113	1 BG 113
	02:00 pm - 03:00 pm	4 BB 212	-----

FROM THE OVCM – SPORTS AND CULTURE DIRECTORATE:

Culture and Arts Office

South Dance Community Unites (S. D. C. Unites)

You are all cordially invited to watch a showcase of talents of CALABARZON dance troupes on December 1, 2017 . Open house starts at 4:00 in the afternoon at the Sentrum. The show is sponsored by Salindayaw Dance Company.

Cantata 2017

Please join Voices on December 14, 2017 at the Capilla for the annual Cantata Show , Show will start at 6:00 in the evening at the Capilla de San Juan Bautista De La Salle. Everyone is invited to watch and participate on this musical event.