



GOD'S WORDS FOR TODAY (Mk. 6:7-13)

The Holy Gospel according to St. Mark

And he called to him the twelve, and began to send them out two by two, and gave them authority over the unclean spirits. He charged them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not put on two tunics. 1And he said to them, "Where you enter a house, stay there until you leave the place. And if any place will not receive you and they refuse to hear you, when you leave, shake off the dust that is on your feet for a testimony against them." So they went out and preached that men should repent. And they cast out many demons, and anointed with oil many that were sick and healed them.

REFLECTION:

Meditation: What kind of authority and power does the Lord want you to exercise on his behalf? Jesus gave his apostles both the power and the authority to speak and to act in his name. He commanded them to do the works which he did - to heal the sick, to cast out evil spirits, and to speak the word of God - the good news of the gospel which they received from Jesus. When Jesus spoke of power and authority he did something unheard of. He wedded power and authority with self-sacrificing love and humility. The "world" and the "flesh" seek power for selfish gain. Jesus teaches us to use it for the good of our neighbor.

PRAYER:

Lord Jesus, make me a channel of your healing power and merciful love that others may find abundant life and freedom in you. 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 – OFFICE OF THE INTEGRATED SCHOOL PRINCIPAL:

1. On Digital Officers

- 1.1 In a special meeting attended by VCM Br. Jun, AVCA Dr. Iezyl, Principal Ms. Mayo and SAO Head Ms. Jo with our Junior HS SCB Officers last January 30 Tuesday, it was agreed that there would be additional two class officers per class to be called Digital Officers.
- 1.2 Related to this, the SAO will call for a special meeting with the class presidents. Please refer to the entries of SAO for the schedule of the Class Presidents' Meeting and the timeline of activities until such time that our digital officers become functional in every classroom.
- 1.3 The class presidents will relay the information to their classmates and each class will have to choose their digital officers.
- 1.4 For Partners who are interested to know the details of the would-be functions of Digital Officers, please see any of the ISP, the Junior Asst. Principal or the SAO Head.

2. 2/F Chez Rafael's Reopening

The newest food hangout (in partnership with Sodexo) at De La Salle Lipa is now open. Take advantage of healthy and delicious meal options when you visit the 2nd floor of Chez Rafael. This is open to students, Lasallian Partners, parents and school guests from 7 AM to 7 PM. The former CAFÉ LE BARAKO is now an exclusive dining area for faculty and staff.

3. On the Search for Student Artists (Painter) **from GS, Junior HS and Senior HS**

In relation to the celebration of our 55th Foundation Week, we are searching for student artists who have creative talents in painting. Qualified students are advised to register at the SAO Head Office. Homeroom advisers, please encourage your students to register. A very exciting activity during the foundation week awaits them. Deadline of registration is until Friday 8:00AM at the SAO followed by an orientation with Mr. Basco on Monday. Please support this activity.

4. On 55th Foundation Week Motorcade Activity

Partners who are interested to join the motorcade using personal vehicle around Lipa City on Feb. 14 at 8:00am-9:30am are advised to register at the SAO Head Office on or before Monday, Feb. 5.

FROM THE OVCAR – GRADE SCHOOL COMMUNITY:

From the Assistant Principal

1. Homeroom Advisers, please ensure the 100% online viewing status of your class before the scheduled parents' consultation.



2. Lunch Break Proctoring Schedule

AREA	TIME	THURSDAY
BG 113	11:20 - 12:20	Ms. Mavec
BG 114	11:20 - 12:20	Ms. Adelle
BB 111	11:20 - 12:20	Ms. Melissa
BB 110	11:20 - 12:20	Ms. Norz
BB 104	11:20 - 12:20	Ms. Toots

3. Additional Mission Collection: G5 BB 302, G6 BB 404

4. Looking Ahead:

Feb. 6 – LMAP envelopes due to the APAd

Feb. 7 – Parents’ Consultation

Feb. 9 – LIDICSA Festival of Teachers (no classes)

Feb. 14-16 – Fair Days

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 5	BB 301	Ms. Marychrist Briguela
Grade 4	BB 311	Ms. Liezel Magnaye
Grade 3	BB 206	Ms. Cristina Aguila
Grade 1	BG 111	Ms. Daniella Gutierrez

Sponsors for Friday, February 2, 2018:

Grade 5	BB 302	Ms. Marilyn Camitan
Grade 4	BB 312	Ms. Elma Lingao
Grade 2	BB 104	Ms. Rhea Pecayo
Grade 1	BG 112	Ms. Crisvelyn del Mundo

FROM THE OVCAR –JUNIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal

1. Congratulations to our Grades 9 and 10 students for the successful presentation of their CAPSTONE Initiatives Proposal to the Barangay officials! This milestone is a manifestation of your hard work and cooperation! Likewise, I would like to extend my sincerest thanks commendation to the advisers for facilitating the presentation; the LACs and APAc for coming up with innovative ideas for the operationalization of the CAPSTONE initiatives, the GMs for their supervision and support and the Community Involvement Office for coordinating with the officials of the barangay! God bless all of you!
2. Correction: For Junior High School Partners: We shall have our community picture taking today at 4:00 pm, instead of 2:30 pm in front of the Capilla. Your presence is highly expected.
3. Second notice: On February 7, we shall have the parents’ consultation with the subject teachers which will start at 2:00 pm. Grades 7-9 will be dismissed at 12:00 nn. However, Grade 10 students shall have their practice for the bench cheering which will be presented during the soft opening of the foundation week celebration. You will proceed to the SENTRUM at exactly 1:00 pm after your early lunch which will be scheduled at 12:00- 1:00 pm.
4. Third notice: Students are once again reminded to take care of the new chairs in the classrooms. There were already students who were reprimanded because they were caught playing using the chairs. You are once again informed that you will be responsible if the chair will be damaged. Each chair costs more or less PhP4,000.00, so you must be careful in using it.
5. Students who are attending noon time mass at the Capilla are once again reminded of the proper behavior during masses. Advisers and teachers who are present may call the attention of the erring students.
6. Additional mission collection: LS108, LS 109, LS306, LS307, LS310, LS303, CMR204

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	LS 301	Ms. Marlene Breones
Grade 10	BM 205	Ms. Rodalyn Malaiba

12:10 p.m.

Grade 7	LS 305	Ms. Ellen Tapalla
Grade 8	LS 309	Ms. Margie Laraya

Sponsors for Friday, February 2, 2018

6:30 a.m.

Grade 9	LS 302	Ms. Angela Calingasan
Grade 10	BM 206	Ms. Nancy Yabut

12:10 p.m.

Grade 7	LS 306	Mr. Alan Henry Cadeliña
Grade 8	LS 310	Ms. Adora Fermin

On Recollection:

Schedule:

Date	Grade & Section
February 5, 2018 - Monday	G7 LS 107 G8 LS 411 G9 LS 404
February 8, 2018 - Thursday	G7 LS 208 G8 LS 109 G9 LS 101
February 22, 2018 - Thursday	G7 LS 307 G8 LS 409 G9 LS 301
February 26, 2018 - Monday	G7 LS 408 G8 LS 412 G9 LS 303

From the Grade Moderators

Reminders:

1. On Monday, February 5 will be our Haircut Inspection Day! Young gentlemen are required to follow the prescribed haircut.
2. Again, this is to remind students to be mindful of your school belongings specially your gadget. The school will NOT be held liable for any damages/losses.

FROM THE OVCAR – SENIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal

1. **For Grade 11 STEM Students:** Thank you for your support and cooperation during the Career Seminar held yesterday.
2. **For Grade 12 DLSU manual applicants:** Please send your lacking documents (NSO/PSA birth certificate and Secondary School Records) to admission.requirements@dlsu.edu.ph. Download the secondary school records form

from the DLSU website, submit it to the Guidance office for processing, and scan it upon retrieval. DLSU will take 3-5 days to respond. Please indicate your application number, complete name and what these documents are. Application number is found in the test permit given to you during the exam. Thank you.

From the SHS CLCE Department

SCHEDULE OF CLASS MASS SPONSORSHIP EVERY 12:00NN AT THE CAPILLA

“The Eucharist is the ‘source and summit of the Christian life’. By the Eucharistic celebration we already unite ourselves with the heavenly liturgy and anticipate eternal life, when God will be all in all. In brief, the Eucharist is the sum and summary of our faith: Our way of thinking is attuned to the Eucharist, and the Eucharist in turn confirms our way of thinking.” – CCC,1326-1327

Let us offer this time again of giving thanks and praise to God and unite ourselves with one another in the spirit of faith and love.

Kindly be in the Capilla on your respective schedule of mass sponsorship. 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 and join their respective classes in attending the Holy Mass.

Date	Time	Class Mass Sponsors	
		Grade 11	Grade 12
February 1	12:10 – 12:45	A11-04	A12-04
February 2	12:10 – 12:45	A11-05	A12-05
February 5	12:10 – 12:45	A11-06	A12-06
February 6	12:10 – 12:45	A11-07	A12-07
February 7	12:10 – 12:45	A11-08	A12-08
February 8	12:10 – 12:45	H11-01	A12-09
February 20	12:10 – 12:45	H11-02	A12-10
February 21	12:10 – 12:45	H11-03	H12-01 & G12-01
February 22	12:10 – 12:45	H11-04	H12-02
February 23	12:10 – 12:45	S11-01	H12-03
February 26	12:10 – 12:45	S11-02	H12-04
February 27	12:10 – 12:45	S11-03	S12-01
February 28	12:10 – 12:45	S11-04	S12-02

Schedule of Senior High Recollection

- February 1 - A11-01, A11-02
- February 2 - A11-03, A11-04
- February 12 - A11-05, A11-06, A11-07
- February 13 - A11-08, H11-01, H11-02
- February 20 - H11-03, H11-04, S11-01
- February 27 - H12-04
- February 28 - S12-01

FROM THE OVCAR – GUIDANCE OFFICE:

1. For Grade 6 Students, Advisers and Subject Teachers:

- a. There will be a talk titled **“Bring On the Changes!” tomorrow, 7:40 am – 9:00 am at the BHV gym.** Movement to the venue will be right after the Morning Prayer. Students are requested to bring a pen and notebook for taking notes. Thank you.
- b. Please be informed that the OLSAT (Otis-Lennon School Ability Test) will be administered during their Science subject following the schedule below:

Date	Section	Time	Teacher
February 5, 2018 (Monday)	BB 401	7:40 - 9:00 am	Ms. L. Bagares
	BB 404	12:20 - 1:40 pm	Ms. L. Bagares
	BB 306	1:40 - 3:00 pm	Ms. L. Bagares
February 6, 2018 (Tuesday)	BB 406	7:40 - 9:00 am	Ms. L. Bagares
	BB 402	1:40 - 3:00 pm	Ms. L. Bagares
February 8, 2018 (Thursday)	BB 403	8:20 - 9:00 am	Ms. A. Pangan
		9:00 - 9:40 am	Ms. V. Dimaala

	BB 405	1:40 - 3:00 pm	Ms. L. Bagares
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3. **For Grade 8 Students, Advisers and Subject Teachers:**

- a. Big thanks for your support and cooperation during the Drug Awareness Talk held yesterday.
- b. Kindly accomplish the evaluation forms and submit them to the Guidance Office until Friday. Thank you.

4. **For G10 Advisers and Students:** Please be reminded of the deadline for SHS reservation for **ABM and HUMSS is on February 15, 2018.** Thank you.

5. **Looking Ahead:**

February 7	Career Talk - SHS STEM
February 12	G7-G9 Structured Homeroom G10 Structured Homeroom -Career Talk
February 12-13, 20, 22-23	G10 OLSAT Administration
February 13	Seminar on Mental Health Awareness
February 20-23	N1-Grade 3 3 rd Counselor’s Time
February 26	G9 Drug Awareness Talk

FROM THE OVCAR – STUDENTS ACTIVITIES OFFICE:

1. **On DIGITAL OFFICERS.** In support to the Digital Campus initiatives of the school, there will be 2 additional Class Officers per class beginning this quarter to be called as DIGITAL OFFICERS. Please take note of the timeline related to this endeavour:

DATE	ACTIVITY	PARTICIPANTS	VENUE/TIME
February 2	Meeting with the Class Presidents of Gr. 7 to 10	Grade 7 – 10 Class Presidents SCB President SCB Grade 10 Reps	MMR 3 7:40 – 8:40
February 5	Orientation Meeting of Class Presidents	Junior High School	Classroom 7:40 – 8:00
February 7	Class Election/Appointment of Digital Officers	Junior High School	Classroom 7:40 – 8:00
February 8	Orientation Meeting with Digital Officers of Grade 7 and 8	Grade 7 and 8 Digital Officers Grade 7 and 8 SCB Officers	MMR 3 7:40 – 8:40
	Orientation Meeting with Digital Officers of Grade 9 and 10	Grade 9 and 10 Digital Officers Grade 9 and 10 SCB Officers	MMR 3 2:00 – 3:00
February 12	Meeting with the ICT Team	Digital Officers of JHS ICT Team	TBA

Note: Homeroom Advisers are requested to please allow our Class Presidents to discuss the duties and responsibilities of Digital Officers in Class. Thank you.

- 2. **On SNOWMAIDEN.** The participants for the SNOWMAIDEN are reminded to be at the side gate on Sunday, February 4 at 9:00AM. Please wear Type B Uniform. Waivers are to be collected by the SCB Officers on or before Friday afternoon. Thank you.
- 3. **On FIND.** (Formation Initiatives in the Novitiate through Discernment). Please be informed of the schedule of the following activities for selected clubs and organizations:

Date	Participants	Theme	Time	Venue	In-Charge
February 1	JHS SCB SHS SCB	Discernment	8:00 – 12:00	Novitiate	Sir Jayson Baet
February 7	Peer Facilitator’s Club (30 PAX only)	Discovering Awareness	8:00-12:00	Novitiate	Ms. Rene Fabon

February 21	Youth For Christ (30 PAX only)	God's will	8:00 – 12:00	Novitiate	Ms. Villaruel
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Club Moderators are requested to please prepare the pull out of the participants. For other details, you may please coordinate with the SAO. Thank you.

4. **On Yagit: The Musical.** The ADLAW Club of Junior High School is invited to watch Yagit: The Musical at the UB Culture and Arts Building on February 17, 2018. Interested members of ADLAW may please enlist at the SAO or coordinate with Sir John Louie de la Cruz. Deadline of sign-up list is until February 6. Please note that only the first 25 members shall be accommodated. Thank you.
5. **On 3000 KABATAAN.** The members of the Youth for Christ are invited to attend the 3000 Kabataan in celebration of the Faith 2018 in the Year of the Clergy and Consecrated Persons on February 10, 2018 from 8:00-5:00PM at the Lipa Cultural Center. YFC members are requested to coordinate with their moderator, Ms. Villaruel or visit SAO for enlistment. Deadline of sign-up list is until February 6, 2018. Thank you.
6. **On Photo Booth.** The members of KLIK and ADLAW Club are invited to handle the special Photo Booth during the 55th Foundation Celebration of De La Salle Lipa. The Moderators of these Clubs together with their Club Representatives are invited to see Ms. Jo on or before Friday at the SAO for other details. Thank you.

FROM THE OVCM – INSTITUTIONAL LASALLIAN FORMATION OFFICE:

Schedule of Grade 10 Retreat

- February 1-2 - BM206
- February 5-6 - CMR201
- February 8-9 - CMR202

FROM THE OVCAD – INSTITUTIONAL HEALTH SERVICES:

Philippine Heart Month/Oral Health Month

5 Things to Keep Your Heart Healthy

You know that exercise and a good diet can keep your heart healthy. But what else can you do to keep your ticker going strong? Here are five key things you need to do every day to help your heart work most efficiently. Incorporate these habits into your lifestyle and your heart health will be the best it can be for you.

1. Eat healthy fats, NOT trans fats

We need fats in our diet, including saturated and polyunsaturated and unsaturated fats. One fat we don't need is trans fat, which is known to increase your risk of developing heart disease or having a stroke over a lifetime. This is because trans fat clogs your arteries by raising your bad cholesterol levels (LDL) and lowering your good cholesterol levels (HDL). By cutting them from your diet, you improve the blood flow throughout your body. So, what are trans fats? They are industry-produced fats often used in packaged baked goods, snack foods, margarines and fried fast foods to add flavor and texture.

Tip: Read the labels on all foods. Trans fat appears on the ingredients list as partially hydrogenated oils. Look for 0 percent trans fat. Make it a point to avoid eating foods with trans fat.

2. Practice good dental hygiene, especially flossing your teeth daily

Dental health is a good indication of overall health, including your heart, because those who have periodontal (gum) disease often have the same risk factors for heart disease. Studies continue on this issue, but many have shown that bacteria in the mouth involved in the development of gum disease can move into the bloodstream and cause an elevation in C-reactive protein, a marker for inflammation in the blood vessels. These changes may in turn, increase your risk of heart disease and stroke.

Tip: Floss and brush your teeth daily to ward off gum disease. It's more than cavities you may have to deal with if you are fighting gum disease.

3. Get enough sleep

Sleep is an essential part of keeping your heart healthy. If you don't sleep enough, you may be at a higher risk for cardiovascular disease no matter your age or other health habits. One study looking at 3,000 adults over the age of 45 found that those who slept fewer than six hours per night were about twice as likely to have a stroke or heart attack as people who slept six to eight hours per night. Researchers believe sleeping too little causes disruptions in underlying health conditions and biological processes, including blood pressure and inflammation.

Tip: Make sleep a priority. Get 7 to 8 hours of sleep most nights. If you have sleep apnea, you should be treated as this condition is linked to heart disease and arrhythmias.

to be cont...

SCHEDULE OF MEDICAL AND DENTAL CHECK UP

DATE	TIME	MEDICAL	DENTAL
THURS. FEBRUARY 1, 2018	10:00-11:00 AM	G8 LS 409	-----
	1:00-2:00 PM	-----	G8 LS 110
	2:00-3:00 PM	G4 BB 312	G4 BB 212
FRI. FEBRUARY 2, 2018	9:00-10:00 AM	-----	G10 BM 204
	10:00-11:00 AM	G8 LS 312	G8 LS 312

From the ISFSA President:

Our school shall be celebrating its 55th anniversary this coming February 12-16, 2018. Part of the activities is a Bingo Social to raise funds for the future activities of the Integrated School Faculty and Staff Association (ISFSA) which includes among others, medical and educational assistance. Thank you in advance to all students, ISFSA officers and advisers for your support and assistance.

WHEN: Feb 14, 2018, 100 -400pm

WHERE: Centen B

Cost per Bingo Card: P20.00 (for 10 games)

PRIZE: First Prize : P10,000.00

HOST: Sir Vic Loreto

- In case of tie - pataasan

Host: Sir Vic Loreto

	Person/s In Charge	Time Frame
1. Solicitations Follow up & Collection	Advisers & Assigned ISFSA officers GS Pre Elem Ms Vee Faculty Room 2 nd Floor G1-3: Ms Neri & Ms Fe Faculty Room 2 nd Floor G4-6: Ms Liezl & Ms Elma Faculty Room 3rd Floor JH G7 Ms Aira LAC G8 Ms Mae LSF 42 G9 Mr Baon LSF 21 G10 Ms Rhoda BMF2 SH Ms Ever Aleta	Jan. 24 – Feb 8, 2018
2. Bingo Cards Distribution (20 per class) Selling of Additional bingo cards:	Advisers & Assigned ISFSA officers Ms EDLYN & teachers	TBA Feb 14, 2018