



GOD’S WORDS FOR TODAY (Mt. 28:8-15)

The Holy Gospel according to St. Matthew

So they departed quickly from the tomb with fear and great joy, and ran to tell his disciples. And behold, Jesus met them and said, "Hail!" And they came up and took hold of his feet and worshiped him. Then Jesus said to them, "Do not be afraid; go and tell my brethren to go to Galilee, and there they will see me." While they were going, behold, some of the guard went into the city and told the chief priests all that had taken place. And when they had assembled with the elders and taken counsel, they gave a sum of money to the soldiers and said, "Tell people, 'His disciples came by night and stole him away while we were asleep.' And if this comes to the governor's ears, we will satisfy him and keep you out of trouble." So they took the money and did as they were directed; and this story has been spread among the Jews to this day.

REFLECTION:

Through the gift of faith, the Lord reveals himself to those who believe in his word and he fills them with "new life in his Holy Spirit". Do you live in the joy and hope of the resurrection? And do you recognize the presence of the Risen Lord in his word, in the "breaking of the bread", and in his church, the body of Christ?

PRAYER:

Lord Jesus, may we always live in the joy and hope of the resurrection and never lose sight of its truth for our lives. 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. Please be reminded of the following important dates related to the submission of our students’ 3rd quarter grades. Please comply religiously.

Activities	Grade School & Junior HS	Senior HS
Checking and Approval of Encoded Grades	Mar. 23- April 10	Mar. 26- Apr. 16
Grades Due to Asst. Principal	Apr. 10	Apr. 16
Cut- off Date of Completion and Change of Grades	Apr. 11	Apr. 17
Online Viewing of Grades	Apr. 13	Apr. 18

- 1.1 Subject teachers need to ensure that all students have their grade except for those with valid reasons.
- 1.2 Exercise accuracy while computing the grades to free us from any hassle.

2. Grade 11 classes of the Senior HS will be called off on Apr. 12-13 (Thursday- Friday) due to the administration of Exit Assessment for Grade 12 students. We will be needing 41 proctors for deployment to the public schools. Partners, please accept this special assignment in case you will be selected. Thank you.

FROM THE OVCAR – GRADE SCHOOL COMMUNITY:

From the Assistant Principal for Administration

1. CEM Achievement Tests in Math, Science and English will be administered to Grades 1-6 classes on Wednesday, April 4, 2018.
2. Lunch break-proctoring schedule:

AREA	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. Flores
BB 104	11:20 - 12:20	Ms. Gregorio

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 303	Ms. Lein Saculo
Grade 1	BG 114	Ms. Cristy Hernandez
Grade 6	BB 401	Ms. Leonie Landicho
Grade 3	BB 108	Ms. Lerma Castro

Sponsors for Tuesday, April 3, 2018:

Grade 5	BB 304	Ms. Rizza Limbo
Grade 4	BB 209	Ms. Raquel Maralit
Grade 6	BB 402	Ms. Verna Cuevas
Grade 3	BB 109	Ms. Jonalisa Estrera

FROM THE OVCAR –JUNIOR HIGH SCHOOL COMMUNITY:

From the JHS Christian Living 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

12:10p.m.

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

Sponsors for Tuesday, April 3, 2018

6:30 a.m.

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

12:10 noon

Grade 7	LS 306	Mr. Alan Cadeliña
Grade 8	LS310	Ms. Adora Fermin

On Recollection:

G7 LS 308 G8 LS 312 & G9 LS 304 classes will have their Recollection today at the Retreat Center. Let’s all pray for the success of their spiritual activity.

Class Advisers are invited to join their class in the celebration of the Holy Mass at 3:00 p.m. Be at the ILFO by 2:45p.m. for the service vehicle.

Recollection Schedule:

Date	Grade & Section
April 3, 2018 - Tuesday	G7 LS 108
	G8 LS 409

	G9 BM 101
April 5, 2018 - Thursday	G7 LS 406
	G8 LS 111
	G9 LS 201
April 12, 2018 - Thursday	G7 LS 105
	G8 LS 310
	G9 LS 102
April 13, 2018 - Friday	G7 LS 207
	G8 LS 210
	G9 LS 103
April 16, 2018 - Monday	G7 LS 307
	G8 LS 112
	G9 LS 301

Reminders for the recollection: Come in your type B uniform. Do not forget to bring your snacks and the assigned materials. Other reminders will be given by the respective CLCE teacher.

FROM THE INTEGRATED SCHOOL REGISTRAR’S OFFICE:

- All graduating students (GRADE 12) who has completed the required number of years of study in the Integrated School from Grade 1 to Grade 12 are required to report at the Integrated School Registrar’s Office. Reporting will be from **April 2 to April 20 only** (8:30 to 11:30am & 1:30 to 4:30pm), look for Ms. Daisy Landicho.
Thank you!
- The following Grade 11 SHS Class Presidents are required to attend a meeting with Ms. Mitch Reyes (IS Enrollment and Evaluation In-charged) with regards to the Orientation on the Pre-Enrollment and Enrollment Adjustment Form for **1st Semester of A.Y. 2018-2019** on April 4, 2018 (Wednesday) 9:00 am at CMR 200 (Enrollment Hub) 2nd floor of CMR Building. **Attendance is a must.**

Section		Section	
S11-01	PUNZALAN, Mary Therese O.	A11-01	BENDAÑA, Loren R.
S11-02	DE JESUS, Jericho Joshua	A11-02	MAGLINAO, Vince Gerard R.
S11-03	DE LOS REYES, King Chris	A11-03	CAUREZ, Beatrice Nathalie L.
S11-04	SILVA, Julianne Bernadette	A11-04	CANLAS, Miguel Enrico
S11-05	VILLAPANDO, Lorenzo Miguel	A11-05	BANAAG, Patricia Ellaine
S11-06	LLARENA, Iñigo Xavier E.	A11-06	SANCHEZ, Kurt Axel Anselmo
S11-07	ABRERA, Jose Lorenzo	A11-07	ADRIANO, Von Carlos A.
S11-08	LAYCO, Jun-jun	A11-08	REYES, Arabela G.
S11-09	CUNA, John Lenard		
S11-10	VILLANUEVA, Monica	H11-01	CUETO, January Millenn
S11-11	TAYAG, Luis Joaquin	H11-02	DELOS REYES, Jann Nicole M.
S11-12	RUNIO III, Julian Fernando	H11-03	CASTRO, Adriel Kim
S11-13	BERANA, Ron Joel Raphael	H11-04	DIMAUNAHAN, Mishel Czharina
S11-14	NAVARRO, Ma. Karen Joy		
S11-15	MILAY, Rhenz Joseph		
S11-16	AGSAWAY, David Isaac		
S11-17	MACARAIG, Mary Dionese A.		
S11-18	LOPEZ, John Lennon S.		

FROM THE OVCAR – GUIDANCE OFFICE:

- For Grades 1- 6 Homeroom Advisers, Subject Teachers and Students:** Please be informed that the **Diagnostic/Achievement Test in English, Math and Science** will be administered to **Grades 1-6** students **on Wednesday, April 4, 2018 from 8:00 am onwards**. Students are reminded to bring pencils (Mongol #2), erasers, and sharpeners and to eat a heavy meal on the day of testing. Please also be reminded that the advisers will

serve as proctors during the test. Briefing with them by the CEM staff will be held at **MMR 7** from **7:20am-7:50am**. Below is the schedule:

Grade	English	Recess	Math	Lunch	Science
Grade 1	8:00—9:20	9:20—9:40	9:40—11:00	11:00 – 11:40	11:40—1:00
Grade 2	8:00—9:10	9:10—9:30	9:30—10:50	10:50—11:30	11:30—12:40
Grade 3	8:00—9:30	9:30—9:50	9:50—11:20	11:20—12:00	12:00—1:10
Grade 4	8:00—9:30	9:30—9:50	9:50—11:30	11:30—12:10	12:10—1:40
Grade 5	8:00—9:30	9:30—9:50	9:50—11:30	11:30—12:10	12:10—1:40
Grade 6	8:00—10:00	10:00—10:20	10:20—12:00	12:00—12:40	12:40—2:30

2. **For Grade 5 SDOs:** Big thanks for your active participation during the activity held last March 23, 2018.
3. **For G7 Students, Advisers and Science Teachers:** Big thanks for accommodating Ms. Maicon Katigbak during the Culture - Fair Intelligence Test (CFIT) and High School Personality Questionnaire (HSPQ) Interpretation held last March 20- 23, 2018. Letter to parents regarding the results was distributed to the students during the interpretation. Advisers are requested to remind the students to submit the reply slip until Wednesday, April 4, 2018.
4. **For Grades 7-9 Homeroom Advisers, Subject Teachers and Students:** Please be informed that the **Diagnostic/Achievement Test in English, Math and Science** will be administered to **Grades 7-9** students **tomorrow, April 3, 2018 from 8:00 am onwards**. Students are reminded to bring pencils (Mongol #2), erasers, and sharpeners and to eat a heavy meal on the day of testing. Please also be reminded that the advisers will serve as proctors during the test. Briefing with them by the CEM staff will be held at **MMR 1** from **7:20am-7:50am**. Below is the schedule:

Grade	ENGLISH	RECESS	MATH	LUNCH	SCIENCE
7	8:00 – 9:50	9:50 – 10:10	10:10 – 12:10	12:10 – 12:50	12:50 – 2:40
8	8:00 – 9:20	9:20 – 9:40	9:40 – 11:10	11:10 – 11:50	11:50 – 1:10
9	8:00 – 9:30	9:30 – 9:50	9:50 – 11:35	11:35 – 12:15	12:15 – 1:35

5. **For Grade 8 Students, Advisers and Social Studies Teachers:** OLSAT (Otis-Lennon School Ability Test) administration will continue on April 10, 2018. Please refer to the bulletin entry last March 16, 2018 for the schedule.
6. **For G9 Students, Advisers and Subject Teachers:** Big thanks for accommodating Ms. Renie Fabon during the Culture - Fair Intelligence Test (CFIT) Interpretation held last March 19- 23, 2018. Letter to parents regarding the results was distributed to the students during the interpretation. Advisers are requested to remind the students to submit the reply slip until Wednesday, April 4, 2018.
7. **For Grade 11 Students, Advisers and Subject Teachers:** Please be informed that there will be a Moving Up to Grade 12 Activity and One La Salle Career Orientation Talk on Thursday, April 5, 2018 at the Sentrum, 12:00 nn- 4:00 pm. Movement to the venue will start at 11:30 am. Thank you.
8. **Looking Ahead:**

April 10	Grade 8 OLSAT Administration
April 13	Grade 4-5 Structured Homeroom- <i>Career Talk</i> Grades 6 Structured Homeroom
April 16	Grades 7- 9 Structured Homeroom Grade 10 Structured Homeroom- <i>Moving On to Senior High School Talk</i>
April 12-13, 16-20	Grade 8 OLSAT Interpretation
April 16-19	Nursery 1, Nursery 2 and Grade 1 4 th Counselor's Time
April 20	Grades 4-5 Structured Homeroom
April 23	Grade 9 SDO Activity Grades 6 &10 Evaluation of Counseling Services
April 23- 27	Grades 2-3 4 th Counselor's Time
April 24 & 25	Grade 5 CPQ Interpretation

FROM THE OVCAR – STUDENT ACTIVITIES OFFICE:

1. **On Training of Student Digital Officers.** Congratulations to our SDOs for attending the Technical Training last Friday. Those who were not able to attend may please register at the SAO for another schedule of Technical Training together with the SHS SDOs this month. Thank you
2. **On Club Meeting.** There will be Club Meeting this week. Club Moderators are requested to discuss the project in partnership with the Cancer Warriors Foundation. Thank you.
3. **On Club Grades.** The Club Grades may be viewed at <https://sites.google.com/site/dlslissao/home/sy-2017-2018>. Thank you.
4. **On SCB Election.** Students who are interested to run as SCB Officer for SY 2018-2019 are reminded that start of filing the application form is on April 10. Deadline of submission of application form is on April 12, 2018, 4:00PM at the SAO. Thank you.

FROM THE OVCM – INSTITUTIONAL LASALLIAN FORMATION OFFICE:

Schedule of Retreat

April 2-3, 2018 = BM103 and CMR 202

April 5-6, 2018 = BM202 and BM 203

Senior High Recollection

April 10 - A12-09

- H12-01

FROM THE OVCAD – INSTITUTIONAL HEALTH SERVICES:

5 Ways to a Healthy Lifestyle

With good food habits and daily physical activity you will be well on your way to a healthy life. Easy to say, but sometimes not so easy to do!

Our busy lifestyles can be hard on our family's health. Rushing to and from school and work can make it hard to find time to be physically active. We can also slip into the habit of choosing unhealthy snacks and take-away foods or spending our free time watching TV or in front of the computer.

However, these choices can be dangerous for our health and our children's health – both now and in the long-term. That's why it's so important to stop, take stock and make a conscious decision to follow a healthy lifestyle.

How to lead a healthy lifestyle

There are five simple ways for your family to lead a healthy lifestyle and get back on track:

1. Get active each day

- Regular physical activity is important for the healthy growth, development and well-being of children and young people.
- They should get at least 60 minutes of physical activity every day, including vigorous activities that make them 'huff and puff'.
- Include activities that strengthen muscles and bones on at least 3 days of the week.
- Parents should be good role models and have a positive attitude to being active.

2. Choose water as a drink

- Water is the best way to quench your thirst – and it doesn't come with the added sugar found in fruit juices, soft drinks and other sweetened drinks.
- Reduced fat milk for children over two is a nutritious drink and a great source of calcium.
- Give kids whole fruit to eat, rather than offering fruit juices that have a lot of sugar.

3. Eat more fruit and vegetables

- Eating fruit and vegetables every day helps children grow and develop, boosts their vitality and can reduce the risk of many chronic diseases.
- Aim to eat two serves of fruit and five serves of vegetables every day.
- Have fresh fruit available as a convenient snack and try to include fruit and vegies in every meal.

4. Switch off the screen and get active

- Sedentary or 'still' time spent watching TV, surfing online or playing computer games is linked to kids becoming overweight or obese.
- Children and young people should spend no more than two hours a day on 'small screen' entertainment. Break up long periods of use as often as possible.

- Plan a range of active indoor and outdoor games or activities for your children, as alternatives to watching TV or playing on the computer.

5. Eat fewer snacks and select healthier alternatives

- Healthy snacks help children and young people meet their daily nutritional needs.
- Snacks based on fruit and vegetables, reduced fat dairy products and whole grains are the healthiest choices.
- Avoid snacks that are high in sugar or saturated fats – such as chips, cakes and chocolate – which can cause children to put on excess weight.

<https://www.healthykids.nsw.gov.au/parents-carers/5-ways-to-a-healthy-lifestyle.aspx>

SCHEDULE OF MEDICAL AND DENTAL

DATE	TIME	MEDICAL	DENTAL
MON. APRIL 2, 2018	9:10-9:40 AM	-----	G10 BM 205
	10:00-11:00 AM	A12-01	A12-01
	2:00-3:00 PM	S12-05	-----
TUES. APRIL 3, 2018	10:00-11:00 AM	S12-10	-----
	1:00-2:00 PM	-----	G8 LS 209
	2:00-3:00 PM	A12-02	A12-02
WED. APRIL 4, 2018	9:45-10:45 AM	K BB 202 1ST	K BB 202 1ST
THURS. APRIL 5, 2018	10:00-11:00 AM	S12-06	-----
	1:00-2:00 PM	-----	G8 LS 409
	2:00-3:00 PM	S12-11	S12-11
FRI. APRIL 6, 2018	9:10-9:40 AM	-----	G10 BM 206
	10:00-11:00 AM	H12-03	H12-03
	2:00-3:00 PM	S12-14	-----