



GOD'S WORDS FOR TODAY (Jn. 3:31-36)

The Holy Gospel according to St. John

He who comes from above is above all; he who is of the earth belongs to the earth, and of the earth he speaks; he who comes from heaven is above all. He bears witness to what he has seen and heard, yet no one receives his testimony; he who receives his testimony sets his seal to this, that God is true. For he whom God has sent utters the words of God, for it is not by measure that he gives the Spirit; the Father loves the Son, and has given all things into his hand. He who believes in the Son has eternal life; he who does not obey the Son shall not see life, but the wrath of God rests upon him.

REFLECTION:

If you choose to obey God's voice and to do his will, then you will know and experience that abundant life which comes from God himself. If you choose to follow your own way apart from God and his will, then you choose for death – a spiritual death which poisons and kills the heart and soul until there is nothing left but an empty person devoid of love, truth, goodness, purity, peace, and joy. Do your choices lead you towards God or away from God?

PRAYER:

Lord Jesus Christ, let your Holy Spirit fill me and transform my heart and mind that I may choose life - the abundant life you offer to those who trust 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 – INTEGRATED SCHOOL PRINCIPAL:

1. Due to the Intranet interruption, grades due to AP are extended up to today while the online viewing of grades will be on Apr. 17, 2018. Subject teachers are again reminded to ensure that all students have their approved 3rd quarter grades.
2. Roster of honor students will be displayed on Apr. 24 and parents’ consultation will be on Apr. 26 Thursday; details will be given by the Asst. Principals.
3. IS Assembly will be held on Apr. 18 at 1:00pm; MMR 7 & 8 instead of April 25 as previously announced.

FROM THE OVCAR – GRADE SCHOOL COMMUNITY:

From the Assistant Principal for Administration

1. Everyone is reminded to avoid running and playing during assembly time, recess and lunch break for safety purposes. This is for your strict compliance.
2. Lunch break-proctoring schedule:

AREA	TIME	THURSDAY
BG 113	11:20 - 12:20	Ms. Citron
BG 114	11:20 - 12:20	Ms. Galela
BB 111	11:20 - 12:20	Mr. Mercado/ Ms. Vicente
BB 110	11:20 - 12:20	Ms. Rosilla
BB 104	11:20 - 12:20	Ms. Gregorio

3. 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, BB 112
 Grade 3: BB 108, BB 109, BB 204, 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 306, BB 401, BB 402, BB 403, BB 404, BB 405, BB 406

4. Looking Ahead:
 April 17 – Online Viewing of Grades
 April 26 – GS General Assembly



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 4	BB 312	Ms. Elma Lingao
Grade 1	BG 111	Ms. Daniella Gutierrez
Grade 2	BB 110	Ms. Fe Lajara
Grade 5	BB 302	Ms. Marilyn Camitan

Sponsors for Friday, April 13, 2018:

Grade 6	BB 306	Ms. Mona Liza de Villa
Grade 1	BG 112	Ms. Crisvelyn del Mundo
Grade 2	BB 111	Ms. Arlene de Ocampo
Grade 5	BB 303	Ms. Lein Saculo

From the GS Science Department

All VANDA examinees from Grades 2 – 6 this coming Saturday, April 14, 2018 will have a short meeting today with Ms. Pines at 12:00 nn in BB 35.

FROM THE OV CAR – JUNIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal for Administration

- All Grade 7 ESC grantees who have refund must tell their parents / guardians to claim the ESC grant from the cashier until tomorrow. If your parents / guardian will not claim the refund, the ESC grant will not be given to you anymore. This is for your strict compliance. Advisers are requested to remind ESC grantees about this matter. (note: only those whose tuition fees have been fully paid are eligible for refund. For those whose payment scheme is installment basis, ESC grant was automatically deducted from their tuition fee account).
- Additional Mission Collection:** LS105, LS306, LS307, BM105

From the JHS Office of the Learning Area Chair

On 4th Quarter CAPSTONE Concerns

Please be reminded of the following:

- Schedule:

Date	Grade	Activity/Task
Wed. – April 18	10	Individual Task - Reflection Writing and Submission
	7-9	Each class will finalize the documentation and come up with a multimedia documentation.
Wed. – April 25	7-9	Individual Task - Reflection Writing and Submission

- Guidelines for the Individual Task:

- Each student will write a reflection paper.
- Each student will answer the given questions on a whole sheet of paper. Introduction must also be included in the reflection paper.
- Handwriting of the drafts will be done in the morning. Drafts will be checked and monitored by the assigned proctor.
- Reflection paper should be a minimum of 4 paragraphs producing an essay.
Each question has to be answered where the topic sentence is the first sentence.
- Encoding and submission will be done in the afternoon. Reflection paper will be submitted via

Google doc following the given format: Arial 12; double space; one-inch margin all sides; short bond paper.

Name:	Section:
Assigned Area:	Date Submitted:
Title	
Introduction	
Answer –Q1	
Answer –Q2	
Answer –Q3	
Answer –Q4	

2.6. First quarter evaluators will check and evaluate the reflection paper. The average scores of the evaluators will be the final CAPSTONE score (100%) of the student.

**English teachers will discuss the writing mechanics in their respective classes.*

**Computer Department- Each class will consolidate and finalize their 5-6 minute multimedia documentation/ presentation. This will be submitted to their respective Computer teachers and will be graded under Practical Assessment/WOWA.*

3. Grade 10 Proctoring Schedule on April 18 (Wed.)

	BM 102	BM 103	BM 104	BM 105	BM 201	BM 202	BM 203	BM 204	BM 205	BM 206	CMR 201	CMR 202	CMR 204	CMR 205	CMR 206	CMR 207
7:40-8:40	Ms. Endaya	Ms. Atienza	Ms. Fortus	Ms. Serrano	Ms. Aguda	Ms. Mayuga	Ms. Samson	Ms. Villegas	Ms. Malai	Ms. Yabut	Mr. Angeles	Ms. Dimanahan	Mr. A. Baldo	Mr. Dimanahan	Ms. Marquez	Mr. Jumadiao
8:40-9:40	Ms. Obre	Ms. Ebreo	Mr. Virrey	Mr. Gonzales	Mr. Perez	Mr. Loreto	Ms. K. Calingasan	Ms. Sagoinit	Ms. Maranan	Ms. Policarpio	Ms. Endaya	Ms. Sanchez	Ms. Aguda	Mr. R. Baldo	Ms. Mayuga	Ms. Villegas
9:40-10:40	Ms. Dimanahan	Ms. Samson	Ms. Villegas	Ms. Navalez	Mr. A. Baldo	Ms. Obre	Ms. Remo	Mr. de la Cruz	Ms. Fortus	Ms. Rosales	Ms. Aguda	Ms. Obre	Mr. Perez	Ms. Maranan	Mr. Dimanahan	Mr. Virrey
10:40-11:00	RECESS	RECESS	RECESS	RECESS	RECESS	RECESS	RECESS	RECESS	RECESS	RECESS	RECESS	RECESS	RECESS	RECESS	RECESS	RECESS
11:00-12:00	Mr. Loreto	Ms. K. Calingasan	Ms. Malai	Ms. Licaras	Ms. Endaya	Ms. Serrano	Ms. Maranan	Mr. Jumadiao	Mr. de la Cruz	Mr. Virrey	Ms. Serrano	Ms. Sagoinit	Ms. Dimanahan	Ms. Ebreo	Ms. Atienza	Mr. Loreto
12:00-1:00	Mr. Angeles	Ms. Mayuga	Mr. R. Baldo	Mr. Lirio	Ms. Obre	Mr. Perez	Mr. R. Baldo	Ms. Fortus	Mr. Virrey	Ms. Serrano	Mr. Gonzales	Ms. Obre	Ms. Malai	Ms. K. Calingasan	Ms. Samson	Ms. Marquez
2:00-3:00	Ms. Yabut	Mr. Jumadiao	Ms. Marquez	Ms. Rosales	Mr. Angeles	Ms. Remo	Mr. R. Baldo	Mr. Dimanahan	Mr. Loreto	Ms. Licaras	Ms. Obre	Mr. Perez	Mr. Gonzales	Ms. Remo	Ms. Sagoinit	Mr. Gonzales
3:00-4:00	Ms. Endaya	Ms. Atienza	Ms. Fortus	Ms. Serrano	Ms. Aguda	Ms. Mayuga	Ms. Samson	Ms. Villegas	Ms. Malai	Ms. Yabut	Mr. Angeles	Ms. Dimanahan	Mr. A. Baldo	Mr. Dimaculangan	Ms. Marquez	Mr. Jumadiao

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 404	Mr. John Louie dela Cruz
Grade 10	CMR 207	Mr. Bernie Jumadiao

12:10p.m.

Grade 7	LS 408	Ms. Joanna Marie Alarcon
Grade 8	LS 412	Ms. Eloisa Pagcaliwangan

Sponsors for Friday, April 13, 2018

6:30 a.m.

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

12:10 noon

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

Recollection Schedule:

G8 LS 310 & G9 LS 102 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.

Date	Grade & Section
April 13, 2018 - Friday	G8 LS 210
	G9 LS 103
April 16, 2018 - Monday	G7 LS 307
	G8 LS 112
	G9 LS 301
April 17, 2018 - Tuesday	G7 LS 105
	G7 LS 207

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 JHS Science Department

All Grade 8 students who will take the VANDA Exam this coming Saturday, April 14, 2018 will have a meeting today after the PA at the 5th floor, Student Lounge.

From the JHS Math Department

We would like to congratulate the following Mathletes for being **Math Without Borders Qualifiers**. They are qualified to participate in the finals to be held in Nessebar, Bulgaria from June 29 to July 2, 2018. Kudos, Mathletes! Animo La Salle!

Angelo Vince Perez – Grade 9 LS 301

Jon Zedrick Macahia – Grade 9 LS 103

Gian Miguel Barte – Grade 8 LS 309

Francis Solatorio – Grade 8 LS 105

FROM THE OVCAR –SENIOR HIGH SCHOOL COMMUNITY:

From the SHS Christian Living Department

SCHEDULE OF CLASS MASS SPONSORSHIP EVERY 12:05NN 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
April 16	12:05 – 12:45	S11-11	S12-09
April 17	12:05 – 12:45	S11-12	S12-10
April 19	12:05 – 12:45	S11-13	S12-11
April 20	12:05 – 12:45	S11-14	S12-12
April 23	12:05 – 12:45	S11-15	S12-13
April 24	12:05 – 12:45	S11-16	S12-14
April 26	12:05 – 12:45	S11-17	S12-15
April 27	12:05 – 12:45	S11-18	A12-01

FROM THE INTEGRATED SCHOOL REGISTRAR’S OFFICE:

1. To All Grade School & Junior High School Students:

Fully accomplished Pre-Enrollment form will be submitted to the Office of the Integrated School Registrar with Class List attach thru Homeroom Adviser until tomorrow. Please be reminded also that the submission of the said form is for slot reservation and preparation of Assessment Forms.

2. All Grade 11 SHS Students:

Please be informed that the **Pre-Enrollment & Enrollment Adjustment Form** for 1st semester of A.Y. 2018-2019 was already distributed thru your **Class Presidents**. Kindly coordinate with them on how to accomplish the form properly and legibly. Make sure to have it signed by your respective Academic Adviser. Class Presidents are reminded to have it submitted to the Office of the Integrated School Registrar Enrollment & Evaluation In-Charge (Ms. Mitch Reyes) with **Class List** attach **until Monday from 8:00 am to 4:00 pm**. Failure to do so will no longer be accepted. . Please be reminded also that submission of the said form is for slot reservation and preparation of Assessment Forms.

- 3 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 until **April 20 only** (8:30 to 11:30am & 1:30 to 4:30pm), look for Ms. Daisy Landicho. Thank you!

FROM THE OVCAR – GUIDANCE OFFICE:

1. **For N1, N2, and Grade 1 Advisers and Subject Teachers:** Please be informed that Nursery 1, Nursery 2, Kinder and Grade 1 students will be having their Fourth Counselor’s Time starting on April 17, 2018. Below is the schedule.

DATE	SECTION	TIME	Subject	Adviser/Teacher*
April 17, 2018 (Tuesday)	NURSERY 1			
	BB 102 AM	7:50 – 8:20	Reading with Penmanship	Ms. G. Aguilera

	BB 103 AM	8:20 – 8:50	Reading with Penmanship	Ms. M. Lalamunan
	BB 103 PM	11:20 – 11:50	Mathematics	
	NURSERY 2			
	BB 101 AM	9:30 – 10:00	Reading with Penmanship	Ms. T. Chavez
	BB 101 PM	12:50 – 1:20	Filipino	Ms. T. Chavez
	BB 105 AM	10:00 – 10:20	Language	Ms. V. Dimaculangan
	BB 105 PM	1:20 – 1:50	Filipino	Ms. V. Dimaculangan
	BB 102 PM	12:20 – 12:50	Filipino	Ms. G. Aguilera
April 19, 2018 (Thursday)	GRADE 1			
	BG 109	7:40 – 8:20	Soc. Stud	Ms. Pagulayan
	BG 112	8:20 – 9:00	Language	Ms. Del Mundo
	BG 114	9:20 – 10:00	Math	Ms. Hernandez
April 20, 2018 (Friday)	GRADE 1			
	BG 113	8:20 – 9:00	Science	Ms. Garing
	BG 111	10:40 – 11:20	Filipino	Ms. Gutierrez
April 25, 2018 (Wednesday)	BG 110	8:20 – 9:00	PE/H	Ms. Cantos

2. **For Grades 4-5 Homeroom Advisers and Students:** Please be informed that there will be a Career Talk titled “Discovering Possibilities” tomorrow, **April 13, 2018** at the BHV Gymnasium, 7:40am – 9:00am. Movement to the venue will be right after the Morning Prayer.
3. **For Grades 6 Homeroom Advisers and Students:** There will be a Structured Homeroom tomorrow, **April 13, 2018**. The title of the module is “Wrapping Up My Year”. Thank you.
4. **For Grades 7-9 Homeroom Advisers and Students:** Structured Homeroom on **Monday, April 16, 2018**. Thank you.
 - a. **Grade 7 – “My Freshman Year”**
Pre-assigned materials: pair of scissors
 - b. **Grade 8 - “Intentional Acts of Kindness and Service”**
 - c. **Grade 9 – “Discovering My Career Interest”**
5. **For Grade 8 Homeroom Advisers, English Teachers and Students:**
 - There will be a room – to – room interpretation of Otis-Lennon Ability Test (OLSAT) to Grade 8 classes on April 16 – 26, 2018. Below is the schedule.

DATE	TIME	SECTION	TEACHER
April 16, 2018 Monday	8:40 – 9:40	LS 311	Ms. Obeña
	10:00 – 11:00	LS 209	Ms. Riata
	1:00 – 2:00	LS 310	Ms. Obeña
April 19, 2018 Thursday	7:40 – 8:40	LS 212	Ms. Obeña
	8:40 – 9:40	LS 409	Ms. Lasi
	10:00 – 11:00	LS 412	Ms. De Castro

	1:00 – 2:00	LS 210	Ms. Obeña
April 23, 2018 Monday	1:00 – 2:00	LS 111	Ms. Atienza
April 24, 2018 Tuesday	7:40 – 8:40	LS 312	Ms. De Castro
	8:40 – 9:40	LS 112	Ms. De Castro
	10:00 – 11:00	LS 410	Ms. De Castro
	1:00 – 2:00	LS 411	Ms. Riata
	2:00 – 3:00	LS 211	Ms. Obeña
April 26, 2018 Thursday	7:40 – 8:40	LS 309	Ms. De Castro
	8:40 – 9:40	LS 109	Ms. Atienza
	1:00 – 2:00	LS 110	Ms. Atienza

Note: Please proceed to MMR 1. Students are requested to bring ballpen. Thank you.

- Those who were not able to take the OLSAT are required to report to Ms. Alecks Dimaano at the JHS Guidance Office at 12:30 pm today.

6. For Grade 10 Homeroom Advisers and Students:

- Please be informed that the Moving On Activity on April 16, 2018 will be moved on **April 25, 2018, Wednesday, 7:40am to 9:40am** at the BHV Gym. GM's assembly will immediately follow after the talk. Thank you.
- Big thanks to the advisers for facilitating the students in answering the Exit Interview Questionnaire yesterday. Kindly forward the accomplished EIQ to the Guidance Office until tomorrow, **April 13, 2018**. Thank you.
- Those students who were not able to take the OLSAT (Otis Lennon School Ability Test) are required to report to Ms. Alecks Dimaano at the JHS Guidance Office at 1:30 pm today.

7. For Grade 12 Students: Good luck on your BEEA (Basic Education Exit Assessment) today and tomorrow (April 13, 2018). God bless you all.

8. Looking Ahead:

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 Club Meeting.** Please take note of the remaining schedule of Club Meetings:

Grade School		Junior High School	
Date	Activity	Date	Activity
<i>April 11</i>	<i>No Club Meeting to give way to the scheduled APE</i>	April 13	Collection of Hygiene Kit and Energy Pack
April 18	Collection of Hygiene Kit and Energy Pack and Evaluation of Clubs	April 20	Evaluation of Clubs
April 18		Preparation of Gift Packs for the Children of Cancer Warriors Foundation c/o SCB	
April 21		Program for the Children of Cancer Warriors Foundation at the Centen B from 9:00 – 12:00nn	
April 26 – Club Culminating Activity at the Sentrum from 1:30 to 3:00PM		April 27 – Club Culminating Activity at the Sentrum from 1:30 to 3:00PM	

Note: May 18 – Submission of Club Portfolio which will be part of the clearance. Full details of the content will be publish in the bulletin.

2. **On Timeline of SCB Election.** We are reminding our student leaders that today is the deadline of filing SCB Candidacy at the SAO. Please take note of the following important dates:
 - April 12 – Deadline of filing SCB candidacy, 4:00PM at the SAO
 - April 13 – Announcement of Official SCB Candidates for SY 2018-2019
 - April 16 – Start of Campaign Period
 - April 26 – Presentation of Candidates during GS Club Culminating Activity
 - April 27 – Presentation of Candidates during JHS Club Culminating Activity
 - May 2 – Meeting de Avance
 - May 3 – SCB Election
3. **ON CSYA.** We shall post the tentative CSYA results for this SY 2017-2018 for verification only. Should you have corrections, you may please see Ms. Ishikawa at the SAO until Friday only. Thank you very much.

FROM THE STUDENT COORDINATING BOARD:

The SCB brings you **Give Love: An Interaction with the Cancer Warriors**. Every club is reminded to prepare **ONE SET of GIFT PACK** to be shared to the young cancer warriors on April 21 from 9:00AM onwards. Be a hero, give love and share smiles now:

The gift pack should contained the following:

- a. Energy pack – 220 or 300 grams MILO, 1 fita crackers in singles by 10’s
- b. Hygiene Kit – 1 Medium toothpaste, 1 toothbrush, 1 bath soap and 1 alcohol

Note: You may please forward the gift packs tomorrow during our Club Meeting at the SAO.

FROM THE OVCM – VOCATIONS MINISTRY OFFICE:

ON SIKAT 5TH Medical and Dental Mission

Our gratitude to the following **for** their generous donations to SIKAT:

- class BM204 of MS. TALETH VILLEGAS--Php1000
- MS. BEBANG FANOGA --Php500
- MS. RALYN ANOG --Php500

FROM THE HRD OFFICE:

To all IS Faculty (GS/JHS/SHS): Please be informed of the following schedule of students' evaluation for faculty:

SCHEDULE OF EVALUATION

3rd /4th QUARTER SY 2017 - 2018

April 12, 2018 (Thursday)

	A		B		C		D		E	
TIME	Section	TEACHER	Section	TEACHER	Section	TEACHER	Section	TEACHER	Section	TEACHER
7:40 - 8:40	LS407 G7	Ms. C. Quinto	LS210 G8	Ms. A. Fermin	LS312 G8	Ms. M. Laraya	LS309 G8	Ms. R. De Castro	LS209 G8	Ms. AM Pestejo
8:40 – 9:40	LS405 G7	Ms. C. Quinto	LS110 G8	Mr. J. Orozco	LS107 G7	Ms. R. Rosima	LS305 G7	Ms. M. Rivera	LS106 G7	Ms. S. Manalo
10:00 – 11:00	LS211 G8	Ms. G. Obena			LS412 G8	Ms. R. de Castro	LS311 G8	Mr. M. Zara	LS208 G7	Ms. S. Manalo
11:00 – 12:00	LS112 G8	Ms. A. Fermin	LS410 G8	Ms. E. Pagcaliwangan	LS411 G8	Ms. AM Pestejo	LS205 G7	Ms. R. Beltran	LS308 G7	Ms. M. Rivera
1:00 – 2:00	LS409 G8	Ms. AM Pestejo	LS111 G8	Ms. J. Bril	LS109 G8	Mr. J. Lirio	LS310 G8	Ms. E. Africa	LS105 G7	Ms. G. Ona

April 13, 2018
(Friday)

	A		B		C		D		E	
TIME	Section	TEACHER	Section	TEACHER	Section	TEACHER	Section	TEACHER	Section	TEACHER
7:40 - 8:40	LS111 G8	Ms. ML Atienza	LS210 G8	Mr. M. Zara	LS312 G8	Ms. M. Bautista	LS309 G8	Ms. MT Villaruel	LS209 G8	Ms. AD Morillo
8:40 – 9:40	LS308 G7	Ms. R. Beltran	LS208 G7	Ms. S. Manalo	LS107 G7	Ms. A. Dacles	LS109 G8	Ms. F. Rivera	LS406 G7	Ms. L. Faeldonia
10:00 – 11:00	LS211 G8	Mr. M. Zara	LS212 G8	Ms. A. Fermin	LS410 G8	Ms. S. Cuevillas	LS311 G8	Ms. G. Obena	LS110 G8	Ms. ML Atienza
11:00 – 12:00	LS409 G8	Mr. J. Lirio	LS407 G7	Ms. R. Beltran	LS105 G7	Ms. E. Tapalla	LS205 G7	Ms. A. Dacles	LS305 G7	Mr. A. Cadelina
1:00 – 2:00	LS112 G8	Ms. R. De Castro	LS412 G8	Mr. BL Taningco	LS411 G8	Ms. AD Morillo	LS310 G8	Ms. A. Fermin	LS405 G7	Ms. D. Litan

FROM THE OVCAD – INSTITUTIONAL HEALTH SERVICES:

Heat stroke: Prevention, Symptoms, & Treatment

The Department of Health (DOH) has warned the public against the possibility of heat stroke cases and to take the necessary precautions to stay healthy during summer season.

DOH stressed that the risk of heat stroke, which is considered a medical emergency, increases during hot and humid conditions, especially during exercise, prolonged exposure to direct sunlight and when the body is dehydrated.

Ways to prevent heat stroke

1. Avoid spending too much time outdoors
2. Drink water rather than tea, coffee, soda and alcoholic beverages
3. Wear wide-brimmed hats and long-sleeved clothing
4. Strenuous activities and exercise must be scheduled either at the beginning or end of the day, when the temperature is cooler.

Symptoms of heat stroke

1. Intense thirst
2. Dehydration
3. Weakness or discomfort
4. Dizziness or fainting
5. Anxiety
6. Headaches
7. Core body temperature of 40°C
8. Hot and dry skin
9. Rapid heartbeat
10. Suffering from convulsions
11. Deliriums
12. Loss of consciousness

In case of heat stroke, the patient must be immediately moved to a shady area or indoors and have him or her lie down with the legs elevated. Ice or ice packs must be applied to the armpits, wrists, ankles and the groin and cool water on the skin to lower temperature. The patient must be immediately transferred to a hospital after receiving first aid.

Heat stroke occurs when the body overheats. When untreated, it can damage the brain, heart and kidneys, resulting in serious complications or even death.

<http://www.nursehussein.com/heat-stroke-prevention-symptoms-treatment/>

SCHEDULE OF MEDICAL AND DENTAL

DATE	TIME	MEDICAL	DENTAL
THURS. APRIL	10:00-11:00 AM	A12-09	-----

12, 2018			
	1:00-2:00 PM	-----	G3 BB 208
	2:00-3:00 PM	S12-13	S12-13
FRI. APRIL 13, 2018	9:00-9:40 AM	-----	G5 BB 304
	9:50-10:40 AM	-----	G9 LS 301
	10:00-11:00 AM	A12-04	-----
	2:00-3:00 PM	H12-01	-----

Professional Reading # 20

The Impact of Technology on the Developing Child

By Cris Rowan Updated Dec 06, 2017

Reminiscing about the good old days when we were growing up is a memory trip well worth taking when trying to understand the issues facing the children of today. A mere 20 years ago, children used to play outside all day, riding bikes, playing sports and building forts. Masters of imaginary games, children of the past created their own form of play that didn't require costly equipment or parental supervision. C https://www.huffingtonpost.com/cris-rowan/technology-children-negative-impact_b_3343245.html children of the past moved... a lot, and their sensory world was nature based and simple. In the past, family time was often spent doing chores, and children had expectations to meet on a daily basis. The dining room table was a central place where families came together to eat and talk about their day, and after dinner became the center for baking, crafts and homework.

Today's families are different. Technology's impact on the 21st century family is fracturing its very foundation, and causing a disintegration of core values that long ago were the fabric that held families together. Juggling school, work, home, and community lives, parents now rely heavily on communication, information, and transportation technology to make their lives faster and more efficient. Entertainment technology (TV, Internet, video games, iPads, cell phones) has advanced so rapidly, that families have scarcely noticed the significant impact and changes to their family structure and lifestyles. A 2010 Kaiser Foundation study showed that elementary aged children use on average 7.5 hours per day of entertainment technology, 75 percent of these children have TV's in their bedrooms, and 50 percent of North American homes have the TV on all day. Gone is dining room table conversation, replaced by the "big screen" and take out.

Children now rely on technology for the majority of their play, grossly limiting challenges to their creativity and imaginations, as well as limiting necessary challenges to their bodies to achieve optimal sensory and motor development. Sedentary bodies bombarded with chaotic sensory stimulation are resulting in delays in attaining child developmental milestones, with subsequent negative impact on basic foundation skills for achieving literacy. Hard-wired for high speed, today's young are entering school struggling with self regulation and attention skills necessary for learning, eventually becoming significant behavior management problems for teachers in the classroom.

So what is the impact of technology on the developing child? Children's developing sensory, motor, and attachment systems have biologically not evolved to accommodate this sedentary, yet frenzied and chaotic nature of today's technology. The impact of rapidly advancing technology on the developing child has seen an increase of physical, psychological and behavior disorders that the health and education systems are just beginning to detect, much less understand. Child obesity and diabetes are now national epidemics in both Canada and the U.S., causally related to technology overuse. Diagnoses of ADHD, autism, coordination disorder, developmental delays, unintelligible speech, learning difficulties, sensory processing disorder, anxiety, depression, and sleep disorders are associated with technology overuse, and are increasing at an alarming rate. An urgent closer look at the critical factors for meeting developmental milestones, and the subsequent impact of technology on those factors, would assist parents, teachers and health professionals to better understand the complexities of this issue, and help create effective strategies to reduce technology use.

Four critical factors necessary to achieve healthy child development are movement, touch, human connection, and exposure to nature. These types of sensory inputs ensure normal development of posture, bilateral coordination, optimal arousal states and self-regulation necessary for achieving foundation skills for eventual school entry. Young children require 2-3 hours per day of active rough and tumble play to achieve adequate sensory stimulation to their vestibular,

proprioceptive and tactile systems. Tactile stimulation received through touching, hugging and play is critical for the development of praxis, or planned movement patterns. Touch also activates the parasympathetic system lowering cortisol, adrenalin and anxiety. Nature and “green space” has not only a calming influence on children, but also is attention restorative and promotes learning.

Further analysis of the impact of technology on the developing child indicates that while the vestibular, proprioceptive, tactile and attachment systems are under stimulated, the visual and auditory sensory systems are in “overload.” This sensory imbalance creates huge problems in overall neurological development, as the brain’s anatomy, chemistry and pathways become permanently altered and impaired. Young children who are exposed to violence through TV and video games are in a high state of adrenalin and stress, as the body does not know that what they are watching is not real. Children who overuse technology report persistent body sensations of overall “shaking”, increased breathing and heart rate, and a general state of “unease.” This can best be described as a persistent hypervigilant sensory system, still “on alert” for the oncoming assault. While the long term effects of this chronic state of stress in the developing child are unknown, we do know that chronic stress in adults results in a weakened immune system and a variety of serious diseases and disorders.

It’s important to come together as parents, teachers and therapists to help society “wake up” and see the devastating effects technology is having not only on our child’s physical, psychological and behavioral health, but also on their ability to learn and sustain personal and family relationships. While technology is a train that will continually move forward, knowledge regarding its detrimental effects, and action taken toward balancing the use of technology with critical factors for development, will work toward sustaining our children. While no one can argue the benefits of advanced technology in today’s world, connection to these devices may have resulted in a disconnection from what society should value most, children. Rather than hugging, playing, rough housing, and conversing with children, parents are increasingly resorting to providing their children with more TV, video games, and the latest iPads and cell phone devices, creating a deep and irreversible chasm between parent and child.

Rowan, C. (2017, December). *The Impact of technology on the developing child*. Retrieved from: Source: https://www.huffingtonpost.com/cris-rowan/technology-children-negative-impact_b_3343245.html