



GOD'S WORDS FOR TODAY (Jn. 6:30-35)

The Holy Gospel according to St. John

So they said to him, "Then what sign do you do, that we may see, and believe you? What work do you perform? Our fathers ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" Jesus then said to them, "Truly, truly, I say to you, it was not Moses who gave you the bread from heaven; my Father gives you the true bread from heaven. 33 For the bread of God is that which comes down from heaven, and gives life to the world." They said to him, "Lord, give us this bread always." 35 Jesus said to them, "I am the bread of life; he who comes to me shall not hunger, and he who believes in me shall never thirst."

REFLECTION:

The bread which Jesus offers his disciples sustains us not only on our journey to the heavenly paradise, it gives us the abundant supernatural life of God which sustains us both now and for all eternity. When we receive from the Lord's table we unite ourselves to Jesus Christ, who makes us sharers in his body and blood and partakers of his divine life. This supernatural food is healing for both body and soul and strength for our journey heavenward. Do you hunger for God and for the food which produces everlasting life?

PRAYER:

Lord Jesus, may I always find in you, the true bread from heaven, the source of life and nourishment I need to sustain me on my journey to the promised land of heaven. 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 for Administration

1. 4th Quarter Assessment Schedule:

KINDER

	April 23		April 24	April 25
7:00 – 7:40 (1 ST session) 11:20 – 12::00 (2 nd session)	Assembly/Homeroom	7:00 – 7:40 (1 ST session) 11:40 – 12:00 (2 nd session)	Assembly/Homeroom	Assembly/Homeroom
7:40 – 8:40 (1 st session) 12:00-1:00 (2 nd session)	Filipino	7:40 – 8:40 (1 ST session) 12:00-1:00 (2 nd session)	Reading	Oral Test / Penmanship
8:40-9:00 (1 st session) 1:00- 1:20 (2 nd session)	Recess	8:40 -9:40 (1 st session) 1:00-2:00 (2 nd session)		Completion
9:00 – 10:00 (1 st session) 1:20 – 2:20 (2 nd session)	Math		Language Arts	



Grade 6

	April 23		April 24	April 25
7:10 - 8:40	Assembly/Homeroom	7:00 – 7:40	Assembly/Home room	Assembly/Homeroom
8:40 – 9:40	Social Studies	7:40 – 8:40	Science	English
9:40-10:00	Recess	8:40 – 9:40	Filipino	Completion
10:00 – 11:00	Math			

2. Lunch break-proctoring schedule:

AREA	TIME	TUESDAY
BG 113	11:20 - 12:20	Ms. Citron/ Ms. Vicente
BG 114	11:20 - 12:20	Ms. Galela
BB 111	11:20 - 12:20	Mr. Mercado
BB 110	11:20 - 12:20	Ms. Fe
BB 104	11:20 - 12:20	Ms. Mutia

3. Looking Ahead:

April 23-25 – Kinder and Grade 6 Fourth QA

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 6	BB 401	Ms. Leonie Landicho
Grade 1	BB 113	Ms. Ruby Garing
Grade 2	BB 112	Ms. Nerissa Hernandez
Grade 5	BB 304	Ms. Rizza Limbo

Sponsors for Wednesday, April 18, 2018:

Grade 6	BB 403	Ms. Verna Dimaala
Grade 4	BB 209	Ms. Raquel Maralit
Grade 3	BB 108	Ms. Lerma Castro
Grade 5	BB 308	Ms. Maricel Comia

On Recollection:

Grade 5 class BB 305 & Grade 4 BB 209 will have their Recollection today. Let’s all pray for the success of this spiritual activity.

Schedule of Recollection:

Date	Grade 4 Section	Date	Grade 5 Section
April 19	BB 312	April 20	BB 301
April 20	BB 212	April 23	BB 303
April 24	BB 210	April 24	BB 309
April 25	BB 211	April 27	BB 302

April 27	BB 311	April 30	BB 304
April 30	BB 310		

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.

Class Advisers are invited to join their class in the celebration of the Holy Mass at 12:10 p.m. at the Capilla.

FROM THE OVCAR –JUNIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal for Administration

1. The Junior High School Community would like to congratulate Arabella Franceska Racelis, Grade 10 BM 105 for winning as “Creator of the Year” (Online’s Choice) Nuffie Award in the recently concluded “*Blogopolis: The Digital Journey*” held last Saturday, April 14, 2018 at Dusit Thani Manila in Makati City. *Blogopolis* is an annual blog and social media conference where highly influential content creators gather not only to share their stories of success but also to be recognized for their talents in their chosen fields. It is hosted by Nuffnang Philippines, the largest blog advertising agency in the country that specializes in social media. Bella was also one of the speakers during the plenary where she talked about one of the most important aspects of one’s digital journey as a content creator—*branding*. The whole Lasallian community celebrates this success with you!
2. Please be informed that there is an extension of voucher application for Grade 10 (non-ESC students and students from private schools) from April 3-27, 2018. To apply, please visit OVAP Website (www.ovap.deped.gov.ph). Thank you.
3. Online viewing of grades will be tomorrow, April 17, 2018. Make sure to view your grades so that you will know the adjustments that you have to make in order to pass the grade level that you are currently enrolled in.
4. Students are reminded to clean their classrooms before leaving in the afternoon.
5. For Grade 10: This is the last week of regular classes for our Grade 10 students. Review very well for the 4th Quarter Assessment and make sure that all your tasks and requirements given by the subject teachers are done before the end of the school year. After your 4th quarter assessment, you are all required to come to school until April 27, 2018 to comply and complete the requirements given by your subject teachers. Moreover, you will have your last grade assembly on April 25, 2018. Regular schedule will be followed on April 26 and 27, 2018.
6. Grade 10 subject teachers shall have a deliberation of Grade 10 students of Thursday, April, 19, 2018, 2:00 pm at BM 201. All subject teachers are required to attend, together with the Grade 10 Moderator, Grade 10 Guidance Counselor. Thank you!

From the JHS Office of the Learning Area Chair

Updates on 4th Quarter CAPSTONE Concerns

Please be reminded of the following:

1. 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

2. Guidelines for the Individual Task:

- 2.1 Each student will write a reflection paper.
- 2.2 Each student will answer the given questions on a whole sheet of paper. Introduction must also be included in the reflection paper.
- 2.3 Handwriting of the drafts will be done in the morning. Drafts will be checked and monitored by the assigned proctor.
- 2.4. 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.

2.5. Encoding and submission will be done in the afternoon. Reflection paper will be submitted online 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.

3. For GRADE 10 Students

3.1 Submission folder of the CAPSTONE reflection will be shared on April 18, 2018.

3.2 Kindly checkout your inbox using the De La Salle Account gmail.

3.3 Strictly follow the file name conversion for your reflection

"Classno_Lastname_Firstname_Reflection.docx"

3.4 File should be uploaded in your respective section shared to you.

3.5 Be reminded to checkout your uploaded file before you logout from your account.

**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/ WOVA.*

4. 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. Malaibaca	Ms. Yabut	Mr. Angeles	Ms. Dimahunahan	Mr. A. Baldovino	Mr. Dimahunahan	Ms. Marquez	Mr. Jumadiano
8:40-9:40	Ms. Obre	Ms. Ebreo	Mr. Virrey	Mr. Gonzales	Ms. Aguda	Mr. Loreto	Ms. K. Calingasan	Mr. Jumdiao	Ms. Maranan	Ms. Policarpio	Ms. Serrano	Ms. Sanchez	Ms. Aguda	Mr. R. Baldovino	Ms. Mayuga	Ms. Villegas
9:40-10:40	Ms. Dimaunahan	Ms. Samson	Ms. Villegas	Ms. Navalez	Mr. A. Baldovino	Ms. Ebreo	Ms. Remo	Ms. Sagoinit	Ms. Fortus	Ms. Rosales	Ms. Aguda	Ms. Obre	Mr. Loretano	Ms. Maranan	Mr. Dimaunahan	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. Licaros	Ms. Endaya	Ms. Serrano	Ms. Maranan	Ms. Villegas	Mr. de la Cruz	Mr. Virrey	Ms. Endaya	Ms. Sagoinit	Ms. Dimaunahan	Ms. Ebreo	Ms. Atienza	Mr. Perez
12:00-	Mr.	Ms.	Mr.	Mr.	Ms.	Mr.	Mr.	Ms.	Mr.	Ms.	Mr.	Ms.	Ms.	Ms. K.	Ms.	Ms.

1:00	Angeles	Mayuga	R. Baldovino	Lirio	Obre	Perez	R. Baldovino	Fortus	Virrey	Serrano	Gonzales	Ebreo	Malai	Calingasan	Samson	Marquez
2:00-3:00	Ms. Yabut	Mr. Jumadiao	Ms. Marquez	Ms. Rosales	Mr. Angeles	Ms. Remo	Mr. R. Baldovino	Mr. Dimahunahan	Mr. Loreto	Ms. Licaros	Ms. Obre	Mr. Perez	Mr. Gonzales	Ms. Remo	Ms. Sagoinit	Mr. Gonzales
3:00-4:00	Ms. Endaya	Ms. Atienza	Ms. Fortus	Ms. Serrano	Mr. Perez	Ms. Mayuga	Ms. Samson	Mr. de la Cruz	Ms. Malaiba	Ms. Yabut	Mr. Angeles	Ms. Dimahunahan	Mr. A. Baldovino	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	BM 101	Ms. Rina Uy
Grade 10	BM 103	Ms. Marian Leslie Atienza

12:10p.m.

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

Sponsors for Wednesday, April 18, 2018

6:30 a.m.

Grade 9	LS 101	Ms. Ruth Manalo
Grade 10	BM 104	Ms. Rosalie Fortus

12:10 noon

Grade 7	LS 107	Ms. Rodelia Beltran
Grade 8	LS 111	Mr. Jose Lirio

Recollection Schedule:

G7 LS 105 & G7 LS 207 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.

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.

On Confirmation:

Please be guided by the schedule below. Confirmands are expected to be at the venue on time.

March 19 – April 13	Preparation of Confirmands during CLCE classes
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April 11	Orientation/ Giving of guidelines and reminders to Confirmands (Sentrum, 10:00 a.m.- 12:00 n.n.)
April 16	Confirmation Rite practice at the Sentrum (8:00 a.m.-3:00 p.m.)
April 17-18	Confession at the Capilla (8:00- 11:00 a.m.) Practice in the afternoon at the Sentrum
April 20	Seminar for Confirmands at the Capilla (8:00 a.m. – 12:00nn by batch)
April 21	Seminar for Parents and Sponsors at the Capilla (7:30-9:30 a.m.) Sacrament of Confirmation at the Sentrum (10:00a.m. -12:00nn.)

From the JHS Science Department

The JHS Science Academic Varsity who be joining the Nestle Field trip on April 21, 2018 will be having a meeting with Ms. Talet Villegas today - April 17, 2018, 3:00 pm at BM 201.

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 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:

To All Integrated School Students (N1 to Grade 11)

All students who haven’t submitted their Pre-Enrollment Form during the deadline are given **until Wednesday, April 18, 2018 (4:00pm) only**. Failure to submit the said form will automatically lose your slot for the next Academic Year and will be given to new applicants and transferees.

FROM THE OVCAR – GUIDANCE OFFICE:

- 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 **today**. 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, Subject Teachers and Students:** Big thanks for your support on the Career Talk held last Friday, April 13, 2018. Kindly forward the evaluation forms at the Guidance Office until **tomorrow, April 18, 2018**. Thank you.
3. **For Grades 6 Homeroom Advisers and Students:** Kindly forward the homeroom module worksheet/output and evaluation forms at the Guidance Office until **tomorrow, April 18, 2018**. Thank you.
4. **For Grades 7 & 9 Homeroom Advisers and Students:** Kindly forward the homeroom module worksheet/output and evaluation forms at the Guidance Office until **Friday, April 20, 2018**. Thank you.
5. **For Grade 8 Homeroom Advisers, English Teachers and Students:**
 - a. Otis-Lennon Ability Test (OLSAT) Interpretation will continue on Thursday, April 19, 2018. Below is the schedule.

DATE	TIME	SECTION	TEACHER
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.

- b. 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.
 - c. There will be a Structured Homeroom on Monday, April 23, 2018. The title of the module is “Intentional Acts of Kindness and Service”. Thank you.
6. **For Grade 10 Homeroom Advisers and Students:** 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. **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 that we shall have our last Club Meeting this week in both Grade School and Junior High School. We shall request the Club Moderators to please facilitate the Evaluation of Clubs. Moreover, we shall be accepting the Gift Packs for the Cancer Warriors until Thursday only. Thank you so much for your heart warming support in the #Gift Love Project of our SCB. ANIMO Lasalle!!
2. **On Official SCB Candidates for SY 2017–2018.** We shall be extending the filing of SCB candidacy in Junior High School until tomorrow, April 18, 4:00PM. We request our Homeroom Advisers to please reiterate this information to our students. We hope to invite more student leaders to take the lead and bring new hopes by being part of the Student Coordinating Board SY 2018-2019. Meanwhile, we would like to announce the following SCB Official Candidates in Grade School:

BEST FOOR FORWARD – BFF			LASALLIANS FOR BETTER TOMORROW - LBT		
Mikaela Eunice Guerra	BB308	President	Chino Laluces	BB308	President
Aiden Jomiel Bercilla	BB310	Vice-President	Raidon Amata	BB 211	Vice President
Arvinn John Magnaye	BB308	Gr. 6 Rep	Todd Gabriel Aba	BB 305	Gr. 6 Rep
Naomi Ashley Uy	BB308	Gr. 6 Rep	Julian Alver Patterson, Dario	BB 305	Gr. 6 Rep
Yuri Yabut	BB 312	Gr. 5 Rep	Yew Niel Saculo	BB 210	Gr. 5 Rep
Cassie Cantos	BB 311	Gr. 5 Rep	Lili Fonte	BB 311	Gr. 5 Rep

Yeshua Olanio	BB 208	Gr. 4 Rep	Immanuel Gerard Quinto	BB 204	Gr. 4 Rep
Maria Alessandra Silviderio	BB108	Gr. 4 Rep	Gillienne Nicole Urrea	BB 204	Gr. 4 Rep

3. **On Timeline of SCB Election.** All Official SCB Candidates in Grade School shall have a meeting today at the SAO after the Homeroom Period. Agenda: Guidelines in the SCB Campaign and Election.

Important Dates to Remember:

April 18 – 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

4. **ON CSYA.** Class Representatives are requested to check the **tentative and unofficial CSYA results for this SY 2017-2018 for verification only.** Should you have corrections, you may please see Ms. Ishikawa. Thank you very much.
5. **On TRAIL.** Our Congratulations to Mr. Jayson Baet for having been elected as Secretary of the Philippine Trailers Society for the Adult Leaders League. This event is sponsored by Youth Lead Philippines which was held at the DepED Ecotech Center, Brgy. Lahug, Cebu City from April 11 to 15, 2018 and aims to equip the youth with the right skills and values to make their leadership more meaningful and dynamic using transformative approaches.

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 17, 2018

(Tuesday)

	A		B		C		D		E	
TIME	Section	TEACHER	Section	TEACHER	Section	TEACHER	Section	TEACHER	Section	TEACHER
8:20 - 9:40	BB212 G4	Ms. E. De Castro Ms. R. Limbo	BB310 G4	Ms. R. Arada Ms. R. Maralit	BB312 G4	Ms. R. Maralit Ms. E. De Castro	BB304 G5	Ms. M. Briguella Ms. M. Comia	BB309 G5	Mr. M. Bueno Ms. E. Petalio
10:00 – 11:20	BB209 G4	Ms. L. Castro Ms. L. Magnaye	BB311 G4	Ms. R. Arada Ms. E. De Castro	BB301 G5	Ms. E. Yanga Mr. M. Bueno	BB305 G5	Ms. M. Comia Ms. L. Castro	BB402 G6	Ms. V. Cuevas Ms. V. Dimaala
12:20 – 1:40	BB210 G4	Ms. R. Maralit Ms. R. Arada	BB211 G4	Ms. Langamon Ms. E. De Castro	BB302 G5	Ms. L. Castro Mr. M. Bueno	BB401 G6	Ms. L. Bagares Ms. L. Landicho	BB404 G6	Ms. L. Landicho Ms. L. Bagares
1:40 - 3:00	BB303 G5	Mr. M. Bueno Ms. L. Saculo	BB308 G5	Ms. L. Saculo Ms. M. Comia	BB406 G6	Ms. L. Sebuc Ms. A. De Ocampo	BB403 G6	Ms. L. Landicho Ms. R. Ararao	BB306 G6	Ms. R. Ararao Ms. M. Magnaye

April 18, 2018 (Wednesday)

	A		B		C		D		E	
TIME	Section	TEACHER	Section	TEACHER	Section	TEACHER	Section	TEACHER	Section	TEACHER
8:20 - 9:40	BB212 G4	SMILES	BB310 G4	SMILES	BB312 G4	SMILES	BB304 G5	SMILES	BB309 G5	SMILES
10:00 – 11:20	BB209 G4	SMILES	BB311 G4	SMILES	BB301 G5	SMILES	BB305 G5	SMILES	BB402 G6	SMILES
12:20 – 1:40	BB210 G4	SMILES	BB211 G4	SMILES	BB302 G5	SMILES	BB401 G6	SMILES	BB404 G6	SMILES

1:40 - 3:00	BB303 G5	SMILES	BB308 G5	SMILES	BB406 G6	SMILES	BB403 G6	SMILES	BB306 G6	SMILES
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FROM THE OVCM – VOCATIONS MINISTRY OFFICE:

Our gratitude to everyone especially to the donors, administrators, student and teacher volunteers, Lipa City Dental Chapter, Lipa City Medical Society, Mediatrix Medical Center, Fernando Airbase CMO, FAB–Hospital and 133rd Dental Dispensary. Your generous contributions and assistance to the 5th Medical and Dental Mission led to the success of the said activity.

God bless you and your family.

FROM THE OVCAD – INSTITUTIONAL HEALTH SERVICES:

Top 10 Benefits of Drinking Water:

1. Increases Energy & Relieves Fatigue
Since your brain is mostly water, drinking it helps you think, focus and concentrate better and be more alert. As an added bonus, your energy levels are also boosted!
2. Promotes Weight Loss
Removes by-products of fat, reduces eating intake (by filling up your tummy if consumed prior to meals), reduces hunger (hello natural appetite suppressant!), raises your metabolism and has zero calories!
3. Flushes Out Toxins
Gets rid of waste through sweat and urination which reduces the risk of kidney stones and UTI’s (urinary tract infections).
4. Improves Skin Complexion
Moisturizes your skin, keeps it fresh, soft, glowing and smooth. Gets rid of wrinkles. It’s the best anti-aging treatment around!
5. Maintains Regularity
Aids in digestion as water is essential to digest your food and prevents constipation.
6. Boosts Immune System
A water guzzler is less likely to get sick. And who wouldn’t rather feel healthy the majority of the time? Drinking plenty of water helps fight against flu, cancer and other ailments like heart attacks.
7. Natural Headache Remedy
Helps relieve and prevent headaches (migraines & back pains too!) which are commonly caused by dehydration.
8. Prevents Cramps & Sprains
Proper hydration helps keep joints lubricated and muscles more elastic so joint pain is less likely.
9. Puts You In A Good Mood
When the body is functioning at its best, you will feel great and be happy!
10. Save Money!
Water is FREE! Even if you choose bottled/filtered water, it’s STILL cheaper than that high sugar and fat-filled latte!

<https://www.mindbodygreen.com/0-4287/10-Reasons-Why-You-Should-Drink-More-Water.html>

SCHEDULE OF MEDICAL AND DENTAL

DATE	TIME	MEDICAL	DENTAL
TUES. APRIL 17, 2018	10:00-11:00 AM	H12-02	-----
	1:00-2:00 PM	-----	G3 BB 205
	2:00-3:00 PM	A12-08	A12-08
WED. APRIL 18, 2018	9:10-10:00 AM	-----	K BB 201 AM
	10:30-11:30 AM	N1 BB 103 2ND	N1 BB 103 2ND
THURS. APRIL 19, 2018	10:00-11:00 AM	A12-05	-----
	1:00-2:00 PM	-----	G3 BB 109
	2:00-3:00 PM	S12-13	S12-13
FRI. APRIL 20, 2018	9:00-10:00 AM	-----	G9 LS 304
	10:00-11:00 AM	S12-04	S12-04

	2:00-3:00 PM	H12-04	-----
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