



GOD’S WORDS FOR TODAY (Jn.15:26-16:4)

The Holy Gospel according to St. John

But when the Counselor comes, whom I shall send to you from the Father, even the Spirit of truth, who proceeds from the Father, he will bear witness to me; and you also are witnesses, because you have been with me from the beginning. I have said all this to you to keep you from falling away. They will put you out of the synagogues; indeed, the hour is coming when whoever kills you will think he is offering service to God. And they will do this because they have not known the Father, nor me. But I have said these things to you, that when their hour comes you may remember that I told you of them. I did not say these things to you from the beginning, because I was with you.

REFLECTION:

Jesus warned his disciples that they could expect persecution just as Jesus was opposed and treated with hostility. We have been given the Holy Spirit to help us live as disciples of Jesus Christ. The Spirit gives us courage and perseverance when we meet adversities and challenges. Do you pray for the Holy Spirit to strengthen you in faith, hope and love and to give you courage and perseverance when you meet adversities and challenges?

PRAYER:

O merciful God, fill our hearts with the graces of your Holy Spirit; with love, joy, peace, patience, gentleness, goodness, faithfulness, humility and self-control. 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:

- Please be informed that we shall have our IS assembly today, 1:00 pm at MMR 7 & 8. All partners are requested to be punctual in reporting to the venue.

FROM THE OVCAR – GRADE SCHOOL COMMUNITY:

From the Assistant Principal for Administration

- Reminders on Exam days:
 - Wear complete school uniform.
 - Be mindful of the test schedule and dismissal time.
 - Eat heavy breakfast.
 - Take time to read and analyze the questions. Think twice before choosing/writing your answer.

2. 4th Qtr Test Schedule

Nursery 1

	May 7	May 8	May 9
7:00 – 8:00 (1 ST session) 10:30 – 11:30 (2 nd session)	Assembly/ Homeroom	Assembly/Homeroom	Assembly/Homeroom
8:00 – 9:00 (1 st session) 11:30-12:30(2 nd session)	Reading	Math	Oral Test/ Penmanship

Nursery 2

	May 7	May 8	May 9
7:00 – 7:40(1 ST session) 11:40 – 12:00(2 nd session)	Assembly/Homeroom	Assembly/Homeroom	Assembly/Homeroom
7:40 – 8:40 (1 st session) 12:00-1:00 (2 nd session)	Reading	Filipino	Oral Test / Penmanship
8:40-9:40 (1 st session) 1:00- 2:00 (2 nd session)	Language Arts	Math	Completion



Grades 1- 3

	May 7	May 8	May 9
7:00 - 7:40	Assembly/Homeroom	Assembly/Homeroom	Assembly/Homeroom
7:40 – 8:40	Social Studies	Language Arts	Reading
8:40-9:40	Filipino	Science	Math

Grades 4 & 5

	May 7	May 8	May 9
7:10 - 7:40	Assembly/Homeroom	Assembly/Homeroom	Assembly/Homeroom
7:40 – 8:40	Social Studies	English	Math
8:40 - 9:40	Filipino	Science	Completion

3. Looking Ahead:

May 10 – CEM Achievement Test

May 11 – Completion Day

From the GS Grade Moderators

1. Today, will be our Haircut Inspection Day! Male students are required to follow the prescribed haircut.
2. Again, this is to remind students to be mindful of your school belongings especially your gadget. The school will NOT be held liable for any damages/losses.
3. Grade 6 Recognition practice will start today. Assembly will be in the classroom. Movement in going to the SENTRUM will be after recess.

FROM THE OV CAR – GUIDANCE OFFICE:

1. **For Nursery 1 to Grade 10 Homeroom Advisers:** Please be informed that the deadline of submission of Student’s Anecdotal Record and Compilation of Homeroom Modules for Trials 1-3 Teachers is on May 28, 2018 while for Permanent Teachers is on June 5, 2018. Thank you.
2. **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 **May 10, 2018, Thursday** 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** on **May 9, 2018** from **3:30pm-4:00pm**. 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

3. **For Grades 1 & 2 Homeroom Advisers, Subject Teachers and Students:** Please be informed that the Kuhlmann – Anderson Test will be administered to Grades 1 and 2 students on **May 11, 2018**. Below is the schedule.

Grade & Section	Time	Subject	Teacher
G1 - BG 109	7:40 am – 9:00 am	Filipino & Math	Ms. D. Gutierrez & Ms. C. Hernandez
G1 - BG 110	7:40 am – 9:00 am	Social Studies & Language	Ms. E. Pagulayan & Ms. C. Del Mundo
G2 - BG 108	7:40 am – 9:00 am	Math & Reading	Ms. R. Pecayo & Ms. C. Arellano
G2 - BB 104	7:40 am – 9:00 am	Language and	Ms. F. Lajara & Ms. N. Hernandez

		Christian Living	
G1 - BG 111	9:20 am – 10: 40 am	Filipino & Math	Ms. D. Gutierrez & Ms. C. Hernandez
G1 - BG 112	9:20 am – 10: 40 am	Christian Living	Ms. N. Hernandez
G2 - BB 110	9:20 am – 10: 40 am	Social Studies & Filipino	Ms. S. Sarmiento & Ms. G. Robles
G2 - BB 111	9:20 am – 10: 40 am	Math & Language	Ms. R. Pecayo & Ms. F. Lajara
G1 - BG 113	12:20 pm – 1:40 pm	Math & Music/Art	Ms. C. Hernandez & Ms. A. De Ocampo
G1 - BG 114	12:20 pm – 1:40 pm	Reading & Math	Ms. C. Arellano & Ms. C. Hernandez
G2 - BB 112	12:20 pm – 1:40 pm	Language & Filipino	Ms. F. Lajara & Ms. G. Robles

4. **For Grades 2-3 Advisers and Students:** The Guidance Services Evaluation form will be distributed **today** during homeroom period. Advisers are requested to facilitate the answering of the forms. Thank you.
5. **For Grades 4-5 Advisers and Students:** The Counseling Services Evaluation form will be distributed **on Friday, May 11, 2018** during homeroom period.
6. **For Grades 7-9 Advisers and Students:** The Counseling Services Evaluation form will be distributed **today** during homeroom period.
7. **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** on **May 9, 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

8. **For Grades 8 Homeroom Advisers, Subject Teachers and Students:** Please be informed that the **PACT-CEM Profiler (Philippine Aptitude Classification Test – CEM Career Interest Profiler)** will be administered to all **Grade 8 students** on **May 11, 2018, Friday, from 8:00 am – 12:30 pm**. Students are reminded to bring pencils (Mongol #2), eraser and sharpener and to eat a heavy meal on the day of testing. Briefing of proctors with the CEM staff will be held at **MMR 1 from 7:15 am-7:50 am**. Below is the list of proctors:

SECTION/ROOM	TIME	PROCTORS
LS 109	8:00 am – 12:10 pm	Ms. A. Pestejo
LS 110	8:00 am – 12:10 pm	Ms. A. Lacerna
LS 111	8:00 am – 12:10 pm	Mr. J. Lirio
LS 112	8:00 am – 12:10 pm	Ms. R. De Castro
LS 209	8:00 am – 12:10 pm	Ms. J. Dimaculangan
LS 210	8:00 am – 12:10 pm	Ms. M. Bautista
LS 211	8:00 am – 12:10 pm	Ms. G. Obeña
LS 212	8:00 am – 12:10 pm	Mr. J. Bigcas
LS 309	8:00 am – 12:10 pm	Ms. M. Laraya
LS 310	8:00 am – 12:10 pm	Ms. A. Fermin
LS 311	8:00 am – 12:10 pm	Mr. M. Zara

LS 312	8:00 am – 12:10 pm	Ms. M. T. Villaruel
LS 409	8:00 am – 12:10 pm	Ms. A. Morillo
LS 410	8:00 am – 12:10 pm	Mr. B. Taningco
LS 411	8:00 am – 12:10 pm	Ms. F. Rivera
LS 412	8:00 am – 12:10 pm	Ms. E. Pagcaliwangan

FROM THE OVCA – STUDENT ACTIVITIES OFFICE:

1. **On Meeting of Newly Elected SCB Officers. The following newly elected SCB Officers shall have a meeting today at 10:30AM at the SAO:**

Junior High School: President: Clarisse Abigail Avila Vice-President: Bea Alissandrine Maalihan Grade 8 Representatives: Jan Mar Gavriel Benedict Uy Ysabelle Rain Bancoro Grade 9 Representatives: Beatrice Narciso Katrina Raphaela Fortu Raphaela Jeremy Mendoza Grade 10 Representatives: Josiah Keil Dinglasan Gaille Andrei Ozaeta Jean Aubrey De Gracia	Grade School: President: Chino Laluces Vice-President: Raidon Amata Grade 6 Representatives: Gabriel Todd Aba Noemi Ashley Uy Grade 5 Representatives: Cassie Cantos Lhi Fonte Grade 4 Representatives: Gilliene Nicole Urrea Immanuel Gerard Quinto
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2. **On Clubs.** Club Moderators are reminded of the following:
2.1. Deadline of submission of Outstanding Club Member in Grade 6 and Grade 10 TODAY.
2.2. Submission of Club Grades. Deadline is on May 9. Please follow the usual format and coordinate with Ms. Melissa Ishikawa for club concerns.
2.3. Submission of Club Portfolio i.e. Constitution-By-Laws, Club Members, Club Officers, Minutes of Club Meetings, Documentation of Club Activities e.g. POA or Project Proposal, pictures, evaluation. Deadline is June 1.
3. **On Canteen Evaluation.** We request our Homeroom Advisers to please reiterate to our students to evaluate the Canteen Services on line. The canteen evaluation is open to Grade 4 up Senior High School via Canvas. Thank you very much.
4. **On The Bald Run 2.** I Love Santa Rosa and Cancer Warriors Foundation will once again initiate a **Run for a Reason called “THE BALD RUN 2”**. This project is organized to raise fund from 3K/5K/10K Fun Run which will be given to chosen kids fighting against cancer for their medications and other needs. The event is scheduled on **May 13, 2018 (Sunday) at SM City Santa Rosa** using the route of Santa Rosa – Biñan Access Road. Interested students may please enlist at the SAO until May 8. Thank you.
5. **On Color Run: Race for a Reason, Run for a Child 2.** This is an invitation to our students and Lasallian Partners to join the COLOR RUN; Race for a Reason, Run for a Child 2 on May 6, 2018, 4:00 in the morning at Lipa City Hall Grounds. This is for the benefit of 125 children and youth under Family Based Care Program and more than 700 children beneficiaries of SOS.

Categories	Student	Adult	Gun Start
3K	P 350	P 400	5:45AM
5K	P 400	P 450	5:30AM

Interested runners may please coordinate with the SAO and CIO or call 756-1192 or 0927- 829-2610. Please note that registration fee is inclusive of singlet, race bib, certificates, and SOS pins for the first 300 registrants.

FROM THE OVCM – INSTITUTIONAL LASALLIAN FORMATION OFFICE:

Senior High Recollection

May 7 = S11-08
= S11-09

May 8 = S11-10
= S11-11

May 9 = S11-12
= S11-13

May 10 = S11-14
= S11-15

May 11 = S11-16
= S11-17
= S11-18

FROM THE OVCAD – INSTITUTIONAL HEALTH SERVICES:

Cont. Hypertension Awareness Month

How Is Hypertension Treated?

Some people need medicine to control high blood pressure. Often, though, people can manage hypertension by making changes in their lives; for example:

- losing weight
- eating healthier foods (sometimes called the DASH diet)
- getting more exercise
- avoiding tobacco and alcohol

If you've been told you have hypertension, your doctor will work with you to come up with a treatment plan.

In some cases, teens with severe hypertension may need to be careful about the kinds of exercise they do. Some will have to avoid things like weightlifting and bodybuilding until their blood pressure is back to normal.

Can I Prevent Hypertension?

Here are ways to help prevent hypertension and keep yourself healthy:

- Stay at a normal weight for your height.
- Exercise for about an hour a day. This can help you control your weight and keep your blood pressure from going up as you get older.
- Eat a healthy diet that includes mostly whole grains, low-fat dairy products, fruits, and vegetables, particularly green leafy vegetables.
- Don't use alcohol, tobacco products, or illegal drugs.
- Keep your stress levels in check. It may help to practice relaxation techniques such as breathing exercises.
- Add less salt to your food and avoid fast food and other foods that are high in salt.
- Know your blood pressure and have it checked regularly.

<https://kidshealth.org/en/teens/hypertension.html>

SCHEDULE OF MEDICAL AND DENTAL

DATE	TIME	MEDICAL	DENTAL
MON. MAY 7, 2018	9:00-10:00 AM	-----	S11-15
	10:00-11:00 AM	S11-01	S11-01
	2:00-3:00 PM	S11-14	-----
TUES. MAY 8, 2018	10:00-11:00 AM	A11-01	-----
	1:10-2:10 PM	-----	S11-04
	2:15-3:15 PM	A11-07	A11-07

THURS. MAY 10, 2018	9:00-10:00 AM	N1 BB 103 AM	G9 LS 103
	10:00-11:00 AM	-----	G9 LS 304
	2:00-3:00 PM	A11-02	-----
FRI. MAY 11, 2018	9:00-10:00 AM	-----	G9 LS 402
	10:00-11:00 AM	H11-03	G9 LS 404
	2:00-3:00 PM	S11-16	-----