



GOD'S WORDS FOR TODAY (Jn.16:20-23)

The Holy Gospel according to St. John

Truly, truly, I say to you, you will weep and lament, but the world will rejoice; you will be sorrowful, but your sorrow will turn into joy. When a woman is in travail she has sorrow, because her hour has come; but when she is delivered of the child, she no longer remembers the anguish, for joy that a child is born into the world. So you have sorrow now, but I will see you again and your hearts will rejoice, and no one will take your joy from you. In that day you will ask nothing of me. Truly, truly, I say to you, if you ask anything of the Father, he will give it to you in my name.

REFLECTION:

Why did the Lord Jesus tell his disciples that they would weep and be sorrowful? The way to happiness and joy in the kingdom of God is through the cross. Sin must be brought to the cross of Jesus Christ and evil can only be completely mastered by the power of God's redeeming love. Jesus told his disciples that it was more blessed to mourn for sin because it would yield the fruit of peace, joy, and righteousness. Jesus knew that the cross would be a stumbling block for those who refused to believe in him.

PRAYER:

Lord Jesus, fill us with your Holy Spirit that we may we radiate the joy of your Resurrection and live in the reality of your great victory over sin and death. 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. Today is your last day of school except for the completers. Please be reminded of the ff:
 - a. Before you leave, ensure the order and cleanliness of your area of responsibility. The last period may be allotted for this purpose.
 - b. Students who still have missed assessments and other requirements should coordinate with the concerned teachers for the schedule of completion. Likewise, you are advised to settle your liability, in case you have any, from other offices like Guidance, SAO and LRC.
2. Students who were not able to take the 4th Quarter Exams are reminded of the scheduled special exams on May 15-17, 2018.
3. SY 17-18 is finally over. Thank you so much everyone for a year of great accomplishments and happy moments. Don't forget to thank all those who made your another year of residency in DLSL fruitful and memorable.

Enjoy the school break and see you all next school year!

FROM THE OVCAR – JUNIOR HIGH SCHOOL COMMUNITY:

From the Learning Area Chairs

1. For the Evaluators of the 4th Quarter CAPSTONE (Reflection Paper):

- 1.1 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.
- 1.2. Google sheets forms will no longer be provided to you. Instead, you will have to meet with your respective co-evaluators to do the averaging. The average grade should be submitted to the concerned subject teacher of each section assigned to you.

2. For the Students:

Students who have not submitted the reflection (CAPSTONE) must go the OLAC (4th floor of the LS building) today. Bring pen, paper and laptop.

3. Dates to Remember:

Please take note of the following important dates:

For Grade 10

****All CAPSTONE reflection papers should have been checked and the average scores should have been submitted to the concerned teachers.**



May 11	Approved encoded grades due to AP
May 18	Online viewing of grades
For Grades 7-9	
May 16	<i>Submission of the average scores (CAPSTONE reflection papers) to the concerned teachers</i>
May 21-24	Submission of grades to LAC
May 25	Approved encoded grades due to AP
May 30	Online viewing of grades

FROM THE OVCAR – SENIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal for Administration

1. **For Grade 11 Students:** Please be informed that the **College Readiness Test** will be administered to all **Grade 11 students** on **Tuesday, May 15, 2018**, from **8:00am – 11:00am**. Students are reminded to bring pencils (Mongol #2), eraser and sharpener and to eat a heavy meal on the day of testing.
2. **SCHEDULE OF GRADE 11 4TH QUARTERLY ASSESSMENT**

May 28-30, 2018

Day 1 – May 28		ABM	HUMSS	STEM
08:00-9:00		FINBUSI	SOCCULT	SOCCULT
9:15-10:15		ACCOUNBM1	NONFICT	BASICALC
10:30-11:30				GENBIOL2
Day 2 – May 29		ABM	HUMSS	STEM
08:00-9:00		ENGACAD	COMMORAL	COMMORAL
9:15-10:15		PAGSURI	PAGSURI	PAGSURI
10:30-11:30		STATPRO	STATPRO	STATPRO
Day 3 – May 30		ABM	HUMSS	STEM
08:00-9:00				GENCHEM2
9:15-10:15				PERDEVT

ROOM ASSIGNMENT – GRADE 11		
	SECTION	ROOM
1	A11-01	JRN 103
2	A11-02	JRN 104
3	A11-03	JRN 201
4	A11-04	JRN 202
5	A11-05	JRN 203
6	A11-06	JRN 204
7	A11-07	JRN 301
8	A11-08	JRN 302
9	H11-01	JRN 102
10	H11-02	JRN 303
11	H11-03	JRN 304
12	H11-04	JRN 401
13	S11-01	JRN 402

14	S11-02	JRN 403
15	S11-03	JRN 404
16	S11-04	JRF 101
17	S11-05	JRF 102
18	S11-06	JRF 104
19	S11-07	JRF 201
20	S11-08	JRF 202
21	S11-09	JRF 203
22	S11-10	JRF 204
23	S11-11	JRF 301
24	S11-12	JRF 302
25	S11-13	JRF 303
26	S11-14	JRF 304
27	S11-15	JRF 401
28	S11-16	JRF 402
29	S11-17	JRF 403
30	S11-18	JRF 404

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:** Big thanks for the success of the administration of the **Diagnostic/Achievement Test** held yesterday.
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 **today** following the schedule below:

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 Christian Living	Ms. F. Lajara & Ms. N. Hernandez
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 7 and 9 Homeroom Advisers, Subject Teachers and Students:** Absentees during the CEM Diagnostic / Achievement Test will be taking the test **today, May 11, 2018 at MMR 2 at 7:40 am onwards.** Advisers and Subjects Teachers, please excuse them in class. Thank you.
5. **For Grades 4-5 Advisers and Students:** The Counseling Services Evaluation form will be distributed **today** during homeroom period. Kindly submit it at the Guidance Office. Thank you.
6. **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 today, from 7:40 am – 12:00 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 7:10am-7:40am.** Below is the list of proctors:

SECTION/ROOM	TIME	PROCTORS
LS 109	7:40 am – 12:00 pm	Ms. A. Pestejo
LS 110	7:40 am – 12:00 pm	Ms. A. Lacerna
LS 111	7:40 am – 12:00 pm	Mr. J. Lirio
LS 112	7:40 am – 12:00 pm	Ms. R. De Castro
LS 209	7:40 am – 12:00 pm	Ms. J. Dimaculangan
LS 210	7:40 am – 12:00 pm	Ms. M. Bautista
LS 211	7:40 am – 12:00 pm	Ms. G. Obeña
LS 212	7:40 am – 12:00 pm	Mr. J. Bigcas
LS 309	7:40 am – 12:00 pm	Ms. M. Laraya
LS 310	7:40 am – 12:00 pm	Ms. A. Fermin
LS 311	7:40 am – 12:00 pm	Mr. M. Zara
LS 312	7:40 am – 12:00 pm	Ms. M. T. Villaruel
LS 409	7:40 am – 12:00 pm	Ms. A. Morillo
LS 410	7:40 am – 12:00 pm	Mr. B. Taningco
LS 411	7:40 am – 12:00 pm	Ms. F. Rivera
LS 412	7:40 am – 12:00 pm	Ms. E. Pagcaliwangan

FROM THE OVCM – INSTITUTIONAL LASALLIAN FORMATION OFFICE:

Senior High Recollection

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

FROM THE OVCAD – INSTITUTIONAL HEALTH SERVICES:

Cont... Ways to Control Hypertension

8. Reduce your stress

Chronic stress may contribute to high blood pressure. More research is needed to determine the effects of chronic stress on blood pressure. Occasional stress also can contribute to high blood pressure if you react to stress by eating unhealthy food, drinking alcohol or smoking.

Take some time to think about what causes you to feel stressed, such as work, family, finances or illness. Once you know what's causing your stress, consider how you can eliminate or reduce stress.

If you can't eliminate all of your stressors, you can at least cope with them in a healthier way. Try to:

- **Change your expectations.** For example, plan your day and focus on your priorities. Avoid trying to do too much and learn to say no. Understand there are some things you can't change or control, but you can focus on how you react to them.
- **Focus on issues you can control and make plans to solve them.** If you are having an issue at work, try talking to your manager. If you are having a conflict with your kids or spouse, take steps to resolve it.

- **Avoid stress triggers.** Try to avoid triggers when you can. For example, if rush-hour traffic on the way to work causes stress, try leaving earlier in the morning, or take public transportation. Avoid people who cause you stress if possible.
- **Make time to relax and to do activities you enjoy.** Take time each day to sit quietly and breathe deeply. Make time for enjoyable activities or hobbies in your schedule, such as taking a walk, cooking or volunteering.
- **Practice gratitude.** Expressing gratitude to others can help reduce your stress.

9. Monitor your blood pressure at home and see your doctor regularly

Home monitoring can help you keep tabs on your blood pressure, make certain your lifestyle changes are working, and alert you and your doctor to potential health complications. Blood pressure monitors are available widely and without a prescription. Talk to your doctor about home monitoring before you get started. Regular visits with your doctor are also key to controlling your blood pressure. If your blood pressure is well-controlled, check with your doctor about how often you need to check it. Your doctor may suggest checking it daily or less often. If you're making any changes in your medications or other treatments, your doctor may recommend you check your blood pressure starting two weeks after treatment changes and a week before your next appointment.

10. Get support

Supportive family and friends can help improve your health. They may encourage you to take care of yourself, drive you to the doctor's office or embark on an exercise program with you to keep your blood pressure low. If you find you need support beyond your family and friends, consider joining a support group. This may put you in touch with people who can give you an emotional or morale boost and who can offer practical tips to cope with your condition.

<https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20046974>

SCHEDULE OF MEDICAL AND DENTAL

DATE	TIME	MEDICAL	DENTAL
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	-----
TUES. MAY 15, 2018	10:00-11:00 AM	S11-13	-----
	1:00-2:00 PM	-----	S11-08
	2:00-3:00 PM	S11-17	S11-17
THURS. MAY 17, 2018	10:00-11:00 AM	A11-08	-----
	1:10-2:10 PM	-----	S11-18
	2:10-3:10 PM	A11-03	A11-03
FRI. MAY 18, 2018	10:00-11:00 AM	A11-05	A11-05
	2:00-3:00 PM	S11-12	-----