



GOD’S WORDS FOR TODAY (Lk. 11:15-26)

The Holy Gospel according to St. Luke

But some of them said, "He casts out demons by Beelzebul, the prince of demons"; while others, to test him, sought from him a sign from heaven. But he, knowing their thoughts, said to them, "Every kingdom divided against itself is laid waste, and a divided household falls. And if Satan also is divided against himself, how will his kingdom stand? For you say that I cast out demons by Beelzebul. And if I cast out demons by Beelzebul, by whom do your sons cast them out? Therefore they shall be your judges. But if it is by the finger of God that I cast out demons, then the kingdom of God has come upon you. When a strong man, fully armed, guards his own palace, his goods are in peace; but when one stronger than he assails him and overcomes him, he takes away his armor in which he trusted, and divides his spoil. He who is not with me is against me, and he who does not gather with me scatters. "When the unclean spirit has gone out of a man, he passes through waterless places seeking rest; and finding none he says, 'I will return to my house from which I came.' And when he comes he finds it swept and put in order. 26 Then he goes and brings seven other spirits more evil than himself, and they enter and dwell there; and the last state of that man becomes worse than the first.

REFLECTION:

Some of the Jewish leaders reacted vehemently to Jesus' healings and exorcisms and they opposed him with malicious slander. How could Jesus get the power and authority to release individuals from Satan's influence and control? They assumed that he had to be in league with Satan. They attributed his power to Satan rather than to God. Jesus answers their charge with two arguments. There were many exorcists in Palestine in Jesus' time. So Jesus retorted by saying that they also incriminate their own kin who cast out demons. If they condemn Jesus they also condemn themselves.

PRAYER:

Lord Jesus, be the ruler of my heart and the master of my home. May there be nothing in my life that is not under your lordship. 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

1. Students are given until today to do the necessary completion of subject requirements for the 1st quarter. Please be guided accordingly.
2. The GS shall have the device on boarding to **ACCESS@DLSL** from DLSL_D CAMPUS anytime today with the assistance of IDII and ICT personnel.
3. The MAPEH department will provide the complete details of the Intramurals. Please be guided accordingly.
4. Be guided by this schedule next week:

Nursery 1	8:00 – 10:30
Nursery 2	8:00 – 11:00
KINDER	8:00 – 11:30
Grades 1-3	8:00 – 12:00
Grades 4-6	8:00 – 4:00

5. Please be reminded of the “no gadget” policy next week. A letter on this was already sent to the parents. Submission of reply slips is due on Monday, Oct. 15.
6. Be further reminded that provisions on discipline in the student handbook are in full effect during INTRAMS week. Remember that Lasallians are disciplined always in all ways.



7. Below is the schedule of special exams:

	Oct. 16	Oct. 17	Oct. 18
Nursery 1	Reading	Math	Oral Test/Penmanship
Nursery 2 & Kinder	Reading Language Arts	Filipino Math	Oral Test/Penmanship
Grades 1-6	Social Studies Filipino	English Science	Math

8. Looking Ahead:

Oct. 13 – 10th Sci-Math Interschool Challenge at DLSU IS Biñan

Oct. 15-19 – Intramurals

From the GS CLCE Department

Let us thank the Lord for the classes and their advisers who supported the “Daily Meal with God” project, (Daily Mass Participation). Commendation is given also to those students who served as choir, lectors & servers. May you continue to be living examples to other Christian Lasallians. God bless you!

Sponsors for Today,

Grade 6	BB 306	Ms. Verna Cuevas
Grade 2	BB 112	Ms. Nerissa Hernandez
Grade 5	BB 305	Ms. Edna Yanga
Grade 3	BB 209	Ms. Gina Vergara

Sponsors for Monday, October 15, 2018

Grade 6	BB 401	Ms. Verna Dimaala
Grade 1	BG 108	Ms. Marynel Espiritu
Grade 4	BB 211	Ms. Raquel Maralit
Grade 3	BB 210	Mr. Bobby Mercado

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.

Advisers & Subject Teachers: Kindly invite the students to vocalize the prayers and not just to listen to the prayers over the P.A.

Recollection Schedule:

Date	Grade & Section
October 24, 2018	G5 BB 302
October 26, 2018	G4 BB 211

Reminders for the recollection: Come in your type B uniform. Don’t forget to bring your snacks and the assigned materials. Other requirements will be given by the respective CLCE teacher.

From the GS MAPEH Dept.

Art Contest for Grades 1-6 is scheduled today, October 12, 2018.

Please see schedule below:

Grades 1-3 9:00am-11:00am
Grades 4-6 1:00pm-3:00pm

Venue: GS Art Room (BB43)

Participants should bring the **required materials** for the contest.

Grades 1 & 2 - COLORING CONTEST

Number of Participants: 2
Materials: Crayons

Grade 3 - DRAWING CONTEST

Themes: *Healthy Diet Do it for Life*
Number of participants: 2
Materials: Oslo Paper, crayons and pencil

Grades 4 – POSTER MAKING CONTEST**Theme:** *Making it a Habit to be Physically Fit*

Number of participants: 2
 Materials: 1/8 Illustration Board
 Crayons / Craypass
 Pencil

Grade 5 - POSTER MAKING CONTEST**Theme:** *Making it a Habit to be Physically Fit*

Number of participants : 2
 Materials: ¼ Illustration Board
 Crayons / Craypass
 Pencil

Grade 6 - PAINTING CONTEST**Theme:** *A Good Health, A Life Long Wealth*

Number of participants : 2
 Materials: ¼ Illustration Board
 Poster paint (Primary and Secondary Colors)
 Brush
 Used water Container (1pc)
 Rug

CRITERIA FOR ART CONTEST

Relevance to the Theme	40
Organization	30
Creativity	20
Cleanliness of the work	<u>10</u>
Total	100%

From the Grade School Mathematics Department.

AMEP participants who were absent during the AMEP Training Session 3 are advised to report to school earlier next session, October 13, 2018 to take the missed quiz. Please proceed to BB 104 at around 11:30 am and approach Ms. Caya or Sir Dennis. Please be guided. Thank you very much.

From the Grade Moderators

- Grade school students are reminded to get an admit pass after an absence, when tardy and when you are not wearing complete uniform.
- Please be informed that lost and found items are now on display at the GMs' office. Please take time to visit and claim your lost item.
- All students are once again reminded of our LUNCHBREAK POLICY. Playing and loitering around after having lunch are strictly prohibited. Pray the rosary during assembly time after lunch. Further, everyone is reminded to always walk slowly and avoid running all the time.
- Please take note that policies stipulated in the Student Handbook 17-18 are still in effect. In case of offenses, both the respondents and the complainants are required to write narrative reports in the presence of the guidance counselor as part of our due process.***
- (continuation)* ON OFFENSES and CORRESPONDING REFORMATIVE MEASURES:

FOR NURSERY 1 TO GRADE 3**Category II**

- | | |
|-------------------------|---|
| 1 st offense | Written reminder, conference with parents and referral to the Guidance Counselor |
| 2 nd offense | Conference with parents and one step demerit on the department grade in a particular quarter |
| 3 rd offense | Conference with parents and two steps demerit on the department grade in a particular quarter |
- 2.6 Use of vulgar and indecent language (oral/written)
 - 2.7 Bringing/watching pornographic and other indecent materials (print/non-print/electronic) in school
 - 2.8 Minor acts of vandalism
 - 2.9 Any offense analogous to any of the above

FOR GRADES 4 TO 12**Category II****(For Grade 4 to Grade 12)**

- | | |
|-------------------------|---|
| 1 st offense | Conference with parents, referral to the Guidance Counselor and one step demerit on the department grade |
| 2 nd offense | Conference with parents, referral to the Guidance Counselor, one step demerit on the department grade and community service |

3 rd offense	Conference with parents, referral to the Guidance Counselor, NI in department grade in a particular quarter, community service / at least 1-2 days suspension, DP and spiritual counseling
4 th offense	Conference with parents, referral to the Guidance Counselor, community service, U in department grade, at least 3-5 days suspension, SDP and spiritual counseling

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- 2.8 Staying in “off limits” area
 - 2.9 Violation of the NO EATING ZONE POLICY
 - 2.10 Littering inside the campus
 - 2.11 Violation of the Clean As You Go policy (CLAYGO)
 - 2.12 Using profane and indecent language
 - 2.13 Holding hands with boyfriend or girlfriend
 - 2.14 Playing ball games before the homeroom period and during lunch break.
 - 2.15 Violation of the Digital Citizen Code of Conduct
 - 2.16 Copying minor school requirements from classmates (assignment, seatwork, and other minor requirements)
 - 2.17 Not sporting the prescribed haircut
 - 2.18 Accumulation of offenses under Category 1 (4 times on a Quarterly basis)
 - 2.19 Any offense analogous to any of the above

FROM THE OVCAR –JUNIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal

1. On On-Boarding to ACCESS@DLSL – Please be advised that personnel from IDII, ICT and Trends teams will be on-boarding to ACCESS@DLSL from DLSL_D CAMPUS our Partners and students on Monday, October 15. In this regard, we are requesting that if your class will be the one to be affected, kindly accommodate the team and we are also hoping for your kind understanding as they might take 10 - 15 minutes of your academic time during the on-boarding. Students are also to take note of the following instructions:
 - A. Bring your own device on Monday.
 - B. On-board only ONE device (laptop) being used in the classroom
 - C. DLSL_DCAMPUS is expected to be disabled on October 20, 2018, so make sure that will successfully on-board to ACCESS@DLSL.
 - D. For technical support, go to: support@dlsledu.ph

The following personnel will be assisting our Partners and students during the on-boarding:

- Grade 7 : Sir Mark (Trends), Sir Pau (ICTC), Sir Reden (S)
- Grade 8: Sir John (Trends), Sir Jerome (ICTC), Sir Ronald (S)
- Grade 9: Sir Bernard (Trends), Sir Melchor (ICTC), Sir Rex (S)
- Grade 10: Sir Edwin (Trends), Doc Glen (IDII), Sir Ruben (S)

2. On Students ID - New IDs and lanyards were already distributed to all levels in the Junior High School. The old IDs should have been surrendered. Those students who did not receive their ID should report to ISSESO personnel at BH 104.
3. On Parallel Tests Schedule – Students who missed to take the First Quarterly Assessment are going to take the parallel tests on October 18 and 19 at the 2nd floor of LRC2 following this schedule:
 - October 18:
 - 8:40 – 9:40 – Science
 - 9:40 – 10:00 – Recess
 - 10:00 – 11:00 – Social Studies
 - October 19:
 - 8:40 – 9:40 – Mathematics
 - 9:40 – 10:00 – Recess
 - 10:00 – 11:00 – Filipino
4. **Additional Mission Collection:** G10: BM102, BM203, G9 - LS303, G10: BM102, BM203

13 SAINT QUOTES THAT REVEAL THE MYSTICAL NATURE OF THE MASS
The Mass is the greatest worship that Christians can offer to God!

- 1) “When Mass is being celebrated, the sanctuary is filled with countless angels who adore the Divine Victim immolated on the altar.” - St. John Chrysostom

Let us thank the Lord for the classes and their advisers who supported the “Daily Meal with God” project, (Daily Mass Participation). May you continue to be living examples to other Christian Lasallians. God bless you!

Sponsors for Today:

7:30 a.m.

Grade 9	LS 206	Mr. John Louie Dela Cruz
Grade 10	BM 202	Ms. Rodalyn Malaiba

Grade 7	LS 108	Ms. Glydelene Ona
Grade 8	LS 403	Mr. Bernie Jumadiao

Sponsors for Monday, October 15, 2018

7:30 a.m.

Grade 9	LS 207	Ms. Ruth Manalo
Grade 10	BM 203	Mr. Anthony Karl Perez

Grade 7	LS 109	Ms. Evangeline Sagaoinit
Grade 8	LS 404	Ms. Margie Laraya

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.

Advisers & Subject Teachers: Kindly invite the students to vocalize the prayers and not just to listen to the prayers over the P.A.

Recollection Schedule:

Date	Grade & Section
October 19, 2018- Friday	G7 LS 103
	G8 LS 405
	G9 BM 100
	G10 CMR 206
October 26, 2018 - Friday	G7 LS 211
	G8 LS 408
	G9 LS 304
	G10 BM 105

Reminders for the recollection: Come in your Type B uniform. Don't forget to bring your snacks and the assigned materials. Other requirements will be given by the respective CLCE teacher.

From Science, Math and Computer Department

On MTAP

Attention, MTAP Participants! Please be informed that this coming Saturday, October 13, 2018 is the last day of MTAP Training for Regular Students in Lipa City National High School. Please see to it that you will be able to attend this last session and take the final exam. Good luck, Lasallian Mathletes!

On AMEP

AMEP participants who were absent during the AMEP Training Session 2 are advised to report to school earlier next session, October 13, 2018 to take the missed quiz. Please proceed to BB 104 at around 11:30 am and approach Ms. Caya or Sir Dimaala. Please be guided. Thank you very much.

On 10th Sci – Math Interschool Challenge

In preparation for the 10th SciMath Interschool Challenge to be held in DLSU Canlubang this coming October 13, the following students shall be pulled out from classes. Subject teachers are requested to excuse them starting today until tomorrow except for the times that they need to attend certain subjects for CAPSTONE concerns.

October 12, 2018 at LRC 2

8:00-4:00 – Meeting with the Coaches
2:00 – 3:00 – Meeting with Sir Noel Virrey
3:00 – 4:00 – Meeting with Ms. Baby Tipan

1. Angelo Vince H. Perez – Grade 10 CMR 207
2. Anne Margaret M. Tayer - Grade 10 CMR 206
3. Dana Angeli D. Leycano – Grade 10 CMR 206
4. Czhean Klyde L. Espiritu – G10 BM 204
5. Christian David P. Corto – G9 LS 305
6. Matthew Daniel C. Dalangin G8 LS 405
7. Ronn Cyrano O. Tullao G10 CMR 207

October 12, 2018 at JHS Robotics Laboratory

9:00 – 4:00 - Meeting with Sir Miguel Calleja and Sir Boy Kalaw

1. Jaime Angelo V. Olan
2. Gerard Jesther G. Marquez
3. Fiona Isobelle O. Laygo
4. Frederich Galen M. Angeles

All Sci – Math participants are requested to be in the College Lobby by 6am on **October 13**. Quiz Bee, Robotics and Extemporaneous Speech participants must be in school uniform while the rest must be in Type B Uniform. Do not forget to bring ID and waiver signed by the parents. Thank you very much.

From the JHS English Department

What's stopping you from communicating effectively?

Common barriers to effective communication include:

Stress and out-of-control emotion. When you're stressed or emotionally overwhelmed, you're more likely to misread other people, send confusing or off-putting nonverbal signals, and lapse into unhealthy knee-jerk patterns of behavior. To avoid conflict and misunderstandings, you can learn how to quickly calm down before continuing a conversation.

Lack of focus. You can't communicate effectively when you're multitasking. If you're checking your phone, planning what you're going to say next, or daydreaming you're almost certain to miss nonverbal cues in the conversation. To communicate effectively, you need to avoid distractions and stay focused.

to be continued...

<https://www.helpguide.org/articles/relationships-communication/effective-communication.htm>

FROM THE OVCAR – SENIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal

1. Please be informed that the Assistant Principal will be on official business to attend the PEAC *Executive Course for Education Leaders (ExCEL) Private Senior High Schools for Administrators* on October 10-12, 2018. **Mr. Darius Cantos** will be the Officer-In-Charge. Please accord to him your usual support and cooperation. Thank you very much.
2. **For All Students** – Please be reminded of the following important matters during the Administration of Quarterly Assessments:
 - a. Students should have a complete attendance during the quarterly examination days.
 - b. Students are required to wear the complete school uniform during the Quarterly Examination days. Non-compliance for this guideline should be dealt with accordingly by the Grade Moderators' Office.
 - c. Students should come to class on time. After 15 minutes, they will no longer be allowed to take the quarterly test.
 - d. Students who failed to take the test due to tardiness should immediately report to the Grade Moderators' Office and be dealt with accordingly.

- e. Students should present examination permit to the proctor. During the first day of exam, students will be allowed to take the exam without the examination permit during the first subject only. Students should secure exam permit for the rest of the examination period.
- f. Borrowing/lending of extra papers, ball pen, pencil, eraser, etc. is not allowed during the test;
- g. Use of cellular phone and other gadgets are not allowed to be used during the quarterly examinations. Use of calculator and other device which are not authorized by the concerned Subject Teacher is not allowed also. Students who will be caught violating this guideline should be dealt with accordingly.
- h. Students are not allowed to go out the room once the test has started. Student should go to the comfort room before taking the test. In case of emergency concern, student should just seek permission from the proctor.
- i. Students are reminded to review their answers before submitting the test paper. Once the test paper has been submitted to the proctor, students cannot retrieve it anymore.
- j. Students are only allowed to go out of the classroom once everybody has finished the test.
- k. Students are not allowed to stay along or loiter around the corridors during examination period.
- l. Students are advised to go directly to the Learning Resource Center or any other places where they can review for their next test.
- m. Submission or attachment of subject requirements during the administration of quarterly assessment is not allowed. Submission of subject requirements should be done in a separate time and venue.

3. Schedule of the First Quarterly Assessment Grade 11

OCTOBER 12	ABM	HUMSS	STEM
08:00-09:00	ENTREPRE	ENTREPRE	ENTREPRE
09:30-10:30	LIFESCI	LIFESCI	GENBIOL-1

Grade 12

OCTOBER 12	ABM	HUMSS	STEM
1:00-2:00	ACOUNBM2	IDEAPSOC	GENPHY1
2:30-3:30	WIBUSEN (no exam)	LIFESCI	ENTREPRE

4. DLSL Ignis E-sports club is now recruiting Grade 11 students to join their club.
 - Application starts at October 15 at South Lounge from 12 noon to 1 PM and 3 PM to 6 PM
 - Only the first 250 applicants will be entertained for the application process

5. Looking Ahead

- a. October 15-26 - Submission / Encoding and Approval of Grades
- b. October 15-16 - S12-04 and S12-05 Retreat
- c. October 17 (AM) – Orientation for Trial 1 and 2 Lasallian Partners
- d. October 17 (PM) – SHS Family Holy Mass at 12:00PM; SHS Family Agape at 12:45PM @JRF 104
- e. October 18-19 - S12-06 and S12-07 Retreat
- f. October 25-26 - S12-08 and A12-08 Retreat

FROM OVCAR LEARNING RESOURCE CENTER

Announcement:

Congratulations to the following classes for being the winners in our **Search for “TOP LRC USERS”** in Junior High School community. Thank you for always visiting the library and continue borrowing books as much as you can!

TOP LRC USERS (FIRST QUARTER)

Grade 7

	Section	Adviser
FIRST	G7 - LS 104	Ms. Jasmin Amparo
SECOND	G7- LS 105	Mr. Allan Cadeliña
THIRD	G7- LS 103	Ms. Joana Marie Alarcon

	G7- LS 101	Ms. Jelyn Bril
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Grade 8

	Section	Adviser
FIRST	G8 -LS 405	Ms. Fatima Rivera
SECOND	G8- LS 403	Mr. Bernie Jumadiao
THIRD	G8- LS 402	Ms. Allyssa Lasi

Grade 9

	Section	Adviser
FIRST	G9 -LS 201	Ms. Gina Lontoc
	G-9 BM 101	Ms. Marian Leslie Atienza
SECOND	G9 -LS 307	Ms. Hedeliza Matibag
THIRD	G9-LS 206	Mr. John Louie De la Cruz

Grade 10

	Section	Adviser
FIRST	G10 - BM 105	Ms. Noemi Dimaunahan
SECOND	G10 -BM 201	Mr. Aldwin Baldovino
THIRD	G10 - BM 205	Mr. Wenifredo Angeles

FROM THE OVCM- GUIDANCE OFFICE:

- For Grades 4-6 Homeroom Advisers and Students:** The following are the Homeroom Modules titles to be given on October 17, 2018:
 - Grade 4 - "Be a Buddy, not a Bully!"
Pre-assigned: pencil & coloring materials
 - Grade 5 - "Bullying Stops Here!"
Pre-assigned: pencil & coloring materials
 - Grade 6 - "My Fight Against Bullying!"
- For Grades 7 to 10 Homeroom Advisers and Students:** The following are the Homeroom Module titles for Wednesday, October 17, 2018. Thank you.
 - Grade 7** - "#InternetSafety"
Pre-assigned material: Bring toddler picture (1 – 3 years old)
 - Grade 8** – "PM Me"
 - Grade 9** – "Cyberbullying: Bullying from a Distance"
 - Grade 10** – "Plan a Vocation"
Pre-assigned: Pre-assigned worksheets will be distributed on Monday, October 15, 2018 and must be accomplished before Wednesday. The said worksheet will be used during the Structured Homeroom.
- Congratulations to the following ANAK members who won during the 5th ANAK Batangueño Congress held last October 4, 2018 at the University of Batangas, Batangas City:

Martella Sanchez G10 BM 203 2nd place Vocal Solo
Keila Anzel Laiño G10 BM 203 Champion Table Tennis
Michael Hart Uson G10 BM 201 Champion Table Tennis
- For Grade 7 Advisers, Subject Teachers and Students:** Please be informed that CFIT (Culture-Fair Intelligence Test) Scale 2 will be administered to Grade 7 students during their Filipino subject following the schedule below:

Date	Section	Time	Teacher
October 15, 2018 (Monday)	LS 211	8:40 - 9:40 am	Ms. J. Umilda
	LS 103	11:00 – 12:00 pm	Ms. J. Bril
	LS 110	1:00 – 2:00 pm	Ms. E. Tapalla
	LS 101	2:00 – 3:00 pm	Ms. J. Bril
	LS 112	3:00 – 4:00 pm	Ms. J. Umilda
October 16, 2018	LS 109	8:40 - 9:40 am	Ms. E. Tapalla

(Tuesday)	LS 105	10:00 – 11:00 am	Ms. J. Bril
	LS 102	1:00 – 2:00 pm	Ms. J. Bril
	LS 108	3:00 – 4:00 pm	Ms. E. Tapalla
October 18, 2018 (Thursday)	LS 210	8:40 - 9:40 am	Ms. J. Umilda
	LS 106	11:00 – 12:00 pm	Ms. J. Bril
	LS 104	2:00 – 3:00 pm	Ms. J. Bril
October 19, 2018 (Friday)	LS 209	8:40 – 9:40 am	Ms. J. Umilda
	LS 111	11:00 – 12:00 pm	Ms. E. Tapalla
	LS 107	1:00 – 2:00 pm	Ms. E. Tapalla

Note: Students please bring pencil and eraser on your scheduled test.

5. For Grade 10 Homeroom Advisers and Students:

- a. Students who have already undergone career assessment may now get their SHS Pre- enrollment Form. Please be reminded of the procedures for the pre- enrollment. Scholars are advised to visit the LAMP office to inquire about pre- enrollment fee.
- b. Transferees / Returnees are encouraged to get their NCAE result from their former school. NCAE result is needed for the career assessment. Thank you.
- c. Those students who did not reach the required cut-off score for STEM (*NCAE Score below 85*) but are interested to pre-enroll for the said strand are advised to go first to the Admissions Office to inquire about the qualifying exam before paying the pre- enrollment fee. Thank you.
- d. Career Assessment is on going. Students can come during their lunch break (Boys) and dismissal time (Girls). Please bring ball pen. Below is the schedule of assessment:

October 12, 2018 – CMR 206

October 15, 2018 – CMR 207

6. Looking Ahead for the month of October:

12- 26	Processing of Senior High School and College Application Forms
22-26	G4 CFIT Administration
24	G4 ANAK Orientation/ Talk
24	Career Talk & Guidance Re- Orientation for G12 STEM students

FROM THE OVCM – STUDENT ACTIVITIES OFFICE:

1. **On LEAD Program.** Once again, we are requesting our Homeroom Advisers to please ensure that there will be one class representative to our LEAD Program tomorrow, Saturday, from 8:00 – 12:00nn at the BHV Gym. Thank you for your support.
2. **On Clubs.** Our Grade 7 and 8 students shall have their clubs today from 3:00 – 4:00PM. Please take note that the following clubs are still open for membership:
 - 2.1. **Prayer Warriors** – Sir Kevin Dimaunahan of BM 204 and Ms. Tess Villaruel of BM 203
 - 2.2. **Shakespeare Lasallian Friends** – Ms. Golda Obre of LS 112
 - 2.3. **Folk Dance Club** – Ms. Caryl Maranan of LS 309
3. **For Club Moderators.** A friendly reminder to please submit the Action Plan of your club for this SY 2018-2019 for PAASCU purposes. Please refer to the following LINK: <https://tinyurl.com/ycddrlyk>

Professional Reading #7

Stress relievers: Tips to tame stress

Is stress making you frustrated and irritable? Stress relievers can help restore calm and serenity to your chaotic life. You don't have to invest a lot of time or thought into stress relievers. If your stress is getting out of control and you need quick relief, try one of these tips.

Get active

Virtually any form of physical activity can act as a stress reliever. Even if you're not an athlete or you're out of shape, exercise can still be a good stress reliever.

Physical activity can pump up your feel-good endorphins and other natural neural chemicals that enhance your sense of well-being. Exercise can also refocus your mind on your body's movements, which can improve your mood and help the day's irritations fade away. Consider walking, jogging, gardening, housecleaning, biking, swimming, weightlifting or anything else that gets you active.

Eat a healthy diet

Eating a healthy diet is an important part of taking care of yourself. Aim to eat a variety of fruits and vegetables, and whole grains.

Avoid unhealthy habits

Some people may deal with stress by drinking too much caffeine or alcohol, smoking, eating too much, or using illicit substances. These can affect your health in unhealthy ways.

Meditate

During meditation, you focus your attention and quiet the stream of jumbled thoughts that may be crowding your mind and causing stress. Meditation can instill a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health.

Guided meditation, guided imagery, visualization and other forms of meditation can be practiced anywhere at any time, whether you're out for a walk, riding the bus to work or waiting at the doctor's office.

Laugh more

A good sense of humor can't cure all ailments, but it can help you feel better, even if you have to force a fake laugh through your grumpiness. When you laugh, it not only lightens your mental load but also causes positive physical changes in your body. Laughter fires up and then cools down your stress response. So read some jokes, tell some jokes, watch a comedy or hang out with your funny friends.

Connect with others

When you're stressed and irritable, your instinct may be to wrap yourself in a cocoon. Instead, reach out to family and friends and make social connections.

Social contact is a good stress reliever because it can offer distraction, provide support and help you tolerate life's up and downs. So take a coffee break with a friend, email a relative or visit your place of worship.

Got more time? Considering volunteering for a charitable group and help yourself while helping others.

Assert yourself

You might want to do it all, but you can't, at least not without paying a price. Learning to say no or being willing to delegate can help you manage your to-do list and your stress.

Saying yes may seem like an easy way to keep the peace, prevent conflicts and get the job done right. But it may actually cause you internal conflict because your needs and those of your family come second, which can lead to stress, anger, resentment and even the desire to exact revenge.

And that's not a very calm and peaceful reaction.

Try yoga

With its series of postures and controlled-breathing exercises, yoga is a popular stress reliever.

Yoga brings together physical and mental disciplines which may help you achieve peacefulness of body and mind. Yoga can help you relax and manage stress and anxiety.

Try yoga on your own or find a class — you can find classes in most communities. Hatha yoga, in particular, is a good stress reliever because of its slower pace and easier movements.

Get enough sleep

Stress can cause you to have trouble falling asleep. When you have too much to do — and too much to think about — your sleep can suffer. But sleep is the time when your brain and body recharge.

And the quality and amount of sleep you get can affect your mood, energy level, concentration and overall functioning. If you have sleep troubles, make sure that you have a quiet, relaxing bedtime routine, listen to soothing music, put clocks away, and stick to a consistent schedule.

Keep a journal

Writing down your thoughts and feelings can be a good release for otherwise pent-up emotions. Don't think about what to write — just let it happen. Write whatever comes to mind. No one else needs to read it, so don't strive for perfection in grammar or spelling.

Just let your thoughts flow on paper — or computer screen. Once you're done, you can toss out what you wrote or save it to reflect on later.

Get musical and be creative

Listening to or playing music is a good stress reliever because it can provide a mental distraction, reduce muscle tension and decrease stress hormones. Crank up the volume and let your mind be absorbed by the music.

If music isn't one of your interests, turn your attention to another hobby you enjoy, such as gardening, sewing, sketching — anything that requires you to focus on what you're doing rather than what you think you should be doing.

Seek counseling

If new stressors are challenging your ability to cope or if self-care measures just aren't relieving your stress, you may need to look for reinforcements in the form of therapy or counseling.

Therapy also may be a good idea if you feel overwhelmed or trapped, if you worry excessively, or if you have trouble carrying out daily routines or meeting responsibilities at work, home or school.

Professional counselors or therapists can help you identify sources of your stress and learn new coping tools.

Mayo Clinic Staff. *Stress relievers: Tips to tame stress* Retrieved from

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relievers/art-20047257>