



**GOD’S WORDS FOR TODAY (Mk. 1:14-20)**

*The Holy Gospel according to St. Mark*

Now after John was arrested, Jesus came into Galilee, preaching the gospel of God, and saying, "The time is fulfilled, and the kingdom of God is at hand; repent, and believe in the gospel." And passing along by the Sea of Galilee, he saw Simon and Andrew the brother of Simon casting a net in the sea; for they were fishermen. And Jesus said to them, "Follow me and I will make you become fishers of men." And immediately they left their nets and followed him. And going on a little farther, he saw James the son of Zebedee and John his brother, who were in their boat mending the nets. And immediately he called them; and they left their father Zebedee in the boat with the hired servants, and followed him.

**REFLECTION:**

When Jesus preached the gospel message he called others to follow as his disciples and he gave them a mission - "to catch people for the kingdom of God." In the choice of the first apostles we see a characteristic feature of Jesus' work: he chose very ordinary people. They were non-professionals, had no wealth or position. They were chosen from the common people who did ordinary things, had no special education, and no social advantages. Jesus wanted ordinary people who could take an assignment and do it extraordinarily well. He chose these individuals, not for what they were, but for what they would be capable of becoming under his direction and power.

**PRAYER:**

Lord Jesus, fill me with the joy of the gospel and help me to believe your word and follow you faithfully. 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:**

- GS LPs will have a community picture taking in front of Capilla de San Juan Bautista De La Salle at 4: 30pm today. Please be there on time.
- Homeroom Advisers will receive the LMAP envelopes, together with the guidelines and procedures, within the day. Kindly explain to our students what this project is all about before its distribution tomorrow. Thank you.
- Lunch break proctoring schedule:

AREA	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BB Canteen	11:40-12:10	Ms. Marge	Sir Dennis	Ms. Wena	Sir Boy and Sir Jonas	Ms. Ellen
Fine Dining	11:40-12:10	Ms. Ehdén and Ms. Rose	Ms. Marian and Ms. Mayo	Ms. Pines and Ms. Rose	Ms. Toots and Ms. Mayo	Ms. Lein
Food Palace	11:40-12:10	Ms. Tin	Ms. Norz and Ms. Jem	Ms. Lisa	Ms. Lorie	Ms. Me Anne

- Looking Ahead
  - Jan. 15 – Online Viewing of Grades
  - Jan. 16 – Parent -Teacher Conference
  - Jan. 14-18 – GS Faculty, ASF, ASP and Grade 6 Classes- Stallion Pictorial
  - Jan. 24 – LIDICSA Children’s Festival

**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 4	BB 310	Ms. Liezel Magnaye
Grade 2	BB 109	Ms. Fe Lajara
Grade 3	BB 206	Ms. Cristina Aguila
Grade 5	BB 301	Mr. Max Bueno

**Sponsors for Tuesday, January 15, 2019:**

Grade 4	BB 311	Ms. Elma Langamon
Grade 2	BB 110	Ms. Cristy Hernandez
Grade 3	BB 208	Ms. Rhea Pecayo
Grade 5	BB 302	Ms. Maricel Comia

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.

**On Recollection:**

Congratulations G4 BB311 class for a successful Recollection last Friday. Commendation also to the Facilitator, Ms. Elma Lingao. God bless and may you continue bringing Christ to others.

**On Recollection Schedule:**

Date	Grade & Section
January 18, 2019	G6 BB 401
January 23, 2019	G5 BB 305

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.

**On Pondong Batangan**

All sections are once again encouraged to support the Pondong Batangan Project of the Archdiocese of Lipa through the CLCE Department. If everyone will bring 25 centavos every day, we could raise a lot of money that could help our brothers and sisters who are in need. Remember the tag line "Kahit Maliit, Basta's Malimit, Patungong Langit"

**FROM THE OVCAR –JUNIOR HIGH SCHOOL COMMUNITY:**

*From the Assistant Principal*

1. Today is the start of the Grade 9 and 10 Intramurals. Please be guided by the schedule of activities given by the MAPEH department. Good luck to all!
2. Students who attended FFI sessions who have not yet paid the FFI fee are kindly requested to do so. Please remit your payment to the AP office.
3. On-line viewing of grades for the second quarter will start tomorrow. The letter to parents regarding the Parent Consultation with the Teachers on was already distributed. Please take note of the schedule and the room assignments.
4. Stallion pictorial of faculty and staff will be today, January 14 from 11:00 AM to 5:00 PM and from Tuesday to Friday January 15-18 from 12:00 NN to 1:00 PM and 4:00 PM to 5:00PM at MMR 1 and 3. Attire will be Filipiniana for women and barong for men to be provided by Blueberry Eleven Photography during the shoot.

*From the JHS CLCE Department*

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 305	Ms. Gigi Calingasan
Grade 10	CMR 206	Ms. Rosalie Fortus

**12:10 p.m.**

Grade 7	LS 103	Ms. Joana Marie Alarcon
Grade 8	LS 411	Ms. Ma. Teresa Villaruel

**Sponsors for Tuesday, January 15, 2019**

**7:30 a.m.**

Grade 9	LS 306	Mr. James Eart Pasia
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Grade 10	CMR 207	Mr. Adrian Dimaunahan
<b>12:10 p.m.</b>		
Grade 7	LS 104	Ms. Jasmin Inciong
Grade 8	LS 412	Ms. Eloisa Pagcaliwangan

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.

### **On Pondong Batangan**

All sections are once again encouraged to support the Pondong Batangan Project of the Archdiocese of Lipa through the CLCE Department. If everyone will bring 25 centavos every day, we could raise a lot of money that could help our brothers and sisters who are in need. Remember the tag line “Kahit Maliit, Basta’s Malimit, Patungong Langit”

### **Recollection Schedule:**

January 25, 2019	G7 LS 210	January 28, 2019	G7 LS 104
	G8 LS 407		G8 LS 310
	G9 LS 301		G9 LS 202
	G10 CMR 204		G10 BM 205

### **FROM THE OVCAR – SENIOR HIGH SCHOOL COMMUNITY:**

#### ***From the Assistant Principal***

1. Welcome back to school. Today, we formally begin the Second Semester of SY 2018-2019 filled with joy and enthusiasm to fulfill our goals and mission. Let us continue to pray for one another for the success of our endeavors and work together and by association in doing our duties and responsibilities for the good of all. God bless us always!
2. For those students who are not yet enrolled, you are expected to process first your enrollment today before attending your class.
3. To All Grade 12 Students
  - a. Please be reminded once again of the Stallion Yearbook Drive 2018-2019. Kindly remit your solicitation to the Cashier. The launching will be on January 25, 2018.
  - b. Graduation and Class picture taking will be on January 16-31, 2019. All members of each class are expected to be present on the scheduled picture taking.
4. To All Lasallian Partners
  - a. Please be advised that there are still students who are not yet officially enrolled today. Kindly extend to them due consideration.
5. Looking Ahead
  - a. January 16-31 – Grade 12 Graduation and Class Picture Taking
  - b. January 17-18 – Retreat of Grade 12 Class S12-12 and Class S12-13
  - c. January 21-22 – Future of Education Conference at SMX Convention Center, MOA
  - d. January 22-23 – Retreat of Grade 12 Class S12-14 and Class S12-15
  - e. January 23 – Grade 11 SY 2017-2018 Honors’ Assembly at 12:00PM, SENTRUM
  - f. January 24-25 – Retreat of Grade 12 Class S12-16 and Class H12-01
  - g. January 25 – Grade 11 and Grade 12 General Assembly
  - h. January 25 – Launching of Stallion Yearbook Drive 2018-2019
  - i. January 28-29 – Retreat of Grade 12 Class S12-17 and Class S12-10
  - j. January 30-31 – Retreat of Grade 12 Class S12-18

### **FROM THE HRD OFFICE:**

Please be informed that the faculty performance evaluation forms were already distributed. The deadline for submission will be on or before January 14, 2019.

### **FROM THE OVCM- GUIDANCE OFFICE:**

1. **For Grades 4 – 6 and 8 Homeroom Advisers and Students:** Structured homeroom module on Wednesday, January 16, 2019. Thank you.

Grade	Title of the Module	Pre-assigned materials / activity
4	“Meet My Family” Part 2	Coloring materials
5	“Recipe for Friendship: Qualities of a Good Friend”	Coloring materials
6	“Change is Good”	None
8	“I Say No to Peer Pressure”	None

2. **For Grade 8 Social Studies Teachers and Students:** Please be informed that the OLSAT (Otis-Lennon School Ability Test) administration will start today following the schedule below:

Date	Section	Time	Teacher
January 14, 2019 (Monday)	LS 408	8:40 – 9:40 am	Mr. B. Taningco
	LS 411	10:00 – 11:00 am	Mr. B. Taningco
	LS 410	11:00 – 12:00 pm	Mr. B. Taningco
	LS 403	1:00 – 2:00 pm	Ms. M. Bautista
	LS 311	3:00 – 4:00 pm	Ms. M. Bautista
January 15, 2019 (Tuesday)	LS 409	8:40 – 9:40 am	Mr. B. Taningco
	LS 402	10:00 – 11:00 am	Ms. M. Bautista
	LS 412	11:00 – 12:00 pm	Mr. P. Rivera
	LS 310	1:00 – 2:00 pm	Ms. M. Bautista
January 17, 2019 (Thursday)	LS 404	8:40 – 9:40 am	Mr. P. Rivera
	LS 401	10:00 – 11:00 am	Ms. M. Bautista
	LS 309	11:00 – 12:00 pm	Ms. M. Bautista
	LS 407	1:00 – 2:00 pm	Mr. B. Taningco
	LS 405	3:00 – 4:00 pm	Mr. B. Taningco
January 18, 2019 (Friday)	LS 312	8:40 – 9:40 am	Ms. M. Bautista
	LS 406	1:00 – 2:00 pm	Mr. B. Taningco

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

3. **For Grade 12 ABM & HUMSS Students:** Please be informed that there will be a Career Decision Making Seminar on January 16 & 23, 2019 at the Sen. Diokno Auditorium. Please be punctual. Below is the schedule:

Sections	Date	Time
A12-04, A12-05, A12-06	Jan. 16, 2019	8:00-9:00 am
A12-07- A12-08, H12-01	Jan. 16, 2019	9:00-10:00 am
H12-02, H12-03, H12-04	Jan. 16, 2019	10:00-11:00 am
A12-01. A12-02, A12-03	Jan. 23, 2019	1:00-2:00 pm

4. **Looking ahead for the month of January:**

14-31	Processing of Senior High School and College Application Forms
23	ANAK Talk for Grade 6 SDOs
23	Grade 7 Structured Homeroom- <i>Talk on Sexuality</i>
25	Grade 8 PACT and CEM Profiler Administration
28, 29 & 31	Grade 10 OLSAT Administration
30	ANAK Talk for Grade 9 SDOs

**FROM THE OVCM- STUDENT ACTIVITIES OFFICE:**

1. **On PRISMA.** Congratulations to our SCB for hosting the PRISMA 2.0 with AGSUNTA as the featured artist. We hope that you enjoyed the show and see you again next time.
2. **On Invitation to sponsor BOOTHS.** The 56<sup>th</sup> Foundation is set on February 11 to 16, 2019. We are inviting our JHS classes and clubs to sponsor creative and exciting Booths starting February 14 – 16.

Interested Booth Operators may secure the application form at the SAO on January 17, 2018 until January 28 only. Thank you.

3. **On Club Meeting.** There will be Club Meeting this week in both Grade School and JHS. We advised the Club Moderators to please encourage the clubs to sponsor booths during the 56<sup>th</sup> Foundation Celebration on February 14 – 16. Thank you.
4. **On Block Screening of X-MEN: Dark Phoenix.** PENCIL Inc. in cooperation with the SAO shall be sponsoring the block screening of X-Men: Dark Phoenix on February 6, 2019 at SM Cinema 2 and 3. The ticket is priced at P350 with the chance to win cash raffles. Gates shall be opened at 4:00PM while the screening time is 5:30PM. Proceeds shall be given to the Scholarship Program of De La Salle Lipa. Tickets shall be available starting Thursday, January 17, 2019 at the SAO or you may coordinate with your SCB Representatives. Thank you.

**FROM THE OVCM – LASALLIAN ASSISTANCE MANAGEMENT PROGRAM:**

**ANNOUNCEMENT**

**SHS Voucher Applications for SY 2019-2020 is not yet open**

Please be informed that the Senior High School Voucher Program applications for incoming Grade 11 students in SY 2019-2020 is not yet open. We apologize for the delay but the Department of Education is working to open the application period as soon as possible. For the meantime, please be reminded of the following

- only current Grade 10 students in private schools who are not ESC Grantees may apply
- current Grade 10 students in public schools and Grade 10 ESC Grantees in private schools are automatically qualified thus they do not need to apply
- current ALS students may apply but their acceptance to the Voucher Program is primarily dependent on passing the ALS Accreditation and Equivalency Test

Announcements on the opening of SHS VP applications will be made through the PEAC ([peac.org.ph](http://peac.org.ph)) and DepEd ([deped.gov.ph](http://deped.gov.ph)) websites and other channels.

**FROM THE INSTITUTIONAL HEALTH SERVICES:**

***Liver Cancer and Viral Hepatitis Awareness Prevention Month***

Ways to Prevent Hepatitis

**1. Know How Hepatitis Spreads**

Depending on the type, two main ways that hepatitis passes from person to person are contact with infected blood or other body fluids, and contact with infected feces (poop). Hepatitis A and E are excreted through the feces of an infected person. You can become infected with hepatitis A or E if you ingest contaminated food or water.

Hepatitis types B, C, and D are spread primarily through contact with infected blood.

**to be cont....**

## **The Top 7 Mental Benefits of Sports**

### **Overview**

You already know that sports are beneficial for your physical health. But there's more good news. In recent years, research has also found that sport participation can positively affect your mental health. Here's how.

#### **1. Sports improve your mood**

Want a burst of happiness and relaxation? Get involved in a physical activity. Whether you are playing sports, working out at a gym, or taking a brisk walk, physical activity triggers brain chemicals that make you feel happier and more relaxed. Team sports in particular provide a chance to unwind and engage in a satisfying challenge that improves your fitness. They also provide social benefits by allowing you to connect with teammates and friends in a recreational setting.

#### **2. Sports improve your concentration**

Regular physical activity helps keep your key mental skills sharp as you age. This includes critical thinking, learning, and using good judgment. Research has shown that doing a mix of aerobic and muscle-strengthening activities is especially helpful. Participating in this kind of activity three to five times a week for at least 30 minutes can provide these mental health benefits.

#### **3. Sports reduce stress and depression**

When you are physically active, your mind is distracted from daily stressors. This can help you avoid getting bogged down by negative thoughts. Exercise reduces the levels of stress hormones in your body. At the same time, it stimulates production of endorphins. These are natural mood lifters that can keep stress and depression at bay. Endorphins may even leave you feeling more relaxed and optimistic after a hard workout. Experts agree that more quality research is needed to determine the relationship between sports and depression.

#### **4. Sports improve sleep habits**

Sports and other forms of physical activity improve the quality of sleep. They do this by helping you fall asleep faster and deepening your sleep. Sleeping better can improve your mental outlook the next day, as well as improve your mood. Just be careful not to engage in sports too late in the day. Evening practices within a few hours of bedtime may leave you too energized to sleep.

#### **5. Sports help you maintain a healthy weight**

The Centers for Disease Control and Prevention (CDC) recommend sports participation as a healthy way to maintain weight. Individual sports, such as running, cycling, and weightlifting, are all particularly effective ways to burn calories and/or build muscle. Staying within a recommended weight range reduces the likelihood of developing diabetes, high cholesterol, and hypertension.

#### **6. Sports boost your self-confidence**

The regular exercise that comes with playing sports can boost your confidence and improve your self-esteem. As your strength, skills, and stamina increase through playing sports, your self-image will improve as well. With the renewed vigor and energy that comes from physical activity, you may be more likely to succeed in tasks off the playing field as well as on it.

#### **7. Sports have been linked to leadership traits**

Team sports such as soccer, baseball, and basketball are breeding grounds for leadership traits. Studies done in high schools reveal a correlation between sports participation and leadership qualities. Because of the opportunity to train, try, win, or lose together, people involved in sports are naturally more inclined to adopt a "team mindset" in the workplace and in social situations. The team mindset leads to strong leadership qualities over time.

### **Benefits for children**

Sports can benefit children in many of the same ways that they benefit adults. The biggest difference is that when children start participating in sports at a young age, they are far more likely to stay active as they grow older. The same source suggests that participating in a team sport improves academic performance and results in more after-school participation.

### **What to keep in mind**

Some popular team sports, including American football and ice hockey, commonly result in injuries. Frequently reported sports injuries include sprains, contusions, and broken limbs. Most sports injuries will result in a complete

recovery if there is proper medical attention. However, some injuries, such as brain trauma and concussion, can cause permanent, lifelong damage to the athlete.

Concussions have gotten more attention from the sports community in recent years as their occurrence has increased. The CDC has specific guidelines about how to avoid and recover from concussions related to sports. Repeated head trauma can completely reverse the benefits of sports participation, leading to depression, reduced cognitive function, and suicidal tendencies.

Exercise-induced asthma is another condition reported by many athletes. If you are practicing a sport several times a week and begin to develop asthma symptoms, it's important to pay attention. Ask your doctor or a training specialist about breathing exercises and practice them. They may help you avoid developing chronic asthma. Your doctor may suggest taking medications prior to exercise to help reduce asthma symptoms as well.

**Bottom line**

The pros of participating in sports are plentiful — from the advantages they provide to young children, to the proven link to mental health and happiness, and of course the endorphins they trigger. There is no shortage of reasons to find a sport to get involved in. Pick one and get moving! Speak to your doctor before beginning any sports activity. Make sure that your heart is healthy enough for strenuous exercise. Keep in mind the possibility of serious injury and exercise-induced asthma. Though there are hazards to participating in sports, there are some that are safer than others. If you are worried about injury, consider a low-impact sport such as swimming.

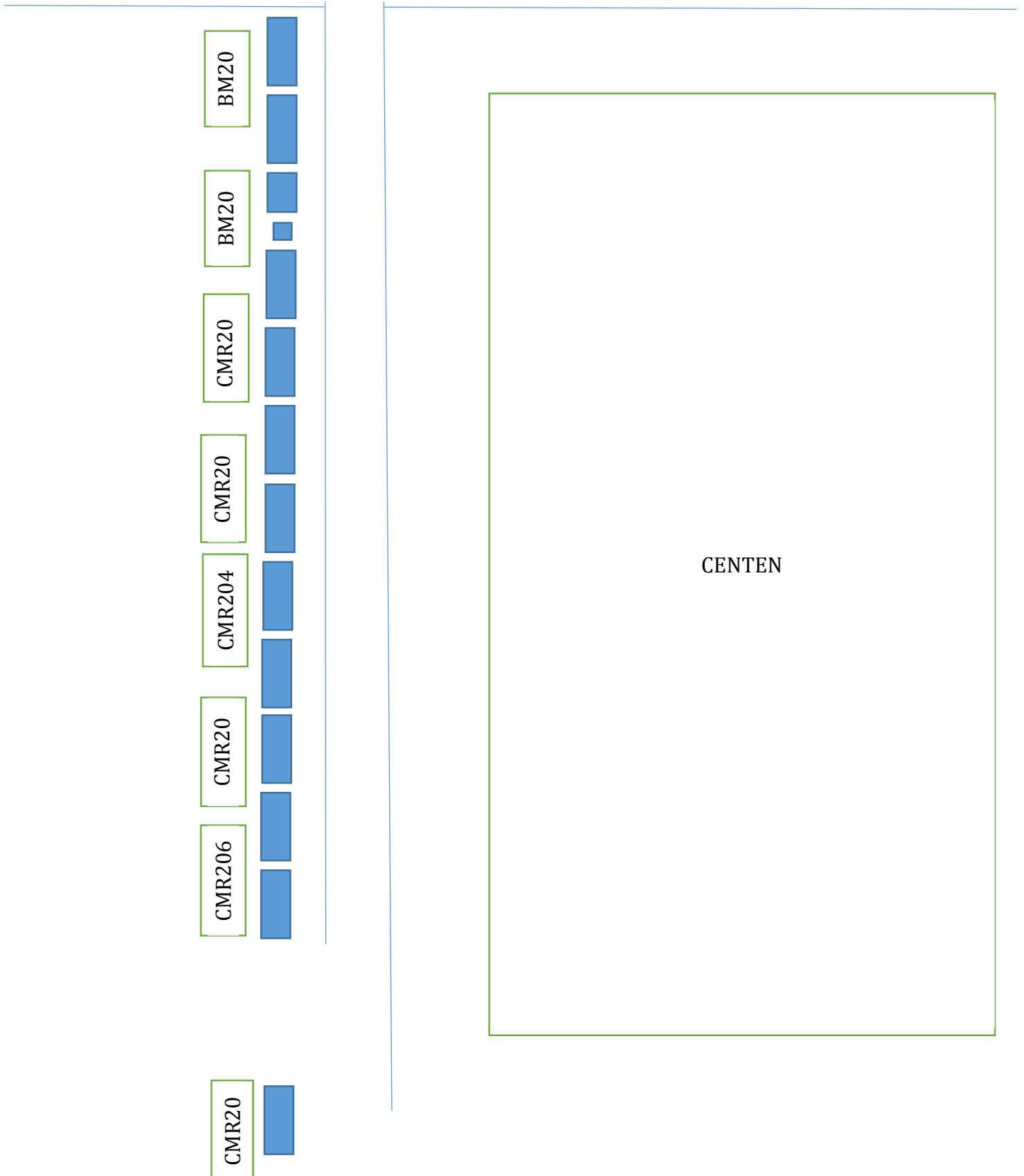
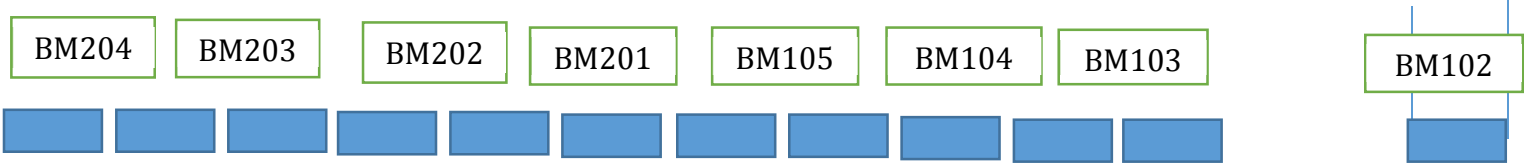
The top 7 mental benefits of sports. Retrieved from: <https://www.healthline.com/health/mental-benefits-sports#bottom-line>

**PROPOSED LAYOUT FOR THE INTRAMURALS 2019  
GRADE 9 - HASYENDA**





# PROPOSED LAYOUT FOR THE INTRAMURALS 2019 GRADE 10 - STALLION LANE



**PROPOSED LAYOUT FOR THE INTRAMURALS 2019  
SENTRUM (CULTURAL PRESENTATION)**

**STAGE**

