



**GOD’S WORDS FOR TODAY (Mk.4:26-34)**

*The Holy Gospel according to St. Mark*

And he said, "The kingdom of God is as if a man should scatter seed upon the ground, and should sleep and rise night and day, and the seed should sprout and grow, he knows not how. The earth produces of itself, first the blade, then the ear, then the full grain in the ear. But when the grain is ripe, at once he puts in the sickle, because the harvest has come." And he said, "With what can we compare the kingdom of God, or what parable shall we use for it? It is like a grain of mustard seed, which, when sown upon the ground, is the smallest of all the seeds on earth; yet when it is sown it grows up and becomes the greatest of all shrubs, and puts forth large branches, so that the birds of the air can make nests in its shade." With many such parables he spoke the word to them, as they were able to hear it; he did not speak to them without a parable, but privately to his own disciples he explained everything.

**REFLECTION:**

What can mustard seeds teach us about the kingdom of God? The tiny mustard seed literally grew to be a tree which attracted numerous birds because they loved the little black mustard seed it produced. God's kingdom works in a similar fashion. It starts from the smallest beginnings in the hearts of men and women who are receptive to God's word. And it works unseen and causes a transformation from within. Just as a seed has no power to change itself until it is planted in the ground, so we cannot change our lives to be like God until God gives us the power of his Holy Spirit.

**PRAYER:**

Lord Jesus, increase my zeal for your kingdom and instill in me a holy desire to live for your greater glory. 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:**

1. The Integrated School Principal together with Ms. Rose Cornejo, Mr. Rafael Boy Kalaw, Mr. Romil Silva, and nine (9) Integrated School students will be attending the Academic and Cultural Fair in La Salle University in Ozamis until February 3, 2019. Ms. Kristine Dimaculangan will be the Officer-in-Charge of the Integrated School.
2. Dear students, you are enjoined to maximize the use of the remaining class days before the third quarterly assessment on March 12. Likewise, we would like to remind all of you to be conscious of the ideas you think of, words you speak, decisions you make, and actions you take. Please remember that all your actions and decisions have consequences. Hence, we would like you to ensure that everything you think of, say, or do will result in something good for you, for your family, for others, and for the community you are in. Remember to do ALL actions for the LOVE of GOD.
3. Please take note that February 4 and February 5, 2019 are No-Class days. February 4 is a Non-Working Day in lieu of the January 21 special non-working day in the City of Lipa while February 5 is a Special Non-working Holiday in observance of the Chinese Lunar New Year’s Day. Thus, we wish everyone a meaningful and blessed long week-end.

**FROM THE OVCAR – GRADE SCHOOL COMMUNITY:**

*From the Assistant Principal*

1. On LMAP: Kindly submit the complete solicitation to Ms. Lorie until today.
2. The GS Community is enjoined to support the LED in any way possible.
3. Lunch break proctoring schedule:

AREA	TIME	FRIDAY
BB Canteen	11:40-12:10	Ms. Ellen
Fine Dining	11:40-12:10	Ms. Lein

Food Palace	11:40-12:10	Ms. Me Anne
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4. Looking Ahead

- Feb 4 – No classes
- Feb 5 – National Holiday
- Feb. 6 – Monday Schedule
- Feb. 7 – MTAP Division Finals

**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 212	Ms. Daycel Alon
Grade 3	BB 208	Ms. Rhea Pecayo
Grade 5	BB 303	Ms. Marychrist Briguela
Grade 2	BB 112	Ms. Nerissa Hernandez

**Sponsors for Wednesday, February 6, 2019:**

Grade 4	BB 310	Ms. Liezel Magnaye
Grade 3	BB 209	Ms. Gina Vergara
Grade 5	BB 304	Ms. Rizza Limbo
Grade 6	BB 306	Ms. Verna Cuevas

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.

**On Recollection:**

Congratulations G6 BB306 class and to your adviser for a successful Recollection yesterday. Commendation also to the Facilitator, Ms. Monette De Villa. God bless and may you continue bringing Christ to others.

Today, G4 class BB 312 will have its Recollection. Let’s all pray for the success of this spiritual activity.

**On Recollection Schedule:**

Date	Grade & Section
February 20, 2019	G5 BB 308
February 22, 2019	G6 BB 403
February 27, 2019	G5 BB 309
March 1, 2019	G4 BB 402

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”

**Thank you Grade 4 Class BB312 for your donation to the Pondong Batangan. God bless!**

**From the Grade School MATH DEPARTMENT**

ATTENTION ALL AMEP Students and Parents!

**What:** MATH Without Borders Winter Round/ AWARDING and CLOSING Ceremony for AMEP

**Who:** Pupils/Parents who participated in the AMSLI Math Enhancement Program (AMEP)

**When: February 2, 2019 – 8:30 – 9:30 MWB Winter Round 2  
12:30 – AWARDING and CLOSING CEREMONY**

**Where: MWB – Grade School Building  
AWARDING/CLOSING – DLSL - SENTRUM**

Please take note of the following:

**COME IN YOUR SCHOOL UNIFORM**

Program includes:

1. Awarding of Certificates to AMEP Trainees for successfully completing the training
2. Awarding of Certificates for Perfect Attendance
3. Awarding of Medals to Winners of Math Without Borders Round 1
4. Awarding of Math League National Qualifiers
5. Awarding of BEBRAS
6. Announcement of AMEP Achievers – International Qualifiers to SY 2018 -2019
7. Recognition of AMEP who won in the 2017-2018 International contest.

All International winners sponsored by AMSLI Philippines kindly bring your medals and certificates for the recognition.

Please be informed that the assembly time on February 2, 2019 for the Closing and Awarding Ceremony is at 12 noon.

Thank you very much and God bless everyone! We are expecting 100% attendance in the CLOSING CEREMONY...See you there...

***From the Grade School Moderators' Office***

1. On Wednesday, February 6, will be our Haircut Inspection Day. Male students are required to follow the prescribed haircut.
2. Grades 4-6 students are required to wear Monday uniform on February 6, since we shall be following Monday schedule on that day. On the other hand, Preschool to Grade 3 shall wear Type B uniform.
3. Students are once again reminded to be mindful of their school belongings especially their gadget. The school will NOT be held liable for any damages/losses.
4. Likewise, all students are advised to be mindful of his and others' safety. Sitting on arm chairs' back rest as well as running along the corridors is strictly prohibited. We are very much concern of your safety dear students.
5. Key monitors are reminded to always lock the door before leaving the classroom.

***From the GS and JHS Science Department***

For AMSLI-ASEP Participants: Please be informed that there will be no AMSLI- ASEP Training tomorrow, February 2, 2019 to give way to AMSLI AMEP Awarding. Training will resume on February 9, 2019 at 1:00 – 4:00 pm. Please be guided accordingly. Thank you.

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

***From the Junior High School Assistant Principal***

1. Today is first Friday of the month of February; hence, we shall be observing Lasallian Earth Day as part of our school's Project Carbon Neutral. Let us switch off our ACUs for an hour in support of this project.
2. Please be informed that there is no Club meeting today to give way to the JHS Community meeting. Partners are requested to attend the meeting at 3:00 PM at LS Multipurpose Hall.
3. Please be informed that today, from 3:00 PM – 5:00 PM, Grade 10 students will have their practice for the bench cheering (presented during the LTF) which will be presented again during the soft opening of the Foundation Week celebration. Grade 10 SCB Officers shall take the lead together with all Grade 10 Class Presidents.
4. Please be informed that next Wednesday, February 6, we shall be following the Monday schedule. Students should wear the **Monday uniform**. Please be guided accordingly.
5. Additional mission collection: LS105, LS108, LS208, LS309

***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 208	Ms. Merylle Marquez
Grade 10	BM 206	Ms. Jonalyn Aguda

**12:10 p.m.**

Grade 7	LS 211	Ms. Jamailah Umilda
Grade 8	LS 407	Mr. Bryan Lord Taningco

**Sponsors for Friday 6, 2019****7:30 a.m.**

Grade 9	LS 301	Mr. Kevin Dimaunahan
Grade 10	CMR 201	Ms. Del Beltran

**12:10 p.m.**

Grade 7	LS 101	Ms. Jelyn Brill
Grade 8	LS 407	Mr. Bryan Lord Taningco

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:**

February 21, 2019	G7 LS 101	February 26, 2019	G7 LS 102
	G8 LS 401		G8 LS 411
	G9 LS 205		G9 LS BM101
	G10 BM 203		G10 BM102
March 1, 2019	G7 LS 112	March 18, 2019	G7 LS 107
	G8 LS 309		G8 LS 403
	G9 LS 305		G9 LS 307
	G10 CMR 205		G10 CMR 201

**From the Junior High School Math Department**

Attention AMEP Participants!

Please be reminded that we shall have our MATH Without Borders Winter Round and AMEP AWARDING and CLOSING Ceremony on February 2.

8:30 – 9:30 MWB Winter Round 2 ( Grade School Building )

12:30 – AWARDING and CLOSING CEREMONY ( DLSL – Sentrum)

Please take note of the following:

1. Please attend the awarding ceremony in school uniform.
2. Program includes:
  - a. Awarding of Certificates to AMEP Trainees for successfully completing the training
  - b. Awarding of Certificates for Perfect Attendance
  - c. Awarding of Medals to Winners of Math Without Borders Round 1
  - d. Awarding of Math League National Qualifiers
  - e. Awarding of BEBRAS
  - f. Announcement of AMEP Achievers – International Qualifiers to SY 2018 -2019
  - g. Recognition of AMEP who won in the 2017-2018 International contest.
3. All International winners sponsored by AMSLI Philippines are requested to bring medals and certificates for the recognition.
4. Assembly time on for the Closing and Awarding Ceremony is at 12 noon.

Thank you very much and God bless everyone!

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

***From the Assistant Principal***

**1. To All Students**

- a. Please be reminded to behave in a Lasallian way inside and outside the school campus and wherever you are. Be honest all the time.
- b. Take note that we are already on the third week in the Third Quarter SY 2018-2019 (Second Semester). Everyone is reminded to make full use of your time to accomplish all the needed requirements and assessments for each subject and submit them on time.
- c. Your attendance in your class is very important in your academic teaching learning process. Be always present. In case you are absent, make sure to always submit excuse letter to the GM in order to secure the admit pass.

**2. To All Grade 12 Students**

- a. 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. Please be punctual.

	<b>SECTION</b>	<b>SCHEDULE</b>	<b>TIME</b>
27	S12-15	31-Jan	7:30-10:00
28	S12-16	31-Jan	10:00-12:30
29	S12-17	31-Jan	12:30-3:00
30	S12-06	31-Jan	3:00-5:30

- 3. To All Academic Advisers – Thank you very much for extending your assistance in the collection and submission of the LMAP envelop of your advising classes.

**4. To All SHS Lasallian Partners**

- a. This is to request from your good heart to report to the GM or AP office the students who are not attending your classes since we are already on the third week in the Third Quarter so that we can monitor them closely and properly.

**5. Looking Ahead**

- a. February 4 – Non-working Day in lieu of January 21
- b. February 5 – Special Non-working Day – Chinese New Year
- c. February 8 – LIDICSA Festival of Teachers (Integrated School – GS, JHS, SHS) at Canossa
- d. February 11-16 – DLSL Foundation Week
- e. February 14-16 – DLSL Fair Days
- f. February 19-20 – Grade 12 Retreat of Class A12-01 and Class S12-11

**6. For Grade 12 ABM-Bookkeeping NC3 Takers:**

Please be advised of the following important reminders:

(1) Schedule of Training would be: February 10, 24, March 10, and March 24. Please get a copy of the parent’s waiver in the SHS-AP office and process it because it is due on February 8, 2019.

(2) There are two schedules to choose from: 8am-12nn and 1pm-5pm schedule. Enlistment for the preferred schedule shall be shared using a google drive. Please access this link for your enlistment:

<http://gg.gg/NC3schedule>

(3) You may start paying the amount of P1,365.00 directly with the cashier. Your OR is needed during the first meeting of the training.

(4) The schedule of assessment with the assessment center will be communicated once finalized. Our target assessment is first to second week of May, 2019. Please be guided accordingly.

- 7. **From the LAMP office** – Senior High School BPEAP Scholars are advised to claim your 1<sup>st</sup> Semester SY 2018-2019 grant at DLSL cashier window 1. Kindly look for Ms. Lea del Rio. Please visit the bulletin board in the AP office for the list of BPEAP Scholars.

**8. From the FILIPINO Department**

Kindly excuse **Romana Veronica Balmes of S12-02 and Janna Kristine Chua of S11-07** from their classes on January 23-25 for their cliniquing/training in Malvar in preparation for the national competition and on January 28- February 1, 2019 for the National Festival of Talents in Dagupan, Pangasinan. They will represent the Division of Lipa in the said contest. Thank you!

**FROM OVCAR LEARNING RESOURCE CENTER**

This is to reiterate and remind all students some of the general guidelines in using the library.

1. The validated school ID should be worn at all times while inside the LRC. The “NO ID-NO ENTRY” policy is strictly implemented.
2. An electronic library monitoring system is located at the library entrance; scan/tap the ID to be counted.
3. Cell phones must be kept in silent mode. Calls should be done outside the Reading Area.
4. **The LIBRARY is a place for study and research. QUIET, ORDERLY and CLEAN environment is very much appreciated.**
5. **A student showing misbehavior (i.e. talking aloud, disturbing others, vandalizing, littering, mutilating library materials, etc.) is subject to disciplinary action.**

**FROM THE OVCM- GUIDANCE OFFICE:**

1. **For Grade 8 Students:** Students who were not able to take the OLSAT (Otis-Lennon School Ability Test) which was administered last January 14-18, 2019 are required to see Ms. Alecks Dimaano at the JHS Guidance Office during lunch break or dismissal time. Thank you.
2. **For Grade 10 Christian Living Teachers and Students:** Please be informed that the OLSAT (Otis-Lennon School Ability Test) administration will continue today following the schedule below:

Section	Time	Teacher
BM 104	8:40 – 9:40 am	Br. R. Guillergan
BM 202	11:00 – 12:00 pm	Mr. W. Angeles
BM 103	12:00 – 1:00 pm	Br. R. Guillergan
CMR 202	2:00 – 3:00 pm	Mr. M. Agudilla

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

3. **Looking ahead for the month of February:**

1-28	Processing of Senior High School and College Application Forms
11-12	Grade 5 CPQ Administration
18- 21	Grade 6 OLSAT Administration
19-22	SHS Students National School Counseling Week Celebration <ul style="list-style-type: none"> <li>• February 19 - Act of Kindness Day</li> <li>• Launching of Mental Health Watch (Group Processing Series)</li> <li>• Information Campaign on Coping and Resilience</li> </ul>
20	Grades 4-5, 7-10 Structured Homeroom
	Grade 6 Structured Homeroom- <i>Career Awareness Talk</i>
26	Grade 8 PACT and CEM Profiler Administration
26-28	Nursery 1 -Grade 3 3 <sup>rd</sup> Counselor’s Time
27	Grades 4-5 Talk on Sexuality

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

1. **NO CLUB MEETING in JHS today.**
2. **On Invitation to sponsor BOOTHS.** We would like to invite our JHS classes and clubs to sponsor creative and exciting booths as part of the 56<sup>th</sup> Foundation celebration of DLSL starting February 14 to 16, 2019. Interested Booth Operators may secure the application form at the SAO until February 7 only. For other details, please visit the SAO. Thank you.
3. **On Club Festival.** Club Festival is one of the activities for the 56<sup>th</sup> Foundation which is scheduled on February 14 from 11:00 – 12:30 at the CENTEN. This is currently our 5<sup>th</sup> year, wherein we showcase the talents of our students from different clubs in I.S. We request our Club Moderators who have been tapped to be part of this activity to please prepare our students. Should you have questions or clarifications, please get in touch with the SAO and look for Ms. Melissa. Thank you very much.

**FROM THE OFFICE OF RESEARCH AND PUBLICATION:**  
**“BARAKOCHAN” SA DE LA SALLE LIPA**

Ang salitang BARAKO ay isang katangiang tuwirang inuugnay sa mga Batangenyong at nangangahulugang pagiging matapang at malakas. Pinatutunayan nito ang mga dakilang bayani sa kasaysayan ng bansa na mula sa ating bayan gayundin ang mayamang tradisyong nagpapakulay sa kulturang Batangenyong. Ang De La Salle Lipa, sa paglalayon nitong mapanatili at pagyamanin ang kultura at identidad Batangenyong ay pinasinayaan ang Sentro ng Araling Batangas (Center for Batangas Studies) na siyang magtitipon ng mga dokumento, datos at mga pag-aaral sa lalawigan ng Batangas.

Bilang pagpapasinaya sa unang anibersaryo ng Sentro ng Araling Batangas (Batangas Studies Center), magkakaroon ng “Barakohan sa DLSL” kung saan tinatawagan ang lahat ng mga kawani at mag-aaral sa De La Salle Lipa na makibahagi sa paligsahang ito. Ito ay naglalayong maipakita ang iba’t ibang pagkakakilanlang Batangenyong sa pamamagitan ng mga kilalang tao, kagamitan, gawain/tradisyong, pagkain, flora/fauna na masasabing tatak Batangenyong. Tinawag na “Barakohan” ang gawaing ito na nangangahulugang ipagyayabang o ipagmamalaki mo ang anumang mayroon ka na tatak Batangenyong.

Kaya parine na at makisali dahil pinipiho naming ito’y masaya at mayroong naghihintay na premyo sa sinumang mananalo.

**Mekaniks ng Paligsahan**

1. Ang paligsahang ito ay bukas sa lahat ng kawani o mag-aaral sa De La Salle Lipa.
2. Mayroong limang kategorya ang nasabing paligsahan na maaring pagbatayan ng mga kalahok:
  - a. Bayani o kilalang tao sa inyong bayan/ pinakamatandang tao sa inyong lugar
  - b. flora/fauna
  - c. tradisyong
  - d. pagkain
  - e. mga lumang koleksyong may kaugnayan sa Batangas (artikulo sa pahayagan ukol sa Batangas, aklat o anumang babasahin ukol sa Batangas)
3. Sinuman ay maaring magdala ng aktwal o larawan (kung talagang hindi madadala dahil sa pagiging antigo o delikado) ng kanilang maaring ipagyabang na pag-aaring tatak Batangenyong. Ang larawan ay kailangang malinaw at **nakaprint sa 5R**.
4. Ang bawat kagamitan o larawang dadalihin ay dapat na mayroong maigsing detalyeng paglalarawan na nagpapaliwanag sa pagiging tatak Batangenyong nito (hindi hihigit sa 300 salita)
5. Ang mga kagamitang ito ay isusumite sa opisina ng **Office of Research and Publications, ikatlong palapag(3<sup>rd</sup> floor) sa gusaling Diokno (JD305)**
6. Ang paligsahan ay magbubukas mula **Pebrero 1- 12 lamang sa ganap na 8:00 nang umaga hanggang 3:00** ng hapon.
7. Ang mga kagamitang madadala ay ie-eksibit sa LRC library.
8. Mayroong mananalong kalahok sa bawat kategorya na iaanunsyo sa Ika-14 ng Pebrero sa selebrasyong unang anibersaryo ng Sentro ng Araling Batangas.
9. Ang mga mananalo ay makatatanggap ng sumusunod na premyo:
  - 3000 - unang gantimpala
  - 2000 - ikalawang gantimpala
  - 1000 - ikatlong gantimpala
10. Ang pamantayan sa pagpili ng nanalo ay ang mga sumusunod: kalidad historikal, kalidad ng presentasyon, kaugnayan sa tema.

**FROM THE INSTITUTIONAL HEALTH SERVICES:**

Cont.....Hepatitis B

**Symptoms**

Most people do not experience any symptoms during the acute infection phase. However, some people have acute illness with symptoms that last several weeks, including yellowing of the skin and eyes (jaundice), dark urine, extreme fatigue, nausea, vomiting and abdominal pain. A small subset of persons with acute hepatitis can develop acute liver failure, which can lead to death.

In some people, the hepatitis B virus can also cause a chronic liver infection that can later develop into cirrhosis (a scarring of the liver) or liver cancer.

### Treatment

There is no specific treatment for *acute* hepatitis B. Therefore, care is aimed at maintaining comfort and adequate nutritional balance, including replacement of fluids lost from vomiting and diarrhea.

*Chronic* hepatitis B infection can be treated with medicines, including oral antiviral agents. Treatment can slow the progression of cirrhosis, reduce incidence of liver cancer and improve long term survival.

In most people, however, the treatment does not cure hepatitis B infection, but only suppresses the replication of the virus. Therefore, most people who start hepatitis B treatment must continue it for life.

Among the long-term complications of HBV infections, cirrhosis and hepatocellular carcinoma cause a large disease burden. Liver cancer progresses rapidly, and since treatment options are limited, the outcome is in general poor. In low-income settings, most people with liver cancer die within months of diagnosis. In high-income countries, surgery and chemotherapy can prolong life for up to a few years. Liver transplant is sometimes used in people with cirrhosis in high income countries, with varying success.

### Prevention

The hepatitis B vaccine is the mainstay of hepatitis B prevention. WHO recommends that all infants receive the hepatitis B vaccine as soon as possible after birth, preferably within 24 hours. The low incidence of chronic HBV infection in children under 5 years of age at present can be attributed to the widespread use of hepatitis B vaccine.

The complete vaccine series induces protective antibody levels in more than 95% of infants, children and young adults. Protection lasts at least 20 years and is probably lifelong. Thus, WHO does not recommend booster vaccination for persons who have completed the 3 dose vaccination schedule.

All children and adolescents younger than 18 years-old and not previously vaccinated should receive the vaccine if they live in countries where there is low or intermediate endemicity. In those settings it is possible that more people in high-risk groups may acquire the infection and they should also be vaccinated. They include:

- people who frequently require blood or blood products, dialysis patients, recipients of solid organ transplantations;
- people interned in prisons;
- persons who inject drugs;
- household and sexual contacts of people with chronic HBV infection;
- people with multiple sexual partners;
- healthcare workers and others who may be exposed to blood and blood products through their work; and
- travellers who have not completed their hepatitis B vaccination series, who should be offered the vaccine before leaving for endemic areas.

<https://www.who.int/news-room/fact-sheets/detail/hepatitis-b>

### SCHEDULE OF MEDICAL AND DENTAL CHECK UP

DATE	TIME	MEDICAL	DENTAL
Friday February 01, 2019	10:20 AM - 11:00 AM	Gr. 1 BG 113	-----
	1:30 PM - 2:40 PM	-----	A12-02
	2:00 PM - 2:40 PM	Gr. 2 BB 108	-----

### MB Clinic

DATE	TIME	SECTION
Friday, February 1, 2019	1:30 - 3:00 PM	A12-02
Wednesday, February 6, 2019	1:30 - 3:00 PM	A12-05
Monday, February 11, 2019	1:30 - 3:00 PM	A12-07
Tuesday, February 12, 2019	2:30 - 4:00 PM	A12-08