



GOD'S WORDS FOR TODAY (Mk.6:1-6)

The Holy Gospel according to St. Mark

He went away from there and came to his own country; and his disciples followed him. And on the Sabbath he began to teach in the synagogue; and many who heard him were astonished, saying, "Where did this man get all this? What is the wisdom given to him? What mighty works are wrought by his hands! Is not this the carpenter, the son of Mary and brother of James and Joseph and Judas and Simon, and are not his sisters here with us?" And they took offense at him. And Jesus said to them, "A prophet is not without honor, except in his own country, and among his own kin, and in his own house." And he could do no mighty work there, except that he laid his hands upon a few sick people and healed them. And he marveled because of their unbelief. And he went about among the villages teaching.

REFLECTION:

The word "gospel" literally means "good news". Isaiah had prophesied that the Messiah would come in the power of the Holy Spirit to bring freedom to the afflicted who suffered from physical, mental, or spiritual oppression (see Isaiah 61:1-2). Jesus came to set people free - not only from their physical, mental, and spiritual infirmities - but also from the worst affliction of all - the tyranny of slavery to sin, Satan, and the fear of losing one's life. The Gospel of salvation is "good news" for everyone who will receive it. Do you know the joy and freedom of the Gospel?

PRAYER:

Lord Jesus, you are the fulfilment of all our hopes and desires. Set my heart on fire with your love and truth. 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. Congratulations to the DLSL Team for being the CHAMPION in the Creative Folk Dance Competition which is part of the celebration of the 50th Anniversary of DepEd.

Mr. Mark Christian Binuya	Ms. Daniella Gutierrez
Mr. James Earl Pasia	Ms. Maricris Cantos
Mr. John Rafael Guce	Ms. Mhavia Evangelista
Mr. Bobby Mercado	Ms. Caryll Maranan
Mr. Nestor Robles	Ms. Fatima Rivera
Mr. Reinard Anog	Ms. Portia Soriano
Mr. Bryan Taningco	Ms. Elsie Bonito
Mr. Anthony Karl Perez	Ms. Samantha Citron
Mr. Aljay Martinez	Ms. Anna Lyn Lacerna
Mr. Jonjie Catibog	Ms. Jenny Ronna Dimaculangan
Mr. Julius Ballesteros	Ms. Christine De Torres
Mr. Victor Hermoso	Ms. Ayessa Mercado
Mr. Miguel Calleja	Ms. Marynel Espiritu
Mr. Joseph Vallejo	Ms. Elcie Catindig
Mr. Christopher Escartin	Ms. Aiza Quintero
Mr. Jake Bigcas	

Big thanks also to Sir Rogger Basco, Ms. Rose Cornejo, Ms. Edna Policarpio, Ms. Angie Bautista, Ms. Malu Navales, Ms. Rina Uy, and Mr. Dennis Dimaala for their assistance.

2. Please be guided by the LIFT program of activities on Feb. 8, 2019 at Canossa Academy. For attendance checking, please report to your respective LACs to sign in.

7:00am- 7:30am	Registration
7:30am- 8-30am	Eucharistic Celebration
8:30am- 9:00am	Opening Ceremonies
9:00am- 9:50am	Speaker 1
9:50am- 10:10am	Health Break/ BRUNCH
10:10am- 11:00am	Speaker 2
11:00am- 1:00pm	Service Awards/Teachers' Showcase of Talents/ Raffle
1:00pm	HOME SWEET HOME

Because of this celebration, please take note that February 8 is a No Class Day.



FROM THE OVCAR – OFFICE OF THE ASSOCIATE PRINCIPAL FOR ACADEMICS:

1. Congratulations to our delegates to the Academic and Cultural Fair 2019 for successfully representing our school to such annual gathering of La Salle schools in the Philippines. Thank you for sharing with the rest of the participants our school's vision, mission and best practices. Animo La Salle!
2. Another great news to conclude the month of January! DLSL's Romana Veronica Balmes (S12-02) and Janna Kristine Chua (S11-07) who represented Region IV-A CALABARZON thru Division of Lipa City in the Theater Arts, Direk Ko, Ganap Mo Category in the 2019 National Festival of Talents held in Dagupan, Pangasinan from Jan. 28-31 was awarded CHAMPION. Congratulations, Romana and Janna, and to their coaches Mr. Darius Cantos and Ms. Lailanie Gutierrez. Thank you for bringing pride not just to our Alma Mater but also to the whole CALABARZON region!

FROM THE RESOURCE SUSTAINABILITY AND GENERATION OFFICE:

Please be informed that Print and Copy Center located at the Br. Henry Virgil Gymnasium South Wing is now open. Operation hours start from 6:30 a.m.-5: 00 p.m., Mondays to Fridays. Thank you very much.

FROM THE OVCAR – GRADE SCHOOL COMMUNITY:

From the Assistant Principal

1. We shall follow the Monday schedule today.
2. Lunch break proctoring schedule:

AREA	TIME	WEDNESDAY	THURSDAY
BB Canteen	11:40-12:10	Ms. Wena	Sir Boy and Sir Jonas
Fine Dining	11:40-12:10	Ms. Pines and Ms. Mayo	Ms. Toots and Ms. Rose
Food Palace	11:40-12:10	Ms. Lisa	Ms. Lorie

3. Looking Ahead
 - Feb. 7 – MTAP Division Finals
 - Feb. 16 – Dance 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 3	BB 209	Ms. Gina Vergara
Grade 5	BB 304	Ms. Rizza Limbo
Grade 6	BB 306	Ms. Verna Cuevas

Sponsors for Thursday, February 7, 2019:

Grade 4	BB 311	Ms. Elma Langamon
Grade 3	BB 210	Mr. Bobby Mercado
Grade 5	BB 305	Ms. Edna Yanga
Grade 6	BB 401	Ms. Verna Dimaala

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 G4 BB312 class and to your adviser for a successful Recollection yesterday. Commendation also to the Facilitator, Ms. Elma Lingao. God bless and may you continue bringing Christ to others.

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	G6 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 BB311 & Grade 5 Class BB 304 for your donation to the Pondong Batangan. God bless!

From the Grade School Moderators' Office

1. 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.
2. 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.
3. Key monitors are reminded to always lock the door before leaving the classroom.

FROM THE OVCAR –JUNIOR HIGH SCHOOL COMMUNITY:**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 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

Sponsors for Thursday 7, 2019**7:30 a.m.**

Grade 9	LS 304	Mr. Mark Christian Binuya
Grade 10	CMR 205	Ms. Jeraldyn Licaros

12:10 p.m.

Grade 7	LS 104	Ms. Jasmin Inciong
Grade 8	LS 410	Mr. Miguel Calleja

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

3. 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.

4. 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

5. 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.

6. **From the LAMP office** – Senior High School BPEAP Scholars are advised to claim your 1st 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.

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.

- The LIBRARY is a place for study and research. QUIET, ORDERLY and CLEAN environment is very much appreciated.
- 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:

- For Grade 5 Subject Teachers and Students:** Please be informed that the Children’s Personality Questionnaire (CPQ) will be administered to Grade 5 students on February 11 & 12, 2019 following the schedule below:

Date	Section	Time	Teacher
February 11, 2019 (Monday)	BB 308	8:40 – 10:00 am	Ms. R. Ararao
	BB 304	12:40 – 2:00 pm	Ms. E. Yanga
	BB 303	2:00 – 3:20 pm	Ms. E. Yanga
February 12, 2019 (Tuesday)	BB 301	8:40 – 9:40 am	Ms. R. Ararao
	BB 302	10:20 – 11:40 am	Ms. R. Ararao
	BB 305	12:40 – 2:00 pm	Ms. M. Briguela
	BB 309	2:40 – 3:20 pm	Ms. M. Camitan
3:20 – 4:00 pm		Ms. E. Yanga	

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

- 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.
- For Grade 10 Christian Living Teachers and Students:** Big thanks for accommodating Ms. Alecks Dimaano during the OLSAT (Otis-Lennon School Ability Test) administration held last week.
- Looking ahead for the month of February:**

6-28	Processing of Senior High School and College Application Forms
18- 21	Grade 6 OLSAT Administration
19-22	SHS Students National School Counseling Week Celebration <ul style="list-style-type: none"> February 19 - Act of Kindness Day Launching of Mental Health Watch (Group Processing Series) Information Campaign on Coping and Resilience
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 rd Counselor’s Time
27	Grades 4-5 Talk on Sexuality

FROM THE OVCM- STUDENT ACTIVITIES OFFICE:

- On Invitation to sponsor BOOTHS.** The submission of application for booth is until tomorrow only. We highly encourage our JHS classes and clubs to sponsor creative and exciting booths as part of the 56th Foundation celebration of DLSL starting February 14 to 16, 2019. Please visit the SAO for other details. Thank you.
- On Club Festival.** Club Festival is one of the activities for the 56th Foundation which is scheduled on February 14 from 11:00 – 12:30 at the CENTEN. This is currently our 5th 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:

“BARAKO” SA DE LA SALLE LIPA

Ang salitang BARAKO ay isang katangiang tuwirang inuugnay sa mga Batangenyos 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 Batangenyos. 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/tradisyon, 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. tradisyon
 - d. pagkain
 - e. mga lumang koleksiyong 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(3rd 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 ianunsyo sa Ika-14 ng Pebrero sa selebrasyon ng 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:

ORAL HEALTH MONTH

Healthy smile, healthy you: The importance of oral health

Regular dentist visits can do more than keep your smile attractive – they can also tell dentists a lot about your overall health, including whether or not you may be at risk for chronic disease.

New research suggests that the health of your mouth mirrors the condition of your body as a whole. For example, when your mouth is healthy, chances are your overall health is good, too. On the other hand, if you have poor oral health, you may have other health problems.

Research also shows that good oral health may actually prevent certain diseases from occurring.

Gum disease and health complications

According to the Academy of General Dentistry, there is a relationship between gum (periodontal) disease and health complications such as a stroke and heart disease. Women with gum disease also show higher incidences of pre-term, low birth-weight babies.

Other research shows that more than 90% of all systemic diseases (diseases involving many organs or the whole body) have oral manifestations, including swollen gums, mouth ulcers, dry mouth and excessive gum problems. Such diseases include:

- [Diabetes](#)
- Leukemia
- [Oral cancer](#)
- [Pancreatic cancer](#)
- [Heart disease](#)
- Kidney disease

Since most people have regular oral examinations, their dentist may be the first health care provider to diagnose a health problem in its early stages.

to be cont.....

SCHEDULE OF MEDICAL AND DENTAL CHECK UP

DATE	TIME	MEDICAL	DENTAL
Wednesday, February 6, 2019	10:20 AM - 11:00 AM	-----	-----
	1:30 PM - 3:00 PM	-----	A12-05
	2:00 PM - 2:40 PM	-----	-----
Thursday, February 7, 2019	8:40 AM - 9:40 AM	-----	Gr. 10 BM 103
	9:40 AM - 10:40 AM	-----	Gr. 10 BM 104

MB Clinic

DATE	TIME	SECTION
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

From the ISFSA President

Ms Lorna A. Guavez

Our school shall be celebrating its 56th anniversary this coming February 11-16, 2018. Part of the activities is a Bingo Social to raise funds for the future activities of the Integrated School Faculty and Staff Association (ISFSA) which includes among others, medical and educational assistance. Thank you in advance to all students, advisers, parents, alumni and ISFSA officers for your support and assistance.

WHEN: Feb 14, 2019, 1:30 -500pm

WHERE: Centen B

Cost per Bingo Card: P25.00 (for 10 games)

PRIZE: First Prize: P10,000.00

HOST: Sir Vic Loreto

The True Meaning of Love

Love makes the world go 'round, or so the song goes, but what does the word "love" really mean? There seems to be an awful lot of confusion regarding this word, not only among songwriters but also among politicians and even among the mainstream media.

Instead of getting all "feely-touchy" about this word, I suggest we look at it in the cold light of reality. And, instead of linking this word with such nebulous phrases as "diversity" and "tolerance," while demonizing those who oppose us by calling them "bigots" or "homophobic" and taking away their rights to speak with phony "hate speech" laws and the like, let's define love properly.

First of all, does love really require you to tolerate such evils as sodomy, pedophilia and pictures of the same? Doesn't love always delight in goodness, justice and beauty? Must we tolerate foul language and crude behavior like we see in so many comedic movies. Must we accept all political policies simply because some attractive politician and his attractive, talented spouse tell us they're doing it because they "love" children? Or, shouldn't true love always stand up for truth?

No, my friends. True love never delights in evil. True love always delights in goodness, justice and beauty; and, true love always rejoices in the truth.

That's why people must look to God's definition of love in the Bible, and that definition of love is Jesus Christ, who proclaimed himself "the way, the truth and the life." God's love does not delight in evil, but rejoices in the truth. The complete picture of Jesus Christ in the New Testament documents is historically true as well as morally, philosophically and artistically true and beautiful.

Our secular, socialist and anti-Christian New Age, as reflected in raunchy yet popular movies has a perverted definition of love.

Follow, therefore, the way of God's love. Give the resurrected Jesus Christ the "controlling interest" in your life. Jesus Christ commands you to support justice and goodness, as defined by the Bible, and to fight evil, with all your heart, mind, strength, and soul or spirit. Do that, and you shall have abundant joy, if not in this life, at least in the next.

Snyder, T. <https://www.jashow.org/articles/the-true-meaning-of-love/>