



GOD'S WORDS FOR TODAY (Mk.6:7-13)

The Holy Gospel according to St. Mark

And he called to him the twelve, and began to send them out two by two, and gave them authority over the unclean spirits. He charged them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not put on two tunics. And he said to them, "Where you enter a house, stay there until you leave the place. And if any place will not receive you and they refuse to hear you, when you leave, shake off the dust that is on your feet for a testimony against them." So they went out and preached that men should repent. And they cast out many demons, and anointed with oil many that were sick and healed them.

REFLECTION:

Why does Jesus tell the apostles to "travel light" with little or no provision? "Poverty of spirit" frees us from greed and preoccupation with our possessions and makes ample room for God's provision. The Lord wants his disciples to be dependent on him and not on themselves. He wills to work in and through each of us for his glory. Are you ready to use the spiritual authority and power which God wishes you to exercise on his behalf? The Lord entrusts us with his gifts and talents. Are you eager to place yourself at his service, to do whatever he bids you, and to witness his truth and saving power to whomever he sends you?

PRAYER:

Lord Jesus, make me a channel of your healing power and merciful love that others may find abundant life and freedom in you. 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 was one of the highlights of DepEd Lipa City Division 50th Founding Anniversary.

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. Rod Anthony Baldovino	Ms. Marynel Espiritu
Ms. Elcie Catindig	Mr. Christopher Escartin
Ms. Aiza Quintero	Mr. Jake Bigcas

Big thanks also to Sir Rogger Basco, Mr. Joseph Vallejo, 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 tomorrow, 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 tomorrow is a No Class Day.



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

Congratulations to Jean-Paul I. Mendoza of Grade 10 CMR 2017, Region IV-A Calabarzon Representative for winning 3rd place in the Editorial Cartooning National Schools Press Conference held in Lingayen, Pangasinan last January 28 – February 1, 2019.

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 OVCA – GRADE SCHOOL COMMUNITY:

From the Assistant Principal

1. No classes tomorrow due to LIDICSA Festival of Teachers.
2. Preschool to Grade 3 classes have their mass dance practices today at the SENTRUM. Subject teachers are also required to be in the venue for supervision.
3. The GS Community wishes the MTAP oral round qualifiers the best of luck as they compete in the division level today.
4. 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

5. Looking Ahead
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 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

Sponsors for Monday, February 11, 2019:

Grade 4	BB 312	Ms. Elma Lingao
Grade 1	BG 108	Ms. Marynel Espiritu
Grade 5	BB 308	Ms. Evelyn de Castro
Grade 6	BB 402	Ms. Lorna Bagares

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 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 Classes BB212, BB311 & Grade 5 Class BB 304 for your donation to the Pondong Batangan. God bless!

FROM THE OVCAR –JUNIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal

Our commendation to the following classes for their donation to the mission collection:

Grade 7: LS107

Grade 8: LS310, LS312, LS404, LS406, LS409, LS410, LS412

Grade 9: BM101

Grade 10: BM204

Our congratulations to the following classes for their generous donation to the mission collection:

Grade 7: LS107 of Ms. Ellen Tapalla

Grade 8: LS409 of Ms. Anna Doreen Morillo

Grade 9: BM101 of Ms. Marian Leslie Atienza

Grade 10: BM204 of Ms. Marlene Breones

Dates to Remember:

February 8 – No Classes (LIDICSA Festival for Teachers)

February 11 – Soft Opening of the Foundation Week Celebration; Mass at 9:00 AM to be attended by Grade 4 to Grade 12 Class Officers and all Grade 10 students

February 14, 15, 16 – Fair Days

February 20 – Faculty/Community Picture Taking at 4:00 PM in front of the Capilla

February 25 – No Classes (EDSA Revolution Anniversary)

March 12 & 13 – Third Quarterly Assessment

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 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

Sponsors for Monday 11, 2019

7:30 a.m.

Grade 9	LS 306	Mr. James Eart Pasia
Grade 10	CMR 207	Mr. Adrian Dimaunahan

12:10 p.m.

Grade 7	LS 106	Ms. Maria Embelle Racal
Grade 8	LS 412	Ms. Eloisa Pagcaliwangan

On Pondong Batangan

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Recollection Schedule:

February 21, 2019	G7 LS 101
	G8 LS 401
	G9 LS 205
	G10 BM 203
March 1, 2019	G7 LS 112
	G8 LS 309
	G9 LS 305
	G10 CMR 205
March 4, 2019	G7 LS 102
	G8 LS 411
	G9 LS BM101
	G10 BM102
March 18, 2019	G7 LS 107
	G8 LS 403
	G9 LS 307
	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.
 - d. Please always visit your Canvas account to check your learning materials and to accomplish the needed assessments most especially this time that we have several days of no classes.
 - e. Next week will also be our DLSL Foundation week celebration. Fair days will be on February 14-16.
2. To All Grade 12 Students – You may now pay at the Cashier the total amount of Php 90.00 for the class picture. Class President is requested to facilitate the payment of the whole class. Please coordinate with your respective Grade Moderators.
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. Kindly remind your classes who are not yet submitting the LMAP envelop.
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.
 - b. Kindly upload all the learning materials in the Canvas account so that the students can study and accomplish all the needed assessments as we have already several days of no classes.
 - c. Part-Time Lasallian Partners and Other SHS Full Time Partners will be using the JRN 22 as their Faculty room
 - d. Please take note also that classes S11-03 and S11-07 will be using rooms JRN 104 and JRN 102 respectively starting today, February 6.
5. Looking Ahead
- a. February 8 – LIDICSA Festival of Teachers (Integrated School – GS, JHS, SHS) at Canossa
 - b. February 11-16 – DLSL Foundation Week
 - c. February 14-16 – DLSL Fair Days

- d. February 13-14 – Grade 12 Basic Education Assessment (NAT 12)
- e. 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 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.
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 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.

2. **For Grade 8 and Grade 10 Students:** Students who were not able to take the OLSAT (Otis-Lennon School Ability Test) are required to see Ms. Alecks Dimaano at the JHS Guidance Office during lunch break or dismissal time. Thank you.
3. **Looking ahead for the month of February:**

7-28	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:

1. **On Invitation to sponsor BOOTHS.** The submission of application for booth is until today 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.
2. **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.
3. **On Taekwondo Friendship Game.** There will be a Taekwondo Friendship Game on February 15, 2019 at the BB Roofdeck from 8:30AM onwards. For those who are interested to join the Taekwondo weight in TODAY, please proceed at the BB Roofdeck from 3PM – 5PM.
4. **On PatikaRUN.** This is a fun run sponsored by the ISFSA and SCB on February 14, 2019. PatikaRUN is open to all members of DLSL community but limited to the following categories: (Note: Call time is 6:00AM)
 - A. Kiddie
 1. Kinder to Grade 1 – 1K which is equivalent to 2 rounds in the oval. Starts at 7:40AM
 2. Grade 2 and 3 – 1.5K which is equivalent to 3 rounds in the oval. Starts at 7:30AM.
 - B. Regular
 1. 3K – from Sports Complex to Sentrum to Service Road to MRF to Side Gate and ends at the DLSL Oval. Starts at 6:45AM.
 2. 5K – from Sports Complex to Sentrum to Service Road to MRF to Side Gate and 2 rounds at the DLSL Oval. Starts at 6:30AM
 - C. All registration fee is P50 inclusive of baller and raffles.
 - D. All runners must register at the Student Activities Office or through SCB Level Reps to avail of the baller. A waiver form shall be given to all registered runners for submission to the SAO on or before February 12. No runners will be allowed to join the event without the baller and waiver.
 - E. All K and Grade 1 participants are strongly encouraged to be accompanied by their parents or guardians during the event without additional fee.
 - F. A Zumba Wellness Activity shall follow after the fun run at the CENTEN B to be handled by the ISFSA.
 - G. Awarding of winners shall be held at the CENTEN B right after the Zumba.
 - H. Prizes for the winners are as follows:

Kiddies: Champion Bracket 1 – P500	Champion Bracket 2 - P500
Regular: Champion Bracket 1 – P1,000	Champion Bracket 2 – P1,500

PLEASE VISIT THE SAO NOW TO REGISTER!!!

FROM THE OFFICE OF RESEARCH AND PUBLICATION:
“BARAKOHAAN” 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 Batangenyos 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 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(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:

Cont....Healthy Smile, healthy you

Poor oral health can lead to problems

If you don't take care of your teeth and gums, your poor oral hygiene can actually lead to other health problems, including:

- **Oral and facial pain.** According to the Office of the Surgeon General, this pain may be largely due to infection of the gums that support the teeth and can lead to tooth loss.
- **Problems with the heart and other major organs.** Mouth infections can affect major organs. For example, the heart and heart valves can become inflamed by bacterial endocarditis, a condition that affects people with heart disease or anyone with damaged heart tissue.
- **Digestion problems.** Digestion begins with physical and chemical processes in the mouth, and problems here can lead to intestinal failure, irritable bowel syndrome and other digestive disorders.

What you can do

Seeing a dentist regularly helps to keep your mouth in top shape and allows your dentist to watch for developments that may point to other health issues. A dental exam can also detect poor nutrition and hygiene, growth and development problems and improper jaw alignment. Provide your dentist with a complete medical history and inform him or her of any recent health developments, even if they seem unrelated to your oral health.

At home, you can practice good oral hygiene:

- **Brush twice a day** for at least two minutes, using fluoridated toothpaste.
- **Floss daily** to remove plaque from places your toothbrush can't reach.
- **Eat a healthy diet** to provide the nutrients necessary (vitamins A and C, in particular) to prevent gum disease.
- **Avoid cigarettes and smokeless tobacco**, which are known to contribute to gum disease and oral cancer.
- **Visit the dentist regularly** for cleanings and exams. This is one of the most effective ways to detect the early signs of gum disease.

You should always consult a licensed dentist or other qualified health care professional for any questions concerning your oral health.

<https://www.trdp.org/news/2018-healthy-smile-healthy-you.html>

SCHEDULE OF MEDICAL AND DENTAL CHECK UP

DATE	TIME	MEDICAL	DENTAL
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
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