



GOD'S WORDS FOR TODAY (Mk.7:1-13)

The Holy Gospel according to St. Mark

Now when the Pharisees gathered together to him, with some of the scribes, who had come from Jerusalem, they saw that some of his disciples ate with hands defiled, that is, unwashed. (For the Pharisees, and all the Jews, do not eat unless they wash their hands, observing the tradition of the elders; and when they come from the market place, they do not eat unless they purify themselves; and there are many other traditions which they observe, the washing of cups and pots and vessels of bronze.) And the Pharisees and the scribes asked him, "Why do your disciples not live according to the tradition of the elders, but eat with hands defiled?" And he said to them, "Well did Isaiah prophesy of you hypocrites, as it is written, 'This people honors me with their lips, but their heart is far from me; in vain do they worship me, teaching as doctrines the precepts of men.' You leave the commandment of God, and hold fast the tradition of men." And he said to them, "You have a fine way of rejecting the commandment of God, in order to keep your tradition! For Moses said, 'Honor your father and your mother'; and, 'He who speaks evil of father or mother, let him surely die'; but you say, 'If a man tells his father or his mother, What you would have gained from me is Corban' (that is, given to God) - then you no longer permit him to do anything for his father or mother, thus making void the word of God through your tradition which you hand on. And many such things you do."

REFLECTION:

If we listen to God's word with faith and reverence, it will both enlighten our mind and purify our heart - thus enabling us to better understand how he wants us to love and obey him rather than love and follow our own unruly desires and wrong behavior. The Lord invites us to draw near to him and to feast at his banquet table. Do you approach with a clean heart and mind?

PRAYER:

Lord Jesus, let the fire of your Holy Spirit cleanse my mind and my heart that I may love you purely and serve you worthily. Amen.

MISSIONVISION

"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 members of our PAASCU Self- Survey Team and the members of the Principal's Extended Council will meet tomorrow, Feb. 13 at 9:00AM at LS 203. Area Chairs are requested to review the recommendations for necessary giving of updates during the meeting. Thank you so much.

2. Foundation Week 2019 OOTD (Outfit of the Day)

The idea of OOTD started in 2017. This was thought of to add fun, color, and excitement to the festivity. Because celebration comes in many forms and styles, dressing up as one community makes each day more meaningful and extraordinary. Also the sense of community and oneness becomes more visible when both Partners and students follow the same theme.

Tuesday	– Fit and Fab in Plaids and Stripes
Wednesday	– Keep It Clear in Black and White
Thursday	– Happily in Love in Red and Pink
Friday	– Cool and Comfy in Cardigans or Sweatshirts
Saturday	– Wrap it Up in Legion Shirts – Lasallian Partners Relaxed and carefree in sporty - Students

All students (College and IS shall begin their OOTD on February 14, Thursday. Policy on appropriate dress code for Partners and students should still be observed.

3. The Foundation Week 2019 rest day will be on February 18, 2019. This is in lieu of the February 16 (Saturday) reporting of all Partners and students.



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

1. The winning streak of De La Salle Lipa continues this 2019! Congratulations to all the winners of the recently concluded competitions in various fields participated in by students from the different communities in the Integrated School. Kudos to the students and their respective coaches!
2. Let us include in our prayers the DLSL athletes who are part of the Regional Sports Competition. Continue making us proud, athletes!
3. For Grade 12 students: On March 1, 2019, the US Embassy will be hosting Education USA 2019, a half day event that will provide an opportunity for the attendees to interact with more than 30 admissions officers from a wide variety of US schools and colleges and will feature programming focused on the college application process, financial aid and scholarships. Interested students are requested to coordinate with their respective Guidance Counselors until Friday, Feb. 15.

FROM THE OVCAR – GRADE SCHOOL COMMUNITY:

From the Assistant Principal

1. Important Reminders on Foundation Week Celebration:
 - a. Feb. 11 to 13 are regular school days, therefore all students must wear the required uniform for the day. Preschool to Grade 3 may wear Type B or Legion shirt on Feb. 13 for their general rehearsal.
 - b. GS students **may** or **may not** follow the OOTD gimmick on Feb. 14-16. They may come wearing decent casual attire. Preschool to Grade 3 shall come in their mass dance costumes on the 16th.
 - c. Students’ Schedule on Fair Days:

Feb 14 - 15	Feb 16 (Dance Festival)
Preschool – 8:00 – 11:00 am	1 st batch – 7:00 – 9:00 am
Grades 1–3 - 8:00 am – 12:00 nn	2 nd batch – 10:00 am – 12:00 nn
Grades 4-6 – 8:00 am– 4:00 pm	Grades 4-6 – 8:00 am – 12:00 nn
 - d. Preschool to Grade 3 students must come with their parents/guardians on fair days.

2. Lunch break proctoring schedule:

AREA	TIME	TUESDAY	WEDNESDAY
BB Canteen	11:40-12:10	Sir Dennis	Ms. Wena
Fine Dining	11:40-12:10	Ms. Marian and Ms. Rose	Ms. Pines and Ms. Mayo
Food Palace	11:40-12:10	Ms. Norz and Ms. Jem	Ms. Lisa

3. Looking Ahead:
 - Feb. 14-16 – Fair Days
 - Feb. 16 – Dance Festival
 - Feb. 23 – 8th Rotaract Academic Challenge

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 2	BB 104	Ms. Samantha Sarmiento
Grade 1	BG 109	Ms. Elizabeth Pagulayan
Grade 5	BB 309	Ms. Marilyn Camitan
Grade 6	BB 403	Ms. Leonie Landicho

Sponsors for Wednesday, February 13, 2019:

Grade 2	BB 108	Ms. Grace Robles
Grade 1	BG 110	Ms. Crisvelyn Del Mundo
Grade 3	BB 204	Ms. Lea Camacho
Grade 6	BB 404	Ms. Leah Sebu

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"

From the Grade School Math Department

Congratulations to the following winners in our **Math Mind Boggling for Students No.1** last Feb.6, 2019.

Grade	Section	Winners
One	BG 108	Zachary Drake Marasigan
	BG 109	Helene Rein Pena
	BG 110	Deandra Janelle Magsombol
	BG 111	Jin Andrae Masangkay
	BG 112	Ma. Benella Villanueva
	BG 113	Marcus Miguel Baon
	BG 114	Princess Kaye Briones.
Two	BB 104	Enzo Raphael B. Denaga
	BB 108	Gabriel Sebastian S. Rebosano
	BB 109	Marc Mackeuz B. Vizconde
	BB 110	Sophia Victoria G. Lecaroz
	BB 111	Brent Ivan H. Buenviaje
	BB 112	Aleah Nicoline C. Barrameda
Three	BB 204	Kevin S. Llanes
	BB 205	John Paul D. Caballes
	BB 206	Khri Adrian D. Rampas
	BB 208	Sam Enricko P. Mendoza
	BB 209	Kyle Bryan B. Endaya
	BB 210	Ed Santino M. Dimaculangan
Four	BB 211	Gabryehla Cassandra L. Paran
	BB 212	Maria Alessandra T. Silvederio
	BB 310	Miguel Andrei A. Sandoval
	BB 311	Jairon Samuel H. Batilo
	BB 312	Samantha Nicole Gain
Five	BB 301	Vicente Joaquin M. Latayan
	BB 302	Marshia Daniella T. Sasan
	BB 303	Nina Franchesca C. Recinto
	BB 304	Aira Belle D. Rampas

	BB 305	Angela Nariss Embalsado
	BB 308	Alonzo Alvarez
	BB 309	Andrea Fronda
Six	BB 306	Joseph Joe Hernan
	BB 401	Kalilah Marie Magnaye
	BB 402	Aemon Caleb Ocampo
	BB 403	Lara Orbase
	BB 404	Riane Laurence Guico
	BB 405	Miguel Carlo D. Mercado
	BB 406	David Mcjeri B. De Guzman

From the GS & JHS Science Department

Please be guided that AMSLI- ASEP Training Session 3 will be on February 23, 2019 at 1:00- 4:00 pm. Thank you and Good Luck AMSLI-ASEP Participants

FROM THE OVCAR –JUNIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal

The Council of Student Organizations (CSO) and 56th Foundation Week brings you Echoes 7! Catch DJ Nix, Munimuni, Michael Pangilinan, and December Avenue on February 14, 2019 at the DLSL Oval. You may purchase tickets from the authorized sales agents of CSO or from the Echoes 7 Ticket Booths located at the Student Center, South Lounge, Sentrum Lobby, and the College Lobby.

Get ready, get lucky! #Echoes7

Here are the Echoes 7 General Rules and Guidelines for your reference:

Echoes 7 General Rules and Guidelines

1. **NO ID, NO ENTRY Policy** will be strictly implemented.
2. No alteration of tickets.
3. The school gates would be closed at 4:00 PM for **Junior and Senior High School students ONLY** and those who would leave the school beyond this time are not allowed to re-enter the campus.
4. The concert gates will be open at 12:45 PM until 7:00 PM.
5. Those with incomplete requirements will not be accommodated.
6. Any students caught committing illegal activities or those who will violate stipulations in the Student Handbook will be removed immediately from the concert grounds and will be handed over to the event security (Grade Moderators, Discipline Officers and Guidance Counselors).

A. DLSL JHS students

1. DLSL JHS students who wish to watch the concert must secure two (2) tickets which is allotted to the student and any one member of the immediate family including their parent, guardian, or siblings. Siblings must be 18 years old and above. Additional companion shall buy another ticket. Strictly, students with no adult companion are not allowed to enter the concert grounds.
2. Adult companions are required to present any of the following proofs:
 - a. For parents, valid ID bearing their picture

- b. For siblings, any proof of their legal age
 - c. For guardians, any proof that they are consented by the parent
3. Adult companions are required to stay in the concert duration together with their children. If the adult companion wishes to leave early, they must bring along their child with them.
 4. Everyone must observe the proper dress decorum.
- B. SHS and College
1. SHS and College students are required to present their school ID upon entering the concert grounds.
 2. Everyone must observe the proper dress decorum.
- C. Alumni
1. Alumni must present any proof such as alumni card, graduation picture, year book, etc.

STRICT COMPLIANCE TO THE ABOVE-MENTIONED SHALL BE OBSERVED.

For those students who have not received their IDs yet since last school year, since this school year, for the late enrollees and for those who need to be replaced (non-functioning, lost or with correction/s) please refer to the schedule below:

SCHEDULE OF ID PICTURE TAKING

DATE	LEVEL	STATUS OF ID	REMARKS
February 12, 2019 Tuesday 8:00AM-5:00PM 12:00PM-1:00PM-Break	Integrated School Junior High School Grade 7-10	1.No ID's yet 2.Lost ID's 3.Transferees 4.For Replacement of ID	1.Bring Assessment Form 2.Bring ID Slip and Receipt 3.Bring Assessment Form, ID Slip and Receipt 4.Bring your ID
February 13, 2019 Wednesday 8:00AM-5:00PM 12:00PM-1:00PM-Break	Integrated School Junior High School Grade 7-10	1.No ID's yet 2.Lost ID's 3.Transferees 4.For Replacement of ID	1.Bring Assessment Form 2.Bring ID Slip and Receipt 3.Bring Assessment Form, ID Slip and Receipt 4.Bring your ID

Dates to Remember:

- 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 307	Ms. Hedeliza Matibag
Grade 10	BM 102	Mr. Noel Virrey

12:10 p.m.

Grade 7	LS 107	Ms. Ellen Tapalla
Grade 8	LS 309	Mr. Michael Zara

Sponsors for Wednesday, February 13, 2019

7:30 a.m.

Grade 9	LS 308	Ms. Luzelyn Endaya
Grade 10	BM 103	Ms. Rina Uy

12:10 p.m.

Grade 7	LS 108	Ms. Glydelene Ona
Grade 8	LS 310	Ms. Golda Obeña

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”

Reminder for Confirmands:

Requirements for Confirmation must be complete by February 27, 2019.

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

From the JHS Science and Mathematics Departments

CONGRATULATIONS to our JHS Science and Math Academic Varsity Angelo Angelo Vince Perez 10-CMR207, Anne Margarete Tayer 10- CMR206 and Danielle Lei Araez 10- BM202 for being the CHAMPION in the National UP ACME HANEP sa SCIENCE AND MATH QUIZ BEE last February 9, 2019 at UP DILIMAN.

Big thanks to all Science and Math Academic Varsity Coaches for working so closely with our students.

FROM THE OVCAR – SENIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal

1. On DLSL 56th Foundation Week Celebration (February 11-16)

- a. Foundation Fair Days will commence on February 14-16. All students are expected to observe proper behavior and decorum at all times. This is considered school days. Please wear your ID always inside the campus. Observe the OOTD (as stated in the bulletin entry of the Principal) starting February 14.
- b. The Senior High School Community (Students and Lasallian Partners) will attend the Triduum Mass today, February 12, at the SENTRUM. Movement to the venue will begin at 8:00AM. The Subject Teachers are requested to accompany your respective classes going to the SENTRUM.

After the Holy Mass, the Grade 12 students will have their Basic Education Exit Assessment (NAT 12) Orientation in the SENTRUM.

2. On Basic Education Exit Assessment (BEEA) for Grade 12

As per Department of Education Memo No. 005, s.2019, all Grade 12 students will be taking the Basic Education Exit Assessment (BEEA) / NAT 12 on February 13-14, 2019.

In view of this, please be guided by the following important reminders:

- a. There will be no classes for Grade 11 on February 12 in the afternoon to give way for the preparation of classrooms and Grade 12 BEEA Simulation and on February 13 (whole day) which is the beginning of the BEEA administration.
- b. Grade 12 students will be having the BEEA orientation on February 12 right after the Holy Mass (10:30am) in the SENTRUM to be facilitated by the Guidance Counselors and AP. After lunch, the BEEA simulation will be done in the assigned classrooms.
- c. Grade 12 students will wear the school uniform during the BEEA administration on February 13-14. After the assessment on February 14, Grade 12 students are allowed to join already the Foundation Day celebration activities.
- d. JRF, JRN and MB (4th, 5th, 6th floor) building will be used as BEEA testing rooms. JRN 103 and 104 will be used as headquarters.
- e. Letter to Parents regarding the BEEA administration will be distributed today through the Grade Moderators.

3. To All SHS Students

- a. Please be reminded once again to be responsible and accountable of all your actions. Refrain from doing anything that would harm you and/or put you in a difficult situation in the end. Always remember that you are in the Holy presence of God.
- b. Please always observe the Clean As You Go (CLAYGO) policy wherever you are most especially in the classroom and canteen. Return the utensils properly in the designated area.
- c. For those students who do not have the ID or lost their ID or with non-functioning ID, there will be ID picture taking on February 15, 2019 (Friday), 8:00am-5:00pm, to be facilitated by the ISSESO. Bring the following documents:
 - i. For No ID's yet - Bring Assessment Form
 - ii. For Lost ID's - Bring ID Slip and Receipt
 - iii. For Replacement of ID - Bring your ID

4. To All SHS Lasallian Partners

- a. Please be reminded that all SHS Lasallian Partners are expected to stay in your respective faculty rooms (JRF and JRN building) after your classes for consultation of students and for easy monitoring of your respective LACs and AP.
- 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.

5. Looking Ahead

- a. February 11-16 – DLSL 56th Foundation Week
- b. February 14-16 – DLSL Fair Days
- c. February 13-14 – Grade 12 Basic Education Assessment (NAT 12)
- d. February 19-20 – Grade 12 Retreat of Class A12-01 and Class S12-11

6. On Guidance Counsellor's Activity – This is to reiterate the scheduled activity of the Guidance Counsellors as stated in the bulletin entry from the Guidance office. All subject teachers are requested to give permission to students who will be called for Intake/ Routine Interview. Thank you.

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.

8. SCHEDULE OF MEDICAL AND DENTAL CHECK UP

MB Clinic

DATE	TIME	SECTION
Tuesday, February 12, 2019	2:30 - 4:00 PM	A12-08

Class President is requested to facilitate the movement to the clinic on the specified time. Thank you.

FROM THE RESOURCE SUSTAINABILITY AND GENERATION OFFICE:

On-Campus Surveys: As part of our commitment to serve you better, please be informed that we are currently conducting a survey following the google form links below:

For Ads Print and Copy Center - goo.gl/LGbWBU

For Coffee Shop - goo.gl/H3Ki7P

For Other Services - goo.gl/mJyuGM

This survey will run from February 11-18,2019. Your active participation in this survey will certainly help us in developing and improving valuable services. We fervently hope for your usual support to all our endeavors. Thank you very much.

FROM OVCAR LEARNING RESOURCE CENTER

Announcement:

We will be having **“Book Talk Session”** today, February 12 (12nn onwards) at the High School Library and tomorrow, February 13 (during lunch break) at the Grade School Library. Come...listen... as our High School Librarian, Ms. Angel Almeniana and Ms. Ailene de Leon, our GS Librarian respectively talks about inspiring and educational books that you will surely appreciate and love. Be inspired...shared...and join the fun of this interesting library activity!

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. Below is the schedule:

Date	Section	Time	Teacher
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. **For Senior High School Students:** As part of our efforts in reaching out to our students, the SHS Counselors will continue conducting a 10-15 minute Intake/ Routine Interview on a scheduled basis. Walk-ins or students with other concerns are still welcome to see their counselors. Please see the schedule below:

DATE	GRADE AND SECTION
February 11-15, 2019	G11: S11-02
	G11: A11-02
	G12: S12-01
	G12: H12-04
February 18-21, 2019	G11: S11-03
	G11: A11-03
	G12: S12-02
	G12: A12-01

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

7-28	Processing of Senior High School and College Application Forms
18- 22	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>
27-28	Nursery 1 -Grade 3 3 rd Counselor's Time
27	Grades 4-5 Talk on Sexuality

FROM THE OVCM- STUDENT ACTIVITIES OFFICE:

1. **On BOOTHS.** Please find the additional booths for the 56th Foundation:
 - a. MAZETERIOUS (c/o A12 – 07). Horror type booth.
 - b. PLAYMATES (c/o S12-09). Video game booth.
 - c. CHILL Booth (c/o S12-18). Live Band and Videoke type booth.
 - d. Cupid's Microphone (c/o SCB). Videoke type booth.
 - e. Euforia (c/o SCB). Roses booth.
 - f. Ohana Carnivalia (c/o S12 – 15). Carnival type booth.
 - g. Artisans (c/o BM 202). Art services type booth.

NOTE: Please wait for further announcement regarding the room assignment. Thank you.

2. **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 Retreat Complex. Starts at 6:45AM.
 2. 5K – from Sports Complex to Retreat Complex. Starts at 6:30AM
 - C. All registration fee is P50 inclusive of baller and raffles.
 - D. A waiver form shall be given to all registered runners for submission to the SAO on or before February 13. 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

For other details, please visit the SAO. Please note that we highly encouraged all runners to wear RED SHIRT or JERSEY during the event. Thank you.

3. **On Advance Screening of Captain Marvel.** The PENCIL Inc. in partnership with the Student Coordinating Board shall be sponsoring the Block Screening of CAPTAIN MARVEL. This is scheduled on March 6, 2019 at SM Cinema 3 for P350. Gates Open at 4PM while the screening time is 5:30PM. Buy your tickets now at the SAO.
4. **On Presidents' Meeting:** All Grade 7 1- 10 class Presidents will have a meeting with SCB today, 4:00 pm at MMR 1. Attendance is a must!

FROM THE INSTITUTIONAL HEALTH SERVICES:

Heart Month

Top 10 healthy heart tips

A healthy lifestyle will make your heart healthier. Here are 10 things you can do to look after your heart.

Give up smoking

If you're a smoker, quit. It's the single best thing you can do for your heart health.

[Smoking](#) is one of the main causes of [coronary heart disease](#). A year after giving up, your risk of a heart attack falls to about half that of a smoker.

Get active

Getting – and staying – active can reduce your risk of developing heart disease. It can also be a great mood booster and stress buster.

Do 150 minutes of [moderate-intensity aerobic activity](#) every week. One way to achieve this target is by doing 30 minutes of activity on 5 days a week. Fit it in where you can, such as by cycling to work.

Manage your weight

Being overweight can increase your risk of heart disease. Stick to a [healthy, balanced diet](#) low in [fat](#) and [sugar](#), with plenty of fruit and vegetables, combined with regular physical activity.

Eat more fibre

Eat plenty of fibre to help lower your risk of heart disease – aim for at least 30g a day.

Eat [fibre from a variety of sources](#), such as wholemeal bread, bran, oats and wholegrain cereals, potatoes with their skins on, and plenty of fruit and veg.

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