



GOD'S WORDS FOR TODAY (Lk. 4:16-30)

The Holy Gospel according to St. Luke

And he came to Nazareth, where he had been brought up; and he went to the synagogue, as his custom was, on the Sabbath day. And he stood up to read; and there was given to him the book of the prophet Isaiah. He opened the book and found the place where it was written, "The Spirit of the Lord is upon me, because he has anointed me to preach good news to the poor. He has sent me to proclaim release to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the acceptable year of the Lord." And he closed the book, and gave it back to the attendant, and sat down; and the eyes of all in the synagogue were fixed on him. And he began to say to them, "Today this scripture has been fulfilled in your hearing." And all spoke well of him, and wondered at the gracious words which proceeded out of his mouth; and they said, "Is not this Joseph's son?"

And he said to them, "Doubtless you will quote to me this proverb, 'Physician, heal yourself; what we have heard you did at Capernaum, do here also in your own country.'" And he said, "Truly, I say to you, no prophet is acceptable in his own country. But in truth, I tell you, there were many widows in Israel in the days of Elijah, when the heaven was shut up three years and six months, when there came a great famine over all the land; and Elijah was sent to none of them but only to Zarephath, in the land of Sidon, to a woman who was a widow. And there were many lepers in Israel in the time of the prophet Elisha; and none of them was cleansed, but only Naaman the Syrian." When they heard this, all in the synagogue were filled with wrath. And they rose up and put him out of the city, and led him to the brow of the hill on which their city was built, that they might throw him down headlong. But passing through the midst of them he went away.

REFLECTION:

How would you react if Jesus spoke this message from the pulpit of your church? It was customary for Jesus to go weekly to the synagogue to worship and on occasion to read the Scriptures and comment on them to the people. His hometown folks listened with rapt attention on this occasion because they had heard about the miracles he had performed in other towns. What sign would he do in his hometown?

PRAYER:

Lord Jesus, fill me with the joy of the Gospel and inflame my heart with love and zeal for you and for your will. Amen.

Prayer of St. Gertude

Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the masses said throughout the world today, for all the holy souls in purgatory, for sinners everywhere, for sinners in the universal church, those in my own home and within my family. 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 OVCA – OFFICE OF THE INTEGRATED SCHOOL PRINCIPAL:

1. Please be informed that the Principal together with the Associate Principal for Academics, Ms. Kristine Dimaculangan will be attending the PEAC-Marshall Cavendish Leadership Academy today until tomorrow. Ms. Edna Policarpio, the JHS Assistant Principal is the Officer-in-Charge of the Integrated School. Please accord to her your usual support. Thank you.
2. De La Salle Lipa recognizes the responsibilities under the Republic Act No. 10173, also known as the Data Privacy Act of 2012, with respect to the data collected, recorded, organized, updated, used, consolidated from the students, faculty, alumni, donors, and stakeholders. With this, letter to parents will be distributed today thru the homeroom advisers. Complete set of reply slips is expected to be submitted to the Principal's Office until September 13, 2019. Thank you very much.

FROM THE OVCA – ASSOCIATE PRINCIPAL FOR ACADEMICS:

1. Congratulations to the Filipino and Social Studies departments of the Integrated School for the success of the different activities they have prepared in line with the celebration of Buwan ng Wika and Buwan ng Kasaysayan. Likewise, thank you very much to all the members of the IS community for the support to the different activities. May we accord the same level of support to the upcoming activities that will be sponsored by the other departments.



2. Grades 7 and 8 students are requested to answer the Thinking Styles survey during Homeroom time today. Homeroom advisers are requested to share with the students the link. Students who have not submitted the Consent forms yet will not be allowed to take the survey. Thank you very much.
3. As I will be on official business today and tomorrow to attend the PEAC-Marshall Cavendish Leadership Academy, the APAC-OIC is Ms. Lailanie Gutierrez. Please accord her your usual support and cooperation. Thank you very much!

FROM THE OVCA – GRADE SCHOOL COMMUNITY:

From the Assistant Principal

1. We're now in the 2nd month of our school calendar. It is expected that everyone has already been familiar with all the policies and guidelines to be followed as a Lasallian student. Always remember the "LOVE" – Lasallians Observe Values and Excellence.
2. Everyone is advised to take enough rest, eat healthy food and practice good hygiene and sanitation to have better health.

From the Grade Moderators' Office

1. Today, September 2, is our Haircut Inspection Day. Class secretaries are requested to check on the haircut of our male students.
2. A Lasallian is a steward of God's creations. Thus, students are once again reminded to be mindful of their school belongings especially their laptop. The school will NOT be held liable for any damages/losses.
3. A Lasallian is refined and well-mannered. Hence, all students are advised to be mindful of his/her and others' safety. Playing, running, and pushing one another during break periods are strictly prohibited.
4. A Lasallian is considerate and mindful of others. Therefore, key monitors are reminded to always lock the door before leaving the classroom.
5. Last period teachers are requested to check on the valuables left by the students. This is to lessen the number of losses and things left after dismissal time.

FROM THE OVCA –JUNIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal

1. Thank you very much to the following classes who have already turned over their prayer intentions and donation envelopes:
 Grade 8:
 LS 310 of Ms. Mae Bernadette Bautista
 LS 406 of Ms. Golda Margaret Obena
 Grade 9:
 LS 206 of Ms. Gina Lontoc
 Other classes are reminded to turn over their envelopes to the office of Junior High School Assistant Principal on or before September 4, 2019. Thank you very much!
2. This is to appeal to all students who are buying their lunch at the BB canteen to give way to your younger brothers and sisters from the Grade School community. Please be considerate and kind ayes and kuyas to them by allowing them to buy first.
3. This is to inform all students that haircut and hair color inspection will be held every second Wednesday of the month. Relative to this new schedule, we shall have our haircut inspection for the month of September on Wednesday, September 11.
4. Please be informed that starting today, Grade 9 class BM 101 will transfer to BM 100 while BM 100 will transfer to LS 203, and Grade 10 class CMR 207 will transfer to BM 101. Sorry for the inconvenience it may bring to those people affected by the transfer and thank you for your understanding.
5. We shall follow the DAY 4 schedule tomorrow. Please be guided accordingly.

From the JHS Science Department

The Science Academic Varsity is now looking for the new members from Grade 7-10 students who would like to be a Science enthusiasts and be part of the Science Academic Varsity 2019 -2020. There will be a qualifying exam on Wednesday, September 4, 2019 at 3:10 PM in Science AVR 4th floor LS Building. The topics of the exam include General Science, Biology, Chemistry and Physics.

From the Junior High School Math Department

Do not worry about your difficulties in Mathematics. I assure you mine are still greater. - Albert Einstein

MATH VARSITY 2019-2020

Attention Grade 7 Math Enthusiasts!

Please be informed that there will be a *Math Varsity Qualifying Exam* this coming **September 4, 2019 at 3pm in Room LS 101**. Be part of this year’s De La Salle Lipa JHS Math Varsity Team and represent our school in different local and international competitions. See you, Lasallian Mathletes!

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Mula sa Departamento ng Filipino

Lubos na pasasalamat sa mga administrador, guro, mag-aaral, magulang, at mga bumubuo ng iba’t ibang tanggapan sa paaralan sa maalab na pakikiisa at pagsuporta sa lahat ng inihandang gawain para sa Buwan ng Wika. Pagpupugay at pagbati rin sa mga Subject Area Coordinator at mga guro ng departamento para sa mga makabuluhang gawaing inihandog sa mga mag-aaral. Mula rito ay naipakita ang pagkakabuklod-buklod nating mga Pilipino na may natatanging kulturang pamana ng ating mga ninuno. Muli, madamo gid nga salamat! (Hiligaynon) Maraming salamat sa inyo!

FROM OVCA - LEARNING RESOURCE CENTER

Announcement:

Everyone is enjoined to borrow books at the Learning Resource Center starting today, **September 2**. Kindly present your I.D. upon borrowing. Thank you.

SEARCH FOR TOP LRC USERS 2019

Guidelines:

- 1) The activity is open to all the classes of Grade School and Junior High School.
- 2) The class with the most number of borrowed books per level will be declared as winners.
- 3) First, Second and Third Place will be chosen as winners on a quarterly basis which will be posted on daily bulletin and on the library bulletin board.
- 4) Overall winners will be chosen at the end of the school year based on the quarterly winners.
- 5) Winners will receive certificate of recognition and token of appreciation.
- 6) Winners will be awarded during the final general assembly of each level at the end of the school year.

INFORMATION LITERACY PROGRAM SCHEDULE

Topic: LRC ORIENTATION

Day 3 - September 2, 2019 (Monday)

TIME	SECTION	TEACHER	VENUE
8:40 – 9:40	LS105	Ms. Remo	Info. Lit. Rm (HSLRC)
10:00 – 11:00	LS108	Ms. Remo	Info. Lit. Rm (HSLRC)
11:00 – 12:00	LS212	Ms. Atienza	Info. Lit. Rm (HSLRC)
1:00 – 2:00	LS110	Ms. Remo	Info. Lit. Rm (HSLRC)
2:00 – 3:00	LS111	Ms. Atienza	Info. Lit. Rm (HSLRC)

FROM THE OVCA - STUDENT ACTIVITIES OFFICE:

1. **On Newly Elected SCB Officers and Class Officers.** Congratulations to our new set of officers for this SY 2019- 2020. The election of Gr. 7 SCB Officers shall be on Wednesday and we shall be requesting our Homeroom Advisers in Grade 7 to please facilitate the on-line election which will start from 8:40 to 10:00AM only.

Moreover, please accommodate our SCB Candidates during their brief room to room campaign today and tomorrow only. For our newly elected student leaders please take note of the following important dates:

September 7 – Teambuilding activity of SCB Officers at Shercon Resort

September 14 – LEAD Program of Grades 4 – 6 Class Officers

September 21 – LEAD Program of Grades 7 and 8 Class Officers

September 28 – LEAD Program of Grades 9 and 10 Class Officers

October 12 – LEAD Program of Grades 11 and 12 Class Officers

Note: Letter to parents shall be distributed a week before the activity.

Congratulations to the following Grade 11 SCB Officers:

Vice – President of Grade 11 - Pamela Bendana – 585

STEM Representatives:

Karlen Nicole Aldover – 347

Kate Danielle Armamento - 330

Gerome Leyesa – 245

ABM Representatives:

Geraldine Jur Macatangay – 233

Samantha Joanne Marie – 197

Geraldine Lex Macatangay – 196

HUMSS:

Peter Andrei Rubis – 96

Princess Allysa Platado - 81

2. **On Election of Grade 7 SCB Officers.** Please take note of the following important reminders during the on-line election of Grade 7 SCB Officers on Wednesday:
 - a. The Homeroom Advisers are requested to please facilitate the on-line election of Grade 7 SCB Officers.
 - b. Follow the link which will be provided by the SCB and take the on-line votation seriously.
 - c. You could only vote on-line **ONCE** using your DLSL account only. Other accounts shall not be VALID and accepted.
 - d. The on-line votation shall be opened at exactly 8:40AM until 10:00 AM only.
 - e. The final result shall be made available at the SAO at 10:30AM.

Goodluck to the following SCB Candidates in Grade 7:

NAME	SECTION
MIKAELA EUNICE GUERRA	LS 108
QUINN ELISSA GUECO	LS 107
CHINO LALUCES	LS 101
JOHN THOMAS MARQUESES	LS 111
DARTH ALEXANDER MARTIN	LS 210
JOHN AUGUST LEONIDED MERCADO	LS 107

3. **On Club Day and Enlistment.** We shall start the Partial Club Enlistment on Wednesday, September 4 for both Grade School and Junior High School. Please check the following list of club offerings and room assignments in Grade School and Junior High School:

**Grade School Room Assignment
AY 2019 - 2020**

No.	Moderator	Club	Room
1	Ms. Jeramie Landicho	Literary	BB 301

2	Ms. Noralyn Balhon	Literary	BB 301
3	Ms. Marilyn Camitan	Creative Writing	BB 302
4	Ms. Regine Arada	Creative Writing	BB 302
5	Ms. Daycel Alon	Math Varsity	BB 303
6	Mr. Nizer Divina	Football	BB 304
7	Ms. Arlene Vallejo	Girl Scout	BB 305
8	Ms. Michelle Macaraeg	Girl Scout	BB 305
9	Ms. Evelyn De Castro	Math Varsity	BB 306
10	Ms. Rizza Limbo	PIGLAS	BB 308
11	Ms. Agripina Pangan	Science Varsity (4-6)	BB 309
12	Ms. Michelle Fruelda	Robotics	BB 310
13	Ms. Leah Sebuc	The Green Club	BB 311
14	Ms. Twyla Manota	Dance Club	BB 401
15	Ms. Elma Langamon	Kids for Christ	BB 402
16	Mr. Christopher Escartin	Volleyball Girls	BB 404

JUNIOR HIGH SCHOOL ROOM ASSIGNMENT

AY 2019 - 2020

Moderator	Club	Room Assignment
1. Jamailah Umilda	ADLAW	LS 101
2. Edelyn U. Recio	ADLAW	LS 102
3. Jexter L. Llanes	ADLAW	LS 105
4. Jay-R D. Capiz	ADLAW	LS 106
5. Adora Fermin	ADLAW Pluma	LS 107
6. Jelyn O. Brill	ADLAW Pluma	LS 108
7. Margie Laraya	ADLAW Lente	LS 110
8. Clarisse C. Moren	ADLAW Bigkas	LS 111
9. Violeta Remo	Alternative Media	LS 201
10. Marilou R. Navales	Alternative Media	LS 202
11. Christian Paulo A. Caburnay	Altar Knights	LS 112
12. Aleksandra Dimaano	Anti Bullying	LS 312
13. Sheina Marie A. Cueto	Badminton	LS 210
14. Jeffrey Deliso	Basketball Girls	LS 211
15. James Earl Pasia	Basketball Boys	LS 212
16. Angelica Almeniana	Booklovers	LRC 2
17. Rina UY	Cosplay	LS 207
18. Caryl Aissa L. Maranan	Folk Dance	LS 205
19. Edna G. Serrano	Folk Dance	LS 206
20. Aira S. Baquir	Girl Scout of the Philippines	LS 109
21. Noemi Dimaunahan	Girl Scout of the Philippines	LS 109
22. Joy Ann Riata	HS Debate Team	LS 303
23. Miriam V. Merlin	Girls Football	LS 304
24. Marianne Leslie A. Atienza	KAAGAPAY	LS 305

24. Glydelene M. Ona	KAAGAPAY	LS 306
25. Nelson Caliguia, Jr.	Lasalian Media Guild	LS 301
26. Celine Bernadette Francisco	Lasalian Media Guild	LS 302
27. Mark Christian Binuya	Liturgical Choir	LS 307
28. Analyn Lacerna	Les Artes Crafty	BM 102
29. Portia S. Soriano	Les Artes Crafty	BM 103
30. Angelie Rose D. Bautista	Les Artes Crafty	BM 104
31. Ma. Melissa T. Ishikawa	Modern Dance	LS 310
32. Jake Bigkas	Music Lovers	BM 201
33. Patrick Reyes	PAALSA	BM 202
34. Renemarie Fabon	Peer Facilitators	LS 311
35. Marlene H. Breones	Poet Society	LS 308
36. Maria Teresa Villaruel	Prayer Warriors	BM 106
37. Kevin Dimaunahan	Prayer Warriors	BM 105
38. Ruth Manalo	Project Green	LS 407
39. Liliosa Faeldonia	Project Green	LS 408
40. Maria Embelle L. Racal	Project Green	LS 409
41. Anamarie A. Jandoc	Project Green	LS 410
42. Myracle I. De Torres	Project Green	LS 411
43. Fatima Rivera	Project Green	LS 412
44. Golda Margaret Obeña	Shakespeare	LS 309
45. Bryan Taningco	Societas Juventus	LS 401
46. Ted Gerard G. Exconde	Sipnayan	LS 402
47. Ma. Theresa D. Caya	Sipnayan	LS 403
48. Kristine Karesh Joy H. Fabro	Sipnayan	LS 404
49. Gina C. Lontoc	Somathens	LS 405
50. John Rafael F. Guce	Bible Quiz	LS 406
51. Michael L. Zara	Vox Fusion	LS 407

FROM THE OVCM- IS GUIDANCE AND COUNSELING CENTER:

- 1. For N1 – G3 Homeroom Advisers and Students:** Kindly submit the SPR and SPDR forms **on or before Firday, September 6, 2019**. Thank you.
- 2. For Grade 3 Homeroom Advisers and Students:** Big thanks for accommodating Ms. Tine during Room-to-Room Guidance Services Re-orientation held last week. Kudos to all of you!
- 3. Grades 4- 12 Students:** Students are required to accomplish the Student Personal Data Record thru the following links until **September 07, 2019**:

GRADE 4: <https://tinyurl.com/grade-4spdr>
GRADE 5: <https://tinyurl.com/grade-5spdr>
GRADE 6: <https://tinyurl.com/grade-6spdr>
GRADE 7: <https://tinyurl.com/Grade-7spdr>
GRADE 8: <https://tinyurl.com/Grade-8spdr>
GRADE 9: <https://tinyurl.com/Grade-9spdr>
GRADE 10: <https://tinyurl.com/Grade-10spdr>
GRADES 11 & 12: tinyurl.com/spdr2019

Note: Student may access the said link through their DLSL Account. Thank you,

- 4. For Grade 7 Students:** Class presidents are requested to submit their class SPR to the IS Guidance and Counseling Center until **Friday, Sept 6, 2019**. Thank you.

The orientations will be held at their respective classroom for 20 minutes on the stated dates and time, while the Exposure & Outreach Activities will be held from 8:00am to 12:00nn at the Retreat Complex. The processing session will be held in the afternoon which will be handled by the Institutional Lasallian Formation Office (ILFO)

FROM THE HRDO – INSTITUTIONAL HEALTH SERVICES:

OBESITY PREVENTION AWARENESS

Preventing Obesity

Obesity is a chronic disease affecting increasing numbers of children, teens and adults.

Earlier onset of type 2 diabetes, heart and blood vessel disease, and obesity-related depression and social isolation in children and teens are being seen more often by healthcare professionals. The longer a person is obese, the more significant obesity-related risk factors become. Given the chronic diseases and conditions associated with obesity and the fact that obesity is hard to treat, prevention is extremely important.

A primary reason that prevention of obesity is so vital in children is because the likelihood of childhood obesity persisting into adulthood increases as the child ages. This puts the person at high risk of diabetes, high blood pressure, and heart disease.

to be cont...

SCHEDULE OF MEDICAL AND DENTAL

Date	Time	Medical	Dental
September 2, Monday	10:00 AM – 11:00 AM		7 LS 105
	2:00 PM – 3:00 pm	7 LS 102	
September 3, Tuesday	9:40 AM – 10:40 AM	10 CMR 207	
	10:00 AM – 11:00 am		7 LS 106
September 4, Wednesday	10:00 – 11:00		6 BB 403
	2:00 – 3:00	10 CMR 206	
September 5, Thursday	10:00 – 11:00		7 LS 101
	2:00 – 3:00	7 LS 110	
September 6, Friday	10:00 – 11:00		7 LS 109
	2:00 – 3:00	7 LS 111	