



**GOD'S WORDS FOR TODAY (Mt.7:7-12)**

**The Holy Gospel according to St. Matthew**

"Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you. For every one who asks receives, and he who seeks finds, and to him who knocks it will be opened. Or what man of you, if his son asks him for bread, will give him a stone? Or if he asks for a fish, will give him a serpent? If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him! So whatever you wish that men would do to you, do so to them; for this is the law and the prophets.

**REFLECTION:**

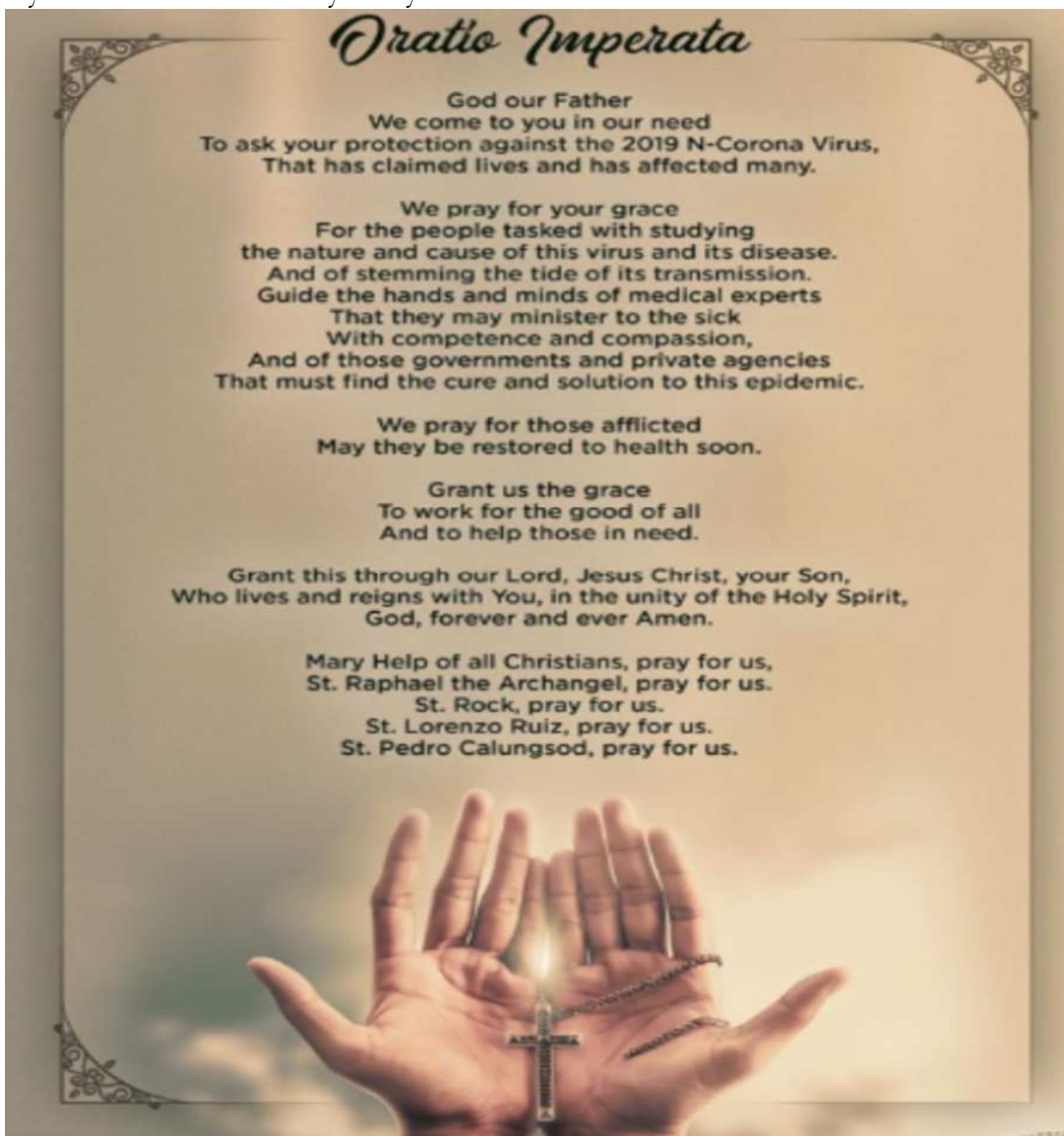
Do you expect God to hear your prayers? God wants us to remember his promises and to count on his help when we pray.

**PRAYER:**

Let me love you, my Lord and my God, and see myself as I really am - a pilgrim in this world, a Christian called to respect and love all whose lives I touch. Amen.

**Prayer of St. Gertrude**

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 OFFICE OF INCLUSIVE EDUCATION:**

**In Focus: Women's Month**

**UN SDG #5: Gender Equality**

**DLSL Strategic Direction B:**  
**Embracing Our Shared Humanity and Championing Social Inclusion and Justice Initiatives**

The theme for International Women's Day (8 March) 2020 is, *I am Generation Equality: Realizing Women's Rights*. The theme is aligned with UN Women's new multigenerational campaign, [Generation Equality](#), which marks the 25<sup>th</sup> anniversary of the Beijing Declaration and Platform for Action. Adopted in 1995 at the Fourth World Conference on Women in Beijing, China, the Beijing Platform for Action is recognized as the most progressive roadmap for the empowerment of women and girls, everywhere.

The year 2020 is a pivotal year for advancing gender equality worldwide, as the global community takes stock of progress made for women's rights since the adoption of the Beijing Platform for Action. It will also mark several other galvanizing moments in the gender equality movement: a five-year milestone towards achieving the Sustainable Development Goals; the 20th anniversary of UN Security Council resolution 1325 on women, peace and security; and the 10th anniversary of UN Women's establishment.

<https://www.unwomen.org/en/news/stories/2019/12/announcer-international-womens-day-2020-theme>



**FROM THE INTEGRATED DIGITAL AND INNOVATIVE INSTRUCTION OFFICE:**

To All Student Digital Officers,

A. Please be reminded to do our Continuous WiFi Monitoring on the schedule stated below:

**Grade School**

<b>Grade 4</b>	8:00 am - 10:00 am
<b>Grade 5</b>	11:00 am - 1:00 pm
<b>Grade 6</b>	2:00 pm - 4:00 pm

**Senior High School**

Grade 11	8:00 am - 12:00 pm
Grade 12	1:00 pm - 4:00 pm

**Junior High School**

<b>Grade 7</b>	8:00 am - 12:00 pm
<b>Grade 8</b>	1:00 pm - 4:00 pm
<b>Grade 9</b>	8:00 am - 12:00 pm
<b>Grade 10</b>	1:00 pm - 4:00 pm

B. Follow the instructions below:

1. Make sure you are logged in using your DLSL email;
2. Access the Google Form: [bit.ly/DLSLWIFI2020](https://bit.ly/DLSLWIFI2020) . Do the monitoring form on a daily basis based on any location you'd be.
3. Open a new tab and access the speedtest on this link: [bit.ly/speedtest2019](https://bit.ly/speedtest2019)  
*Do not forget to change the server to Batangas-Sky Fiber*
4. Answer the Google Form and submit.

C. Always **check your email** and **accept the CANVAS invitation** sent to you.

Should you have any questions feel free to contact IDII Office at **(043) 202-2900 loc 1703** or email Ms. Jhenna Cueto at [sdo@dls.edu.ph](mailto:sdo@dls.edu.ph)

Thank you and Animo La Salle!

**FROM THE OVCA – OFFICE OF THE INTEGRATED SCHOOL PRINCIPAL:**

1. The ISP together with Ms. Rose Cornejo will be attending the DLSP BEC Principals’ Forum in Andres Soriano Memorial College, Toledo City, Cebu. Thus, the following will serve as O-I-Charge of IS:  
Thursday, March 5 – Mr. Fred Amul  
Friday, March 6- Ms. Edna Policarpio  
Please accord to them your usual support. Thank you and God bless!
2. Thank you for everyone’s cooperation and support for all our endeavors relative to PAASCU Visit this coming April 2 -3. We enjoy everyone to consider each day as PAASCU Day. All LPs are reminded to ensure that LMs not just DLLs are made available for the observers all the time. Students are reminded to keep their respective classrooms clean and orderly. Our mock PAASCU observations will continue until the 2<sup>nd</sup> week of March. Thank you so much!

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

*From the Assistant Principal*

1. The whole institution will observe the Lasallian Earth Day (LED) tomorrow.
2. 3<sup>rd</sup> Quarter exam permits are already with the Homeroom Advisers for checking and monitoring purposes.
3. Letter to parents on Grade 6 Placement Test schedule will be distributed today. Please be guided accordingly.
4. Pictorial of Grade 6 completers:
  - March 9 – BB 306 - 8:40 – 12:00  
BB 401 – 1:00 – 4:00
  - March 10 – BB 402 – 8:40 – 12:00  
BB 403 – 1:00 – 4:00
  - March 12 – BB 404 – 8:40 – 12:00  
BB 405 - 1:00 – 4:00
  - March 16 - BB 406 – 8:40 – 12:00

5. 3<sup>rd</sup> QA schedule

**Nursery 1**

	<b>March 17</b>	<b>March 19</b>
12:00 –12:40	Assembly/Homeroom	Assembly/Homeroom
12:40 – 1:10	Creative Activities on Consonants	Creative Activities on Sets, Patterns and Numerals
1:10 - 1:30	Recess	Recess
1:30 - 2:00	Creative Activities on Consonants	Creative Activities on Sets, Patterns and Numerals

**Nursery 2**

	<b>March 17</b>	<b>March 19</b>
8:00 – 8:40	Assembly/Homeroom	Assembly/Homeroom
8:40 – 9:20	Creative Activities on Letters	Creative Activities on Name Words
9:20 – 9:40	Recess	Recess
9:40 - 10:20	Creative Activities on “Mga Titik at Pantig”	Creative Activities on Numerals

**Kinder**

	<b>March 17</b>	<b>March 19</b>
8:00 – 8:40 (1 <sup>st</sup> session) 12:20 – 1:00(2 <sup>nd</sup> session)	Assembly/Homeroom	Assembly/Homeroom
8:40 – 9:40(1 <sup>st</sup> session) 1:00-2:00(2 <sup>nd</sup> session)	Language Arts	Math
9:40-10:00(1 <sup>st</sup> session) 2:00- 2:20(2 <sup>nd</sup> session)	Recess	Recess
10:00 – 11:00(1 <sup>st</sup> session) 2:20 – 3:20(2 <sup>nd</sup> session)	Reading	Filipino

**Grades 1- 6**

	<b>March 17</b>	<b>March 19</b>	<b>March 20</b>
8:00 - 8:40	Assembly/Homeroom	Assembly/Homeroom	Assembly/Homeroom
8:40 – 9:40	Science	Social Studies	English
9:40-10:00	Recess	Recess	Recess
10:00 – 11:00	Filipino	Math	Completion

6. Looking Ahead

- March 17,19, 20 – 3<sup>rd</sup> QA Days (G1-6)
- March 17&19 - 3<sup>rd</sup> QA Days (Preschool)
- March 20 – Preschool Family Day

*From the Grade School Math Department*

**MIND CRACKLING FOR TEACHERS QUESTION #2**

*“ Life is a math equation. In order to gain the most, you have to know how to convert negatives into positives. – Anonymous “*

*Good day teachers! It’s time for you to love numbers and prove your math skills. Answer the Math Problem for the day and you will have a chance to be part of the raffle and win a prize! Good Luck!*

**MIND CRACKLING FOR TEACHERS QUESTION #2**

The red bulbs of a Christmas light flash every 8 seconds, the blue bulbs flash every 9 seconds and the green bulbs flash every 10 seconds. If they all start flashing together, in every how many minutes will they flash simultaneously again?

**MATH TRIVIA**

**1. What is the symbol for mathematical division ( ÷ ) called?**

Answer: **Obelus**

An *obelus* is a symbol consisting of a short horizontal line with a dot above and another dot below, and in other uses, it is a symbol resembling a small dagger. In mathematics, it is mainly used to represent the mathematical operation of division. It is therefore commonly called the division sign.

## 2. Which number doesn't have its own Roman numeral?

Answer: **Zero**

The number **zero** does not have its own Roman numeral, but the word *nulla* (the Latin word meaning "none").

Source: <https://trivia.net/math-trivia>

### 2019-2020 AMSLI's MATHEMATICS ENRICHMENT PROGRAM (AMEP)

De La Salle Lipa Grade School Math Department congratulates the following GS Mathletes for their outstanding performance in **2019-2020 AMSLI's MATHEMATICS ENRICHMENT PROGRAM (AMEP)**.

Name	Section	Award
<b>Grade 1</b>		
DE CHAVEZ, BLESSED JASHLORDEINE D.	BG 108	<b>Highest Honors</b>
GARCIA, GIAN KYLE V.	BG 108	<b>High Honors</b>
LIMBO, DEANDRA ALEXA P.	BG 108	<b>High Honors</b>
LINDO, MARIAN CAITLIN B.	BG 108	<b>High Honors</b>
DIMAALA, VRENA MARY DENNISE A.	BG 109	<b>With Honors</b>
TATEL, DARIUS ADRIAN D.	BG 109	<b>With Honors</b>
BLANCAFLOR, XEREENE KAIRRAEL V.	BG 110	<b>With Honors</b>
DE TORRES, PRYNCESS MAI IAHHEL I.	BG 110	<b>AMEP Distinctions</b>
GUICO, REGINA LAURICE G.	BG 110	<b>With Honors</b>
LIBUNAO, KYRIE NOREEN R.	BG 110	<b>Highest Honors</b>
ORENSE, MARGARETTE YVONNE L.	BG 110	<b>With Honors</b>
PANALIGAN, SHON JULIO B.	BG 110	<b>AMEP Distinctions</b>
OLAES, KIRSTEN VAY L.	BG 111	<b>AMEP Distinctions</b>
PRECIOSO, ZAKIA JACOB M.	BG 111	<b>High Honors</b>
CULTIVO, JUDE EZEKIEL T.	BG 112	<b>With Honors</b>
PESEBRE, SAMUEL YUAN T.	BG 112	<b>AMEP Distinctions</b>
<b>Grade 2</b>		
DIONISIO, MARGAUX ISOBELLE U.	BB 108	<b>AMEP Distinctions</b>
GILLEGO, DANIEL ERNEST L.	BB 108	<b>AMEP Distinctions</b>
ARAÑO, ERIN KELSY M.	BB 109	<b>With Honors</b>
GUAÑO, MOLAVE RENATO D.	BB 109	<b>High Honors</b>
MAMAYSON, ASHTON TERRENCE B.	BB 109	<b>With Honors</b>
VIÑAS, JENSEN RYAN R.	BB 109	<b>With Honors</b>
PEREZ, ETHAN FERDINAND J.	BB 110	<b>Highest Honors</b>
TOLENTINO, MATTHEW FITZGERALD M.	BB 110	<b>AMEP Distinctions</b>

YABES, ADRIAN JOHAN M.	BB 208	AMEP Distinctions
<b>Grade 3</b>		
SOSITO, SOPHIA YSABELLE D.	BB 204	AMEP Distinctions
FELIX, REBBEN	BB 206	High Honors
MAGPANTAY, CHRIS SEYHAN H.	BB 206	AMEP Distinctions
OCAMPO, NICK ANDERSON I.	BB 206	High Honors
OBEÑA, ASHTEE ABIGAYLE D.	BB 211	AMEP Distinctions
LUMBRES, KIARA ISABEL E.	BB 212	AMEP Distinctions
<b>Grade 4</b>		
PEREZ, HARRY GERARD L.	BB 308	Highest Honors
MENDOZA, AEACUS CHARLES R.	BB 309	Highest Honors
BUSTRIA, ZANDREI JOSEF M.	BB 310	With Honors
BALDEVARONA, ALEXIS MARIE M.	BB 311	AMEP Distinctions
BATHAN, RIA LAUREEN C.	BB 312	AMEP Distinctions
LAGAR, NYGEL JOSH L.	BB 312	AMEP Distinctions
<b>Grade 5</b>		
URREA, GILLIENNE NICOLE C.	BB 301	Highest Honors
QUINTO, IMMANUEL GERARD S.	BB 302	With Honors
OLAÑO, YESHUA D.C.	BB 303	AMEP Distinctions
SILVEDERIO, MARIA ALESSANDRA T.	BB 303	High Honors
PAREDES, RODERICK JAZPHER G.	BB 304	AMEP Distinctions
PEREZ, EMAN FERDINAND J.	BB 304	With Honors
SANDOVAL, MIGUEL ANDREI A.	BB 305	AMEP Distinctions
<b>Grade 6</b>		
FELIX, REUBEN JOSEPH	BB 306	Highest Honors
BERCILLA, AIDEN JOMEIL M.	BB 401	Highest Honors
LATAYAN, VICENTE JOAQUIN M.	BB 401	AMEP Distinctions
DIMAALA, NED ANVER A.	BB 402	AMEP Distinctions
JAEN, ALDWIN LUKE H.	BB 402	AMEP Distinctions
LEE, MIN SUNG G.	BB 402	High Honors
SENGCO, JAMES ANDREI I.	BB 402	AMEP Distinctions
YABUT, YURI G.	BB 402	With Honors
ALVAREZ, ALONZO C.	BB 404	High Honors
CANTOS, CASI GABRIELLE R.	BB 405	AMEP Distinctions

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

1. Lasallians are good stewards of God's creations. Therefore, you are all expected to practice CLAYGO (Clean As You Go). We have observed trashes which are left on the tables after recess and lunch time. After eating, please make sure to throw your trash in the proper bins. **Likewise, bringing of food and drinks in going to the classroom is strictly prohibited.**
2. Lasallians are refined and well-mannered. All students are reminded to show proper behaviour especially during in between periods, while waiting for the teacher to come and even before the morning and afternoon classes.
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/her and others' safety. Playing, running, pushing one another, and playing/ touching the stray cats during break periods are strictly prohibited. There were some reports that some students got hurt because they were pushed by other students who ran and played.
5. Key monitors are reminded to always lock the door before leaving the classroom.
6. 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 GS & JHS Science Department***

We would like to invite Grades 3 to 10 students who are interested to participate in one of the largest science competitions in Asia known as VANDA. It is designed to focus on the student's ability to think critically and creatively to pick out hidden information to aid them in solving the question.

Last year in July, the Philippine delegation led by AMSLI snagged the first over-all rank of the Vanda International Science Competition's individual round. This year, could just be your chance to take part in the country's stint to replicate such a strong feat.

Unlock the unknown and sign up for Vanda International Science Olympiad Contest as our registration is now open!

<https://amsphil.com/register#/vanda-2020>

By winning in the competition, you can advance to the STEAM AHEAD 2020 - VANDA Science Global Finals to be held in Bali, Indonesia come November 2020. More so, winners shall be candidates to the Asian Math Olympiad for Primary and Secondary Schools (ASMOPSS) on October and the International Junior Science Olympiad (IJSO) to be held in Frankfurt, Germany this December.

VANDA exam is scheduled on April 18, 2020 (10:30 am - 12:00 noon) in all AMSLI Training Centers including De La Salle Lipa. Deadline of registration is up to April 3, 2020 only.

We look forward to your participation in VANDA.

**ANNOUNCEMENT:**

What: AMSLI – ASEP Science Enhancement Program 2nd Batch of Qualifying Exam

Who: Grade 3-10 Students

When: March 28, 2020 at 9:00 am

Where: De La Salle Lipa (Hall of the Lasallian Saints or LS Building) LS101 to LS 108

Registration Fee: Php 50.00

How to register: Please register to your respective Science Teachers until March 20, 2020

Please be guided by the following reminders for the ASEP Qualifying Exam:

1. All participants are advised to be at the venue by 8:30 for the registration and for the checking of room assignment.
2. Wear the Type B uniform.
3. Bring pencil and scratch paper.
4. Examinees are advised to have their breakfast/snacks before the exam.

Thank you very much.

***From the GS and JHS Mathematics Department***

We would like to invite all Math enthusiasts to participate in one of the largest mathematics competitions in Asia, **the Singapore and Asian Schools Math Olympiad (SASMO)**, and pit skills against counterparts from 20 participating countries such as Malaysia, Indonesia, Myanmar, China, Hong Kong, Macau , Singapore, Vietnam , Bulgaria, etc.

This exciting competition is open to all Grades 2 to 6 elementary pupils and Grades 7 to 10 secondary students. SASMO is scheduled on April 18, 2020 (8:00 AM-9:30 AM) in LS Building, De La Salle Lipa Integrated School. Deadline of Registration is April 3, 2020.

Join the 2020 Singapore & Asian Schools Math Olympiad(SASMO) and get the chance to compete in the different international Math competitions like Singapore International Mathematics Olympiad (SIMOC) in Singapore this July and in the International Junior Math Olympiad (IJMO)in Bali, Indonesia on November.

**To register, please click the link <https://amsphil.com/register#/sasmo-2020> for online registration. You may also drop by the office to register onsite and look for Ms Alonica Clavo. Payment is Php 800.** We look forward to your participation in SASMO! Join and bring home a SASMO medal this 2020!

***From the IS Math and Science Departments***

The Department of Science and Technology, through the Science and Education Institute (DOST-SEI) has institutionalized a recognition system for young achievers in international science and mathematics competition, the **Youth Excellence in Science (YES) Awards**. It is being implemented yearly to further motivate and inspire the youth to strive for excellence in the fields of science and mathematics.

Medals are being awarded to those students who were able to win gold, silver and bronze medals in the DOST-SEI recognized international science and mathematics competition in a particular school year.

This year, the awardees from the De La Salle Lipa Integrated School are the following:

<b>Name</b>	<b>Grade Level/Section</b>	<b>Subject</b>
Felix, Rebben Marion	G3 – BB 206	Math
Lumbres, Kiara Isabel	G3 – BB 212	Math
Perez, Harry Gerard	G4 – BB 308	Math & Science
Mendoza, Aecus Charles Rosales	G4 – BB 309	Math & Science
Sandoval, Miguel Andrei	G5 – BB 305	Math
Urrea, Gillienne Nicole	G5 – BB 301	Math
Felix, Reuben Joseph	G6 – BB 306	Math & Science
Bercilla, Aiden Jomeil	G6 – BB 401	Math
Jaen, Aldwin Luke	G6 – BB 402	Math
Ombao, Eliju Etienne	G6 – BB 403	Math
Alvarez, Alonzo	G6 – BB 404	Math
Briones, Lorenz Gabriel	G7 – LS 202	Math
Santelices, Angela Ponce	G7 – LS 109	Math & Science
Kaw, Julianne Ycel	G8 – LS 401	Math & Science
Gonzales, Galvin	G8 – LS 408	Math & Science
Baesa, Andrew	G8 – LS 410	Math & Science



Atienza, Eliann Joell	G9 – LS 207	Science
Dalangin, Matthew Daniel	G9 – LS 301	Math & Science
Villegas, Jose Miguel	G9 – LS 306	Math & Science
Dimaculangan, Kathleen Bienee	G9 – LS 302	Science
Barte, Gian Miguel	G10 – BM 103	Math & Science
Corto, Christian David	G10 – BM 204	Math & Science
Villaruz, Bea Catherine	G10 – CMR 201	Math & Science
Rabino, Vince Lenard	S11 – 12	Math

Our warm congratulations, Lasallians! Animo La Salle!

### **FROM THE OVCA –JUNIOR HIGH SCHOOL COMMUNITY:**

#### ***From the Assistant Principal***

1. Tomorrow is first Friday of March; hence, students should wear type B uniform.
2. All classes are requested to clean the classroom everyday. Please bring home all used props or materials during presentation or any done/graded project/output, put inside your locker the things you don't have to use in class. Remove all unnecessary materials which are stored in your shelves.
3. To all Grade 10 students, advisers and subject teachers, please be informed of the schedule of the pictorial of our Grade 10 classes. Classes scheduled for the 1:00PM – 4:00PM pictorial are going to have their early lunch at 12:00NN – 1:00PM. Kindly proceed at the venue, BB 41 on time so as not to avoid delay. Students scheduled to have the pictorial for the day should come to school wearing the complete school uniform.

<b>Date</b>	<b>Time</b>	<b>Section and Adviser</b>	<b>Subjects Covered</b>
March 05, 2020	8:40 – 12:00	BM 102 - Ms. Noemi	English; Filipino
(DAY 2)	1:00 – 4:00	BM 206 - Ms. Rina	MAPEH; English
March 06, 2020	8:40 – 12:00	BM 204 - Ms. Gelyn	MAPEH; Filipino
(DAY 3)	1:00 – 4:00	CMR 207 - Ms. Zali	English; MAPEH
March 16, 2020	8:40 – 12:00	BM 201 - Ms. Gigi	Math; English
(DAY 4)	1:00 – 4:00	BM 104 - Ms. Marlene	Science; English
March 17, 2020	8:40 – 12:00	CMR 206 - Ms. Karesh	CLCE; Math
(DAY 1)	1:00 – 4:00	BM 202 - Ms. Mina	MAPEH; Filipino; Science
March 23, 2020	8:40 – 12:00	BM 105 - Sir Kevin	Filipino; Math
(DAY 1)	1:00 – 4:00	BM 103 - Ms. Nancy	Math; English
March 24, 2020	8:40 – 12:00	CMR 204 (Ms. Fatima)	MAPEH, Science
(DAY 2)	1:00 – 4:00	BM 205 (Sir Jeffrey)	Filipino; CLCE

Please take note of the schedule we shall follow for this week:

March 5, 2020 – DAY 2

March 6, 2020 – DAY 3

#### ***From the Grade Moderator's Office***

#### **Always wear the Lasallian Conduct wherever you are!**

To our dear student Grade 7 to 10, be reminded of our Lasallian Values:

1. A Lasallian always wear the ID inside the campus. He/she keep in mind that it is part of the school uniform.
2. A Lasallian is responsible and honest. He/She always secure a blue pass whenever he/she lost or left his ID.

3. A Lasallian is always on time. He/she comes to school earlier and on time to refrain from being late or tardy.
4. A Lasallian is responsible. He/she takes care of his belongings inside and outside the classroom.
5. A Lasallian is courteous and respectful in action and in words. He/she talks nicely and in a low tone of voice whenever he/she speaks to others.
6. A Lasallian is honest. He/she returns the lost and found item to the proper authority and owner.
7. A Lasallian is decent and tidy. He/she is well groomed and wears the proper and prescribed uniform everyday.
8. A Lasallian is peaceful and kind. He/she does not engage in any fight or any other misdemeanor and physical harm to others.
9. A Lasallian upholds the law whenever and wherever. He/she imbibes the spirit of care and concern for others.

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

*From the Assistant Principal*

*Day to day with St. John Baptist De La Salle*

*Make sure, I beg you, that in spite of your illness, you leave yourself entirely in God's hands.*

*(Letter 102 to an unnamed Brother)*

**1. For ALL Lasallian Partners**

Please be reminded once again of the following:

- a. Make sure that you check the attendance of the students in all your classes every day in order to closely monitor their academic performance.
- b. Report to the SFO's or AP's office those students who incurred at least 2 consecutive absences and/or with failing scores and incomplete requirements for proper action.
- c. Require the students who were absent or tardy in your class to get ADMIT PASS/PINK FORM from the SFO before you accept them to your class or allow them take the missed requirements for close monitoring and proper DISCIPLINE.

Let us all be consistent in the implementation of this procedure.

**2. For ALL STUDENTS**

Please be REMINDED of the following IMPORTANT MATTERS AND DECORUM:

- a. Pay attention always to the Morning Prayer over the public address system. STOP. KEEP QUIET. PRAY.
- b. Have your attendance checked by your Subject Teachers every period of your class during the day for close monitoring of your academic and discipline/formation performance.
- c. Get the ADMIT PASS/PINK FORM from your respective SFOs whenever you report to class after your absence or tardiness. Present this Pink Form to your Subject Teacher as you attend the class.

**3. For the Academic Advisers**

- a. Please monitor always the attendance and academic performance of your advising classes most especially those students who enrolled in Tutorial classes.

**4. Dates to Remember**

- a. March 5-6 – Grade 12 Retreat (H12-02)
- b. March 13 – Presentation of Honors and Awards Guidelines to Grade 12 (8:30AM, SENTRUM)
- c. **March 17, 19, 20 – Third Quarterly Assessment**
- d. March 23 – GCash Orientation to SHS

**(Note: All students are requested to download already the GCash App.)**

First Session - 8:30AM - 10:30AM - Grade 12 STEM

Second Session - 11:00AM-1:00PM - Grade 12 ABM & HUMSS

Third Session - 2:00PM - 4:00PM - Grade 11 STEM, ABM & HUMSS

- e. March 23 – April 3 – Stallion Yearbook Photoshoot

**5. For Grade 12 Students**

- a. The following students are requested to see Ms. Daisy Landicho at the Registrar's office **TODAY.**

**STEM**

Pascua, John Carlo Marcus C. S12-09

Reyes, Christian Joshua A. S12-12

Lontoc, Ma. Vea Teresa R. S12-13

Ong, Angel Jeanette T. S12- 01

**ABM**

- Rellano, Carla Katrina A. A12-02
- Esguerra, Rey Bernard D. A12-07
- Laylo, Hannah Katrina E. A12-07
- Lindog, Carlos Mijhelle U. A12-03
- Mauleon, Lester Don Jofrey C. A12-08
- Teñoso, Mauren E. A12-04

**HUMSS**

- Olap, Xyrus Nathan A. H12-04

**b. On Loyalty Award**

**LOYALTY AWARD** is given to graduating student who has completed the required number of years of study in the Integrated School from Grades 1 to 12. And to verify the completeness and accuracy of the list of student number of the candidates below, all Grade 12 students are required to check it.

For any questions or clarifications, please visit the IS Registrar's Office starting tomorrow, Friday until March 17, 2020 and look for Ms. Daisy Landicho.

0509451	0711085
0509504	0711111
0509676	0711197
0509678	0711202
0509682	0711212
0509683	0711217
0509684	0711240
0509689	0711244
0509707	0711255
0509715	0711265
0509726	0711268
0509740	0711274
0509759	0711360
0509774	0711373
0509782	0711406
0509811	0711481
0509977	0711583
0510035	0811831
0510041	0811839
0510095	0811854
0510103	0811917
0510143	0811923
0610298	0811930
0610389	0811937
0610414	0811938
0610415	0811941
0610420	0811947
0610421	0811950
0610437	0811952
0610446	0811953
0610447	0811957

0610488	0811961
0610499	0811962
0610501	0811966
0610503	0811971
0610508	0811973
0610509	0811977
0610520	0811993
0610529	0812004
0610557	0812006
0610580	0812007
0610597	0812012
0610600	0812020
0610607	0812032
0610634	0812039
0610636	0812042
0610644	0812050
0610653	0812058
0610654	0812069
0610658	0812091
0610663	0812098
0610670	0812158
0610674	0812163
0610686	0812184
0610694	0812187
0610719	0812192
0610755	0812217
0610774	0812226
0610786	0812253
0610796	0812396
0610893	

c. **On Graduation Song Composition Contest**

**All Grade 12 students are invited to submit entry for the Graduation Song Composition contest until April 17, 2020. For more details, please look for Ms. Fatima Gumapac at JRF 11.**

**Graduation Song Contest**

**I. Guidelines**

1. The contest is open to all **graduating SHS students** of De La Salle Lipa.
2. The theme for this year's graduation is: **"Reimagine Education"**. The lyrics must convey the said theme and it should be in English.
3. Each song submitted must be contestant's original work. Song may not exceed five (5) minutes in length.
4. Song may have multiple co-writers.
5. A group's representative may **register** thru this link: <http://bit.ly/GradSongReg2020> until **March 11, 2020**.
6. Each contestant may submit one entry only.
7. Each entry requires the following elements:
  - One song five (5) minutes or less (mp3 saved in a flash drive). It should be the final copy of song with melody and lyrics.

- A lyric sheet.
  - A completed registration form.
8. Top three (3) finalists will be announced during the SHS Graduating Students' General Assembly. Each song will be played and students will be asked to pick their own choice. Only the first placer will be declared as a winner and will be awarded with a cash prize (TBA) and a certificate of recognition. They will be acknowledged during the SHS Recognition Day.
  9. The organizer has the right to make changes on the guidelines and may disqualify entries if problem arises.
  10. Songs will be judged based on melody, composition, originality, lyrics and recording quality.
  11. Deadline of submission of entries will be on or before **April 17, 2020**. Look for **Ms. Fatima Gumapac** at **JRF11**.

### **Criteria for Judging (Elimination)**

#### **1. Originality: 20%**

*Judging a song on originality can be pretty subjective. But then, judging a song on just about any of these criteria is pretty subjective, so we'll just have to recognize that the song is going to be at the mercy of the judges' personal biases and opinions. But what, generally, makes a song original? The easiest way to answer this might be to ask the opposite: what makes a song unoriginal? An unoriginal song is one that sounds like everything else you've already heard, or specifically sounds like the songwriter was listening to certain artists and emulated their sound. The best way to sound more original is to draw your inspiration from multiple sources and try your best not to copy someone else's sound! Let your music come from you, not your influences.*

#### **2. Memorable Melodies: 20%**

*Just like originality, melody is another vague category. It may be judging a melody, but what do they think makes for a good melody in the first place? There's no way to know for sure, really. But the best melodies are usually the ones that stick in your head, so the key might be to write a melody that's as memorable as possible. Song should have a great chorus that a crowd would love to sing along to.*

#### **3. Composition: 20%**

*When it comes to composition, judges will be looking at the overall structure of how the song is put together. The chord progression should feel natural within the song and move it where it needs to be throughout. The song structure should make sense, be memorable and take the listener on the desired journey that you hope to take them on. It will judge the tune on its use of dynamics or instrumental hooks. Composition could mean any number of things, but it mainly means this: all of the elements of song should come together in a clear, concise whole.*

#### **4. Lyrics: 20%**

*Lyrical strategy will depend on what kind of a song you're writing. It might write very confessional, honest lyrics if the song is more personal and intimate. It could write a story in the third person if the song follows more of a narrative structure. Or maybe you're going for poetic lyrics filled with metaphor or a political theme filled with opinion and purpose. Make also sure the theme is consistent throughout the song and your message is clear.*

#### **5. Recording Quality: 20%**

*Here's where the songwriting contest paradox rears its ugly head: most competitions will specifically tell you that they don't judge your song based on sound quality. While this may be partially true, the fact remains that whether they realize it or not, sound quality will inevitably sway their opinion of a song. When two songs that are both well-written go head to head, the one that was recorded professionally will always sound like a better song than the one that sounds like it was recorded on a bedroom 4-track. It also includes the voice quality of the singer and how he/she deliver the song.*

### **IMPORTANT DATES AND REMINDERS:**

→ Deadline of Registration (Google form)	March 11, 2020
→ Deadline of submission of song composition	April 17, 2020
→ Announcement of Top 3 finalists	TBA
→ Selection of winner by the graduating batch	TBA

**FROM THE OVCM – STUDENT ACTITIVITES OFFICE:**

**1. On SCB Project.**

The “ALA EH! MATATAG KAMI, Tatag Batangueño” Signature Campaign project of our SCB is on-going in support to #DLSLforTaal projects of the school. The target beneficiaries are Cesar Oraña Elementary School, Balete, Batangas and Kalawit Elementary School, Balete, Batangas in proper coordination with the Community Involvement Office. Once again, each signature costs Ph10.00 which is **NOT COMPULSORY**. For those facilitating the signature, deadline of submission of accomplished form and collection is on or before March 13, 2020. Thank you so much for supporting this project.

**2. On Pilgrimage of Club Moderators**

The Student Activities Office shall be sponsoring the annual Pilgrimage and Outreach Activity for Club Moderators on April 4, 2020. This will be held in various chapels of Lasalle schools in South Luzon: DLSU-Dasmariñas, De La Salle Health and Science Institute, DLS-Zobel and DLSU-Science and Technology Campus, Canlubang. This is open to the first 40 club moderators who shall enlist at the SAO. Deadline of enlistment shall be on March 18, 2020. Please note that available slots shall be given to other Lasallian Partners who are interested to join the activity. There will be Outreach Activity at Bahay Pag-asa, a transformation center for children in conflict with the law. Corresponding CIO points under internal engagement shall also be given to all participants. You may please coordinate with the SAO for other details and enlistment process. Thank you very much.

**FROM THE OVCM – GUIDANCE AND COUNSELING CENTER:**

1. The **Career Exhibit** entitled “*Envision: Journey to My Future Career*,” is transferred at the **Grade School Guidance and Counseling Center**. Students are invited to participate in the different career activities prepared for you. Thank you.

**2. For Grade 11 & 12 Students:**

- a. As part of the Guidance Program and Development, all Senior High School students are requested to accomplish the SHS Problem Checklist until Friday, March 6, 2020. Please log-in using your DLSL account and access this link: [tinyurl.com/shspc2019](http://tinyurl.com/shspc2019)
- b. We would like to thank everyone who participated in our **Mental Health Awareness Week 2020: Breaking the Stigma, Becoming Resilient**. May we continue to be advocates of hope, openness, and resilience in our community and always remember to spread love, support, and understanding to one another.

**3. For Grade 12 Students:**

- a. Your College Readiness Test (CRT) Results are now available for interpretation and release. Sections scheduled for this week (March 2-6, 2020) are S12-06, S12-07, S12-08, 12-06, A12-07, & A12-08.
- b. Please schedule your appointment by signing up on the Appointment Sheet located at the SHS Guidance Office, 3rd floor, Mabini Building. All Grade 12 students are required to **accomplish the SHS Problem Checklist prior to scheduling an appointment get their CRT result.**

**4. Looking ahead:**

<b>March</b>	<b>Activity</b>
3 – 31	Processing of Senior High School and College Application Forms
4,11,18 & 25	PAASCU Preparations
20	Grades 4 – 6 Structured Homeroom
23-24	Grade 6 OLSAT Administration
26	Grade 4 CFIT Administration
27, 30-31	Grade 7 HSPQ Administration
23-24	Grade 5 CPQ interpretation
27	Grade 6 ANAK Talk

**FROM THE COMMUNITY INVOLVEMENT OFFICE**

Please be advised of the schedule of orientations and the Grade 3 KAIBIGAN Exposure and Outreach Activity for the School Year 2019-2020:

ORIENTATION	Grade 3 KAIBIGAN	DLSL	PARTNER SCHOOL
March 9	March 31, 2020	BB 204	Emilia L. Malabanan Integrated School Paninsingin Elem. School Tibig Elem. School
March 9		BB 205	
March 10		BB 206	
March 10		BB 210	
March 13		BB 211	
March 13		BB 212	

The grade 6 students will be having their re-orientation for the revised program of the Grade 6 KAAGAPAY on the following dates:

ORIENTATION	SECTION	PARTNER SCHOOL
March 3	BB 306	Emilia L. Malabanan Integrated School
March 3	BB 401	Emilia L. Malabanan Integrated School
March 3	BB 402	Emilia L. Malabanan Integrated School
March 6	BB 403	Paninsingin Elem. School
March 6	BB 404	Paninsingin Elem. School
March 6	BB 405	Tibig Elem. School
March 6	BB 406	Tibig Elem. School

**FROM THE OVCM – SPORTS DEVELOPMENT OFFICE:**

**A. On National Basketball Training Camp**

- The following athletes will participate in National Basketball Training Camp at Calayan Educational Foundation Institute Lucena City starting tomorrow until Thursday (March 4 and 5). Please excuse them from classes. Thank you very much.

1	Bayawa, John Brian A.	12	S12-01	7	Pena, Antonio Bien M.	11	S11-14
2	Cantos, Lawrence Godfrey V.	11	S11-02	8	Reyes, Jethro Murray C.	12	S12-16
3	Cruzat, Cyrus Dexter M.	12	A12-05	9	San Jose, Ian Vincent M.	11	A11-06
4	Cubilla, Aldrei Janiel L.	9	BM 100	10	Vanguardia, Angelo Joshua U.	10	CMR 201
5	Limbo, Clarence Ivan U.	11	S11-07	11	Wagan, Juanito Luis II D.	10	BM 103
6	Macaraig, John Emmanuel C.	11	S11-15				

**B. On 2020 CALABARZON Heroes Games**

- With the adverse effects of the calamity brought about by the eruption of Taal Volcano and CoViD-19, the conduct of the **2020 CALABARZON Heroes Games (STCAA/Regional Meet)** shall now be held on **March 22-28, 2020** to be hosted by **Schools Division of Dasmariñas City**. Our school will be sending **94 student athletes** who will represent the **Province of Batangas**.
  - Grade School - 35 Student Athletes
  - Junior High School – 28 Student Athletes
  - Senior High School – 31 Student Athletes

**C. NCAA Games**

- Please excuse the following student athletes because they are lined-up to represent our school in the NCAA Games. Most of these athletes will also participate in the CHG. Thank you very much.

**a. NCAA-South Volleyball Games**

**HS Volleyball Boys (14)**

**Game Date and Time: March 6 (Friday), 9:00am at San Beda College Alabang**

**: March 9 (Monday), 9:00am at San Beda College Alabang**

**: March 13 (Friday), 12:00nn at San Beda College Alabang**

**: March 16 (Monday), 3:00pm at San Beda College Alabang**

1	Bustamante, John Carlos Benedict DL.	7	LS 112	8	Lingao, Matt Daniel C.	11	S11-16
2	Cuenca, Jeremi Pierre R.	9	LS 302	9	Manalo, Neil Ryan O.	12	S12-01
3	De Castro, Jonathan S.	11	A11-01	10	Rosales, Alvin L.	11	S11-03

4	Hernandez, Chris Emmanuel D.	9	BM 100	11	Samonte, Warren O.	12	H12-02
5	Hernandez, Kris Gabriel D.	7	LS 112	12	Sta. Ana, Gelmiek Genmhor V.	11	S11-10
6	Hidalgo, Paolo T.	11	S11-04	13	Umali, Kenrod Benedict T.	11	A11-04
7	Lantin, Julian Miguel B.	11	S11-01	14	Villanueva, Chris Lorenz M.	10	CMR 201

**b. HS Volleyball Girls (14)**

**Game Date and Time: March 6 (Friday), 9:00am at San Beda College Alabang**

**: March 9 (Monday), 9:00am at San Beda College Alabang**

**: March 13 (Friday), 9:00am at San Beda College Alabang**

**: March 16 (Monday), 3:00pm at San Beda College Alabang**

1	Angeles, Ma. Kristina Cassandra P.	10	BM 102	8	Lipat, Jacquelin Margaret R.	8	LS 310
2	Atienza, Ayeeshah Sandrine B.	9	LS 307	9	Lique, Yannah Ysabel U.	10	BM 203
3	Carandang, Lara Justine H.	12	S12-08	10	Maglinao, Majella Mari R.	10	BM 203
4	Cubilla, Adriane Jarie L.	11	H11-01	11	Magnayi, Ashley Nicole Jeremy N.	8	LS 412
5	Dimaano, Shane Andrei J.	8	LS 401	12	Regalado, Tracy Elisse T.	10	BM 102
6	Gonzalbo Emmanuela Rain D.	10	CMR 201	13	Rocafort Alyanna Margueritte M.	9	BM 101
7	Hernandez, Krystal Lyka D.	11	S11-05	14	Suan, Mary Juliana Lauren N.	11	S11-09

**c. NCAA-South Basketball Games**

**HS Basketball Boys (15)**

**Game Date and Time: March 7 (Saturday), 10:30am at San Beda College Alabang**

**: March 10 (Tuesday), 9:00am at San Beda College Alabang**

**: March 12 (Thursday), 9:00am at San Beda College Alabang**

**: March 14 (Saturday), 9:00am at San Beda College Alabang**

**: March 16 (Monday), 3:00pm at De La Salle Lipa SENTRUM**

1	Adaya, Rhys Amiel A.	12	S12-08	9	Limbo, Clarence Ivan U.	11	S11-07
2	Ayong, Jaron Cartney P.	10	CMR 202	10	Macaraig, John Emmanuel C.	11	S11-15
3	Bait, Jeryk Dwight Raphael R.	10	BM 203	11	Pena, Antonio Bien M.	11	S11-14
4	Bayawa, John Brian A.	12	S12-01	12	Reyes, Jethro Murray C.	12	S12-16
5	Cantos, Lawrence Godfrey V.	11	S11-02	13	San Jose, Ian Vincent M.	11	A11-06
6	Cruzat, Cyrus Dexter M.	12	A12-05	14	Untalan, Rainniel S.	9	LS 305
7	Cubilla, Aldrei Janiel L.	9	BM 100	15	Vanguardia, Angelo Joshua U.	10	CMR 201
8	Enriquez, Mathew Lawrence L.	10	BM 202				

**FROM THE INSTITUTIONAL HEALTH SERVICES:**

**For Grade 4 to Grade 12 Students**

Dear Students,

The Institutional Health Services (Clinic) is conducting survey on the health services we provide in our institution. Your response will be of great help in improving our services in the promotion of good health. Accomplishment of the evaluation tool will be until March 17, 2020. Kindly click the link below for the Survey Questionnaire..

[https://docs.google.com/forms/d/e/1FAIpQLScimYGkYkxkm-o6bdxcaXs5IeKjXFr6P-J69gkdbVznIXB7mQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScimYGkYkxkm-o6bdxcaXs5IeKjXFr6P-J69gkdbVznIXB7mQ/viewform?usp=sf_link)

<https://forms.gle/4HtfduDPwvQTpGEe9>



## ORAL HEALTH

Oral health touches every aspect of our lives but is often taken for granted. **Your mouth is a window into the health of your body.** It can show signs of nutritional deficiencies or general infection.

### **What's the connection between oral health and overall health?**

Oral health has risen in importance in recent years, as researchers have discovered a connection between declining oral health and underlying systemic conditions. It turns out that a healthy mouth can help you maintain a healthy body. Bacteria can spread from your oral cavity to your bloodstream, causing infective endocarditis. Infective endocarditis is a life-threatening infection of your heart valves. Your dentist may suggest you take antibiotics as a preventive measure before they perform any dental procedure that could dislodge bacteria in your mouth.

### **How can I protect my oral health?**

To protect your oral health, practice good oral hygiene daily.

- Brush your teeth at least twice a day with a soft-bristled brush using fluoride toothpaste.
- Floss daily.
- Use mouthwash to remove food particles left after brushing and flossing.
- Eat a healthy diet and limit food with added sugars.
- Replace your toothbrush every three months or sooner if bristles are splayed or worn.
- Schedule regular dental checkups and cleanings.
- Also, contact your dentist as soon as an oral health problem arises. Taking care of your oral health is an investment in your overall health.

### **Prevention also include:**

1. promoting a well-balanced diet:
  - low in free sugars to prevent development of dental caries, premature tooth loss and other diet-related non-communicable diseases.
  - with adequate fruit and vegetable intake, which may have a protective role in oral cancer prevention;
2. encouraging use of protective equipment when doing sports and travelling in motor vehicles to reduce the risk of facial injuries.
3. reducing smoking, the use of smokeless tobacco including chewing of areca nuts, and alcohol consumption to reduce the risk of oral cancers, periodontal disease and tooth loss

### **FROM THE DLSL MULTI PURPOSE COORPATIVE:**

#### **Attention DLSL-MPC members! Nominations are now open!**

The annual cooperative election is scheduled on March 29, 2020 during the DLSL-MPC General Assembly.

We are inviting nominations for FIVE (5) positions for Board of Directors, THREE (3) Audit Committee, and THREE (3) Election Committee. Nomination forms are available at the guards' desk nearest to the biometric terminals. Kindly submit the nomination form to any of the following election officers:

Ms. Jaylyn Sanchez – JRF103  
Ms. Marian Peña – ACO (Elem)  
Ms. Mina Samson – BMF2

### **IMPORTANT DATES:**

- Closing date for nominations – March 12, 2020
- Evaluation of Certification of Candidacy – March 13-16, 2020
- Campaign Period – March 17-28, 2020
- Elections Proper – March 29, 2020 (7AM-9AM)
- Proclamation of winners – March 29, 2020 (11AM)
- Appeal – March 30, 2020 (24 hours after proclamation)

