



ANG MABUTING BALITA (Mt. 20:1-16)

Ang Mabuting Balita ng Panginoon ayon kay San Mateo

Sinabi ni Hesus sa kanyang mga alagad: “Tungkol sa nangyayari sa kaharian ng langit ang kwentong ito. Maagang lumabas ang isang may-ari para umupa ng mga manggagawa sa ubasan. Nakipagkasundo siya na tatanggap ang mga manggagawa ng isang baryang pilak isang araw, at pinapunta na niya sila sa ubasan. Lumabas din siya nang mag-iikasiyam ng umaga at nakita niya ang ibang mga nakatayo sa plasa na walang ginagawa. Kaya sinabi niya sa kanila: ‘Pumunta rin kayo sa aking ubasan at bibigyan ko kayo ng nararapat.’ At pumunta sila. Muli siyang lumabas kinatanghalian at nang mag-iikatlo ng hapon at gayundin ang ginawa niya. Lumabas din siya sa huling oras ng paggawa at nakita niya ang iba pang nakatayo lamang. Kaya sinabi niya sa kanila: ‘Bakit kayo nakatayo lang at maghapon walang ginagawa? Sumagot sila: ‘Dahil walang umupa sa amin.’ Sinabi niya: ‘Pumunta kayo at magtrabaho sa aking ubasan.’

Paglubog ng araw, sinabi ng may-ari ng ubasan sa kanyang tagapamahala: ‘Tawagin ang mga manggagawa at bayaran sila, mula sa huli hanggang sa una.’ Kaya lumapit ang mga dumating sa huling oras at binigyan sila ng tig-isang denaryo o isang baryang pilak. Nang lumapit naman ang mga nauna, akala nila’y tatanggap sila ng higit pa. Ngunit tumanggap din sila ng tig-isang denaryo. Kaya pagkatanggap nila nito, nagsimula silang magreklamo sa may-ari. Ang sabi nila: ‘Isang oras lamang ang trabaho ng huling ito, at ipinapantay mo sila ngayon sa amin na maghapon nagtrabaho sa init ng araw.’ Kaya sinagot ng may-ari ang isa sa kanila: ‘Kaibigan, hindi ko kinukuha ang sa iyo. Di ba’t nagkasundo tayo sa isang denaryo isang araw? Kaya tanggapin mo ang sa iyo at umalis ka na. Gusto ko ring bigyan ang nahuli gaya ng ibinigay ko sa iyo. Wala ba akong karapatang gawin ang gusto ko sa pera ko? Bakit ka naiinggit dahil maawain ako?’ Kaya mauuna nga ang huli, at mahuhuli ang una.”

Pagninilay:

Mayroon tayong Isang mapagmahal at makatarungan na Diyos. Lahat ay tinatawag ng Panginoon para maging manggagawa sa Kanyang ubasan maging ikaw ay isang makasalanan o isang matuwid na tao. Nawa tayong lahat ay magalak dahil tayo ay inaanyayahan ng Panginoon sa Kanyang kaharian at ang kaligtasan ay nilaan Niya para sa lahat.

Panalangin:

Manalangin tayo, Panginoon, gawin mo kaming maunawain sa lahat ng oras at tumulong para sa kabutihan ng lahat. 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 – ASSOCIATE PRINCIPAL FOR ACADEMICS:

For Grades 4- 10

A letter to parents about CAPSTONE initiatives have been distributed already. Advisers are requested to facilitate the retrieval of reply slips. Please submit the complete set of reply slips to the Office of the Associate Principal for Academics until Monday, August 27, 2018. Thank you very much.

For Grades 11-12

Temporary class presidents are requested to get copies of the letter to parents about CAPSTONE initiatives from the Office of the Learning Area Chairs in JRF 103 today, August 22 and to distribute them to the class. Please facilitate the retrieval of the reply slips to the said letter and submit the complete set of reply slips to the Office of the Learning Area Chairs until Monday, August 27, 2018. Thank you very much

FROM THE OVCAR – GRADE SCHOOL COMMUNITY:

From the Assistant Principal

1. Please be informed that there are assigned clerical assistants (CAs) at the college lobby to pick up the Preschool kids and bring them to the classrooms from 7:45 – 8:10am. Please be guided accordingly. Thank you.
2. Everyone is encouraged to follow the BYOC (Bring Your Own Container). You may have your water refill from the drinking fountains strategically located at the BB and BG areas. Those who need lukewarm water may get from the faculty rooms or from the office of the LACs.
3. New students are advised to wear jeans and white shirt during P.E. days until the new design becomes available. On the other hand, old students may still wear their PE uniforms this school year.
4. Parents/guardians and Lasallian Partners are reminded to strictly follow the school’s safety measures and security policies.



5. Grades 1-6 students are reminded of the following:
 - a. Proceed to your respective classrooms during assembly time. No one should be seen loitering or playing around.
 - b. Follow the CLAYGO policy anywhere in the campus. Let's help one another to maintain a clean and healthy environment.
 - c. Be familiar with the schedule of your classes especially the dismissal time. Remember to stay at the designated gates where your guardians/ drivers will pick you up.
 - d. Follow the "Keep Right" rule whenever you transport to another venue specially when using the ramps and stairs.
 - e. Turn off the lights and ceiling fans and make sure the doors are locked every time you leave the classroom.
 - f. Sitting on the railings is strictly prohibited. Be safe always.
 - g. Follow the lunch break policy.
 - h. Observe silence and pray fervently during prayer time.

6. Special thanks to the LACs, GMs and Preschool to Grade 3 Subject Teachers for their collaboration on the implementation of the GS "Student Discipline Formation Program". This would be of great help for the sustenance of proper decorum, order and discipline among our students. Your contribution is highly appreciated!

MULA SA DEPARTAMENTO NG ARALING PANLIPUNAN (SOCIAL STUDIES)

KKK (*K-aragdagang K-aalaman sa K-asaysayan*) ng Pilipinas

Agosto 21, 2018 - Araw ni Ninoy Aquino

Idinaraos ang Araw ni Ninoy Aquino tuwing ika-21 ng Agosto upang gunitain ang buhay at kamatayan ni Senador Benigno "Ninoy" Aquino Jr. Si Senador Aquino, kasama ang kaniyang asawang si Corazon, ang nanguna sa pagtataguyod ng modernong demokrasya sa Pilipinas.

Noong 1972, napailalim ang Pilipinas sa batas militar ni Pangulong Ferdinand Marcos, na naging dahilan upang maudyok siya bilang diktador. Marami ang naniniwalang pinagtibay lamang ng batas na ito ang pagpapanatili ng kapangyarihan ni Marcos, ngunit pinangatwiran ito na ang pagpapatupad ng batas ay upang maprotektahan lamang ang bansa mula sa komunismo at kaguluhan ng mga tao.

Mainit na kritiko ni Marcos si Senador Aquino kaya ipinakulong ito ng diktador. Noong 1980, inatake sa puso si Aquino at pinahintulatang pumunta sa Estados Unidos upang magpagaling. Dito ipinagpatuloy ng senador ang pagtataguyod sa kalayaan ng mga Pilipino.

Nagpasyang bumalik sa Pilipinas si Aquino noong 1983 para hamunin si Marcos sa eleksiyon ng 1984, batid na maaaring ikamatay niya ito. Noong ika-21 ng buwan, lumapag siya sa Manila International Airport ng siya ay pinatay na pinaniniwalaang sa utos ni Marcos. Ang pangyayaring ito ang nagdulot sa pagbagsak ni Marcos at sa pagkapangulo ng asawa ni Aquino na si Corazon.

Unang ipinagdiwang ang Araw ni Ninoy Aquino noong 2004 matapos ideklara itong opisyal na pista o holiday ng dating Pangulong Gloria Macapagal-Arroyo bilang araw ng paggunita sa anibersaryo ng kaniyang kamatayan.

<https://publicholidays.ph/tl/ninoy-aquino-day/>



PAGDIRIWANG NG EID'L ADHA 2018

Kahapon, Agosto 21, ay ipinagdiwang din ng mga kapatid nating muslim and Eid'l Adha o ang Feast of Sacrifice.

Ang araw na ito ay idineklarang non-working holiday sa Pilipinas batay sa Republic Act 9849 na pinagtibay sa panahon ni dating Pangulong Gloria Macapagal Arroyo.

Ang Eid'l Adha ay paggunita sa pag-alay ni Ibrahim sa kanyang anak na si Ismael bilang sakripisyo at tanda ng kanyang katapatan at pagiging masunurin kay Allah. Dahil sa katapatan ni Ibrahim, hiniling sa kanya ni Allah na isang tupa na lamang ang kanyang ialay kapalit ng kanyang anak. Ipinagdiriwang ang Eid'l Adha taun-taon tuwing ika-10 araw ng Dhu-Al Hijah—ang ika-12 buwan sa Islamic calendar. Ang batayan ng pagdiriwang ay mula sa Sura 2 Ayad 196 ng Quran—ang Bibliya ng mga Muslim.

Sinisimulan ang Eid'l Adha matapos ang Haj o ang taunang pilgrimage o paglalakbay ng mga muslim sa buong daigdig sa Mecca sa Saudi Arabia. Ang petsa ng pagdiriwang ng Eid'l Adha ay tinatayang 70 araw o dalawang buwan at 10 araw pagkatapos ng Ramadan at Eid'l Fitr.

Bahagi ng Eid'l Adha ang Wajib o morning prayer at ang Khutbah o homily. Sinusundan ito ng pagpunta sa Mosque upang isagawa ang mga kaukulang ritwal kaugnay ng pagdiriwang ng Eid'l Adha.

Ang Eid'l Adha ay winawakasan sa pamamagitan ng Magrid o sunset prayer.

<http://balita.net.ph/2017/09/02/pagdiriwang-ng-eidl-adha-ng-mga-muslim/>

From the GS Math Department

Please be informed that the Mathematics Teachers Association of the Philippines (**MTAP**) in collaboration with DepEd is offering a Saturday Mathematics Program for Regular Students.

The Mathematics Program for Regular Students aims to:

- a. provide learners with the opportunity to explore Mathematics without the threat of tests;
- b. review the materials covered last school year to enable the pupils to do well in Mathematics this school year
- c. prepare the Grade 6 and 10 learners for the private school's entrance examinations for Junior High School and Senior High School; and
- d. prepare them for the local, regional, national and international Mathematics competitions.

The 2018 MTAP – DepEd Saturday Mathematics Program for Regular Students will be conducted for six Saturdays from **September 1 to October 6, 2018** at 8:00am to 12:00nn with a minimal fee of Php200 for all the sessions which must be paid on or before **August 29, 2018**. This will be held at **Padre Valerio Malabanan Memorial School**.

In connection with this, letter to parents will be distributed by your respective Math teacher regarding the said activity. Please return the attached reply slip and payment to your Math teacher on or before **August 29, 2018**.

Thank you very much and we hope that through this activity your math potential and skills will be discovered.

Mula sa GS- Departamento ng Filipino

Pagbati sa mga nagsipagwagi sa **Paligsahan sa Pautakan** mula Baitang 4 hanggang 6 noong nakaraang Agosto 20, 2018.

Paligsahan sa Pautakan – Baitang 4

Unang Gantimpala – BB212 – Gng. Daycel Alon
Ikalawang Gantimpala – BB311 – Gng. Elma Langamon
Ikatlong Gantimpala – BB312 – Gng. Elma Lingao

Paligsahan sa Pautakan – Baitang 5

Unang Gantimpala – BB304 – Gng. Rizza Limbo
Ikalawang Gantimpala – BB305 – Gng. Edna Yanga
Ikatlong Gantimpala – BB308 – Gng. Evelyn De Castro

Paligsahan sa Pautakan – Baitang 6

Unang Gantimpala – BB402 – Gng. Lorna Bagares
Ikalawang Gantimpala – BB406 – Gng. Mona Liza De Villa
Ikatlong Gantimpala – BB401 – Gng. Verna Dimaala

Taos pusong pasasalamat sa mga **gurong tagapayo** lalo't higit sa mga guro sa Filipino na sina **Gng. Liezel Magnaye, Gng. Rizza Limbo, G. Maximo Bueno, at Gng. Leah Sebu**.

FROM THE OVCAR –JUNIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal

1. On Grade Assembly – Congratulations to Sir Reinard Anog, Grade 9 Homeroom Advisers and Grade 9 students for the success of their Grade Assembly held last Monday.
2. On Free Structured Wednesday – Today is Free structured Wednesday. Students are reminded to accomplish your assigned tasks for the day. Maximize your time and avoid procrastination. You will have your room supervisor/proctor to monitor your class until 3:00 PM. Dismissal time today is at 4:00 PM.
3. On BYOU – Students are highly encouraged to bring your own utensils in support of one of our institution's Four Strategic Directions: Creating Sustainable Futures. Likewise, you are also encouraged to bring your own water container. If the drinking fountain located in your area is not functioning or if it is unavailable, you may ask water from offices and faculty rooms.

From the MAPEH Department

ON WEARING OF PE UNIFORM

Please be informed that the NEW set of PE uniform will be available sometime in September. For the mean time, **grade 7** students may wear plain white round neck shirt paired with leggings, soft jeans, jogger pants and the like during

SCHEDULED MAPEH classes. However, **grades 8-10** students who ordered the new PE uniform **should wear their OLD PE uniform** while waiting for the availability of the new set. Please be guided accordingly.

NOTE: Please be advised to bring your order slip while waiting for the issuance of the new PE uniform.

Mula sa JHS Departamento ng Filipino

Maligayang Pagdiriwang ng Buwan ng Wika 2018: “Wika ng Saliksik”

Ano ang tinatawag na “wikang opisyal”?

Ang *wikang opisyal* ang itinadhana ng batas na maging wika sa opisyal na talastasan ng pamahalaan. Ito ang wika na maaaring gamitin sa anumang uri ng komunikasyon, lalo na sa anyong nakasulat, sa loob at labas ng alinmang sangay o ahensiya ng gobyerno.

Sa atas ng 1899 Konstitusyon, ang opisyal na wika ng Republikang Malolos ay Espanyol bagaman itinadhana ring “opsiyonal” ang gamit sa mga wikang sinasalita sa kapuluan. Sa 1935 Konstitusyon, itinadhana na Ingles at Espanyol ang wikang opisyal habang hinihintay ang pagkabuo ng isang wikang pambansa na batay sa isa sa mga umiiral na wikang katutubo.

Noong 7 Hunyo 1940, sa bisa ng Batas Komonwelt Blg. 570 ay ipinahayag na wikang opisyal ang Wikang Pambansa mula ng 4 Hulyo 1946. Sa batas na ito ay kailangang ihanda ang lahat ng teksbuk sa Wikang Pambansa na gagamitin sa pagtuturo sa lahat ng paaralan at sa pagpapalaganap nito sa ilalim ng pangangasiwa ng Bureau of Education at may pagpapatibay ng Institute of National Language. Patuloy pa rin ang mga hakbang upang pasiglahin ang paggamit sa Wikang Pambansa-na ipinahayag noong 1959 na “Pilipino” ang opisyal na pangalan-bilang wika ng komunikasyon sa gobyerno at wika ng pagtuturo.

Ngunit dahil sa isyu ng “purismo” laban sa Pilipino, sa nabuong 1973 Konstitusyon, bagaman ipinahayag na Ingles at Pilipino na mga wikang opisyal ay ipinakilala ang pagbuo ng Filipino bilang Wikang Pambansa. Sa isang dekreto, ang Presidential Decree No. 1, ng Pangulong Ferdinand E. Marcos noong 15 Marso 1973 ay kinilala naman ang patuloy na pag-iral ng Espanyol bilang isang wikang opisyal ng Pilipinas.

Sa 1987 Konstitusyon, nakasaad na wikang opisyal ang Filipino, at hanggang ipinahihintulot ng batas, ang Ingles. Pinalakas pa ng Pangulong Corazon C. Aquino ang kaso ng Filipino sa pamamagitan ng Executive Order No. 335 noong 25 Agosto 1988 na nag-aatas sa lahat ng kagawaran, kawanihan, ahensiya, at instrumentality ng pamahalaan na gumamit ng wikang Filipino sa lahat ng uri ng komunikasyon. Espesipikong iniutos sa EO 335 ang pagsasalin sa Filipino ng “Panunumpa sa Katungkulan” ng lahat ng pinuno at tauhan ng pamahalaan at ang pagsasalin sa Filipino ng mga pangalan ng opisina, gusali, at mga karatula sa lahat ng opisina at pook publiko.

Sanggunian:

Almario, Virgilio S. *Madalas Itanong Hinggil sa Wikang Pambansa*. Maynila, Komisyon sa Wikang Filipino, 2014.

FROM THE OVCAR –SENIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal

1. All students are expected to have the attendance checking in your respective classes. Class secretaries are requested to keep the attendance records faithfully and submit it to the Grade Moderators.
2. During Wednesday, students are reminded to accomplish all the tasks related to CAPSTON Initiatives assigned by your respective subject teachers.
3. Be responsible enough to manage your academic learning time independently or collaboratively.
4. To the SHS Lasallian Partners – Please be reminded to fully utilize the use of Canvas for the academic instructions and learning materials. Thank you.

FROM THE OVCAR- GUIDANCE OFFICE:

1. **For N1,N2, G2 – G6 Homeroom Advisers and Students:** Please be reminded that the deadline of submission of accomplished SPR (Student’s Personal Record) and SPDR (Student’s Personal Data Record) forms is on **Friday, August 24, 2018**. Thank you.
2. **For N1 and N2 Homeroom Advisers and Students:** Big thanks for accommodating Ms. Lisa Gonzales during her Room-to-room Guidance Services Re-orientation held last Monday, August 20, 2018. Kudos to all of you!
3. **For Kinder - G1 Homeroom Advisers and Students:** Please be informed that the Room-to-room Guidance Services Re-orientation will start **tomorrow, August 23, 2018** following the schedule below:

Date	Section	Time	Subject	Adviser/Teacher*
August 23, 2018 (Thursday)	Kinder			
	BB 202 1 st	9:10 – 9:40	Math	Ms. J. Cervantes
	BB 203 1 st	10:10 – 10:40	Math	Ms. O. Tan
	BB 106 2 nd	1:00 – 1:30	Math	Ms. M. Lalamunan
	BB 203 2 nd	1:30 – 2:00	Language	Ms. J. Jopia
	Grade 1			
BG 108	2:00 – 2:40	CLCE	Ms. M. Espiritu	
August 24, 2018 (Friday)	Grade 1			
	BG 114	9:20 – 10:00	Science	Ms. R. Garing
	BG 109	10:20 – 11:00	Soc. Stud	Ms. B. Pagulayan
	BG 111	11:00 – 11:40	Filipino	Ms. D. Gutierrez
	BG 113	12:40 – 1:20	English	Ms. D. Arellano
	BG 110	1:20 – 2:00	English	Ms. C. Del Mundo
	BG 112	2:00 – 2:40	Math	Ms. G. Garay

4. For G2 – G3 Homeroom Advisers / Teachers and Students: Please be informed that the 1st Counselors' Time for Grades 2 to 3 classes will be conducted during your subject period. Below is the schedule:

Date	Time	Section	Subject	Teacher
GRADE 2				
August 28, 2018 (Tuesday)	12:40 – 1:20 PM	BB 109	English	Ms. Fe Lajara
	2:40 – 3:20 PM	BB 108	Filipino	Ms. Grace Robles
August 30, 2018 (Thursday)	8:40 – 9:20 AM	BB 112	CLCE	Ms. Neri Hernandez
	11:00 – 11:40 AM	BB 110	Math	Ms. Cristy Hernandez
	2:00 – 2:40 PM	BB 111	Science	Ms. Andrea Calimlim
August 31, 2018 (Friday)	2:00 – 2:40 PM	BB 104	Soc. Studies	Ms. Sam Sarmiento
GRADE 3				
August 28, 2018 (Tuesday)	2:00 – 2:40 PM	BB 210	CLCE	Ms. J. Estrera/ Mr. Bobby
August 30, 2018 (Thursday)	10:20 – 11:00 AM	BB 204	Science	Ms. Lea Camacho
August 31, 2018 (Friday)	9:20 – 10:00 AM	BB 206	Filipino	Ms. Tina Aguila
	11:00 – 11:40 AM	BB 205	English	Ms. A. Embalsado/ Ms. Sammy
	12:40 – 1:20 PM	BB 209	Soc. Studies	Ms. Gina Vergara
	2:40 – 3:20 PM	BB 208	Math	Ms. Rhea Pecayo

5. **For G6 Homeroom Advisers and Students:** Big thanks for accommodating Ms. Love Navarro during her Room-to-room Guidance Services Re-orientation held last week. Kudos to all of you!
6. **For G7 Homeroom Advisers and Students:** Please be informed that the Room-to-room Guidance Services Re-orientation to all Grades 7 classes will be conducted starting **today, August 22, 2018**. Below is the schedule:

Date	Time	Section	Subject	Teacher
August 22 (Wednesday)	8:40 – 9:40 am	LS101	Homeroom	Ms. J. Bril
	10:00 – 11:00 am	LS 102	(free-structured)	N/A
	11:00 – 12:00 nn	LS 104		N/A
	1:00 – 2:00 pm	LS 105		N/A
	2:00 – 3:00 pm	LS 106		N/A
	3:00 – 4:00 pm	LS 110		N/A

August 23 (Thursday)	8:40 – 9:40 am	LS 108	English	Ms. G. Ona
	10:00 – 11:00 am	LS 209	English	Ms. V. Remo
	11:00 – 12:00 nn	LS 109	TLE	Ms. E. Sagaoinit
	2:00 – 3:00 pm	LS 107	Filipino	Ms. E. Tapalla
	3:00 – 4:00 pm	LS 103	Mathematics	Ms. J. Alarcon
August 24 (Friday)	11:00 – 12:00 nn	LS 210	Social Studies	Ms. M. Rosales
	1:00 – 2:00 nn	LS 211	Filipino	Ms. J. Umilda
August 28 (Tuesday)	8:40 – 9:40 am	LS 111	Science	Ms. D. Litan
	2:00 – 3:00	LS 112	Mathematics	Ms. S. Manalo

7. **For G8 Homeroom Advisers and Students:** Please be informed of the schedule of the Room-to-room Guidance Services Re-orientation for **today until Friday, August 24, 2018**. Thank you.

Date	Time	Section	Adviser / Teacher	Subject
August 22 Wednesday	10:00 – 11:00	LS312		Free Structured
	11:00 – 12:00	LS410		Free Structured
	1:00 – 2:00	LS407		Free Structured
	2:00 – 3:00	LS411		Free Structured
	3:00 – 4:00	LS403		Free Structured
August 23 Thursday	8:40 – 9:40	LS310	Ms. Obeña	English
	10:00 – 11:00	LS402	Ms. Lasi	English
	11:00 – 12:00	LS408	Ms. Riata	English
	1:00 – 2:00	LS405	Ms. Rivera	Science
	2:00 – 3:00	LS401	Ms. Fermin	Filipino
August 24 Friday	8:40 – 9:40	LS409	Ms. Morillo	Math
	11:00 – 12:00	LS 404	Ms. Laraya	Filipino
	1:00 – 2:00	LS 311	Ms. Bautista	Social Studies
	2:00 – 3:00	LS412	Ms. Pagcaliwangan	Science

8. **For G10 Homeroom Advisers and Students:** Below is schedule of the Room-to-room Guidance Services Re-orientation for **today until Tuesday, August 28, 2018**:

Date	Time	Section	Adviser / Teacher	Subject
August 22 (Wednesday)	8.40 – 9:40	BM 201	Mr. A. Baldovino	Homeroom
	9:40 – 10:40	CMR 207	Mr. A. Dimaunahan	Free Structured
	11:00 – 12:00	BM 102	Mr. N. Virrey	Free Structured
	12:00 – 1:00	BM 203	Mr. A. Perez	Free Structured
	2:00 – 3:00	BM 205	Mr. W. Angeles	Free Structured
	3:00 – 4:00	BM 206	Ms. J. Aguda	Free Structured
August 23 (Thursday)	11:00 – 12:00	BM 105	Ms. N. Yabut	Math
	12:00 – 1:00	BM 202	Ms. R. Malaiba	Math
	2:00 – 3:00	CMR 204	Ms. M. Samson	Science
	3:00 – 4:00	BM 204	Ms. M. Breones	English
August 28 (Tuesday)	8:40 – 9:40	CMR 201	Ms. R. Beltran	Filipino
	9:40 – 10:40	CMR 206	Ms. R. Fortus	English
	11:00 – 12:00	BM 103	Ms. R. Uy	English

9. **For G11 STEM Teachers and Students:** Kindly accommodate Ms. Maicon Katigbak for her Room-to-room Guidance Services Re-orientation **until this week**. Thank you.
10. **For G12 Senior High School Students:** Please be guided of the following:
- Be mindful of the deadline of submission of your college application forms. We will not extend the given deadlines as these were reminded to you during the previous days and during your assembly last August 6, 2018. Be prompt. Thank you.

- b. **On DCAT Application:** For those who processed / applied on-line for DLSU-Manila and interested to take the admissions test at De La Salle Lipa, kindly coordinate with the Guidance Office for the re-processing of your application. Thank you.

FROM THE OVCAR – STUDENT ACTIVITIES OFFICE:

1. **On Gr. 7 SCB Application.** The application form for Grade 7 SCB Representatives can now be secured at the SAO. Please note that we shall be electing 3 Grade 7 Representatives on September 5, Wednesday during Homeroom Period. Likewise please be reminded of the following timeline:
August 29 – deadline of submission of SCB Application Form
August 30 to Sept. 4 – Campaign Period
September 5 – Election of Grade 7 Representatives
2. **On JHS Clubs.** Again, we would like to inform you that our Club Offerings for this SY 2018-2019 shall be for Grade 7 and 8 students only. The Club Grade shall be on top of the Homeroom Grade i.e. 5 being the highest and 1 as the lowest. The club meeting shall start after the presentation of Club Offerings and On-Line Club Enlistment which is scheduled on **August 31, SENTRUM from 2:00 – 4:00.** (Club Moderators are reminded of the 2-3 min. ppt or video presentation to be submitted on August 30). Thank you very much.
3. **On Audition of Vox Fusion.** Calling all Grade 7 and 8 students who have good singing voice to join the Vox Fusion Club under Mr. Allan Cadelina and Mr. Michael Zara. There will be audition **TODAY at the MMR 1 from 3:00 – 4:00PM.**
4. **On Grade School Clubs.** The Club Offerings in Grade School shall be for Grades 4 – 6 only. The club meeting shall start on September 5 after the Club Day on September 4. We shall also try to implement the On-line Enlistment after the Club Day with consideration to some clubs with limited number of club members. Once again, thank you so much to our Club Moderators for sharing your talents to our students. ANIMO!!
5. **On Election of Class Officers.** The election of Class Officers is set on **August 29, Wednesday** during Homeroom Period. Please start looking for the best Lasallian Leaders now.

For SENIOR HIGH SCHOOL:

1. **On SHS Grade 11 SCB Representatives.** Please note that Grade 11 students shall elect the following positions:
1 Grade 11 Vice- President
3 STEM Representatives
3 ABM Representatives
2 HUMSS Representatives

Please be reminded of the following important dates:

August 20 – 28	Campaign Period of Grade 11 SCB Candidates
August 29	Meeting de Avance at CBEAM Grounds
August 30	Election of Grade 11 SCB Officers

2. **On Election of Class Officers.** The set date for the Election of Class Officers in SHS is on August 24. However; those who have already elected their new set of Class Officers for this SY 2018-2019 are requested to fill-out the Class Officers Form at the Grade Moderator’s Office. Please forward the accomplished form at the Student Activities Office for proper recording and filing. Thank you.
3. **On Clubs/Organizations.** We are inviting our SHS students to form clubs/organizations in proper coordination with the Student Activities Office. Please take note of the following reminders:
 - 3.1. Prepare and submit Constitution and By-Laws
 - 3.2. Look for Club Moderator
 - 3.3. Present the Constitution and By-Laws of the Club or Organization to the SAO for approval and proper guidance.

FROM THE OVCM – VOCATIONS MINISTRY OFFICE (VMO): Search -In

For Grade 9 students

We would like to inform Grade 9 students that starting next week Grade 10 Search-In members will have the room-to-room visit to discuss matters on how to join the program. There will also be distribution of application forms for those who are interested. If in any case there are concerns and questions, you may approach Mr. Kevin M. Dimaunahan and Mr. Ar Jay Ron M. De Gala at LSF 21 and/or LSF 24. Thank You!

FROM THE INSTITUTIONAL HEALTH SERVICES:

Tips to Prevent Asthma Attacks

- Say No to Smoking – Smoking affects the lungs severely, especially when you are going through the Asthma trouble. In most of the Asthma cases, the rate of wheezing or coughing steps up when the patient is exposed to a smoky environment. An asthma patient must not allow anyone to smoke around them or avoid places where he/she is prone to smoke. Not only the tobacco smoke but any kind of smoke inside the home must be removed.
- Avoid Stress – Too much excitement also acts as a trigger to Asthma attack. Try to remain in a balanced state. Accept all kinds of emotional stuff lightly. Find a workplace that offers you a serene atmosphere and a tolerable pressure of work. Avoid arguments with people.
- Avoid Extreme Temperatures – Try to make yourself comfortable in a normal temperature. Avoid excessively hot or chilled environment exposure. Keep the Air Condition temperature normal. Say goodbye to the humid environment. The fresh morning environment exposure is a good natural treatment for Asthma.
- Maintain Cleanliness Around – Dust is the most trigger for Asthma patients. Whether you are an Asthma patient or not, you may be allergic to dust and find yourself in a terrible sneezing situation after the dust exposure. It is better to keep the household interiors clean. Maintain regular cleaning.
- Remove Damp inside Home – Damp also adds on to Asthma attacks and you must have a dehumidifier in your home. Try to keep your bathroom and kitchen area free of damp and humidity.
- Stay Away from Insects and Animals – Most Asthma patients are allergic to different pets and insects. Keep disinfectant liquid or spray at home and avoid the contact with any kind of animal if you are not really sure about which animal triggers the Asthma attacks in you.
- Get Flu Vaccine – Medical experts suggest flu vaccine to lessen the probability of the attacks.
- Food & Fitness – Asthma patients are usually prescribed a special diet chart. You can't have everything that fascinates you when you are suffering from Asthma. Try going for the prescribed organic food and avoid the fast food.

As it is said – “prevention is better than cure”, one must take care of the triggers or possible triggers to avoid a huge medical expense for Asthma treatment. Visit your nearest healthcare center at least once a month and let your doctor know about your present Asthma status.

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