



School Theme  
2015-2016



### St. Scholastica's College

Manila

*Benedictine Stewardship: An Expression of Faith, Hope and Love*  
*Scholasticans' Response to the Year of the Poor and the Jubilee Year of Mercy*

Level 3 PAASCU Accreditation Status  
Junior High School Unit

Circular No. 10 Series of 2016

Office of the Assistant Principal

**RE: CELEBRATION OF NUTRITION MONTH**

June 28, 2016

Dear Junior High School Parents,

Greetings of peace! As part of our mission to imbibe Benedictine Stewardship among members of the Scholastican community, the Technology and Livelihood Education area of the Junior High School Unit, in collaboration with the Grade School unit, celebrates this year's Nutrition Month with the theme "*Simulan ang Mabuting Kalusugan sa Pagkain ng Agahan.*"

Here are the **scheduled activities** for the month:

1. Move it and Lose It – Zumba on July 4 (Monday) – Students should come in PE uniform. They will wear this for the whole day.
2. National Breakfast day in St. Scho July 4 (Monday)
3. KULASA Diet (for the whole month)

DAY	KULASA DIET
MONDAY	Meatless Monday
TUESDAY	Veggie Tuesday
WEDNESDAY	Fruity Wednesday
THURSDAY	Sugarless Thursday
FRIDAY	Fried-less Friday


4. AlmusalSCHO – This is a fund raising project of the Tanggapan ng Kalinga in coordination with the TLE area.

One of our highlights for this year's celebration is the *National Breakfast Day in St. Scho* where students will prepare breakfast for their class. Each student will have to contribute **P30.00 for the breakfast**, to be collected by their class treasurer. With the assistance of their Livelihood Education teacher, the class will decide on the breakfast that they will have on July 4, after the Zumba dance.

Part of our annual celebration of nutrition month, a fund-raising project together with Tanggapan ng Kalinga is organized to raise funds for the nutrition and feeding programs for our adopted community. Your daughter will be requested to share **P10 of her allowance** for the AlmusalSCHO. One student from each class will be chosen to receive the free breakfast prepared by the TLE teachers.

Should you have any query about the aforementioned, please do not hesitate to contact the undersigned at 567-7686 local 396 - 397. Thank you very much! Benedicite! Ut In Omnibus Glorificetur Deus!

In St. Benedict and St. Scholastica,

  
JONNA MARIE A. LIM  
Assistant Principal

Noted by:

  
SR. REGINA C. DAVID, OSB  
BED Principal

#### REPLY SLIP

I/We have received and noted the content of the June 28, 2016, 2016 Circular No. 10 from the Office of Assistant Principal on the **CELEBRATION OF NUTRITION MONTH.**

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Name of students/Grade Level & Section

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Parent's signature over printed name/ Date