



Wai Kru Day - Thailand

“Wai khru” ceremony is a Thai ritual in which students pay respects to their teachers in order to express their gratitude and formalize the student-teacher relationship. It is regularly held near the beginning of the school year in most schools in Thailand.

La Salle Chotiravi Nakhonsawan School celebrated Wai Kru on the 27th of June 2017 at the multi-purpose hall. There were four ceremonies held that were divided by each level, the higher secondary level, then followed by the kindergarten, lower secondary and the primary level. The ceremony usually begins with a Buddhist prayer ritual in institutions where Buddhism is observed as the official religion. La Salle is a Catholic school but more than 90 per cent of the students were Buddhist. After the prayer it is followed by the students' recitation of the Wai Kru chant, which expresses respect and gratitude for the teachers, and asks for the teachers' blessing of their studies. (Continued)

The highlight of the event was the presentation of flower arrangements to the teachers by student representatives from each class. The arrangements were presented in a traditional Thai manner. Alumni students were also invited and offered flowers and paid respect to the school director Bro. Eugene Prapas Sricharoen FSC, and to the Brothers and teachers.

After the ceremony, Bro. Eugene Prapas Sricharoen FSC, the school director spoke to the students about the meaning of Wai Kru ceremony and the value that Thai culture places on the role of teachers in a child's life. He also thanked the teachers for their hard work and corporations. **(Br. John Niran Suksankrasin FSC)**



Young Brothers Conference - Philippines

Last June 13-14, 2017, the Young Brothers Conference of the De La Salle Brothers in the Philippines had their regular gathering at La Salle Green Hills, to discuss the Philippine Catholic Schools Standards. The Philippine Catholic Schools Standards (PCSS) is a tool/rubric for assessment that is being implemented for basic education institutions by the Catholic Educational Association of the Philippines (CEAP). This assessment guide will be implemented in almost all the Catholic Schools in the Philippines. PCSS is also an evaluation tool that will require Catholic schools to follow certain standards to continuously improve the schools' Catholic identity.





The 2-day gathering gave the opportunity for the Young Brothers to be oriented and trained on how to implement the concept of PCSS in their own respective school assignments. The main facilitator of the Orientation and Training was Br. Rey Mejias FSC. Br Rey is one of the national core trainers of PCSS in the Philippines. With him as co-facilitators of the orientation and training were Br. John Ong FSC, Br. Ranier Guillergan FSC and Br. Abet Pia FSC. These Brothers have attended the initial trainings on PCSS for Lasallian Partners held last February and April 2017 at held in Hotel Benilde and La Salle Greenhills. Also present during the gathering was the Moderator of the Young Brothers Conference, Br.Dante Amisola FSC who gave his opening remarks before the formal session started.

The two day training gave the Young Brothers the chance to bond by working together and actively participating in finding ways to make our Catholic identity stronger and pronounced in the Lasallian schools we serve. **(Br. Ranier Guillergan FSC, Photos: Br. Rey Mejias and Br. Butch Alcudia)**

Health and Wellness

9 Weight Loss Rules that Work

2. Use Whey to Cut Waist

Protein-rich foods put more distance between hunger pangs. And the fuller you feel between meals, the easier it is to avoid binges. The best food for appetite destruction: whey protein. A daily shake made with two scoops of whey protein, fruit (fresh or frozen berries or a banana), and water or crushed ice will improve your middle line. You can buy whey protein at any good health-food store.

3. Meat Cuts Fat

When you eat, your body has to expend calories to digest the food. Protein causes this inner fire to burn the hottest, followed by carbohydrates, followed by fat. Animal proteins increase thermogenesis more than vegetable proteins, so the best calorie-burning foods are lean meats.

So eat protein at each meal—build your dinner around lean chicken, beef, or pork. That way, you're burning the most calories through digestion at the end of the day, when your metabolism is slower.

http://www.menshealth.com/weight-loss/weight-loss-rules-that-work?internal_recirc=outbrain_hp



Fraternally,

Edmundo Fernandez FSC