



An enriching experience for SJIM IBDP students in the Philippines

St. Joseph's Institution International School Malaysia (Tropicana PJ Campus) also known as SJIM, is unlike other international schools because of its Lasallian education ethos and roots. It recently showcased its point of difference again when 17 of its new IBDP students participated in the 3rd SJIM Lasallian Leadership Training Camp in Manila, Philippines from 4 to 14 August 2018. (Continued)

A time honored Lasallian tradition that is also observed in its Brother school SJII Singapore, the programme prepares the school's IBDP students as Senior Lasallian Student Leaders to serve the school's community and the needy public on their return from the camp. An exciting development this year was the involvement of both scholars and non-scholars in a group of 17 incoming Year 12 students in the camp this time. Whilst on the trip, students had sessions in which they learned about the history of the Lasallian movement and the values that it stands for, as well as the story of its founder Saint John-Baptiste de la Salle. In addition to this, they also had opportunities to actively serve the less fortunate in the Philippines through the planning and implementation of mini service projects. This then prepares them to initiate and carry out similar service projects for those in need closer to home back in Malaysia. **(Mr. Neoh Soon Ken; Read the entire article at: <https://goo.gl/sM52A6>**



Badminton Asia U17 & U15 Junior Championships 2018



La Salle College, Hong Kong, is pleased to announce that Ko Shing Hei (5E) has captured the Champions at the Mixed Doubles U17 with his partner, Lui Lok Lok, at the Badminton Asia U17 & U15 Junior Championships 2018 which was held in Myanmar from 3 - 7 October 2018 by beating their Thai opponents 21-12 and 21-19.

Ko Shing Hei also came Third in the Men's Singles U17. (<https://www.lasalle.edu.hk/>)

Philippine Brothers' Memorial Day 2018



Last October 7, 2018, the Brothers and Lasallian Partners in the Philippines observed the Brothers' Memorial Day at De La Salle Lipa. The Eucharistic Celebration was held at the Capilla De San Juan Bautista De La Salle. It was followed by the Memorial Rites at the Memorial Cloister in the Novitiate where the Brothers, families and friends prayed for and remembered the Brothers and Lasallian Partners buried there.

In his reflection, Br.JJ shared a classroom anecdote that allowed the Brothers, teachers and those present to reflect on how to faithfully persevere in the Lasallian Mission by fully embracing (sometimes, in jest) those entrusted to their care just as how the Brothers and the Partners, whom have gone before us, have done and celebrated during their lives. **(Br. Nico Mariano FSC; Photo: Br. Ruben Caluyong FSC)**

Four Josephians Attain SINDA Excellence Awards (SJI, Singapore)

We congratulate our Josephians who have achieved the SINDA Excellence Awards 2018: Sudeesh Thiagu(FN401), Keerthi G Kaarthik (ML403), Sassidaran s/o Murugasu (ML403) and Pothakamuri Tulsi Kiran(ML403).

This award, given to Indian students who are in the top 20% of the IP cohort, recognises the efforts and positive mindset that students have maintained in their journey as a student.



This award helps students to understand their potential in excelling in academics and character development. The students have mentioned that they were “truly grateful for the support they have received from my teachers, friends and most importantly, my family. This award has shown me that I can be a better version of myself. Thus, I will work hard and try my best at sculpting my persona into that of an efficient academic learner and someone with the values that make him a Josephian”. (<https://www.sji.edu.sg/news-and-events/news-highlights/2018>)

Health

Seven Ways to Cut Back on Alcohol

1. Find a solid reason for drinking less

Most of us know that alcohol is related to health problems, including liver disease, diabetes and heart disease, but we tend to assume they won't affect us. So, if those risks don't persuade you to stop, find something that will – such as the effect of booze on your face and bottom: alcohol dehydrates the skin, causes your face to look bloated and puffy, and some believe the toxins in alcohol contribute to cellulite. A pint of beer can contain the same amount of calories as a slice of pizza, so if you want to lose weight, start there.

2. Think about why you drink so much

Maybe you are relying too much on alcohol because of an underlying problem that you are not facing. Cutting back gives you a chance to see how much you are depending on the booze, and how much better you feel without it.

3. Find someone to do it with you

The fact that loads of people have signed up to Go Sober for October could help you to stay on track — your efforts can feel doomed if you are the only one at the party who is not drinking. Talking to someone else about your plans to cut down or stop drinking altogether – or, better still, getting them to join you – will help you stick to your plans. And tell everyone on Twitter, if you must.

4. Avoid temptation

Spend as much time as you can exercising when you would ordinarily be drinking — you will soon realise how much booze affects your body when you discover what it is capable of without it. If you are going out, why not offer to drive others home? You will be forced to stick to non-alcoholic drinks, everyone will love you and you will store up brownie points to cash in later.

5. Reward yourself

If the rewards of better sleep, increased energy, and looking slightly less rough are not enough to persuade you to stay the course, put aside the money you would spend on booze and use it to buy something you really want.

6. Tough it out

It is possible you might have psychological effects from giving up even semi-regular drinking: irritability, poor concentration, feeling shaky, bad dreams. Hang in there. If you keep going, things will improve.

7. Measure for measure

If you want to continue drinking but in moderation, this is a life-changer: buy a jigger spirit measure for single and double shots. You will soon realise those (admittedly delicious) gin and tonics you used to make at home were quadruples.

Full text: <https://www.theguardian.com/lifeandstyle/2018/oct/08/seven-ways-to-cut-back-on-alcohol>



Fraternally,

Edmundo Fernandez FSC