

Southville International School and Colleges



STUDENTS AND PARENTS' BULLETIN

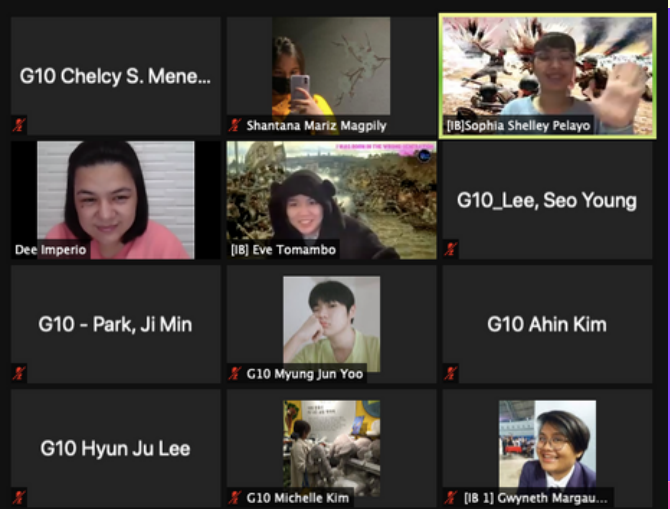
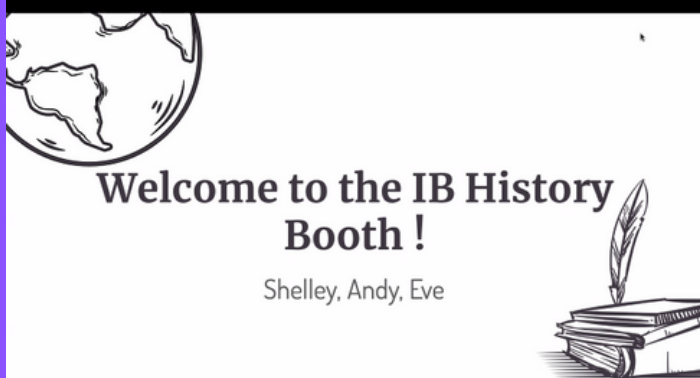
Internationally Accredited by the Western Association of Schools and Colleges; Recognized by the Department of Education as a School of the Future; An International Baccalaureate (I.B.) Authorized World School; Investors in People Gold Awardee; ISO 9001:2008 Certified

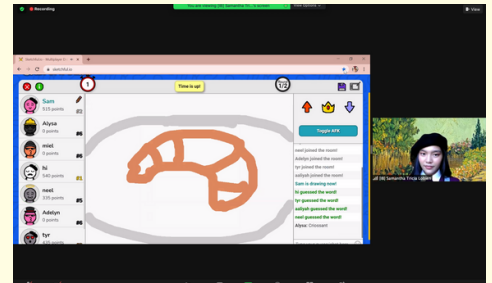
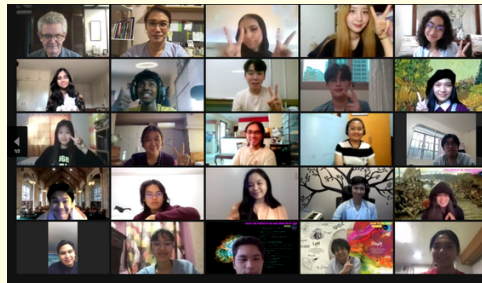
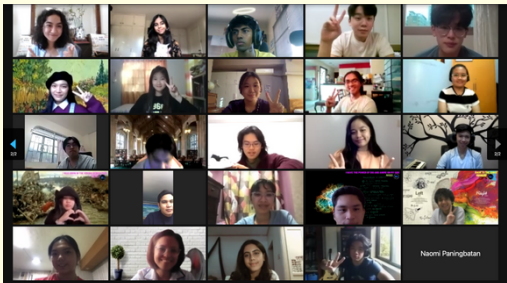
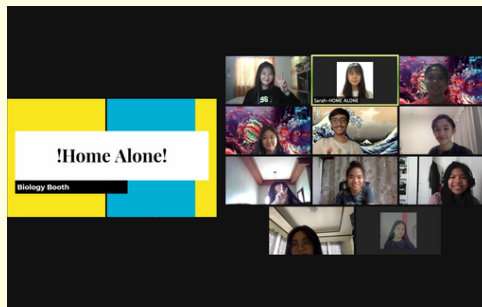
SISC IB Fair turns virtual during pandemic

The International Baccalaureate (IB) Student Council held a virtual IB Fair for Southville International School and Colleges (SISC) Grade 10 students so they can learn more about the IB Diploma Programme and the opportunities available to them. Held last March 11, 2021, the event aimed to inspire participants with the distinct advantages of receiving the holistic, international and academically rigorous course which is one of the strongest entry qualifications to universities around the world.

The online fair mimicked the in-person experience with presentations, interactive games, short discussions, and personal anecdotes from SISC graduates on how an IB education prepared them to successfully navigate further studies and the changing world. Doing it online allowed motivated students to know more about the alternative curriculum for senior high school while keeping everyone safe.

For more information about the IB Diploma Programme, you may email Mr. John Wraith, IB Director at john_wraith@southville.edu.ph or Ms. Armie Ababa, IB Coordinator at armiec@southville.edu.ph.





Students share kindness with a Kindness Wall

If ever there was a time for sharing kindness and compassion, it is surely now. Everyone has been affected by the pandemic in one way or another and a kind word or act can go a long way for people who need it. This was the inspiration for the Grade 4 students' "Kindness Wall" where they posted kindness quotes, well-wishes, and warm words.

They created the digital "Kindness Wall" to create positivity and lift one another up in these trying times. The colorful and eye-catching wall is a great way to make a friend, classmate or teacher's day and spread the grace to be kind to one another.

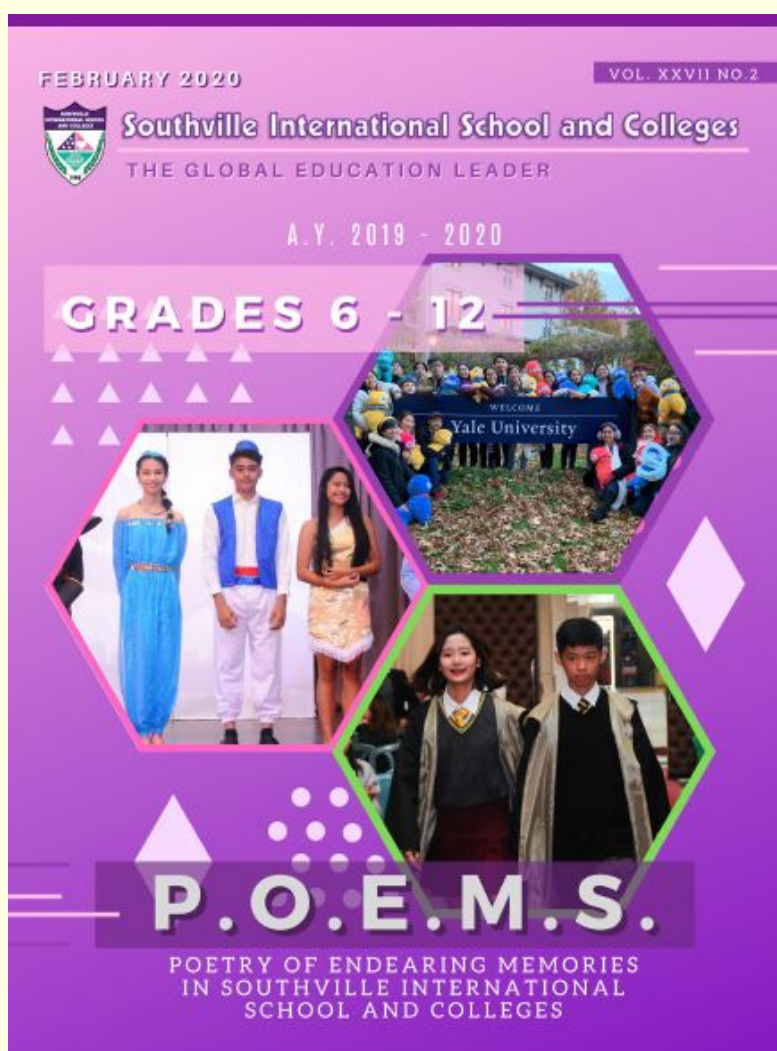




POEMS 2019-2020 for Grade 6 - 12 is available for pickup

Poetry writing has stood the test of time as one of the favorite undertakings of SISC students with the best ones compiled for inclusion in the annual Poetry of Endearing Memories from Southville (POEMS) publication. When the pandemic upended the 2019–2020 school year, the students were not able to get a hard copy of their published poems.

The good news is that the POEMS 2019-2020 publication for Grades 6 - 12 is now available for pickup at the Public Relations Office in Luxembourg Campus during office hours. Please remember to adhere to all health protocols and safety measures, including social distancing and wearing a face mask and face shield, while getting a copy to keep our community as safe as possible.



Reservation for academic year 2021-2022 is now open

Dear Parents/Guardians,

Warm Greetings!

Academic Year 2020-2021 is nearing its end and we would like to thank you for your trust and strong support for Southville International School and Colleges (SISC). We are happy to share with you that we recently gave a virtual tribute to our outstanding alumnus, Gen Mark Tanno, who started with us at the age of five and just now graduated summa cum laude from the Georgia Institute of Technology, U.S.A. with double majors in Aerospace Engineering and Computer Science.

On a different note, we transitioned to Virtual Online Learning and Teaching (VOLT), benchmarked with top virtual online teaching standards in the US since March 2020 and delivered what we committed to do which is to ensure student achievement even with the shift to online platforms. The Southville VOLT also creates spontaneous learning experiences in the virtual presence of classmates and teachers, thus providing opportunities for socio-emotional support and connection.

As part of efficient resources management, we would like to make a realistic projection of the student population for A.Y. 2021-2022. To achieve this, we need to determine how many of our present students are re-enrolling and how many of their siblings are enrolling as new students. For new students, we give priority to the siblings of our old students. Through this, we can allocate slots for new student applicants who qualify for admission. Below are the planned modes of learning for Academic Year 2021-2022:

Mode of Learning	Schedule	Set-Up
Virtual Online Learning and Teaching or VOLT	1st to 3rd Terms	Combination of synchronous and asynchronous online classes; same setup as AY 2020-2021
Blended Learning	As soon as face-to-face classes are permitted by the government	Partial Face-to-Face and VOLT

In this regard, kindly fill out the online early enrollment reservation form and send to pr@southville.edu.ph as soon as possible. There will be NO INCREASE in the tuition fee while we are on VOLT. A supplementary increase will be charged though once we are back to face to face. Preschool, Grade School, and High School students who have fully paid their accounts, have no academic deficiency, and have no discipline issues can already reserve a slot for academic year 2021-2022:

A. Early Enrollment:

There will be an early enrolment discount for students who will enroll from April 2021 to May 2021.

B. Alumni Discount

a. Dependents of alumni who will be enrolling at SISC will enjoy an Alumni Discount.

b. Alumni who wish to pursue their graduate studies (MA in Business Administration, Master in Information Technology, Master of Arts in Psychology) at SISC will enjoy a discount of 10% on tuition fee for one term and 5% on the subsequent terms.

C. Share the Southville Experience

For the Academic Year 2021-2022, we are launching our Share the Southville Experience to students and parents who have friends, relatives, and family members who wish to join the Southville Community. Share with us their names and contact information through the Share the Southville Experience Form, and we will reach out to them to explain the Southville programs. We will also acknowledge you in a tangible manner for sharing your pride of the Southville experience. For any inquiries about the program, please contact Elyds Reyes or Gerlie Montellano of our Public Relations Team via pr@southville.edu.ph.

D. Express your AY 2020-2021 Experience

As we prepare for A.Y. 2021-2022, we would also appreciate it if you can give us your input on the school's performance this academic year and share feedback on how we can surpass our students' achievements. Please answer the questions on the second page of this letter. We thank you for your unwavering support to the school and we look forward to another successful partnership with you towards your child's educational success for A.Y. 2021-2022.

Reservation Slip for A.Y. 2021 - 2022



COVID-19 Health Advisory #1

Academic Year 2020 - 2021



Why is Sleep Important During Pandemic?

Sleep is critical to physical health and effective functioning of the immune system. It is also a key promoter of emotional wellness and mental health, helping to beat back stress, depression, and anxiety.



Empowers an effective immune system



Heightens brain function



Enhances mood



Improves mental health

How do we get a good night's sleep?



Limit Social Media Exposure.

Do not pay too much attention to gossip and some media reports, which may be exaggerated, or may simply be guessing what might happen.



Make time to unwind and manage your fatigue.

Spend some time relaxing and watching a show, listening or reading about things that have nothing to do with COVID-19. This is especially important in the hour or so before going to sleep, so that you can go to sleep with a relaxed mind.



Take care of your mind and body.

As much as possible keep a normal routine throughout the day. Get some exercise, eat sensibly, do not think too much, and avoid caffeine close to bed. Make sure that you do something fun and have a laugh during the day.



Keep a regular sleep-wake routine.

As much as possible we should keep a normal sleep routine. Going to bed at the same time each night, and getting up at the same time each morning is important for getting a good night of sleep.

RECOMMENDED HOURS OF SLEEP

Age Group	Age Range	Recommended Hours of Sleep
Toddler	1-2 years old	11-14 hours
Preschool	3-5 years old	10-13 hours
School-age	6-13 years old	9-11 hours
Teen	14-17 years old	8-10 hours
Young Adult	18-25 years old	7-9 hours
Adult	26-64 years old	7-9 hours
Older Adult	65 or more years old	7-8 hours

Source: US National Sleep Foundation

A BETTER SLEEP FOR A BETTER HEALTH.



References:

- <https://www.sleepfoundation.org/sleep-guidelines-covid-19-isolation>
- https://www.sleephealthfoundation.org.au/pdfs/Getting_Good_Sleep_During_the_COVID-19_Pandemic-0320.pdf
- <https://www.sleepfoundation.org/articles/how-much-sleep-do-we-really-need>



Upcoming Events



HOW TO BE HAPPY WHILE AT WORK?

**Happiness Webinar for Caregivers and Drivers*

March 27, 2021 | 10:00 AM

@sisc.monarchs

Southville International School and Colleges

BE AMAZING. BE SOUTHVILLE.
southville.edu.ph | 8825 - 6374 | 09178532450

Register Now!



SOUTHVILLE INTERNATIONAL SCHOOL AND COLLEGES

VIRTUAL OPEN HOUSE

Early Childhood Education Division

DIGITAL PARENTING FOR DIGITAL LEARNERS

March 27, 2021
9:00am - 11:00AM
1:00PM- 3:00PM

Fully Accredited by **WASC**

zoom

ORIENTATION
VIRTUAL CAMPUS TOUR
TRIAL CLASS

CONTACT US
8825 - 6374 loc 100 | pr@southville.edu.ph

Register Now!



Please acknowledge that you received the e-bulletin. Acknowledgment of this email won't require you to submit reply slips. Kindly click the link below:

[*Acknowledgment Form*](#)

Marie Vic F. Suarez, Ph.D.
Principal, K12 and IB

Basic Ed Bulletins