

# 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

## Monarch triumphs in international English contest

Two of our Southville International School and Colleges (SISC) students won big in a top-flight English competition that drew contestants across Europe and Asia. Iain Cedric Climacosa of Grade 4 Charity and Shane Allison Climacosa of Grade 10 Commitment won silver and bronze medals respectively in the preliminary round of the Eurasian Spelling Bee Lexical Skills Competition help online last April 25, 2021.

The competition was organised by the United Kingdom-based Gatehouse Awards LTD, and challenged students with a Writing, Listening and Oral (Spelling) Test. The Climacosa siblings scored high in each category to bag an award as part of the Philippine team.





## Important dates to remember

Just because regular online classes have ended does not mean the school year is over. Below are the key dates for important year-end and opening-of-new-school-year activities and events (participants' class advisers will share the links prior to the date of the virtual events):

DATES	EVENT
May 31, 2021	Start of Release of Report Card and Diploma of Grade 12 (for those who are done with CLEARANCE)
June 1, 2021	3rd Term PTC
June 4, 2021	Grade 6 Graduation Day
	Third Term IB 1 Parent-Teacher Conference
June 5, 2021	Grades 7-9 Recognition Day (AM)
	Start of Pre-IB and IB Summer classes
June 7, 2021	Grades 10 & 11 Recognition Day (PM)
June 28, 2021	Start of SMART Academic and Non-Academic Enhancement Programs
July 16, 2021	End of Summer Class for ECED
July 23, 2021	End of SMART Academic and Non-Academic Enhancement Programs for K-12
August 2, 2021	Opening of Classes for Grade 11 to 12 and IB 1 and 2
August 3, 2021	Opening of Classes for Grade 10
August 4, 2021	Opening of Classes for Grade 6 to 9
August 5, 2021	Opening of Classes for Preschool to Grade 5

## PTC set on June 1

The Parent-Teacher Conference (PTC) regarding your child's school performance during the Third Term will be on June 1, 2021. The PTC will be done virtually via Google Meet with your child's class adviser sending you the personal meeting link before your conference.

This is your chance to meet and catch up with your child's teacher to learn about your child's progress in school this academic year. You may also ask questions about the planned modes of learning in SISC for academic year 2021-2022.

## Free sport training programs available in Moodle

This summer, SISC coaches are maximizing online and virtual tools to stay connected and engage with their players and other young athletes. They uploaded in Moodle training videos that can be done safely at home for developing and enhancing core skills in basketball, football and volleyball.

The videos present step-by-step guidance for performing a wide range of movements/drills that are building blocks for simple and advanced sport skills. Stay active, upskill and keep fit by clicking the link below:

<https://moodle.southville.edu.ph/course/index.php?categoryid=1453>

### SISC Coaches



# 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](mailto: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](mailto: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**

# Health Advisory



**SPB**  
Student and Parents' Bulletin

**Health Advisory #8**  
Academic Year 2020 - 2021



## Stay Physically Active during Pandemic

Physical activity and relaxation techniques are helpful to us to remain calm and healthy in this time of pandemic. It helps to strengthen our bones and reduce the risk of having heart diseases. It also lessens or eases anxiety and stress levels. WHO recommends **150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity per week, or a combination of both.**

### Tips on how to stay physically active at home:



#### Take short active breaks during the day.

Short bouts of physical activity add up to the weekly recommendations. You may use the suggested exercises below as inspiration to be active every day. Dancing, playing with children, and performing domestic chores such as cleaning and gardening are other means to stay active at home.



#### Follow an online exercise class.

Take advantage of the wealth of online exercise classes. Many of these are free and can be found on YouTube. However, if you have no experience performing these exercises, be cautious and aware of your own limitations.



#### Walk.

Even in small spaces, walking around or walking on the spot, can help you remain active. If you have a call, stand or walk around your home while you speak, instead of sitting down. If you decide to go outside to walk or exercise, be sure to maintain at least a 1-meter distance from other people.



#### Stand up.

Reduce your sedentary time by standing up whenever possible. Ideally, aim to interrupt sitting and reclining time every 30 minutes. Consider setting up a standing desk by using a high table or stacking a pile of books or other materials, to continue working while standing. During sedentary leisure time prioritize cognitively stimulating activities, such as reading, board games, and puzzles.



#### Relax.

Meditation and deep breaths can help you remain calm.

# MOVE TO THE BEAT OF YOUR HEART.



#### References:

<https://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/technical-guidance/stay-physically-active-during-self-quarantine>  
<https://www.cnn.com/2020/04/06/free-workout-exercises-at-home-while-social-distancing-coronavirus.html>



## Examples of home-based exercises



### Knee to elbow.

Touch one knee with the opposite elbow, alternating sides. Find your own pace. Try to perform this for 1–2 minutes, rest for 30–60 seconds, and repeat up to 5 times. This exercise should increase your heart and breathing rates.



### Plank.

Support your forearms firmly on the ground, with the elbows under the shoulders. Keep the hips at the level of the head. Hold for 20–30 seconds (or more, if possible), rest for 30–60 seconds, and repeat up to 5 times. This exercise strengthens your belly, arms and legs.



### Back extensions.

Touch your ears with your fingertips and lift your upper body, keeping the legs on the ground. Lower the upper body again. Perform this exercise 10–15 times (or more), rest for 30–60 seconds, and repeat up to 5 times. This exercise strengthens your back muscles.



### Squats.

Place your feet at hip distance with the toes pointing slightly outwards. Bend the knees as much as it feels comfortable, keeping the heels on the ground and the knees over (not in front of) the feet. Bend and stretch the legs. Perform this exercise 10–15 times (or more), rest for 30–60 seconds, and repeat up to 5 times. This exercise strengthens your legs and glutes.



### Seated meditation.

Sit comfortably on the floor with your legs crossed (alternatively, sit on a chair). Make sure your back is straight. Close your eyes, relax your body and progressively deepen your breathing. Concentrate on your breath, trying not to focus on any thoughts or concerns. Remain in this position for 5–10 minutes or more, to relax and clear your mind.

**MOVE TO THE BEAT OF YOUR HEART.**



**References:**

<https://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/technical-guidance/stay-physically-active-during-self-quarantine>  
<https://www.cnn.com/2020/04/06/free-workout-exercises-at-home-while-social-distancing-coronavirus.html>

# Institutional Survey leads to improvement

SISC is a firm believer that educating a child is a collaborative effort between the home and the school. Just like you, SISC wants what is best for your child in terms of growing in knowledge and in values. We value parent comments and suggestions that improve the learning experiences of a child.

It is in view of our shared goal that SISC is conducting the Institutional Survey for parents. Please answer the Institutional Survey Form for Parents and students linked to this bulletin so the school will know how it is doing and what more it can do to help your children achieve their potentials and become movers of society. Together, we can make a difference.

[Year End Institutional Survey for Parents A.Y. 2020-2021](#)

## Share a Southville experience

A graphic with a purple background. At the top left, the text 'SHARE A SOUTHVILLE EXPERIENCE' is written in large, bold, yellow-outlined letters. In the top right corner is the Southville International School and College logo. Below the logo is a photo of a smiling woman and a young girl sitting at a desk with books and a laptop. A red circular badge with white text says 'REFER SOMEONE TODAY!'. At the bottom, three stacked boxes contain the text 'Share a Southville Story!' in white and yellow.

**SHARE A SOUTHVILLE EXPERIENCE**

**REFER SOMEONE TODAY!**

Share a Southville Story!

For the Academic Year 2021-2022, we are launching our Share a 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 through a token of Gratitude for sharing your pride in 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](mailto:pr@southville.edu.ph).



*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](#)