



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

No. 2 A.Y. 2021 - 2022

September 10, 2021

MATHLETE TAKES SILVER IN INTERNATIONAL MATH CONTEST



ERVIN JOSHUA BAUTISTA

A high school student from Southville International School and Colleges (SISC) bagged a silver medal in the 2021 Indonesia International Mathematics Competition (IIMC) held virtually last July 27 - 31, 2021. Ervin Joshua Bautista of Gr. 9 - Compassion won the individual award as a member of the Philippine team to the worldwide competition.

Almost 600 students from the United States, Russia, Australia, China, Singapore, Bulgaria, South Korea, India, Taiwan, Vietnam, the United Arab Emirates, Ghana, Hong Kong, Mexico, Malaysia, Romania, Thailand, South Africa, Bolivia, and Iran participated in the competition, making it one of the most prestigious in the world.



Key Stage III Team D

Bautista, Ervin Joshua V.

Silver

COFFEE CHAT AND ORIENTATION FOR PARENTS AND GUARDIANS SET

SISC views the relationship it has with its students' parents and families as a partnership – a partnership created to help the students be successful. We also know that when parents and guardians are informed, students benefit. Therefore, all parents and guardians are invited to the virtual Coffee Chat and Orientation to know more how your children will learn on a virtual platform, and to meet your children's teachers.

Below are the dates for the respective orientations (the registration links will be sent by your child's class adviser):

Grade 12: September 10, 2021 at 4:00 – 6:00 PM

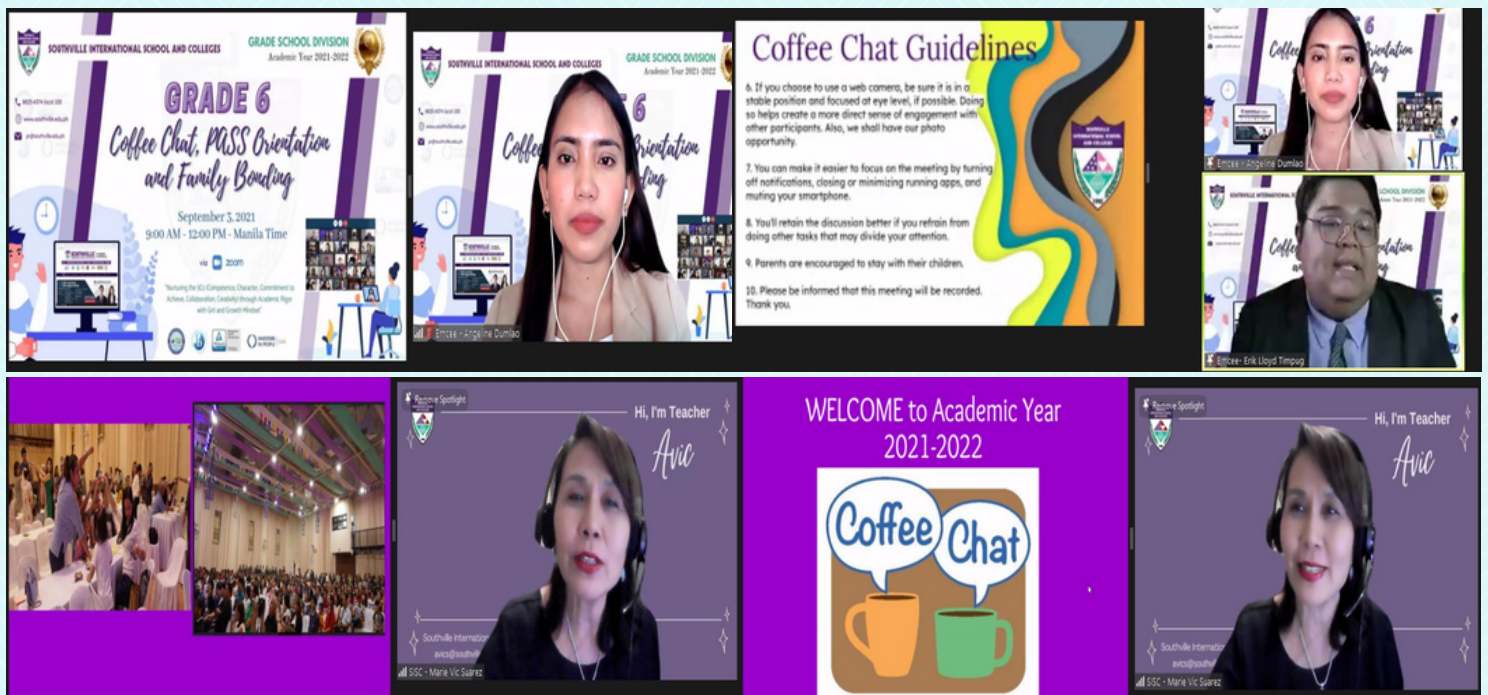
Grades 10–11: September 24, 2021 at 2:00 – 4:00 PM

Grades 7–9: September 24, 2021 at 9:30 – 11:30 AM

International Baccalaureate 1: September 25, 2021 at 9:00 to 11:00 AM

International Baccalaureate 2: October 1, 2021 at 2:00 to 4:00 PM

We would like to thank all the parents and guardians who joined the recent virtual Coffee Chats and Orientations for Preschool and Grade School. We appreciate your taking the time to meet with your children's teachers and look forward to our continued partnership.





What is PASS?

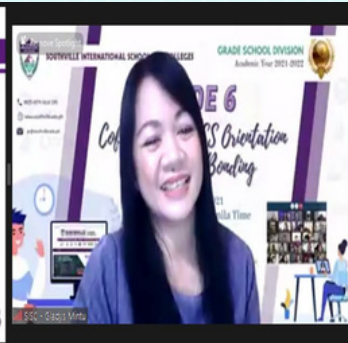
- More than a collection of best work, it showcases the **achievements** of students for the whole year
- An evaluation **methodology** that ensures the student's demonstration of a particular knowledge or skill
- A system driven by **outcomes** or performance
- Graduation requirement



What is PASS?

Portfolio Assessment for Southville International School and Colleges Students

Student Portfolios



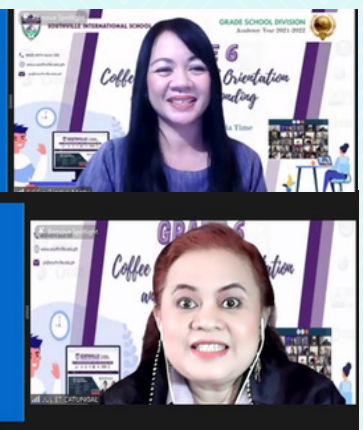
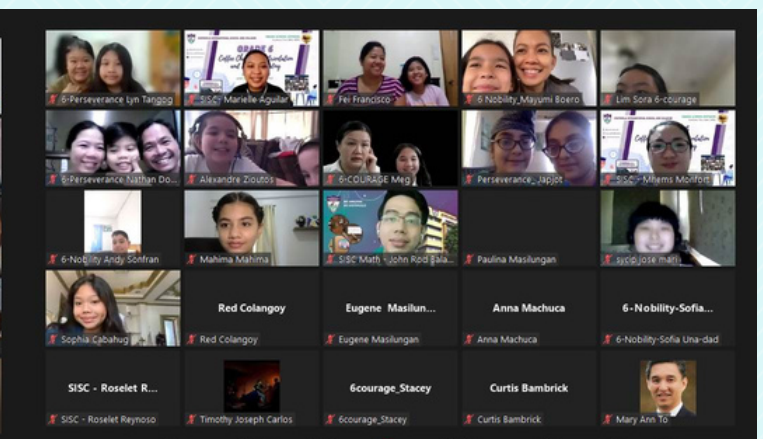
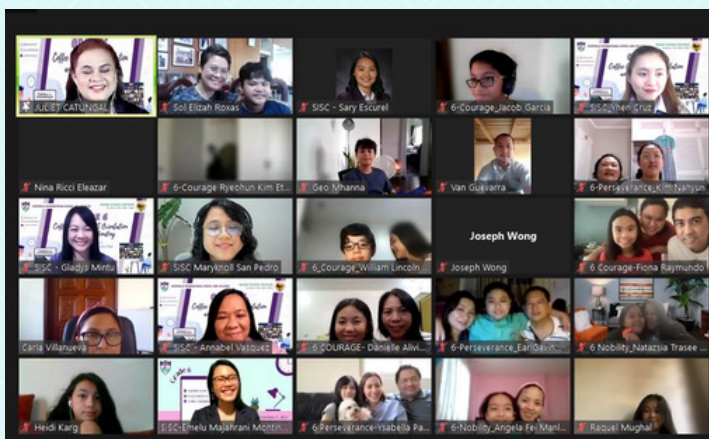
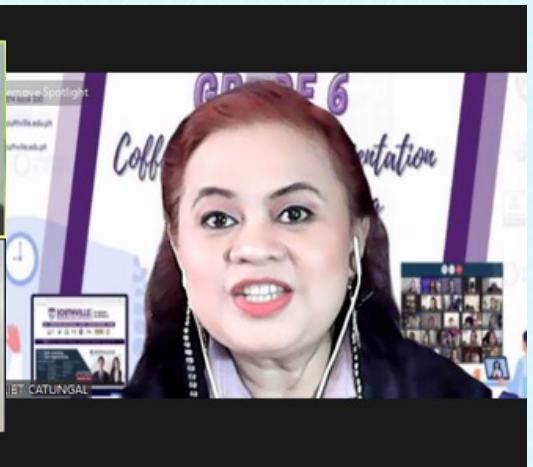
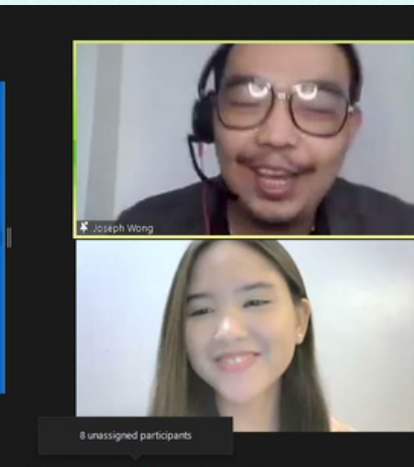
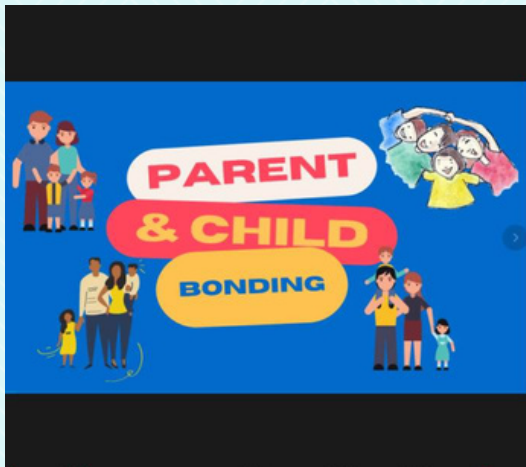
Why research?

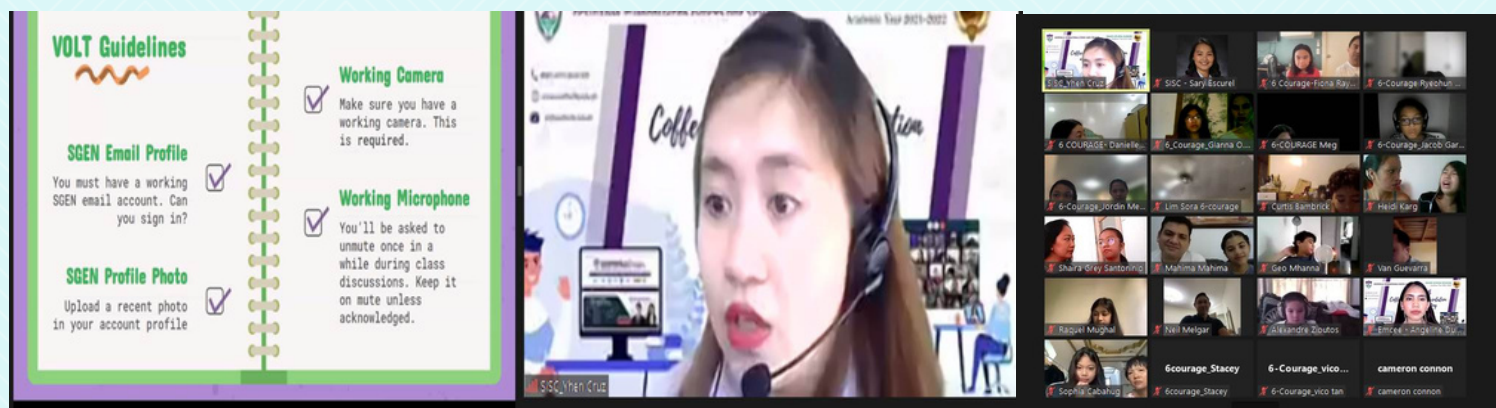
Allows our students to pursue their interests

To learn something new

To hone their problem solving skills

To promote students ability to analyze, synthesize and evaluate the content under study (academic rigor)





GUIDELINES ON SUSPENSION OF ONLINE CLASSES

With the typhoon season upon us, SISC adheres to the Department of Education or DepEd Order No. 14, s. 21 Guidelines on Suspension of classes of Public and Private Schools, Kindergarten, Elementary and Secondary (Junior High School and Senior High School) regardless of learning modality :

| Typhoon Signal | No Classes |
|-----------------------|---|
| Signal No. 1 | Preschool |
| Signal No. 2 | Preschool, Grade School, High School & IB 1 and 2 |
| Signal No. 3 | Preschool, Grade School, High School, IB 1 and 2 & College |

Depending on signal numbers declared at 10:00 p.m. the day before and 4:30 a.m. of that day, online classes in appropriate levels for the whole day are deemed automatically cancelled/suspended.

In the absence of typhoon signal warnings from PAGASA, localized cancellation/suspension of classes is implemented by local chief executives in their capacity as chairpersons of the Local Disaster Risk Reduction and Management. SISC follows this announcement (Parañaque for STAR Campus; Las Piñas for Munich, Luxembourg, and Tropical campuses) for the general safety of the students under our care.

HEALTH ADVISORY



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>



SHARE A SOUTHVILLE EXPERIENCE



SHARE A SOUTHVILLE EXPERIENCE

NATALIA ADRIANNA SUAREZ- MIRANDA
Southville Student

MS. NICOLE SUAREZ
Southville Parent and Homegrown Alumna

**BE AMAZING.
BE SOUTHVILLE.**
www.southville.edu.ph

*"My daughter Adrianna and I spent the first year of the pandemic **working and studying** at home **together**. It felt like she grew up so fast even if she's locked down in our house doing her studies and homework. And as a parent, I was given an opportunity to watch my child blossom in her studies having done school work at home as I work too. Now, Adrianna successfully moves up to Grade 2, still as excited to do the Southville Virtual Online Learning and Teaching (VOLT) Program again."*

Logos: AUAP, WASC, Investors in People Gold, Southville International School and Colleges (1990)

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.

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, PhD
Principal, K12 and IB

Basic Ed Bulletins

