Southville International School and Colleges

STUDENTS AND PARENTS' BULLELE IN

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

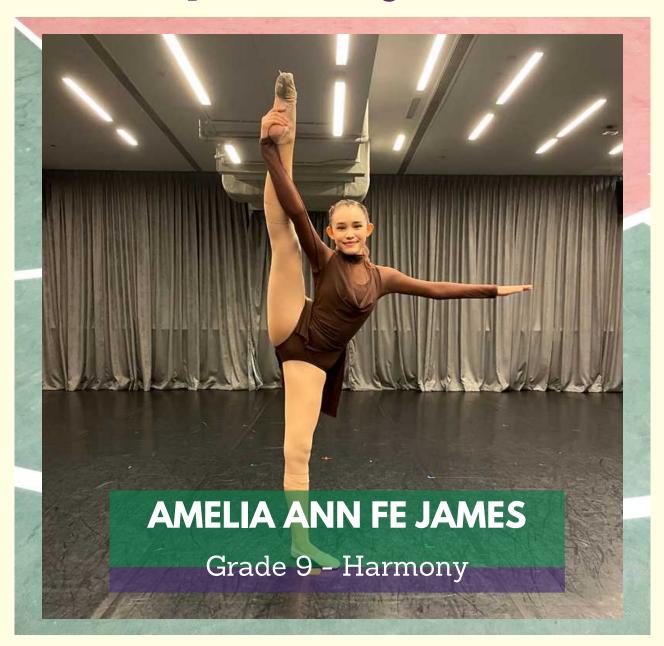
SISC holds virtual election for IB Student Council

Southville International School and Colleges (SISC) students headed to the virtual polls last week to determine who will take the helm of the Student Council (SC) this academic year. IB 1 and 2 students voted for their preferred candidates using an online voting platform to select their representatives who will voice their interests and issues about student life.

Meet the newly elected 2021 - 22 IB Student Council Officers:



Student wins two awards in the performing arts



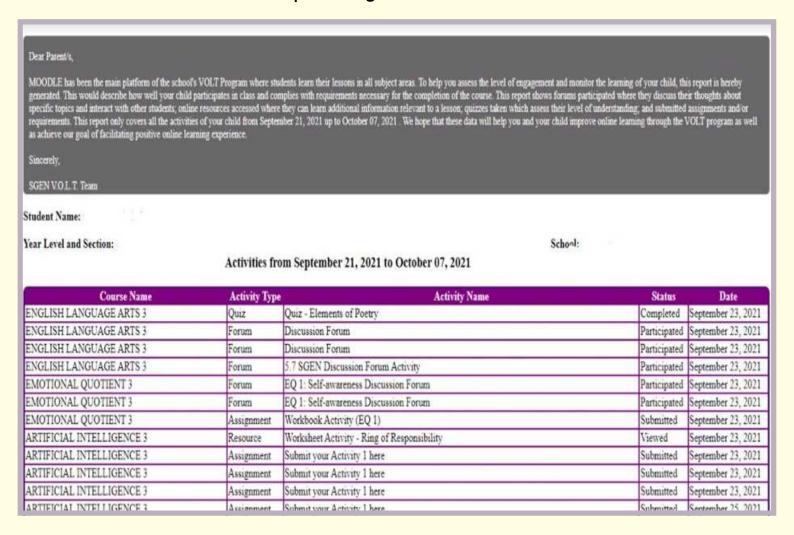
A junior high school student was recognized with two awards for excellence in the performing arts. Amelia Ann Fe James from Grade 9 - Harmony danced her way to a Platinum Award in Contemporary Dance at the 2021 Get the Beat International Dance Competition. She competed against other amateur dancers from Australia, New Zealand and Asia in the 13-14 years old category.

James also bagged a Silver Award in the Vocal Solo competition of the Asia Pacific International Arts Festival. She showcased her talent in the 13-14 years old category featuring contestants from China, Indonesia, Korea, Singapore, Philippines, Malaysia, Thailand, Vietnam, Cambodia, etc.

Student Analytic Report set for release

To keep parents connected to their child's learning activities during the pandemic, SISC will release the Moodle Student Analytic Report specifying information on how their child is doing at virtual school. The report is an essential component of the elearning process so parents can support their child from home. The school's learning management system, Moodle, continuously collects data about students' engagement and performance, and their participation in their Moodle courses.

In the report, parents can see their child's work and interaction with his/her lesson content and activities. It provides a checklist of what a student has done so far so parents can track their own child's progress in the major subject areas. They can check if their child has viewed a specific lesson, participated in a particular activity, or completed a certain quiz. The report can alert them in case their child is neglecting some course materials so they can remind him/her to take full advantage of the online resources his/her teachers are providing.



Health Advisory



SPB Student and Parents' Bulletin

Health Advisory #6

Academic Year 2021 - 2022



Coping with Stress and Anxiety during Pandemic

According to the Center for Disease Control and Prevention, the COVID-19 pandemic can be stressful to humans. Fear and anxiety about a new disease can be overwhelming, and can cause strong emotions in adults and kids. Actions in public health, such as social distancing, can make individuals feel isolated and lonely thus increasing stress and anxiety. (However, these actions are necessary in order to reduce the spread of COVID-19.)

Healthy ways to cope with stress and anxiety



its okay to feel your feelings





Know what to do if you are sick and how to get treatment. Contact your healthcare provider or the Medical Team before you start any self-treatment for COVID-19.

Acknowledge your feelings and take good care of your emotional health. It will help you think clearly, reacting to the urgent need to protect yourself and your family.

Take breaks from social media and stressful news. Hearing about the pandemic repeatedly can be upsetting.

Take care of your body. Take deep breaths, stretch, or meditate. Eat well-balanced meals and exercise regularly.

Make time to unwind. Do things that you love most. Explore other activities that can be included in your day-to-day activities.

Stay connected with others. Talk via phone or video call with people you trust on how you are feeling. A support system has a powerful effect in helping us cope with challenges.

YOU ARE NOT ALONE, WE ARE HERE FOR YOU.



https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html https://services.unimelb.edu.au/counsel/resources/wellbeing/coronavirus-covid-19-managing-stress-and-anxiety



Share a Southville experience



For the Academic 2021-2022. we are launching Share our a Southville Experience to students and parents who have friends, relatives, and family members who wish to Southville the join Community. Share with us their names and contact information through the Southville Share Experience Form, and we will reach out to them to the Southville explain 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 <u>presouthville.edu.ph.</u>

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

