



# 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

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## STUDENT COUNCIL ELECTION RESULTS ARE IN

The Southville International School and Colleges (SISC) Student Council election for Basic Education was recently held to form the formal student-led governing body of the school. Students from Grades 6 - 12 cast their votes online to select their representatives for this academic year who will work on the issues that affect students the most.

Meet the newly elected 2021 - 2022 Student Council Officers:



*Zia Huh*  
**PRESIDENT**  
STUDENT COUNCIL AY 2021-2022



*Yoo, Myung Jun*  
**VICE PRESIDENT**  
STUDENT COUNCIL AY 2021-2022



*Han Jia He (Alisa)*  
**SECRETARY**  
STUDENT COUNCIL AY 2021-2022



*Marcus Javier Rosal*  
**GRADE 6 REPRESENTATIVE**  
STUDENT COUNCIL AY 2021-2022



*Zoe Alaina Murray*  
**GRADE 7 REPRESENTATIVE**  
STUDENT COUNCIL AY 2021-2022



*Martha Therese Pua*  
**GRADE 8 REPRESENTATIVE**  
STUDENT COUNCIL AY 2021-2022





*Matthew Mariano*  
**GRADE 9 REPRESENTATIVE**  
 STUDENT COUNCIL AY 2021-2022



*Robert Jeremiah Rivera*  
**GRADE 10 REPRESENTATIVE**  
 STUDENT COUNCIL AY 2021-2022



*Patricia Therese Salgado*  
**ABM REPRESENTATIVE**  
 STUDENT COUNCIL AY 2021-2022



*Jilliane Rae Guerlar*  
**GAS REPRESENTATIVE**  
 STUDENT COUNCIL AY 2021-2022



*Noa Aimee Vouk*  
**HUMSS REPRESENTATIVE**  
 STUDENT COUNCIL AY 2021-2022



*Mular Azalea Sugianto*  
**STEM REPRESENTATIVE**  
 STUDENT COUNCIL AY 2021-2022

# MONARCHS WIN BIG IN INT'L SCIENCE AND MATH COMPETITION

Students from SISC raked in medals at the National Round of the 2021 Siam International Mathematics and Science Olympics (SIMSO) organized by the International Champions in Education, Inc. of Thailand. Winning a gold medal were Jenica Beatrice Roque and Archon Connor Sky Dolor of Gr. 3 - Courtesy, and Robert Jeremiah Rivera and Jiwon Jin of Gr. 10 - Commitment . Sky and Rivera also topscored in their age-based categories.

Below is the list of other winners from SISC:

Silver Medalist	Bronze Medalist
RJ Nico Amante	Audrey Maeve Javier
Gabriel Dino	Alyanna Claire Arreza
Kylie Ceazar Vaz	John Isaac Pornillosa
Christien Jay De Guzman	Mason Perez



Silver Medalist	Bronze Medalist
Antwone Santino Ong	Nikolai Isaac Eusebio
	Iain Cedric Climacosa
	Railey Ascaño
	Ji Hyang Lee
	Breanna Karel Baja
	Joshua Levi Santos
	Yerin Kim
	Jiana Maxine Gregorio

Merit Awardees	Achievers
Henry Hermel Griffith	Michael Angelo Pereira
Mathea Johanna Adawag	Marcus Sybingco
	Akita Adrianna Beredo
	Raeesah Aniq Dimakuta
	Song Chaeho
	Chiara Monique Hernandez
	John Matthew Bryan Cabiles
	Charlle Saclag

## Gold Medalist



**ARCHON CONNOR SKY  
DOLOR  
3 - COURTESY**



**JENICA BEATRICE  
ROQUE  
3 - COURTESY**



**JIN JIWON  
10 COMMITMENT**



**ROBERT JEREMIAH  
RIVERA  
10 COMMITMENT**



# MATHLETES TRIUMPH IN WORLD MATH CONTEST

Six SISC students emerged victorious in the 2021 Hong Kong International Mathematical Olympiad (HKIMO) conducted by the Olympiad Champion Education Centre of Hong Kong. Sejong Park of Gr. 10 - Commitment won a gold medal, Hyunkyu Song of Gr. 10 - Commitment and Minsuk Kim of IB 1 got silver medals, and Rymmel Renzo Macapagal of Gr. 6 - Perseverance, Jiwon Jin and Yerin Kim of Gr. 10 - Commitment bagged bronze medals in the final round of the competition.

They competed against other contestants from Bulgaria, Hong Kong, China, Indonesia, Malaysia, Singapore, Thailand, Vietnam, Myanmar, India, Kyrgyzstan, Brazil, Iran, Sri Lanka, Cambodia, Ghana, Azerbaijan and Australia. For winning the gold medal, Park qualifies for the World Mathematical Olympiad which pits the best math students from across the globe.





# HEALTH ADVISORY



**SPB**  
Student and Parents' Bulletin

**Health Advisory #7**  
Academic Year 2021 - 2022



## 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.cnbc.com/2020/04/06/free-workout-exercises-at-home-while-social-distancing-coronavirus.html>





# SHARE A SOUTHVILLE EXPERIENCE



**SHARE A SOUTHVILLE EXPERIENCE**

IB AUAP WASC INVESTORS IN PEOPLE GOLD

**NATALIA ADRIANNA SUAREZ- MIRANDA**  
Southville Student

**MS. NICOLE SUAREZ**  
Southville Parent and Homegrown Alumna

**BE AMAZING.  
BE SOUTHVILLE.**  
[www.southville.edu.ph](http://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."*

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, PhD**  
**Principal, K12 and IB**

**K12 and IB Bulletins**

