



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. 10 A.Y. 2021 - 2022

November 12, 2021

MONARCHS RECEIVE NATIONAL RECOGNITION

Five Southville International School and Colleges (SISC) students were given the Youth Excellence in Science (YES) Award by the Department of Science and Technology - Science Education Institute (DOST-SEI) in recognition of their achievements in international mathematics competitions. Railey Emmanuel Ascaño, Ervin Joshua Bautista, Graciela Santiago Gonzales, Sajjan Suresh and Gwyneth Margaux Tangog were awarded during the virtual ceremony held last October 29, 2021.

The Youth Excellence in Science (YES) Award is conferred to students who won in international science and mathematics competition at the elementary, secondary and collegiate levels. It is given by DOST-SEI to further motivate the youth to strive for excellence in the fields of science and mathematics, and get into science and technology courses to become part of the country's pool of scientists and engineers.





Sajjan Suresh
Grade 5 - Honesty



**Gwyneth Margaux
Tangog**
IB 2

SENIOR HIGH STUDENTS TO ATTEND E-COMMERCE TRAINING

Students from Grs. 10 -12 will join the online entrepreneurship and innovation program of one of the biggest e-commerce companies in the country to know what it takes to start their own business and succeed in the digital economy. LazStart by Lazada will upskill participants on how to set up their own online store using the virtual shopping platform while continuing their studies.

With the theme "Understand the eCommerce Landscape and the Basics of Building an Online Store in the Philippines," the course will familiarize students with identifying and targeting relevant audience segments, starting an online store from scratch and navigating the e-commerce industry. At the end of the course, the participants will receive a certification in online entrepreneurship.

A promotional banner for the LazStart training program. It features the Lazada logo at the top left, followed by the LazStart logo and the text "ONLINE ENTREPRENEURSHIP & INNOVATION TRAINING & CERTIFICATION". Below this, it states "Understand the eCommerce Landscape and the basics of building an online store in the Philippines". At the bottom left, it says "In partnership with:" followed by the Southville International School and Colleges logo. On the right side, there is a photograph of a smiling woman wearing a red headband, holding a cardboard shipping box and a smartphone, with a laptop in front of her. The background of the banner is blue with various e-commerce icons like a shopping cart, a dress, and a t-shirt.

INSTITUTIONAL SURVEY LEADS TO IMPROVEMENT

As the Department of Education is pilot testing a limited return to classrooms in "low-risk" areas of the country this month, SISC would like to find out parent and student preference for face-to-face instruction, remote instruction or blended learning. We wish to know your thoughts on how best to support the learning of your child while prioritizing the health and the safety of our community.

To access the School Set-up Survey, please click on the link:

[School Set-up Survey](#)

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.

[Midyear Institutional Survey for Parents and Students](#)

HEALTH ADVISORY



SPB
Student and Parents' Bulletin

Health Advisory #10
Academic Year 2021-2022



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

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

*"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.

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

