

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

Mathletes make their mark in int'l competition

Four grade school students from Southville International School and Colleges (SISC) emerged victorious in the heat round of the 2022 Philippine International Mathematical Olympiad. Jenica Beatrice Roque of Gr. 3 Courtesy won the gold medal, and Yuki Togawa of Gr. 3 Peace took the merit award competing in the Primary 3 Level.

Bagging the bronze medal were Kent Togawa of Gr. 4 Charity in the Primary 4 Level, and Samantha Rhys Mendoza of Gr. 5 Trustworthiness in the Primary 5 Level. All medalists in the heat round qualified for the final round to be held soon.



Jenica Beatrice Roque
3 Courtesy



Yuki Togawa
3 Peace



Kent Togawa
4 Charity



Samantha Rhys Mendoza
5 Trustworthiness

HS art exhibition goes virtual

Galleries of visually arresting art pieces created in art class by SISC high school students are on display at the Artsteps virtual exhibition platform. The online art show is a collection of the most outstanding creations of talented Grades 11 students exploring perception of the self, states of mind, and aspirations. The artists have been working hard under these unprecedented circumstances to use creativity as a means of expression.

Curated for ease of viewing on a mobile device, viewers can actually take a gallery walk from artwork to artwork as seen from a first person perspective. Online visitors can click on the works, and view the name of the artist and the art details.



MADE BY MONARCHS

A Virtual Exhibit featuring the works of
Grades 11 students of SISC



View the online exhibit by clicking the button below.

[Grade 11 Artworks - Creative Portraits](#)

Fun, free food and more at College Open House

The SISC College Division will host an Open House and Summer Food Fiesta for Gr. 12 students on May 6 to 7, 2022, 9:00 am to 4:00 pm, in Luxembourg Campus. Learn more about the college degree programs available at SISC in this lively and festive event while tickling your taste buds with free food from local concessionaires.

There will be booths from the different colleges, food stalls, games, raffle and much more. All future college students are welcome to join the fun events, make new connections, and know more about what SISC College has to offer. The outdoor event is free and will adhere to school, local, and national health guidelines.

Click the link below to register:

[Summer Food Fiesta Registration Form](#)

Note: Students must bring their 1st grading report card.



Summer FOOD FIESTA

SHS AND COLLEGE OPEN HOUSE

MAY 6 & 7, 2022



Are you
hungry?



**FREE
FOOD!**



IB 2 students to hold ToK Exhibition

The graduating International Baccalaureate (IB) Class of 2022 will be holding its first Theory of Knowledge (ToK) Exhibition entitled *Converging Conversations with the theme "(From Nowhere to Somewhere), Curating Pieces to Perspectives"* this coming May 12, 2022, from 1:00 to 4:00 pm. In this exhibition, they will be divulging the intricacies of knowledge that focus on the central question of "How do we know what we know?".

ToK is a core class which all IB Diploma Program students are required to take, and the exhibition is a new internal assessment in the course. The presentations will show how ToK concepts manifest in the world around us and how they come alive in real-life. Please click through on this link on May 12 to join:

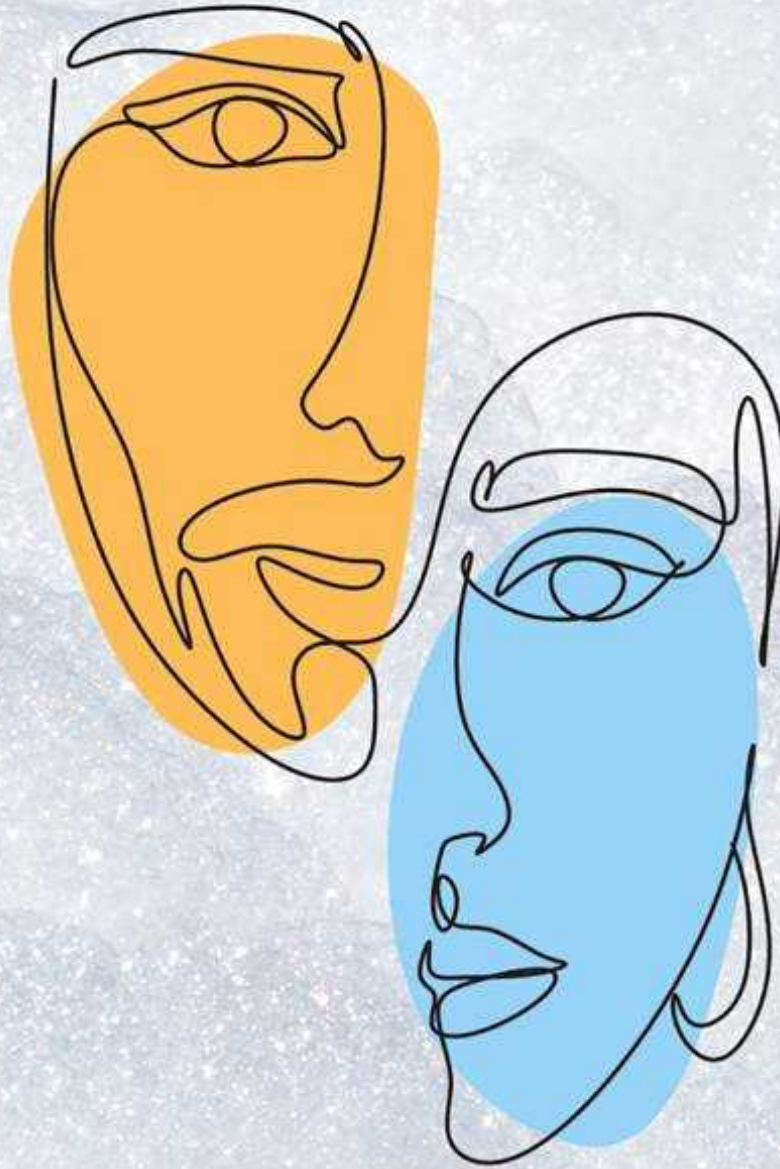
<https://zoom.us/j/98308932140?>

[pwd=U0cyUTIUMVVwT1Foa3J0dXRqOHBZdz09#success](https://zoom.us/j/98308932140?pwd=U0cyUTIUMVVwT1Foa3J0dXRqOHBZdz09#success)



Theory of Knowledge Exhibition

May 12, 2022 1-4 pm



SCAN ME

From nowhere to somewhere:
Curating pieces to perspectives

CONVERGING CONVERSATIONS



Health Advisory



SPB
Student and Parents' Bulletin

Health Advisory# 29
Academic Year 2021 -2022



SPB May 06, 2022

Staying Safe and Healthy during the Covid-19 Pandemic

1. Get Vaccinated and Mask up



- Get a Covid-19 vaccine as soon as you can.
- Wear a well-fitting three- layer mask, especially when you can't physically distance yourself, or if you're indoors.
- Wash or sanitized your hands after removing your mask.
- Practice social distancing

2 . Stay Active



- Walk briskly around the house or up and down the stairs for 10-15 minutes 2-3 times per day.
- Dance to your favorite music.
- Do squats or sit-to-stands from a sturdy chair.
- Do lunges or single leg step-ups on stairs.



3. Get Adequate Sleep

Here are the recommended hours of sleep per day

Pre- School: 3-5 years old
10-13 hours (including naps)
School Age: 6-12 years old
9-12 hours
Teen: 13-18 years old
8-10 hours
Adult: 18-60 years old
7 or more hours



4. Follow Diet and Nutrition

- Eat more whole nutritious foods instead of processed snacks or fast food.
- Prioritize fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Include a variety of protein foods such as seafood, lean meats and poultry, eggs, legumes, (beans and peas), soy products, nuts, and seeds in your diet.



5. Practice Self- Care

- Take breaks to relax and unwind
- Find new ways to safely connect with family and friends, to get support and share feelings.
- Treat yourself to healthy foods and get enough sleep.

Remember, we can prevent flu, colds, and COVID-19 by maintaining a healthy lifestyle!

Stay safe. Stay healthy. Fight COVID-19!

References:

<https://www.health.mil/News/Articles/2020/05/22/COVID-19-Healthy-tips-to-stay-healthy-during-the-pandemic>
<https://www.cdc.gov/sleep/features/getting-enough-sleep.html>
https://www.cdc.gov/healthyeating/healthy_eating/index.html
<https://www.cdc.gov/coronavirus/2019-ncov/interim-getting-sick/about-face-coverings.html>
<https://www.cdc.gov/mentalhealth/stepp-caring/care-for>



Social-Emotional Learning (SEL) Corner

DEVELOPING HEALTHY COPING SKILLS AND STRATEGIES

"Our emotions have significant effects on how we think and behave. Our inability to manage our emotional expression can have negative effects on our social interactions, career, and other relationships."



Objectively evaluate and appreciate yourself.



Don't jump to conclusions. Look at situations objectively.

Identify a go-to-safe space whenever you encounter overwhelming emotions.



Know your stressors and be proactive of having less of it.



Manage your priorities to keep yourself from being overwhelmed.



Practice optimism instead of complaining.

Practice less screen time and "detoxify" your social media.



Reference: Philippine Mental Health Association/PMHA Official

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

