



# Students and Parents' Bulletin

for K-12 & IB

Southville International School and Colleges



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 STUDENT AND TEACHER WIN IN CULTURAL CONTESTS

A Southville International School and Colleges (SISC) grade school student and high school teacher were named contest winners in music and arts, respectively.



Jenica Roque of Grade 4 - Love took 1st Place in the Piano, Junior Division of the 2022 Bach International Music Competition. She competed against 277 candidates from over 21 countries in the online contest dedicated to young musicians passionate about classical composer Johann Sebastian Bach. Roque was likewise a finalist in the 2022 Tokyo International Youth Music Competition.





Precious Daluz

Special Subjects Point Person and Art Teacher Ms. Precious Daluz, on the other hand, received 3rd Place at the ASEAN Network of Intellectual Property Enforcement Experts Poster Making Contest (National Level) with the theme “Respecting Intellectual Property Rights in the Midst of the Pandemic to Protect MSMEs.” She is also the cover illustrator of the children’s book, *Naalala Ko ang Aking Paaralan*, to be launched at the Manila International Book Fair 2022.



# GUIDELINES ON SUSPENSION OF CLASSES

With the typhoon season upon us, here are the guidelines that SISC adheres to:

## 1. Pre-announced Suspension

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

## 2. Suspension from Local Government

In the absence of typhoon signal warnings from the Philippine Atmospheric, Geophysical and Astronomical Services Administration (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 Council. 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.

# STAYING SAFE IN SCHOOL DURING PANDEMIC

Symptoms of COVID-19 may include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea, and/or feeling unwell. If you have symptoms while in school, inform the SISC Medical Team right away.

1. Students who show symptoms of COVID-19 or feel unwell while in school will immediately be brought to the isolation room for assessment and evaluation.
2. The patient will be screened and triaged accordingly using the COVID-19 assessment form provided.
3. Parents, guardians, class advisers, and deputy principals will be notified of the health condition of the student.
4. Parents/guardians must pick up the student from the isolation room of the school as soon as they are informed of the condition of the child.
5. All close contacts with symptoms will be brought to the isolation room and undergo Procedures 1 to 4.
6. All close contacts, with or without symptoms, must self-test at home on Day 5 after the exposure.
7. All close contacts without symptoms and with negative results must isolate/quarantine for 3 full days after exposure, and 5 full days for those with positive test results or after the onset of symptoms, whichever is later. (Start counting on the first full day after the positive test or after symptom onset. If the close contact develops symptoms for the first time after testing positive, he/she should continue isolating and not enter the campus until 5 full days have passed since the symptoms began.)
8. All close contacts attending onsite classes will shift to VOLT mode of learning during the isolation period of 5 days.

9. If close contacts have been fever-free for at least 24 hours and any other remaining symptoms are mild and improving, they may leave isolation after 5 full days or more (depending on the advice of the school nurse).

10. All students should continue to wear a mask around others in all settings.

11. Face-to-face classes of the COVID positive student will resume after 5 days or upon the advice of the SISC Medical Team. Only students who tested positive will present a negative COVID test result and medical certificate prior to returning to school.

12. All COVID positive students who will return to face-to-face classes after quarantine should inform first the SISC Medical Team and secure a clearance from them prior to reporting to school.

(\*Close contacts are individuals who were within 1 meter distance from the confirmed case for a cumulative period of 15 minutes or longer.)



# ERRATUM

In Students & Parents Bulletin No. 2, the headline read "Mathlete takes bronze in international math contest" when it was a science contest. Our apologies.



## HEALTH ADVISORY Medical Department



Issue No. 4

September 14, 2022

### Influenza



Influenza (flu) is a contagious respiratory illness caused by flu viruses that infect the nose, throat, and sometimes the lungs.

#### Signs and Symptoms



Fever or feeling feverish/chills



Runny nose or stuffy nose



Muscle or body aches



Headaches



Fatigue



Vomiting and diarrhea

#### How is it transmitted?

- Spread mainly by tiny droplets when someone sneezes or coughs
- Contact with surfaces, material or clothing contaminated with discharges of an infected person

#### When to see a doctor?



- If you have flu symptoms and are at risk of complications, you must see your doctor right away.

#### Emergency signs and symptoms in adults



Difficulty breathing or shortness of breath



Chest pain



Ongoing dizziness



Seizures



Worsening of existing medical conditions



Severe weakness or muscle pain

#### Emergency signs and symptoms in children



Difficulty breathing/chest pain



Blue lips



Dehydration



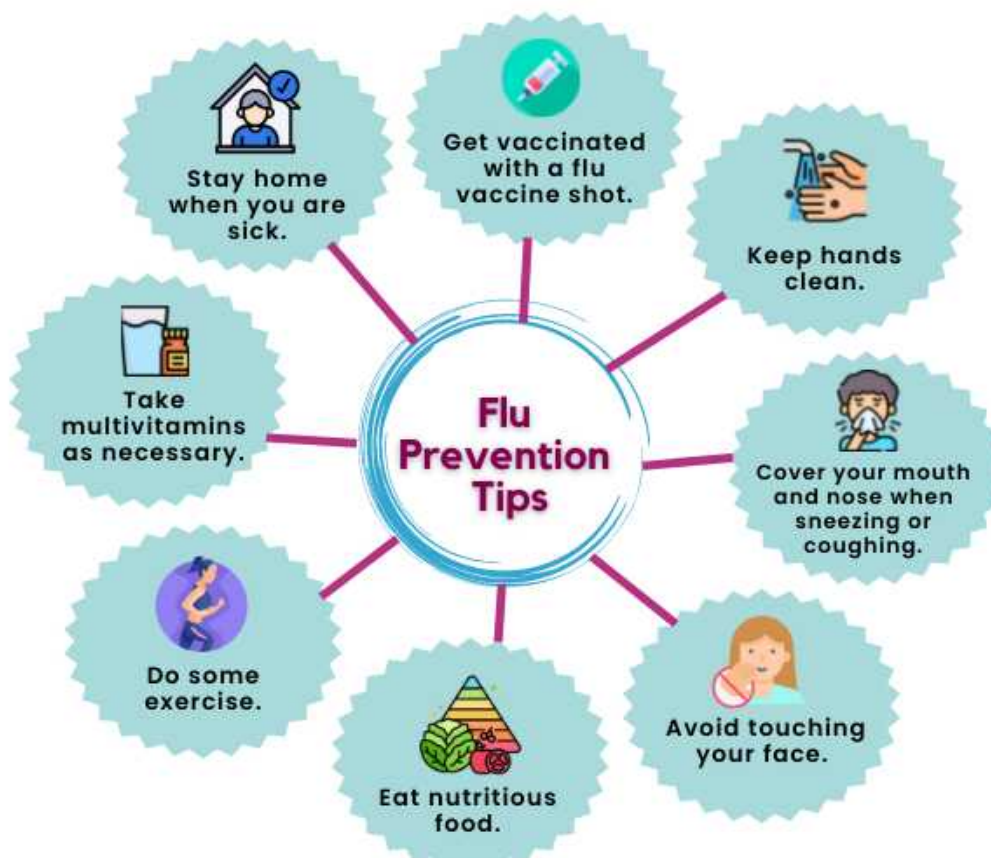
Severe muscle pain



Seizures



Worsening of existing medical conditions



#### Be safe. Stay Healthy

A publication from the office of SGEN Medical Department  
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References: CDC, DOH, Mayo Clinic, National Jewish Health



# SOCIAL-EMOTIONAL LEARNING (SEL) CORNER

## WAYS OF USING EMPATHY TO RESOLVE CONFLICTS

### Listen

Learn to listen and understand and not to immediately respond.

### Imagine

Understand what the other people feel and see things from their point view.

### Be Consistent

Learn and improve everyday.

### Be Kind

We are happier when we are nicer.

### EMPATHY

Empathy is the ability to understand and sense other people's emotions, as well as the ability to imagine what others are thinking or feeling.

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*Academic Rigor, with GRIT and a*

**GROWTH MINDSET**