



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

School Spirit Week returns on campus after pandemic pause

From October 17 - 21, Southville International School and Colleges (SISC) students and staff embraced the first in-person School Spirit week since 2019. Throughout the five days, the SISC community demonstrated their school spirit by proudly wearing themed outfits, participating in interactive Instagram stories, joining mini fun and board games, and evading marriage and jail booths.

Organized by the Student Council, the School Spirit Week is a long-standing tradition at SISC that helps build school pride and foster a sense of community among grade school and high school students and teachers. It was a wonderful week overall, with a true boost in spirits after a long haul with the COVID-19 pandemic.







Survey on student learning outcomes

Student learning outcomes (SLOs) are the specified knowledge, skills, abilities or attitudes that students are expected to attain by the end of their learning experience. SISC's SLOs envision students to become Competent Learners, Character and Values-Driven Persons, Committed Achievers with Growth Mindset and Grit, and Collaborative Team Leader/Members upon graduation.

These SLOs are reviewed annually to ensure that they are timely, and parents' input is an important part of the evaluation process. For this reason, please answer the linked Survey on the Student Learner Outcomes based on your experience with the school. Your survey participation is very important so that we will have

accurate and useful data for fostering a positive learning environment that promotes academic success.

Thank you for taking the survey!

Click the button below to answer the survey:

[Schoolwide Learner Outcomes Survey](#)

HEALTH ADVISORY



Hand hygiene through handwashing is one of the best and simplest ways to prevent the spread of germs that cause diseases. In relation to the Global Handwashing Day last October 15, 2022, the Medical Team would like to thank you for participating in our campaign. Please see the link below to watch the short video clip of your entries.

[Global Handwashing Day Video](#)



HEALTH ADVISORY

Medical Department



Issue No. 6

October 19, 2022

Sprain and Strain

A **joint sprain** is the overstretching or tearing of ligaments. Ligaments are the bands of tissue that connect two bones together in a joint. The most common location for a sprain is the ankle joint



A **joint strain** is the overstretching or tearing of muscles or tendons. Tendons are the dense fibrous cords of tissue that connect bones to muscles. The most common locations for a muscle strain are the hamstring muscle and the lower back.

Common symptoms	Sprain	Strain
Bruising	✓	✗
Muscle Spasm	✗	✓
Pain around affected joint	✓	✓
Swelling	✓	✓
Limited Flexibility	✓	✓
Difficulty using the joints full range of motion	✓	✓

Causes of Sprain and Strain



Athletic activities or exercise



Accidents such as falling or slipping



Lifting heavy objects



Overexerting self



Sitting or standing in an awkward position



Prolonged repetitive motion



First Aid



Rest



Ice



Compress



Elevate

- **Rest:** Stay off the affected joint, or try not to use it while it heals. This will give the joint time to heal.
- **Ice:** Helps reduce swelling and inflammation. Never apply ice directly to your skin. Instead, wrap a thin towel or piece of clothing around a bag of ice. Leave it on the affected area for **15-20 minutes**, then remove the ice for 20 minutes. **Repeat as much as you can for the first 24 to 48 hours.**
- **Compression:** Will help reduce the swelling. Wrap the affected joint with a bandage or trainer's tape. **Do not wrap too tightly, however, or you can reduce the blood supply.**
- **Elevation:** Try to keep the affected joint **elevated above the level of your heart**. This will help reduce the swelling. If your knee or ankle is affected, that may mean staying in bed or on the couch for up to two days after the injury. If you can't keep it as high as your heart, parallel to the ground is also okay.



References:

- <https://www.healthline.com/health/sprain-vs-strain#causes>
- <https://www.mayoclinic.org/diseases-conditions/sprains/symptoms-causes/syc-20377938>



Social - Emotional Learning Corner (SEL)

Responsible Decision Making.

You can feel the following when you are making a big decision:

- Overwhelmed
- Stressed
- Pressured
- Confused
- Anxious



- Give yourself some time to decide.
- Talk it out.
- Rethink about the options.

- Weigh the pros & cons.
- Don't let your emotions decide.

When preparing to make a big decision, these tips can help you a lot.



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:

A
[Acknowledgment Form](#)

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Basic Ed Bulletins

NURTURING the 5Cs through
Academic Rigor, with GRIT and a
GROWTH MINDSET