



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 OFFICIALLY OPENS NEW PARK WITH RIBBON CUTTING

Southville International School and Colleges (SISC) hosted a dedication and ribbon cutting to celebrate the official opening of the new Monarchs Park in Luxembourg Campus last October 22, 2022. School board members turned out for the ceremony with SISC founder and Chief Executive Mentor, Dr. Genevieve Ledesma-Laurel; Chairman of the Board, Dr. Peter Laurel; SISC president, Dr. Jocelyn Tizon; and SISC principal, Dr. Marie Vic Suarez.

Construction began last summer on the complete redesign of the Luxembourg Campus' open court which includes enhanced landscaping, native trees and plantings, stone walkways, water features, multi-use benches, and accessibility upgrades. The new park offers students a greener environment where they are less stressed, are less exposed to pollution, and have more possibilities for peer interaction. Its benefits extend into the classrooms where refreshed minds focus longer and learning thrives.

“Monarch’s Park is a tangible reminder of our mission to inspire our students and help them become the best version of themselves,” said school president Dr. Tizon in her welcome remarks. “It is part of our unwavering commitment to provide the highest quality teaching and learning environment for our faculty and students. We hope you will visit the park often to see how learning and play abound for our students now and in the future years ahead.”



LADY MONARCHS FIGHT BACK TO RETAIN ISAC VOLLEYBALL CROWN

The SISC girls volleyball team successfully retained its crown after a dramatic come-from-behind win against Cebu International School (CIS) in the finals of the 2022 International Schools Activities Conference (ISAC). It was the 4th consecutive title achieved by the school after capturing the last three championships prior to the pandemic.

The SISC monarchs forged a final showdown with CIS after overcoming British School Manila and Brent International School Baguio in straight sets during the elimination round. After losing the first set, the Lady Monarchs took the second and third sets to emerge victorious and retain the volleyball title they had won three years ago.

The members of the team are Chiara Penera, Kassandra Galing, Sophia Oblena, Chrizel Gabriel, Katrina Aguirre, Yannie Macasieb, Blair Delos Santos, Amanda Balneg, Mariella Caco and Athena Sullano with Coach Jack Locquiao. The team went through the tournament undefeated to complete their championship run.



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](#)

SCHEDULE OF MIDTERM BREAK SET

The Midterm Break of students is from October 31 - November 6, 2022. The one-week break will allow students to rest and recharge from their academic work while also commemorating All Saints' Day and All Souls' Day. Face-to-face and online classes in Preschool - High School will resume on November 7, 2022.

SISC offices, meanwhile, will be closed from October 31 - November 2, 2022 in observance of All Saints' Day and All Souls' Day. They will reopen on November 3, 2022, Thursday, at the normal business hours.

HEALTH ADVISORY



Issue No. 7

HEALTH ADVISORY Medical Department



October 26, 2022

Migraine



A **migraine** is a headache characterized by severe throbbing pain or a pulsing sensation, usually on one side of the head. It's often accompanied by nausea, vomiting, and extreme sensitivity to light and sound. Migraine attacks can last for hours to days, and the pain can be so severe that it interferes with daily activities.

Migraine Triggers



Stress



Anxiety



Hormonal changes in woman



Skipped meals



Bright or flashing light



Loud noises



Strong smell



Caffeine



Chocolate



Medication overuse



Tobacco



Alcohol

RISK FACTORS



Family history



Age



Sex



Hormonal Changes

Symptoms

- 1 Brain fog or inability to focus
- 2 Nausea and vomiting
- 3 Stiff neck
- 4 Pain usually on one side of the head, but often on both sides
- 5 Pain that throbs or pulses
- 6 Sensitivity to light, sound, and sometimes smell and touch
- 7 Dizziness / lightheadedness
- 8 Pins and needles sensations in arm or leg
- 9 Visual effects and/or aura



When to see a doctor?



- 1 An abrupt, severe headache like a thunderclap
- 2 Headache with fever, stiff neck, confusion, seizures, double vision, numbness or weakness in any part of the body which could be a sign of a stroke
- 3 Headache after a head injury
- 4 A chronic headache that is worse after coughing, exertion, straining or a sudden movement

Health Tips to Prevent Migraine

Practice stress management that includes physical exercise, relaxation techniques, biofeedback and deep breathing exercises.



Avoid certain food or medicine triggers.



Establish a consistent sleep schedule.



Eat regular meals.



Relax to music.



"Healthy body begins with a beautiful mind."

References:

<https://www.mayoclinic.org/diseases-conditions/migraine-headache/symptoms-causes/syc-2036020>
<https://medlineplus.gov/migraine.html>
<https://www.webmd.com/migraines-headaches/relaxation-techniques>



SOCIAL - EMOTIONAL LEARNING (SEL) CORNER

THE 3-1 RATIO TO BUILD SELF-ESTEEM

Scientists discovered that it takes three positive experiences to offset one negative experience. Your child's brain is wired to remember and focus on the negative comments.

FOR EVERY ONE
NEGATIVE COMMENT:

I can't believe you did that. Why can't you just hold your cup?



GIVE AT LEAST 3 POSITIVE
COMMENTS TO YOUR CHILD:

Thank you for putting your sweater away.

I noticed you shared with your brother, thank you.

Thank you for saying please.

OTHER WAYS TO BUILD YOUR CHILD'S SELF-ESTEEM

- ◆ Ensure they know your love is unconditional
- ◆ Ask them for their advice or opinion
- ◆ Give them age-appropriate "special tasks"
- ◆ Encourage them to express their feelings

Reference: BigLife Journal

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, Ph.D.
Principal, K12 and IB

Basic Ed Bulletins

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