



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

CHRISTMAS MESSAGE FROM THE PRINCIPAL




Marie Vic F. Suarez, Ph.D.
K12 and IB Principal

Christmas is such a special time of the year filled with excitement, traditions, gifts, and camaraderie. The most important thing from Christmas this year, however, is just being back together. We have all enjoyed coming back to our campuses, activities, gatherings and the many aspects of a Southville International School and Colleges (SISC) education that we all missed so greatly during the two years of disruptions.

I am truly blessed to be part of a school community that continues to be joyful and committed. These have not been easy times but with everyone's patience, grace, and

understanding, we were able to achieve great things. It is a true testament to everyone in the entire SISC community that we made it to Christmas with all our campuses still open and thriving, despite the reality of the pandemic. We are grateful for all the immense blessings each of you bring to SISC.

We head into the holidays thankful for the love of our community, grateful for our families, and excited by what 2023 might bring. As we take a break from the hustle and bustle of schooling, let us continue to be mindful of health and



safety protocols as we celebrate this holiday season. We are fortunate to belong to one community where everyone understands that one's personal actions can affect others. Whatever is thrown at us in the coming year, we will stand together and will overcome.

I wish you all a very blessed Christmas and look forward to seeing you in the New Year!

PTC SET ON JANUARY 2023


After the resumption of classes on January 9, 2023, the Parent-Teacher Conference (PTC) regarding your child's school performance during the First Term will follow on January 13, 2023. The PTC will be done virtually via Google Meet with your child's class adviser sending you the personal meeting link before your conference.

This is your chance to meet and catch up with your child's teacher to learn about your child's progress in school. There will be no classes on January 13, 2023 to give way to the PTC.

READ DURING THE CHRISTMAS BREAK

Research and personal experience show that reading skills deteriorate quite rapidly over a long break if they are not practiced. Twenty minutes reading each day maintains current reading level; for improvement, at least forty minutes must be undertaken.

In order to limit language loss during the long Christmas break, students from Grade 1 - 12 will be assigned a holiday reading assignment which will be taken up in their English classes upon resumption of online classes. The recommended books per level are:



Level	Book Title
Grade 1	Henry and Mudge and the Family Tree
Grade 2	Horrible Harry and the Green Slime
Grade 3	The Seven Habits of Happy Kids by S. Covey
Grade 4	A Little Princess by F.H. Burnett
Grade 5	Stuart Little by E. B. White
Grade 6	Holes by Louis Sachar
	Anne of Green Gables by L.M. Montgomery
	Charlie and the Chocolate Factory by Roald Dahl
Grade 7	Artemis Fowl by Eoin Colfer
	Wizard of Oz by L. Frank Baum
	White Fang by Jack London
Grade 8	A Christmas Carol by C. Dickens
	The Giver by Lois Lowry
	War of the Worlds by H.G. Wells
Grade 9	Survival by G. Korman
	Things Fall Apart by Chinua Achebe
	Hunger Games by Suzanne Collins
Grade 10	Moby Dick by H. Melville
	Pride and Prejudice by Jane Austen
	The Joy Luck Club by Amy Tan
Grade 11	University of Success by Og Mandino
	Les Miserables by Victor Hugo
	The Alchemist by Paulo Coelho
Grade 12	Autobiography of Benjamin Franklin by Benjamin Franklin
	Silas Marner by George Elliot
	Don Quixote by Miguel de Cervantes

The reading assignments are readily available on MOODLE (SISC/Stanford Lexile Books).

Preschool students are also welcome to find a book that they find interesting and read it. Every word counts!

AROUND SGEN



SISC GRAD IN TOP 10 OF NURSING BOARD EXAMS

A Bachelor of Science in Nursing graduate of Southville International School and Colleges (SISC) made it to the Top 10 of the Nurse Licensure Examination (NLE) held last November 2022. Mary Gabrielle Valbuena got a rating of 89.00 percent to place 6th in the Nursing Licensure Examination conducted by the Professional Regulation Commission.

SISC remains one of the best performing schools offering a nursing degree in the Philippines with its Nursing Class of 2022 obtaining a passing rate of 100 percent which is above the 74.40 percent national passing rate.

Valbuena, Mary Gabrielle



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 parents' 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 and students. 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 Academic Year 2022 - 2023





HEALTH ADVISORY

Medical Department



Issue No. 9

December 14, 2022

Respiratory Syncytial Virus Infection (RSV)



References:

CDC, Mayo Clinic



What is RSV?

Respiratory Syncytial Virus (RSV) infection is a common respiratory virus that causes mild, cold-like symptoms. Most people recover in a week or two. It's also a common cause of bronchiolitis (Inflammation of the small airways in the lungs) and pneumonia (infection in the lungs).

Symptoms



Runny nose or congestion



Dry cough



Low grade fever



Mild headache



Wheezing or difficulty breathing

Mode of Transmission

Viruses spread mainly through talking, coughing, and sneezing.



People at high risk for severe RSV

- 1 Premature infants.
- 2 Infants, especially those 6 months and younger.
- 3 Children younger than 2 years old with chronic lung disease or congenital (present from birth) heart disease.
- 4 Children with weakened immune system.
- 5 Children with neuromuscular disorders, including those who have difficulty swallowing or clearing mucus secretions.
- 6 Older adults, especially those 65 years and older.

When to seek medical help?

- 1 Difficulty breathing
- 2 Eating and drinking fluids significantly less than normal
- 3 Experiencing worsening symptoms

How to protect your loved ones?

- 1 Proper handwashing.
- 2 Avoid close contact with sick people.
- 3 Clean and disinfect frequently touched surfaces.
- 4 Cover your mouth and nose when coughing or sneezing.
- 5 Stay home if you are sick.



Stay Safe. Stay Healthy.

SOCIAL - EMOTIONAL LEARNING (SEL) CORNER

WHEN TO LET GO OF A THOUGHT



IT NO LONGER BRINGS
YOU ADAPTIVE
INFORMATION.



WHEN IT'S PRODUCED
BY THE HARSH INNER
CRITIC.



IT'S EMOTIONALLY
PAINFUL.



IT DOESN'T BRING YOU
CLOSER TO YOUR
GOALS AND VALUES.



IT'S TRIGGERING
PHYSICAL SENSATIONS.



YOU EVALUATED THAT
IT'S A COGNITIVE
DISTORTION OR
UNHELPFUL THOUGHT

Reference: positive_regard_for_you

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