



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

MONARCHS WIN ACCOLADES IN INT'L SCIENCE COMPETITION

Students from Southville International School and Colleges (SISC) made a splash at the Hong Kong International Science Olympiad (HKISO) by winning multiple awards in the Heat Round held last November 2022. Graciela Gonzales, Siyoun Kim, Juwon Mun, Robert Jeremiah Rivera, Jenica Beatrice Roque, and Janellah Arabela Santos won the gold award by placing in the top 8% of their grade level.

Earning a silver award for belonging in the next 16% were Hyunji Choi, Elijah Eimeril Del Rosario, Nikolai Isaac Eusebio, Chaeyeon Hong, Jiwon Jin, Bonhyeon Koo, Hyorin Lee, Rymmel Renzo Macapagal and Brielle Victoria Rodriguez while Subin Cho, Chiara Monique Hernandez, Inseo Kim and Kent Togawa got the bronze award for finishing in the next 24%. The merit awardees include Breanna Karel Baja, Yerin Kim, Marc Rabel Olegario and Hyunkyu Song while Archon Connor Sky Dolor was adjudged perfect scorer.

The HKISO Heat Round featured two activities namely a one-hour, 20-item right minus wrong multiple choice written exam and a five-minute video of

a mini experiment of the student's choice. All gold, silver and bronze awardees qualify for the HKISO Finals which is slated to take place on June 10, 2023.

PERFECT SCORER

GOLD AWARDEES



ARCHON CONNOR SKY
DOLOR
4 LOVE



GRACIELA GONZALES
8 INTEGRITY



SIYOUN KIM
9 COMPASSION



JUWON MUN
10 COMMITMENT



ROBERT JEREMIAH RIVERA
IB 1



JENICA BEATRICE ROQUE
4 LOVE

GOLD AWARDEES

SILVER AWARDEES



JANELLA ARABELA SANTOS
9 COMPASSION



HYUNJI CHOI
10 PRUDENCE



ELIJAH EIMERIL DEL
ROSARIO
7 RESILIENCE

SILVER AWARDEES



NIKOLAI ISAAC EUSEBIO
5 TRUSTWORTHINESS



CHAEYEON HONG
7 RESILIENCE



JIWON JIN
11 COMPETENCE



BONHYEON KOO
10 COMMITMENT



HYORIN LEE
4 HOPE



**RYMMEL RENZO
MACAPAGAL**
7 RESILIENCE



**BRIELLE VICTORIA
RODRIGUEZ**
10 COMMITMENT

BRONZE AWARDEES



SUBIN CHO
5 HONESTY



**CHIARA MONIQUE
HERNANDEZ**
9 COMPASSION



INSEO KIM
11 EXCELLENCE



KENT TOGAWA
5 TRUSTWORTHINESS

MERIT AWARDEES



BREANNA KAREL BAJA
9 COMPASSION



YERIN KIM
11 COMPETENCE



MARC RABEL OLEGARIO
9 HARMONY



HYUNKYU SONG
11 COMPETENCE

ALUMNUS QUALIFIES FOR PRESTIGIOUS MANAGEMENT PROGRAM



DAVID JACOB S. RAMOS
ABM BATCH 2021

An SISC graduate has been accepted in the highly competitive Global Supply Chain and Logistics Management program of the University of British Columbia (UBC) Sauder School of Business. David Ramos of Class of (year graduated) is one of only 15 that got accepted into the specialized program out of hundreds of applicants. Global supply chain management ensures that customers get the

products and services they need and want — faster, better and more cost-effectively — from around the world.

He will join the specialized joint exchange program between the UBC Sauder School of Business, the Copenhagen Business School (CBS) and the Chinese University of Hong Kong in Shenzhen (CUHK SZ) to prepare for one of the most in-demand specializations in today's business world. He will take up courses in all three institutions to pick up the skills and experiences needed for a career in global supply chain management.

SECOND GRADER WINS MEDAL FOR COUNTRY IN TAEKWONDO



ANDRES JOAQUIN HORNOPIA
2 GRAHAM BELL

A Grade School student won the bronze medal representing the Philippines at an international taekwondo competition. Andres Joaquin Hornopia of Grade 2 – Graham Bell bagged third place in the 15th National Taekwondo Poomsae Championships 2022 Ambassador Cup held at Our Tampines Hub in Singapore.

He competed in the Male Individual B Division category that featured 18 other taekwondoists from various countries. He received his medal from the President of the Singapore Taekwondo Federation, which hosted the event, and from the Korean Ambassador to Singapore.

TOWPEP SURVEY FOR PARENTS

Dear Parents,

The Academic Team of SGEN is currently doing a research on the effect of the Tier One Well-being and Personal Effectiveness Program (TOWPEP) on the character development of SGEN students. This is part of our continuous improvement process to ensure that our students achieve our twin thrusts: Academic and Values Excellence.

Thank you for your time and support to our initiative.

[TOWPEP Survey for Parents](#)

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. 10

January 20, 2023

BACK PAIN

Back pain is a leading cause of disability worldwide and is one of the most common reasons people seek medical help or miss work.

Fortunately, most back pain episodes can be prevented or treated, especially for those under the age of 60. In case prevention is unsuccessful, straightforward self-care and regular, proper use of the body can quickly repair the back. Back pain is typically treated without surgery.



Symptoms

- Back discomfort might feel like a shooting, burning, or stabbing pain in the muscles.
- The pain may radiate down the leg.
- It can get worse with bending, twisting, lifting, standing, or walking.





HEALTH ADVISORY

Medical Department



Issue No. 10

January 20, 2023

Here are tips on how to handle back pain:

- **Take a rest for a few days.** This helps calm your symptoms and reduce swelling in the area of the pain.
- **Apply heat or ice to the painful area.** Use ice for the first 48 to 72 hours, then use heat.
- **Do stretching and strengthening exercises** before doing strenuous activities.
- **Learn to lift and bend properly.** Avoid standing for long periods.
- **Sleep in a curled-up, fetal position** with a pillow between your legs. If you usually sleep on your back, place a pillow or rolled towel under your knees to relieve pressure.
- When sitting, **make sure that your chair has a straight back** with an adjustable seat and back, armrests, and a swivel seat.
- If you drive long-distance, stop and walk around every hour. **DO NOT** lift heavy objects just after a long ride. Place a small pillow or rolled towel behind your lower back.
- Contact your health care provider for back pain that lasts longer than a few weeks and if doesn't improve with rest.



Stretch NOW, we got your BACK!

Reference:

<https://www.mayoclinic.org/diseases-conditions/back-pain/symptoms-causes/syc-20369906>
<https://medlineplus.gov>



SOCIAL-EMOTIONAL LEARNING (SEL) CORNER

THINGS THAT ARE ACTUALLY PRODUCTIVE

Practicing the art of being present
Respecting (and setting) boundaries
Opening your mind to possibilities
Delight in life's little pleasures
Uplifting someone else (or yourself)
Connecting with matters most
Treating people with love and kindness
Identifying reasons to be thankful
Valuing any progress you've made
Engaging in an activity you enjoy



Reference: Positivelypresent

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