

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

GRADE-SCHOOLERS WIN IN MATH AND SCIENCE OLYMPIAD

Two Southville International School and Colleges (SISC) grade school students won awards at the final round of the Siam International Math and Science Olympiad (SIMSO). Gabriel Dino of Gr. 3 Peace and Sky Dolor of Gr. 4 Love both won gold medals, with the latter declared as champion for ranking first in his level in the Thailand-based competition.

On the other hand, Jenica Beatrice Roque of Gr. 4 Love got the highest distinction award in the Virtual Topic-Appropriate Mathematics Program and Simulation (VTASP V.3.0) conducted by the Math Olympiads Training League Incorporated. The training program was held in preparation for the Hong Kong International Science Olympiad.



GABRIEL DINO 3 PEACE



ARCHON CONNOR SKY DOLOR 4 LOVE



JENICA BEATRICE ROQUE 4 LOVE

STUDENTS SALUTE NON-TEACHING PERSONNEL

The hard work and dedication of SISC non-teaching employees/personnel was acknowledged and celebrated by students from preschool to high school last February 13, 2023 in STAR, Luxembourg, Munich and Tropical campuses. Non-Teaching Employees Day honors the group of people who make the school environment physically conducive and safe for teaching and learning to take place.

Students, the administration, and other school community members expressed their appreciation to the administrative staff, office assistants, maintenance people and security personnel. The day was made more memorable through an institutional gift-giving and program that celebrated the dedication and outstanding work of the non-teaching personnel, and recognized the important contributions that they make to students' lives and the school as a whole.

























WANT TO KNOW MORE ABOUT THE IB PROGRAM IN SISC?

Grade 10 students and parents who want to learn more about the International Baccalaureate (IB) Diploma Programme at SISC are invited to join the virtual IB Information Session to be held on February 18, 2023 from 10:00 – 11:30 a.m. It is a great opportunity for prospective IB students and their parents to learn more about one of the most well-known and longestrunning systems of international education in the world.

SISC has been offering the IB Programme since 2005 for highly motivated students who seek a more challenging academic curriculum in senior high school. SISC students who graduate with the IB diploma are able to study at top-ranked universities all around the world, often with advanced credit. To register your attendance, please click the link: <u>https://bit.ly/3HIzSVn</u>



HEALTH ADVISORY



SGEN HEALTH BULLETIN No.6

Academic Year 2022-2023 February 17, 2023



Philippine Heart Month

February is declared as the Philippine Heart Month to promote awareness of heart disease as a serious and growing health concern among Filipinos. Mortality related to a non-communicable disease in the country are attributed to: Cardiovascular Disease (33%), Cancer (10%) Diabetes (6%), and Chronic Respiratory Disease (5%).

The Department of Health reminds the public to choose and practice a healthy lifestyle and diet to keep one's heart healthy. Here are tips for keeping a healthy heart.



Learn your health history. Know your risk and talk to your family doctor about your health history.



Eat a healthy diet. Make healthy food choices like fruits, vegetables, whole grains, lean meats and low-fat dairy products. Eat less salt, saturated fat and added sugar.



Move more, sit less. Get at least 2.5 hours a week of moderate-intensify aerobic activity and at least 2 days a week of muscle strengthening activities.



Quit smoking.



Take medicines as directed. If you take medicine to treat high cholesterol, high blood pressure or diabetes, follow your doctor's instructions carefully.



Choose your drinks wisely. Substitute water for sugary drinks to reduce calories. Drink alcohol in moderation.



Monitor your blood pressure at home and at work. Selfmeasured blood pressure monitors are easy and safe to use. For blood pressure monitoring while at work, you may visit the school clinic.



Don't stress. Learn to manage your stress. If you don't manage your stress, it can create a more stress and trap you in a stress cycle.

Take good care of your heart because it matters the most.

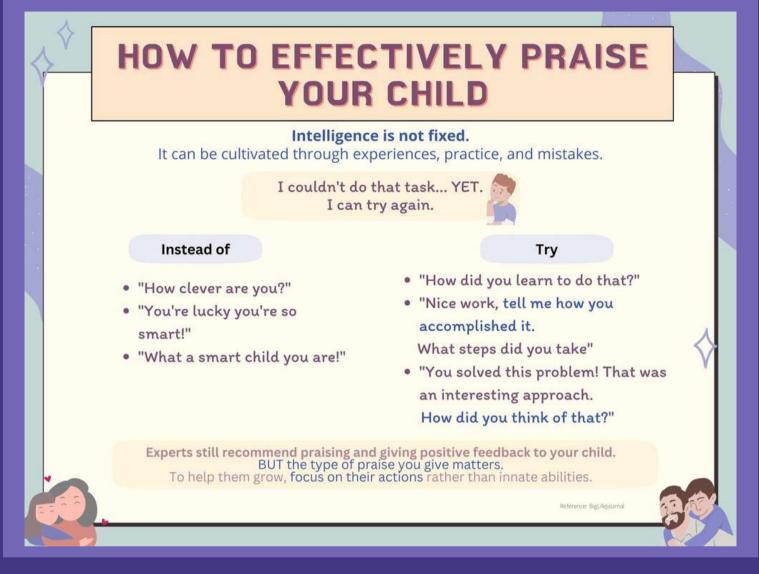








SOCIAL-EMOTIONAL LEARNING (SEL) CORNER



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

Academic Rigor, with GRIT

PMTN D S E 1