



# 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

## 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 longest-running 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: <https://bit.ly/3HlzSVn>



**Your passport to  
over 5,000 Universities  
worldwide!**

*Learn more about Southville's IB  
Diploma Programme*

**FEB. 18, 2023 | 10:00 AM**

**SCAN TO REGISTER:**



Visit Our Website   
[www.southville.edu.ph](http://www.southville.edu.ph)

Contact Us   
**8825-6374**

# 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-intensity 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. Self-measured 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.**



#### References:

1. <https://www.cdc.gov/chronicdisease/resources/infographic/hearthealth.htm>
2. <https://doh.gov.ph/node/9296>





# SOCIAL-EMOTIONAL LEARNING (SEL) CORNER

## HOW TO EFFECTIVELY PRAISE YOUR CHILD

**Intelligence is not fixed.**

It can be cultivated through experiences, practice, and mistakes.

I couldn't do that task... YET.  
I can try again.



### Instead of

- "How clever are you?"
- "You're lucky you're so smart!"
- "What a smart child you are!"

### Try

- "How did you learn to do that?"
- "Nice work, tell me how you accomplished it.  
What steps did you take"
- "You solved this problem! That was an interesting approach.  
How did you think of that?"

Experts still recommend praising and giving positive feedback to your child.  
BUT the type of praise you give matters.  
To help them grow, focus on their actions rather than innate abilities.

Reference: BigLifeJournal



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**[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**