



# 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

## JUNIOR-SENIOR PROM RETURNS ON MAR. 10

Southville International School and Colleges' (SISC) Grades 11, 12, and International Baccalaureate (IB) 1 and 2 students are heading to the traditional Junior-Senior Promenade after a two-year absence because of the COVID-19 pandemic. The event signals the “coming of age” of the participants as they step into young adulthood with its purpose and responsibilities. It is also an occasion for the Grade 11 students to salute the achievements of the Seniors, while the Grade 12 and IB 1 and 2 students bequeath the mantle of leadership to the Juniors.

This year, the JS Prom will be held at the New World Makati Hotel on March 10, 2023 from 5:00 to 11:00 p.m. A special team of students, teachers, officers, and staff is collaborating closely to ensure a truly memorable and meaningful affair for the Juniors and Seniors. Only students who submitted their waivers, duly signed by their parents/guardians, will be allowed to attend the Prom.

# JUNIOR-SENIOR PROM 2020



# **SISC SWITCHES TO VOLT LEARNING DUE TO STRIKE**

**SISC will shift classes and the Second Term Examinations to full Virtual Online Learning and Teaching (VOLT) mode on March 6 – 8, 2023 amid the impending transport strike. The temporary move online is in response to various transport groups staging a weeklong stoppage to protest the impending jeepney phaseout.**

**The students are already accustomed to taking their exams on a secure online platform with their own digital devices during the pandemic. There will be no classes for Preschool to Grade 12 on March 9 and 10, 2023 which are achievement holidays.**

**For IB, please see the schedule below:**

- IB 1 Term Exam schedule for March 6 - 8 is moved to March 14-16, 2023**
- IB will not conduct classes on March 10 in preparation for the JS Prom**

## **SURVEY SEEKS INPUT ON SCHOOL SAFETY**

**Feeling safe in school is a basic prerequisite for learning. The School Safety Check-Up Survey seeks to determine how safe SISC students and parents feel on campus. It provides important and valuable feedback on the safety practices currently being used and how they can be made safer.**

**The responses to the survey will be kept anonymous and confidential, taking care to safeguard the identity of the respondents. Please click on the link to participate in the online survey.**

**[School Safety Check-Up Survey](#)**

# HEALTH ADVISORY



## HEALTH ADVISORY Medical Department



Issue No. 12

March 03, 2023

### Importance of Body Mass Index (BMI)

#### BMI Formula:

$$BMI = \frac{\text{weight (lb)} \times 703}{\text{height}^2 (\text{in}^2)}$$

or

In metric:

$$BMI = \frac{\text{weight (kg)}}{\text{height}^2 (\text{m}^2)}$$



Studies have demonstrated a relationship between **Body Mass Index (BMI)** and future health risks as well as body fat. Factors such as **age, sex, ethnicity,** and **muscle mass** can influence the relationship between BMI and body fat.

The following are some examples of how certain variables can influence the interpretation of BMI:

- On average, older adults tend to have more body fat than younger adults with an equivalent BMI.
- On average, women have greater amounts of total body fat than men with an equivalent BMI.
- Muscular individuals, or highly-trained athletes, may have a high BMI because of increased muscle mass.

**BMI** is interpreted by using standard weight status categories that are the same for all ages and for both men and women. The standard weight status categories associated with BMI for adults are:

#### We need to...



WHO Classification of Weight Status	
Weight Status	Body Mass Index (BMI), kg/m <sup>2</sup>
Underweight	<18.5
Normal Range	18.5 – 24.9
Overweight	25 – 29.9
Obese	>30
Obese Class I	30 – 34.9
Obese Class II	35 – 39.9
Obese Class III	40 and above

#### Here's the Food Plate Model to balance your diet:



# Keep Moving and Eat Healthy



Reference:  
 • Centers for Disease Control and Prevention (CDC)  
 • World Health Organization (WHO)  
 • Fitbit.com

# SOCIAL - EMOTIONAL LEARNING (SEL) CORNER

## FIVE RITUALS FOR A POSITIVE MORNING ROUTINE

### ① EVERYONE TALKS ABOUT THEIR ROSE-THORN-BUD

Rose: something that is going well for you  
Thorn: something that isn't going well or is worrying you  
Bud: something you feel grateful for



### ② EVERYONE ANSWERS A GOOD MORNING QUESTION:

- "What are you most excited about today?"
- "What is one intention you have for today?"



### ③ EVERYONE DESCRIBES HOW THEY'RE FEELING:

- "Right now I'm feeling..."
- "Today I want to feel..."
- (use a feeling word, type of weather, or color)



### ④ EVERYONE SAYS AN AFFIRMATION FOR SELF-LOVE:

Hand on heart & repeat an affirmation together:

- It's ok to make mistakes.
- I deserve love like anyone else.
- I love and accept myself just as I am.



### ⑤ EVERYONE GIVES THANKS TO OR COMPLIMENTS SOMEONE:

- "I want to thank Dad for helping me out last night."
- "Thank you for pouring juice for your sister."
- "I want to compliment you on your great idea yesterday."



Every morning is your opportunity to wire your child's brain for gratitude, optimism, and self-love. Use your mornings to help your child develop the mindset of gratitude, self-love, and growth.

Reference: BigLifeJournal

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](#)

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Basic Ed Bulletins

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

