



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

Young Monarch wins in two spelling bee competitions



**Archon Connor Sky
Dolor
4 – Love**

A fourth grader at Southville International School and Colleges (SISC) won gold awards in two spelling competitions recently held through an online format. Archon Connor Sky Dolor of Gr. 4 – Love won his first gold in the Eurasian Spelling Bee Lexical Skills Competition organized by the English Language Proficiency Competition LTD International in cooperation with Gatehouse Awards LTD United Kingdom

He followed it up with another gold award in the Crest Olympiad International Spelling Bee conducted by the Centre for Research and Exams in Science and Technology in India. He likewise won a silver award in the English Competition, and a bronze award in the Cyber Competition of the same Olympiad.

Honors computation for graduating Senior High School students

One of the greatest singular achievements in one's life is graduating with honors after years of diligent studying and active participation in school. To be cited on stage in front of one's peers, with one's parents or guardians proudly beaming with pride, is an unforgettable and unparalleled moment in a young person's life. For Academic Year 2022 - 2023, graduating Gr. 12 students can look forward to this glorious moment based on the following guidelines for computing honors:

A. Preparation of Documents – Pre- deliberation

1. A list of qualified students is prepared by the Registrar based on the Yearend Honors Average generated by AIMSS. Students with academic deficiencies are excluded from the list of qualified students.

2. For Grade 12, the General Scholastic Award is computed as the sum of 70% Academic Ranking per strand in Grade 12 and 30% Academic Ranking per strand in Grade 11.

3. General Scholastic Award refers to the Academic Excellence per strand such as:
 - 3.1 Academic Excellence in STEM
 - 3.2 Academic Excellence in ABM
 - 3.3 Academic Excellence in HUMSS
 - 3.4 Academic Excellence in GAS

4. The Academic Ranking of the qualified students is generated following these steps:

4.1 The Academic Ranking is computed from the Yearend Honors Average of the previous level (Grade 11) and the Yearend Honors Average of the current level (Grade 12) for each student.

4.2 The Yearend Honors Average of the previous level (Grade 11) is multiplied by 0.30.

4.3 The Yearend Honors Average of the current level (Grade 12) is multiplied by 0.70.

4.4 The results of step A.4.2 and step A.4.3 are added for each student.

4.5 A list of students arranged from the highest to the lowest sum of the results of A.4.2 and A.4.3 per academic strand is generated. The student with the highest sum per academic strand is given an academic rank of 1.

5. The list of students with their respective Academic Ranking is released to the Deputy Principal and routed to the class advisers.

B. Deliberation

1. The Registrar furnishes the DP, SAHs, Strand Coordinators and class advisers with the list of students qualified for the general scholastic excellence awards (results of step A.4.2 and A.4.3).

2. The Deputy Principal convenes the Honors Deliberation Committee headed by the Registrar and composed of the class advisers, subject teachers, strand coordinators, SAHs and Discipline Officers to approve the list of the General Scholastic Excellence Awardees.

3. The Values Excellence Awardees are nominated and approved by the same committee.

4. The subject teacher nominates students for Subject Excellence Award which the SAH reviews and presents to the committee. In case of a tie, the teacher breaks the tie.

Note: Subject excellence will be taken from the sum of:

4.1 Final Grade in the subject of the previous level (Grade 11) multiplied by 0.30.

4.2 Final Grade in the subject of the current level (Grade 12) multiplied by 0.70.

5. The awardees for Subject Excellence is approved by the same committee.

6. Minutes of all the deliberation meetings will be filed and kept by the Deputy Principal.

7. The SHS Deputy Principal releases the list of awardees.

Fire drill returns after pandemic pause

SISC is making sure its students, faculty, and staff will remain safe in case of an emergency by holding fire safety drills in all of its campuses. The purpose of the exercise was to reacquaint and reinforce proper evacuation routes and practices to the members of the school community, post-pandemic, . The drills let them practice exactly what they need to do in the event of a fire like evacuating immediately after the fire alarms sounded and gathering in their assigned spots on the open field.

In related news, Grade 11 – STEM (Science, Technology, Engineering, and

Mathematics) classes had their Fire Prevention and Mitigation Activity on how to properly use a fire extinguisher during an emergency. The students were able to experience the mnemonics P.A.S.S. (Pull, Aim, Squeeze, Sway) in operating the fire extinguisher by putting out an actual fire in an open area of a vacant lot of the school. They learned how to identify the different types of extinguishers and their specific uses.



Study Australia Education Fair on March 14



**STUDY
AUSTRALIA**

Meet with Australian university representatives and ask about courses, scholarships, campus life and more!

Study Australia Education Fair

14 March | 10:00 am - 12:00 pm
Luxembourg Hall
Southville International School

Discover your brilliant
future self

AROUND SGEN



**ASIAN HOSPITAL AND
MEDICAL CENTER**
Global Expertise. Filipino Heart.

SISC COLLEGE OF NURSING RENEWS PARTNERSHIP WITH ASIAN HOSPITAL AND MEDICAL CENTER

The Southville International School and Colleges (SISC) College of Nursing recently renewed its partnership agreement with Asian Hospital & Medical Center which is one of the leading private tertiary hospitals in the country. The partnership involves the two organizations' unique 'On-boarding Immersion Program' that provides nursing students with the Joint Commission International experience.

In the program, the students learn and immerse themselves in a hospital setting where international healthcare systems and processes for quality and patient safety standards are practiced. This is one of the many measures SISC provides toward producing world-class nurses with a heart for service.



Knowing your Blood Types



What are blood types?

Blood types are classifications of blood, based on the presence and absence of antibodies on the surface of the red blood cells. Blood type is determined by the genes inherited from the parents.

Why is blood type important to know?



- 1 For medical reasons
- 2 For helping others through blood donation
- 3 For planning a healthy pregnancy
- 4 For lowering the risk for certain health conditions

4 Main Blood Groups (Blood Types) as Defined by the ABO System

ABO System is a system used to group human blood into different types, based on the presence or absence of certain inherited antigens on the surface of red blood cells.



Blood group A
- has antigens on the red blood cells with anti- B antibodies in the plasma.



Blood Group AB
- has both A and B antigens but no antibodies.



Blood Group B
- has B antigens with anti- A antibodies in the plasma.



Blood Group O
- has no antigens but both anti-A and anti-B antibodies in the plasma.



Eat right to maintain a healthy blood.



References:

<https://www.nhs.uk/conditions/blood-groups/>
<https://www.bannerhealth.com/healthcareblog/teach-me/4-reasons-you-should-know-your-blood-type>
<https://www.webmd.com/a-to-z-guides/blood-types-what-to-know>
<https://www.blood.co.uk/why-give-blood/blood-types/>
<https://www.cancer.gov/publications/dictionaries/cancer-terms/def/abo-blood-group-system>

Here are some recommendations according to the "Eat Right for Your Type" diet:

- 1 Those with type O blood should choose foods that are high in protein and consume enough meat, vegetables, fish, and fruits while limiting their intake of grains, beans, and legumes. The ideal foods for weight loss include seafood, kelp, red meat, broccoli, spinach, and olive oil; avoid wheat, maize, and dairy products.
- 2 Those with type A blood should choose fruits, vegetables, tofu, seafood, turkey, and whole grains but avoid meat. For weight loss, seafood, vegetables, pineapple, olive oil, and soy are best; dairy, wheat, corn, and kidney beans should be avoided.
- 3 Those with type B blood should pick a diverse diet including meat, fruit, dairy, seafood, and grains. To lose weight, type B individuals should choose green vegetables, eggs, liver, and licorice tea but avoid chicken, corn, peanuts, and wheat.
- 4 Those with type AB blood should eat dairy, tofu, lamb, fish, grains, fruits, and vegetables. For weight loss, tofu, seafood, green vegetables, and kelp are best but chicken, corn, buckwheat, and kidney beans should be avoided.

By Robert H. Shmerling, MD, Senior Faculty Editor, Harvard Health Publishing; Editorial Advisory Board Member, Harvard Health Publishing

What your blood type can predict about your health



If you are type A

- You have 20% higher risk for stomach cancer than type Os.

Lower your Risk:

- Limit your intake of cured meats which have nitrates that can be converted to cancer-causing substances.



If you are type B

- You have a 20% higher risk of developing type 2 diabetes than type Os.

Lower your Risk:

- A 5-7% body mass reduction can help you prevent it.



If you are type AB

- You have a 23% higher risk of heart disease than type Os.

Lower your Risk:

- Log at least 30 minutes of exercise, 5x a week.



If you are type O

- Your blood type is linked to egg quantity compared to types A and AB.

Lower your Risk:

- Focus on proven fertility boosters like eating healthy.



Eat right to maintain a healthy blood.



References:

<https://www.winchesterhospital.org/health-library/article?id=214387>

<https://www.health.harvard.edu/blog/diet-not-working-maybe-its-not-your-type-2017051211678>

<https://www.womenshealthmag.com/health/a19936754/blood-type/>



Social - Emotional Learning Corner (SEL)

WHAT IS BIAS?

This is our inclinations or preferences that influence our judgment and prevent us from being even handed.

COMMON COGNITIVE BIAS

ANCHORING BIAS

is the tendency to jump to conclusions.

LOSS AVERSION

is the tendency to prefer avoiding losses to acquiring equivalent gain.

REACTANCE BIAS

is the tendency to react to rules and regulations by exercising out freedom.

DUNNING-KRUGER EFFECT

is one's ability to accurately assess their own and other's competence.

HERD MENTALITY

is when people adjust their personal views and behavior to fit the group they are in.

SELF-SERVING COGNITIVE BIAS

is the tendency to take personal responsibility for positive outcomes and blame external factors for negative outcomes.

Reference: PMH4official

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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