



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

JUNIORS HONOR SENIORS IN PROM NIGHT

The Senior Class of 2023 was honored by the Junior Class during the Junior-Senior Promenade held at the New World Makati Hotel last March 10, 2023. This hallmark of senior high school returned after three years of COVID upheaval, infusing the event with special meaning. The symbolic passing of the key of responsibility by the Seniors to the Juniors marked the former's numbered days in SISC, and the latter carrying on the legacy of excellence and commitment exemplified by the Seniors. It is an important transition point in a SISC high school student's life.

The affair was also highlighted by the awarding of the special titles to deserving promenaders namely:

PROM KING: Francis Gabrielle Bartolome (Gr. 12 - Service)

PROM QUEEN: Mikaella Chine Fernandez (IB2 - Balance)

PROM PRINCE: Philipe Raferty Castelvi (Gr. 11 - Synergy)

PROM PRINCESS: Danielle Rosenthal (IB1 - Inquirer)

DASHING DEBONAIR: Jaime Antonio Driz (Gr. 12 - Diplomacy)

GLAMOROUS LADY: Bianca Marie Dela Cruz (Gr. 12 - Grit)

MOST STYLISH GENTLEMAN: Marcus Gabriel Javier (Gr. 11 - Competence)

MOST STYLISH LADY: Kim Inseo (Gr. 11 - Excellence)

FASHIONABLY EARLY GENTLEMAN: John Matthew Bryan Cabiles (Gr. 11 - Efficiency)

FASHIONABLY EARLY LADY: Kamea Allikai Rodrigo (Gr. 11 - Excellence)





HONORS COMPUTATION FOR GRADUATING GRADE 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. 6 students can look forward to this glorious moment based on the following guidelines for computing honors:

A. General Scholastic Awards

1. Grade 6 students are ranked following the Guidelines for Computing Honors for Graduating Grade Seven Students.
2. The General Scholastic Awards will be computed as follows: 80% (academics) & 20% (co-curricular).
3. The academics, which is 80%, is broken down into 70% of the grade in Grade 6, and 30% of the grade in Grade 5.
4. The co-curricular rating, which is 20%, is based on the active participation of the students in Grade 5 & Grade 6 in co-curricular activities.
5. The designation of first honors, second honors and third honors shall apply to students who qualify for the General Scholastic Awards.
6. EQ (Emotional Quotient)/ACT (Achievers Core Training), Homeroom Life Functional Skills / Good Manners Program, Department and Schoolwide Learner Outcomes (SLO) grades are qualifiers for honors.

B. Academic Excellence Awards

1. The Academic Achievement Award will only consider the Grade 6 performance.
2. EQ (Emotional Quotient)/ACT (Achievers Core Training), Homeroom Life Functional Skills / Good Manners Program, Department and Schoolwide Learner Outcomes (SLO) grades are qualifiers for honors.

C. Subject Area Excellence Awards

1. Subject Area Excellence Awards will be given to the student with the highest grade in the subject not lower than Very Superior (VS).
2. EQ (Emotional Quotient)/ACT (Achievers Core Training), Homeroom Life Functional Skills / Good Manners Program, Department and Schoolwide Learner Outcomes (SLO) grades are qualifiers for honors.

Important: *Only the top 2 in the academic ranking shall be considered in the computation for First Honor and Second Honor after which the co-curricular is factored in to decide who between the two becomes the First Honor of the batch.*

SISC REVIVES WEEKEND PROGRAMS

In line with the school year's gradual 'return to normalcy,' SISC is re-implementing the Worthwhile Weekend Programs (WWP) for kids aged 3 and above who may want to put their Saturdays into good use by learning new skills or knowledge in fun and interesting ways. The WWP will offer sessions in academics, sports, and the performing arts beginning April 2023.

The WWP offerings include basketball, volleyball, soccer, chess, karate, taekwondo, violin, guitar, ukulele, acrylic painting, and ballet in partnership with Acts Manila.

To register, please click <https://forms.gle/ZIXbnRrUCRf2CAcJ8>



*Be Amazing.
Be Southville.*



WWP

Worthwhile Weekend Programs

Make Saturdays more
exciting and fun-filled!

Reserve a slot now!

HEALTH ADVISORY



Issue No. 14

HEALTH ADVISORY Medical Department



March 17, 2023

ASTHMA



Asthma is a chronic lung disease characterized by inflamed, swollen and narrowed airways that make breathing difficult. Although no cure has been found for Asthma, it can be controlled.



What are the signs & symptoms of an acute incoming asthma attack?



Shortness of breath



Tightening of the chest



Wheezing when breathing



Coughing during exercise or even during rest after exercising



What causes Asthma?

The irritation of the airways results in 3 changes:

- 1 The muscles in the airways tighten and constrict.
- 2 The air passages swell or become inflamed.
- 3 The air passage fills up with thick mucus.



What are common Asthma triggers?

An Asthma attack can happen when a person is exposed to "asthma triggers". The Asthma triggers can be different for different people with asthma.

- 1 Tobacco smoke
- 2 Dust mites
- 3 Outdoor pollution
- 4 Pest
- 5 Pets
- 6 Mold

Other triggers:



- Infections linked to flu, cold and respiratory syncytial virus (RSV); sinus infection
- Pollen
- Breathing in some chemicals
- Some medicines
- Cold or dry air
- Food and food additives
- Emotional stress
- Fragrances
- Weather; Thunderstorms or high humidity

What to do incase of an asthma attack?

If your attack is caused by a bacterial infection, take the right antibiotics prescribed by your doctor.

Take only asthma medications prescribed by your doctor.

Do not take cough medicines.

If your symptom persists or leads to a moderate or sever attack, get emergency help right away.



What do you do to prevent or minimize an asthma attack?

Know the signs and symptoms of an incoming acute asthma attack.

Take controllers as prescribed by your doctor..

Know your triggers and avoid them..



"Health is a precious gift-maintain it."



References:

1. <https://doh.gov.ph/faqs/What-is-asthma>
2. <https://www.cdc.gov/asthma/faqs.htm>



SOCIAL-EMOTIONAL LEARNING (SEL) CORNER

FOUR THINGS YOU CAN DO TO SUPPORT YOUR TEEN'S MENTAL HEALTH

Here are four things to keep in mind when having that "how -are-you-doing?" conversation with your teen and to show you are always there for them.

① Encourage them to share their feelings

Look for ways to check in with your teen. Ask them how their day has been and what they have been doing and remind them that you are there for them no matter what.



③ Work through conflict together

Never discuss an issue while you are angry. Listen to your teen's views and try to sort out conflict calmly. Take some time to reflect on how you and your teen can resolve it.



② Take the time to support them

Work together on setting up new routines and achievable daily goals. Try to give them appropriate time and space to be on their own and needing space is a normal part of growing up.



④ Care for yourself

Caregivers have a lot to deal with. You also need care and support for yourself. Showing self-care is also a good way of modelling the practice to your teen. Make time in your day to do the things that help you cope with and manage stress.



Reference: UNICEF.org/parenting

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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