



# 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

## MONARCH BRINGS HOME WIN IN ROBOTICS COMPETITION



**ETHAN ERICSON JABEZ  
SANTOS  
4 HUMILITY**

A Southville International School and Colleges (SISC) student won the top award at the 2023 Manila VEX Robotics Competition held in-person last March 1, 2023. Ethan Santos of Gr. - 4 Humility and his team won the Excellence Award in the VEX IQ Competition Elementary School event by garnering the most points in driving and programming their robot.

Santos was the lead driver of his team who will now represent the Philippines in the 2023 VEX Robotics World Championship slated May 2-4 in Dallas, Texas. It is the largest middle school and high school robotics challenge in the world, bringing together the top teams from around the globe to celebrate their accomplishments and compete to be crowned champions.





# REGULAR CLASSES PAUSE FOR HOLY WEEK AND DAY OF VALOR

Holy Week is a significant religious observance for the country's Christian majority as they commemorate the passion, death, and resurrection of Jesus Christ while the Day of Valor marks the greatness of Filipino fighters during World War II. There will be no classes from April 3– 10, 2023 for STAR and Munich Campuses while Grades 6 to 12 and IB 1 and 2 will have VOLT (no face to face) on April 3 and 4 and no classes from April 5–10. SISC Moodle can still be accessed by students who wish to continue working on their tasks. Regular onsite and online classes will resume on April 11, 2023.



# PTC SET ON APRIL 13 AND 14

After the resumption of classes on April 11, 2023, the Parent-Teacher Conference (PTC) regarding your child's school performance during the Second Term will follow. There will be options for parents of Preschool to Grade 12 and IB 1 whether they would like to attend the PTC online or onsite. Please take note of the schedule below:

- April 13, 2023, online mode via Google Meet from 1:00 PM to 4:00 PM for Preschool to G12
- April 14, 2023, onsite mode from 8:00 AM to 3:00 PM for Preschool to G 12 while the IB 1 is both onsite and online from 8:00 AM to 4:00 PM.

The class/homeroom adviser of your child will send the personal meeting link for those opting for the online PTC. This is your chance to meet and catch up with your child's teacher to learn about your child's progress in school. There will be no classes on April 14, 2023 to give way to the PTC.

## 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. 15

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### Beat the Heat Exhaustion

The Philippine Atmospheric, Geophysical and Astronomical Services Administration (PAGASA) has declared the beginning of the warm and dry season which can cause **heat exhaustion**. Watch out for the following **symptoms/warning signs**:



Headache



Dizziness, Confusion, Disorientation



Fatigue, Body weakness



Muscle cramps



Excessive sweating, Hot, Dry skin



Nausea, Vomiting



Rapid Weak heartbeat, Palpitation, Pale Skin



Dark-colored urine

Left untreated, **heat exhaustion** may progress to **heat stroke** which, in turn, can damage the brain and other parts of the body and cause death. **Immediately get help** if the symptoms last longer than 1 hour.

### Prevention



Drink plenty of water (at least 2 liters of water every day).



Avoid tea, coffee, soda, and liquor.



Go to a cool place and avoid high temperature areas.



Wear hats or use umbrellas when going outdoors and apply sun protection lotions.



Limit the time spent outdoors and avoid going out between 10 a.m. and 3 p.m.



Rest and stop any activity especially those done under the sun.

# Beat the Heat, Stay Hydrated!

#### Reference:

- Centers for Communicable Disease Control and Prevention (CDC)
- Department of Health (DOH) Philippines
- Philippine Atmospheric, Geophysical and Astronomical Services Administration (PAGASA)





# SOCIAL-EMOTIONAL LEARNING (SEL) CORNER

## PRACTICING POSITIVE DISCIPLINE FOR BETTER MENTAL AND PHYSICAL HEALTH AND A HAPPY CHILDHOOD

### Why Positive Discipline?

Positive Discipline approach puts an emphasis on developing a healthy relationship with your child and setting expectations around behavior.

#### PLAN 1-ON-1 TIME



#### PRAISE THE POSITIVES



#### SET CLEAR EXPECTATIONS



#### DISTRACT CREATIVELY



#### USE CALM CONSEQUENCES



“There are no bad children, only bad behavior.”

Reference: UNICEF.org/howtodisciplineyourchild

*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

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