



Southville International School and Colleges

STUDENTS AND PARENTS BULLETIN

May 5, 2023 - SPB #30 A.Y. 2022 - 2023

SECOND GRADER PLACES FIRST AT INT'L MATH COMPETITION



Mark Dutov
2 - Grahambell



A second grade student from Southville International School and Colleges (SISC) took first place in the 2023 Russian Math Olympiad (RMO) that brought together mathletes from various corners of the world. Mark Dutov of Gr. 2 - Graham Bell put his number skills to the test on math questions practiced by his peers in Europe and Asia.

The RMO is an international online contest that allows students to demonstrate their mathematical ingenuity and creative problem solving abilities. Dutov took the initiative to use the competition to practice and improve his math skills and ended up winning first place.

MONARCHS TOP STOCK TRADING CHALLENGE

SISC students from the Accountancy, Business and Management (ABM) strand made it to the top three of the latest ranking of the Southville Global Education Network (SGEN) Virtual Stock Trading Challenge. Gabriel Alunan of Gr. 11 – Innovation, and Keezia Rojo and Bon Hyeon Koo of Gr. 10 – Commitment, placed first, second and third, respectively, in the individual competition for the best performing portfolio.

The contest features young investors from SISC, Southville International School Affiliated with Foreign Universities, South Mansfield College, Stonyhurst Southville International School – Batangas, Stonyhurst Southville International School – Malarayat and Asian SEED Academy of Technology (ASAT) putting their knowledge of financial investing and stock markets to the test. They get to develop sound investing and trading strategies by engaging in real-time, hands-on trading in the Philippine Stock Exchange using an online stock trading platform.



Keezia Heart T. Rojo
10 – Commitment



Gabriel Brant M. Alunan
10 – Innovation



Koo Bonhyeon
10 – Commitment

FIRST ISSUE OF THE MOVER FOR THIS YEAR IS OUT

The Mover's first issue after students returned to campus is out. The official student publication of SISC delivers coverage of school news and events, literary pieces, opinion columns, feature stories, artwork and other contents to let students know what is going on. It gives them the opportunity to speak up about their ideas, issues and desires, and share their thoughts for a better school community.

The formerly print-focused publication went fully digital when campuses closed and will continue online to reach a wider audience. To access the digital edition of The Mover, please click the link to our latest issue:

<https://heyzine.com/flip-book/e183e9bc92.html>

Link to our official website: **<https://thesouthvillemover.wixsite.com/sisc>**



Visual of the Editors behind the Mover

VOLUME 3 ISSUE 1




A.Y.2022-2023

THE MOVER


Platform, Pen, and Paper.




WHERE TO FIND US?

 <https://thesouthvillemover.wixsite.com/sisc>

 @thesiscmover

 The Mover

 sisc_mover@southville.edu.ph



The Mover, SISC's official student publication, presents its most recent portfolio of news reports, feature stories, literary pieces, and artworks made by Monarchs for Monarchs.

Embark on a grand adventure and view the student stories that defined the school's extraordinary leap into full-scale hybrid learning.



Volume 3 Issue 1 ★
CLICK ME TO READ OUR LATEST ISSUE!

LEARNING-MODE PREFERENCE SURVEY FOR AY 2023-2024

With respect to families' decisions regarding their desired instructional mode for their children next school year, SISC would like to find out parent and student preferences for in-person, web-based or blended learning for academic year 2022-2023. We want to know how best to support the learning of your children while prioritizing their health and safety. At this time, SISC is offering the following options for our students:

Mode of Learning	Set-Up	Campus
Full Face to Face	Onsite classes 5 days a week	PS to Grade 4- STAR/ Elizalde Campus PS to Grade 6- Munich Campus Grade 7-12- Luxembourg Campus IB 1 and 2- Tropical Campus
Virtual Online Learning and Teaching or VOLT	Virtual online and interactive classes 5 days a week (offered only to PS to Grade 10)	NA
INNOVE	Combination of Face to Face, VOLT, asynchronous classes (flexible schedule)	Grade School- Munich Campus HS- Luxembourg Campus
Flex	100% online, asynchronous with once a week virtual consultation	NA

Reserve a slot now by clicking the link and answering the survey.

[Reservation Slip for Academic Year 2023 - 2024](#)

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/Z1XbnRrUCRf2CAcJ8>





HEALTH ADVISORY

Medical Department



Issue No. 17

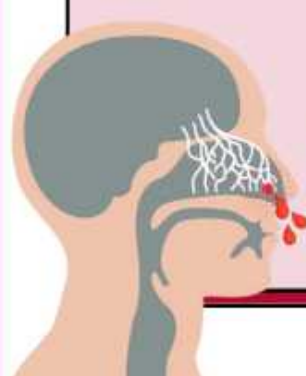
May 5, 2023

Nosebleeds (Epistaxis)

What is Nosebleed (Epistaxis)?

🔴 Nosebleed (Epistaxis) is bleeding from tissues inside the nose (nasal mucus membranes) caused by broken blood vessels.

🔴 Children frequently experience nosebleeds because their nose is lined with delicate, small blood vessels that are susceptible to rupture.



2 most common causes of nosebleeds

Dry air - Your nasal membranes are more prone to bleeding and infections when they become dry.



Nose picking



Other common cause of nosebleeds include:



Acute/Chronic sinusitis



Allergies



Common cold/infection



Trauma to the nose



Blowing too hard



Non- allergic rhinitis



Minor injury to the nose
eg. picking/rubbing



Chemical irritants



Object in the nose



Humidity/temperature



Overuse of nasal decongestant sprays

**Don't let
nosebleeds
slow you down!**



References:

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/nosebleeds>

<https://my.clevelandclinic.org/health/diseases/13464-nosebleed-epistaxis>

<https://www.health.harvard.edu/staying-healthy/emergencies-and-first-aid-how-to-stop-a-nosebleed>



HEALTH ADVISORY



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First aid and self care tips to treat typical nosebleeds

FIRST AID



Remain upright - it helps drain the blood from the nose.



Firmly the entire soft part of the nose just above the nostril



Sit and lean forward (this will ensure that blood and other secretions do not go down your throat).



Hold this position for 5 mins. If bleeding continues, hold the position for an additional 10 mins. If bleeding does not stop, go to the emergency department



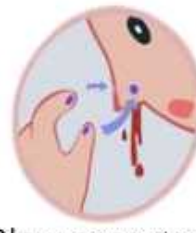
Use cold therapy - apply cold compress to the bridge of the nose.



Use a damp washcloth - it helps absorb the blood.



Breathe through your mouth.



Blow nose gently at once - it helps remove the blood clots in the nostrils.

When to contact a doctor

For children:

• The nosebleed does not stop after 20 minutes of direct pressure, especially if the child has an injury to the head or face.

• There's an object stuck in the child's nose.

• The child has other symptoms such as dizziness, headache, tiredness, vomiting, or trouble breathing due to too much blood loss.

For Adults:

• Similar to a child, call a doctor if the nosebleed does not stop after 20 minutes of direct pressure, or if you lose a lot of blood (more than a cup).

• You experience trouble breathing, gagging, or vomiting due to blood dripping in your throat.

• You have a serious injury to your head or face.
• You're bleeding from other parts of your body.

Don't let nosebleeds slow you down!



References:

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<https://www.health.harvard.edu/staying-healthy/emergencies-and-first-aid-how-to-stop-a-nosebleed>

<https://www.mayoclinic.org/first-aid/first-aid-nosebleeds/basics/art-20056683>

[https://www.healthline.com/health/when-to-worry-about-a-](https://www.healthline.com/health/when-to-worry-about-a-nosebleed#:~:text=Similar%20to%20a%20child%2C%20call,blood%20dripping%20down%20your%20throat.)

[nosebleed#:~:text=Similar%20to%20a%20child%2C%20call,blood%20dripping%20down%20your%20throat.](https://www.healthline.com/health/when-to-worry-about-a-nosebleed#:~:text=Similar%20to%20a%20child%2C%20call,blood%20dripping%20down%20your%20throat.)



SOCIAL-EMOTIONAL LEARNING(SEL) CORNER

How To Tell If It's a A Rumor

If the person being talked about hears it, it would hurt their feelings.

Ask yourself, "How would it feel if they were talking about me?"

If the answer is that it would hurt, it's important to speak up calmly and assertively to stop the rumour.

It's being said without being known if it is true.

If you hear it from someone other than the person it is about, you can assume it is not true.
If you know the rumour is not true - say so!

Rumours are someone else's business, not yours.

Ask yourself, "is this topic something private that someone else would not want others to know?"

If it's private, don't repeat it.

**You don't need to yell or be angry.
You can stop rumours in a way is
both calm and kind.**

Reference: BigLifeJournal



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[Acknowledgment Form](#)

Marie Vic F. Suarez, PhD

Principal, K12 and IB

K12 and IB Bulletins

