



Southville International School and Colleges

STUDENTS AND PARENTS BULLETIN

May 19, 2023 - SPB #32 A.Y. 2022 - 2023

MONARCHS WIN IN IDEATION COMPETITION



**LOVABLE PRINCESS
TOMAQUIN**
12 DIPLOMACY (HUMSS)



JI HYANG LEE
9 - COMPASSION

Two students from Southville International School and Colleges (SISC) emerged as champions in the 2023 Youth Innovation Challenge (YIC) held virtually last April 28 - 29, 2023. Lovable Princess Tomaquin of Gr. 12 - Diplomacy and Ji Hyang Lee of Gr. 9 - Compassion were members of the teams that won the Interpersonal Challenge and Linguistic Challenge, respectively.

They worked collaboratively with students from other schools in a design-thinking workshop to create solutions and innovations that can address common concerns and problems prevalent in society. The innovative solutions can be in the form of an application, product, digital platform, campaign, or social enterprise.

TENTH GRADER BAGS BRONZE IN INT'L MATH TILT



KOO BONHYEON
10 COMMITMENT

A senior high school mathlete won a bronze medal in the Intermediate Division of the 2023 International Kangaroo Mathematics Competition (IKMC). Bonhyeon Koo of Grade 10 - Commitment got the award for placing in the top 25% of all competitors from over 92 countries.

Koo will receive his medal during the awarding ceremony to be held on May 23, 2023 for Philippine contestants. The IKMC aims to promote mathematical thinking and stimulate an interest in math by giving students an opportunity to

compare their abilities against those of their peers from across the world.

The Grade school winners of the Kangaroo Mathematics competition will be recognized in the upcoming Students and Parents' Bulletin.

LEARN HOW TO PERFORM BASIC LIFE SUPPORT FOR FREE

The SISC High School Department, in partnership with Red Cross Youth, is offering free training on Basic Life Support - Cardiopulmonary Resuscitation (BLS-CPR) for Lay Rescuers on May 20, 2023, 8:00 am to 12 nn, at the Mini Theatre in Luxembourg Campus. Learn life-saving techniques for life-threatening emergencies such as cardiac arrest or choking in adults, children, and babies.

Everyone is welcomed to attend, whether young or old, and become a certified first aid provider. To reserve a slot, simply scan the QR Code posted below and register. Minors must have their consent forms (click: <https://bit.ly/3of4Fn2>) signed by their guardians. Let's come together as a community and empower ourselves with life-saving skills!



BLS-CPR

**BASIC LIFE SUPPORT
CARDIOPULMONARY RESUSCITATION TRAINING**

**MAY 20, 2023 | 8:00AM - 12:00NN
MINI THEATRE**



**OPEN TO ALL
SOUTHVILLE
STUDENTS
AND FACULTY**

NO ADMISSION FEE

SCAN THIS TO REGISTER



**STUDENTS WHO ARE UNDER BASIC EDUCATION
SHOULD SECURE A CONSENT FORM. KINDLY ASK A
MEMBER OF THE R.C.Y FOR YOUR COPY.**



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>

INSTITUTIONAL SURVEY LEADS TO IMPROVEMENT

SISC is a firm believer that educating a child is a collaborative effort between the home and the school. Just like you, SISC wants what is best for your child in terms of growing in knowledge and in values. We value parents' comments and suggestions that improve the learning experiences of a child.

It is in view of our shared goal that SISC is conducting the Institutional Survey for parents and students. Please answer the Institutional Survey Form for Parents and Students linked to this bulletin so the school will know how it is doing and what more it can do to help your children achieve their potentials and become movers of society. Together, we can make a difference.

Year-End Institutional Survey Academic Year 2022 - 2023

ERRATUM

In the article "Monarchs Top Stock Trading Challenge" of Students & Parents Bulletin (2022-2023) No. 30, Gabriel Brant M. Alunan should be classified under Grade 11 - Innovation in terms of his level and section.

Furthermore, in the article "Mathletes win big in international competitions" of Students & Parents Bulletin (2022-2023) No. 31, contains corrections regarding the levels and sections of the mentioned students. Cho Subin should be classified as Grade 5 - Honesty, Kent Togawa as Grade 5 - Trustworthiness, and Julian Hermanos as Grade 3 - Kaizen. Our apologies.

HEALTH ADVISORY



HEALTH ADVISORY Medical Department



Issue No.19

May 19, 2023



Prickly Heat

Prickly heat or Heat rash is a common rash on the skin that appears when the person sweats more than usual. It is more common during summer months or in a hot climate.

Common signs and symptoms



For babies, these are often found on the skin folds, on the face or in the nappy area.



Tiny red blisters, irritating itch and prickly sensation.



Redness and swelling on the affected area.

The symptoms of heat rash in adults and children are often the same and usually last 2-3 days. It can appear anywhere in the body and spread but is not infectious.

Causes of heat rash?

Heat rash is caused by the inflammation of sweat ducts in high humidity and heat. It is more common in babies as their sweat glands are not yet fully developed.

When should you see a doctor?

1. The area becomes red and swollen or feels warm.
2. The rash lasts more than 3 days.
3. You develop a fever or become unwell.
4. You have swollen lymph nodes.
5. There is presence of pus or scabs.

What are some home remedies for heat rash?

1. Wear loose, light weight clothes made of cotton.
2. Cool shower bath.
3. Avoid scratching.
4. Keep affected skin dry.
5. Apply calamine lotion, 1% hydrocortisone cream not ointment to ease itching.

Avoid using the following if you have prickly heat or heat rash:



Baby powder



Ointments



Scented lotions and lotions with petroleum or mineral oils



References:

- <https://www.webmd.com/skin-problems-and-treatments/understanding-heat-rash-basics>
- <https://www.healthdirect.gov.au/heat-rash>



SOCIAL-EMOTIONAL LEARNING(SEL) CORNER

SEL TIP: USING SELF-TALK TO CALM DOWN

Use generic self-talk to affirm that you are safe & capable.

The fight, flight, or freeze stress response is triggered when the reptilian part of our brain believes our survival is at stake.

"I am good"
"I am safe"
"I can handle this"

Acknowledge your feelings to soothe agitated parts of the brain.

Reengage the cortex in a particularly stressful moment & open choices how to respond.

"Wow, I feel frustrated"
"I feel annoyed"
"I'm feeling (x-emotion) because (y-emotion) happened."

Reframe the narrative in your head.

Instead of engaging in thought that add fuel to an already stressful situation, we want to pivot & reframe things in the positive.

"They're such a jerk!" to
"Maybe they didn't mean it"

Reference: morningsidecenter.org

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, PhD
Principal, K12 and IB

K12 and IB Bulletins

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