



Southville International School and Colleges

# STUDENTS AND PARENTS' BULLETIN

June 23, 2023 - SPB #37 A.Y. 2022 - 2023

## SENIORS GAIN ADMISSION TO FOREIGN UNIVERSITIES

Graduating senior high school and IB students from Southville International School and Colleges (SISC) ranked in the top percentile of students who applied for admission to prestigious universities abroad to qualify for the course of their choice. The selection processes were highly competitive but the Monarchs demonstrated a strong academic performance and exceptional promise in their intended field to make the cut.

Making their alma mater proud are:

STUDENT	STRAND/ SECTION	UNIVERSITY/COLLEGE/SCHOOL
Mischka Daniela Abeleda	HUMSS/ Diplomacy	Universidad Europa, Spain
Jesmiene Rayne Clores	HUMSS/ Diplomacy	Seneca College, Canada
		Southern Alberta Institution, Canada
Aarushi Tandon	HUMSS/ Diplomacy	Trent University, Canada <i>Scholarship: Entrance Scholarship</i>
		Lambton College, Canada
Jeddbenedict Andres	STEM/ Tenacity	Emirates Aviation University, UAE
Sofia Mikaela Francisco	STEM/ Tenacity	University of Wollongong, UAE <i>Scholarship: 20% scholarship</i>



Sofia Mikaela Francisco	STEM/ Tenacity	Middlesex University, UAE <i>Scholarship: 15% scholarship</i>
		Heriot Watt University, UAE
		Curtin University, UAE <i>Scholarship: 40% scholarship</i>
Micahaela Juliana Torio	STEM/ Tenacity	St. Louis University, Madrid <i>Scholarship: Arrupe Scholarship</i>
		Istanbul Medipol University
		Piedmont University <i>Scholarship: Trustee Scholarship</i>
Isabella Nadine Yuzon	STEM/ Tenacity	University of Nevada, Las Vegas
		Loyola University of Chicago, USA
Angelique Joy Delgado	STEM/ Initiative	University of British Columbia, Canada
Sofia Leigh Sindac	STEM/ Initiative	University of Toronto, Canada
		Bond University, Australia
Mulan Azalea Sugiarto	STEM/ Initiative	Wageningen University, Netherlands
		University of Waikato, New Zealand
Yoo Myung Jun	STEM/ Initiative	Yonsei University, Korea
		Hanyang University, Korea
		Sungkyunkwan University, Korea
Bang Changseong	STEM/Grit	Embry-Riddle Aeronautical University, Florida <i>Scholarship: International Student scholarship</i>



<b>Bang Changseong</b>	<b>STEM/Grit</b>	<b>Florida Institute of Technology</b>
<b>Kim Min Seo</b>	<b>STEM/Grit</b>	<b>University of British Columbia, Canada</b>
		<b>Monash University, Autralia</b>
		<b>Simon Fraser University, Canada</b> <i>Scholarship: International Excellence Entrance Scholarship</i>
<b>Ronit Rohan Jaipal</b>	<b>ABM/ Service</b>	<b>Narsee Monjee College of Commerce and Economics, India</b>
<b>Kang Youngu</b>	<b>ABM/ Service</b>	<b>Constructor University, Germany</b>
<b>Lucky Sophia Manuntag</b>	<b>ABM/ Service</b>	<b>Macquarie University, Australia</b>
<b>Ysabella Loise Reyes</b>	<b>ABM/ Service</b>	<b>University of Stirling, United Kingdom</b> <i>Scholarship: 50% scholarship</i>
		<b>Bath SPA University, United Kingdom</b> <i>Scholarship: 50% scholarship</i>
<b>Yoo Gaeun</b>	<b>GAS/Rigor</b>	<b>Embry-Riddle Aeronautical University, Arizona</b>
<b>Makayla Bell</b>	<b>IB</b>	<b>University of Dundee, United Kingdom</b>
		<b>University of Durham, United Kingdom</b>
		<b>York University of Pennsylvania, USA</b>
<b>David Reneberto Miguel Beloso</b>	<b>IB</b>	<b>Universidad Europa, Spain</b>
<b>Karla Cheska Chatziandreou</b>	<b>IB</b>	<b>Macquarie University, Australia</b>
		<b>University of Calgary, Canada</b>
<b>Tyrulf Ekberg</b>	<b>IB</b>	<b>University of British Columbia, Canada</b>



<b>Tyrulf Ekberg</b>	<b>IB</b>	<b>King's College London, United Kingdom</b>
		<b>University of Edinburgh, United Kingdom</b>
		<b>University of Leeds, United Kingdom</b>
<b>Minsuk Kim</b>	<b>IB</b>	<b>Imperial College London, United Kingdom</b>
		<b>Hong Kong University of Science and Technology, Hong Kong</b>
		<b>University California San Diego, USA</b>
		<b>University of California Los Angeles, USA</b>
<b>Jezzine Ocampo</b>	<b>IB</b>	<b>University of Victoria, Canada</b>
		<b>Simon Fraser University, Canada</b>
		<b>University of Calgary, Canada</b>
<b>Princess Dayan Sabal</b>	<b>IB</b>	<b>Thompson River University, Canada</b>
		<b>University of Fraser Valley, Canada</b>
		<b>University of Northern British Columbia, Canada</b>
<b>Alysa Clare Tan</b>	<b>IB</b>	<b>York College of Pennsylvania, USA</b>
		<b>University of Central Oklahoma, USA</b>
		<b>University of New South Wales, Australia</b>
		<b>University of Oklahoma, USA</b>
		<b>Griffith University, Australia</b>



<b>Yu Jin Sue</b>	<b>IB</b>	<b>Macquarie University, Australia</b>
		<b>Western Sydney University, Australia</b>
<b>Seo Young Lee</b>	<b>IB</b>	<b>University of California-San Diego, USA</b>
<b>Chelcy Meneses</b>	<b>IB</b>	<b>Queensland University of Technology, Australia</b>
		<b>Macquarie University, Australia</b>
<b>Junseo Choi</b>	<b>IB</b>	<b>University of Melbourne, Australia</b>
<b>Zoe Patricia Gesmundo</b>	<b>IB</b>	<b>Macquarie University, Australia</b>
<b>Ahin Kim</b>	<b>IB</b>	<b>University of Toronto, Canada</b>
		<b>McGill University, Canada</b>
<b>Gaeul Kim</b>	<b>IB</b>	<b>University of Amsterdam, Netherlands</b>
<b>MinHee Kim</b>	<b>IB</b>	<b>State University of New York: Fashion Institute of Technology, USA</b>
		<b>University of Illinois Urbana Champaign, USA</b>
<b>Neel Sharma</b>	<b>IB</b>	<b>University of Arizona, USA</b>
		<b>University of Colorado (Boulder), USA</b>
		<b>University of Bath, United Kingdom</b>
		<b>University of Manchester, United Kingdom</b>
		<b>University of British Columbia, Canada</b>
		<b>University of Toronto, Canada</b>
		<b>Western University, Canada</b>





**12 SERVICE**



**12 TENACITY**





**12 INITIATIVE**



**12 RIGOR**





12 GRIT



12 DIPLOMACY





IB 2

## SFO CONDUCTS LPPWP COASTAL CLEAN-UP

As part of the Southville for Others (SFO) outreach program, SISC teachers and staff trooped to the Las Piñas Parañaque Wetland Park (LPPWP) last June 17, 2023 to conduct a clean-up drive along the shoreline of the polluted Freedom Island in Parañaque. Armed with sacks and gloves, they collected a total of 173 sacks of garbage and litter to help address the marine debris problem in the bay.

The activity concretized one of the aims of SFO which is “to respond to the environmental needs of adopted communities through community outreach.” This year's undertaking emphasized the critical need for action to protect the water's resources, and reduce land-based pollutants that adversely affect coastal habitats and communities.







# IMPORTANT DATES TO REMEMBER

## JUNE 2023

**June 23 - Grade 6 Graduation Day (AM)**

**June 23 - Senior Kinder Graduation Day (PM)**

**June 24 - Grade 12 Graduation (PM)**

## JULY 2023

**July 4 - Grades 1 and 2 Recognition Day (for year-end awardees)**

**July 5- Grades 3-5 Recognition Day (for year-end awardees)**

**July 7 - Third Term PTC for Preschool to Grade 11**

**July 12 - Grades 7 - 9 Recognition Day (for year-end awardees)**

**July 13 - Grade 10 and 11 Recognition Day (for year-end awardees)**

**July 24 - Start of SMART Academic Enhancement Programs  
for Preschool – Gr. 12**

**July 31 - Start of of SMART Non-Academic Programs**

## AUGUST 2023

**August 11 - End of SMART Academic Enhancement  
Programs for Preschool – Gr. 2 and  
International Baccalaureate**

**August 18 - End of SMART Academic Enhancement  
Programs for Gr. 3 – Senior High School**

**August 23 - Opening of Classes in Senior High School  
and International Baccalaureate**

**August 31 - End of SMART Non-Academic Programs**

## SEPTEMBER 2023

**September 5 - Opening of Classes in Grs. 7 – 10**

**September 6 - Opening of Classes in Grs. 3 – 6**

**September 11 - Opening of Classes of PS - Grade 2,  
INNOVE and FLEX**



# 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**



# HEALTH ADVISORY



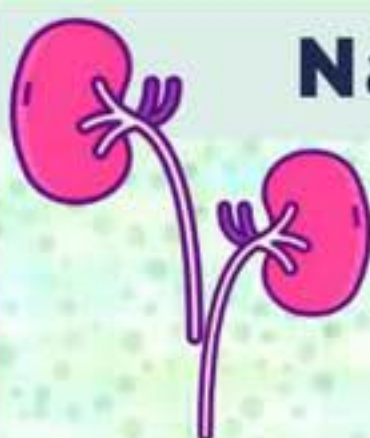
## HEALTH ADVISORY

### Medical Department



Issue No. 10

June 23, 2023



## National Kidney Month

Kidney or renal disorders is one of the world's most neglected chronic diseases. The World Health Organization reported 39,380 deaths in the Philippines from kidney disease in 2020. Furthermore, the Chronic Kidney Disease (CKD) mortality rate has been rising over the years.

### What is Chronic Kidney Disease (CKD)?



Chronic kidney disease, commonly known as chronic renal disease or CKD, is a disorder in which kidney function gradually declines over time.

The wastes and extra fluid are taken from circulation by your kidneys and excreted in urine. Your body may accumulate excessive amounts of fluid, electrolytes, and wastes if you have advanced chronic renal disease.

Chronic kidney disease can lead to end-stage renal failure, which is fatal without dialysis or a kidney transplant.

Chronic renal disease treatment focuses on slowing the progression of kidney damage, usually by controlling the underlying cause.

## Two Main Causes of CKD

- 1. Diabetes** - Diabetes develops when your blood sugar levels remain abnormally high. Uncontrolled blood sugar levels can damage several organs in your body over time, including the kidneys, heart, blood vessels, nerves, and eyes.
- 2. High blood pressure** - High blood pressure happens when the pressure of your blood against the walls of your blood vessels rises. High blood pressure, if uncontrolled or poorly regulated, is a leading cause of heart attacks, strokes, and chronic renal disease.

## Other conditions that affect the kidney



Glomerulonephritis



Inherited disease



Autoimmune disease



Kidney stones or tumors

## Risk Factors



- Heart disease
- Diabetes
- High blood pressure
- Family history of kidney failure
- Smoking
- Obesity
- Race/ethnicity



### References:

<https://www.nnc.gov.ph/regional-offices/mindanao/region-x-northern-mindanao/7982-2022-national-kidney-month-batong-malakas-sa-panibagong-bukas> <https://www.kidney.org/atoz/content/about-chronic-kidney-disease> <https://www.kidneyfund.org/all-about-kidneys/risk-factors> <https://www.mayoclinic.org/diseases-conditions/chronic-kidney-disease/symptoms-causes/syc-20354521>

**Eat right and be wise for a better kidney life.**







# HEALTH ADVISORY



## Medical Department

Issue No. 10

June 23, 2023

### Signs and symptoms



Urinating more or less



Swollen feet and ankles



Muscle cramping  
at night



Puffiness around the  
eyes, especially in the  
morning



Dry, itchy skin



Nausea or vomiting



More tired and  
less energy



Shortness of breath  
and chest pain



Poor appetite



Trouble sleeping



Trouble  
concentrating



### When to see a doctor

- If you have the signs and symptoms of kidney disease.
- If you have a medical condition that increases your risk of developing kidney disease.



### Ways to prevent chronic kidney disease (CKD)



- **Be physically active.** Try to maintain at least 150 minutes of moderate aerobic activity per week for substantial health benefits.
- **Get enough sleep.** Getting adequate sleep of at least 7- 8 hours has many benefits, including lowering the risk for serious health problems, reducing stress, and boosting your mood.
- **Eat a healthy diet.** A kidney-friendly diet can help in disease management and prevent the progression of kidney impairment. Patients with kidney illness are encouraged to consume fewer sweets, and fatty, salty and processed meals.
- **Quit smoking.** According to studies, ceasing smoking may reduce the decline of kidney health and likely reverse some of the risks associated with tobacco use.
- **Appropriate intake of fluid.** Drinking enough water helps the body clean away salt, urea and other toxins, lowering the kidney's chance of developing CKD.
- **Manage risk factors** such as diabetes and high blood pressure.
- **Do not self medicate.** Self-medication is one of the potential causes of damage to the kidneys.



**Eat right and be wise for a  
better kidney life.**



#### References:

<https://www.nnc.gov.ph/regional-offices/mindanao/region-x-northern-mindanao/7982-2022-national-kidney-month-batong-malakas-sa-panibagong-bukas> <https://www.kidney.org/atoz/content/about-chronic-kidney-disease> <https://www.kidneyfund.org/all-about-kidneys/risk-factors> <https://www.mayoclinic.org/diseases-conditions/chronic-kidney-disease/symptoms-causes/syc-20354521>



# SOCIAL-EMOTIONAL LEARNING(SEL) CORNER

## THE SURPRISING TRUTH ABOUT POSITIVE PARENTING

Parenting gets easier when you can do these 3 hard things:

### Regulate your own emotions

- Pause and take a few deep breaths
- Step outside and focus on your 5 senses
- Go for a walk or move your body in some way

### RESPECT

- Validate their feelings
- Apologize for your mistakes
- Offer a hug or communicate you are there for them

### Coach instead of control

- Model the calm behavior you want to see in your child
- Offer feeling words to build your child's emotional intelligence
- Show alternative behaviors that are more appropriate

It's NOT about managing your child's behavior...  
it's about your own **self-regulation** and **managing yourself**.  
Because how you respond sets the tone for how they behave.

Reference: Ziglar journal



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**