



Southville International School and Colleges

STUDENTS AND PARENTS' BULLETIN

September 8, 2023 - SPB #2 A.Y. 2023 - 2024

SISC RECEIVES PRESTIGIOUS ASIAN AWARD



Southville International School and Colleges [SISC] is awarded Asia's Most Promising SME's 2023 by the Asia Corporate Excellence & Sustainability [ACES] Awards. The award recognizes small and medium enterprises [SMEs] across Asia for demonstrating corporate excellence and sustainability efforts through innovative and ethical practices.

The ACES Award is one of the most sought after accolades in Asia for recognizing an organization's remarkable growth and trailblazing within the industry. SISC underwent a rigorous assessment from a panel of experts, using stringent metrics that benchmark against Asia-class performance. The school was cited for its impressive track record and team of exceptional leaders that propelled the institution to the forefront of the business landscape in Asia.

SISC joined the existing group of ACES Award holders that include Coca Cola, Nestle, Shell, Samsung, the SM Group, Ayala Corporation and other organizations that have endured as true catalysts for economic prosperity in the Asian region. The awarding will be done on November 23, 2023 in Malaysia.

YOUNG MONARCHS ON TARGET IN FENCING AND ARCHERY COMPETITIONS



A Grade 5 student bagged two medals in the recently concluded 2023 Allstar Hong Kong Fencing Championships held at the Kowloon Bay International Bay and Exhibition Center. Ethan Santos of Gr. 5 - Understanding won a silver in the team competition and bronze in the individual event, competing in the under-11 category of the international tournament

Meanwhile, Martha Francesca Montecillo of Gr. 5 - Trustworthiness made it all the way to the quarterfinals of the 2023 Asean Youth Archery Championships Open held at the Dynamic Herb Sports Complex in Cebu City. She competed in the under-13 age group against archers from Chinese-Taipei, Iran, India, Singapore, Thailand and host Philippines.



CELEBRATING EXCELLENCE: JENICA ROQUE AND NIKOLAI ISAAC EUSEBIO SHINE BRIGHT

We are thrilled to announce the outstanding achievements of two of our brilliant students, Jenica Beatrice Roque of Gr. 5 - Loyalty and Nikolai Isaac Eusebio of Gr. 6 - Nobility, who have made our school community proud.



Jenica Beatrice Roque and Nikolai Isaac Eusebio have once again proven their exceptional talents on the global stage by securing the prestigious 1st Runner-Up [Gold] and Silver Medalist positions at the recent Hong Kong International Science Olympiad Final Round held in July.

These remarkable achievements underscore the importance of a supportive and enriching educational environment in nurturing young talents. We commend Jenica Roque and Nikolai Isaac Eusebio for their dedication and passion, and we look forward to witnessing their continued success on their academic journeys.

Let us celebrate their remarkable accomplishments as they continue to make us proud and inspire future generations of students to reach for the stars. Congratulations once again to our shining stars, Jenica and Nikolai!

IB RELEASES FIRST ISSUE OF COLLEGE CAREER GUIDE

The SISC International Baccalaureate (IB) Division is releasing the first edition of its “IB Career Guidance Newsletter.” With thousands of university and career options available for IB students, the online publication intends to guide and support them in choosing their future career paths, and in making informed decisions about their college choices.

The bi-monthly newsletter will provide valuable insights and practical tips to help IB students navigate the competitive college admission process with confidence and clarity. Please click the button below to view the IB Career Guidance Newsletter.

IB Career Guidance Newsletter



08 September 2023

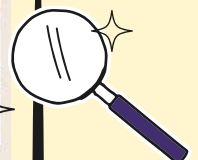
IB Career Guidance Newsletter >>>>

Welcome to the first university and career guidance newsletter for parents and students!

This marks the beginning of an exciting journey filled with information, insights, tips, and resources to help you and your children as they apply to their chosen university.

This newsletter will cover guidance for parents and students in the university admission process, university updates, events and workshops, and other tips on building a successful university application.

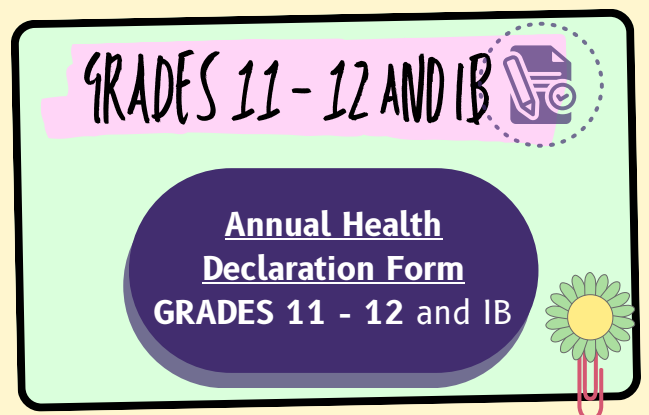
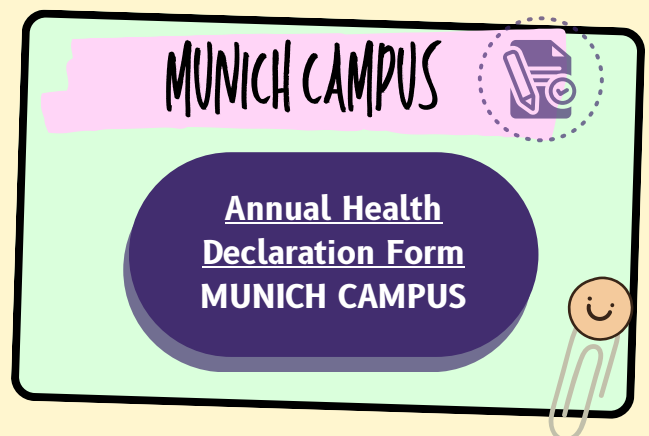
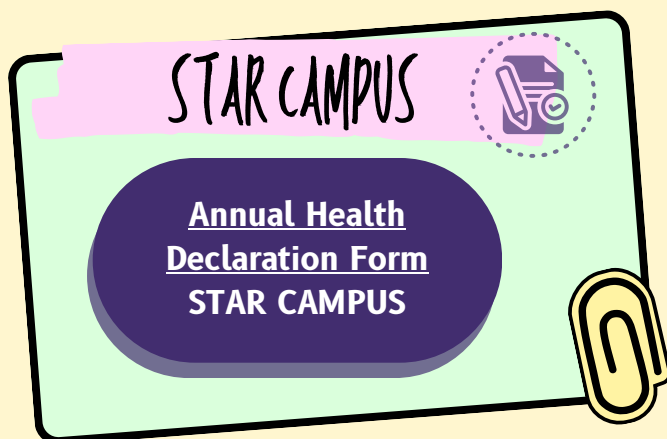
The first edition will focus on the university preparation for both IB1 and IB2, application dates for local and international universities, and platforms for applying to US and UK universities.



UPDATE YOUR CHILD'S HEALTH RECORD

All students are required to have completed health records on file in the school clinic. Accurate records are of vital importance, especially when a student has a pre-existing health problem, as this will be used by the clinic staff as a reference whenever a consultation for illness takes place.

Thank you to all the parents and guardians who have filled out the Annual Health Update Form that was emailed to them before the first day of classes. For those who have not yet created a medical record, please do so by clicking the button below:



For Grade 7 - 10, Annual Health Declaration form were already sent by their Level Facilitator.

For any inquiries or concerns, you may email medical@southville.edu.ph or call [02] 8825 6374 local 123.

HEALTH ADVISORY



HEALTH ADVISORY Medical Department



Issue No.03

A.Y. 2023-2024

September 8, 2023

Learn How to Boost Your Immune System



The Immune System is the body's way of protecting itself from infection and diseases like colds and flu viruses to serious conditions.

Infection can cause you a lot like missing work and an important event.

Helpful ways to strengthen your immune system and fight off diseases:

1. Consume nutritious diet high in fruits and vegetables.
2. Be physically active, exercise regularly.
3. Maintain a healthy weight.
4. Get adequate sleep.
5. Minimize stress.
6. Refrain from excessive alcohol
7. Quit smoking.
8. Stay hydrated.
9. Wash your hands frequently, cook poultry and meals thoroughly.
10. Keep current with all recommended vaccines.



Foods that provide the needed Vitamins and Minerals to boost your Immune health:

Vitamin A

- Essential for a strong immune system, it works to help your body respond to toxins and foreign substances.

Sources:

- Green leafy vegetables
- Fruits, including cantaloupe, watermelon, apricot and papaya
- Dairy products such as milk, yogurt, cottage cheese

Vitamin C

- Improves the absorption of iron from plant-based foods and helps the immune system work properly to protect the body from disease.

Sources:

- Citrus fruits
- Other fruits and vegetables like broccoli, baked potatoes and tomatoes.

Vitamin D

-Strengthens the immune system to fight off invading bacteria and viruses.

Sources:

- Seafood such as salmon, tuna and mackerel
- Beef liver
- Dairy products like milk, cheese, yogurt & egg yolk

Zinc

- It helps fight viruses and bacteria. It also supports normal growth & development during pregnancy, infancy & childhood.

Sources

- Seafood like lobster, crab, and oysters
- Meats, red meat (beef & pork)
- High fiber foods like cereals, beans, whole grains and nuts seeds

GET YOUR SHIELD UP: BOOST YOUR IMMUNITY



Reference:

<https://www.cdc.gov/nccdphp/dnpao/features/enhance-immunity/index.html>
<https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>

SOCIAL-EMOTIONAL LEARNING(SEL) CORNER

HOW TO BE A SUPPORTIVE PARENT

Over-parenting is...

- ◆ giving lots of reminders & warnings:
"You can't do that. You're too small."
- ◆ over-perfecting:
"What happened on this test? You usually get A's in this class."
- ◆ removing personal responsibility:
"Let me check your answers one more time."
- ◆ projecting your goals:
"You've got to try out for soccer! I loved it when I was your age!"

Supportive parenting is...

- ◆ age-appropriate guidance:
"What's your plan on climbing down?"
- ◆ focusing on progress:
"Everyone slips up sometimes. Let's brainstorm ideas you can try next time."
- ◆ allowing natural consequences:
"I trust you did your best. And if you made mistakes, that's how you learn."
- ◆ helping them set their own goals:
"I loved soccer growing up. What sport would you be interested in trying?"

The goal of **supportive parenting** is to instill **confidence** in your child to equip them to handle hard things in the future.

Reference: BigLifeJournal

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