



Southville International School and Colleges

STUDENTS AND PARENTS' BULLETIN

October 13, 2023 - SPB #7 A.Y. 2023 - 2024



SISC Celebrates 33rd Foundation Anniversary

As one of the premiere international schools in the country, Southville International School and Colleges (SISC) will celebrate its 33rd Foundation Anniversary with various educational, cultural and recreational programs that reflect the international nature of the school community. Below is the schedule of activities during the week-long celebration:

OCTOBER 2023

ACTIVITY	DATE	TIME	VENUE
SHS F.A.S.T. Ball Tournament	October 17, 2023	8:00 am – 4:00 pm	Monarchs Gym
Alumni Bazaar Fest	October 17-19, 2023	8:00 am – 5:00 pm	Luxembourg Campus
Parade of Nations (Grades 3 – 6)	October 18, 2023	9:00 am – 11:00 am	Luxembourg Campus
Parade of Nations (Grades 1 and 2)	October 19, 2023	8:00 am – 10:00 am	Luxembourg Campus
Parade of Nations (Preschool)	October 19, 2023	10:30 am – 12:30 pm	Luxembourg Campus
High School Talent Night	October 19, 2023	2:00 pm	Luxembourg Campus
Employees' Thanksgiving <i>(Note: No classes for all levels)</i>	October 20, 2023	8:00 am – 6:00 pm	Luxembourg Campus
Sparktacular Trick or Treat	October 21, 2023	9:00 am	Luxembourg Campus
Pep Rally	October 24, 2023	4:00 pm – 6:00 pm	Monarchs Gym

Outstanding Achievements by SISC Students in National Sports Championships



Champion Alert! 🏆 🇵🇭 Gilford Lim, the 10th-grade Leadership prodigy, dominates the 2023 National Inter-school Taekwondo Championships, clinching the gold medal in Junior Novice 2 - Sparring Event (Heavy/73kg) at the Ninoy Aquino Stadium last October 1.

In a remarkable display of skill and determination, a tenth-grade student from Southville International School and Colleges (SISC) achieved gold at the prestigious 2023 SMART/MVP Sports Foundation National Inter-School Taekwondo Championships. Gilford Lim, representing Gr. 10 – Leadership, secured the top spot in the fiercely competitive 73 kg weight division of the Junior Novice 2 – Sparring Event, held at the iconic Ninoy Aquino Stadium.

This event, which brought together over 4,000 budding taekwondo athletes from schools and universities across the nation, marked a significant milestone as it was the largest national taekwondo tournament since the pandemic. Lim's triumph was a testament to his commitment to the sport, as he fearlessly faced off against other skilled martial artists in a full-contact competition. Employing all the taekwondo techniques he had diligently honed, he emerged victorious with the coveted gold medal.

In a separate display of excellence, Annika Quinto, a student from Grade 7 Resilience at SISC, demonstrated her prowess in the pool. She clinched the silver medal in both the 100m freestyle and 50m backstroke events, and added a bronze medal to her collection in the 50m freestyle at the Speedo Inter-School NCR League. Quinto's achievements underline the school's commitment to nurturing diverse talents and fostering a culture of excellence across various disciplines.

The remarkable accomplishments of these young athletes not only bring pride to Southville International School and Colleges but also serve as an inspiration to aspiring sports enthusiasts and a testament to the spirit of dedication and sportsmanship.



Annika Quinto

7 Resilience


Silver | **100m Freestyle**

Silver | **50m backstroke**

Bronze | **50m freestyle**

Speedo Inter-School NCR League

Annika Quinto, the rising athlete from 7th grade Resilience, shines at the Speedo Inter-School NCR League, clinching the silver medal in the 100m Freestyle and 50m Backstroke events, along with a bronze in the 50m Freestyle competition.

 *Congratulations on an outstanding performance!*

🌟 Congratulations to our outstanding young mathematicians! 🌟

We are happy to announce the remarkable achievements of our students in the final round of the 2023 Philippine International Mathematical Olympiad (PhIMO) and the Hong Kong International Mathematical Olympiad (HKIMO). Their grit and exceptional mathematical prowess have shone brightly on the international stage.

🏆 PhIMO 2023 and HKIMO 2023 - Gold Medalists



Gabriel Dino
4 - Humility



Jenica Beatrice Roque
5 - Loyalty

Gabriel Dino and Jenica Beatrice Roque, two remarkable students from Munich Campus, have made us immensely proud by clinching the gold medals in the Primary Level category of the PhIMO and HKIMO competitions respectively. Their outstanding performance in solving complex mathematical problems has distinguished them among the best mathletes from Cambodia, Indonesia, Iran, Japan, Malaysia, Myanmar, Thailand, and Vietnam. Gabriel and Jenica's victory exemplifies the spirit of competence, commitment to achieve with grit and growth mindset and character that our school instills in its students.



HKIMO 2023 - Outstanding Achievements



Elian Miguel Mallare
2 - Graham Bell



Joshua Jhonsonian Brakmore-Canterbury
2 - Euclid

Our students have also excelled in the Hong Kong International Mathematical Olympiad (HKIMO) 2023:

- ◆ Elian Miguel Mallare - Grade 2, Graham Bell - Primary 1 Silver
- ◆ Joshua Jhonsonian Brakmore-Canterbury - Grade 2, Euclid - Primary 1 Bronze

These remarkable achievements reflect their dedication to mathematics and their ability to tackle challenging problems with precision and creativity. We applaud their accomplishments and commend their commitment to excellence.

This is a momentous occasion for our school and our students. It exemplifies our commitment to nurturing and fostering talent in mathematics. We extend our warmest congratulations to Gabriel, Jenica Beatrice, Elian Miguel, and Joshua Jhonsonian for their outstanding achievements.

Their success serves as an inspiration to all of us and a testament to the endless possibilities that lie ahead through hard work, determination, and a passion for learning. Let us continue to support and encourage these young math prodigies as they embark on their academic journeys.

Once again, congratulations to our PhIMO and HKIMO champions for their exceptional accomplishments! 🌟🏆🌟



Students take SBA pretest

Students from preschool to high school recently took the Standards-Based Assessment (SBA) Pre-Test to get a profile of where they are in English, Science and Math. The tests will also show to the school the specific areas to work on to ensure that all learners will meet the standards for success.

Developed by the Asian Psychological Services and Assessment, the SBA test measures student achievement and competencies in the core subject areas: English Language Arts (Reading, Writing, and Media) Mathematics (Numbers and Number Sense Operations, Measurement, Patterns and Algebra, Geometry, Statistics and Probability) and Science (Earth and Space, Life Science, Physical Science, and Nature of Science).

With standards-based assessment, students, teachers, parents, and school administrators will get the following BENEFITS:

1. The SBA provides good feedback to the student on how well he/she has learned and the degree of his/her readiness to move to a higher educational level.
2. The SBA pinpoints competencies of students and learning gaps which serve as bases for learning reinforcement or remediation.
3. The SBA will determine the performance of SISC students against school, national and international norms.

Results of the assessment can also aid teachers and the school to identify the areas of strengths and developmental areas which consequently can provide information for improvement of the institution's curriculum. Furthermore, the SBA provides an objective and relevant feedback to the school in terms of its quality and effectiveness of instruction against national norms and international standards.

"Stars, Hearts and Laurels: Alumni Achievers Spotlight:"

Welcome to our "Alumni Achievers Spotlight" – a dedicated corner where we celebrate the remarkable accomplishments of our former students. Our alumni have gone on to achieve great success in various fields, serving as a source of inspiration for current students and parents alike. In this space, we will share their inspiring stories, achievements, and the valuable lessons they've learned on their journey from our school to their dreams. Join us in celebrating the excellence of our alumni and discover the limitless possibilities that await our current students.



“Lessons learned while in Southville IS, go beyond just the academics. SISC helps instill important traits such as discipline, responsibility and accountability. All of which are important in succeeding in life.”

Roberto Angelo O. Amores II
President/CEO Hi Las Marketing Corporation
Director- PhilFoodex Inc.
Trustee- Philippine Okra Producers and Exporters Association
Agriculture Committee member-Philippine Chamber of Commerce and Industry
Batch 2009



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Monarchs Moments



MunSTAR
Uninterrupted Sustained
Silent Reading (USSR)





HIGH SCHOOL

No Hesitation

An enchanting performance by 9th-grade duo, Gabrielle Hermosilla and Cristina Kassandra Prats, as they took the stage during the 'No Hesitation' segment at the assembly, delivering a mesmerizing rendition of 'When You Believe.' 🎵🌟 Bravo to these talented young voices!"









The Impact of Sleep on Health and Wellbeing



Sleep should be an essential part of your daily routine to allow your body and mind to recharge, leaving you rested and alert when you wake up. Without enough sleep, the brain cannot function properly and can lead to problems such as daytime sleepiness, poor decision-making, interference with learning and accidents. It can also lead to Type 2 diabetes, heart disease, obesity, and depression.

Causes of sleep disturbances

 <p>Stress. Worries related to work, school, marriage, relationships and recent life events can affect a person's ability to fall or remain asleep, or to achieve a restful state of healthy sleep.</p> <p><i>STRESSED OUT</i></p>	 <p>Physical problems. A medical condition or illness - especially one accompanied by chronic pain - can make it tough to sleep well.</p>
 <p>Depression. People who suffer from clinical or short-term depression can have difficulty sleeping.</p>	 <p>Medications. Certain prescribed treatments, such as high blood pressure medications, can sometimes cause sleeplessness.</p>
 <p>Lifestyle choices. Excessive physical activity, exercising, working at night, drinking caffeine or alcohol, taking certain prescription or illicit drugs, or smoking can contribute to sleep disturbances, especially if done shortly before bedtime.</p>	 <p>Sleep disorders. There are dozens of medically recognized clinical sleep disorders that can cause sleeping difficulties.</p>

The common sleep disorders include:

<p>Insomnia (inability to fall or stay asleep)</p>	<p>Sleep apnea (inadequate respiration during sleep)</p>
<p>Narcolepsy (tendency to fall asleep rapidly at inappropriate times)</p>	<p>Restless leg syndrome (a condition that causes an uncontrollable urge to move the legs)</p>
<p>Parasomnias (e.g. sleepwalking, nightmares, night terrors, sleep inertia, etc.)</p>	<p>Chronic fatigue syndrome (feeling very tired most of the time)</p>



HEALTH ADVISORY

Medical Department

AY 2023 - 2024



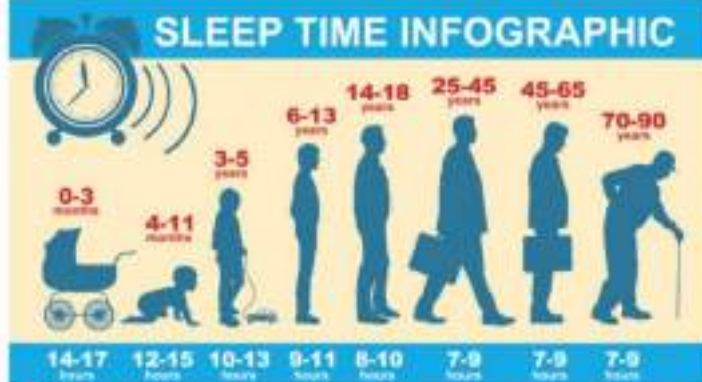
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The Impact of Sleep on Health and Wellbeing

HOW MUCH SLEEP DO YOU NEED?

The right amount of sleep basically depends on your age. Some people need less sleep or more sleep. However, for adults, consistently sleeping fewer than six hours a night or consistently sleeping for ten or more hours a night can have health risks or may be a sign of another health problem.



QUICK TIPS

Tips for Getting a Good Night's Sleep



Set a schedule. Go to bed and wake up at the same time each day.

Eat nutritious meals. People who lack proper nutrients in their diet can have problems with insomnia.



Unwind. Stress has a big impact on sleep, so it's important to take time to relax before bed by reading a good book, taking a bath or shower, or listening to calming music.

Avoid napping after 4 PM. It may interfere with sleep at night.



Have a light snack in the evening. A heavy meal close to bedtime or going to bed hungry can keep you up.

Create a room for sleep. Avoid bright lights and loud sounds, keep the room at a comfortable temperature, and don't watch TV or have a computer in your bedroom.



Avoid using electronics late at night. Not only will the content stimulate your brain, the brightness of the screen is comparable to the morning sun.

Manage your worry. Have a worry book beside your bed and write down what is bothering you and deal with it the next day.



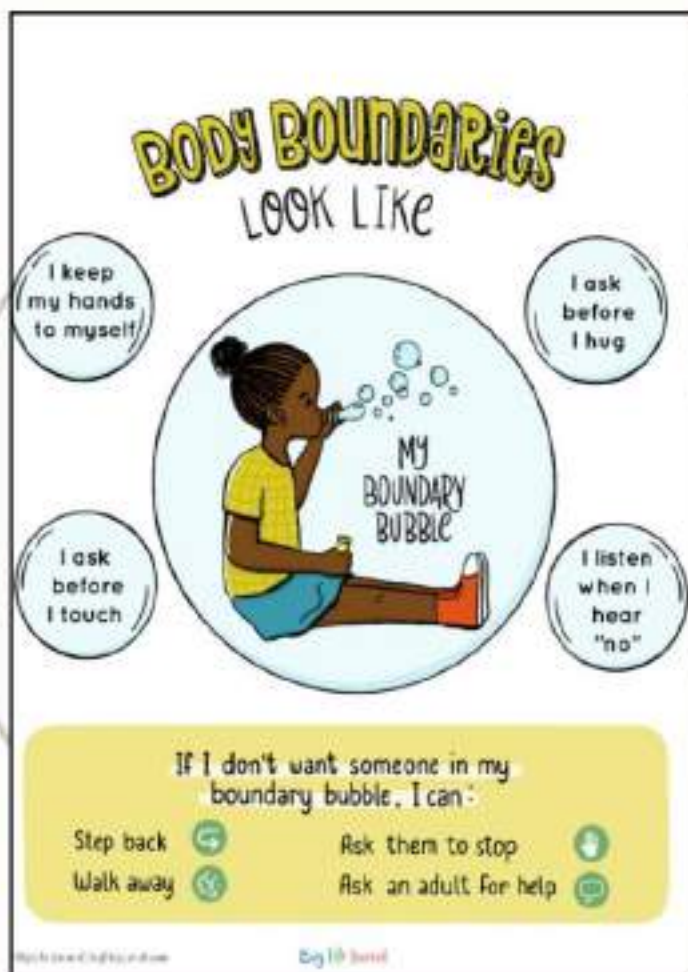
Sleep your Way to Better Health



Social-Emotional learning (SEL) Corner

I keep
my hands
to myself

I ask
before
I hug



I listen
when I
hear
"no"

I ask
before
I touch

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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