



Southville International School and Colleges

STUDENTS AND PARENTS' BULLETIN

October 20, 2023 - SPB #8 A.Y. 2023 - 2024

Regina Zalameda: A Culinary Storyteller Whose Pen Serves a Feast

In the realm of culinary exploration and gastronomic delights, Regina Salameda shines brightly. Her article "Season to Taste" in The Inquirer takes readers on a captivating journey into Filipino cuisine, celebrating culture and the stories behind food. Regina transforms eating into a sensory and emotional experience, infusing her writing with the warmth of the kitchen and the cultural significance of each dish. She's not just a culinary expert but also a talented storyteller, weaving together ingredients, memories, and traditions. Regina's work reminds us that food is a gateway to culture and community, preserving and promoting the culinary heritage of the Philippines. "Season to Taste" is a testament to her culinary and storytelling prowess, transporting readers to the heart of Filipino kitchens, where tradition and innovation create a symphony of flavors.



Regina Sara Zalameda
12 Diplomacy (HUMSS)

Link: <https://opinion.inquirer.net/166929/season-to-taste> OR

SCAN ME



Monarchs make it to quarter finals of global history competition

The team of John Matthew Bryan Cabiles and Hyeonseok Lim of Gr. 12 – Diplomacy, and Allen Samuel Gimena of IB-2 was among the quarterfinalists in the International History Bee and Bowl (IHBB) Asian Championships held recently in Khao Lak, Thailand. The prestigious international competition tested students' knowledge of history from all over the world.

The SISC team competed against academic varsity teams from China, Dubai, Hong Kong, Thailand and the Philippines in the event organized by the International Academic Competitions. They went through the five rounds of the competition, featuring comprehensive questions on all aspects of history.





John Matthew Bryan
Cabiles
12 Diplomacy (HUMSS)




Lim Hyeonseok
12 Diplomacy (HUMSS)




Allen Samuel Gimena
IB 2



IB Open House: Your Gateway to an Inspiring IB Education

Students and their parents interested in the International Baccalaureate Diploma Programme (IBDP) at SISC are invited to attend the IB Open House on October 24, 2023, from 9:00 a.m. to 4:00 p.m., at Tropical Campus. Learn more how IBDP equips high school students with the right skills and mindset for university life, and what opportunities it provides as an internationally accepted entry qualification into colleges and universities worldwide.

There will also be an exhibition of arts, customs, traditions, fashion, film, food, language, and religion from different countries, highlighting how the program fosters global mindedness. To register, please email pr@southville.edu.ph.



Bridge to Culture

*An IB Open House and
Cross-cultural Experience:*

*Celebrating diversity through an exhibition of arts, customs
and traditions, fashion, film, food, language, & religion*

**24TH OF OCTOBER | 9AM~4PM
AT IB TROPICAL CAMPUS
SISC**



Monarchs Moments



**STAR Campus
School Spirit Week**



**Munich Campus
Speak English Drive Launching**



Sofia Varona, a seventh-grade prodigy, showcased her incredible versatility as both a theater actress and singer with her breathtaking rendition of "Thank You for the Music." Her no-hesitation performance was a testament to her immense talent, leaving the audience spellbound and applauding her remarkable artistry.

**High School
No Hesitation**

"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.



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To my fellow Monarchs,

- Enjoy your time in school. It's not all about the grades you make. It's about the people you meet and the experience you share with them.
- Make friends with you teachers. Some of them are really cool outside of the classroom.
- Don't be afraid of not knowing what you want to be right now (work or career wise). The universe will reveal it in time. 😊

Karl Murphy

Resort Owner & General Manager - Ikani Surf Resort
Class of 2007

8825-6374 | www.southville.edu.ph

Social-Emotional Learning (SEL) Corner



S.E.L.

EARLY SIGNS OF LOW TOLERANCE

- **Gives up** before even giving a task a proper chance.
- Has **big meltdowns** over what seems to be trivial things.
- Thinks in a **rigid**, black and white terms.
- Seeks **instant gratification**.
- Has a very **limited capacity** for flexibility and adaptability.

As a parent, it's natural to feel overwhelmed and stressed when your child is acting out. However, it is important to stay calm in order to build a strong and positive relationship with your child, based on communication, empathy, and respect.



Reference: BigLifeJournal

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[**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