



Southville International School and Colleges

STUDENTS AND PARENTS' BULLETIN

January 12, 2023 - SPB #16 A.Y. 2023 - 2024

NEW YEAR MESSAGE FROM THE SISC PRESIDENT



Dr. Jocelyn P. Tizon
SISC President

It is with great pleasure that I wish all members of the Southville International School and Colleges (SISC) family a blessed New Year full of happiness and success! A new year is always a time for renewed expectations that the best is yet to come, and of exciting thoughts on the future.

When I attended the recent Association of Universities of Asia and the Pacific Annual Conference that gathered university leaders and executives in Thailand, the message from the forum was clear: the pace of technological change will continue to be disruptive, and the essential, in-demand skills of the future will be different from what are being taught today.

Schools need to build a new model of learning that integrates the use of technology and artificial intelligence in all subject areas, and fosters higher digital literacy skills. Strategies for a more flexible and customized curriculum must also be explored, offering personalized learning approaches that cater to individual needs, interests, and learning styles. Finally, emotional and mental well-being should be given importance to ensure student success.

SISC already shows leadership in these areas with our Virtual Online Learning and Teaching Program internationally lauded for its diversified blended learning options. The school has adopted adaptive learning platforms and data analytics that track individual student progress, and tailor educational experiences accordingly. Our integration of the Tier One Well Being and Personal Effectiveness Program in our curriculum supports the social and emotional development of our students to have a positive impact on our world.

Indeed, it is an exciting moment for SISC as we aspire to think differently about our approach to education, and to identify areas where we can and must excel. At our core, we are innovators who seek better ways of addressing the challenge to take outstanding student outcomes to the next level. We live out this commitment each day to drive forward student achievement, and make SISC current and resilient.

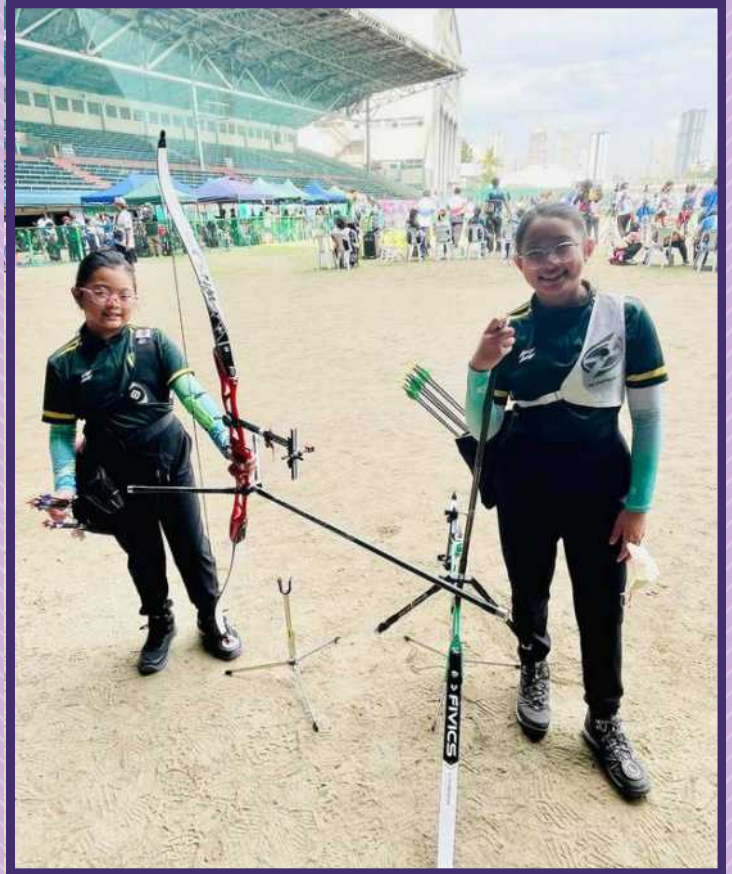
MONARCHS SHINE IN NATIONAL YOUTH SPORTSFEST

Student athletes from SISC stood out in the 2023 Batang Pinoy-Philippine Youth Games hosted by the Philippine Sports Commission (PSC) last December. The tournament for athletes 17 years old and below featured 18,000 athletes from 193 local government units competing in 25 sport events. It is the premier grassroots sports program in the country, forming the cornerstone of the PSC's long-term sports development agenda.

Tchelzy Maayo, grade 6 student won four medals in the different gymnastic categories, bagging gold in the vault event, silver in the balance beam, silver in the floor exercise, and another silver in the uneven bars. On the other hand, Martha Montecillo, grade 5 student and her sister Marthina, grade 3 student placed 9th and 11th, respectively, in the archery competition.



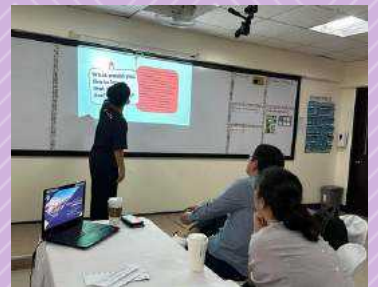
Grit, grace, and gold! Tchelzy Maayo shines on the podium with four medals, showcasing her talent and dedication in every event. An inspiration to young gymnasts everywhere!

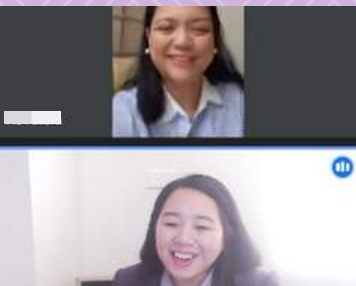
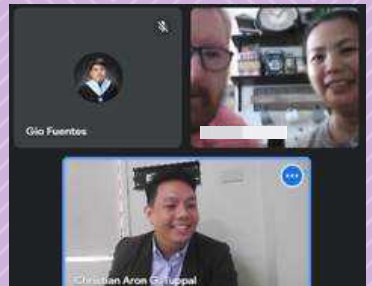
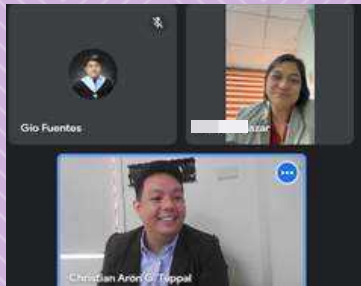
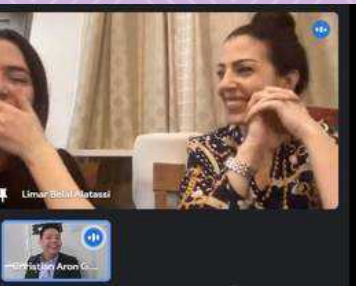


Aiming high and hitting their targets! SISC student archers made their mark at the Batang Pinoy Games, with Martha Montecillo placing 9th and Marthina Montecillo following close behind at 11th.

THANK YOU FOR ATTENDING THE PTC

We extend our heartfelt thanks to all the parents and guardians who attended the Parent-Teacher Conference (PTC) regarding your child's school performance during the First Term. We appreciate your taking the time to meet virtually or in-person your child's class adviser to develop a shared understanding of how your child can make academic and personal progress. We look forward to our continued partnership throughout the remainder of the school year.







FROM STEM MINDS TO CARING HEARTS: SOUTHVILLE STUDENTS SPEARHEAD SECOND "ADOPT A KUYA/ATE" PROGRAM

Last December 13, The STEM students of Southville International School and Colleges (SISC) spearheaded the second "Adopt a Kuya/Ate Program" at Monarchs Park located by giving the maintenance personnel a simple token of appreciation.

The monetary help and in-kind donations, voluntarily given by the STEM students and their families, were collected. Cumulatively, the donations reached 30 noche buena baskets. The program aimed to give students another way to express their appreciation to the maintenance personnel.

Ate Julie Anne Tangile and Ate Mely Patalinhod expressed their gratitude towards the students and their family.

Ate Julie said, "... Nagpapasalamat [kami] kasi ... nakatanggap kami ng mga gift galing sa mga student. Tapos, naipandagdag namin pang-Christmas at pang-New Year din po"

(We are thankful because we received gifts from the students which we can add to our Christmas and New Year dinner.)

"Thank you po sa regalong natanggap namin nung pasko kasi pandagdag grocery na din po pasko tsaka nung New Year" Ate Mely added.

(Thank you for the gift we received last Christmas as it served as our additional grocery last holiday season.)

Minami Oikawa of 12-Grit and President of STEM Circle shared her realization about the program. "As the year draws to a close, I find myself reflecting on the incredible journey we have undertaken. This holiday season, our commitment to fostering a sense of community and gratitude was truly exemplified through the success of our gift-giving drive for the unsung heroes of our school. Every member of our team had a strong sense of togetherness and purpose, which

11- EXCELLENCE

- Jam Masilungan
- Chaeun Jang

11- GROWTH MINDSET

- Danielle Buising
- Gabriel Andrada
- Jared Torres
- Michael Fonti
- Allysa Sarmiento
- Helena Carpiu
- Summer Garcia
- Adriel Villaruel
- Nicolo Geronimo
- Kenjie Cajigal
- Minseo Han
- Eunice de Dios
- Sean Peter Fuentes
- Michael Veluz
- Stephanie Yum
- Luthien Rodriguez
- Raeka Tuazon
- Kisha Cristobal
- Kirsten Zoe Tulod
- Nathalie Gwyneth Basilan
- Harry Yuan Ramin
- Quirsten Ganseco
- Rozel Khristien Macaraig
- Kevin Anthony Moldez
- Kim Fulgencio
- Celine Yabut

12-GRIT

- Sofia Ramos
- Marcus Javier
- Nathan Dichuhpa
- Alexi Ramirez
- Anthony Magcalas
- Bigeum Jung
- Achilles Sibal
- Minami Oikawa
- Avery Cruz
- Dahye Oh
- Kelsey Colasito
- Jiwon Jin
- Takumi Bricenio
- Alen Austria
- Veana Evangelista
- Isabela Castillo
- Christopher Alacbay

12-INITIATIVE

- Erico Esteban
- Isaiah Louise Bobadilla
- Jose Yno Geronimo
- Isabela Dy
- Miguel Enzo Soriano
- Yeil Son
- Dong Hee Lee
- Alessandra Nicole Dacera
- Inseo Kim
- Miguel Mariano
- Ethan Sarmiento
- Marielle Arevalo
- Ashley Atilon
- Chloe Goquingco
- Sandra Ossi
- Zaira "Kahel" Cristobal
- Dayshaun San Pedro
- Simon Cabaguio
- Princess Akari Maeda
- Raffles Vania Platon
- Hannah Bermido
- Ainee Ladignon
- Xian Dy Po



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.

[Midyear Institutional Survey Academic Year 2023-2024](#)

SISC CATHOLIC STUDENTS PREPARE FOR CONFIRMATION

The Catholic Sacrament of Confirmation plays a crucial role in deepening the gifts received during baptism and is an essential component of the Christian Initiation process. This sacred rite is closely associated with the bestowal of the gifts of the Holy Spirit. It is with great joy we announce that on **January 20, 2024, at 9 am**, SISC Catholic students are scheduled to receive this sacrament, presided over by His Excellency, Most Reverend Jesse E. Mercado, DD, the bishop of the Diocese of Paranaque.

In anticipation of this significant and solemn celebration, the parents and godparents of the Confirmands will participate in an **online seminar on January 13 at 9 am**, aimed at equipping them to guide their child or godchild in embracing the Catholic Christian way of life.

As part of the preparation for receiving the Sacrament of Confirmation with the appropriate disposition, the Confirmands will have their confession on January 18 at 9 am at the Presentation of the Child Jesus Parish, the same venue where the Confirmation ceremony will take place.

MONARCHS MOMENTS

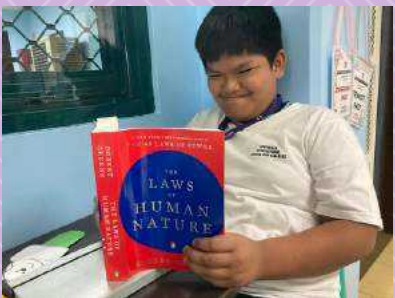
STAR Campus - USSR





Fostering a love for reading as students immerse in the magic of Uninterrupted Sustained Silent Reading

Munich Campus - USSR



Savoring the moments of quiet and the beauty of a good story.



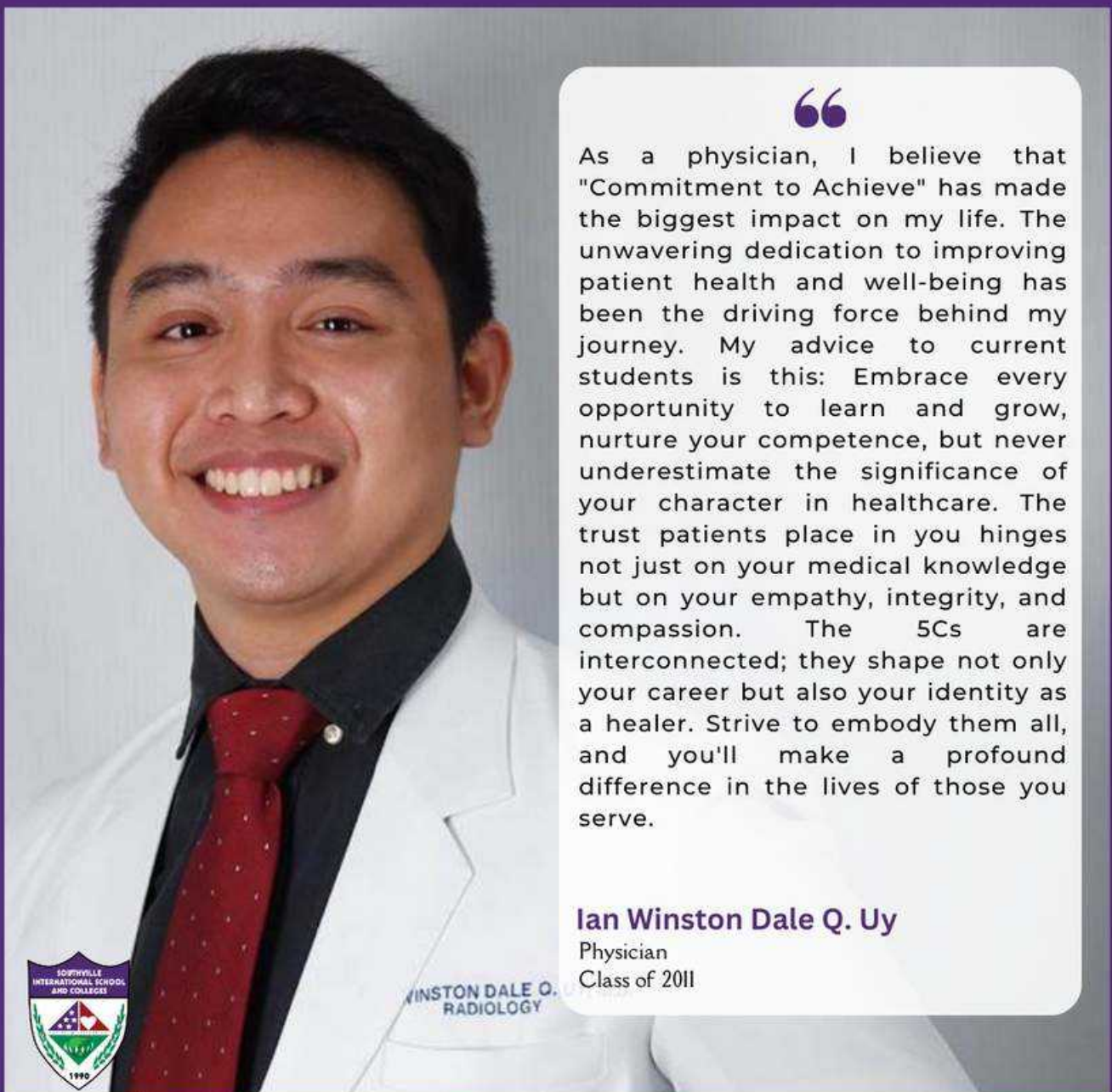
High School Department



2024 kicks off at high school assembly with laughter and excitement as students dive into fun games, creating unforgettable memories. Teachers join the celebration, warmly welcoming the new year with open arms and enthusiasm. A perfect blend of joy and camaraderie sets the tone for an unforgettable academic journey.

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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As a physician, I believe that "Commitment to Achieve" has made the biggest impact on my life. The unwavering dedication to improving patient health and well-being has been the driving force behind my journey. My advice to current students is this: Embrace every opportunity to learn and grow, nurture your competence, but never underestimate the significance of your character in healthcare. The trust patients place in you hinges not just on your medical knowledge but on your empathy, integrity, and compassion. The 5Cs are interconnected; they shape not only your career but also your identity as a healer. Strive to embody them all, and you'll make a profound difference in the lives of those you serve.

Ian Winston Dale Q. Uy

Physician
Class of 2011



SOUTHVILLE
GLOBAL EDUCATION NETWORK
Issue No. 6

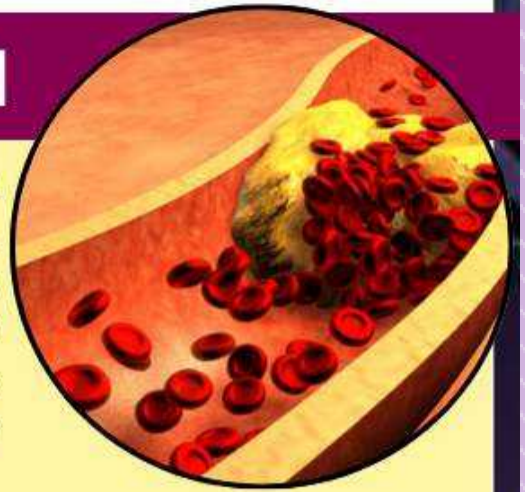
SGEN HEALTH ADVISORY Medical Department

AY 2023-2024



January 10, 2024

Hyperlipidemia



Hyperlipidemia, also known as **dyslipidemia** or **high cholesterol**, is an excess of lipids or fats in your blood. This can increase your risk of heart attack and stroke because blood can't flow easily through your arteries. Too much cholesterol (200 mg/dL to 239 mg/dL is borderline high and 240 mg/dL is high) can damage your organs by not receiving enough blood from your arteries.

Risk Factors



Smoking



Drinking lots of alcohol



Being stressed



Being overweight



Eating foods that have a lot of saturated fats or trans fats



Inheriting genes that make your cholesterol levels unhealthy



Sitting too much instead of being active



Know Your Cholesterol Level



DANGEROUS

Total Cholesterol
240 and higher

LDL Cholesterol
160 and higher

HDL Cholesterol
Under 40 (male)
Under 50 (female)

AT-RISK

Total Cholesterol
200 – 239

LDL Cholesterol
100 – 159

HDL Cholesterol
40-59 (male)
50-59 (female)

HEART-HEALTHY

Total Cholesterol
Under 200

LDL Cholesterol
Under 100

HDL Cholesterol
60 and higher



Management



1. Exercise.
2. Quit smoking.
3. Sleep at least seven hours each night.
4. Keep your stress level manageable.
5. Eat a heart-healthy diet.
6. Limit how much alcohol you drink.
7. Lose a few pounds to reach a healthy weight.
8. Medicate as prescribed by your doctor.
9. Consult your doctor if you have high blood sugar, high blood pressure and/or high cholesterol.



Safe HEART, Safe LIFE.



References:

- American Heart Association
- Cleveland Clinic
- UC Davis Student and Counseling Services
- Stanford Medicine Healthcare



SOCIAL-EMOTIONAL LEARNING (SEL) CORNER

HOW TO TEACH YOUR CHILD ABOUT RESPECT

Respect is about showing we care about:

- the feeling and needs of **people**
- the rules and order of **places**
- the protection and importance of **things**

Discuss who and what each family member **RESPECTS**:

Let's talk about people and things we care about. I respect our grandma—she courageously stood up for her beliefs. Who or what do **YOU** respect?

Discuss what feeling **RESPECTED** means for each family member:

What does feeling respected mean for each one of us? I feel respected when someone calmly talks to me.

Brainstorm examples of how to **SHOW RESPECT** to others:

- * Understand another person's point of view
- * Use kind words and tones of voice
- * Honor rules to stay safe
- * Use care with items



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