



# Southville International School and Colleges STUDENTS AND PARENTS' BULLETIN

No. 23 A.Y. 2023-2024

March 1, 2024



Gold  
Until 2020



## Juniors honor Seniors in Prom Night

The Senior Class of 2024 was honored by the Junior Class during the Junior-Senior Promenade held at the Sofitel Philippine Plaza Manila last February 21, 2023. The symbolic passing of the key of responsibility by the Seniors to the Juniors marked the former's numbered days in SISC, and the latter carrying on the legacy of excellence and commitment exemplified by the Seniors. It is an important transition point in an SISC high school student's life.

The affair was also highlighted by the awarding of the special titles to deserving promenaders namely:

**PROM KING: Philippe Rafferty Castellvi (12-Rigor)**

**PROM QUEEN: Danielle Rosenthal (IB2- Balanced)**

**PROM PRINCE: Vince Kristian Santos (11-Competence)**

**PROM PRINCESS: Kristin Lana Eguilan (11-Innovation)**

**Male Theme Trendsetter: Bien Gabriel Obedoza (11-Persistence)**

**Female Theme Trendsetter: Jehan Agustin (11-Industry)**

### *Vision*

Southville International School and Colleges is recognized nationally and globally in the delivery of international education to develop lifelong learners, excellent in academics and values, and movers of society who will make a difference in the 21st century.



### *Mission*

SISC is committed to develop lifelong learners who are equipped with the 5Cs (Competence, Character, Commitment to Achieve, Collaboration, Creativity, and Innovation) through data-driven and technology-enhanced educational programs to ensure student success in the 21st century.



Most Stylish Gentleman: **Liam Mead (IB1- Inquirer)**  
Most Stylish Lady: **Francesca Yasmeen Gutierrez (11-Excellence)**  
Dashing Debonair: **Juliane Alen Austria (12-Grit)**  
Glamorous Lady: **Zaira Cristobal (12-Initiative)**



**Prom King and Queen**



**Prom Prince and Princess**



**Male and Female Theme Trendsetter**



**Most Stylish Lady and Gentlemen**



**Dashing Debonair and Glamorous Lady**











# Southville Ballerinas Achieve Back-to-Back Wins at ACTS Manila Dance Competition 2024!

Congratulations to our Southville Ballerinas! They've achieved an incredible back-to-back victory at the Cornerstone Festival ACTS Manila Dance Competition 2024! **Eriannah Jewleigha Palma**, representing Grade 6-Nobility, dazzled the audience with her artistry. She secured 7th place in the Solo Classical Junior C-11 Division and an impressive 4th place in the Group Classical Senior Division. Let's also celebrate **Jenica Beatrice Roque** of Grade 5 - Loyalty, who wowed the judges with her performances: 6th Place in the Solo Classical Junior C-10 Category and 4th Place in the Group Classical Junior C Division. Jenica also received the Esther Award while the Southville Acts Manila Team received the ACTS Award.



# Monarch leaves mark in math competition



**Ervin Joshua Bautista** of International Baccalaureate 1 - was among the 20 finalists in the National Stage of the 26th Philippine Mathematical Olympiad (PMO) held last February 18, 2024 at the Ateneo de Manila University. He hurdled both the PMO Qualifying Stage with 6,000 contestants and the

Area Stage with 158 qualifiers for inclusion to the training pool for the 2024 International Mathematical Olympiad.

## Grade 10 Students Bag Major Prizes in 5Cs Month Poster-Making Contest

In celebration of the first-ever 5Cs Month, our Monarchs took on the challenge of recreating famous Filipino artworks in the Poster-Making contest which received submissions of High School, Senior High, and IB participants from February 12-16, 2024. Majority of the entries were digital artworks, and the references for these creations included *The Parisian Life* by Juan Luna, *Sabel* by Ben Cab, and *Planting Rice* by Fernando Amorsolo, among others. The winners were awarded during the 5Cs Month Culminating Activity held at Lux Hall last February 27.



# 5Cs Month Poster making Competition Winners and Special Citation

## 5Cs MONTH POSTER MAKING COMPETITION WINNERS



1st Place  
"Biro" by Chloe Laurel  
10-Teamwork

## 5Cs MONTH POSTER MAKING COMPETITION WINNERS



2nd Place  
"Planting Rice" by Chiara Hernandez  
10-Commitment

## 5Cs MONTH POSTER MAKING COMPETITION WINNERS



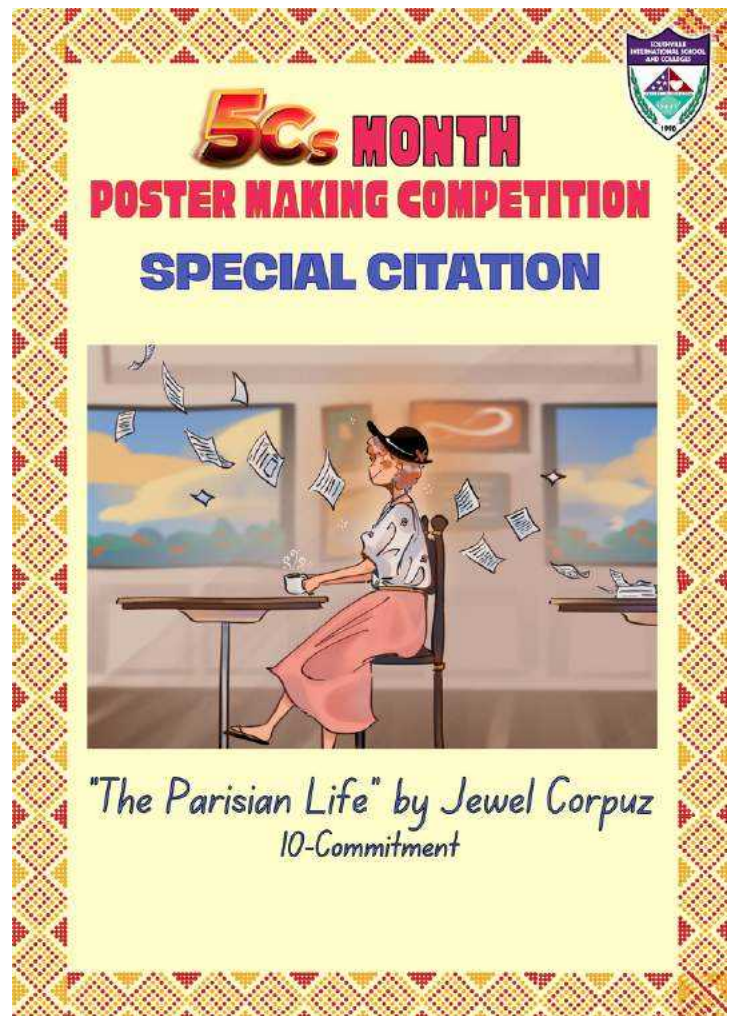
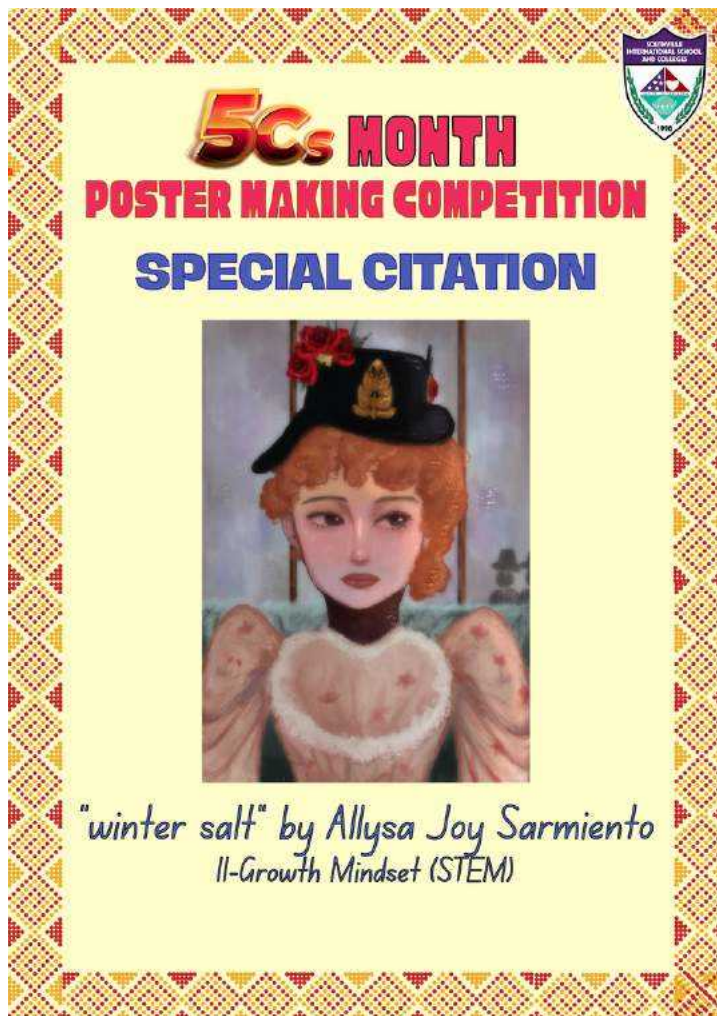
3rd Place  
"The Filipino Life" by Hyolim Kim  
10-Conviction

## 5Cs MONTH POSTER MAKING COMPETITION SPECIAL CITATION



"Sabel" by Jerianne Fonte  
10-Leadership





## IB2 Students Unveil a Kaleidoscope of Knowledge in Theory of Knowledge Exhibition

The IB 2 students recently had a successful conclusion to their Theory of Knowledge (ToK) curriculum through their exhibition entitled Knowledge Kaleidoscope: Unveiling the Truths of Refracted Realities last February 27, 2024 at MPH Tropical.

During the morning session, eight hand-picked plenary speakers presented their individual exhibitions answering their chosen knowledge question to a plenary crowd of Grade 9 and 10 students in order to give them a glimpse into how to navigate the world through the lens of Theory



of Knowledge. In the afternoon session, all the IB2 students had the opportunity to present their own exhibitions in parallel sessions, serving as a guide and inspiration to their junior IB1 students. An IB1 respondent, Hyeonwoo Moon, shared his overall insights from the exhibition stating, “it truly is up to us to identify and critically analyze knowledge to fully understand and appreciate the world around us.”

In the Diploma Programme, the ToK exhibition is an internally assessed and externally moderated required component of the subject that allows students to think creatively and critically about how knowledge manifests in everyday, mundane objects. This is done through the analysis of a selected knowledge question with the use of three real-life objects as purposeful examples to reflect the knowledge into everyday life.

ToK is one of the core subjects of the International Baccalaureate Diploma Programme where students reflect on the nature of knowledge and knowing and put into perspective what they already know. Through an evaluation of various perspectives and application of the knowledge concepts and frameworks, students question what they know and how they know and show how these knowledge-centered notions manifest in the world around us.

After 2 years of contemplative discussions on knowledge, the 2024 Cohort of the Southville IBDP executed the final application of their ToK learning. This conclusion allowed meaningful reflections of their growth and learning, resulting in a bittersweet ending to their Theory of Knowledge journey.





# Upcoming Events

Highlights of the  
Week!  
✧ ✧ (March 7-11, 2024) ✧ ✧

March 7- Grade 9 CGS



March 9- Int'l History Bee Bowl



March 11-26 - IB 2 Mock Exams





# Second Term Exams Schedule for Preschool - 12

The Second Term Examinations for Preschool students is on March 11 - 14, 2024 and Grades 1 - 12 students will be conducted on March 12 -14, 2024. Students take the term exams thrice during the academic year to assess their learning and to keep them on track for school success. The schedule of the tests is as follows:

## PRESCHOOL

PRESCHOOL FINAL ASSESSMENT SCHEDULE   AY 2023-2024							
Monday, March 11		Tuesday, March 12		Wednesday, March 13		Thursday, March 14	
MORNING CLASS		MORNING CLASS		MORNING CLASS		MORNING CLASS	
PRE-K and JK		PRE-K and JK		PRE-K and JK		PRE-K and JK	
English Language Arts and Reading		Math		English Language Arts and Reading		Math	
8:30 - 10:00 AM	Batch 1	8:30 - 10:00 AM	Batch 1	8:30 - 10:00 AM	Batch 3	8:30 - 10:00 AM	Batch 3
10:30 - 12:00 NN	Batch 2	10:30 - 12:00 NN	Batch 2	10:30 - 12:00 NN	Batch 4	10:30 - 12:00 NN	Batch 4
*Batch 3 and 4 will not report on this day		*Batch 3 and 4 will not report on this day		*Batch 1 and 2 will not report on this day		*Batch 1 and 2 will not report on this day	
SK		SK		SK		SK	
Fluency		Thematic Study		Math		English Language Arts and Reading	
8:30 - 10:00 AM	Batch 1	8:30 - 10:00 AM	Batch 1	8:30 - 10:00 AM	Batch 1	8:30 - 10:00 AM	Batch 1
10:30 - 12:00 NN	Batch 2	10:30 - 12:00 NN	Batch 2	10:30 - 12:00 NN	Batch 2	10:30 - 12:00 NN	Batch 2
AFTERNOON CLASS		AFTERNOON CLASS		AFTERNOON CLASS		AFTERNOON CLASS	
SK (VOLT)		SK (VOLT)		SK (VOLT)		SK (VOLT)	
Fluency		Science		Math		English Language Arts and Reading	
9:00 - 10:00 AM	Student 1 & 2	9:00 - 10:00 AM	Student 1 & 2	9:00 - 10:00 AM	Student 1 & 2	9:00 - 10:00 AM	Student 1 & 2
10:00 - 11:00 AM	Student 3 & 4	10:00 - 11:00 AM	Student 3 & 4	10:00 - 11:00 AM	Student 3 & 4	10:00 - 11:00 AM	Student 3 & 4
11:00 - 12:00 NN	Student 5 & 6	11:00 - 12:00 NN	Student 5 & 6	11:00 - 12:00 NN	Student 5 & 6	11:00 - 12:00 NN	Student 5 & 6
1:00 - 2:00 PM	Student 7 & 8	1:00 - 2:00 PM	Student 7 & 8	1:00 - 2:00 PM	Student 7 & 8	1:00 - 2:00 PM	Student 7 & 8
2:00 - 3:00 PM	Student 9 & 10	2:00 - 3:00 PM	Student 9 & 10	2:00 - 3:00 PM	Student 9 & 10	2:00 - 3:00 PM	Student 9 & 10
3:00 - 4:00 PM	Student 11 & 12	3:00 - 4:00 PM	Student 11 & 12	3:00 - 4:00 PM	Student 11 & 12	3:00 - 4:00 PM	Student 11 & 12

## GRADES 1 - 2

### GRADES 1 and 2 FINAL ASSESSMENT SCHEDULE | AY 2023-2024

March 12, 2024 (Tuesday)	1st and 2nd Grade (Face to Face Classes)	March 12, 2024 (Tuesday)	1st and 2nd Grade (VOLT)
8:30 - 9:00	Homeroom	12:00 - 12:30 PM	Homeroom
9:00 - 10:00	Science	12:30 - 1:30 PM	Science
10:00	Dismissal	1:30 PM	Dismissal

March 13, 2024 (Wednesday)	1st and 2nd Grade (Face to Face Classes)	March 13, 2024 (Wednesday)	1st and 2nd Grade (VOLT)
8:30 - 9:00	Homeroom	12:00 - 12:30 PM	Homeroom
9:00 - 10:00	Math	12:30 - 1:30 PM	Math
10:00	Homeroom / Dismissal	1:30 PM	Homeroom / Dismissal

March 14, 2024 (Thursday)	1st and 2nd Grade (Face to Face Classes)	March 14, 2024 (Thursday)	1st and 2nd Grade (VOLT)
8:30 - 9:00	Homeroom	12:00 - 12:30 PM	Homeroom
9:00 - 10:00	English Language Arts and Reading	12:30 - 1:30 PM	English Language Arts and Reading
10:00	Homeroom / Dismissal	1:30 PM	Homeroom / Dismissal



GRADES 3 - 6

GRADES 3 - 6 FINAL ASSESSMENT SCHEDULE | AY 2023-2024

March 12, 2024 (Tuesday)					
3rd and 4th Grade		5th and 6th Grade		3rd Grade (VOLT)	
8:30 - 9:00	Homeroom	10:00 - 10:30	Homeroom	12:00 - 12:30	Homeroom
9:00 - 10:30	Science	10:30 - 12:00	Science	12:30 - 2:00	Science
10:30	Dismissal	12:00	Dismissal	2:00	Dismissal

March 13, 2024 (Wednesday)					
3rd and 4th Grade		5th and 6th Grade		3rd Grade (VOLT)	
8:30 - 9:00	Homeroom	10:00 - 10:30	Homeroom	12:00 - 12:30	Homeroom
9:00 - 10:30	Math	10:30 - 12:00	Math	12:30 - 2:00	Math
10:30	Dismissal	12:00	Dismissal	2:00	Dismissal

March 14, 2024 (Thursday)					
3rd and 4th Grade		5th and 6th Grade		3rd Grade (VOLT)	
8:30 - 9:00	Homeroom	10:00 - 10:30	Homeroom	12:00 - 12:30	Homeroom
9:00 - 10:30	English	10:30 - 12:00	English	12:30 - 2:00	English
10:30	Dismissal	12:00	Dismissal	2:00	Dismissal

GRADES 7 - 10

HIGH SCHOOL SECOND TERM EXAM SCHEDULE | AY 2023-2024

March 12, 2024	7th Grade	8th Grade	9th Grade	10th Grade
8:00 - 8:30	Homeroom Class Adviser and Co-Adviser	Homeroom Class Adviser and Co-Adviser		
8:30 - 10:00	Science Class Adviser and Co-Adviser	Science Class Adviser and Co-Adviser		
10:00 - 10:30			Homeroom Class Adviser and Co-Adviser	Homeroom Class Adviser and Co-Adviser
10:30 - 12:00			Science Class Adviser and Co-Adviser	Science Class Adviser and Co-Adviser

March 13, 2024	7th Grade	8th Grade	9th Grade	10th Grade
8:00 - 8:30	Homeroom Class Adviser and Co-Adviser	Homeroom Class Adviser and Co-Adviser		
8:30 - 10:00	Math Class Adviser and Co-Adviser	Math Class Adviser and Co-Adviser		
10:00 - 10:30			Homeroom Class Adviser and Co-Adviser	Homeroom Class Adviser and Co-Adviser
10:30 - 12:00			Math Class Adviser and Co-Adviser	Math Class Adviser and Co-Adviser

March 14, 2024	7th Grade	8th Grade	9th Grade	10th Grade
8:00 - 8:30	Homeroom Class Adviser and Co-Adviser	Homeroom Class Adviser and Co-Adviser		
8:30 - 10:00	English Class Adviser and Co-Adviser	English Class Adviser and Co-Adviser		
10:00 - 10:30			Homeroom Class Adviser and Co-Adviser	Homeroom Class Adviser and Co-Adviser
10:30 - 12:00			English Class Adviser and Co-Adviser	English Class Adviser and Co-Adviser

GRADE 11

GRADE 11 FINAL ASSESSMENT SCHEDULE | AY 2023-2024

March 12, 2024	
8:30 - 8:45	Homeroom
8:45 - 10:15	Science (ABM / GAS /HUMSS)
10:15	Dismissal



March 13, 2024	
8:30 - 8:45	Homeroom
8:45 - 10:15	Math SL (ABM/GAS/HUMSS)
10:15	Dismissal (STEM - Non Biology Major / GAS)
10:15 - 10:45	Break (ABM/HUMSS / STEM - Biology Major)
10:45 - 12:15	Marketing Management (ABM) Political Science (HUMSS) Biology Major (STEM)
12:15	Dismissal (ABM/GAS / HUMSS/ STEM - Biology Major)

March 14, 2024	
8:30 - 8:45	Homeroom
8:45 - 10:15	Statistics & Probability (ABM/GAS/STEM)
10:15	Dismissal (GAS / STEM - Non Chemistry Major)
10:15 - 10:45	Break (ABM/ STEM - Chemistry Major)
10:45 - 12:15	
10:45 - 12:45	Accounting (ABM)
12:15	Dismissal (STEM - Chemistry Major)
12:45	Dismissal ABM)

## GRADES 12

### GRADE 12 FINAL ASSESSMENT SCHEDULE | AY 2023-2024

March 12, 2024 (Tuesday)	
8:30 - 8:45	Homeroom
8:45 - 10:15	Math
10:15	Dismissal

March 13, 2024 (Wednesday)	
8:30 - 8:45	Homeroom
8:45 - 10:15	Social Science (GAS) Social Science (HUMSS)
8:45 - 10:45	Business Ethics (ABM) Science Minor (STEM)
10:15	Dismissal (GAS / HUMSS)
10:45	Dismissal (ABM/STEM)

March 14, 2024 (Thursday)	
8:30 - 8:45	Homeroom
8:45 - 10:15	Science (GAS)
8:45 - 10:45	Accounting (ABM)Science Major (STEM)
10:15	Dismissal (GAS)
10:45	Dismissal (ABM/STEM)

Click here to view the Second Term Exam Schedule:

[Preschool to Grade 6 Term Exam Schedule](#)

[High School Term Exam Schedule](#)

[Senior High School Term Exam Schedule](#)



# MONARCHS MOMENTS



Creativity bloomed as preschoolers painted with Mom and Dad in this year’s Painting with Mom and Dad. Congratulations to our winners:

Their masterpieces captured our hearts and imagination!

Here are list of winners:

CLASS WINNERS		
Section	Entry #	Name of Student
Nursery Red	#2	Hanna Keitharo Dela Cruz
Pre-Kinder Yellow	#5	Albus Theodore Galleguez
Junior Kinder Purple	#2	Summer Kassidy Eusebio
Junior Kinder Orange	#3	Zian Brio Lantin
Junior Kinder Mint	#2	Gabriel Danielco
Senior Kinder Indigo	#7	Viktor Franco Chua
Senior Kinder Peach	#4	Michaela Mignonette Samonte
Senior Kinder Lime	#5	Rick Jahred Muyon
Senior Kinder Aqua	#1	Arkeen Skye Rosita

OVERALL WINNERS		
Award	Section Entry #	Name of Student
1st PLACE	JK Purple #3	Eleazer Benitez
2nd PLACE	SK Peach #3	Laurie Olivia Fernal
3rd PLACE	JK Orange #1	Matteo Von Punzalan



1<sup>st</sup>

Eleazer Benitez



2<sup>nd</sup>

Laurie Olivia Fernal



3<sup>rd</sup>

Matteo Von Punzalan



# MONARCHS MOMENTS



## SAR and Munich Campus

### Family Painting Day Activity





# MONARCHS MOMENTS



## High School Department

### Grade 10 Comprehensive Growth Series (CGS)



10th graders wrap up a week of social-emotional learning with the Comprehensive Growth Series, focusing on "Embracing a Habit of Lifelong Learning."



Working together, achieving together: Students showcase their teamwork skills!



10th graders tackle a teamwork challenge that requires perfect coordination. In sync and unstoppable!



10th graders put their teamwork and trust to the test



Pushing boundaries and defying gravity!



Towering challenge, met with unwavering grit! These strong ladies navigate their descent with rope and determination.

## 5Cs Month Celebration



Students showcase their creativity and cultural pride during 5Cs Month!



# MONARCHS MOMENTS



## Senior High School Department

### Successful Experimental P.A.S.S. Research Presenter



**Takumi Simeon Bricenio**  
**Lee Dong Hee**  
**Miguel Enzo Soriano**

*Comparison of QR Codes IMEI  
and Text-based Passwords  
in Authentication*



**Jin Jiwon**

*Jute, Hemp, and Sisal as  
Curtains  
for Heat Insulation*



**Simon Nathaniel Cabaguio**  
**Zaira Cristobal**  
**Maico Lorenzo Pitogo**

*Auto-Tracking,  
Gesture-Controlled Web  
Camera Module:  
Design And Development*

Senior High School students confidently present their Experimental P.A.S.S. Research, showcasing success in exploration and innovation.  



# Share Your Journey with SISC and Inspire Generations!



## ATTENTION ALL ALUMNI!

*We're eager to hear from you about your journey since graduating from SISC. Your short testimonials will be featured on our Facebook page and in our bulletins, inspiring current and future" students.*

**Please provide the following details:**

**Name**

**Profession**

**Class (year graduated from SISC)**

**Choose ONLY ONE out of the following prompts to answer in your testimonial:**

- **How did IB/SISC benefit you in university and in your personal life?**
- **What did you enjoy most about the IB Programme/SISC?**
- **Which aspect of studying at Southville did you cherish the most and why?**
- **How has Southville made a lasting impact on your life?**
- **Share your most memorable experience as a Southville student.**
- **Reflect on which of the 5Cs has made the biggest impact on your life and why.**
- **Offer your valuable advice to current students.**

**WE LOOK FORWARD TO HEARING FROM YOU! PLEASE REPLY BELOW WITH YOUR STORY.**

**Kindly send your testimonial to [avics@southville.edu.ph](mailto:avics@southville.edu.ph) and attach your most recent photo so that we can display them side by side.**







# HEALTH ADVISORY

## Medical Department



Issue No. 09

AY 2023 - 2024

February 28, 2024

### 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



**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.



**Depression.** People who suffer from clinical or short-term depression can have difficulty sleeping.



**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.



**Physical problems.** A medical condition or illness - especially one accompanied by chronic pain - can make it tough to sleep well.



**Medications.** Certain prescribed treatments, such as high blood pressure medications, can sometimes cause sleeplessness.



**Sleep disorders.** There are dozens of medically recognized clinical sleep disorders that can cause sleeping difficulties.

#### The common sleep disorders include:

Insomnia (inability to fall or stay asleep)

Sleep apnea (inadequate respiration during sleep)

Narcolepsy (tendency to fall asleep rapidly at inappropriate times)

Restless leg syndrome (a condition that causes an uncontrollable urge to move the legs)

Parasomnias (e.g., sleepwalking, nightmares, night terrors, sleep inertia, etc.)

Chronic fatigue syndrome (feeling very tired most of the time)





# HEALTH ADVISORY

## Medical Department

AY 2023 - 2024



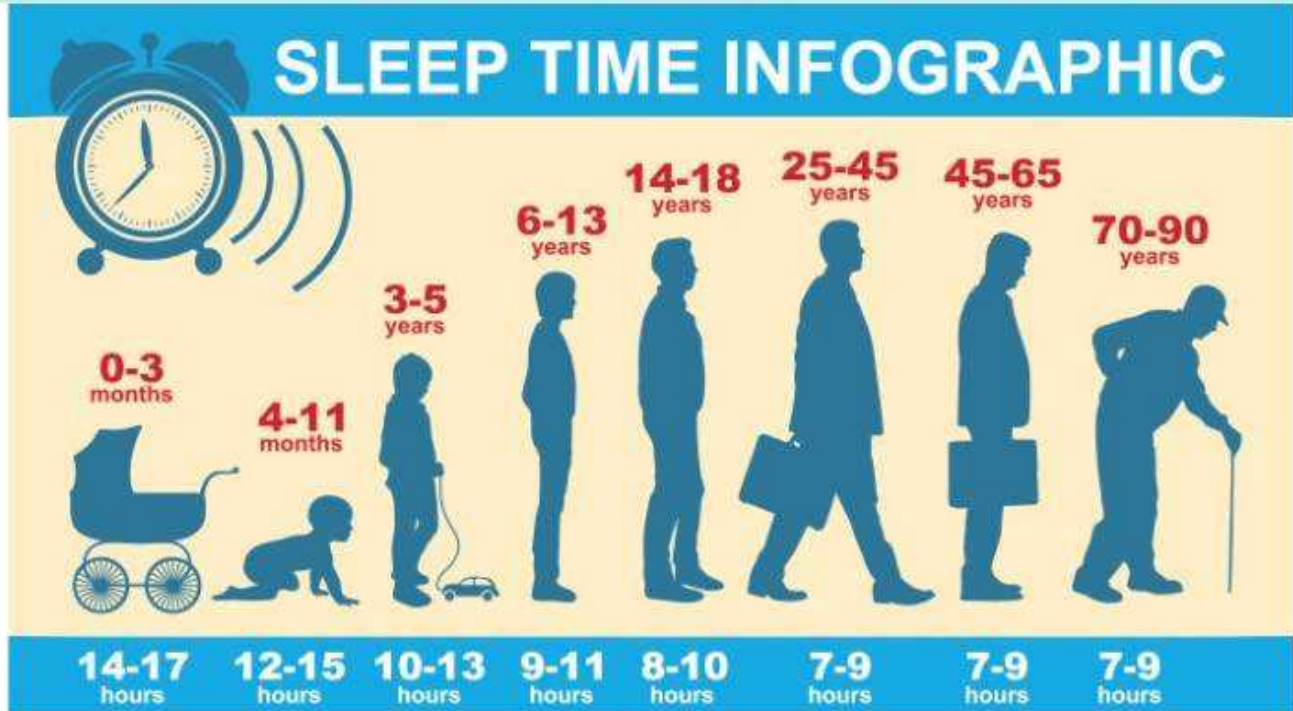
Issue No.09

February 28, 2024

## The Impact of Sleep on Health and Wellbeing

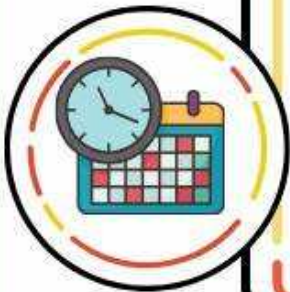
### HOW MUCH SLEEP DO YOU NEED?

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.



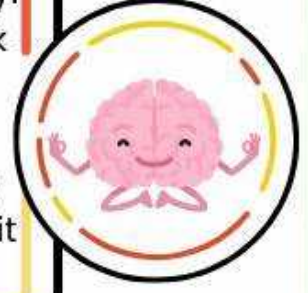
Have a light snack in the evening. A heavy meal close to bedtime or going to bed hungry can keep you up.

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**

Reference: <https://newsinhealth.nih.gov>  
<https://www.mentalhealth.org.uk>  
<https://www.cdc.gov/>





# Social-Emotional Learning (SEL) Corner



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:

[\*\*Acknowledgement Form\*\*](#)

**Marie Vic F. Suarez, PhD**  
**Principal, K12 and IB**

**K12 and IB Bulletins**



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Parañaque City, Philippines  
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**Munich Campus**  
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B.F. Homes International, Las Piñas City  
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**Luxembourg Campus**  
1281 Tropical Ave. Cor. Luxembourg St.,  
BF International, Las Pinas City, Philippines  
Tel. Nos. 8825-6374 Loc 100 / 327

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