



# Southville International School and Colleges STUDENTS AND PARENTS' BULLETIN

No. 28 A.Y. 2023-2024

April 12, 2024



## IB student makes it to top ten of national coding competition



An International Baccalaureate (IB) student from Southville International School and Colleges (SISC) was among the top scorers in the premier programming contest in the country for high school students. **Ervin Joshua Bautista** of IB 1

received a Certificate of Excellence for ranking 6th out of 30 young coders in the 11th National Olympiad in Informatics Philippines held at the Ateneo de Manila University last March 23-24, 2024.

Bautista also received a Certificate of Accomplishment as Rookie of the Year for top-scoring among the first-time finalists. He competed against other coders over two five-hour rounds, each consisting of four problem sets that utilized the C++ and Python 3 programming languages.

### 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.

# Young monarch makes a splash at swimming competition



**Joshua Jhonsonian Brakmore-Canterbury** of Grade 2 Euclid shone at the Swim League Philippines' "The Distance Swim Super Series - The Finale" held on March 3rd, 2024, at the Muntinlupa Aquatic Center.

Joshua dominated the 50-meter breaststroke race, taking home the gold medal. He showed his strength in other strokes as well, placing third in the 100-meter freestyle.

Joshua's impressive performance earned him a well-deserved promotion from Class D to Class C.

## PTC set on April 19

The **Parent-Teacher Conference (PTC)** regarding your child's school performance during the Second Term will be on April 19, 2024 for Preschool to Senior High School. The PTC can be done onsite or via Google Meet depending on your preference. The class adviser will send the personal meeting link for those opting for the latter.

This is your chance to meet and catch up with your child's teacher to learn about your child's progress in school. **There will be no classes on April 19, 2024 to give way to the PTC.**



# Learn new skills at WWP

Looking for a fun and enriching way to spend your Saturdays this summer? Look no further than Southville International School and Colleges' **Worthwhile Weekend Programs (WWP)**!

WWP offers a variety of exciting programs designed to help you develop new skills and explore your interests. Whether you're passionate about sports, music, or art, there's something for everyone:

- **For the Sports Enthusiast:** Hone your skills in basketball, volleyball, soccer, archery, fencing, karate, taekwondo, arnis, or even chess!
- **For the Music Lover:** Learn to play the violin, guitar, or ukulele and unleash your inner musician.
- **For the Creative Soul:** Discover your artistic side with acrylic painting on canvas sessions.

Program duration is from **April 20 - June 22, 2024**. For details, call Ms. Elydia Reyes at 825-2358 local 100/333, or click the link below or scan the QR code for the Registration.

[Register Here](#)



## SOUTHVILLE

INTERNATIONAL SCHOOL AND COLLEGES

### Make your Saturdays Worthwhile!

# Worthwhile Weekend Program

for 10 SESSIONS, every Saturday!

Programs include the following:

SPORTS	MUSIC
✓ Arnis	✓ Violin
✓ Karate	✓ Guitar
✓ Chess	✓ Ukulele
✓ Taekwondo	
✓ Fencing	<b>ARTS</b>
✓ Archery	✓ Acrylic Painting on Canvas
✓ Soccer	
✓ Basketball	
✓ Volleyball	

Programs will start in April 20 to June 22.

[REGISTER NOW](#)



To sign up and learn more, scan the QR code and

## Make it all worthwhile!

8825-6374 | 0912-764-6096 | pr@southville.edu.ph

# Seniors immerse themselves in French culture



**Senior high school students** attended **La Francophonie 2024** which is an annual event showcasing French cuisine, music, and language. Gracing the event was **Mr. Paulo Udani** from Campus France who, as part of the career guidance and counseling program of SISC, interacted with the students learning French and presented academic opportunities offered by French higher education institutions.

SISC has included French as a foreign language elective in its curriculum from the start to enable thousands of graduates to learn the fifth most spoken language in the world. The school has contributed significantly to French language education and promotion in the country by training DELF (Diploma in French Language Studies) passers who tested for proficiency in the French language.





# High School Intramurals 2024

Mark your calendars! The OLYMPIC REVIVAL is coming to SOUTHVILLE!

This coming April 16th-17th, our High School Olympians (7th-10th Grades) will battle for glory in epic competitions inspired by the ancient Greeks.

Each grade embodies a powerful Greek God/Goddess:

7th - House of Artemis: Unleash your inner archer's focus!

8th - House of Athena: Strategize like a champion!

9th - House of Hephaestus: Forge teamwork and determination!

10th - House of Zeus: Rise to the challenge and lead like a god! ⚡

Get ready for legendary school spirit, unforgettable moments, and a chance to be crowned the ultimate champion! Who will reign supreme?





# High School Intramurals 2024



HS INTRAMURALS 2024

## THE OLYMPIC REVIVAL

IGNITE THE SPIRIT! RELIVE THE GLORY!

### INTRAMURALS DRY RUN (APRIL 15, 2024)

#### GR. 7 & 8

7:45-9:00 - Assembly at Lux Hall  
9:00-9:30 - Recess  
9:30-10:30 - Practice of Parade and Routines at Monarchs Gym  
10:30-11:30 - Lunch  
11:30-1:30 - Practice of fun games and group sports  
1:30-2:00 - Homeroom and dismissal

#### GR. 9 & 10

7:45-9:00 - Assembly at Lux Hall  
9:00-9:30 - Recess  
9:30-10:30 - Practice of Parade and Routines at Monarchs Gym  
10:30-11:00 - Homeroom time with adviser  
11:00-12:00 - Lunch  
12:00-2:00 - Practice of fun games and group sports  
2:00-2:30 - 5S, freshening up, and dismissal

**Note: Subject teachers to proctor according to their class schedule**





# High School Intramurals 2024



HS INTRAMURALS 2024

## THE OLYMPIC REVIVAL

IGNITE THE SPIRIT! RELIVE THE GLORY!

**DAY 1 (APRIL 16, 2024)**

### PART 1 | OPENING PROGRAM

- PARADE
- SISC ROUTINES
- OPENING REMARKS
- TORCH LIGHTING
- OATH OF SPORTSMANSHIP
- DECLARATION OF INTRAMURALS 2024
- INTRODUCTION OF TEAMS
- WARM-UP EXERCISE

### PART 2 | OPENING OF FUN GAMES

- FIRE OF PROMETHEUS
- ATLAS' HOLD
- CRY OF POSEIDON
- TAIL OF OUROBOROS
- OLYMPIC ODYSSEY - HUMAN TICTAC TOE
- BASEBALL FIVE

### PART 3 | MR. & MS. HIGH SCHOOL INTRAMURALS

- PRODUCTION NUMBER
- PRESENTATION OF CANDIDATES
- DIVINE ELEGANCE "GODS AND GODDESSES ATTIRE"
- SPORTS ATTIRE

**DAY 2 (APRIL 17, 2024)**

### PART 1 | OPENING OF SPORTS EVENT

- BASKETBALL BOYS AND GIRLS
- FOOTBALL BOYS AND GIRLS
- VOLLEYBALL BOYS AND GIRLS
- BADMINTON SINGLES AND DOUBLES
- CHESS MEN'S AND WOMEN'S CATEGORY

### PART 2 | AWARDING AND DISMISSAL





# MONARCHS MOMENTS



## STAR Campus

### Hallmark Recitation of Preschool



Little stars shine bright as Nursery Plum, Pre-K Blue, and Junior Kinder Mint students of STAR campus mesmerize their proud parents with heartfelt poem recitations





# MONARCHS MOMENTS



*Munich Campus*

## *Hallmark Recitation of Preschool*



Our Little Monarchs shine the brightest! Our Nursery, Pre Kinder and Junior Kinder students captivate hearts with their hallmark recitations, showcasing budding talents and boundless enthusiasm.





# MONARCHS MOMENTS



## High School Department

### SGEN Music and Monologue 2024



HS Monarchs Captivate at SGEN Music and Monologue 2024, Taking Home Pop Category Awards

Our very own HS Monarchs delivered powerful and captivating performances at the SGEN Music and Monologue competition in 2024, resulting in well-deserved awards within the Pop Category.



Cassiana Cassandra Prats, a shining star from 9th Grade Sincerity, impressed the judges with her rendition of "Material Girl," securing a commendable 3rd place finish.



Meanwhile, Karyssa Gabrelle Alamon of 10th Grade Patriotism stole the show with her monologue and acting piece, earned her the prestigious 1st place award.

### Unang Hirit Spelling Bee



High School Monarchs Shine on National Television!

High School Monarchs were recently featured on the popular national morning show, "Unang Hirit," on March 18. They impressed viewers with their academic prowess and artistic talent.

In the "Spelling Bee" segment, Juan Alfonso Lobien and Joshua Levi Santos of 10th grade Commitment showcased their impressive vocabulary skills, engaging in a thrilling competition. Ultimately, Juan emerged victorious, claiming the Spelling Bee championship.

The program wasn't all about spelling! The talented members of the High School Dance Club also graced the stage with a captivating performance, showcasing their power and grace.



# MONARCHS MOMENTS



## Senior High School Department

### Successful Business Plan Presenters



Stephanie Draper and Reana  
Shayne Manalo  
**Basa Bikinis**



Nathalie Bautista, Ianna Castro and  
Kasey Angelica Tolentino  
**Comoda UpSnacks**



Jacqueline Ross Jocson  
**Copue**



Francinne Emma Cruz and  
Francesca Alliah Mendoza  
**Kallos Clothing**



Marc Christian Manese and  
Dominic Gabriel Tayzon  
**HealFeel**

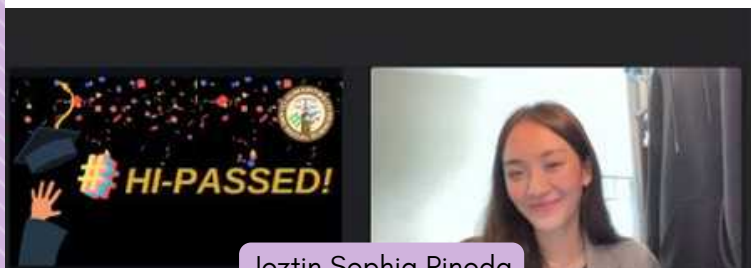
### Successful Historical Investigation P.A.S.S. Presenters



Tiffany Sawaki  
**Harmonizing Dissent: Jazz Music in the Soviet Union  
during the Stalinist and Khrushchevian Era (1924-1964)**



Yoeiza Garcia  
**Exploring Michael Jordan's Sneaker Empire: from the  
Court to Cultural Phenomenon**



Jeztin Sophia Pineda  
**The Reverse Desertification of UAE's Agriculture**



Julianne Santos  
**Concrete Legacies: Brutalism as a Cultural Expression  
of Power under the Marcos Regime**

### Successful Experimental P.A.S.S. Presenters



Marielle Arevalo, Isabelle Goqingco and Sophia Ramos  
**Extraction of Bioethanol from *Lansium Domesticum***



Avery Cruz, Sandra Ossi and Emerald Yancy  
**The Physical and Mechanical Effectiveness of Paper  
Composed of Coconut Husks and Eggshells**



# MONARCHS MOMENTS



## Senior High School Department

### Successful Experimental P.A.S.S. Presenters



Kim Inseo and Alexi Ramirez

**Development of Liquid-Resistant, Tensile, and Degradable Straw Using Nata de Coco**



Isabela Dy, Minami Oikawa and Achilles Sibal

**The Physical and Mechanical Effectiveness of Paper Composed of Coconut Husks and Eggshells**

### Successful Descriptive P.A.S.S. Presenters



Kang Gyoyeon (Andrew)

**Perceived Benefits and Level of Engagement in Athletic Activities**



Nam Eunsong (Olivia)

**Modes of Relationship Interaction and Levels of Satisfaction of Grade 12 Students**



Lee Seungmin (Danny)

**Recreational Sports and Levels of Aggression of Junior High School Students**



Jang Taeyang (Harry)

**Quality of Friendship and Belongingness of SISC 12th Grade Students**



Moirá Mikhaila M. Pabello

**Consumed Media Content and Gender Expectations of Teenagers**



Philippe Raferty S. Castellvi

**Levels of Happiness of Varsity and Non-Varsity Students of SISC**



# MONARCHS MOMENTS



## Senior High School Department

### Successful Descriptive P.A.S.S. Presenters

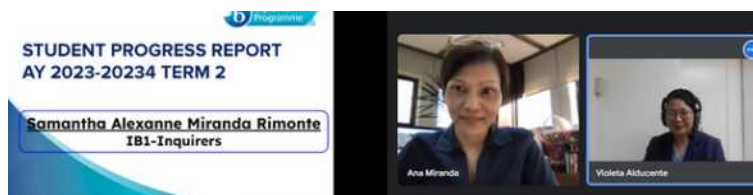
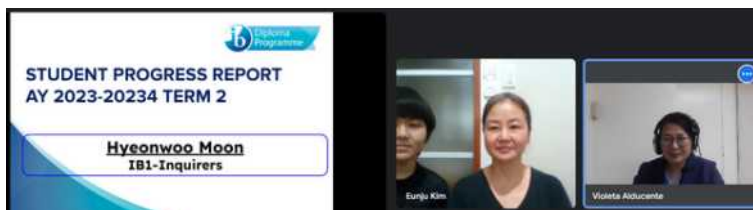
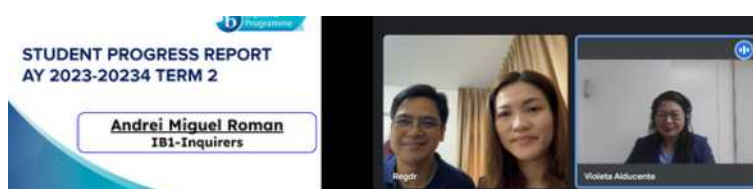
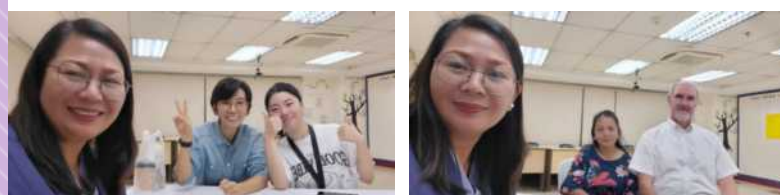


Kim Nayeon (Rita)

**Impact of Peer Influence on Risky Behavior: Surveying Adolescents' Perceptions and Experiences**

## International Baccalaureate

### IB Parent-Teacher Conference (PTC)



Thank you to all the IB parents who joined us for the parent-teacher conference! Your commitment to your child's education is truly inspiring!



# 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.



“

The International Baccalaureate taught me how to effectively manage and balance various workloads – skills that have proved invaluable in both university and the workplace. The breadth of subjects – that you can tailor to your interests – effectively enabled me to delve deep into my favourite classes, while also maintaining a well rounded education.



**Myca Millmore**

**IB Class of 2016**

Learning, Inclusion and Talent Coordinator at BAFTA  
(British Academy of Film and Television Arts)

My advice – take subjects that will help propel you towards the career you're interested in. If you don't know what you want to do yet – take what you're interested in and start from there. Irrespective of what you take, you'll always end up with a well-rounded education, due to the core subjects.

”

**Be Global. Be Amazing. Be Southville.**

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# WEEKLY SCHEDULER

| SOUTHVILLE K12 & IB |

JAN	FEB	MAR	APR	MAY	JUN
JULY	AUG	SEP	OCT	NOV	DEC

APRIL 15 - 19  
2024

MONDAY (APRIL 15)	Midterm Examinations   Grade 6   Day 1	Midterm Examinations   Grade 12   Day 1	
TUESDAY (APRIL 16)	HS   Intramurals   Day 1	Midterm Examinations   Grade 6   Day 2	Midterm Examinations   Grade 12   Day 2
WEDNESDAY (APRIL 17)	HS   Intramurals   Day 2		Year-End ID Picture Taking
THURSDAY (APRIL 18)	TOEFL Jr.   Grades 5 & 6	Fine Dining   Grade 3	
FRIDAY (APRIL 19)	Parent - Teacher Conference   Term 2	Parent - Teacher Conference   Term 2	Parent - Teacher Conference   Term 2

## Legends:

MUNICH & STAR

HIGH SCHOOL

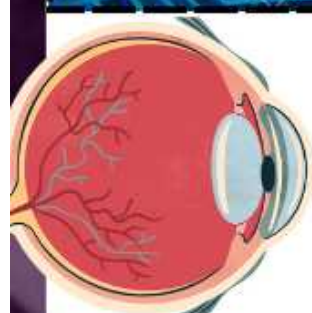
SENIOR HIGH SCHOOL

IB

HOLIDAY



## Computer Vision Syndrome/Digital Eye Strain



### What is Computer Vision Syndrome (Digital Eye Strain)?



Computer vision syndrome is a type of eye strain that develops after spending long periods of time using computers, smartphones, or other digital devices.

### Most common symptoms



Eye strain or fatigue



Eye itchiness or redness



Headaches



Blurred or double vision



Dry eyes



Neck and shoulder pain

### Causes and risk factors

- Prolonged or continuous use of a digital screen device for at least 4 hours at a time
- Poor posture when using a computer on the workstation
- Lack of ergonomic considerations: desk set up, keyboard or mouse, etc.
- Device that is too bright or too dim
- Glare from the device screen
- Room lighting that is too strong or dim
- Uncorrected or under corrected vision problems

### Management and treatment

- Manage dry eye using prescribed or over-the-counter artificial tears that add moisture to the eyes.
- Correct vision problems through consultation with an eye care specialist.
- Change computing routine and environment.

### Tips for computer work or using digital devices:



Reduce screen time.



Set up an ergonomic workstation.



Use a correct eyewear/anti-glare screen.



Adjust screen brightness and contrast/use proper lightning



Take breaks from screen (eye break)



Blink more regularly.

***Protect your sight and keep your eyes healthy!***



# Social-Emotional Learning (SEL) Corner

## FIVE WAYS PARENTS CAN HELP CHILDREN SHARPEN THEIR MEMORY

### 1. Play Memory Games

These games teach kids how to accurately and swiftly retain information while still being entertaining.

### 2. Make Learning Enjoyable

To help relieve the stress and to stay motivated, try making learning fun and determine your child's learning style and tailor activities to suit them.

### 3. Encourage Discussion

Encourage your child to share what they've learnt with you or their peers to form connections and this will lead them to insightful conversations that spark a lifelong passion for learning.

### 4. Get Enough Sleep

Ensure your child gets enough rest every night - this will help them stay focused and attentive during the day.

### 5. Eat Healthy

Eating healthy can help children boost their memory skills. Nutritious meals rich in omega-3 fatty acids, B vitamins, and antioxidants help nourish the brain and keep it healthy over time.



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**

**NURTURING the 5Cs through**  
*Academic Rigor, with GRIT and a*  
**GROWTH MINDSET**

#### STAR Campus

136 Elizalde St., BF Homes,  
Parañaque City, Philippines  
Tel. Nos. 88428811

#### Munich Campus

Munich St. corner Tropical Avenue,  
B.F. Homes International, Las Piñas City  
Tel. Nos.: 8825-6374 Loc 208

#### 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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