



# STUDENTS AND PARENTS' BULLETIN

SOUTHVILLE INTERNATIONAL SCHOOL AND COLLEGES

## ZERO-TOLERANCE POLICY ON BULLYING

**Southville International School and Colleges (SISC)** upholds a zero-tolerance policy on bullying and remains committed to providing a safe and respectful environment for all. As part of this commitment, we are reinforcing our reporting system to ensure **that concerns are addressed promptly and appropriately.** The **WASC Category D: School Culture, Child Protection and Parent/Community Involvement** recommendation to establish an anonymous and easily accessible reporting system further supports this initiative.

To make reporting easier, a QR code linking to the reporting form is now posted around the campus and attached to this SPB. We enjoin everyone—students, teachers, staff, and visitors—to use this tool to report any instances of bullying or child protection concerns.

At the same time, to ensure fairness and accountability, we emphasize that all reports must be supported by facts. While we take every report seriously, we also uphold integrity and will not tolerate false accusations.

### *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.

The Office of Discipline remains dedicated to implementing this system throughout the Academic Year as part of our proactive and continuous efforts to promote a culture of respect, accountability, and preventive discipline.

We welcome your feedback and suggestions to further enhance this initiative. Thank you for your time and support in ensuring a safe and supportive school community.



# K12 & IB CHILD PROTECTION CONCERNS *Reporting*

**MAKE A DIFFERENCE – SCAN TO TAKE ACTION!**



**Empowering Every  
Student to Thrive  
in a Safe and  
Supportive School  
Community**

**YOU ARE  
VALUED**

**YOU ARE  
LOVED**

**YOU DESERVE TO  
FEEL SECURED**

*From the Officers of the SISG Child Protection Committee*

# JUNIORS HONOR SENIORS IN PROM NIGHT

The Senior Class of 2025 was honored by the Junior Class during the Junior-Senior Promenade held at the Manila Hotel last February 14, 2025. 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:

- Promenade King** - Vince Santos
- Promenade Queen** - Kristin Lana Egualan
- Promenade Prince** - Joshua Levi Santos
- Promenade Princess** - Ma. Gabrielle Mariz Romulo
- Celestial Knight** - Cedric Ang
- Celestial Bell** - Hannah Nixon
- Galactic Noble** - Ralph Yvan Galing
- Galactic Goddess** - Venice Gevana
- Stellar Charmer** - Andre Arreza
- Stellar Siren** - Samantha Landrito
- Lunar Marquee** - Prince Kang
- Lunar Marchiness** - Clarissa Repatacodo





# MONARCHS IN THE SPOTLIGHT: DOMINATING SPORTS, MUSIC, AND ACADEMICS!

Southville Monarchs continue to shine in various competitions, showcasing excellence in sports, music, and academics.

## ACADEMICS

**Gabriel Cabral (Grade 10)** dominated the Repentless Asia Superfight Championship Tournament, winning double gold in his division.



## SPORTS

**Joshua Johnsonian Brakmore-Canterbury (3 Courtesy)** made waves at the Heart Splash Swimming Invitational, earning Bronze in the 50m Freestyle and Silver in the 50m Butterfly.

**Yuki Togawa (6 Nobility)** excelled in fencing, securing:  
Silver – Excalibur Minime Women’s Foil U12  
Silver – Junior Fencing Tournament Women’s Foil U12  
Rank 5 – Philippine Fencing Association Women’s Foil U12



## MUSIC

**Jenica Beatrice A. Roque (6 Courage)** showcased her musical talent at the American Virtuoso International Music Competition – Winter Edition 2024, winning:

- 2nd Prize – Music in the Baroque Period (Young Artist Group B)
- Honorable Mention – Music in the Romantic Period (Young Artist Group B)

Congratulations to our Monarchs for their remarkable achievements!



# CLASS STANDING NOTICES RELEASED


SISC provides parents and guardians with the Class Standing Notice of their children or wards for them to monitor their children or wards' academic standing and progress within the term. Generally speaking, a student's class standing is based on his or her performance in quizzes, long tests, homeworks, seatworks, recitations, projects, and the like. The term exam score is not yet included.

The Class Standing Notice for the Second Term of Academic Year 2024 - 2025 was released last week. Parents or guardians of students and wards who are not meeting standards must request for a conference with the teacher, either face-to-face or via Google Chat, so that the deficient areas could be addressed as early as possible.

# SECOND TERM EXAMS SCHEDULE FOR GRADES 1 - 12

**Erratum:** We are resending the Second Term schedule as the March 6 schedule for Grade School was previously omitted.

The Second Term Examinations for Grades 1–6 students will be conducted from March 4 to 6, 2025, while for Grades 7–12, they will be held from March 10 to 12, 2025. 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:

 <b>SOUTHVILLE INTERNATIONAL SCHOOL AND COLLEGES</b>				
GRADES 1 and 2 FINAL ASSESSMENT SCHEDULE (TERM 2)   AY 2024 - 2025				
March 4, 2025 (Tuesday)	1st and 2nd Grade (Face to Face Classes)		March 4, 2025 (Monday)	1st and 2nd Grade (VOLT)
8:30 - 9:00	Homeroom		12:00 - 12:30 PM	Homeroom
9:00 - 10:00	English		12:30 - 1:30 PM	English
10:00	Dismissal		1:30 PM	Dismissal
March 5, 2025 (Wednesday)	1st and 2nd Grade (Face to Face Classes)		March 5, 2025 (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	Homeroom / Dismissal		1:30 PM	Homeroom / Dismissal
March 6, 2025 (Thursday)	1st and 2nd Grade (Face to Face Classes)		March 6, 2025 (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

GRADES 3 - 6 FINAL ASSESSMENT SCHEDULE (TERM 2) | AY 2024 - 2025

March 4, 2025 (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	English	10:30 - 12:00	English	12:30 - 2:00	English
10:30	Dismissal	12:00	Dismissal	2:00	Dismissal

March 5, 2025 (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	Science	10:30 - 12:00	Science	12:30 - 2:00	Science
10:30	Dismissal	12:00	Dismissal	2:00	Dismissal

March 6, 2025 (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	Math	10:30 - 12:00	Math	12:30 - 2:00	Math
10:30	Dismissal	12:00	Dismissal	2:00	Dismissal

HIGH SCHOOL SECOND TERM EXAM SCHEDULE | AY 2024-2025

March 10, 2025 (Monday)	7th Grade	8th Grade	9th Grade	10th Grade
8:00 - 8:30	<b>Homeroom</b> Class Adviser and Co-Adviser	<b>Homeroom</b> Class Adviser and Co-Adviser		
8:30 - 10:00	<b>Science</b> Class Adviser and Co-Adviser	<b>Science</b> Class Adviser and Co-Adviser		
10:00 - 10:30			<b>Homeroom</b> Class Adviser and Co-Adviser	<b>Homeroom</b> Class Adviser and Co-Adviser
10:30 - 12:00			<b>Science</b> Class Adviser and Co-Adviser	<b>Science</b> Class Adviser and Co-Adviser

March 11, 2025 (Tuesday)	7th Grade	8th Grade	9th Grade	10th Grade
8:00 - 8:30	<b>Homeroom</b> Class Adviser and Co-Adviser	<b>Homeroom</b> Class Adviser and Co-Adviser		
8:30 - 10:00	<b>English</b> Class Adviser and Co-Adviser	<b>English</b> Class Adviser and Co-Adviser		
10:00 - 10:30			<b>Homeroom</b> Class Adviser and Co-Adviser	<b>Homeroom</b> Class Adviser and Co-Adviser
10:30 - 12:00			<b>English</b> Class Adviser and Co-Adviser	<b>English</b> Class Adviser and Co-Adviser

March 12, 2025 (Wednesday)	7th Grade	8th Grade	9th Grade	10th Grade
8:00 - 8:30	<b>Homeroom</b> Class Adviser and Co-Adviser	<b>Homeroom</b> Class Adviser and Co-Adviser		
8:30 - 10:00	<b>Math</b> Class Adviser and Co-Adviser	<b>Math</b> Class Adviser and Co-Adviser		
10:00 - 10:30			<b>Homeroom</b> Class Adviser and Co-Adviser	<b>Homeroom</b> Class Adviser and Co-Adviser
10:30 - 12:00			<b>Math</b> Class Adviser and Co-Adviser	<b>Math</b> Class Adviser and Co-Adviser



SENIOR HIGH SCHOOL SECOND TERM EXAM SCHEDULE | AY 2024-2025

GRADE 11

March 10, 2025 (Monday)	ABM	GAS	HUMSS	STEM
8:30 - 8:45	Homeroom	Homeroom	Homeroom	Homeroom
8:45 - 10:15	Math SL	Math Standard Level	Math	Precalculus
10:15 - 10:45	Break	Break	dismissal	Dismissal of Non-Biology Majors Break for Biology Majors
10:45 - 12:15	General Science	World Studies		Biology Major
March 11, 2025 (Tuesday)	ABM	GAS	HUMSS	STEM
8:30 - 8:45	Homeroom	Homeroom	Homeroom	Homeroom
8:45 - 10:15	Probability & Statistics	Probability & Statistics	Social Science	Probability & Statistics
10:15 - 10:45	Break		Dismissal of Industry Break for Efficiency	Dismissal of Non-Chemistry Majors Break for Chemistry Majors
10:45 - 12:15	Marketing Management (10:45AM-11:45AM)		Political Science	Chemistry Major

GRADE 12

March 10, 2025 (Monday)	ABM	GAS	HUMSS	STEM
8:30 - 8:45	Homeroom	Homeroom	Homeroom	Homeroom
8:45 - 10:15	Math for Business and Economics	Precalculus	Math	Calculus
10:15 - 10:45	Dismissal		dismissal	
10:45 - 12:15				

March 11, 2025 (Tuesday)	ABM	GAS	HUMSS	STEM
8:30 - 8:45	Homeroom	Homeroom	Homeroom	Homeroom
8:45 - 10:15	Accounting (8:45AM-9:45AM)	General Science: Chemistry	Social Science	Science Minor
10:15 - 10:45	Dismissal		Dismissal of Psych Majors Break for Pol Sci Majors	
10:45 - 12:15			Political Science	

March 12, 2025 (Wednesday)	ABM	GAS	HUMSS	STEM
8:30 - 8:45	Homeroom	Homeroom	PASS Historical Completion	Homeroom
8:45 - 10:15	PASS Preparation and Completion	Intro to Social Science II		Science Major
10:15 - 10:45				
10:45 - 12:15				



# SECURE THE SECOND TERM EXAM CLEARANCE

The Second Term Exams are just around the corner. Please settle your accounts at the soonest possible time so we can process your child’s **Term Exam Clearance**. Students who have settled their accounts will be issued a Term Exam Clearance with a reply slip to be returned to the Class Adviser.

The “Term Exam Clearance” should be presented to the adviser/proctor on the first day of the examination week for the student to be able to take the exam. Those who have settled their account as of February 5, 2025 will receive the term exam clearance from the adviser.

Below are the different options on how you may settle your school fees assessment:

BANK TRANSACTION		DIRECTLY TO THE CASHIER	ONLINE PAYMENT
BANK DEPOSIT	BANK WIRE TRANSFER		
<b>BPI</b> Acct Name: <b>SOUTHVILLE INTERNATIONAL SCHOOL</b> Branch: Citadella Las Piñas branch Acct No.: <b>4611-0042-36</b>	<b>BPI</b> Acct Name: <b>SOUTHVILLE INTERNATIONAL SCHOOL</b> Address: Unit B Fenina bldg., CAA Road cor, Cittadella Ave, Village Pulang Lupa 2, Las Piñas City <u>Dollar acct no.</u> <b>4614-0119-85</b> <u>Peso acct no.</u> <b>4611-0042-36</b> <u>SWIFT Code:</u> <b>BOIPHMM</b>	1. Cash and check payments may be directly paid to Southville cashiers at the Luxembourg Campus  <b><i>FOR CHECK PAYMENTS</i></b> <i>Please make check payable to SOUTHVILLE INTERNATIONAL SCHOOL AND COLLEGES INC.</i>  2. Payment through credit cards directly to the cashier. <i>Credit cards accepted: BPI &amp; OTHER MAJOR CREDIT CARDS (VISA/MASTERCARD)</i>  3. Debit payment for BPI card holders	1. Online payment through GCASH and PAYMAYA <i>(Kindly follow the instructions indicated in the site)</i>  2. Online Credit Card Payment (Peso Only)  Please provide your details by filling out this form <a href="https://forms.gle/bFgNGctAyN3hYoCr6">https://forms.gle/bFgNGctAyN3hYoCr6</a> and choose option 4.  You will receive an email from <b>Paymongo</b> .  For more details, please visit <a href="https://www.southville.edu.ph/payment-details/">https://www.southville.edu.ph/payment-details/</a>
<b>MBTC</b> Acct Name: <b>SOUTHVILLE INTERNATIONAL SCHOOL AND COLLEGES INC.</b> Branch: Ayala Alabang branch Acct No.: <b>001-7-001-51917-0</b>	<b>MTBC</b> Acct Name: <b>SOUTHVILLE INTERNATIONAL SCHOOL AND COLLEGES INC.</b> Branch: Ayala Alabang branch <u>Acct No.:</u> <b>001-7-001-51917-0</b> <u>SWIFT Code:</u> <b>MBTCPHMM</b>		
Notes: Please email a scanned copy of the deposit slip (for bank deposit) and transaction receipt (for Bank wire transfer) to: • <a href="mailto:accounting@southville.edu.ph">accounting@southville.edu.ph</a> You may also email any tuition fee concerns and inquiries at this email address.			

# PLAN AHEAD, MONARCHS!

Stay informed and prepared! Check out the School Calendar for AY 2025-2026 to keep track of important dates, events, and milestones for the year ahead. Let’s make it another year of excellence!



**Southville International School and Colleges**  
**K12 AND IB CALENDAR OF ACTIVITIES**  
**Academic Year 2025 - 2026**

**AUGUST 2025 - JULY 2026**

August

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

March

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

May

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**JULY 25 - August 8 - Summer Classes for A.Y. 2024-2025**

**AUGUST - Start of A.Y. 2025 - 2026**

August 18 - Opening of Classes for all Levels

August 22 - First Term Parent-Teacher Conference for Grades 1-12 and IB

August 25 - National Heroes Day (Holiday)

**OCTOBER 2025**

October 1 - SSC 20th Foundational Kick-Off

October 2 - 3 - Term 1 Midterms

**NOVEMBER 2025**

November 1 - All Saints Day

November 2 - All Souls Day

November 5 - Resumption of Classes for K-12 and IB

November 12 - 13 - First Term Examinations for K12

November 17 - 20 - First Term Examinations for IB

November 17 - 23 - Extended Midyear Holiday

November 24 - Resumption of Classes (Start of Term 2)

November 30 - Bonifacio Day (Holiday)

**DECEMBER 2025**

December 17 - Holiday Party of Students

December 18 - Start of Holiday Break of Students

December 30 - Final Day (Holiday)

**JANUARY 2026**

January 1 - New Year's Day

January 12 - Resumption of Classes of K12 and IB

January 20 - 22 - Term 2 Midterms

January 23 - First Term Parent-Teacher Conference for Grades 1-12 and IB

**FEBRUARY 2026**

February 17 - Lunar New Year Holiday

February 20 - Parents' Power Anniversary (Holiday)

**MARCH 2026**

March 2 - 20 - Second Term Exams for IB 1

March 3 - 5 - Second Term Examinations

March 13 - 21 - Mock Exams for IB 2

**APRIL 2026**

April 1 - 5 - Holy Week

April 6 - Day of Valor (Holiday)

April 10 - Second Term PTC for K-12

April 17 - Third Term PTC for IB 2

April 27 - May 20 - IB 2 External Exams

**MAY 2026**

May 1 - Labor Day (Holiday)

May 28 - 29 - Third Term Exams for Preschool, Grade 6 and 12

May 30 - 31 - Third Term Exams for IB 1

**JUNE 2026**

June 2 - 4 - Third Term Exams for Grades 1-12

June 5 - IB Graduation

June 12 - Independence Day (Holiday)

June 17 - Presidential Recognition Day

June 18 - Third Term PTC for Senior High School, Grade 6 & 12, and IB 1

June 24 - Senior High School Graduation Day, Grade 6 Graduation Day

June 25 - Graduation of Grade 12

June 26 - Third Term PTC for Grades 1-11

June 30 - Grades 1 and 2 Recognition Day

**JULY 2026**

July 1 - Grades 3-5 Recognition Day

July 3 - 5 - Grades 7-12 Recognition Day

Southville International School and Colleges has made every effort to ensure that the calendar of activities is correct and accurate at the time of publishing, but changes may occur due to cancellation of classes and other circumstances. All stakeholders will be informed of any changes made.

as of February 21, 2025

To download or view the school calendar for A.Y 2025-2026, kindly scan the QR code on the side.





# MONARCHS MOMENTS

## STAR CAMPUS

“

Bringing stories to life! Our storytelling activity at Star Campus sparks creativity, imagination, and a love for reading among our young learners.

”





# MONARCHS MOMENTS

## MUNICH CAMPUS

“

At Munich Campus, storytelling opens a world of wonder!  
Students dive into tales of adventure, creativity, and learning,  
making every story come alive.

”







# LUX MONARCHS MOMENTS



TERM 2 P.E. FPT

FOOTBALL AND BASKETBALL



## 7TH - 10TH GRADE P.E. FINAL PERFORMANCE TASK (FPT)



7th to 10th Grade Final Performance Task: An Authentic Assessment of Skills! 🏀🏈 High School Monarchs showcase their teamwork, strategy, and athleticism in thrilling football and basketball tournaments. Let the games begin!



### TERM 2 FPT LEAGUE CHAMPIONS!

7TH GRADE BASKETBALL  
Girls: KINDNESS  
Boys: GRATITUDE

8TH GRADE BASKETBALL  
Girls: INTEGRITY  
Boys: INTEGRITY

9TH GRADE FOOTBALL  
Girls: COMPASSION  
Boys: FORTITUDE

10TH GRADE FOOTBALL  
Girls: PRUDENCE  
Boys: COMPASSION





# MONARCHS MOMENTS

## IB CAMPUS

“

The IB honors and celebrates our Non-Teaching Employees with a special simple program last February 20.

”



# SOCIAL-EMOTIONAL LEARNING (SEL) CORNER

## 6 STEPS TO MASTERING YOUR EMOTIONS

The ultimate step-by-step guide to process any kind of emotion!



### 1. WELCOME THE EMOTION

Emotions help us to survive, thrive, and avoid danger. There's always a positive intention behind every emotion!



### 2. BECOME THE OBSERVER

Take 5 deep breaths. Look at yourself feeling the emotion from the outside.



### 3. NAME THE EMOTION

Recognize and name what you are feeling. We are more comfortable with what we know!



### 4. BEFRIEND THE EMOTION

Look at the emotion with compassion and curiosity. Emotions signal whether your needs are being met or not!



### 5. IDENTIFY THE NEED

Feeling sad? You might need a hug! Feeling stressed? Maybe you need to relax? Feeling overwhelmed? Do you need a plan?



### 6. CREATE ACTIONABLE STEPS

Be action-oriented! What steps can you take to get the need you identified met?

**REMEMBER: YOU DON'T HAVE CONTROL OVER EVERYTHING. FOCUS ON WHAT YOU CAN CONTROL!**

This infographic was brought to you by

PERSONAL DEVELOPMENT ZONE  
BY TAMARA PFLUG

Tamara Pflug





**SOUTHVILLE**  
GLOBAL EDUCATION NETWORK

# AROUND SGEN



**2+2 TICKET TO  
LIVE AND WORK  
IN AUSTRALIA  
AND BEYOND**

## BACHELOR OF ARTS IN **HOSPITALITY MANAGEMENT**

*Elevate Your Hospitality Career with SISFU! A Fast-Track Australian, Swiss, and UK Bachelor's Degree!*

### ABOUT THE PROGRAMME

SISFU's Hospitality Management is a programme designed for students who want to earn international qualifications from Pearson and degrees from our partner universities in Switzerland and Australia. Emphasis on core-hospitality courses with no minor subjects offered for streamlined focus on priority skills sets our programme apart. Our campus features workshops for students to learn industry practices, complemented by hands-on experience through local and paid international internships. With our high employability rate, SISFU graduates are ensured excellent career prospects around the globe.

**ENROL NOW**



**GET IN  
TOUCH**

✉ [enquiry@southville.edu.ph](mailto:enquiry@southville.edu.ph) ☎ 09989635282 | 84 | 86 | 88  
🌐 [www.sisfu.edu.ph](http://www.sisfu.edu.ph) 📍 BF International, Las Piñas City



# SWISS HOTEL MANAGEMENT SCHOOL - LEYSIN CAMPUS, SWITZERLAND

- Top Up and receive a Dual Degree in Bachelor of Arts (Hons) in International Hospitality Management awarded by SHMS (Switzerland) and University of Derby (UK).
- Chance to extend for another 18 months in Switzerland for paid internship (subject to qualifications)
- Tuition Fee includes books, food allowance, board and lodging!



# THE HOTEL SCHOOL: GOLD COAST, AUSTRALIA

- Paid internships during your Top-Up year! Earn as much as Php 100K+ a month!
- Earn a 2-3 Year Work Visa upon Graduation!



# WHY STUDY HOSPITALITY MANAGEMENT AT SISFU?

- ▶ Guaranteed Admission to Top-ranked UK & AU Universities
- ▶ Paid Internship programme in Australia, UK, and the US
- ▶ Eligibility for a post study work visa (2-4 years) after 2 years of internship/study in Australia *\*visa approval may vary depending on the latest AU govt updates*
- ▶ Pathway for Migration to Australia
- ▶ 95% of graduates earning 1.5M/yr right out of school
- ▶ Savings on study investment of 40% versus entering straight to Australian schools

# ADMISSION REQUIREMENTS

- Application form
- 4 pcs. 2x2 pic
- 500-word essay
- Original Birth Certificate
- TOR / Latest copy of grades
- SHS Diploma (scanned copy)
- Passport (if available)



GET IN TOUCH

enquiry@southville.edu.ph 09989635282 | 84 | 86 | 88  
www.sisfu.edu.ph BF International, Las Piñas City

# YOUR VOICE MATTERS: SHARE YOUR FEEDBACK HERE



## Customer Satisfaction Survey

Our Public Relations Office has created a survey tool available to all parents, students, and stakeholders of Southville International School and Colleges. Simply scan the QR code below to share your concerns, commendations or suggestions.

Kindly scan the QR code.

Please acknowledge that you received the e-bulletin. Acknowledgment of this email won't require you to submit reply slips. Kindly scan the QR code to the right or click the link below:



Acknowledgement Form

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

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To view the previous SPBs, please click the button below:

**K12 and IB Bulletins**



## Burnout

### What is Burnout?

Burnout is not a medical condition but a "physical, emotional, or mental exhaustion, accompanied by decreased motivation, lowered performance, and negative attitudes toward oneself and others."

### Who experiences burnout?

Anyone regularly exposed to high levels of stress, whether work-related, school-related or not, can experience burnout.

### Why might burnout occur?

Typically, burnout is the result of chronic, unmanaged stress, which can appear from various sources and situations.

More Filipino employees experience burnout at work than their regional counterparts, despite rating their mental health as good or excellent.

52% of Filipino workers feel burnt out monthly, compared to 49% in Singapore and Indonesia.  
-Milieu Insight and Intellect (2022)

85% of college students feel overwhelmed by their responsibilities at some point during the academic year.

-National College Health Assessment (2021)



## Signs of Burnout

Burnout looks different for everyone, although it can affect someone physically, mentally and emotionally



Feeling apathetic or dissatisfied with work



Changes to diet or sleep patterns



Fatigue



Headaches



## Burnout

### 7 Strategies to Help Prevent Burnout

#### 1. Recognize and Respond to Stress

Stress may present itself differently in each person. The quicker a person can learn to recognize their body's signals, the quicker they can act.



#### 2. Set boundaries



Boundaries are personal limits that someone establishes according to their sense of what is acceptable, appropriate, and comfortable.

#### 3. Develop a work-life or school-life balance

With a healthy work-life or school-life balance, individuals can better manage their work and personal lives without sacrificing one for the other.



#### 4. Prioritize self-care



Take time to do things that improves physical and mental health, and promotes overall well-being

#### 5. Exercise the body and mind

Exercise does not have to mean high intensity workouts. Meditation and mindfulness techniques may help lower blood pressure, reduce anxiety, and depressive symptoms, and combat insomnia.



#### 6. Regularly take breaks



Short breaks throughout the day can help a person relax and recharge.

#### 7. Maintain a support network

Having a strong supportive network means a person has family members, friends or work colleagues with whom they can share feelings and experiences.



**PAUSE, UNWIND  
-FRESH YOUR  
MIND!**



Reference:  
• Cleveland Clinic  
• Medical News Today  
• The Philippine Star  
• American Psychiatric Association

