



SPB ISSUE NO. 21

A.Y. 2025 -2026 / January 30, 2026

# STUDENTS AND PARENTS' BULLETIN

SOUTHVILLE INTERNATIONAL SCHOOL AND COLLEGES



## SOUTHVILLE MONARCHS BOYS FOOTBALL TEAM CROWNED ISAC SEASON 2 CHAMPIONS

Victory tastes even sweeter when it is born from perseverance, patience, and unwavering belief.

After 21 long years, the wait is finally over — SISC's Male Football Team has once again risen to the top, reclaiming the ISAC Football Championship title for the boys' division. Once champions in the past, Southville proudly returns to its winning tradition through this historic batch — the first in over two decades to bring the championship back home. This remarkable triumph marks a defining milestone not only for the team, but for the entire Southville community.

As shared by their proud coach, Coach Rory Mansbridge, this achievement carries profound meaning. While SISC has celebrated championships across various sports through the years, football has remained the one dream still waiting to be fulfilled — until now. With grit in their hearts and unity on the field, our boys rewrote history and proved that no dream is ever too delayed when matched with dedication and teamwork.





This victory is a true dream come true — the result of countless hours of training, sacrifices, resilience through losses, and the unbreakable brotherhood formed along the way.

SISC extends our deepest appreciation to Coach Rory and his dedicated coaching team, whose leadership, discipline, and belief in the boys never wavered. Our heartfelt thanks also go to the supportive parents, whose constant encouragement, trust, and presence fueled the team throughout practices and competitions.

To our football Monarchs — you did not just win a championship. You made history, inspired future athletes, and reminded us all that persistence always finds its moment.

Congratulations, champions.  
Your legacy will forever be part of SISC history.



## **BRAINS, BRILLIANCE, AND BOUNDLESS TEAMWORK**

It's a triumphant close to the 2025 Southville Global Education Network or SGEN Academic Olympiad held last December 12, 2025 at Stonyhurst Southville International School, Batangas! Congratulations to all our outstanding champions who showcased intellect, confidence, and collaboration at the highest level:

Overall Champions – SISC Monarchs  
Spelling Bee – SISC Monarchs  
Quiz Bee – SISC Monarchs  
Impromptu Speaking – SSISM Kings  
Essay Writing – SMC Royals

Our heartfelt congratulations to all SGEN Subject Area Heads for working together to make this year's Olympiad a resounding success. Special applause to the Valiant Knights of Stonyhurst Southville Batangas for expertly organizing an event that celebrated not only academic excellence, but also unity and collaboration across SGEN schools.

**BE GLOBAL. BE AMAZING. BE SGEN!**





## MAPPING GREATNESS: MONARCHS CONQUER THE WORLD OF GEOGRAPHY (AND HISTORY!)

Our Historical Society members have once again proven that curiosity, discipline, and passion for learning can take students beyond borders—literally. In the Online International Geography Bee Regional Finals held yesterday, January 04, 2026, our students delivered an outstanding performance, earning top honors and securing their place on the international stage.

### MEDALISTS

- 🥇 Lucas Rodriguez (IB 1) – First Place, Varsity Division
- 🥈 Ethan Pollard (IB 1) – Second Place, Varsity Division
- 🥉 Leira Costes (Grade 8) – Third Place, Middle School Division

### TOP FINISHERS & QUALIFIERS

#### Varsity Division

- Lucas Rodriguez –First Place
- Ethan Pollard –2nd Place
- River Barriga (Grade 12) – 4th Place

#### Middle School Division

- Leira Costes (Grade—) – 3rd Place
- Kent Togawa (Grade 8) – 4th Place

Because of this remarkable achievement, the team has officially qualified for the 2026 IAC Asian Championships and the 2026 International Geography Championships. Even more inspiring, the Asian Championships for Geography will be held alongside the History Championships, which the team already qualified for last December 2025—a true testament to their strength across disciplines.

As the team now prepares for the Thailand competitions this June, we celebrate not only the medals and qualifications, but the dedication, teamwork, and love for learning that brought them here.

From maps to milestones, our students continue to show that when minds are trained to think globally, excellence follows. Congratulations, champions!



## MORE MONARCHS MAKING HISTORY!



We're proud to recognize additional IHBB Manila History Bee and Bowl winners from Southville F - Middle School: Aryan Verma, Kent Togawa, Leira Costes, Devanch Singh, and Nikolai Eusebio—also qualified for the Championships.

Congratulations, Monarchs, for representing Southville with excellence!

## CELEBRATING OUR HSK PASSERS!

We are proud to recognize the achievements of our students and alumnus who successfully passed the HSK (Hànyǔ Shuǐpíng Kǎoshì), the international standard test of Chinese language proficiency. Their accomplishment reflects their dedication, discipline, and growing global competence.

Congratulations to:



Your success is a testament to your hard work and passion for learning the Chinese language. You continue to inspire our community to embrace multilingualism and global readiness. Well done!

*Congratulations!*

### VALUE OF THE MONTH

JANUARY

Goal Setting: Passion to Achieve



### VALUE OF THE WEEK

JANUARY 26-30, 2026

Practicing / Living Out the 7Ds (Drive, Direction, Do, Discipline, Determination, Dare, Divinity) in Accomplishing Goals

# I EXCEL IN IXL!

We are proud to celebrate the outstanding achievements of our Monarchs who excelled in the recent IXL School-wide Leaderboard held from January 19-23, 2026.

Through their dedication and commitment to practice, these students showcased excellence by mastering the most skills during the competition period. Their hard work and perseverance truly set them apart.

Congratulations to our Top 3 performers for this week of leaderboard challenges! Your achievement reflects not only your talent but also your determination to keep learning and growing.

Keep practicing, keep mastering—and you might just be the next IXL Champion!

## OVERALL TOPNOTCHERS





# YEAR LEVEL TOPNOTCHERS



**ALIA FOWLER**  
1 - EDISON  
**IXL CHAMPION**



**LUNA MAIGUE**  
4 - CHARITY  
**IXL CHAMPION**



**TIARRAH PARWANI**  
5 - LOYALTY  
**IXL CHAMPION**



**ISAIAH CACHO**  
6 - PUNCTUALITY  
**IXL CHAMPION**



**HYEONSEUNG KIM**  
7 - MINDFULNESS  
**IXL CHAMPION**



**CHANWOO KIM**  
8 - EMPATHY  
**IXL CHAMPION**



**PRINCESS CASADOR**  
9 - COMPASSION  
**IXL CHAMPION**



**FENG BO CAI**  
10 - RESPONSIBILITY  
**IXL CHAMPION**



**AMIR IBRAHIM**  
11 - EFFICIENCY  
**IXL CHAMPION**



**RAIN MARILAG**  
12 - DIPLOMACY  
**IXL CHAMPION**

## CELEBRATING OUR FENCERS’ OUTSTANDING PERFORMANCE AT THE HAMPTON COURT WINTER CUP

We proudly congratulate our young athletes for their remarkable achievements at the Hampton Court Winter Cup, where they demonstrated skill, discipline, and true sportsmanship.

Luca Matteo Brambilla of Grade 4 - Charity delivered an impressive performance, earning a Bronze Medal in the U10 Men’s Foil and placing 7th in the U12 Men’s Foil, both competed for charity—showcasing not only excellence in fencing but also a heart for service.



**LUCA BRAMBILLA**  
4 - CHARITY  
**HAMPTON COURT WINTER CUP**





Blaire Antonette Perfecto of Grade 4 - Charity brought home a Bronze Medal in the U10 Women’s Foil, reflecting her determination and competitive spirit.



Yuki Togawa of Grade 7 - Kindness continued to shine with outstanding results, winning Silver in the U12 Women’s Foil and Bronze in the U14 Women’s Foil, proving her versatility and consistency across age categories.

These achievements reflect the students’ hard work, perseverance, and commitment to excellence—both on and off the piste. Congratulations to our fencers for making the Southville community proud!

KEEP UP  
THE  
GOOD WORK

*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/Innovation) through data-driven and technology-enhanced educational programs to ensure student success in the 21st century.



# 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.



Maika Someda has built an impressive international career grounded in Character, Competence, and a Commitment to Achieve. Beginning in marketing, she later transitioned into recruitment— where she found her passion for transforming careers and opening global opportunities.

Now a Senior Consultant at Michael Page International Japan. Maika has helped professionals secure roles in top organization such as Amazon, Morgan Stanley McKinsey, and EY, including advancing the careers of numerous Filipino talents. She also partners with universities to coach students on leveraging LinkedIn and preparing for global careers.

Earlier, she played a key role in launching Lalamove Japan, joining as its second employee and exceeding driver acquisition targets by 350% in the first year— showcasing her adaptability and strategic leadership.

Maika's achievements include international recognition such as the Gold Outstanding Thesis Award (DLSU) and 3rd Place at the UN Peace in the Streets Global Film Festival in New York. At Michael Page, she has generated ¥17M+ in billing revenue and quickly rose from Associate to Senior Consultant, consistently ranking among top performers.

Through her work in recruitment, education, and global business, Maika continues to uplift communities and exemplify the excellence of a true Southville alumna.



**MAIKA SOMEDA**

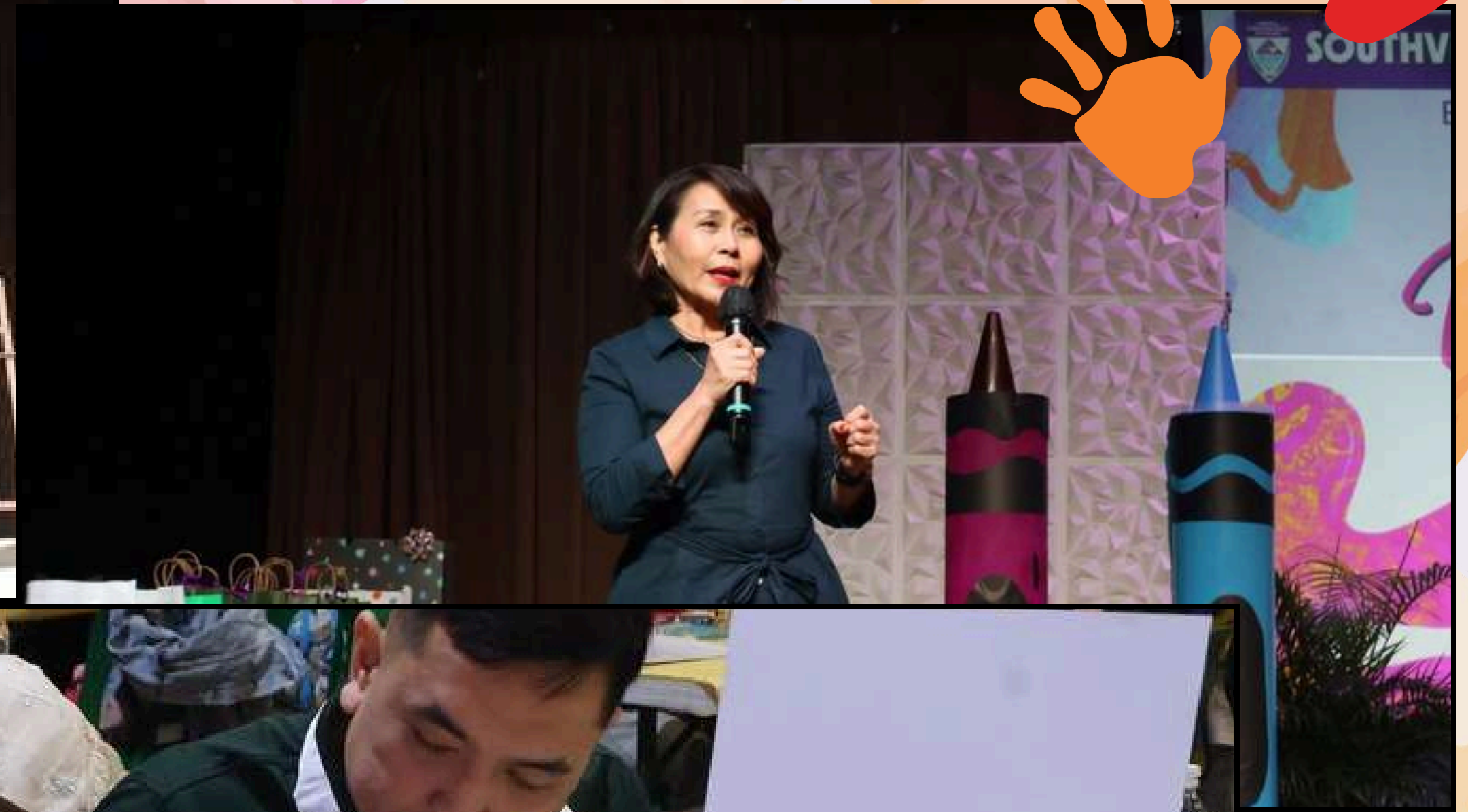
*K12 Batch 2013 | Senior Consultant  
Michael Page International Japan*



# Monarchs Moments

## MUNICH & STAR CAMPUSES

“Brushes, smiles, and family time! Munich and STAR Young Monarchs enjoyed a meaningful Painting with Families experience.”





# Monarchs Moments

## LUX CAMPUS

“Our 8th Grade students enjoyed two meaningful days of connection, reflection, and sharing during CGS—laughing, learning, and growing alongside their peers and mentors. It was a simple yet powerful experience that strengthened friendships, fostered grit, and supported each student’s journey of self-discovery. Truly, no one was left behind.

**BEST CGS EVER!**”





# Monarchs Moments

## IB CAMPUS

“The IB 1 students took on their Term 2 Midterm Examinations, while our IB 2 Spanish ab initio class stepped into a different kind of learning—an engaging and insightful session with IB alumnus Mr. Diego Galan.”





# Social-Emotional Learning Corner

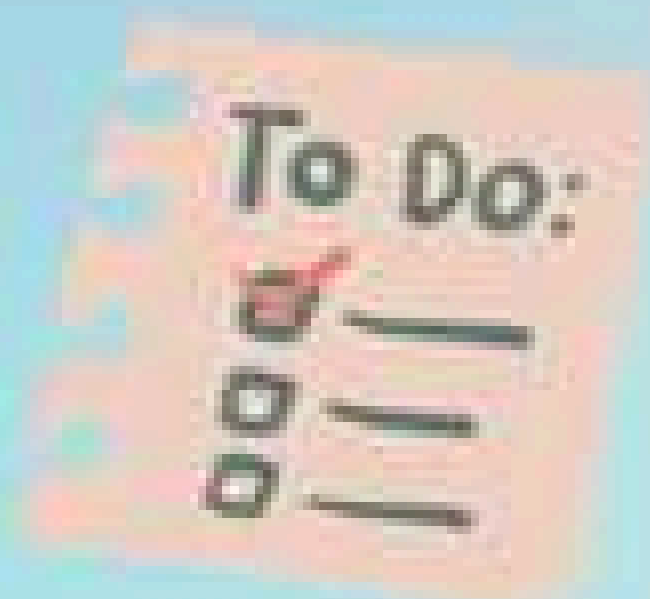
## Living Out the 7Ds: Pathway to Achieving your Goals



### DRIVE

*Build your inner motivation.*

- Write why your goals matter to your future.
- Use a vision board or goal journal to keep inspiration visible.
- Track small wins weekly to stay energized.



### DO

*Take consistent action.*

- Follow the "Start for 5 minutes" rule when you feel unmotivated.
- Use checklists and mark tasks done daily.
- Avoid waiting for "perfect mood" to begin.



### DETERMINATION

*Keep going despite difficulty.*

- Replace "I can't do this" with "I can't do this yet."
- Reflect on past challenges you overcome.
- Ask for help instead of quitting.



### DIVINITY

*Stay grounded in purpose.*

- Spend time in prayer, reflection, or quiet thinking.
- Connect your goals in serving others.
- Practice gratitude daily.



### DIRECTION

*Be clear about where you are going.*

- Turn wishes into **specific goals**.
- Break big goals into weekly action steps.
- Use planners or digital planner.

### DISCIPLINE

*Manage yourself, not just time.*



- Set study routines (Same time, same place)
- Remove distractions (phone in silent, apps blocked)
- Use Pomodoro method (25 min + 5 min break)



### DARE

*Step outside your comfort zone.*

- Volunteer to answer in class once per day.
- Join competitions, interest clubs, or leadership roles.
- Try subjects or tasks that feel challenging.



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- Damon, W. (2008). *The Path to Purpose*.
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- Duckworth, A. L., et al. (2007). *Grit: Perseverance and Passion for Long-Term Goals*.
- Dweck, C. (2006). *Mindset*.
- Enmons, R. A. (2005). *Striving for the Sacred*.
- Locke, E. A., & Latham, G. P. (2002). *Goal Setting Theory*.
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# HEALTH ADVISORY


**SGEN HEALTH BULLETIN**  
**Medical Department**


Issue No. 4      A.Y. 2025-2026      January 28, 2026

## Goiter Awareness Week



### What is Goiter?

A **goiter** is the irregular growth of the thyroid gland located at the base of the neck just below the Adam's apple. It may be an overall enlargement of the thyroid, or the result of irregular cell growth that forms one or more lumps (nodules) in the thyroid. A goiter may be associated with no change in thyroid function or with an increase or decrease in thyroid hormones.

### Signs and Symptoms

**Hypothyroidism (Underactive):**  
Weight gain, fatigue, constipation, slow heart rate, dry skin, depression

**Physical:**  
A visible swelling or lump in the neck and difficulty swallowing or breathing.

**Hyperthyroidism (Overactive):**  
Weight loss, sweating, heat intolerance, rapid heart rate, irritability, hand tremors, bulging eyes

### Common Causes



**Iodine Deficiency**  
Most common cause, leading to hypothyroidism (underactive thyroid)



**Autoimmune Diseases**  
Hashimoto's (underactive) or Grave's disease (overactive)



**Hormonal Changes**  
Pregnancy causing slight enlargement



**Inflammation or Nodules**  
Growths on the gland

### Prevention and Management



**Iodized Salt:** Using iodized salt in cooking is crucial.

**Diet:** Eating iodine-rich foods like fish, seafood, eggs, seaweed, and dairy is recommended.

**Medical Consultation:** See a doctor if you notice neck swelling or symptoms, as it is preventable and manageable.






## “A Sprinkle of Iodized salt is Necessary”





References:

- <https://www.iodine.org/diseases-conditions/goiter/symptoms-causes>
- <https://endo-society.org/pt/goiter>
- <https://nhuh.org.ph/goiter>





# Southville for Others

Issue No. 5

January 23, 2026



## Zero Waste Hero Ways Net Zero Future

**Sustainable Habits for a Better Year**

January is a fresh start and a perfect time to begin positive change. **Sustainable Habits for a Better Year** invites everyone to take small, intentional steps toward healthier living, caring for the environment, and making responsible choices. By focusing on mindfulness and simple, sustainable routines, this campaign encourages habits that are realistic, meaningful, and easy to carry throughout the year.



**Skip impulse buys**



**Support local**



**Choose reusables**



## MINDFUL CONSUMPTION

Buy less. Choose wisely. Value what you have.

- Avoid impulse buying
- Choose durable, reusable items
- Support local and sustainable products





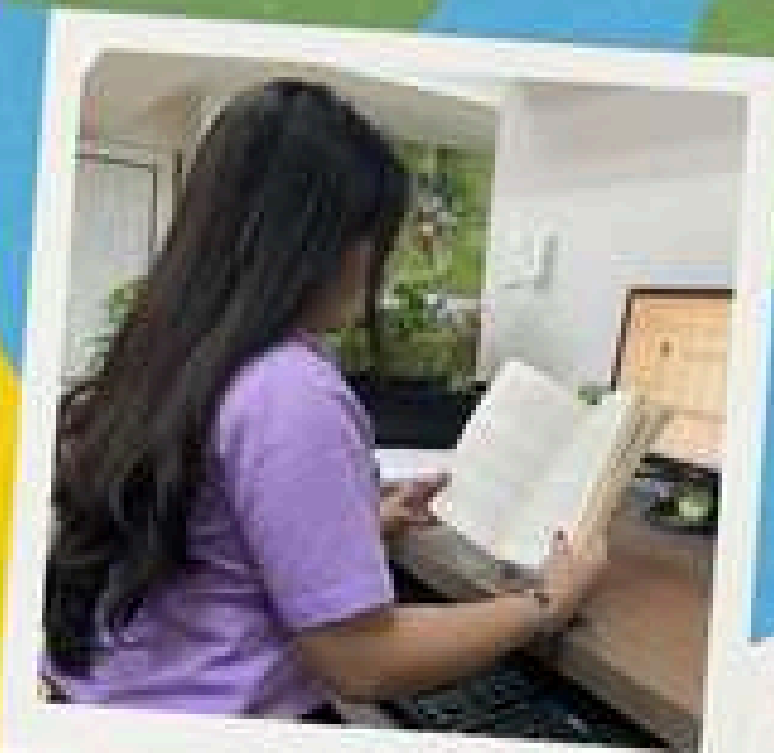
# MINDFUL ENERGY & TIME USE

Saving energy also means caring for yourself.

- Turn off lights and unplug devices
- Reduce screen time when possible
- Balance productivity with rest



Save energy



Reduce screen time

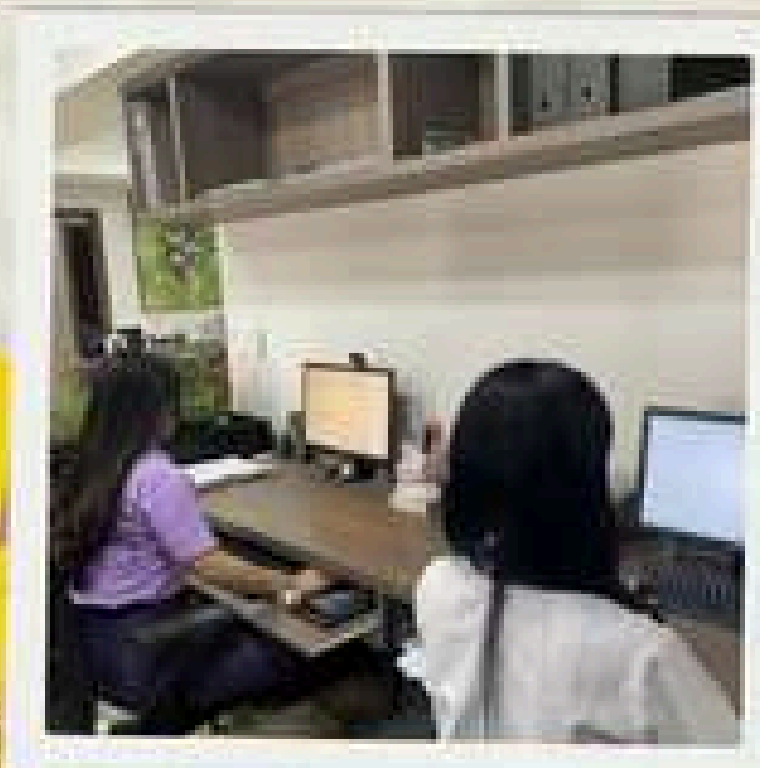


Unplug unused devices

# MINDFUL RELATIONSHIPS & COMMUNITY

Sustainability includes kindness, empathy, and shared responsibility.

- Respect shared spaces
- Encourage eco-friendly habits among peers
- Support community initiatives



Clean and safe work space



BYO  
Bring Your Own  
Water Bottle



Planting Trees



Coastal Cleanup

# JOIN THE MOVEMENT!

Sustainability Starts With You!



# 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 commendations, concerns, 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**

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

**[K12 and IB Bulletins](#)**