



A.Y. 2025 -2026 / February 20, 2026

SPB ISSUE NO. 24



STUDENTS AND PARENTS' BULLETIN

SOUTHVILLE INTERNATIONAL SCHOOL AND COLLEGES



FUTURE GLOBAL LEADERS SHINE AT SOUTHVILLE MUN

Southville International School and Colleges (SISC) successfully hosted a Model United Nations (MUN) conference last January 16-17, 2026, bringing together student delegates from various schools for a dynamic exchange of ideas, diplomacy, and global engagement. The event provided a platform for young leaders to debate pressing international issues, practice parliamentary procedure, and strengthen their skills in public speaking, negotiation, and critical thinking.

Throughout the conference, delegates participated in rigorous committee sessions that challenged them to analyze global concerns, collaborate across perspectives, and craft well-reasoned resolutions. Guided by experienced chairs and mentors, students demonstrated poise, confidence, and a deep understanding of international relations—reflecting Southville’s commitment to academic excellence and global citizenship.

The conference concluded with an awards ceremony recognizing exemplary delegates, chairs, and committees whose achievements underscored the spirit of cooperation and excellence at the heart of Model United Nations. The SISC awardees are:





With this year's theme, "Diplomacy for Tomorrow: A Commitment for Global Peace and Sustainability," SISMUN 2026 reaffirmed its mission of shaping globally minded leaders through respectful dialogue and collaboration.

Congratulations to our delegates and heartfelt thanks to all participating schools: International School Manila (ISM), Chinese International School Manila (CISM), Southville International School and Colleges (SISC), Stonyhurst Southville International School – Malarayat (SSISM), Stonyhurst Southville International School – Batangas (SSISB), Southmansfield College (SMC), Makati Hope Christian School, MGC New Life Christian Academy, Saint Paul's American School Clark, OB Montessori Las Piñas, and Colegio San Agustin – Makati (CSA Makati) for making the conference meaningful and impactful.



MUNICH & STAR FAMILIES CELEBRATE CREATIVITY AND CONNECTION AT “PAINTING WITH FAMILIES” EVENT

Munich and STAR (MUNSTAR) Campuses’ Early Childhood Education students and their families turned Luxembourg Hall into a vibrant celebration of creativity during the Painting with Families event. From delightfully messy hands to beaming smiles, families bonded over brushes, watercolor, and canvases—creating not just artwork, but lasting memories.

The major winners are:

Top 1	Olene Gentiles
Top 2	Francine Capili
Top 3	Madison Maralit

Athaliah Kim	PK Blue	Maddox Qua	JK Mint
Jasraj Singh	SK Aqua	Sindy Tan	JK Orange
Rainier Jace Po	JK Purple	Noah Muniz	N Red
Vianna Malasmas	PK Yellow	Ashton Callum Flores	SK Indigo
Timothy Reforsado	SK Lime	Sadie Bugay	SK Peach



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 February 9-13, 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



Be Global. Be Amazing. Be Southville.

SAMIYAH LLORENTE

TOP 1
5 - UNDERSTANDING
IXL CHAMPION

Be Global. Be Amazing. Be Southville.

ANDREW CATALUÑA

TOP 2
3 - COURTESY
IXL CHAMPION

Be Global. Be Amazing. Be Southville.

THIAGO CARLOS

TOP 3
2 - ARCHIMEDES
IXL CHAMPION

YEAR LEVEL TOPNOTCHERS



Be Global.
Be Amazing.
Be Southville.

PIERRE SANTOS

1 - GALILEO

IXL CHAMPION



Be Global.
Be Amazing.
Be Southville.

IAN JUNG

4 - LOVE

IXL CHAMPION



Be Global.
Be Amazing.
Be Southville.

PRINCE JELLEH

6 - NOBILITY

IXL CHAMPION



Be Global.
Be Amazing.
Be Southville.

NATHAN VANCE

7 - KINDNESS

IXL CHAMPION



Be Global.
Be Amazing.
Be Southville.

CHANWOO KIM

8 - EMPATHY

IXL CHAMPION



Be Global.
Be Amazing.
Be Southville.

CHRYSSA ALARCON

9 - DILIGENCE

IXL CHAMPION



Be Global.
Be Amazing.
Be Southville.

DANIEL WEIHRAUCH

10 - RESPONSIBILITY

IXL CHAMPION



Be Global.
Be Amazing.
Be Southville.

MIYUA ANDO

11 - INDUSTRY

IXL CHAMPION



Be Global.
Be Amazing.
Be Southville.

SHANE CALSO

12 - RIGOR (INNOVE)

IXL CHAMPION

Keep it Up!

VALUE OF THE MONTH

FEBRUARY

Effective Control and Management of Feelings and Emotions



VALUE OF THE WEEK

FEBRUARY 16-20, 2026

Developing Emotional Resilience in Handling Situations

SHINING IN STUDIES AND ON ICE

Yasmin recently showcased her academic excellence by participating in the ISSO (International Smart Student Olympiad), organized by the European Olympiad Competition, where she earned the following distinctions:

- Gold Medalist in English – Level 1
- Silver Medalist in Science – Level 1
- Honorable Mention

Beyond academics, Yasmin continues to shine in sports. She is an ISU (International Skating Union)–level skater who proudly claimed 1st place in the Cubs Level at the Republic of Egypt Figure Skating Championship, earning the prestigious title of National Champion of Egypt.

Yasmin’s ability to balance scholastic excellence with her passion for figure skating is truly admirable—an inspiring example of discipline, determination, and all-around excellence.



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.

SMALL BOOTS, BIG GOALS: NATHAN PALMA SHINES ON THE FOOTBALL FIELD

We proudly celebrate Nathan Palma’s recent achievements in football—clear reflections of his growing talent, determination, and genuine love for the game.

Nathan (5 - Loyalty) competed in the Mixed U10 Category of the Growee 2025 Champions Cup, held at Golazo Futbol Philippines within the Ayala Vermoza Sports Hub. Demonstrating focus and teamwork, his team delivered an impressive performance, earning 3rd Place Runner-Up among strong contenders.



Sustaining this strong momentum, Nathan and his team also secured 3rd Place in the U10 Category of the MILO Cup 2025, held at SM MOA Sky Field. Competing at this level showcases not only his developing skill but also his courage, discipline, and sportsmanship on the field.

SISC shares in the pride and joy of Nathan’s parents, who shared:

“We are truly grateful and proud of Nathan’s hard work, discipline, and dedication. We also extend our sincere appreciation to SISC’s V.I.C.T.O.R.S. Program (Varsity Interest Clubs Toward Outstanding Recreation and Sports) for guiding and molding students while continuously nurturing his passion, teamwork, and competitive spirit—empowering him to perform confidently on the national stage.”

Nathan’s journey reminds us that with heart, consistent training, and perseverance, even the smallest boots can chase—and achieve—the biggest goals.



GLOBAL CULTURES TAKE CENTER STAGE AT IB CROSS-CULTURAL EVENT

Bright fabrics, traditional music, and the joyful exchange of stories filled the air as Southville International School and Colleges' International Baccalaureate (IB) students welcomed guests to the IB Cross-Cultural Experience. More than just a cultural showcase, the event became a meaningful journey where students proudly shared pieces of who they are while discovering the richness of one another's heritage.

For many of them, the Cross-Cultural Experience was not simply about presenting traditions—it was about telling personal stories rooted in family, identity, and belonging. Some showcased their traditional attire and explained its historical and cultural significance, while others introduced guests to native craft, music, cuisine, and language expressions.

The inclusion of Grade 9 and Grade 10 guests added another layer of excitement and learning. Younger students were given the opportunity to interact with IB learners and witness how cultural understanding plays a central role in the IB curriculum. For many of them, it served as an inspiring preview of the global mindset and collaborative spirit they can look forward to in SISC's IB Diploma Programme.



SECOND TERM EXAMS SCHEDULE FOR GRS. 1 - 12

The Second Term Examinations for Grades 1 - 12 students will be conducted on March 3 – 5 while for IB is on March 3-10, 2026. Students take the term exams thrice during the academic year to assess their learning and to keep them on track for school success. The detailed Second Term Examination schedule will be shared by the Deputy Principals.

EXCITING LEARNING ADVENTURES AWAIT PRESCHOOLERS AT LITTLE MONARCHS EXPLORERS

The Southville Global Education Network (SGEN) at STAR Campus invites young learners, aged 1.8 to 4 years old, to embark on a joyful early learning journey with the Little Monarchs Explorers program. Through age-appropriate activities, guided play, and hands-on experiences, Little Monarchs Explorers supports early social, cognitive, and motor development while fostering curiosity and a love for learning.

The program runs for 12 sessions at a fee of ₱6,000, and is held at the SGEN Learning Village, located at 136 J. Elizalde St., BF Homes, Parañaque. Parents are encouraged to join early and secure a slot for their little ones as spaces are limited. Now is the perfect time to begin your child's learning adventure with the Little Monarchs Explorers—where small steps lead to big discoveries!



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.



Southville was the cornerstone of my academic and professional growth.

Reflecting on my journey since graduating in 2018, I can confidently say that Southville was the cornerstone of my academic and professional growth. The rigorous yet supportive environment of Southville's Basic Education program didn't just teach me subjects; it taught me how to think critically and communicate effectively in a global language. Today, as an English instructor and a college admissions specialist helping the next generation of students reach their dreams, I constantly draw upon the values of excellence and discipline I first learned at Southville. The school's impact on my life goes beyond the classroom—it gave me the vision to lead and the skills to succeed in the competitive field of education. I am proud to be a Southville alumnus.



KIM HYUN (DAVID)

K12 Alumna | Batch 2018

English Instructor &
College Admissions Specialist
Sejong City, South Korea

Monarchs Moments STAR CAMPUS

“ Gong Xi Fa Cai from our little Young Monarchs at STAR!
Bright reds, happy smiles, and lots of festive fun as we celebrate Chinese
New Year together! ”



Monarchs Moments

MUNICH CAMPUS

“Little readers, big dreams. Through storytelling, our Preschool to Grade 2 learners discover the joy of reading while learning to care for the world they grow in. Reading with purpose, learning with heart.”



Monarchs Moments LUX CAMPUS

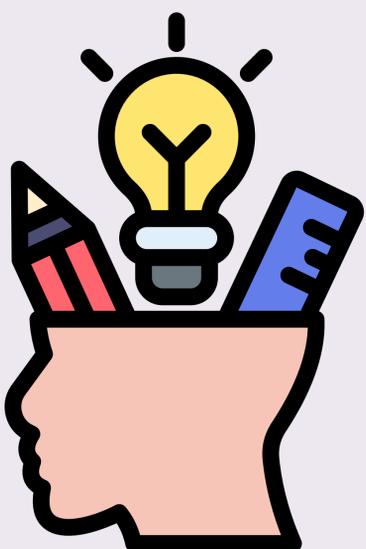
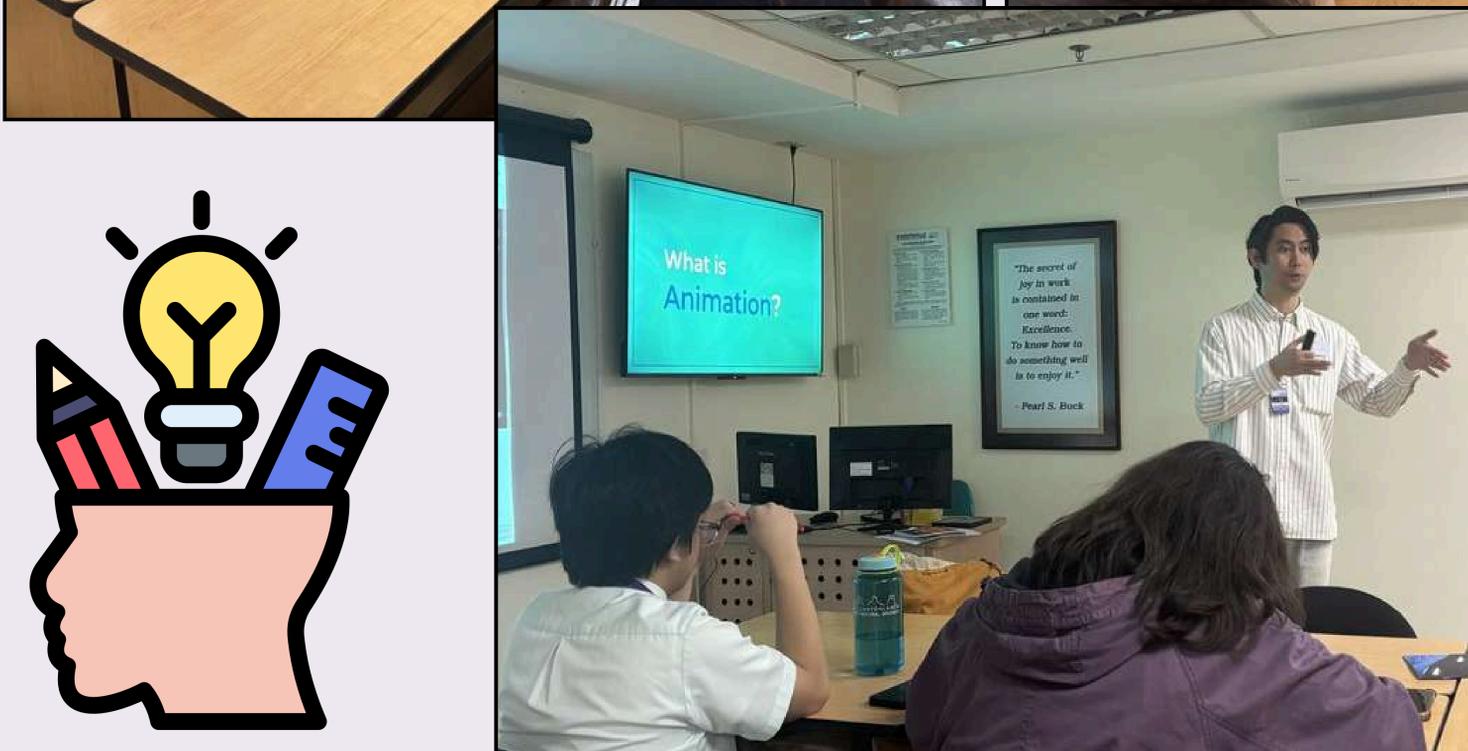
“ HS students honor our Non-Teaching Personnel during the NTE Day! ”



Monarchs Moments

IB CAMPUS

“The IB Visual Arts class experienced an animation workshop with SCAD. Savannah College of Art and Design (SCAD) has been named the No. 1 design university in the Americas and Europe, often called the "University for Creative Careers.””



Social-Emotional Learning Corner



BOUNCE BACK STRONGER

*Developing Resilience in
Handling Situations*

CHANGE YOUR SELF TALK



*Instead of “I’m terrible with this,
try “This is hard but I can improve.”*

*Positive, realistic thinking helps
people recover from stress more
effectively*

FOCUS ON SOLUTIONS

Ask yourself:

What exactly is the problem?

What’s one thing I can try?

Who can support me?

✓ *Using problem-solving strategies
increases resilience and confidence.*



Social-Emotional Learning Corner

PAUSE BEFORE YOU REACT



Take 5 slow breaths.

Count to 10. Then respond.

This helps you make better choices instead of reacting in the moment.

DON'T HANDLE IT ALONE



Talk to your trusted friend, parent, teacher, or counselor.

Strong support systems make tough times easier to manage.

BE KIND TO YOURSELF

Instead of being harsh on yourself, say, "It's okay, I'm learning."

Self-kindness builds confidence and resilience.



Social-Emotional Learning Corner

BOUNCE BACK STRONGER

FOCUS ON WHAT YOU CAN CONTROL



*You can't control everything.
But you can control
your effort, attitude, response.*

Put your energy there.

***Every time you choose
a healthy response, you build your
resilience muscle.***

REFERENCES:

- Compas, B. E., et al. (2001). Coping with stress during childhood and adolescence. *Psychological Bulletin*, 127(1), 87-127.
- Gross, J. J. (2015). Emotion regulation: Current status and future prospects. *Psychological Inquiry*, 26(1), 1-26.
- Masten, A. S. (2001). Ordinary magic: Resilience processes in development. *American Psychologist*, 56(3), 227-238.
- Masten, A. S., & Reed, M. G. J. (2002). Resilience in development. In C. R. Snyder & S. J. Lopez (Eds.), *Handbook of Positive Psychology*.
- Neff, K. D., & McGehee, P. (2010). Self-compassion and psychological resilience among adolescents and young adults. *Self and Identity*, 9(3), 225-240.
- Tugade, M. M., & Fredrickson, B. L. (2004). Resilient individuals use positive emotions to bounce back from negative emotional experiences. *Journal of Personality and Social Psychology*, 86(2), 320-333.



SGEN HEALTH BULLETIN

Academic Year 2025 - 2026

Issue No. 5

February 11, 2026



ORAL HEALTH MONTH

Oral Health Month reminds us that good oral hygiene is essential to overall health, confidence, and learning. Dental problems can affect eating, speaking, and school performance—yet most are preventable with proper care.

DID YOU KNOW?

- **Nine out of 10 Filipinos** have tooth decay (dental caries)
- Nearly 8 out of 10 Filipinos have gum disease
 - 97 % of 6-year-olds have cavities.
 - 78 % of 12-year-olds have tooth decay.
- **Overall caries prevalence in Filipinos is about 73 %.**



WHY ORAL HEALTH MATTERS

- Prevents tooth decay, gum disease, and bad breath
- Supports proper nutrition and speech development
- Reduces school absences due to dental pain
- Promotes overall health and well-being

TIPS FOR A HEALTHY SMILE



Brush teeth at least twice a day with fluoride toothpaste



Floss once daily to remove food particles between teeth

Limit sugary snacks, candies, and sweetened drinks

Drink plenty of water, especially after meals



Visit the dentist at least twice a year for check-ups

Replace toothbrush every 3 months or after illness



THE IMPORTANCE OF REGULAR DENTAL CHECK-UPS

- Detect cavities and gum problems early
- Provide professional cleaning to remove plaque and tartar
- Receive guidance on proper brushing and flossing techniques
- Prevent serious dental problems that may require extensive treatment

REMEMBER

A healthy smile starts with YOU!

Good oral habits today lead to healthy teeth for life.

References

- Department of Health
- <https://www.who.int/news-room/fact-sheets/detail/oral-health>
- <https://pia.gov.ph/regions/celebrating-oral-health-month-with-a-smile-ready-philippines>

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](#)