



SPB ISSUE NO. 28

A.Y. 2025 -2026 / March 19, 2026

STUDENTS AND PARENTS' BULLETIN

SOUTHVILLE INTERNATIONAL SCHOOL AND COLLEGES



MONARCHS REIGN SUPREME AT THE INTERNATIONAL SCHOOLS ATHLETICS COMPETITION (ISAC)

The Monarchs of Southville International School and Colleges delivered an extraordinary performance at the recently concluded International Schools Athletics Competition, emerging as the Overall Champion among six respected international schools: Brent International School Manila, Brent International School Subic, Brent International School Cebu, Cebu International School, Faith International Academy, and Southville International School and Colleges.

The Monarchs dominated the tournament, capturing championships in Boys' Basketball, Boys' Volleyball, Boys' Football, and Girls' Football, a remarkable achievement that reflects both their talent and determination.

What makes this victory even more inspiring is the resilience behind it. Our student-athletes trained and competed while balancing the demands of their 2nd Term examinations and final performance tasks. Despite the academic pressures, they demonstrated exceptional discipline, teamwork, and perseverance—qualities that define a true Monarch.

Behind this success are the dedicated coaches who nurtured both the skills and the spirit of our athletes. Special recognition goes to Coach Rory Mansbridge, whose genuine care, encouragement, and unwavering belief in the team inspired the Monarchs to push beyond limits and give their very best.

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.

This victory is not only a celebration of athletic excellence but also a testament to the grit, commitment, and heart of our Monarchs. Indeed, when passion meets perseverance, champions rise.

Congratulations, Monarchs! You have made the entire Southville community proud.



Congratulations

PASS: A CULMINATING SHOWCASE OF LEARNING AND THE 5CS

Portfolio Assessment of Southville Students (PASS) is one of the culminating exit requirements for our graduating Grade 6 and Grade 12 students. It is a comprehensive showcase of their learning journey—composed of compiled evidence of essential learning competencies they have acquired, along with a research paper that they have completed and formally defended.

In essence, PASS is a meaningful demonstration of our students’ growth and mastery of the 5Cs, reflecting not only what they have learned, but how they think, create, collaborate, and contribute.

At this stage, our students are in the process of defending their research papers. Below are the titles of their studies:

BUSINESS PLAN				
Gallos, Max Rafael A.	MarketMind Games Creations OPC	Kim, Haeyeon	BDB	
		Park, Yeeun		
		Sejera, Mikaela Alexine L.		
Cho, Yun Seo	Huluk Eco-Friendly Straw A reusable, separable straw for effortless cleaning and sustainable sipping	Pedroza, Patrick Ryan G.	Coola Innovations	
TOBIAS, Andrea Xela N.	CopyWrite Company	Andreo, Zaiwell Bryt L.	Ecoflow Solutions Company	
Pantollana, Haidee Andrea A. (VOLT)	EcoNova Technologies	Nebiar, Rodrigo Tyrone B.		
		See, Jesse N.		
		Smith, Riley Duncan P.		
Zalte, Miguelangelo A.	PlayPaw	Abella, Hans T.	Potify	
Santos, Juan Miguel B.		Yusop, Mohammad iZahr H.		
Oguro, Juniti		Arriba, Darrel Matthew R.		
Hu, Lingying		Barza, Qrk Angelo E.		
Siddiq, Siddiq Abdul Razzaq		Victoria, Kierkegaard Theodore A.		Utensils Pro Designs
Bhyria, Muhammad Siddique D.		Jarrell, Jean A.		
	Ballagan, Manjot			
Roberto, Joshua Isaac	Powerplant	Maristela, Eliger M.	Timeless Watch	
Chan, Eryl Venice B.	Salain Clean and Drinkable Water Filter	Lee Minkuk		
Garingo, Ma. Alexa Gwyneth S.		Gahol, Arnulfo Rafael P.		
Bautista, Anielle Jae B.		Ahn, Shiyoong		
Malon, Cameron Arie B.				

DESCRIPTIVE RESEARCH		EXPERIMENTAL RESEARCH	
Ammar, Liza Kate	Balancing School Rules and Self-Expression: Exploring the Impact of Dress Codes and Behavior Policies on Student Identity	Joo Seo Hyung (Matthew)	Microgravity's Effect on Lens Culinaris Plant Growth
		Kang Chae Won	
		Nanjari, Rodrigo	
Atayde, Anthony William Jr. Y.	The Relationship Between Teenage Mental Health and Participation in Extracurricular Activities	Qwaider, Ahmad	Exploring The Protective Corn Shoot Extract (DIMBOA) Against Bacteria Xanthonas in Starchy Foods
		Alatasi, Lilas Bilal	
		Teng, Angel Heart Q.	
Heo Jeongwon (Bella)	Exploring the Impact of Music Genres on Cognitive Performance in Academic Study Settings	Eijnthoven, Ivan Matthew P.	Evaluating Durability, Payload Capacity, and Propeller Speed of Carbon Fiber Drones
Furber, Dante	The Impact of Sedentary Lifestyles on Teenage Health Outcomes	Olegario, Marc Rabel P.	
		Park Yohan	
Jalgalado, Peter Antony Y.	A Descriptive Study of Social Media Usage to the Stress Level of Gen Z	Baek Chae Eun	Different Combinations of Antioxidants in Preventing UV Absorption of Passion Fruit
		Lim Yujin	
Javar, Rhian Audrey A.	Family Mealtime Traditions and Teenagers' Emotional Well-being	Magbanua, Daniel Anthony O.	Assessing Antimicrobial Properties of Melaleuca alternifolia, Hottuynia cordata, and Camellia sinensis on Skin Microbiota
		Seo Yejin	
		Park Seohui	
Kim Hyolim	The Effects of Cultural Heritage on Academic Pressure Among Grade 11 and 12 Students: A Comparative Study of Filipino and Korean Students at Southville International School	Kim Siyoun	Incorporating Barley Flour Into Polyactic Acid for Enhanced Bone Bioceramics Properties
		Oh Shinyeong	
Kim Hyolim	Effects of Social Media on Sleep Patterns and Habits of Teenagers	Jimenea, Bryan Marcus G.	Combined Aloe Vera Gel and Calamansi, and Orange-Aloe Vera Peels as Cool Mist Humidifier
Kim Sihun	Empowering or Over-relying? A Study on the Advantages and Disadvantagaes of AI Chatbots for Students	Quiñonez, Jordan Jhon Louie P.	Comparing the Effectiveness of Matricaria Chamomilla Extract and Argania Spinosa Oil for Treating Adolescent Acne
Ko Gayeon	Stress Levels and Coping Mechanisms: A Study on High School students and School-Based Stress Relief Activities	Teodosio, Joaquin Miguel S.	
		Villareal, Annika Denise A.	
Lee Gwanjin	Openness to Experience and Perceptions of SISC Senior High School Students on Body Piercing	Tomita, Momoka R.	Air Filtration Efficiency of Aloe Vera and Okra in Reducing Natural Moss
		Valenzuela, Anne Margaret O.	
		Yukawa, Leina	
Lim So Young	Sleeping Hours and Cognitive Processes of Grade 12 Students in Southville International School and Colleges	Stocks, Luke Patrick Ambulo	Different Concentration Ratios of Allium sativum and Retinol as a Natural Chlorhexidine
Pangan, Sophie Kirsten Briane M.	The Weight of Expectations: How Generational Trauma Shapes Student Perceptions of Academic Success	Ban Jimin	Optimizing Bio-glycerol (or acetone) in Aspirin to Increase the Yield Absorption
		Lee Daehan	
		Howell, Charlie James S.	
Shin Hyejeong (Sofia)	Social Life Skills: A Comparison of Individuals With and Without Siblings	Dimachkie, Fatimah T	Motion Detection AR Glasses for Sign Language Translation
Yu Hoseong	The Impact of Online Social Media Study Groups on Senior High School Students Academic		

EXPERIMENTAL RESEARCH		EXPERIMENTAL RESEARCH	
Aguila, Chester Fredrick I.	Enhancing Polyethylene Teraphthalate (PET) with PVA, Glycerol, and CaCO3 Biodegradability and Tensile Strength	Abillar, Julia Camille M.	Calamansi (Citrofortunella microcarpa) Infused Starch-Based Dry Shampoo: Potential Alternative to Commercial Talc-Based Dry Shampoo
Park In Ho		Arellano, Jillian Iyanna C.	
Montalvo, Louriz Aravela A.		Dodo, Eimi R.	
D'Aran, Arthur B.	Investigating the Antibiofilm Properties of Piper Betle on Escherichia coli ATCC 25922	Andrada, Jude Gerard V.	Comparing Rice Bran Wax with Coconut Shell Powder and Crumb Rubber as Asphalt Binder
Estanislao, Mateo Ezekiel O.		Anujoo, Chukwuma M.	
Chao, Johnna Clayne		Sanger, Vritika	
Galing, Kassandra Micah C.	Evaluating the Cleaning Efficiency of Sapindus mukorossi (Soap Nuts) Compared to Conventional Detergents	Arellano, Matthew David A.	Eggplant Peels (Solanum melongena L.) and Corn Cobs (Zea Mays.) as Organic Oil Absorbents in Aquatic Ecosystems
Paculan, Calvin John		Magsumbol, Jannelle Claire S.	
Dela Cruz, Samairee Orange U.		Romulo, Ma Gabrielle Mariz K.	
Hernandez, Aranthza Celine U.	Human Hair as a Bioadsorbent for Crude Oil in Seawater	Cabanatan, Theodore Nathan II O.	Antibacterial Soap from Mango (Mangifera india) and Guava (Psidium guajava) Leaves Against Escherichia coli
San Andres, Annika Francesca R.		Guillermo, Juan Miguel T.	
Lauchangco, Ayiesha Marie J.	Microplastic Pollution in Water Extracted from Manila Bay and Removal Using Combinations of Red Algae, Green Algae, and Sea Grapes	Melendres, Tejan Kim V.	
Elazegui, Juliana Lariena D.		Fu Siyuan	
Joo Chul Hyung	Combination of Azadirachta Indica and Carmona Retusa Extracts in Reducing Acne Vulgaris Growth	Villanueva, Ma. Samantha C.	Comparative Efficacy of Saccharina japonica (Kelp), Arthrospira Plantesis (Spirulina Powder), and Hippophae rhamnoides oil (Sea Buckthorn Oil) as Hair Serum Alternatives
Malaborbor, Marthena Simone M.		Cha, Yurim	
Lee Yeon Jin		Gutierrez, David Jed O.	
Kagalingan, Ron Chennelaine C.	Improving Air Quality: A Comparative Study on the Effectiveness of Carbon and Electristatic Filters in Indoor Air Purification	Kim Buseung	Antimicrobial Effects of Tangerine Peel and Barley Sprout Extracts Against Staphylococcus aureus for a Safe Hand Sanitizer Alternative
Landrito, Samantha Faith S.		Kim Jaehwang	
Hwang Jian	Lactobacillus Strains on Nutrient Uptake and Pest Resistance in Lactuca sativa	Dela Cruz, Christela C.	Ptecarpus indicus (Narra) Sawdust and Shorea Negrosensis (Mahogany) Sawdust as an Alternative to Commercial Hair Dye
Sali, Shar-mael	Effects of UV and Infrared Exposure on the Stability of Vitamin C, pH, Shelf Life, and Water Content	Tan, Loida Kate M.	
Capunong, Vhien Emmanuel I.		Ulip, Daniela O.	
Tizon, Jason Angelo P.		Acelajado, Maria Aurora Beatriz S.	Imperata Cylindrica to Replace Quercus Suber in Producing Efficient Pin Boards
Von Seyfried, Henry Christian C.	Majam, Kirsten Anne M.		
Jokhi, Zyus N.	Reblora, Agatha Katrin P.		
Lim, Gilford Zi Xuan L.	Comparing Honey, Curcuma Longa, and Thymus Vulgaris as Natural Antibiotics Against Oral, Nasal Pathogens	Advincula, Jose Jerald F.	Optimizing Ratios of Rosmarinus officinalis (Rosemary) and Eucalyptus globulus (Eucalyptus) Essential Oils for Effective Preservation of Pear Fruit
Rios, Liam Zamiel S.		BANDOL, Mara Aliyah G.	
Sesoko, Shayanne Lee Aya Kamakauikalani D.		Del Rosario, Alexia Lyn R.	
Iwai, Yuta C.	Olfactory Profiling of Rose and Jasmine Perfumes using Olfasense	Arreza, Andre Christian T.	Repellent Effectiveness of Homemade Mosquito Lotion Using Lemongrass, Peppermint, and Eucalyptus Oils
Go, John Tristan A.		Valdellon, Dale Simon M.	
Nasser, Jamila Sophia O.		Wang Tian Qi - (ISAAC)	

HISTORICAL INVESTIGATION			
Ang, Miguel Geoffrey M.	The Golden Age of Cartoon Network	Pastera, Enoch Bien B.	Philippines 2000: Analyzing the Vision and Challenges of Fidel V. Ramos' Economic Transformation Program
Aznar, Franz Clarisse T.	The Most Expensive Race in History: How the Space Race Accelerated Global Advancement in Science and Technology	Revolteado, Mikaela Louise D.	Hello Kitty's Charm: The Enduring Appeal of Kawaii and Femininity Among Teens and Adults
Barriga, River Jalen S.	Managing Manila: A Historical Analysis of the MMDA's Impact in Shaping Urban Life in Metro Manila	Riguera, Dmitri R.	Queering Cinema: A Historical Review of LGBT Portrayals in Philippine Film from the 1950s to the Present
Casal, Yohan Miguel R.	Breaking Boundaries: Elsa Schiaparelli's Fusion of Art, Fashion, and Femininity in the Early 20th Century	Sultan, Mikaela N.	Reviving Traditional Practices: The Cultural Renaissance of Māori Arts and Ceremonies
Cosina, Louise Gabrielle	Cement Over Culture: A Historical Study on the Displacement of Filipino Communities Through Mail Development	Tablan, Maisha	The Beatles, Hallucinogens, and Early Psychedelic Rock (1964-1968)
Dikturk, Juan Onur	Bridging the Gap: The Role of Rail Transport in Philippine Urban-Rural Development	Lapore, Stephanie Sae D.	K-Dramas and the Filipino Experience: Tracing the Rise and Influence of Korean Cultural Adoption
Eleazar, Francesca Ann T.	Threads of Resistance: Japanese Fashion Subcultures as Silent Protest (1970s-2000s)	Suba, Trisha Joanne J.	
Garcia, Nathaniel Ysidro P.	Unfulfilled Revolution: How a Successful RAM Coup in 1989 Could Have Reshaped Philippine Democracy	Nolos, Makayla Chrissel C	Marvel Comics: The Marveling Impact on Comic Book History
Jumao-as, Sofia May Emerald T.	From Underprivileged to Global Impact: The Influence of the Montessori Education System	Poulton, Carlos Joseph L.	
Manalo, Ryonie Yzabel V.	Rediscovering Filipino Heritage Through Traditional Games: Bridging Generations in a Modern World	Yancy, Emmanuel	Aspirations and Frustrations: Yasser Arafat's Dual Legacy in the Struggle for Palestinian Statehood
Mangal, Ipshita	The White Coat Illusion: How Medical Dramas Shape Public Perception of Medicine and Healthcare	Abedin, Yasser Arafat D.	Mirroring Social Injustices during the Spanish Colonization: Jose Rizal and His Writing
Mariano, Jaelene Emilia D.	Unpacking Emocore: The Evolution of the Genre from 1984-2005	Catedrilla, Rhamz Hayden	From Turntables to Tech: The Transformation of DJing Through Digital Innovation, 2000-2020
Moreno, Mattea Barbara M.	Condemnation to Moderation: The Gendered Sociocultural Shift of the American Prohibition	Fernandez, Keon Miguel P.	Jeepneys as Cultural Icons: Reflecting Filipino Identity and Resilience Through Public Transportation
Napoleon, Shemaimah B.	Papua New Guinea in WWII: Unsung Heroes and Turning Points in the Pacific	Martinez, Tyler Nicolas L.	The Transformation of Apple Inc.: Pioneering Leadership and Innovation in Technology
Palinsad, Ashley G.	Unseen Enemies: The Rise of Racial and Cultural Discrimination in the Aftermath of the 9/11 Attacks	Tacorda, Jacob T.	Challenging Times in the NBA: Addressing Substance Use and Its Impact on the League's Growth and Player Well-Being
		Terroza, Akroz Kalel S.	From Shores to Ships: Exploring Maritime Schools as the Backbone of Filipino Seafarers Success to the Global Shipping Industry
		Tiu, Jonathan H.	From Drive-Thrus to Apps: The McDonald's Blueprint for Fast Food Success

Ballano, Aleksie Jan E.	Pixels and Perceptions: A Historical Analysis of the Sexualization of Women in Video Games (2000-2024)
Beltran, Sophia Margareth	Beyond Homage: How Western Fashion Delayed Awareness of Its Asian Cultural Appropriation (1975-2005)
Cabural, Anya Aieezha G.	From Spectacle to Societal Mirror: The Evolution and Impact of Reality TV in the Philippines
Calingo, Sienne Kayla S.	From Controversy to Couture: The Reinvention of Hugo Boss in Modern Fashion
Hernandez, Allanis Ainsly U.	Silencing the Truth: The Challenges Faced by Journalists During Martial Law in the Philippines (1972-1986)
Pulga, Kristiona Ma. Ysabel R.	Handcrafted Heritage Through the Decades: The Rise, Decline, and Resilience of Marikina's Shoemaking Industry
Reyes, Sofia Elise G.	Screening the Nation's Story: Filipino Cinema as a Historical Lens on Philippine Society and Identity
Villena, Paula Edlene D.	Coca-Cola in the Philippines: A Foreign Brand's Journey to Becoming a Cultural Icon
Amado, Cassandra Sophia C.	The Role of SPAM in Post-War Korean Cuisine and Culture
Ona, Andrea Zulaikah P.	
Marilag, Rain Audrick C.	
Napoleon, Andrew J.	Lights, Camera, Controversy: The Metro Manila Film Festival and Its Influence on Filipino Filmmaking
Maruyama, Kenichi A.	Legacy of the Showa Era: The Lasting Impact of Classic Japanese Shows on Contemporary Media
See, Etienne Clyde A.	
Aseron, Joyce Mikaela T.	Cultural Shifts and Gender Representation in Philippine Pop Music Videos
Gayoso, Gwyneth Charlize C.	
Cabaero, Mikaela Ysobel L.	The Sitcom as Social Archive: Tracing American Values and Beliefs Through Television Comedy
Gutierrez, Isabelle Andree T.	
Fonte, Jerianne Patrich O.	Heritage and Influence: Exploring the Legacy of Binondo, the World's Oldest Chinatown
O'Connor, Mikaela Rhiz R.	
Lagman, Ashley Erycka N.	Urban Reinvention: How Bonifacio Global City Evolved from a Military Base to a Thriving Economic and Social Hub
Villamiel, Denyse Treza J	
Panaligan, Sophia Nicole	Aspirations and Frustrations: Yasser Arafat's Dual Legacy in the Struggle for Palestinian Statehood

To our dear parents, your support has been the backbone of this journey. We invite you to join us in cheering on our graduates as they display their achievements and prove their readiness for the world!



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 March 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.

IARA CLAY DIANO

TOP 1
1 - MARIE CURIE
IXL CHAMPION

Be Global.
Be Amazing.
Be Southville.

YURI LUCMAYON

TOP 2
1 - MARIE CURIE
IXL CHAMPION

Be Global.
Be Amazing.
Be Southville.

SAMIYAH LLORENTE

TOP 3
5 - UNDERSTANDING
IXL CHAMPION

YEAR LEVEL TOPNOTCHERS



Be Global.
Be Amazing.
Be Southville.

CLIVE QUEAÑO

2 - ARCHIMEDES

IXL CHAMPION



Be Global.
Be Amazing.
Be Southville.

RYKER LIBAGO

3 - FAITH

IXL CHAMPION



Be Global.
Be Amazing.
Be Southville.

IAN JUNG

4 - LOVE

IXL CHAMPION



Be Global.
Be Amazing.
Be Southville.

GIANNA DE LEON

6 - COLLABORATION

IXL CHAMPION



Be Global.
Be Amazing.
Be Southville.

DONN SALAZAR

7 - OPTIMISM

IXL CHAMPION



Be Global.
Be Amazing.
Be Southville.

KRISHA BUENCONSEJO

8 - INTEGRITY

IXL CHAMPION



Be Global.
Be Amazing.
Be Southville.

JEONG A BYUN

9 - DILIGENCE

IXL CHAMPION



Be Global.
Be Amazing.
Be Southville.

JOSHUA BORBE

9 - TEAMWORK

IXL CHAMPION



Be Global.
Be Amazing.
Be Southville.

RUSSEL PACQUIAO

11 - SYNERGY

IXL CHAMPION



Be Global.
Be Amazing.
Be Southville.

SHAR-MAEL SALI

12 - INITIATIVE

IXL CHAMPION

VALUE OF THE MONTH

MARCH

Orderliness and 5S



VALUE OF THE WEEK

MARCH 16-20, 2026

Standardizing: Setting Procedures for Cleanliness

LEARN ANYTIME, ANYWHERE: EXPLORE SOUTHVILLE'S ONLINE LEARNING OPTIONS

SISC invites parents and families to discover a new way of learning at its Virtual Open House for Southville Ed Online for K-12, happening on March 21, 2026 (Saturday), from 10:00 AM to 12:00 PM via an online platform. Gain valuable insights into the school's online learning models, including Virtual Online Learning and Teaching (VOLT), Flex Asynchronous Learning, and INNOVE – Full Tutorial, each tailored to support different learning styles and family needs.

The Virtual Open House will provide participants the opportunity to explore programs

for Preschool, Elementary, Junior High School, and Senior High School (up to Grade 12) that support students' academic growth, well-being, and engagement, even in a remote setup. Attendees can meet members of the academic team, ask questions about admissions and program options, and better understand how Southville ensures quality education in an online setting.

Interested parents and guardians are encouraged to register by scanning the official QR code to secure their slot. We look forward to welcoming you to this informative and engaging Virtual Open House and helping you discover how online learning can open new possibilities for your children.

VIRTUAL OPEN HOUSE

Southville Ed Online - K12

March 21, 2026, 10:00 12:00, Saturday

Modes of learning: Virtual Online Learning and Teaching (VOLT), Flex Asynchronous, INNOVE-Full Tutorial

PRESCHOOL TO GRADE 12

JOIN NOW!

www.southville.edu.ph 8825-6374

March 27 is a Holiday in Las Piñas

Malacañang has declared March 27, 2026 (Friday), a special non-working holiday in Las Piñas City to celebrate its 119th Founding Anniversary and 29th Cityhood Anniversary. There will be no classes, and offices will be closed in Luxembourg, Tropical and Munich Campuses on this day.

Regular classes and office work will continue at STAR Campus in Parañaque City.

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 didn't just prepare me for entrance exams or exams in general—it prepared me for life.

I came to southville in 1996 and graduated in 2003. Southville taught me to be competent and confident in my abilities, which has been crucial in high-pressure healthcare environment. More important, it helped build my character—teaching me integrity, empathy, and accountability, values I carry with me every day as a theater nurse practitioner. The school also instilled in me a strong commitment to achieve. There were challenges along the way, moments of doubt and fear, but Southville taught me not to settle and to keep pushing forward. That mindset eventually led me to take a leap of faith and pursue a career in the United Kingdom, but Southville taught me not to settle and to keep pushing forward. That mindset eventually led me to take a leap of faith and pursue a career in the United Kingdom, where I now work for the NHS. Working in healthcare has shown me the true value of collaboration—no one succeeds alone. The teamwork and respect for others that I learned in Southville continue to guide how I work with colleagues and care for patients. Finally, creativity and adaptability help me think on my feet and respond calmly in fast-paced and critical situations. Today, I am on settled status in the UK and on the path to becoming a British citizen. Looking back, I can honestly say that Southville didn't just prepare me for entrance exams or exams in general

—it prepared me for life. To current students: trust the process, embrace the values being taught to you, and believe that your journey can take you further than you ever imagined. Thank you again, and I'm proud to be part of the Southville community. Several fondest memories from Southville was the yearly retreats, Bivouac (CAT), International Week, and being a member of the basketball varsity team during my graduating year. The IS meet health at Luzembourg Campus helped Southville claim the trophy over Cebu IS. If Sir Jerome Bonifacio and Sir Darwin are still there, they would remember. Go Laurels!



Monarchs Moments

STAR CAMPUSES

“PreKinder Blue stole the spotlight in their Hallmark Recitation of “Three Little Kittens,” with cute voices, playful actions, and lots of kitten-tastic charm! So proud of our little stars shining with confidence and joy!”



Monarchs Moments MUNICH CAMPUS

“ Our Nursery, Pre-Kinder, and Junior Kinder students proudly showcased their skills and talents as they presented their own versions of the hallmarks during the Hallmark Recitation. With confidence and courage, they braved the stage and impressed their families with their wonderful performances. ”



Monarchs Moments LUX CAMPUS

“ Celebrating Student Creativity & Leadership in Action 🧡

Last Monday, 8 – Creativity, with the guidance of their Adviser Sir Aron Tuppal, led the High School Assembly, showcasing their talents, teamwork, and leadership. Through a fun Toy Story–inspired program focused on Systematic Organizing (5S), students encouraged their peers to value organization, improve focus, and promote well-being.

Indeed, a unique and creative way to host an assembly! ”



Monarchs Moments

IB CAMPUS

“ Focused, disciplined, and ready.

The IB 1 students completed their Term 2 Examinations from March 2–9, 2026, while the IB 2 students have begun their Mock Examinations from March 11 to March 31, 2026. A strong display of preparation, resilience, and commitment across both year levels as they continue pushing toward their academic goals. ”



Social-Emotional Learning Corner

**MAKE IT ROUTINE,
MAKE IT RIGHT!**

***Standardizing: Setting Procedures
for Cleanliness***



**Create a Daily
“Clean Up Routine”
and a Weekly Reset
System**

***Repetition builds habit,
reducing decision
fatigue.***

**Use a simple
“Everything Has a
Place” Rule**

***Tip:
Label folders or
containers for easy
recall.***



Social-Emotional Learning Corner

**MAKE IT ROUTINE,
MAKE IT RIGHT!**

**Standardizing: Setting Procedures
for Cleanliness**

to do list

- Clear desk _____
- Return materials _____
- Dispose trash _____
- _____
- _____

Develop Personal Checklist

*Checklists reduce
forgetfulness and
improve consistency..*

Standardize Digital Cleanliness

- *Use consistent file naming*
- *Organize files into subject folders*
- *Delete duplicates weekly*



Social-Emotional Learning Corner

**MAKE IT ROUTINE,
MAKE IT RIGHT!**

**Standardizing: Setting Procedures
for Cleanliness**



**Practice the “Clean as
You Go” Habit**

- *Don't wait for the mess to build up.*
- *After every activity, put things back immediately and wipe surfaces if needed.*

**Agree on Shared
Standards**

*Set expectations for
shared spaces.*

*Shared responsibility
builds accountability.*



Social-Emotional Learning Corner

**MAKE IT ROUTINE,
MAKE IT RIGHT!**

**Standardizing: Setting Procedures
for Cleanliness**

Why Standardizing Matters



**Improves focus and
productivity**

**Reduce stress and
distractions**



**Builds self-discipline and
responsibility**

**Prepares you for university
and workplace systems**



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SGEN HEALTH ADVISORY Medical Department



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A.Y. 2025-2026

March 18, 2026

CERVICAL CANCER

Cervical cancer is the fourth most common cancer in women. In 2020, an estimated 604,000 women were diagnosed with cervical cancer worldwide and about 342,000 women died from the disease.



Facts about Cervical Cancer:



Cervical cancer is one of the most treatable forms of cancer, and preventable because of available vaccines.



Cervical cancer can be cured if diagnosed at an early stage and treated promptly.



SYMPTOMS



Vaginal bleeding after intercourse, between periods or after menopause



Menstrual bleeding that is heavier and lasts longer than usual



Watery, bloody vaginal discharge that may be heavy and has a foul odor



Pelvic pain or pain during intercourse



PREVENTION



Routine Pap smear tests- over 21 y/o; every 3 years



HPV Vaccine



Safe sex



Smoking avoidance



DETECTION



Pap Smear



HPV Testing



**“Protect YOURSELF,
get VACCINATED”**



A Publication from the Office of the
SGEN Medical Department
Ms. Marie Curie C. Ornel | Ms. Lucille B. Beyer | SGEN Nurses | Ms. Eugenia Macabangan
Ms. Jorge Balena | Dede-Clarissa Villagas | Dr. Astrid De Leon | Dr. Jocelyn R. Tison
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Email: sgen@sgen.edu.ph

References:
1. <https://www.cdc.gov/cervicalcancer/>
2. <https://www.who.int/news-room/fact-sheets/detail/cervical-cancer>
3. [https://www.who.int/news-room/fact-sheets/detail/human-papillomavirus-\(hpv\)-vaccines](https://www.who.int/news-room/fact-sheets/detail/human-papillomavirus-(hpv)-vaccines)
4. <https://www.who.int/news-room/fact-sheets/detail/cervical-cancer>

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](#)