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STUDENTS AND PARENTS' BULLETIN

SOUTHVILLE INTERNATIONAL SCHOOL AND COLLEGES



AFSL 2026: VISION, VALUES, AND VICTORY

On March 23, 2026, Southville International School and Colleges (SISC) proudly hosted the Asian Federation for Student Leaders (AFSL) Leadership Conference at Lux Hall, bringing together young leaders committed to making a difference. Anchored on the United Nations Sustainable Development Goal 16 (Peace, Justice, and Strong Institutions), the conference carried the theme: "Ethical Leadership in Action: Empowering Youth in Schools and Communities."

The event highlighted Southville's strong culture of student leadership, with 40 delegates from Grades 7 to 12 representing the school. The delegation was primarily composed of the Lux and IB Student Council and the student Club officers who actively engaged in the conference's dynamic workshops and collaborative sessions.

A standout moment of the conference was the recognition of Alarice Laraño, who was awarded Best Presenter for her compelling talk, "Educational Gap: A Problem That Hides in Plain Sight." Her insightful presentation underscored the importance of awareness and action in addressing pressing educational challenges.

SISC students also demonstrated excellence in teamwork and innovation. Through project presentations and interactive workshops, they proposed solutions grounded in integrity, inclusivity, and community impact. Their efforts were recognized as several Southville groups emerged as top winners in the conference.

More than a platform for recognition, the AFSL Leadership Conference served as a transformative experience for all participants. It strengthened students' character, deepened their sense of responsibility, and reinforced their commitment to service. By cultivating a network of socially conscious and empowered youth leaders, Southville continues to uphold its mission of developing individuals who lead with compassion and contribute meaningfully to nation-building.



RISING YOUNG MINDS ADVANCE TO IESO 2026 FINALS

From Grade 1 to Senior High School, Southville Monarchs have once again demonstrated the power of curiosity, intellect, and perseverance. A remarkable group of students has qualified for the Final Round of the International Equilibrium Science Olympiad (IESO) 2026, following the Philippine Heat Round held on March 15, 2026.

Standing out among participants from across the country, these young scholars showcased exceptional scientific knowledge, sharp critical thinking, and strong problem-solving abilities. Their success is a testament not only to their academic excellence but also to their passion for inquiry, discovery, and innovation—hallmarks of true 21st-century learners.

This achievement reflects the strength of a learning community that nurtures excellence across all levels, empowering students to think deeply, explore boldly, and strive for mastery.

As they move forward to the final stage of the competition, the Southville community proudly celebrates their accomplishment and stands firmly behind them, wishing them continued success as they represent both school and country in the IESO 2026 Final Round.



ELIJAH LABRADOR
GOLD AWARD
INTERNATIONAL EQUILIBRIUM
SCIENCE OLYMPIAD



FRANCO PREPEÑA
GOLD AWARD
INTERNATIONAL EQUILIBRIUM
SCIENCE OLYMPIAD



GABRIEL DINO
GOLD AWARD
INTERNATIONAL EQUILIBRIUM
SCIENCE OLYMPIAD



DANIELLE HERMOSILLA
GOLD AWARD
INTERNATIONAL EQUILIBRIUM
SCIENCE OLYMPIAD



YUNSEO CHO
GOLD AWARD
INTERNATIONAL EQUILIBRIUM
SCIENCE OLYMPIAD



KYRA SANTOS
GOLD AWARD
INTERNATIONAL EQUILIBRIUM
SCIENCE OLYMPIAD



GWENDOLYN TANGOG
GOLD AWARD
INTERNATIONAL EQUILIBRIUM
SCIENCE OLYMPIAD



GABRIELLE HERMOSILLA
GOLD AWARD
INTERNATIONAL EQUILIBRIUM
SCIENCE OLYMPIAD



PIERRE SANTOS
SILVER AWARD
INTERNATIONAL EQUILIBRIUM
SCIENCE OLYMPIAD



LANCE TEODORO
SILVER AWARD
INTERNATIONAL EQUILIBRIUM
SCIENCE OLYMPIAD



MARIUS HERMANOS
SILVER AWARD
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JEHELIN LEE
SILVER AWARD
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JOHN MARCO TANIEDO
SILVER AWARD
INTERNATIONAL EQUILIBRIUM
SCIENCE OLYMPIAD



NIKAIA TAN
SILVER AWARD
INTERNATIONAL EQUILIBRIUM
SCIENCE OLYMPIAD



SAMAIREE DELA CRUZ
SILVER AWARD
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YEONJIN LEE
SILVER AWARD
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CELINA ILAGAN
BRONZE AWARD
INTERNATIONAL EQUILIBRIUM
SCIENCE OLYMPIAD



LARRIN CABRERA
BRONZE AWARD
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HAILEY BAJAR
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KARA ALTARAS
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FELIPA RODRIGUEZ
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PRIAM SIAPCO
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LLYR CARLOS
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EZRA DE GUZMAN
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JASON MONJE
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BOM KIM
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GABRIELLE PEREZ
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KATRINA VAZ
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JANSEN MONJE
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XYROSS CARPIO
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ONADEE WEERASINGHE
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ZYANNA LAPITAN
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SCIENCE OLYMPIAD



ZYTHEO ZAPATA
BRONZE AWARD
INTERNATIONAL EQUILIBRIUM
SCIENCE OLYMPIAD



RIEKO BUTAYA
BRONZE AWARD
INTERNATIONAL EQUILIBRIUM
SCIENCE OLYMPIAD



EXPERIENCE SOUTHVILLE ONLINE WITH FREE VOLT TRIAL CLASS

EXPERIENCE ONLINE CLASS

VOLT (Virtual Online Learning and Teaching of Southville)

- ✓ Accredited International Education
- ✓ Flexible Learning with Support
- ✓ Live Interactive Online Classes with Teachers
- ✓ Open to students from **Grade 1 to Grade 12**
- ✓ Guided Online Learning



FREE

1 DAY TRIAL CLASS



SCAN

Scan to register!

INQUIRE HERE

88256374 local 100
pr@southville.edu.ph

SISC is inviting prospective students and parents to experience its innovative online learning platform through an exclusive 1-day VOLT (Virtual Online Learning and Teaching) Trial Class. Designed to provide a firsthand look into Southville’s dynamic online learning environment, the trial class offers participants the opportunity to explore the school’s academic programs, and experience its student-centered teaching approach.

The VOLT platform reflects Southville’s commitment to delivering flexible, high-quality education that adapts to the evolving needs of learners. Interested participants

may register by scanning <https://forms.gle/rCAuBtWPPRSEXKrY6>.

Upon successful registration, a confirmation email will be sent with the assigned schedule and access link for the trial session.

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 April 13-17, 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!

Please note: IXL top notchers are identified based on the IXL Leaderboard, which is set weekly. The Leaderboard reflects the total skills mastered by students within the given time frame, including required skills, optional skills, and other IXL skills not specifically labeled as required or optional. The leaderboard data is generated from the IXL dashboard across SGEN schools on a weekly basis.

OVERALL TOPNOTCHERS



YEAR LEVEL TOPNOTCHERS



Be Global,
Be Amazing,
Be Southville.

DOMINIC EMPENO

2 - PASTEUR

IXL CHAMPION



Be Global,
Be Amazing,
Be Southville.

HUESEFF PANTOLLANA

4 - HUMILITY

IXL CHAMPION



Be Global,
Be Amazing,
Be Southville.

SCHARLET ZAPATA

6 - PERSEVERANCE

IXL CHAMPION



Be Global,
Be Amazing,
Be Southville.

NATHAN VANCE

7 - KINDNESS

IXL CHAMPION



Be Global,
Be Amazing,
Be Southville.

MAX ARIONE CRUZ

8 - JUSTICE

IXL CHAMPION



Be Global,
Be Amazing,
Be Southville.

JAEWOO LEE

9 - DILIGENCE

IXL CHAMPION



Be Global,
Be Amazing,
Be Southville.

ODESSA PACHECO

10 - TEAMWORK

IXL CHAMPION



Be Global,
Be Amazing,
Be Southville.

GERALYN SUAREZ

11 - EXCELLENCE

IXL CHAMPION



Be Global,
Be Amazing,
Be Southville.

SHANE FLORES

12- RIGOR

IXL CHAMPION

Congratulations

VALUE OF THE MONTH

APRIL

Rigor: Mark of Excellence



VALUE OF THE WEEK

April 20-24, 2026

Going Beyond One's Comfort Zone -
Testing Limits

SOUTHVILLE SWIMMERS MAKE WAVES IN MAJOR COMPETITIONS

Southville International School and Colleges proudly celebrates the outstanding achievements of its young swimmers, who continue to bring honor to the community through their excellence, discipline, and passion for the sport.

At the Swim League Philippines: The MIASCU Games held on February 21, 2026, at the Philippine Columbian Association Manila, **Alonso Jacob Quinto** (Grade 1 – Edison) delivered a remarkable performance. He captured four gold medals in the 100M Freestyle, 50M Butterfly, 50M Freestyle, and 50M Breaststroke, along with a bronze medal in the 50M Backstroke—an impressive feat that reflects both talent and determination at such a young age.

Equally commendable are siblings **Georgina Parole** (Grade 6 – Collaboration) and **Geoff Parole** (Grade 3 – Kaizen), who excelled at the Vermosa Victory Games 2026 held on March 21, 2026. Georgina secured two gold medals in the 50M Butterfly, 50M Breaststroke, along with a silver medal in the 200M Individual Medley and a bronze medal in 50M Freestyle. Geoff showcased exceptional performance across multiple events, earning several gold medals, silvers in relay categories, and the prestigious title of Most Outstanding Swimmer.

Adding to Southville's string of victories is **Joshua Jhonsonian Brakmore-Canterbury**, (Grade 4 - Love) who made an inspiring comeback after three months away from the pool. Competing in the MILO National Inter-School Long Course Swimming Championship (NCR) held on March 28, 2025, at the Muntinlupa Aquatic Center, he demonstrated resilience and excellence by winning 1st Place in both the 200M Individual Medley and the 100M Butterfly (Boys 11 years old category).

These achievements highlight not only the athletic prowess of Southville students but also their perseverance, commitment, and drive to excel. The Southville community proudly applauds these young Monarchs and looks forward to their continued success in future competitions.



Congratulations

THE HEART OF A MONARCH:

GOING BEYOND ONE'S COMFORT ZONE - TESTING LIMITS

The Heart of a Monarch is a meaningful reflection of the values that shape students into compassionate, responsible, and principled individuals. Through weekly Value of the Week reflections, students share personal insights and experiences that highlight the importance of character in everyday life. This initiative nurtures self-awareness, empathy, and a deeper understanding of how values guide actions and decisions. More than just a feature, it celebrates the voices and growth of students as they embody what it truly means to be a Monarch.

When I was younger, I often stayed within my comfort zone because I was too nervous to attempt anything challenging. Over time, I began to feel as though something was missing. Observing others who constantly challenged themselves made me realize that I felt stuck and incomplete because I had never allowed myself to grow beyond my limits.

Eventually, I decided that I had had enough of feeling that way. I wanted to explore, learn, and develop new skills. Gradually, I began taking on more difficult tasks.

Each day, I challenged myself to try something new. Through curiosity and perseverance, I became stronger, more confident, and more resilient. After four years of continuous effort, I can proudly say that I now feel complete and content. I learned that pushing myself beyond my limits allows me to gain more knowledge and deeper insights.

Whenever you feel hesitant or afraid to try something new, remember that true growth begins when you step outside your comfort zone. Keep pushing yourself, stay curious, and never give up. With determination and perseverance, you will discover that you are capable of achieving things you once thought impossible.



MA. ISABELLA LEE

5 - Honesty

Monarchs Moments

STAR CAMPUS

“ Our preschoolers discover the wonders of matter and the world around them through hands-on play, curiosity, and exploration during their SPELLS (Strategic Program for Emergent Literacy via Learning Shops) Activity this week. From observing textures to experimenting with how things move and change, every activity becomes a chance to ask questions, investigate, and learn through experience.

Little hands, big discoveries! ”



Monarchs Moments MUNICH CAMPUS

“ Our preschoolers had the BEST day ever exploring the SGEN Learning Village!

Little feet, big adventures, and lots of curious minds discovering new things around every corner. From hands-on activities to exciting spaces, the smiles and giggles said it all.

Learning, exploring, and having FUN—what a fantastic day to be a preschooler!”



Monarchs Moments

LUX CAMPUS

“ Grades 7–10 students demonstrated focus and determination as they took their SBA Tests, showcasing their readiness and commitment to academic excellence. Their hard work reflects their continued growth and pursuit of success. ”



Monarchs Moments

IB CAMPUS

“ A heartfelt send-off from IB 1 to their IB 2 seniors. It was a moment filled with encouraging messages, fun games, and thoughtful tokens. A simple but meaningful way to uplift and support them as they head into their IB External Examinations. ”



Social-Emotional Learning Corner

Growth Begins Where Comfort Ends

Going Beyond One's Comfort Zone - Testing Limits



Start with "Micro-Bravery" Tasks

Take small, manageable risks daily like answering one question in class, initiating a conversation with a peer, volunteering for a minor role in a group task.

YOUR *
BR*VERY.
IS BOUNDLESS

LEARNING
NEVER
ENDS



Reframe Fear as Growth

Reinterpret discomfort as a sign of learning rather than failure. Reflect on: "What does this challenge teach me?"

Set Stretch Goals



Set goals slightly beyond your current abilities, like improving a grade by one level, joining a competition, learning a new skill

Goal
Getter

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SGEN HEALTH ADVISORY Medical Department



Issue No. 14

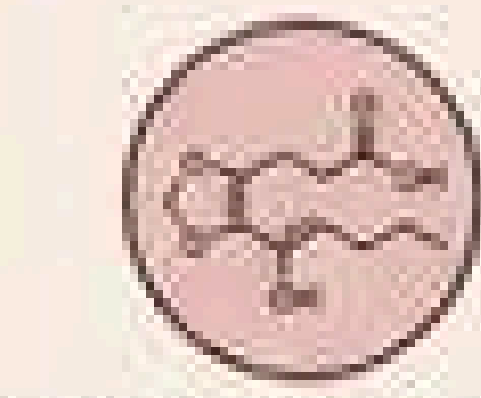
A.Y. 2025-2026

April 22, 2026

Dysmenorrhea

Dysmenorrhea or Menstrual Cramps are throbbing or cramping pains during a woman's monthly period.

THE TIMELINE



PROSTAGLANDIN



THE "WHY": Uterine Contractions

Chemical trigger causing the uterus to contract and shed lining.

Higher levels = More severe pain.

TWO TYPES

PRIMARY:
Recurrent pain, every period.
No underlying condition.

SECONDARY:
From underlying condition.
Starts earlier, lasts longer.

Contact a healthcare provider if the painful periods prevent performance of normal tasks. Mild cramps are normal. But severe cramping and pain that prevent one from going to school or work may need treatment.

COMMON SYMPTOMS

- Cramping & Throbbing
- Lower Back & Thigh Pain
- Nausea & Vomiting
- Headache & Dizziness
- Fatigue & Fainting
- Loose Stool



"If life is on pause, check the cause."

SELF-CARE & RELIEF

- HEAT THERAPY:** Heating pads or warm baths
- NO CAFFEINE:** Avoid coffee & soda
- REST:** Sleep helps recovery
- MASSAGE:** Lower back & abdomen
- LIGHT EXERCISE:** Movement helps flow
- DIET:** Ginger, green tea, anti-inflammatory foods



A Publication from the Office of the
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<https://www.mayoclinic.org/diseases-conditions/menstrual-cramps/symptoms-causes/pcn201425>

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

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[K12 and IB Bulletins](#)