



# STUDENTS AND PARENTS' BULLETIN

SOUTHVILLE MONARCHS INTERNATIONAL SCHOOL

Managed by  
Southville International School and Colleges



## Triumph of Young Minds: GenSpell and GenThink Champions!



A proud moment unfolded as our talented students were formally recognized for their outstanding achievements in the GenSpell and GenThink Competitions during the awarding ceremony held at Robinsons General Trias last January 31, 2026. With confidence and enthusiasm, our young achievers showcased excellence in spelling, critical thinking, and core academic skills, reflecting their dedication and hard work. Surrounded by proud parents, teachers, and supporters, the awardees stood as shining examples of determination and academic excellence. This remarkable achievement inspires the entire school community to continue striving for growth, innovation, and excellence in every endeavor.

### Vision

Southville Monarchs International School (SMIS) is recognized nationally and globally for providing a solid foundation in academics and values to develop lifelong learners who will live productive and happy lives.



### Mission

Southville Monarchs International School is committed to equip learners with the 5Cs (Competence, Character, Commitment to Achieve, Collaboration, and Creativity/Innovation) through an internationally based academic curricula and universal values programs.

These programs are facilitated by competent, creative and caring teachers within a safe and conducive learning environment.

- 6Qs\* Program (Diligence Quotient + Intelligence Quotient + Reading Quotient +, Emotional Quotient + Computer-Technology Quotient= Success Quotient)
- Harvard Executive Functions (Memory, Cognitive, Flexibility, <sup>1</sup>Impulse Control)
- Artificial Intelligence (AI) and Technology-Driven Programs
- Values Program

# Triumph of Young Minds: GenSpell and GenThink Champions!



# Triumph of Young Minds: GenSpell and GenThink Champions!



# Triumph of Young Minds: GenSpell and GenThink Champions!



# CELEBRATING OUR IXL CHAMPIONS!

We are proud to celebrate the outstanding achievements of our Monarchs who excelled in the recent IXL Leaderboard who has mastered the most skills for, **January 26-30, 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. Keep practicing, keep mastering and you might just be the next IXL Champion

**Leaderboard**  
SMIS Board :Jan. 26-30, 2026

Who has mastered the most skills?

Rank	Student	Skills Mastered	Teacher	Grade
1	Kyrene Rae Agapito	39 skills mastered	Musa	1
2	Giana Robmariz Faylona	32 skills mastered	Jimenez; Musa	2
3	Siegfried Christoff Lirio	30 skills mastered	Jimenez; Musa	2

STARTED: Jan 26 8:00 AM | ENDED: Jan 30 8:37 AM



# MONARCHS EXCEL IN IXL!

*January 26-30, 2026*

**WHO HAS MASTERED THE MOST SKILLS?**



**KYRENE RAE V. AGAPITO**  
Grade 1 Galileo



**GIANA ROBMARIZ T. FAYLONA**  
Grade 2 Graham Bell



**SIEGFRIED CHRISTOFF C. LIRIO**  
Grade 2 Graham Bell

# Monarchs in Motion: Club Kickoff



## Life Skills Club

### *From Little Farmers to Little Helpers!*

The Life Skills Club conducted a practical and engaging activity where students learned the basics of washing their clothes independently. The session began with an introduction to the essential materials such as a basin, water, gloves, hanger, clip hanger, laundry rod, powder detergent, laundry bar soap, liquid detergent, and fabric conditioner.

Through hands-on practice, students were guided step by step on proper washing, rinsing, and hanging of clothes. This meaningful activity helped build independence, responsibility, and confidence while teaching a valuable everyday life skill they can use at home.



# Monarchs in Motion: Club Kickoff



## Creative Hands Club

### *Bubble Wrap Print Making!*

Our Creative Hands Club members explored art in a unique and exciting way through bubble wrap printmaking! Using different bubble wrap sizes, shapes, and bright watercolor paints, they created amazing objects and scenes full of texture and color.

By painting on the bubble wrap and pressing it onto watercolor paper, our young artists discovered how simple materials can turn into beautiful works of art. So much creativity, imagination, and hands-on fun in one activity!



# Monarchs in Motion: Club Kickoff

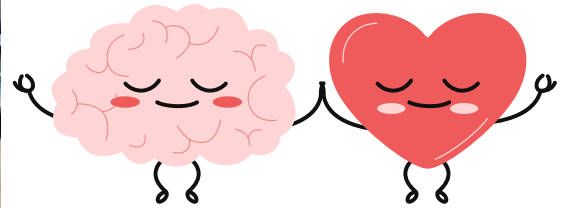


## Yoga Club

### **Balance and Focus Time!**

The Yoga Club engaged in a refreshing Balance and Focus activity that encouraged students to strengthen both body and mind. Through guided poses and mindful breathing, they practiced maintaining stability, concentration, and self-awareness.

This calm and purposeful session helped students improve coordination, build inner focus, and develop a sense of mindfulness, promoting overall well-being and a healthy, balanced lifestyle.



# Monarchs in Motion: Club Kickoff



## Shutter and Sketch Club

### ***Coaster Creations!***

The students transformed simple materials into personalized, artistic coasters. This hands-on project encouraged creativity, fine motor skills, and design thinking, allowing each participant to craft functional art they could proudly use or display.



# ACTIVITIES TO LOOK FORWARD TO

**SOUTHVILLE MONARCHS INTERNATIONAL SCHOOL**

## SMIS OEP

6:00 AM	ASSEMBLY TIME AT SMIS
6:30 AM	DEPARTURE FROM SMIS
8:30 AM	STA. ELENA FARM
1:30 PM	THE CATSUP MUSEUM
2:30 PM	MUSEUM Y
7:00 PM	ESTIMATED TIME OF ARRIVAL AT SMIS

## SMIS OEP ACTIVITIES



### STA. ELENA FARM



### THE CATSUP MUSEUM



### MUSEUM Y

**SOUTHVILLE Monarchs International School**

# SPORTSFEST and FAMILY DAY

**FEBRUARY 21, 2026**

GENERAL TRIAS SPORTS PARK



# 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.



### References

- Bandura, A. (1997). *Self-Efficacy: The Exercise of Control*.
- Damon, W. (2008). *The Path to Purpose*.
- Deci, E. L., & Ryan, R. M. (2000). *Self-Determination Theory*.
- Duckworth, A. L., et al. (2007). *Grit: Perseverance and Passion for Long-Term Goals*.
- Dweck, C. (2006). *Mindset*.
- Emmons, R. A. (2005). *Striving for the Sacred*.
- Locke, E. A., & Latham, G. P. (2002). *Goal Setting Theory*.
- Steel, P. (2007). *The Nature of Procrastination*.
- Zimmerman, B. J. (2002). *Becoming a Self-Regulated Learner*.



# SGEN HEALTH ADVISORY

## Medical Department



A.Y. 2025-2026

### Measles

Measles is a highly contagious viral illness. It can spread through airborne droplets from sneezing or coughing, or by touching contaminated surfaces.

#### Symptoms



**Koplik Spots**  
Tiny white spots inside the mouth



rashes that starts on the face



#### Treatment and Management

There are **no specific anti-viral medicines** for the treatment of Measles.

**Vitamin A supplementation** may be prescribed to prevent complications.



Do you have to isolate yourself if you have measles?

Yes, you should isolate yourself. Wear a **facemask** to prevent spread of airborne droplets. Before you return to work or school, **secure a medical clearance** from your physician.

#### Prevention

**Community-wide vaccination** is the most effective way to prevent measles



To ensure immunity, children should receive 2 doses of **MMR** or **MMRV**.

**“Shots today, measles away!”**



**References:**

- <https://www.who.int/news-room/fact-sheets/detail/measles>
- <https://www.mayoclinic.org/diseases-conditions/measles/symptoms-causes/syc-20374857>
- <https://my.clevelandclinic.org/health/diseases/8584-measles>





# 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



Save energy



Reduce screen time

Saving energy also means caring for yourself.

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



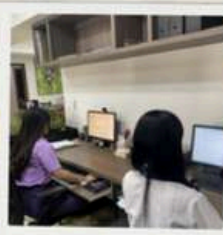
Unplug unused devices



# 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 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 Monarchs International School. Simply Scan the QR code below to share your commendations, concerns or suggestions.

Please acknowledge that you received the e-bulletin. Acknowledgment of this email won't require you to submit reply slips.

Kindly click the link below or scan the QR code.



## Acknowledgment Form

  
**MARIE VIC F. SUAREZ, PhD**  
*K12 and IB Principal*

  
**RAHIMA R. ONA**  
*Deputy Principal*

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

**SMIS BULLETINS**