



STUDENTS AND PARENTS' BULLETIN

SOUTHVILLE MONARCHS INTERNATIONAL SCHOOL

Managed by Southville International School and Colleges



Step Into the Monarch Life: SMIS Open House

SOUTHVILLE MONARCHS INTERNATIONAL SCHOOL Managed by: **SOUTHVILLE INTERNATIONAL SCHOOL AND COLLEGES**

Experience SMIS where your child's journey to excellence begins!

OPEN HOUSE

February 28, 2026
9:00 AM - 12:00 NN

SCAN TO REGISTER

CONTACT:
☎ (046) 885 2048 / 0966 445 4978
✉ infocavite@southville.edu.ph

ADDRESS:
Grand Parklane Blk 70A Lot 1 Antel Grand Village, Bacao II, General Trias City, 4107, Cavite

The SMIS Open House, happening on February 28, 2026 at 9:00 a.m. at the SMIS campus, will welcome prospective students and families for an engaging look into school life at Southville Monarchs International School. Guests will have the opportunity to tour the campus, meet dedicated educators, and learn more about the school's academic programs, student activities, and community. This event highlights SMIS as a nurturing environment where learners are inspired to grow and succeed. So invite a friend and let them experience the excellence in the life of a Monarch.

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, Impulse Control)
- Artificial Intelligence (AI) and Technology-Driven Programs
- Values Program

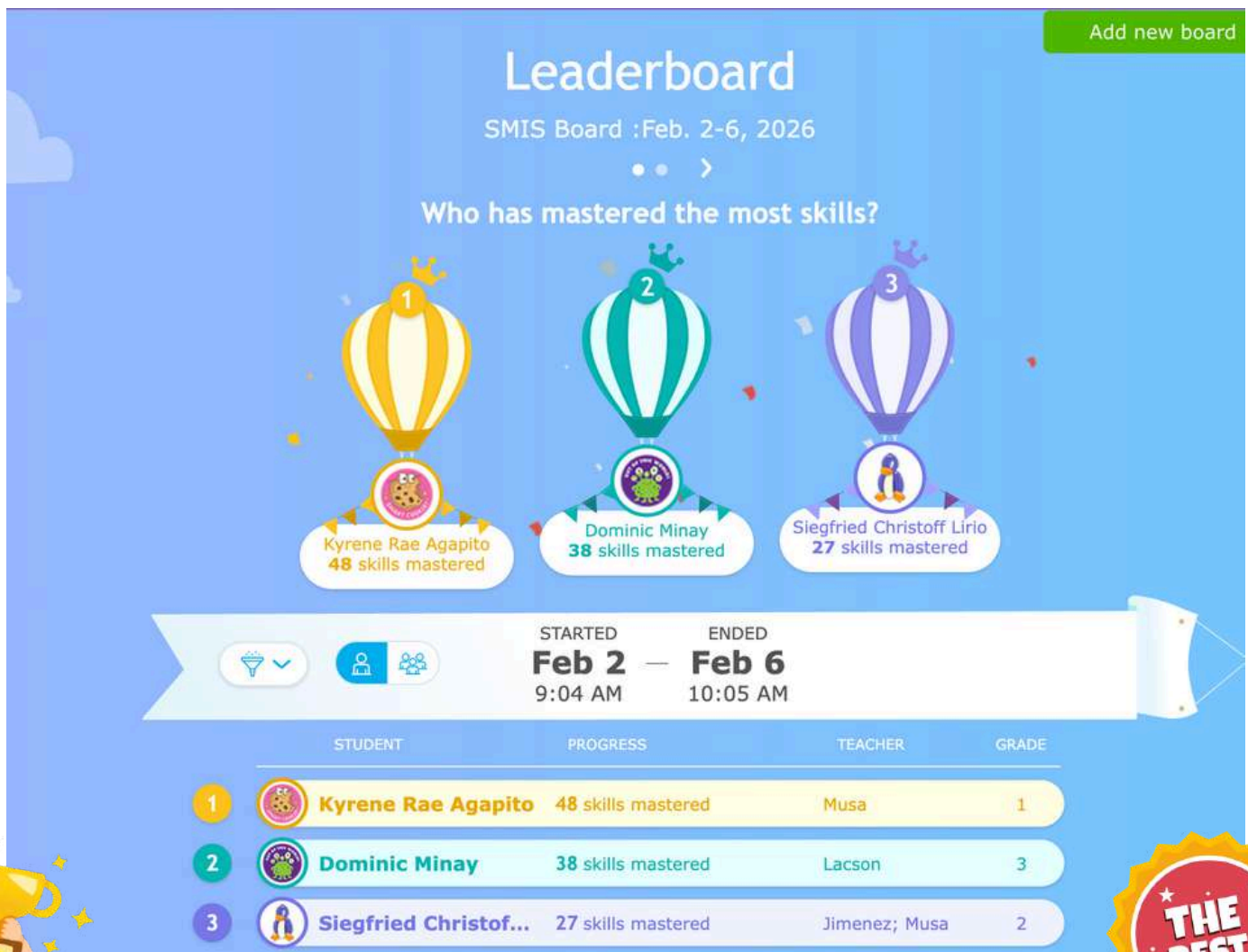
Vision

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.



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, **February 2-6, 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



CHAMPION



MONARCHS EXCEL IN IXL!

February 2-6, 2026

WHO HAS MASTERED THE MOST SKILLS?



KYRENE RAE V. AGAPITO
Grade 1 Galileo



DOMINIC H. MINAY
Grade 3 Peace



SIEGFRIED CHRISTOFF C. LIRIO
Grade 2 Graham Bell

IXL LEVEL TOPNOTCHERS

February 2-6, 2026

WHO HAS MASTERED THE MOST SKILLS?

Grade 1 Galileo



Leaderboard
Grade 1 Galileo (February)

Who will reach proficiency in the most skills?

ENDS IN
22:07:08:50
DAYS HRS MINS SECS

End early

1		Kyrene Rae Agapito	10 skills proficient
2		Luis Antonio Abe	8 skills proficient
3		Theresia Shalom Buta...	7 skills proficient



Grade 2 Graham Bell



Leaderboard
Grade 2 Graham Bell Board 6 - February

Who will reach proficiency in the most skills?

ENDS IN
22:02:08:32
DAYS HRS MINS SECS

End early

1		Laveena Mirielle Weill	24 skills proficient
2		Anastasia Guinto	20 skills proficient
3		Siegfried Christoff L...	17 skills proficient



Congratulations!



IXL LEVEL TOPNOTCHERS

February 2-6, 2026

WHO HAS MASTERED THE MOST SKILLS?

Grade 3 Peace



Leaderboard
Grade 3 Peace Board 6

Who will reach proficiency in the most skills?

ENDS IN
22:01:38:48
DAYS HR MINS SECS

1		Dominic Minay	40 skills proficient
2		Jarielle Sophia Rivera	15 skills proficient
3		Reese Czarina Cargo	8 skills proficient



Grade 4 Hope

Leaderboard
Grade 4 Hope Board 6

Who will reach proficiency in the most skills?

ENDS IN
22:01:39:06
DAYS HR MINS SECS

1		Seth Ynigo Bay	10 skills proficient
2		Ariella Beatriz Ravelo	4 skills proficient
2		Prince Oliver II Valen...	4 skills proficient



Congratulations!



Monarchs in Motion: Club Kickoff



Life Skills Club



From Washing to Folding!

The Life Skills Club engaged students in a practical and meaningful activity focused on learning how to properly fold their washed clothes. Through step-by-step guidance and hands-on practice, students developed neatness, responsibility, and independence. The session encouraged good habits at home while building confidence in managing simple everyday tasks—skills they can carry with them for life.



Monarchs in Motion: Club Kickoff

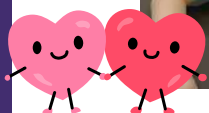


Creative Hands Club



Crafting for Valentine!

The Creative Hands Club brought creativity to life as students made colorful and heartfelt Valentine crafts. Using different materials and their imagination, they designed cards and decorations that expressed love, kindness, and appreciation. The activity not only enhanced their artistic skills but also encouraged creativity, patience, and the joy of sharing handmade gifts with others.



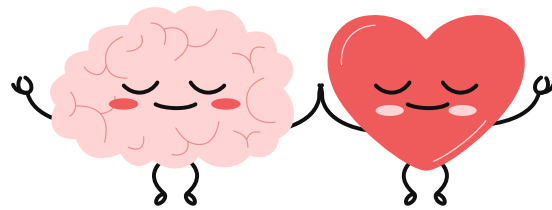
Monarchs in Motion: Club Kickoff



Yoga Club

Stretch and Reach!

The Yoga Club enjoyed a refreshing Stretch and Reach Activity that helped students relax, focus, and energize their bodies. Through guided movements and gentle poses, they improved flexibility, balance, and body awareness. The session promoted mindfulness and healthy habits, leaving students feeling calm, confident, and ready to take on the day.



Monarchs in Motion: Club Kickoff



Shutter and Sketch Club

Expressive Faces!

The Shutter and Sketch Club explored creativity through their activity entitled "Expressive Faces." Students observed and captured different facial expressions through photography and sketching, learning how emotions can be shown through lines, angles, and details. The activity enhanced their observation skills, artistic expression, and appreciation of emotions through art.

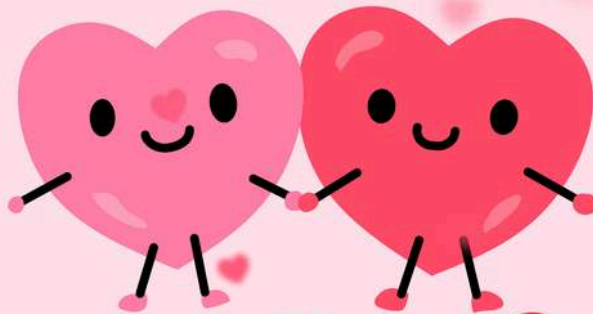


ACTIVITIES TO LOOK FORWARD TO



SOUTHVILLE MONARCHS INTERNATIONAL SCHOOL

Mufti Day



Spread the Love 

FEBRUARY 12, 2026

**MUFTI FEE
PHP 50.00**

Kindly wear any **pink** or **red** shirt or clothes with heart designs



ACTIVITIES TO LOOK FORWARD TO

SOUTHVILLE MONARCHS INTERNATIONAL SCHOOL

SMIS OEP

▾ **FEBRUARY 13** ▾ **2026**

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

KNOW YOUR FEELINGS

SHAPE YOUR ACTIONS

*Identify feelings and emotions, and their
Impact on Others*



NAME IT TO TAME IT

Naming emotions helps regulate behavior and prevents misunderstanding with others.

PAUSE BEFORE YOU REACT

When emotions run high, take a short pause, like taking a deep breath, counting to ten, or stepping away briefly before speaking or acting.

CHECK THE IMPACT, NOT JUST THE INTENTION

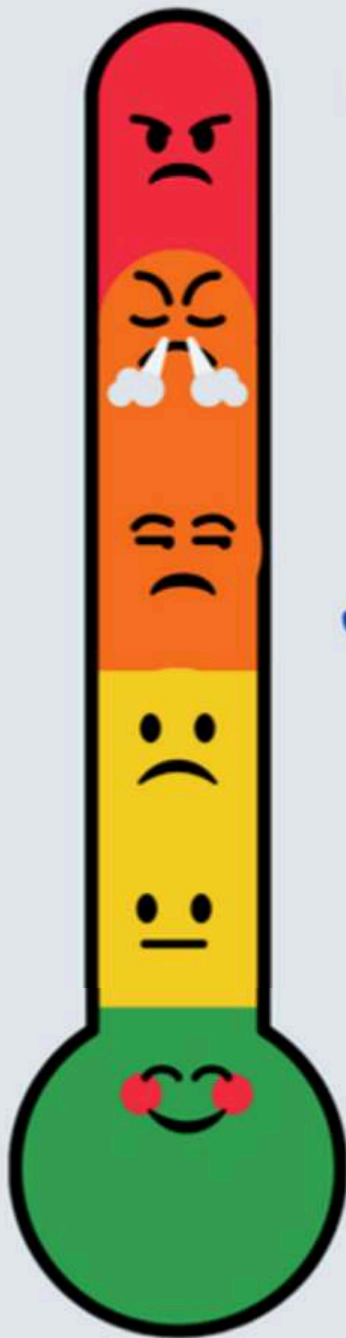
After expressing an emotion, reflect: "How did my words or actions affect others?"

Social-Emotional Learning Corner

KNOW YOUR FEELINGS

SHAPE YOUR ACTIONS

*Identify feelings and emotions, and their
Impact on Others*



USE "I" STATEMENTS

Communicate feelings using "I feel..." statements instead of blaming others.

Example: "I feel upset when I am not listened to" rather than "You never listen."

REFLECT THROUGH JOURNALING OR SHARING

Write in a journal or talk with a trusted friend, teacher, or counselor about your emotions and social experiences.

REFERENCES:

- Elias, M. J., et al. (1997). Promoting social and emotional learning: Guidelines for educators. Alexandria, VA: ASCD.
- Goleman, D. (1995). Emotional Intelligence. New York: Bantam Books.
- Gross, J. J. (2015). Emotion regulation: Current status and future prospects. *Psychological Inquiry*, 26(1), 1-26.
- Lieberman, M. D., et al. (2007). Putting feelings into words: Affect labeling disrupts amygdala activity. *Psychological Science*, 18(5), 421-428.
- Rosenberg, M. B. (2003). *Nonviolent Communication: A Language of Life*. Encinitas, CA: PuddleDancer Press.



SGEN HEALTH BULLETIN

Medical Department



A.Y. 2025-2026

Goiter Awareness Week

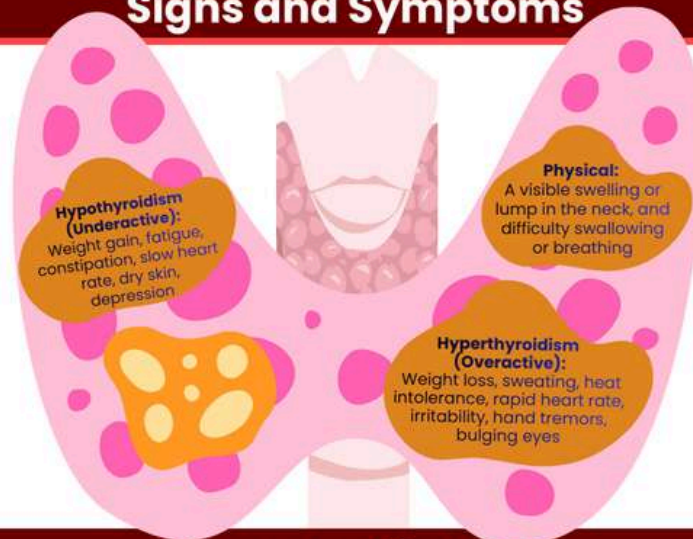


What is Goiter?

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



Common Causes

<p>IODINE</p>			
<p>Iodine Deficiency Most common cause, leading to hypothyroidism (underactive thyroid)</p>	<p>Autoimmune Diseases Hashimoto's (underactive) or Grave's disease (overactive)</p>	<p>Hormonal Changes Pregnancy causing slight enlargement</p>	<p>Inflammation or Nodules Growths on the gland</p>

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.mayoclinic.org/diseases-conditions/goiter/symptoms-causes>
- <https://endo-society.org/ph/goiter>
- <https://doh.org.ph/goiter>



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