



STUDENTS AND PARENTS' BULLETIN

SOUTHVILLE MONARCHS INTERNATIONAL SCHOOL

Managed by Southville International School and Colleges



Celebrating Wins and Togetherness at SMIS Sportsfest 2026



The SMIS community came together in high spirits for the Sportsfest and Family Day 2026 last Saturday, February 20, at General Trias Sports Park. Families filled the day with laughter, teamwork, and friendly competition as they joined exciting games and activities. It was a heartwarming celebration of connection, where students, parents, and friends created joyful memories and strengthened bonds beyond the classroom.

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

Celebrating Wins and Togetherness at SMIS Sportsfest 2026





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Celebrating Wins and Togetherness at SMIS Sportsfest 2026



LEVEL CHEERS: GO, GO, GO, MONARCHS!



Family Games On, Monarchs!

GAME NO. 1 FAMILY QUIZ GAME



GAME NO. 2 THE LIMBO FREEZE GAME



SMIS All-Out Student Games !



SMIS All-Out Family Games !

GAME NO. 3 RED LIGHT, GREEN LIGHT

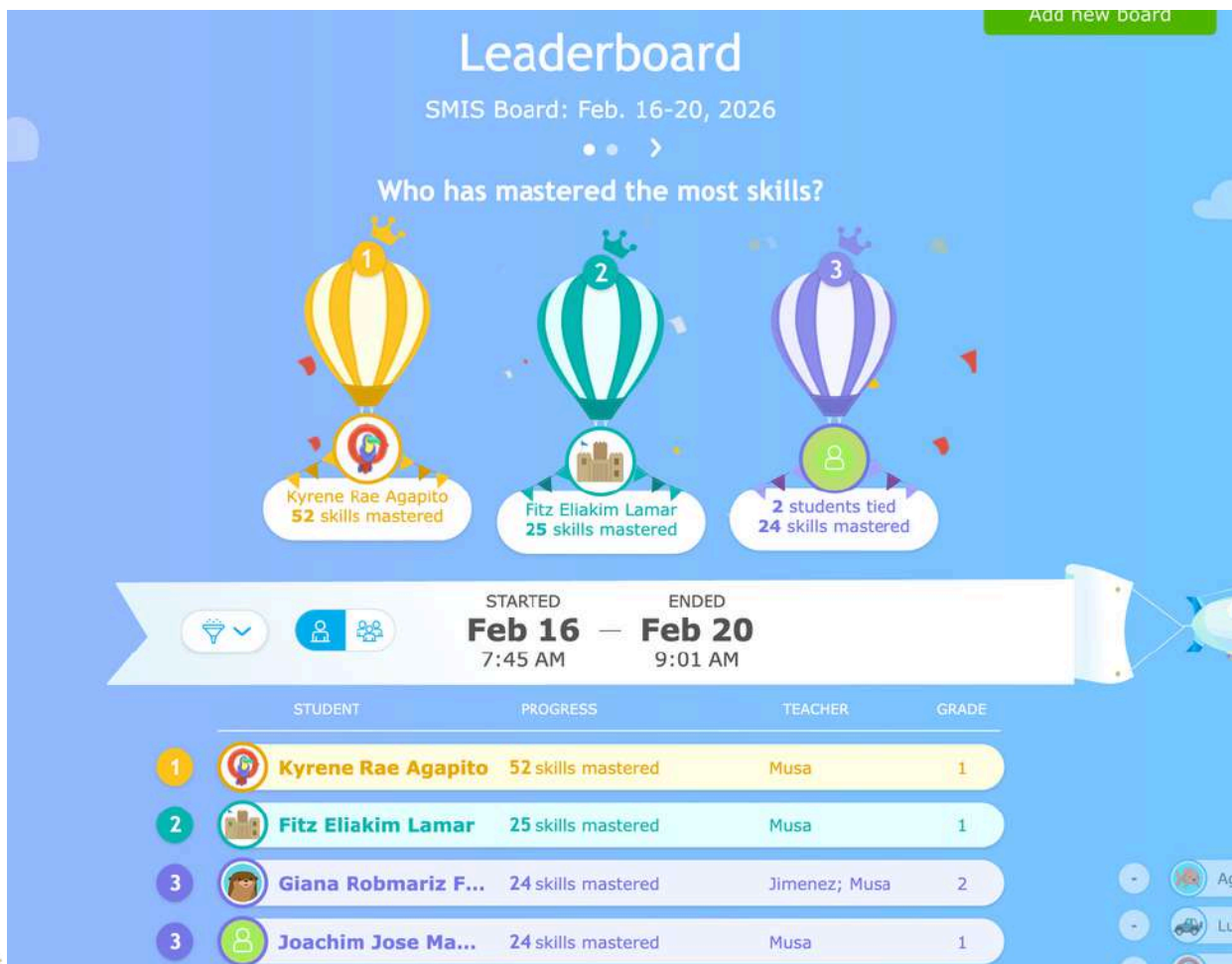


SPECIAL GAME: HULA HOOP RACE



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 16-20, 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 16-20, 2026

WHO HAS MASTERED THE MOST SKILLS?



KYRENE RAE V. AGAPITO
Grade 1 Galileo



FITZ ELIAKIM R. LAMAR
Grade 1 Galileo



GIANA ROBMARIZ T. FAYLONA
Grade 2 Graham Bell



JOAHIM JOSE M. MANTES
Grade 1 Galileo

IXL LEVEL TOPNOTCHERS

February 16-20, 2026

WHO HAS MASTERED THE MOST SKILLS?

Grade 1 Galileo



IXL Leaderboard
Grade 1 Galileo (February)
Who will reach proficiency in the most skills?

Ends on February 28, 2026 at 10:00 PM

Visit IXL to keep practicing and move up in your leaderboard!

1		Kyrene Rae Agapito	85 skills proficient
2		Meyer Mateusz Rey...	78 skills proficient
3		Fitz Eliakim Lamar	67 skills proficient
3		Joachim Jose Mantes	67 skills proficient

Grade 2 Graham Bell

IXL Leaderboard
Grade 2 Graham Bell Board 6 - February
Who will reach proficiency in the most skills?

Ends on February 28, 2026 at 5:00 PM

Visit IXL to keep practicing and move up in your leaderboard!

1		Anastasia Guinto	112 skills proficient
2		Laveena Mirielle W...	94 skills proficient
3		Giana Robmariz Fa...	54 skills proficient



Congratulations!



IXL LEVEL TOPNOTCHERS

February 16-20, 2026

WHO HAS MASTERED THE MOST SKILLS?

Grade 3 Peace



IXL Leaderboard
Grade 3 Peace Board 6
Who will reach proficiency in the most skills?
Ends on February 28, 2026 at 5:00 PM

Visit IXL to keep practicing and move up in your leaderboard!

1		Dominic Minay	118 skills proficient
2		Jarielle Sophia Riv...	43 skills proficient
3		Austin Skhye Villasin	29 skills proficient

Grade 4 Hope

IXL Leaderboard
Grade 4 Hope Board 6
Who will reach proficiency in the most skills?
Ends on February 28, 2026 at 5:00 PM

Visit IXL to keep practicing and move up in your leaderboard!

1		Ariella Beatriz Rav...	63 skills proficient
2		Margaery Ezra Dela...	20 skills proficient
3		Seth Ynigo Bay	19 skills proficient
3		Cia Adriana Timbang	19 skills proficient
3		Prince Oliver II Val...	19 skills proficient



Congratulations!



ACTIVITIES TO LOOK FORWARD TO





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:

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ADDRESS:



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

The upcoming Open House at the Southville Monarchs International School campus on February 28, 2026 at 9:00 AM is set to be a meaningful and engaging experience for families interested in the school program. This special event will provide parents and children the opportunity to learn more about the school's curriculum, teaching approach, and holistic learning environment designed to support early childhood development.

Families will enjoy a guided campus tour, allowing them to explore the learning spaces, facilities, and resources that help create a safe and nurturing atmosphere for young learners. In addition, children will have the chance to participate in free trial classes, giving them a fun and interactive glimpse of classroom life while meeting teachers and new friends.

The Open House promises to be a warm and informative morning where families can connect with the school community, ask questions, and discover how the program nurtures curiosity, confidence, and a love for learning in every young Monarch.

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.
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- Neff, K. D., & McGehee, P. (2010). Self-compassion and psychological resilience among adolescents and young adults. *Self and Identity*, 9(3), 225-240.
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SGEN HEALTH BULLETIN

Academic Year 2025 - 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 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