



# Southville International School and Colleges STUDENTS AND PARENTS' BULLETIN

No. 11 A.Y. 2024 - 2025

November 15, 2024



## Southville International School and Colleges (SISC) Celebrated as a Top Performer in PIMSO!



**Southville International School and Colleges (SISC)** was recently recognized by the **Philippine International Math and Science Olympics (PIMSO)** as both a **Top Performing School** and **Most Outstanding School for 2024** during the International Champions in Education Awarding Ceremony held at the University of the Philippines in Diliman. The awards were given in recognition of SISC contestants' excellent performance at the PIMSO-Math and PIMSO-Science National Rounds.

### *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, and Innovation) through data-driven and technology-enhanced educational programs to ensure student success in the 21st century.



# Monarchs clinch multiple wins in academic contests



**Enrique Francisco**



**Sophia Lausingco**



**Seohyung Joo**



**Kim Siyoun**



**Railey Ascaño**

The **Southville International School and Colleges (SISC)** contingent won five medals at the recently concluded **Final Round of the 2024 Philippine International Mathematical Olympiad (PhIMO)** held at the EVM Convention Center in Quezon City. **Enrique Francisco, Sophia Lausingco, Seohyung Joo and Siyoun Kim** took the **gold** in their categories, while **Railey Ascano** bagged the **silver** in his.



In other academic competitions, **Joshua Jhonsonian Brakmore Canterbury** got a **silver medal** in English, and **bronze medals** in Math and Science at the **Asian Science and Math Olympiad (ASMO)** held at the University of the Philippines in Diliman. Canterbury likewise earned an **Achiever Award** at the **National Mathletics Challenge** conducted online.



# Schedule of First Term Exams released

The **First Term Examinations** for Preschool is on **November 19 - 22, 2024** and Grade 1 to Senior High School will be conducted on **November 19 – 21, 2024**. Students take the term exams thrice during the academic year to assess their learning and to keep them on track for school success.

The schedule of the tests is as follows:

PRESCHOOL FINAL ASSESSMENT SCHEDULE   AY 2024 - 2025							
Tuesday, November 19		Wednesday, November 20		Thursday, November 21		Friday, November 22	
<b>MORNING CLASS</b>		<b>MORNING CLASS</b>		<b>MORNING CLASS</b>		<b>MORNING CLASS</b>	
<b>PRE-K and JK</b>		<b>PRE-K and JK</b>		<b>PRE-K and JK</b>		<b>PRE-K and JK</b>	
<b>GRASPS</b>		<b>Fluency</b>		<b>Mathematics</b>		<b>English Language and Arts</b>	
8:30 - 10:30 AM	<b>Batch 1</b>	8:30 - 10:30 AM	<b>Batch 1</b>	8:30 - 10:30 AM	<b>Batch 1</b>	8:30 - 10:30 AM	<b>Batch 1</b>
10:30 - 12:30 PM	<b>Batch 2</b>	10:30 - 12:30 PM	<b>Batch 2</b>	10:30 - 12:30 PM	<b>Batch 2</b>	10:30 - 12:30 PM	<b>Batch 2</b>
<b>SK</b>		<b>SK</b>		<b>SK</b>		<b>SK</b>	
<b>Fluency</b>		<b>Thematic Study</b>		<b>Mathematics</b>		<b>English Language and Arts</b>	
8:30 - 10:30 AM	<b>Batch 1</b>	8:30 - 10:30 AM	<b>Batch 1</b>	8:30 - 10:30 AM	<b>Batch 1</b>	8:30 - 10:30 AM	<b>Batch 1</b>
10:30 - 12:30 PM	<b>Batch 2</b>	10:30 - 12:30 PM	<b>Batch 2</b>	10:30 - 12:30 PM	<b>Batch 2</b>	10:30 - 12:30 PM	<b>Batch 2</b>
<b>AFTERNOON CLASS</b>		<b>AFTERNOON CLASS</b>		<b>AFTERNOON CLASS</b>		<b>AFTERNOON CLASS</b>	
<b>JK</b>		<b>JK</b>		<b>JK</b>		<b>JK</b>	
<b>GRASPS</b>		<b>Fluency</b>		<b>Mathematics</b>		<b>English Language and Arts</b>	
1:00 - 3:00 PM	<b>Batch 1 (F2F)</b>	1:00 - 3:00 PM	<b>Batch 1 (F2F)</b>	1:00 - 3:00 PM	<b>Batch 1 (F2F)</b>	1:00 - 3:00 PM	<b>Batch 1 (F2F)</b>
3:30 - 4:30 PM	<b>Batch 2 (VOLT)</b>	3:30 - 4:30 PM	<b>Batch 2 (VOLT)</b>	3:30 - 4:30 PM	<b>Batch 2 (VOLT)</b>	3:30 - 4:30 PM	<b>Batch 2 (VOLT)</b>
<b>SK (F2F)</b>		<b>SK (F2F)</b>		<b>SK (F2F)</b>		<b>SK (F2F)</b>	
<b>Fluency</b>		<b>Thematic Study</b>		<b>Mathematics</b>		<b>English Language and Arts</b>	
1:00 - 3:00 PM	<b>Batch 1</b>	1:00 - 3:00 PM	<b>Batch 1</b>	1:00 - 3:00 PM	<b>Batch 1</b>	1:00 - 3:00 PM	<b>Batch 1</b>
<b>SK (VOLT)</b>		<b>SK (VOLT)</b>		<b>SK (VOLT)</b>		<b>SK (VOLT)</b>	
<b>Hallmark and Fluency</b>		<b>Thematic Study</b>		<b>Mathematics</b>		<b>English Language Arts and</b>	
<b>Batch 1</b>		<b>Batch 1</b>		<b>Batch 1</b>		<b>Batch 1</b>	
1:00 - 2:00 PM	Student 1 and 2	1:00 - 2:00 PM	Student 1 and 2	1:00 - 2:00 PM	Student 1 and 2	1:00 - 2:00 PM	Student 1 and 2
2:00 - 3:00 PM	Student 3 and 4	2:00 - 3:00 PM	Student 3 and 4	2:00 - 3:00 PM	Student 3 and 4	2:00 - 3:00 PM	Student 3 and 4
3:00 - 4:00 PM	Student 5 and 6	3:00 - 4:00 PM	Student 5 and 6	3:00 - 4:00 PM	Student 5 and 6	3:00 - 4:00 PM	Student 5 and 6
4:00 - 5:00 PM	Student 7 and 8	4:00 - 5:00 PM	Student 7 and 8	4:00 - 5:00 PM	Student 7 and 8	4:00 - 5:00 PM	Student 7 and 8

## GRADES 1 and 2 FINAL ASSESSMENT SCHEDULE | AY 2024 - 2025

November 19, 2024 (Tuesday)	1st and 2nd Grade (Face to Face Classes)	November 20, 2023 (Monday)	1st and 2nd Grade (VOLT)
8:30 - 9:00	Homeroom	12:00 - 12:30 PM	Homeroom
9:00 - 10:00	English	12:30 - 1:30 PM	English
10:00	Dismissal	1:30 PM	Dismissal
November 20, 2024 (Wednesday)	1st and 2nd Grade (Face to Face Classes)	November 21, 2023 (Tuesday)	1st and 2nd Grade (VOLT)
8:30 - 9:00	Homeroom	12:00 - 12:30 PM	Homeroom
9:00 - 10:00	Math	12:30 - 1:30 PM	Math
10:00	Homeroom / Dismissal	1:30 PM	Homeroom / Dismissal
November 21, 2024 (Thursday)	1st and 2nd Grade (Face to Face Classes)	November 22, 2023 (Wednesday)	1st and 2nd Grade (VOLT)
8:30 - 9:00	Homeroom	12:00 - 12:30 PM	Homeroom
9:00 - 10:00	Science	12:30 - 1:30 PM	Science
10:00	Homeroom / Dismissal	1:30 PM	Homeroom / Dismissal

## GRADES 3 - 6 FINAL ASSESSMENT SCHEDULE | AY 2024 - 2025

November 19, 2024 (Tuesday)	3rd and 4th Grade	5th and 6th Grade		3rd Grade (VOLT)	
8:30 - 9:00	Homeroom	10:00 - 10:30	Homeroom	12:00 - 12:30	Homeroom
9:00 - 10:30	English	10:30 - 12:00	English	12:30 - 2:00	English
10:30	Dismissal	12:00	Dismissal	2:00	Dismissal

November 20, 2024 (Wednesday)	3rd and 4th Grade	5th and 6th Grade		3rd Grade (VOLT)	
8:30 - 9:00	Homeroom	10:00 - 10:30	Homeroom	12:00 - 12:30	Homeroom
9:00 - 10:30	Math	10:30 - 12:00	Math	12:30 - 2:00	Math
10:30	Dismissal	12:00	Dismissal	2:00	Dismissal

November 21, 2024	3rd and 4th Grade	5th and 6th Grade		3rd Grade	
8:30 - 9:00	Homeroom	10:00 - 10:30	Homeroom	12:00 - 12:30	Homeroom
9:00 - 10:30	Science	10:30 - 12:00	Science	12:30 - 2:00	Science
10:30	Dismissal	12:00	Dismissal	2:00	Dismissal

## HIGH SCHOOL FIRST TERM EXAM SCHEDULE | AY 2024-2025

November 19, 2024 (Tuesday)	7th Grade	8th Grade	9th Grade	10th Grade
8:00 - 8:30	<b>Homeroom</b> Class Adviser and Co-Adviser	<b>Homeroom</b> Class Adviser and Co-Adviser		
8:30 - 10:00	<b>English</b> Class Adviser and Co-Adviser	<b>English</b> Class Adviser and Co-Adviser		
10:00 - 10:30			<b>Homeroom</b> Class Adviser and Co-Adviser	<b>Homeroom</b> Class Adviser and Co-Adviser
10:30 - 12:00			<b>English</b> Class Adviser and Co-Adviser	<b>English</b> Class Adviser and Co-Adviser

November 20, 2024 (Wednesday)	7th Grade	8th Grade	9th Grade	10th Grade
8:00 - 8:30	<b>Homeroom</b> Class Adviser and Co-Adviser	<b>Homeroom</b> Class Adviser and Co-Adviser		
8:30 - 10:00	<b>Math</b> Class Adviser and Co-Adviser	<b>Math</b> Class Adviser and Co-Adviser		
10:00 - 10:30			<b>Homeroom</b> Class Adviser and Co-Adviser	<b>Homeroom</b> Class Adviser and Co-Adviser
10:30 - 12:00			<b>Math</b> Class Adviser and Co-Adviser	<b>Math</b> Class Adviser and Co-Adviser

November 21, 2024	7th Grade	8th Grade	9th Grade	10th Grade
8:00 - 8:30	<b>Homeroom</b> Class Adviser and Co-Adviser	<b>Homeroom</b> Class Adviser and Co-Adviser		
8:30 - 10:00	<b>Science</b> Class Adviser and Co-Adviser	<b>Science</b> Class Adviser and Co-Adviser		
10:00 - 10:30			<b>Homeroom</b> Class Adviser and Co-Adviser	<b>Homeroom</b> Class Adviser and Co-Adviser
10:30 - 12:00			<b>Science</b> Class Adviser and Co-Adviser	<b>Science</b> Class Adviser and Co-Adviser



## GRADE 11 FINAL ASSESSMENT SCHEDULE | AY 2024-2025

November 19, 2024	
8:30 - 8:45	Homeroom
8:45 - 10:15	Math SL (ABM/GAS/HUMSS)
10:15	Dismissal (ABM / GAS / HUMSS - Efficiency / STEM - Non Biology Major)
10:15 - 10:45	Break (HUMSS-Industry / STEM - Biology Major/ABM)
10:45 - 12:15	Political Science (HUMSS - Industry)
12:15	Dismissal (GAS / HUMSS - Industry / STEM - Biology Major/ABM)
November 20, 2024	
8:30 - 8:45	Homeroom
8:45 - 10:15	Statistics & Probability (ABM/GAS/STEM)
10:15	Dismissal (ABM / GAS / STEM - Non Chemistry Major)
10:15 - 10:45	Break (STEM - Chemistry Major/ HUMSS/ABM)
10:45 - 12:15	Chemistry Major (STEM)
12:15	Dismissal (STEM - Chemistry Major/HUMSS/ABM)
November 21, 2024	
8:30 - 8:45	Homeroom
8:45 - 10:15	Science (ABM / GAS /HUMSS)
10:15	Dismissal (GAS /HUMSS/ STEM - Non Physics Major)
10:15 - 10:45	Break ( ABM /GAS / STEM - Physics Major)
10:45 - 12:15	Physics Major (STEM)
12:15	Dismissal (STEM - Physics Major/ABM)

## GRADE 12 FINAL ASSESSMENT SCHEDULE | AY 2024-2025

November 19, 2024	
10:00 - 10:15	Homeroom
10:15 - 11:45	Math (GAS)
10:15 - 12:15	Math (ABM / HUMSS/ STEM)
11:45	Dismissal (GAS)
12:15	Dismissal
November 20, 2024	
10:00 - 10:15	Homeroom
10:15 - 11:45	Science (GAS)
	Dismissal (GAS / ABM/ STEM)
11:45 - 12:15	Break (HUMSS)
12:15 - 1:15	Economics (HUMSS)
1:15	Dismissal (HUMSS)
November 21, 2024	
10:00 - 10:15	Homeroom
10:15 - 11:45	Political Science (HUMSS) / Accounting 12 (ABM) / Introduction to Accounting (GAS)
10:15 - 12:15	Science Major (STEM)
11:45	Dismissal (ABM/ GAS /HUMSS)
12:15	Dismissal (STEM)

**K12 & IB Term Exam Schedule for Term 1 AY 2024-2025**

# Secure the First Term exam clearance

The **First Term Exams** are just around the corner. Please settle your accounts at the soonest possible time so we can process your child's **Term Exam Clearance**. Students who have settled their accounts will be issued a Term Exam Clearance with a reply slip to be returned to the Class Adviser.

The "Term Exam Clearance" should be presented to the adviser/proctor on the first day of the examination week for the student to be able to take the exam. Those who have settled their account as of **November 5, 2024** will receive the term exam clearance from the adviser.

Below are the different options on how you may settle your school fees assessment:

BANK TRANSACTION		DIRECTLY TO THE CASHIER	ONLINE PAYMENT
BANK DEPOSIT	BANK WIRE TRANSFER		
<b>BPI</b> Acct Name: <b>SOUTHVILLE INTERNATIONAL SCHOOL</b> Branch: Citadella Las Piñas branch Acct No.: <b>4611-0042-36</b>	<b>BPI</b> Acct Name: <b>SOUTHVILLE INTERNATIONAL SCHOOL</b> Address: Unit B Fenina bldg., CAA Road cor, Cittadella Ave. Village Pulang Lupa 2, Las Piñas City <u>Dollar acct no.</u> <b>4614-0119-85</b> <u>Peso acct no.</u> <b>4611-0042-36</b> <u>SWIFT Code:</u> <b>BOIPHMM</b>	1. Cash and check payments may be directly paid to Southville cashiers at the Luxembourg Campus  <b><u>FOR CHECK PAYMENTS</u></b> <i>Please make check payable to</i> <b>SOUTHVILLE INTERNATIONAL SCHOOL AND COLLEGES INC.</b>	1. Online payment through GCASH and PAYMAYA (Kindly follow the instructions indicated in the site)  2. Online Credit Card Payment (Peso Only)  Please provide your details by filling out this form <a href="https://forms.gle/bFgNGctAyN3hYoCr6">https://forms.gle/bFgNGctAyN3hYoCr6</a> and choose option 4.
<b>MBTC</b> Acct Name: <b>SOUTHVILLE INTERNATIONAL SCHOOL AND COLLEGES INC.</b> Branch: Ayala Alabang branch Acct No.: <b>001-7-001-51917-0</b>	<b>MTBC</b> Acct Name: <b>SOUTHVILLE INTERNATIONAL SCHOOL AND COLLEGES INC.</b> Branch: Ayala Alabang branch <u>Acct No.:</u> <b>001-7-001-51917-0</b> <u>SWIFT Code:</u> <b>MBTCPHMM</b>	2. Payment through credit cards directly to the cashier. <i>Credit cards accepted:</i> <b>BPI &amp; OTHER MAJOR CREDIT CARDS (VISA/MASTERCARD)</b>	You will receive an email from <b>Paymongo</b> .  For more details, please visit <a href="https://www.southville.edu.ph/payment-details/">https://www.southville.edu.ph/payment-details/</a>
3. Debit payment for BPI card holders			

Notes: Please email a scanned copy of the deposit slip (for bank deposit) and transaction receipt (for Bank wire transfer) to:

- [accounting@southville.edu.ph](mailto:accounting@southville.edu.ph)

You may also email any tuition fee concerns and inquiries at this email address.

# Understanding SISC's Social and Emotional Learning (SEL) Data

At Southville International School and Colleges (SISC), we recently conducted a Social and Emotional Learning (SEL) survey to better understand how our Grades 5 to 12 students feel about their personal growth, well-being, and interactions with others. This survey, carried out by the Asian Psychological Services and Assessment (APSA), asked students to rate their experiences, with scores ranging from 1 to 5. Higher scores show that students feel more positively about each area. Later this year, we'll conduct a follow-up survey to see if our improvement efforts make a difference. Here's a closer look at the results and what they mean:

## 1. Growth Mindset (3.79)

Students gave a 3.79 rating for Growth Mindset, meaning they believe in their potential to improve through effort and learning. While this is encouraging, there is room to build on this foundation. Our goal is to inspire students to see challenges as opportunities for growth and to feel confident that effort leads to improvement.

## 2. Collaboration (4.24)

Collaboration received the highest score at 4.24, showing that students feel positive about working together and building supportive relationships with their peers. This strong sense of teamwork is essential for both school success and personal development, and we're thrilled to see this spirit so well-reflected in the feedback.

## 3. Well-Being (4.01)

With a score of 4.01, students generally feel that their emotional and mental health is well-supported. SISC aims to continue providing resources and creating a nurturing environment to ensure that students feel comfortable and valued.

## 4. Character Development (Average: 3.87)

Other SEL skills include Grit (3.77), Self-Management (3.61), Self-Efficacy (3.64), Self-Awareness (3.77), Social Awareness (3.90), and Sense of Belonging (3.82). These scores indicate that most students feel positively about their personal qualities and social skills, though we see an opportunity to improve Self-Management and Self-Efficacy. By focusing on these areas, we hope to help students feel more confident in handling responsibilities and believing in their abilities.



## Overall SEL Score (3.87)

The average SEL score is 3.87, suggesting that students feel mostly positive about their social and emotional experiences. Our next steps will focus on strengthening areas like self-management and self-efficacy, which should further enhance students' overall SEL experience.

We look forward to supporting students' growth through ongoing programs. In future meetings, EQ/ACT teachers will share more insights, and in the next SPB, we'll discuss School Climate results to further inform our approach to student well-being.



## School Calendar for Academic Year 2024 - 2025

We are pleased to resend the **school calendar** for the academic year 2024-2025. Please note that we have added buffer days to account for any potential class cancellations. Thank you for your continued support.

Click here to **view/download** the school calendar:

**School Calendar For Academic Year  
2024-2025 as of September 10, 2024**



# MONARCHS MOMENTS



## STAR Campus *Parade of Colorful Cultures*



**STAR Campus Parade: A Vibrant Celebration of Colorful Cultures from Around the World! Students proudly showcased traditional attire and greetings, highlighting the rich diversity of cultural traditions.**

## Munich Campus

### *Special Mufti: Parade of International Costumes*



**Young Monarchs celebrated diversity and culture with a vibrant Parade of International Costumes, showcasing traditional attire from around the world!**



# MONARCHS MOMENTS



## Luxembourg Campus

### *Parade of Nations*



**The Luxembourg campus came alive with the Parade of Nations, showcasing the vibrant cultures of our students from 7th to 12th grade. A remarkable display of unity and pride as students from around the world marched together in one event!**



# Social-Emotional Learning (SEL) Corner

## THE WAY HOW **DIRECTION** AND **DETERMINATION** HELP YOUR GOALS

Determination plays a crucial role in achieving your goals because it provides the strength and resilience needed to push forward, especially when faced with obstacles. It enables you to overcome challenges that may stand in the way of your success. When you're determined, you don't fear failure or setbacks, but instead, you're ready to take on new challenges. Each of us has a unique path we want to follow, though we may not always know how to get there.

The key to success lies in having a clear vision of where you want to go and putting in the effort to reach that destination. Without a clear sense of direction, it becomes difficult to begin your journey toward success, as you may not know what success even looks like for you.

01. It Gives You A Sense Of Purpose

02. Improves Your Self-Esteem  
And Confidence

03. Allows You To Be More  
Productive

04. It Helps You Focus On What's  
Important

05. Helps You Take Charge Of  
Your Life

06. It Helps You Keep A Positive Attitude

07. It Keeps You Motivated

08. Overcome Negative Feelings.

09. It Will Stop You from Procrastinating.



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*

**K12 and IB Bulletins** 

**NURTURING** the **5Cs** through

*Academic Rigor, with* **GRIT** *and a*

**GROWTH MINDSET**

#### STAR Campus

136 Elizalde St., BF Homes,  
Parañaque City, Philippines  
Tel. Nos. 88428811

#### Munich Campus

Munich St. corner Tropical Avenue,  
B.F. Homes International, Las Piñas City  
Tel. Nos.: 8825-6374 Loc 208

#### Luxembourg Campus

1281 Tropical Ave. Cor. Luxembourg St.,  
BF International, Las Pinas City, Philippines  
Tel. Nos. 8825-6374 Loc 100 / 327

**BE GLOBAL. BE AMAZING. BE SOUTHVILLE**

[www.southville.edu.ph](http://www.southville.edu.ph)





# GUT HEALTH

Our gut microbiome is a microscopic world within our larger body. The trillions of microorganisms that live there affect each other and their environment in various ways. They also influence many aspects of our overall health, from our digestive system and outside of it.

Our gut health is critical to our overall well-being. A higher level of diversity in gut bacteria may be associated with improved general mental and physical health.

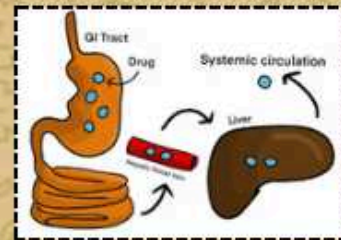
## ROLE OF GUT MICROBIOME



Protection against pathogens



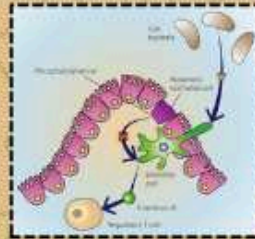
Maintenance of the gut mucosal barrier



Xenobiotic and drug metabolism



Nutrient metabolism



Immune Support



Mental Health

## SIGNS OF POOR GUT HEALTH



Upset Stomach



High-Sugar Diet



Sudden Weight Gain



Sleep Disturbances

## THINGS YOU CAN DO FOR YOUR GUT HEALTH



### References:

<https://www.healthline.com/health/gut-health#gut-microbiome>  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC4528021/> <https://my.clevelandclinic.org/health/body/25201-gut-microbiome>  
<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/probiotics/faq-20058065>

