



# Southville International School and Colleges STUDENTS AND PARENTS' BULLETIN

No. 13 A.Y. 2024 - 2025

November 29, 2024



## PASS research activities go full blast



*Grade 12 students submitting their samples to the DOST laboratory for testing as part of their experimental research*

The P.A.S.S. or Portfolio Assessment for Students of Southville International School and Colleges (SISC) Research Program teaches graduating students the value of scientific inquiry and advancement of knowledge. It provides opportunities to demonstrate the various competencies they acquired in the different subject areas like English (writing and organization), Science (investigatory projects/experimental research), Mathematics (statistics/graphs), and History (historical analysis and perspective).

### 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.

Graduating students in High School and Grade School are now very busy with their PASS research. Below are some of the research topics of Grade School and High School students:

## Grade School

<b>NAME OF STUDENT</b>	<b>PASS TITLE</b>
Buluran, Michelle E.	The Impact of Social Media on Mental Health to Grade 6 Students
Diores, Thassia Seren A.	Benefits of Pop Music on Academic Productivity of Grade 6 Southville Students
Kim Soyeon	Benefits of Watching Videos on the English Vocabulary of Grade 6 Students
Lee, Hyorin	Level of Awareness of Awareness and Practices on Waste Management
Borres, Reaven Alec Joaquin P.	Benefits of Collaborative Activities to Grade 5 Students' Active Participation
Lim, Franc Nicholas T.	Benefits of Peer Tutoring on Academic Performance Among Grade 6 Students
Lim, Chaewon	Benefits of Having Reviewers Before Exams Among Grade 5 Students
Kishi, Akina S.	Benefits of Having a Balanced Diet Among the Grade 5 Students
Byrne, Alexandra Margaret	Benefits of Using Moodle to Improve the Academic Performance of Grade 5 Students
Duorio, Princess Reign B.	Benefits of Music Motivation on the Academic Performance Among Grade 5 Students
Vance, Nathan B.	Social Awareness in Utilizing Google Spaces for Enhanced Class Interactions Among Grade 6 Students
Ramos, Cyra Isabelle R.	Grit and Growth Mindset Among Grade 6 Students in Completing PASS Papers
Roxas, Juan Enrique P.	Grit and Growth Mindset of Grades 3 to 6 Students in Mastering Required IXL Skills
Montecillo, Martha Francesca P.	Effects of the Southville Sponsorship Program on the Emotional Well-being of Grades 3 to 6 Students

## Senior High School

<b>NAME OF STUDENT</b>	<b>PASS TITLE</b>
<b>Accounting, Business, and Management (ABM) - Business Plan</b>	
Ryza Louise C. Boco Kim Min Young Sean Marcus Rodriguez	EcoPlate Kitchenware
Jose Lorenzo S. Buendia Gabriela B. Manuntag Ibrahim Bin Shahzad	RESCO HANGOUT
Malvar B. Alegre Daniel Benileo C. Baniqued Shaun Angelo B. Santos	Skaffee Beverages and Food
<b>General Academic Strand: Descriptive Research</b>	
Kang Dahee	Knowledge on the use of Artificial Intelligence and Job Productivity of SISC Grades 7 to 12 Teachers
Caitlin Bianca V. Gulod	The Effect of Parenting Styles on Adolescent Adjustment of SISC JHS Students
Eun Song B. Choi	The Relationship Between the Level of Self-concept and Belief of Personality Type of Korean High School Students



NAME OF STUDENT	PASS TITLE
<b>Science, Technology, Engineering, and Mathematics: Experimental Research</b>	
Jose Antonio C. Masilungan	Impact of Bamboo Roofing on Indoor Temperature and Humidity: An Eco-Friendly Solution
Sean Peter D. Fuentes Celine D. Yabut Eunice Marie M. De Dios	Optimization of Starch-Based Thermoplastic Splints using Cucumber Peels ( <i>Cucumis sativus</i> L.) and Banana Inflorescence Fibers ( <i>Musa balbisiana</i> var. Saba)
Francesca Yasmeen H. Gutierrez Jang Chaeun Anika Kei R. Sarmiento	Tapioca and Cornstarch as Binders in Rice Husk Briquette Making
Luthien Tinuviel Silmaril R. Rodriguez	Virtual Tour of Southville International School and Colleges' Luxembourg Campus
<b>Humanities and Social Sciences: Historical Research</b>	
Lee Hajung	Crossing Boundaries: Exploring South Korean Immigration Patterns in the Philippines Across the Decades
Valerie Wayne J. Sales	Navigating the Archipelago: Filipino Contribution to the Maritime Industry
Don Enrique Padilla	Shifting Borders and Power Centers: The Geopolitical History of Camarines Norte



*Throwback to last year's PASS research defense—where students confidently presented their innovative studies and showcased their academic growth!*

# Celebrating the Achievements of Our Grade School Monarchs!

Our **young Monarchs** have showcased their exceptional talents across various sports, bringing pride to the Southville community. Congratulations to the following students for their outstanding performances:

## **ARCHERY**

Spook and Shoot Archery Competition



**Marthina Montecillo  
(Grade 4 Hope)**  
-Silver in the Olympic Round  
-Bronze in the 15-meter  
Qualifying Round



**Martha Montecillo  
(Grade 6 Perseverance)**  
Gold in the 30-meter  
Olympic Round

## **SWIMMING**

1st Wave Movers Swimming Competition

October 19, 2024 | Marikina Sports Complex



- Gold in 50m Butterfly, Breaststroke, and Freestyle
- Gold in 100m Freestyle
- Silver in 50m Backstroke
- Awarded Most Outstanding Swimmer ~ Class ABC Girls

**Georgina Parole  
(Grade 5 Honesty)**



- Gold in 50m Butterfly, Breaststroke, and Freestyle
- Gold in 100m Freestyle
- Silver in 50m Backstroke
- Awarded Most Outstanding Swimmer ~ Category B

**Geoff Parole  
(Grade 2 Archimedes)**

## **FENCING**

Thailand Navy Open Fencing Championships 2024



**Yuki Togawa  
(Grade 6 Nobility)**  
6th Place in U12  
Women's Foil

## **KARTING**

### Karting Academy Race



**Miguel Brandon Dela Cruz**  
**(Grade 2 Pasteur)**  
**3rd Place**

We are incredibly proud of the determination and excellence shown by these young athletes. They inspire us all to aim higher and give our best in every endeavor. Keep reaching for greatness, Monarchs!

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## **Institutional Survey leads to improvement**

SISC is a firm believer that educating a child is a collaborative effort between the home and the school. Just like you, SISC wants what is best for your child in terms of growing in knowledge and in values. We value parents' comments and suggestions that improve the learning experiences of a child.

It is in view of our shared goal that SISC is conducting the Institutional Survey for parents and students. Please answer the Institutional Survey Form for Parents and Students linked to this bulletin so the school will know how it is doing and what more it can do to help your children achieve their potentials and become movers of society. Together, we can make a difference.

**Midyear Institutional Survey**  
**Academic Year 2024- 2025**



# SISC offers free trial of preschool and grade school classes

Would you like your friend or relative's child to experience how engaging SISC education can be? It is possible with the free 3-day trial classes being offered to students from preschool to grade school at STAR Campus in Paranaque City and Munich Campus in Las Pinas City. They'll get a feel of what it's like to study at one of the country's leading international schools focused on innovative education and technology.

We look forward to providing the participants a positive educational experience with hands-on and in-class participation in a fun and nurturing environment. Just click <https://forms.gle/jw8TzdC8TCqRiLf4A> to secure a spot, and take the first step towards an exceptional educational journey!



## FREE TRIAL CLASS

**STARTS ON:**

- ✓ December 2: Star Campus
- ✓ December 3: Munich Campus

Experience our Preschool to Grade School now!

**Be Global.  
Be Amazing.  
Be Southville.**

 REGISTER NOW



(02) 8825-6374 | Local 100



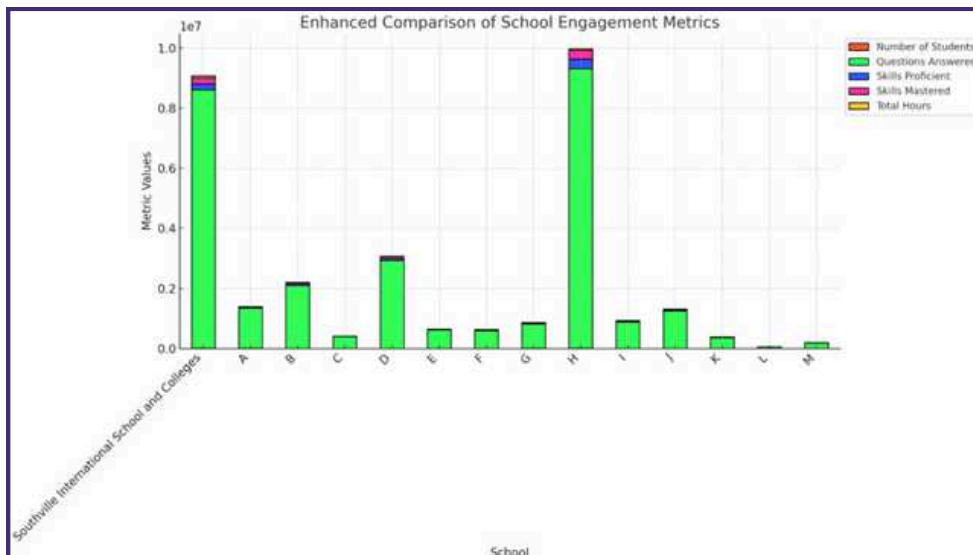
[www.southville.edu.ph](http://www.southville.edu.ph)



**SOUTHVILLE**  
GLOBAL EDUCATION NETWORK

# AROUND SGEN

Issue No. 7 | November 19, 2024



The Southville Global Education Network (SGEN) member schools significantly outshone many schools in the United States on the IXL platform for Academic Year 2023-2024. Students from Southville International School and Colleges, Stonyhurst Southville International School-

Batangas, Stonyhurst Southville International School-Malarayat, and South Mansfield College outperformed their US counterparts across multiple educational metrics from the number of questions answered to the skills mastered and total hours spent on the platform.

Grades 1-12 students from SGEN achieved competence in 201,025 English, Math, and Science skills which is significantly higher than most other schools listed in the comparison. Their engagement level is likewise very high, with a total of 8,615,291 questions answered during the academic year. This ranks as the second-highest among all institutions, highlighting the students active participation and dedication to their studies on the IXL platform.

In terms of skills mastery, SGEN students also ranked second with 195,855 skills mastered. They have invested a total of 72,672 hours on the IXL platform, the highest among all the organizations analyzed. The 3,050 participants from SGEN set a benchmark in the effective utilization of the IXL platform, highlighting the schools' success in integrating IXL to its curriculum and strong commitment to educational technology and student learning.

The IXL Program is a personalized digital learning platform that covers thousands of finely scaffolded skills which are tailored to students' age groups to help them master specific competencies. Aligned with the Common Core State Standards, SGEN schools have adopted the web-based learning tool to help students target specific learning goals so they can improve quickly.



# MONARCHS MOMENTS



## STAR Campus

*Where Fun Meets Learning*



**STAR Campus Preschool students enjoying fun and engaging activities in class—a wonderful way to learn and grow!**

## Munich Campus

*Community Helpers Day*



**Munich Young Monarchs shine brightly on Community Helpers Day, dressed as inspiring everyday heroes who make a difference in our lives!**



# MONARCHS MOMENTS



## Luxembourg Campus *University Talk*



**Hungry for knowledge? These students are! High school students gain valuable insights into Australian higher education from De Montfort University experts.**

## International Baccalaureate Diploma Programme *IB Sportsfest*



**Success in the IB: Balancing Work, Play, and Wellness—because thriving in IB isn't just about academics!**



# Social-Emotional Learning (SEL) Corner

## THE LIFELONG BENEFITS OF RESILIENCE

Children today are navigating pressures like never before, from academic expectations to the challenges of the digital world. In this environment, building resilience is essential, not optional. Resilience isn't about avoiding failure; it's about having the strength to bounce back after setbacks. It's the ability to adapt to change, overcome obstacles, and learn from challenges. By fostering resilience, we can equip our children with the skills they need to face life's difficulties with confidence and perseverance.

Resilience is a valuable gift that continues to benefit children throughout their lives. While it plays a key role in overcoming childhood challenges, its influence reaches well into adulthood. Children who cultivate resilience are more likely to:

### Achieve Greater Career Success

Resilient individuals are better prepared to manage stress, adapt to change, and overcome challenges in the workplace. They tend to be more confident, innovative, and persistent in achieving their goals.

### Build Stronger Relationships

Resilience promotes empathy, understanding, and strong communication skills. Resilient adults are more adept at handling conflicts, building trust, and sustaining positive, supportive relationships.

### Experience Improved Overall Well-Being

Resilience is key to improving both mental and physical health. It enables individuals to manage stress, overcome challenges, and maintain a positive perspective on life. Resilient adults tend to feel more satisfied with their lives and have a stronger sense of purpose.

Reference: <https://www.ck12.org/Building-Resilience-in-Children-Tips-for-Parents-and-Educators/>



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*

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

[\*\*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)





# SGEN HEALTH BULLETIN

## Medical Department



Issue No. 04

A.Y. 2024-2025

November 22, 2024

# Chronic Obstructive Pulmonary Disease Awareness Month

## COPD

Chronic Obstructive Pulmonary Disease (COPD) is a chronic inflammatory lung disease that causes obstructed airflow from the lungs. It is typically caused by long-term exposure to irritating gasses or particulate matter, most often from cigarette smoke.



One in 10 Filipino adults aged 40 and above may be living with COPD, yet only 2% of them will ever receive a clinical diagnosis. Every hour, 10 Filipinos lose their lives to smoke-related diseases, with COPD ranking as the 7th leading cause of death.

## Causes and Contributing Factors



Tobacco exposure from active smoking or passive exposure to second-hand smoking



Occupational exposure to dusts, fumes or chemicals



Early life events such as poor growth in utero, prematurity, and severe respiratory infections in childhood that prevent maximum lung growth



Indoor air pollution: frequent use of coal for cooking

## Symptoms



Shortness of breath



Wheezes



Chest tightness



Lack of energy



Chronic cough that may produce sputum



Frequent respiratory infections



Unintended weight loss (in later stages)



Difficulty of breathing when lying flat

## Treatment



COPD isn't curable, but it can get better by not smoking, avoiding air pollution, and getting vaccines. It can be treated with medicines, oxygen, and pulmonary rehabilitation.



## Living with COPD

- Lifestyle changes can help improve symptoms of COPD
- Quit smoking or vaping
- Avoid second-hand smoke or smoke from indoor cooking fires.
- Stay physically active.
- Protect yourself from lung infections:
  - Get a flu vaccine every year.
  - Get the pneumonia vaccine.
  - Get available COVID-19 vaccines and make sure you have had the latest boosters.



### Reference:

- World Health Organization (WHO), 2024
- Mayo Clinic, 2024
- The Filipino Doctor (TFD)

