



# STUDENTS AND PARENTS' BULLETIN

SOUTHVILLE INTERNATIONAL SCHOOL AND COLLEGES



## MONARCH EARNS TOP MARKS AT NATIONAL MATH COMPETITION

A Southville International School and Colleges, International Baccalaureate student, had an impressive showing at the **National Finals of the 27th Philippine Mathematical Olympiad** held last March 8-9, 2025. **Ervin Joshua Bautista** of IB – 2 obtained First Runner-up, and went home with a trophy, gold medal, and cash prize of Php 75,000.00.

### 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.

He was among the Top 20 National Finalists after finishing in the Top 3 of the Area Stage for the National Capital Region. More than 6,000 contestants initially participated in the qualifying stage before 150 made it to the area stage, and 20 to the national stage in the oldest and most prominent nationwide mathematics competition for high school students in the country.



# CONGRATULATIONS TO OUR TIMO 2025 AWARDEES!

We are proud to celebrate the outstanding achievements of our Monarchs in the 2025 Thailand International Mathematical Olympiad (TIMO) Finals - Online! Their dedication, hard work, and passion for Mathematics have earned them well-deserved recognition.

- **Jenica Beatrice Roque (6-Courage)** – Silver Award
- **Nathan Vance (6-Courage)** – Bronze Award
- **Elmer Codilla III (6-Punctuality)** – Merit Award
- **Gabriel Dino (5-Trustworthiness)** – Bronze Award
- **Blaire Antonette Perfecto (3-Kaizen)** – Bronze Award
- **Joshua Brakmore-Canterbury (3-Courtesy)** – Merit Award
- **Mark Cataluna (2-Euclid)** – Merit Award



Your success is a testament to your exceptional talent, perseverance, and determination. Keep reaching for the stars, Monarchs! Your Southville family is incredibly proud of you!

# MONARCHS CONQUER THE ARENA: VICTORIES IN GYMNASTICS AND FENCING!

Our Southville Monarchs continue to make waves in the sports arena, showcasing exceptional talent and determination in Gymnastics and Fencing!

## SAVANNAH AND OUR YOUNG MUSKETEERS MAKE SOUTHVILLE PROUD!

In another display of excellence, **Savannah Dela Cruz** (7 - Resilience) brought honor to Southville with her stellar performance at the **Philippine Cup 2025** held at the PhilSports Arena in Pasig on March 8-9, 2025. Competing in the **Women's Artistic Gymnastics Level 4**, Savannah placed:

🏆 4th in Vault

🏆 5th in Balance Beam

Her strong performance reflects her passion, hard work, and discipline, and we couldn't be prouder of her remarkable achievement. Keep shining, Savannah!

Meanwhile, our Southville fencers dominated the **2025 Young Musketeers Competition**, proving their skill and determination on the strip. **Ethan Santos** (6-Collaboration) claimed **gold** in the **U13 Individual Saber category** and a **bronze** in the **U15 Saber event**. **Yuki Togawa** (6-Nobility) showcased her talent by securing a **bronze medal** in the **U13 Women's Foil Individual event**. **Luca Brambilla** (3-Kaizen)—who discovered fencing through **Southville's Worthwhile Weekend Program (WWP)**—also made his mark, earning a **bronze** in the **U9 Men's Foil category**. Their victories are a testament to their hard work, resilience, and the expert guidance of their coaches.

We are incredibly proud of **Savannah, Ethan, Yuki**, and **Luca** for their outstanding achievements. Their success serves as a powerful reminder that with dedication, courage, and the right support, Monarchs can conquer any arena. Keep soaring high and making Southville proud!



# ANNOUNCEMENT: GRADE 5 TO BE OFFERED AT STAR CAMPUS



We are pleased to announce that starting the next academic year, **Grade 5 will officially be offered at STAR Campus**. This decision comes in response to the growing demand from our student community and the potential benefits it offers to both students and families.

By opening Grade 5 at STAR Campus, we aim to:

- Accommodate student preferences for continuity of education within the campus.
- Alleviate traffic congestion at the Lux Campus by distributing the student population.
- Maximize capacity and resources at STAR Campus to enhance the learning experience.

This expansion will allow us to provide a seamless transition for students and families, ensuring personalized attention and high-quality education. We look forward to welcoming our incoming Grade 5 students at STAR Campus and continuing to foster a nurturing and dynamic learning environment.

Should the minimum requirement of 15 students not be met, incoming Grade 5 students of STAR Campus will continue to be transferred to Munich Campus next academic year, as has been the practice in previous years.

If you are interested in enrolling your child in Grade 5 at STAR Campus, please feel free to contact the **PR Office** at **(02) 8825-63-74** for inquiries and further assistance.

Thank you for your continued support!



# MONARCHS MOMENTS

## STAR CAMPUS

“ A day of big ideas and bright minds — Entrep Day at STAR Campus was a celebration of creativity and innovation. ”



# MONARCHS MOMENTS

## MUNICH CAMPUS

“

Celebrating the heart behind the scenes —  
Happy NTE Day at Munich Campus!

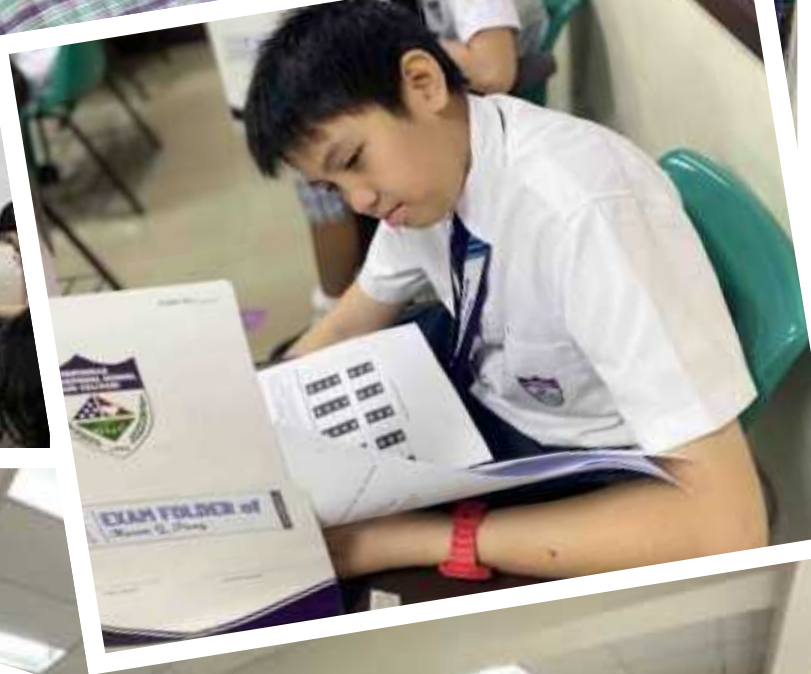
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# MONARCHS MOMENTS

## LUX CAMPUS

“ Term 2 exams concluded. High school students showed impressive concentration and commitment. Well done! ”





# IB HONORS COMPUTATION

## A. General Guidelines

- a. Achieved a total of 24 points or higher in all subjects.
- b. At least a Grade of C in Theory of Knowledge.
- c. At least a Grade of C in Extended Essay.
- d. On-target CAS status
- e. There is no grade of 2 and below in any subjects and level.
- f. There is no grade lower than 3 at standard level subjects
- g. There is no grade lower than 4 at higher level subjects
- h. At least 12 points have been gained on higher level subjects (candidates who register for four higher level subjects must gain at least 16 points at higher level).
- i. At least 9 points have been gained on standard level subjects (candidates who register for two standard level subjects must gain at least 6 points at standard level).
- j. No record of Academic Malpractice

## B. Academic Excellence Award

### a. GOLD MEDAL

- i. With all criteria of the General Guidelines for honors met
- ii. With a total of thirty-nine (39) to forty-five (45) IB internal points aggregated from all six subjects and TOK/EE points.

### b. SILVER MEDAL

- i. With all criteria of the general guidelines for honors met
- ii. With a total of thirty-six (36) to thirty-eight (38) IB internal points aggregated from all six subjects and TOK/EE points.

**c. BRONZE**

- i. With all criteria of the general guidelines for honors met
- ii. With a total of thirty-two (32) to thirty-five (35) IB internal points aggregated from all six subjects and TOK/EE points.

**Note:** The Diploma Matrix will be used to determine the total TOK/EE points.

**DP CORE MATRIX**

		Theory of knowledge					
		Grade A	Grade B	Grade C	Grade D	Grade E	No grade N
Extended essay	Grade A	3	3	2	2	Failing condition	Failing condition
	Grade B	3	2	2	1	Failing condition	Failing condition
	Grade C	2	2	1	0	Failing condition	Failing condition
	Grade D	2	1	0	0	Failing condition	Failing condition
	Grade E	Failing condition	Failing condition	Failing condition	Failing condition	Failing condition	Failing condition
	No grade N	Failing condition	Failing condition	Failing condition	Failing condition	Failing condition	Failing condition

**C. Subject Excellence Award**

- a. Student who gets a grade of 7 in a subject.
- b. In case of multiple students with a grade of 7, the teacher should decide as to who will receive the subject Excellence Award.

**D. Loyalty Award**

- a. A student who has been in SISC from 1st grade.
- b. The student has not skipped a year/s in SISC.

# SISC HOSTS FIRST-EVER TEDX TALKS TO EXPLORE INTERCONNECTEDNESS

The **TEDxSISC Youth** is holding its first TEDx event on **April 5, 2025, Saturday**, starting at 10:00 am in Luxembourg Hall. This inspiring event, with the theme "**Our World: Entangled**," is meant to parallel the globally recognized TED (Technology, Entertainment, and Design) Talks that feature renowned speakers sharing their research and experiences on innovation, but this time hosted by high school students.

The dynamic line-up of speakers, who will delve into the concept of interdependence in diversity, includes Asian record holder and Olympic pole vaulter **EJ Obiena**, award-winning actress and mental health advocate **Jodi Sta. Maria**, industrialist and sustainability advocate **Danielle del Rosario**, technology executive and educator **William Emmanuel Yu**, and student leader and public speaker **Kimoon Kim**.

The event is open to SISC students, teachers, parents, families, and friends. Tickets are limited to 100 attendees, and will be given on a first-come, first-served basis. Scan the QR code below and grab this exciting opportunity to engage with thought leaders, share your ideas, and be inspired to take action!





# BOOK YOUR TICKETS NOW!



**TICKET PACKAGE – P600**

**includes 1 TEDxSISC Youth Ballpen + Notebook**

# SOCIAL-EMOTIONAL LEARNING (SEL) CORNER

## DIGITAL DECLUTTERING SOCIAL MEDIA DECLUTTER

Digital decluttering, especially your social media, lets you experience the benefits of a more organized and simplified digital life. Curating your social media feed to reflect your interests and values can transform your online experience into a source of inspiration and positivity. The following steps below not only clear clutter your social media, but also brings peace of mind and improved efficiency.

**1 UNFOLLOW UNNECESSARY ACCOUNTS**

Unfollow accounts that no longer interest you or add value to your feed.



**2 CLEAN UP FRIENDS LIST**

Remove or mute contacts who negatively impact your social media experience.



**3 REVIEW PRIVACY SETTINGS**

Ensure your privacy settings are up to date to protect your personal information.



**4 ORGANIZED SAVED POSTS**

Sort through your saved posts and delete any that are no longer relevant.



**5 SET SCREEN TIME LIMITS**

Implement screen time limits to reduce social media usage and improve your mental health.





# AROUND SGEN

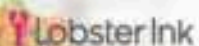
SOUTHVILLE GLOBAL EDUCATION NETWORK



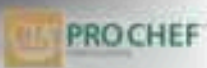
SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES



Southern Cross University



Culinary Institute of America



## INTERNATIONAL DIPLOMA IN CULINARY ARTS

*Jumpstart your career in the USA or Australia*



6-24 MONTHS



# ALUMNI HIGHLIGHT

## Chef Fhred Batalona

Melbourne, Australia  
SISFU CIS, Batch 2017

SISFU alumnus and current Chef and Entrepreneur at Melbourne, Australia is capturing hearts and palates with his talent in Filipino flavors.

After completing his studies and earning a Pearson diploma at SISFU, Chef Fhred interned in Australia and was accepted into William Angliss in Melbourne, where he earned a bachelor's in Culinary Management. Now, he's making waves in Melbourne's culinary scene, bringing Filipino cuisine to the spotlight. His pop-up series, "Palay," was fully booked and well-reviewed, and he also hosts "Dishes and Dialogue," a digital show that celebrates his passion for Filipino flavors.

### DUAL QUALIFICATIONS - HOSPITALITY MANAGEMENT & CULINARY ARTS

Pathways	Philippines		USA	Australia
Practical class duration	6 months	9 months	1 year	2 years
Internship	3 months		6 months	
Culinary Arts at SISFU	✓			
International Culinary Arts (Pearson Assured UK Certificate)		✓		
Pearson UK Higher National Certificate in Hospitality Management			✓	
Pearson UK Higher National Diploma in Hospitality Management - Culinary Arts Management				✓
Culinary Institute of America's ProChef 1 Lobster Ink Certificate		✓	✓	✓
Culinary Institute of America's Baking & Pastry 1 Lobster Ink Certificate		✓	✓	✓
ServSafe Food Manager Certificate	✓	✓	✓	✓

### ADMISSION REQUIREMENTS

- Application Form
- Copy of birth certificate
- Copy of grades/recent report card
- Copy of passport information page (if not available, please disregard)
- 500-word essay about yourself
- 4pcs 2x2 recent photos with white background

# 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 International School and Colleges. Simply scan the QR code below to share your concerns, commendations or suggestions.

Kindly scan the QR code.

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**

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

**[K12 and IB Bulletins](#)**





## Heat Cramps

### WHAT ARE HEAT CRAMPS?

Heat cramps are painful muscle spasms caused by dehydration and electrolyte loss from heavy perspiration during hot temperatures. They frequently affect the legs, arms, or abdomen and might be the first sign of heat-related illnesses such as heat exhaustion or heat stroke.

### Prevention Tips:

- ✓ Drink plenty of water and electrolyte drinks.
- ✓ Avoid strenuous activities in extreme heat.
- ✓ Take regular breaks in cool, shaded areas.
- ✓ Wear loose, light-colored, breathable clothing.
- ✓ Eat potassium-and sodium-rich foods (bananas, apples, sports drinks, etc.)

### Symptoms of Heat Cramps



Painful involuntary muscle spasm



Heavy sweating, clammy skin



Fatigue or weakness



Thirst and dry mouth



Dizziness or lightheadedness



Nausea or vomiting

### Who is at Risk?

- Outdoor workers, athletes, and those engaging in physical activities in the heat
- People who do not consume enough fluids or electrolytes
- Individuals wearing heavy clothing or protective gear in hot conditions



### First Aid for Heat Cramps:

1. Rest in a Cool Place - Find shade or an air-conditioned area.
2. Rehydrate - Drink water or electrolyte-rich fluids (avoid alcohol and caffeine).
3. Stretch & Massage - Gently stretch and massage the affected muscles.
4. Apply Cool Compresses - Use a cold cloth or ice pack wrapped in a towel.



### When to call a doctor

If cramps last more than an hour, are severe, or are accompanied by confusion, dizziness, nausea, or fainting, seek medical attention immediately.



**Stay hydrated and protect yourself from heat-related illnesses!**



#### References:

<https://my.clevelandclinic.org/health/diseases/24866-heat-cramps>  
<https://www.mayoclinic.org/first-aid/first-aid-heat-cramps/basics/art-20056669>