



STUDENTS AND PARENTS' BULLETIN

SOUTHVILLE INTERNATIONAL SCHOOL AND COLLEGES

VARSITY TEAMS EARN PODIUM FINISHES AT INTERNATIONAL SCHOOLS' MEET



The **Southville International School and Colleges (SISC)** girls football and boys basketball teams capped off a successful Season 3 at the **International Schools Activities Conference (ISAC)** held last March 20-22, 2025 at **Brent International School Manila**. They reached the podium by **finishing second and third, respectively**.

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.

With the victories, SISC clinched **second place in the overall ranking** of the premier international schools' athletic competition featuring **Brent International School Baguio, Brent International School Manila, Brent International School Subic, British School Manila, Cebu International School, and Faith International Academy.**



SGEN MUSIC & MONOLOGUES 2025: A CELEBRATION OF ARTISTIC BRILLIANCE



The highly anticipated **SGEN Music and Monologues 2025 competition**, hosted by **Stonyhurst Southville International School - Malarayat (SSISM)**, brought together talented students from across the Southville Global Education Network (SGEN) for a night of artistic excellence. Held on March 26, 2025, the event was a mesmerizing display of musical prowess and theatrical storytelling, leaving an indelible mark on all who attended.

Six SGEN schools showcased their finest performers: **Asian SEED Academy of Technology (ASAT)**, **Southville International School affiliated with Foreign Universities (SISFU)**, **Southville International School and Colleges (SISC)**, **Stonyhurst Southville International School - Batangas (SSISB)**, **South Mansfield College (SMC)**, and **SSISM**. Each school delivered exceptional performances, highlighting the passion, resilience, and dedication of its students.

In the spirit of competition, participants vied for the top spots in various categories, and the **SISC Monarchs** proudly made their mark with outstanding performances:

SISC Delegates:

- **Sophia Dominique Varona** (Pop Solo Singing)
- **Princess Charlyn Wenceslao** (Pop Monologue) – **2nd Place** 🏆
- **Muskaan Kutty** (Musical Solo Singing)
- **Mikaela Rhiz O'Connor** (Musical Monologue)

Behind these remarkable performances were the dedicated coaches and mentors whose unwavering guidance and expertise helped shape the students' success:

SISC MnM Coaches:

- **Mr. Joseph Asoy**
- **Mr. DJ Caraan IV**
- **Mr. Aron Tuppal**
- **Ms. Angel Millar** (Scriptwriter & Contributor)

The SGEN Music and Monologues 2025 competition was more than just an event—it was a platform for young artists to express their creativity, challenge their limits, and celebrate the power of performance. Congratulations to all participants and winners for making this year's competition an unforgettable success!



MONARCH PRIDE:

FRANCO SVEN PREPEÑA EXCELS ON THE GLOBAL STAGE!

Southville proudly welcomes back our very own **Franco Sven Prepeña** (Grade 4), one of the winners of the **2025 Guangdong-Hong Kong-Macao Greater Bay Area Mathematical Olympiad Final Round!** Competing as part of the Philippine team, Franco showcased his exceptional mathematical skills, rising above 1,600 participants from around the world.



His victory reflects dedication, perseverance, and the pursuit of excellence—qualities that define a true Monarch! Congratulations, Franco! Your Southville family celebrates your incredible achievement and the inspiration you bring to aspiring young mathematicians.

#SouthvillePride #MonarchExcellence #MathChampion

APRIL 9 IS A HOLIDAY

Malacañang has declared **April 9, 2025**, Wednesday, a regular holiday throughout the country, in commemoration of **Araw ng Kagitingan**, or **Day of Valor**. It pays tribute to the brave Filipino soldiers who made the ultimate sacrifice during World War II.

There will be no classes, and offices will be closed in SISC on this day. Regular classes and office work will resume on April 10, 2025, Thursday.

SECOND TERM PARENT-TEACHER CONFERENCE (PTC) ON APRIL 10 & 11

The **Second Term Parent-Teacher Conference (PTC)** will be held on the following dates:

- ♥ **April 10, 2025 – International Baccalaureate (IB)**
- ♥ **April 11, 2025 – Preschool to Grade 12**

The PTC can be attended in person or virtually via Google Meet. Your child's class adviser will send you a personal meeting link before your scheduled conference.

To accommodate the PTC, there will be **no classes on April 10 for IB students and on April 11 for Preschool to Grade 12 students.**

This conference is an opportunity to connect with your child's class adviser and gain insights into their academic progress and overall school experience. Additionally, you may also meet your child's sponsor—a designated teacher, officer, or staff member who regularly supports and guides your child. If you're unsure who your child's sponsor is, you may ask their class adviser for the sponsorship list.

We encourage all parents to take advantage of this opportunity to engage in meaningful discussions about their child's education. See you at the PTC!





MONARCHS MOMENTS

STAR AND MUNICH CAMPUSES

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Senior Kinder Reader's Theater:
Bringing Stories to Life!

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MONARCHS MOMENTS

MUNICH & STAR CAMPUSES

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Senior Kinder students shine in their Reader's Theater performance!

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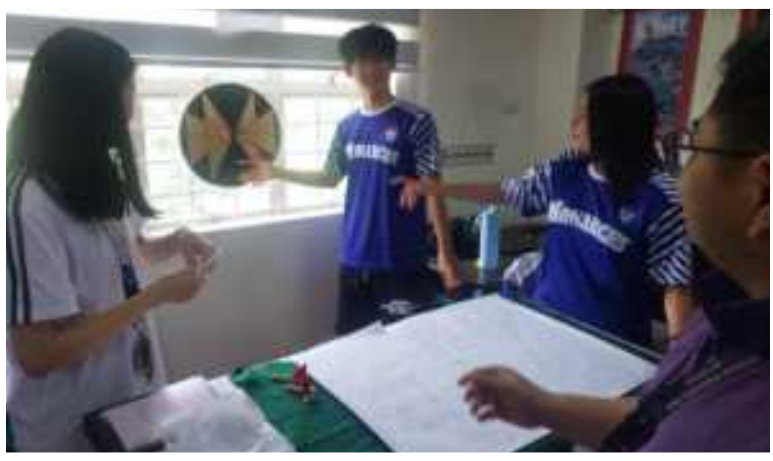
MONARCHS MOMENTS

LUX CAMPUS

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Science, Technology, Engineering, Art, and Mathematics (STEAM) Week ignited creativity and innovation, with our high school students displaying exceptional projects in Science, Math, Art, and AI-ICT.

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MONARCHS MOMENTS

IB CAMPUS

“ On Thursday, March 28, the IB 2 students concluded their **Theory of Knowledge** journey with the annual **TOK Exhibition** held at the Tropical Building Multipurpose Hall, following the theme, **"The Map is Not the Territory."** ”

The event featured the students' exhibition objects as well as the presentations of 5 selected plenary speakers, namely **Liam Daniel Mead, Koo Bonyeon, Mun Juwon, Lee Jisoo,** and **Brielle Victoria Rodriguez.** Each speaker presented their writeups and exhibitions, sharing best practices to the IB 1 and 10th grade students of Luxembourg Campus.



VALUE OF THE WEEK

*Making a Strong Sense of Connection with
People in the Community*

By Your Side

by: Mason G. Perez (7 - Resilience)

Hello, friend! I know you might be thinking of skipping this, and that's fine. But if you could spare just a couple of minutes, I'd really appreciate it.

Let me share a quick story. One time, Miss Nessie asked me to speak on stage. I was a bit nervous but I eventually gathered the courage to say yes. She asked me what the hardest task I'd faced in Grade 7 was so far. After thinking for a moment, I said the Sci Paper. Then she asked how I managed to get through it. My answer? Friends.



Sure, friends can be a little annoying or frustrating at times, but they also lighten the mood, especially when the classroom is becoming chaotic. Our friends add color to our otherwise boring school days and piles of challenging homework.

Haven't you noticed that as we get older, we slowly drift away from our families - from our parents or guardians? We don't even want our parents walking us to school anymore. What we love though, is stalling our pick up time after dismissal so we can spend more time with our friends.

Here's what I think: 80% of school is made up of lessons and tasks, and only about 20% is recess and lunch. But the one thing that's constant in all of it is that we're always with our classmates - our friends. Because we are comfortable around our friends, even sharing things we'd never tell anyone else. Yes, they can drive us crazy, but they also motivate and inspire us.

When I was working on the Sci-Paper, I felt stressed and a bit lost, almost like I was back in Grade 6 doing PASS. I was juggling other school tasks and activities while trying to finish the first chapter, which left me feeling confused. However, my teammate was always there to help and encourage me. With his support, we were able to finish faster than I expected.

So yeah, sometimes friends are all we need to get through the toughest challenges. If you feel alone and lonely, reach out to your friends. Don't keep all those emotions bottled up inside you, because they will hurt more the longer you keep them in. Always remember, a true friend is someone who never leaves us stranded. True friends inspire us and pull us up when we are down.

If you are still reading this, thank you!

I just have one last thing to say. It's a quote I made and I think it's pretty cool.

"One person can do something, but with friends, anything" - ME :)

I wish you a great day!

SOCIAL-EMOTIONAL LEARNING (SEL) CORNER

The secret to ACADEMIC EXCELLENCE



GOAL SETTING



Set **SMART** goals: Specific, Measurable, Achievable, Relevant, and Time-bound.


Break big goals into smaller steps and track progress to stay on course.

TIME MANAGEMENT

Use a planner to organize tasks. Balance study and breaks for consistency. Break work into small steps to stay on track.

STUDY HABITS

Try the **Pomodoro Technique**. Study for 25 minutes, then break for 5 minutes. Use active recall and spaced repetition to boost memory. Study in a distraction-free space for better focus.



CONFIDENCE & GROWTH MINDSET

Celebrate small wins to build motivation.



See challenges as learning opportunities. Accept feedback and use it to grow.



WELLNESS & BALANCE

Get enough sleep, eat well, and exercise for better focus. Take breaks, enjoy hobbies, and practice mindfulness to reduce stress.



STARS, HEARTS, AND LAURELS: ALUMNI ACHIEVERS SPOTLIGHT

Welcome to our "**Alumni Achievers Spotlight**" – a dedicated corner where we celebrate the remarkable accomplishments of our former students. Our alumni have gone on to achieve great success in various fields, serving as a source of inspiration for current students and parents alike. In this space, we will share their inspiring stories, achievements, and the valuable lessons they've learned on their journey from our school to their dreams. Join us in celebrating the excellence of our alumni and discover the limitless possibilities that await our current students.



SISC provided a strong academic foundation that helped me excel in university by developing my critical thinking, research, and time management skills. The school's rigorous curriculum prepared me for the challenges of higher education, making the transition smoother.

Beyond academics, Southville fostered personal growth by instilling values of leadership, independence, and adaptability. The diverse student community and extracurricular activities helped me build confidence, teamwork skills, and a strong work ethic, all of which have been valuable in both my university life and personal development.



Kristine B. Torralba
Class 2018
Auditor

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

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

[K12 and IB Bulletins](#)

Heat Rash

A heat rash, prickly heat rash or sweat rash is a group of tiny pimples or blisters on the skin caused by sweat trapped in the glands. The rash can be painful or itchy.

How can I prevent heat rashes?



- Wear lightweight clothing and clothing that doesn't cause friction by rubbing on the skin.
- Wear clothing made of cotton and avoid synthetic fabrics.
- Stay in environments with airflow (fans) or an air conditioner when it's hot.
- Keep your body cool and dry.
- Stay hydrated and drink plenty of water.
- Avoid excessive activity in very hot or humid temperatures.

Symptoms of heat rash



Small, raised spots

Itchy, prickly feeling

Mild swelling

Mild pain or a light burning sensation

Management and Treatment

➔ To keep your skin cool

- Wear loose cotton clothing.
- Use lightweight bedding.
- Take cool baths or showers.
- Drink plenty of fluid to avoid dehydration.

➔ To calm the itching or prickly feeling

- Apply something cold, such as a damp cloth or ice pack (wrapped in a tea towel), for up to 20 minutes.
- Tap or pat the rash instead of scratching it.
- Do not use perfumed shower gels or creams.

➔ When to seek a doctor

- See your health care provider if your symptoms last longer than around 3-4 days or the rash seems to be getting worse.



“Stay Cool and Rash-free”



References:

- <https://www.nhs.uk/conditions/heat-rash-prickly-heat/>
- <https://my.herefordshire.nhs.uk/health/conditions/22440-heat-rash-prickly-heat-prevention>

