



# SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES

SPB Issue No. 11 | ACADEMIC YEAR: 2025 – 2026 | November

## STUDENTS AND PARENTS' BULLETIN

*Senior High School*

# DISCIPLINE REORIENTATION 2025



### VISION

SISFU will be the leading transnational university that develops global leaders and professionals. It is distinguished by its excellent academic standards, outstanding instructional methodologies, relevant research, high levels of student achievement, a culture of innovation, and strong partnerships with ranked educational institutions. Its graduates are sought after by top national and global organizations.



### MISSION

SISFU, the premier transnational university in the Philippines, delivers globally-relevant quality undergraduate and graduate programmes developed by accredited educational partners from the UK, Australia and the USA. Using rigorous international standards in instruction, assessment and research, and supported by excellent facilities, highly-qualified faculty and industry collaboration, SISFU prepares students to be globally competitive, competent professionals, successful entrepreneurs, leaders and movers of society.

# Paladins reaffirm SISFU Values in Discipline Reorientation Session

On November 3, 2025, SISFU Senior High School students gathered at the Multi-Purpose Hall for the Discipline Reorientation, held from 4:00 to 5:00 PM. This session served as an important reminder of the school's ongoing commitment to cultivating a culture of integrity, respect, and responsibility among all Paladins.

The reorientation emphasized the importance of adhering to SISFU's core values, policies, and standards of conduct – essential elements that uphold the identity and spirit of the Paladin community. Students were guided through discussions on proper behavior, academic honesty, and digital responsibility, highlighting how discipline extends beyond compliance and becomes a reflection of one's character and leadership.

The session also encouraged students to view discipline not merely as a set of rules, but as a pathway to personal growth and excellence. By understanding and practicing these principles, Paladins are better equipped to make responsible decisions, maintain positive relationships, and contribute meaningfully to the SISFU environment.

As the session concluded, students were reminded that being a Paladin means living with purpose, respect, and integrity—values that continue to define SISFU's pursuit of excellence both in academics and values formation.





# SEL WORKSHOP SERIES NO. 2: Emotional Regulation & Mindfulness



## **Finding Calm and Connection: SISFU's SEL Workshop Series No. 2**

On November 7, 2025, the SISFU community gathered for the SEL Workshop Series No. 2: "Emotional Regulation and Mindfulness", held from 3:00 to 5:00 PM at the Multi-Purpose Hall, with FLEX students joining remotely via Zoom.

The session, facilitated by Teacher Tala, guided students through meaningful discussions and interactive activities centered on emotional awareness, regulation, and mindfulness. One of the event highlights was the Gingerbread House Challenge, an engaging and creative exercise that encouraged participants to reflect on patience, focus, and teamwork — essential components of emotional balance.

Through this workshop, students learned practical strategies to manage emotions, stay present, and cultivate a sense of calm amidst daily challenges. The session underscored SISFU's continued commitment to fostering not only academic excellence but also emotional well-being and resilience among its Paladins.



# LIKHA'T YAMAN 2025: A Glimpse of the Philippines through the Regions



## **Likha't Yaman: Showcasing Filipino Creativity, Culture, and Pride**

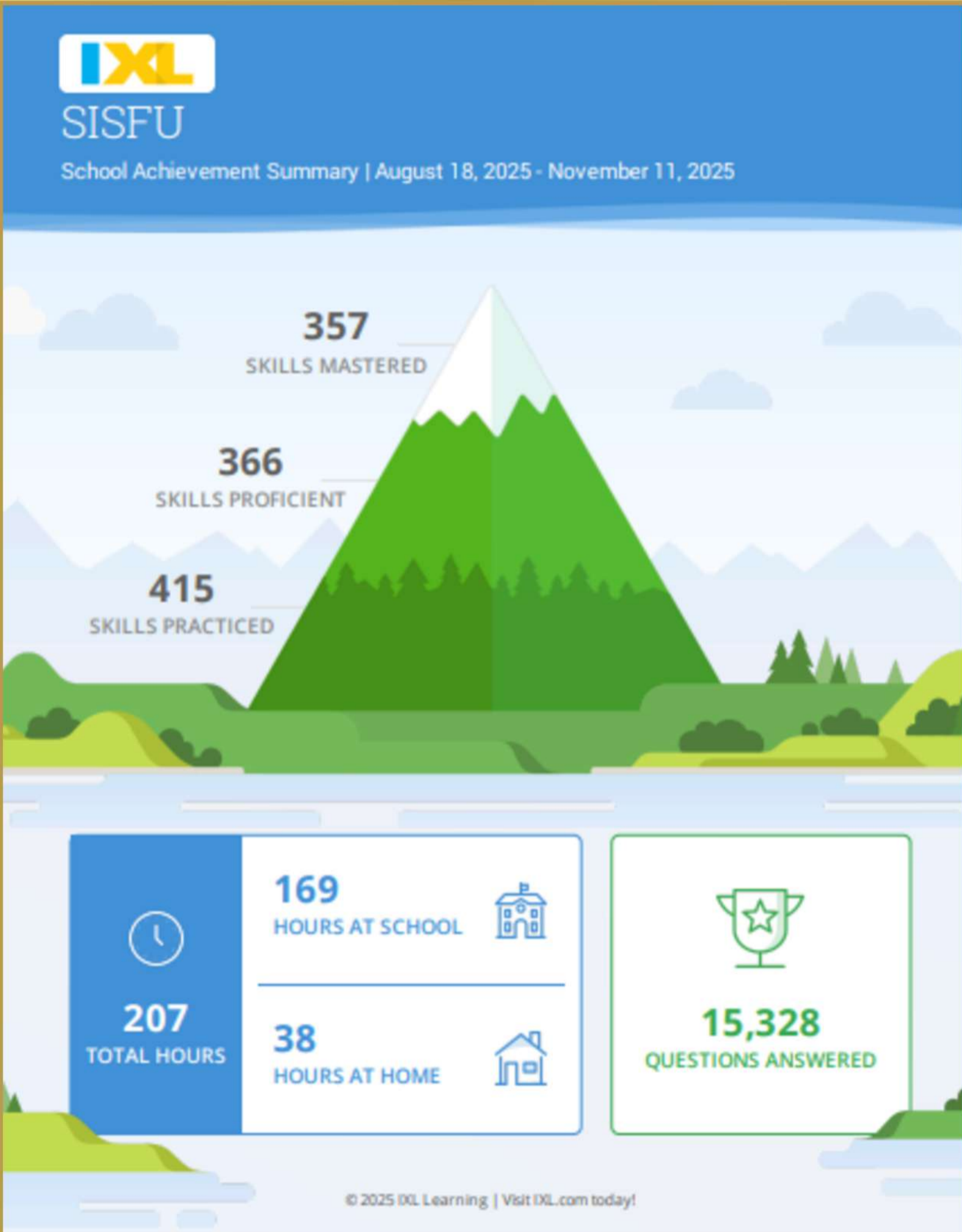
The Grade 12 Senior High School students showcased Filipino artistry and culture in their culminating event, "Likha't Yaman: A Glimpse of the Philippines through the Regions."

The event featured Mr. Juan Anton Bermudez as guest speaker, who delivered an insightful talk on the works of National Artist Fernando Amorsolo and his timeless portrayal of Filipino life.

After the talk, students officially opened the Likha't Yaman Bazaar, highlighting regional-inspired artworks, crafts, and local products. The event celebrated creativity, culture, and the enduring richness of the Filipino spirit.



# RAISING THE BAR: Grade 11 Paladins Achieve Remarkable IXL Progress





# ARENA OF BLOCKS AND LEGENDS



Get ready to power up, Paladins!

The tournament has been rescheduled to November 12, 2025, from 1:00-4:00 PM. Join us for an afternoon of action, strategy, and fun!

 Mobile Legends: Bang Bang (5v5)

 Multi-Purpose Hall

 Roblox: Ink Games (Obby Challenge)

 Room 310

 Bring your own device — 10 PCs available on a first-come basis.



# SISFUN HOUSE CUP



SOUTHVILLE INTERNATIONAL SCHOOL  
AFFILIATED WITH FOREIGN UNIVERSITIES



STUDENT SUPPORT CENTER - STUDENT AFFAIRS AND SERVICES



# SISFUN HOUSE CUP

## Basketball Tournament

17 NOVEMBER | 5 00 PM - 6 30 PM  
SISFU GYM

HOSTED BY

*Blue*  *Titans*



# SISFUN HOUSE CUP



Basketball

# GAME SCHEDULE



GOLDEN GRIFFINS

GAME 01  
5 00-5 30 PM

VS



WHITE FOXES



MAROON DRAGONS

GAME 02  
5 30-6 00 PM

VS



GAME 01 WINNER



GAME 01 LOSER

GAME 03  
6 00-6 30 PM

VS



GAME 02 LOSER



# CAREER MENTORING SERIES NO. 1: Dream to Direction: Empowered Futures Begin Here!



SOUTHVILLE INTERNATIONAL SCHOOL  
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STUDENT SUPPORT CENTER - CAREER SERVICES



SISFU  
STUDENT SUPPORT  
CENTER

PRESENTS

# DREAM TO DIRECTION:

## EMPOWERED FUTURES BEGIN HERE!

CAREER MENTORING  
SERIES NO.1

WEDNESDAY

NOV 19

9 TO 11  
AM

@ SISFU  
Multipurpose Hall



**REGISTER NOW!**

COME IN FORMAL  
BUSINESS ATTIRE:

*Ms. Kim Vergara  
Business Expert*

*Mr. Gerard Deinla  
Data Analytics Expert*

*Dr. Rene Aligonero  
Hospitality Expert*





# CALENDAR OF ACTIVITIES



**DON'T  
FORGET**

**November 12-14, 2025**

Term 1 Completion of Requirements

**November 12, 2025**

Arena of Blocks and Legends hosted  
by Digital Alliance

**November 13, 2025**

SISFU on Air no. 2

**November 17, 2025**

SISFUN House Cup - Game 1 hosted  
by Blue Titans

**November 17-19, 2025**

Term 1 Completion of Requirements

**November 19, 2025**

CAREER MENTORING SERIES NO. 1:  
Dream to Direction: Empowered Futures Begin Here!





# PALADIN'S PAGE



## **From Awareness to Action: How Students Can Spark a More Sustainable Future** **Sophia Eunice S. Leonardo**



To sustain is to maintain. In this generation where time is filled to the brim with responsibilities and distractions, every action and inaction impacts the future of sustainability. As knowledge of healthier practices reaches us through the phones in our hand, we sometimes forget we have another hand to start with and contribute to the change.

As a student, I can empower my generation to contribute to building a more sustainable future for my community and the planet, by combining instant gratification with the achievement of long-term goals. Showing the perspective of simplicity and fulfillment with small actions opens up the possibilities of what else can be done, cultivating a mindset towards easy sustainability.

Generation Z is more aware and diverse; we have opened our eyes to a multitude of faulty systems, traveled paths less taken, accomplished consistent and creative works, adapted to modern technologies, nurtured the work-life balance, and brought greater awareness to mental health. Most of the things we do, from understanding a harsh reality, would be trying to soothe ourselves - because that's where we'll see fast results in feeling better, similarly to the fast lives we've been living. Sustainability is often overlooked, only considered when it comes to mind or when it's convenient. For example, people buying groceries and seeing eco-bags at the cashier's counter, realizing they could have brought their own from home or choosing to use that packaging in that moment only.

A win-win situation catering to both sustainability and people's self fulfillment, is to create a rewarding experience that allows us to do small sustainable actions deliberately. Considering the struggles with mental health and the way society functions, healthy and genuine dopamine is challenging to grasp - this is where we come in. First, it's vital for even just myself to take eco-friendly actions and show up as an example of my belief everyday as inspiration for those around me in my life. Second, continuously promoting awareness online alongside school events cultivating creative activities that take small actions: requiring guests to bring personal cutlery and plates with incentives for those going the extra mile, having a pizza-party for reaching a class' goal in recycling, producing online art challenges with sustainability tie-ins (open to the public) to raise awareness while opening the participants' minds, and so much more. Third, regularly compiling and presenting the results of my school's efforts in sustainability and how it's boosted our creativity, improved health, reduced wastage, etc., to remind us that outcomes do show up quickly after consistent efforts. Generally, small actions accumulate into hitting one big goal, then another, until the overall.

All in all, having knowledge and taking consistent action to contribute in building a more sustainable future is accompanied by the right mindset. It's crucial to open our eyes too, to the growing beneficial impacts of our small practices - creating a positive atmosphere, not too pressuring or draining - and integrate it daily until it's muscle memory. What better way to maintain sustainability, with actions that reward us today and tomorrow.



# VALUE OF THE WEEK



## Valuing Effort and Hardwork



**"We're wired to value the effort we see, even more than the results it brings."**

Azim Shariff

In this talk, Dr. Azim Shariff examines how our society often links the amount of effort someone puts in with their moral worth. Even when effort doesn't produce tangible results, we tend to view hard workers as more trustworthy or more virtuous.

He calls this tendency "effort moralization."

**SCAN  
ME**





# PALADINS' PAGE



**How does it make you feel when you finally get better at something you struggled with before? What does that say about effort?**

**I feel proud of myself with intense joy. It shows that effort truly matters and teaches us the value of consistent practice.**

**-Andrius L. Datingguino**

**It gives me a feeling of happiness and satisfaction. It shows that our effort truly pays off.**

**-Reden Anthony A. Ayala**

**It makes me feel proud of myself that I was able to push through, even when I started out small.**

**-Elisha Borines**



# SOCIO-EMOTIONAL LEARNING CORNER



**True success comes from the effort you give, not just the results you get.**

## Why it Matters:

In a world that often measures success by results, it's important to remember the value of effort and persistence. As Azim Shariff reminds us, we naturally admire people who work hard — not just for what they achieve, but for the dedication behind their actions. Learning to value effort helps students stay motivated even when outcomes aren't immediate. It builds character, resilience, and a sense of purpose — showing that growth happens through consistent hard work and reflection, not perfection.

## SEL Focus Skills

- **Self-Management** – Build perseverance by staying committed to tasks even when they become challenging.
- **Growth Mindset** – See mistakes and struggles as opportunities to learn and improve.
- **Self-Awareness** – Understand what drives your motivation and recognize the effort you put into your goals.
- **Responsible Decision-Making** – Choose to put in effort where it matters most, not just where it's easy.
- **Resilience** – Learn to bounce back from setbacks and continue giving your best.

## Practical Tips for Students

- **Keep Showing Up** – Consistency beats perfection; small efforts each day create big results over time.
- **Reflect on Your Progress** – Ask yourself what you learned from challenges instead of focusing only on outcomes.
- **Celebrate Effort** – Acknowledge hard work — your own and others' — as a form of success.
- **Stay Patient** – Trust that your dedication will pay off, even if results take time.
- **Encourage Others** – Support peers who are trying their best; effort inspires effort.

**SCAN  
ME**





# MEDICAL CORNER



**DENGUE FEVER**  
INFOGRAPHICS

See a doctor  
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

**PREVENTION CONTROL**

**TREATMENTS**

**SYMPTOMS**

Muscle pains Neck Pain Carbuncle Stomach Ache High fever Diarrhea Vomit

## Dengue: Know the Signs, Stay Safe

Dengue is a mosquito-borne viral infection spread by Aedes mosquitoes.

Symptoms include high fever, headache, muscle and joint pain, rash, and nausea. Severe cases may cause bleeding or breathing difficulties—seek medical help right away.

Prevent dengue by eliminating stagnant water and protecting against mosquito bites.

SCAN ME



# STUDY HABITS



## The Exam Success Plan: How to study smarter, not harder

- **Plan Ahead** - Set a study schedule early so you can manage your time and avoid cramming.
- **Stay Organized** - Keep your notes, materials, and workspace neat to help you focus better.
- **Study Smart** - Use active methods like summarizing, making flashcards, or self-testing.
- **Take Breaks** - Follow short study sessions with brief breaks to stay alert and avoid burnout.
- **Rest and Recharge** - Get enough sleep and eat well — a healthy body keeps your mind sharp.





# SENIOR HIGH SCHOOL HIGHLIGHTS



# PALALANDINS





# SHS VARSITY JACKET



## Wear the Paladin Spirit. Live the Legacy.

Gear up, SHS! The Society Varsity Jacket is finally here—more than just a jacket, it's a badge of pride and community. Get yours now and show off your SHS Paladin pride in style!



**ORDER NOW**



### UNISEX

ACCEPTABLE TOLERANCE ± 0.5" MEASUREMENTS ARE IN INCHES

SIZE	CHEST	BODY LENGTH
XS	20"	25.5"
S	21"	26.5"
M	22"	27.5"
L	23"	28.5"
XL	24"	29.5"
2XL	26"	31.5"
3XL	27"	32.5"



# AROUND SGEN



## CONGRATULATIONS

for passing the CERTIFIED PUBLIC ACCOUNTANCY LICENSURE EXAMINATIONS (CPALE) 2025



**TRIXIE ANARETA, CPA**



**STEPHEN BLAS, CPA, CTT**



**MADONNA GALLIDO, CPA**



**JOMARI TORRES, CPA**

# 100% PASSING RATE

**\*NATIONAL PASSING RATE: 34.02%**





# BE A SISFU PALADIN TODAY!



## CONGRATULATIONS DE MONTFORT UNIVERSITY GRADUATES!



EARNED  
2 YEAR  
POST STUDY  
WORK VISA



FROM SISFU TO DE MONTFORT UNIVERSITY, UK  
67% OF OUR GRADUATES EARNED UK FIRST-CLASS HONOURS IN UK  
(DISTINCTION | UK HIGHEST-LEVEL AWARD)

CONTACT US: (632) 8820 - 9181

0998-963-5282 | 84 | 85 | 86

WWW.SISFU.EDU.PH

# SISFU SENIOR HIGH SCHOOL

*Where Students Thrive*

## ACKNOWLEDGEMENT FORM



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Southville

## SENIOR HIGH SCHOOL DEPARTMENT

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SHS Principal/ Allied Programmes Head  
Director, Academic Operations and Student Support



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SHS & Allied Programmes Coordinator

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