



# SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES

SPB Issue No. 16 | ACADEMIC YEAR: 2025 – 2026 | December

## STUDENTS AND PARENTS' BULLETIN

*Senior High School*

### PALADINS SHINE AT THE SGEN ACADEMIC OLYMPIAD



#### 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.



## **Celebrating our Paladins' outstanding achievements at the SGEN Academic Olympiad**

Congratulations, SHS Paladins!

We are incredibly proud of our Senior High School Paladins who represented our school at the SGEN Academic Olympiad held on December 12, 2025, at Stonyhurst Southville International School - Batangas. Your dedication, passion, and courage truly stood out as you shared your talents among fellow SGEN learners.

Our warmest congratulations go to **Sophia Eunice Leonardo** for earning Bronze in Essay Writing, **Austin Phoenix Alviento** for securing Bronze in Impromptu Speaking, and **Franz Aldrich Labanen** for achieving Bronze in the Spelling Bee. Your accomplishments are a testament to your hard work, and you have brought pride and honor to our school. We celebrate this moment with you—well done, Paladins!

We also extend our heartfelt appreciation to **Jan Matthew Vives, Reden Ayala, Zane Schuyler Tinimbang, Samuel Caleb Surla, Crystoph Paculan, and Sarah Lugod**. Thank you for your commitment, perseverance, and willingness to embrace the challenge. Your efforts reflect the true spirit of a Paladin.

Thank you for representing us with integrity, determination, and pride. We couldn't be prouder of each one of you.





# SISFU OPEN DAY & KALEIDOSCOPE BENEFIT CONCERT



SISFU Open Day 2025—together with its Benefit Concert—was a vibrant celebration filled with energy, laughter, and school spirit. Our Senior High School students played a major role in its success, especially through their food booths, **The Dipping Point** and **Nacho Problem**, both of which sold out thanks to their creativity, hard work, and entrepreneurial drive.

Guests also enjoyed the **SHS Society** booth activities, including a lively photo booth where students and visitors captured fun and memorable moments.

The excitement continued at the Benefit Concert, where students showcased their talents through music and dance. Several SISFU Ambassadors also took the stage, delivering standout performances that energized the crowd and highlighted their leadership and artistry. Among the performers and special guests were our very own SHS students, **Dea Fernandez, Emman Franc, and Jeremiah Ong** whose performance and presence added warmth, confidence, and star quality to the show.

The event was a joyful display of camaraderie, talent, and community spirit. From the sold-out booths to the dynamic performances, SISFU Open Day 2025 truly celebrated the dedication and vibrancy of our students—an unforgettable day that left everyone looking forward to the next one.





# SHS YULTIDE PARTY 2025



## SHS Yuletide Party 2025: A Heartwarming Celebration of Community, Joy, and Holiday Spirit



The SHS Yuletide Party 2025 was a warm and enjoyable gathering that brought Senior High School students together before the year came to a close. The event offered everyone a chance to pause from schoolwork, spend time with classmates, and enjoy a relaxed year-end celebration.

Students shared a meal together, giving them time to talk, laugh, and reconnect. It was also a chance for students from different strands and sections to interact and enjoy each other's company before the holiday break.

Throughout the afternoon, several games were prepared, allowing students to participate, cheer, and have fun in a friendly atmosphere. Some students also took part in an Open Mic portion, where they shared simple performances that added to the enjoyable and laid-back mood of the event.

The program included a raffle draw with a variety of prizes. Each announcement brought excitement, and even those who didn't win still appreciated being part of the moment.

Overall, the SHS Yuletide Party 2025 was a simple yet meaningful way to end the year. It emphasized the value of being together as a school community and appreciating the shared experiences that made the afternoon memorable.



# THANK YOU, SISFU SHS FAMILY!



Dear Students and Parents,

As we close another meaningful year, we extend our heartfelt gratitude for your unwavering support in all our programs and initiatives. Your active participation, cooperation, and trust have been instrumental in making this season truly successful and memorable. We are deeply thankful for the strong partnership we share with our families, which continues to strengthen our school community.

We would also like to congratulate all our students for their hard work, dedication, and achievements since the start of the academic year last August. Your efforts and growth over these past months inspire us to continue providing meaningful learning experiences. These accomplishments truly reflect our commitment to SISFU Senior High School—where students thrive, guided by holistic education, strong values, and a nurturing learning environment.

As we move forward, we remain dedicated to fostering a community where every learner is supported, challenged, and empowered to reach their full potential—staying true to our promise that SISFU Senior High School is where students thrive.

We look forward to welcoming you back next year as we continue to grow, learn, and work together toward even greater achievements, raising the bar every time.

Wishing everyone a joyful and restful holiday season this December. May you spend it with warmth, happiness, and the people who matter most.

Thank you, and see you next year!

Grateful,

SISFU SHS Team





# BUILDING A SAFE AND POSITIVE SCHOOL COMMUNITY

Student discipline is fundamentally about character formation. It is not merely the enforcement of rules, but the intentional development of values such as responsibility, self-control, respect, and accountability. For discipline to be truly effective, these values must be consistently reinforced in school, at home, and within the wider community, allowing students to practice good character in all aspects of their lives.

Adhering to school policies and reading the Student Handbook is essential for fostering a safe, respectful, and productive learning environment. These guidelines guide students not only inside the school but also outside, promoting discipline, responsibility, and respect for others.

Parents and guardians are also expected to support and follow these policies, ensuring a strong partnership between home and school.

By knowing and following these rules, we can all contribute to a positive and thriving school community.

**STUDENT  
HANDBOOK**





# HOLIDAY READING ASSIGNMENT



Dear SHS Paladins,

Reading plays an important role in your learning. It helps improve your understanding, builds your vocabulary, and strengthens skills that you will use throughout your life. To help you continue developing these skills, we are giving you a holiday reading task to complete during the break.

Attached to this letter is a list of recommended reading materials appropriate for your grade level. You are encouraged to read at least one book over the holiday break—whether you are traveling or staying at home. When you return to school, your teacher will provide a reading log for you to complete based on what you read.

If you have any questions about the reading task, feel free to reach out through our official communication channels.

Enjoy your break and happy reading!

## RECOMMENDED BOOKS





# CALENDAR OF ACTIVITIES

**DON'T FORGET**

**December 15, 2025**

Start of Christmas Break

**January 5, 2026**

Resumption of SHS Classes

**January 16, 2026**

SHS Term 1 Parent-Teacher Conference

**January 19-23, 2026**

SHS Term 2 Midterm Assessments





# PALADIN'S PAGE

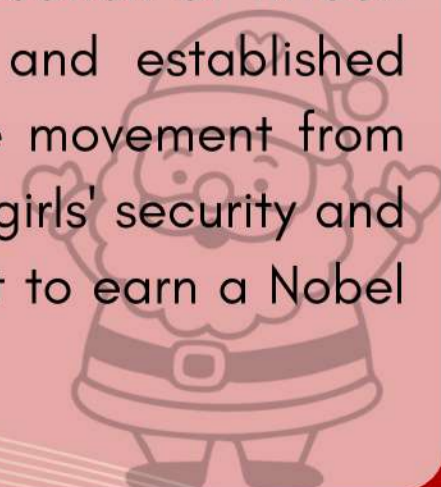


## The Youth and Seeds: Growing Without Limits

Planting a seed today and watering it regularly, will bring a plant or tree or flower – diverse, yet all beneficial in our environment, similar to our younger generations. As they are the future of the world, the next fifty years will be described through the results of a consistent investment or watering in the present: offering quality education and fostering a sustainable mindset. Fortunately, their role is to simply be young and continue to blur the lines of limits they aren't fully aware of yet.

Children believe anything's possible, especially when the fiction they hear is told with such conviction and inspiration – so why not appertain that wonder into something real? Youth organizations such as ChildHope PH and Sea Shepherd International, have transformed the “What if's” of society into “What next?” In providing educational and medical services to marginalized children to have accessible opportunities, as well as cleaning and protecting marine life from illegal fishing or habitat destruction, these young people have been shaping wider perspectives of inclusivity and hope while displaying how influential every action can be anywhere you are – just like a ship.

If actions hold so much power and consequences, then so do words distinctly when both are used side by side. Young activists Greta Thunberg and Malala Yousafzai began advocating for climate change and female education at fifteen and eleven years old respectively. They have both achieved and established numerous changes, notably igniting a worldwide climate change movement from the initial “Fridays for Future” school strike and “Malala Fund” for girls' security and stability while learning – additionally Yousafzai being the youngest to earn a Nobel Peace Prize.





# PALADIN'S PAGE



This all, is synonymous with presenting a curious traveller the correct path after they spent time searching for signs indicating the way; it's empowering children to believe in their capabilities and presenting them opportunities to do so. The hard facts and information guides and aids us, but it is our minds that will discover destinations unheard of, hence why being young entails silly imaginations or weird perspectives - they're still learning about the world, but for quite a while, they have their own. We must cultivate children to embrace proactive initiative, similar to the youth organizations and activists earlier, to find a way to correlate their creativity and passion to global issues they experienced or understood while growing up. Through practical steps of quality education, local exposures (field trips/outreaches), and guided freedom, the younger generation may not only be the future, but as well as the solution in ensuring a healthier, safer, livable planet.

Some may say their role is to continue and improve established systems and practices we have today, to focus on the hard facts and to change those statistics.

This may be true, but it's better to balance these alongside fresh and creative ideas to integrate the old and new, akin to building new infrastructure on the once green land. Let children grow with their ideas, the way a seedling grows through the cracks of cement.

***“When we nurture the minds of the young, we don't just shape the future—we let it bloom. Every idea they imagine, every step they dare to take, becomes a seed of change planted in the world we leave to them.”***



**SOPHIA LEONARDO**

Grade 11 - ABM



# VALUE OF THE WEEK



## Developing Sensitivity to the Needs of Others



*“Empathy is our Superpower!”*

Anita Nowak

Anita Nowak explains that empathy is a powerful human ability that allows us to truly understand and respond to the needs of others. She highlights two types of empathy – emotional (feeling with someone) and cognitive (understanding someone’s perspective) – and shows how developing both leads to deeper connection, kindness, and positive change. She argues that empathy isn’t a fixed trait but a skill we can strengthen through practice, presence, and intentional listening. When we choose empathy, we create more compassionate relationships and a more humane world.

SCAN  
ME





# SOCIO-EMOTIONAL LEARNING CORNER



## Sensitivity to the Needs of Others

### Why It Matters:

Learning to understand the feelings, perspectives, and needs of others strengthens relationships and builds a more supportive environment. When students practice empathy, they become more aware of how their actions affect people around them. Sensitivity helps reduce misunderstandings, encourages kindness, and promotes emotional maturity. By becoming more attentive listeners and more compassionate responders, students are better prepared to interact respectfully and effectively in real-life situations.

### SEL Focus Skills:

- **Empathy** - Recognizing and understanding the emotions and experiences of others.
- **Active Listening** - Paying full attention to what someone is saying without interrupting or judging.
- **Perspective-Taking** - Considering another person's viewpoint before reacting or forming assumptions.
- **Social Awareness** - Being mindful of others' feelings, behaviors, and needs within a group or community.
- **Respect & Compassion** - Treating others with patience, understanding, and kindness.

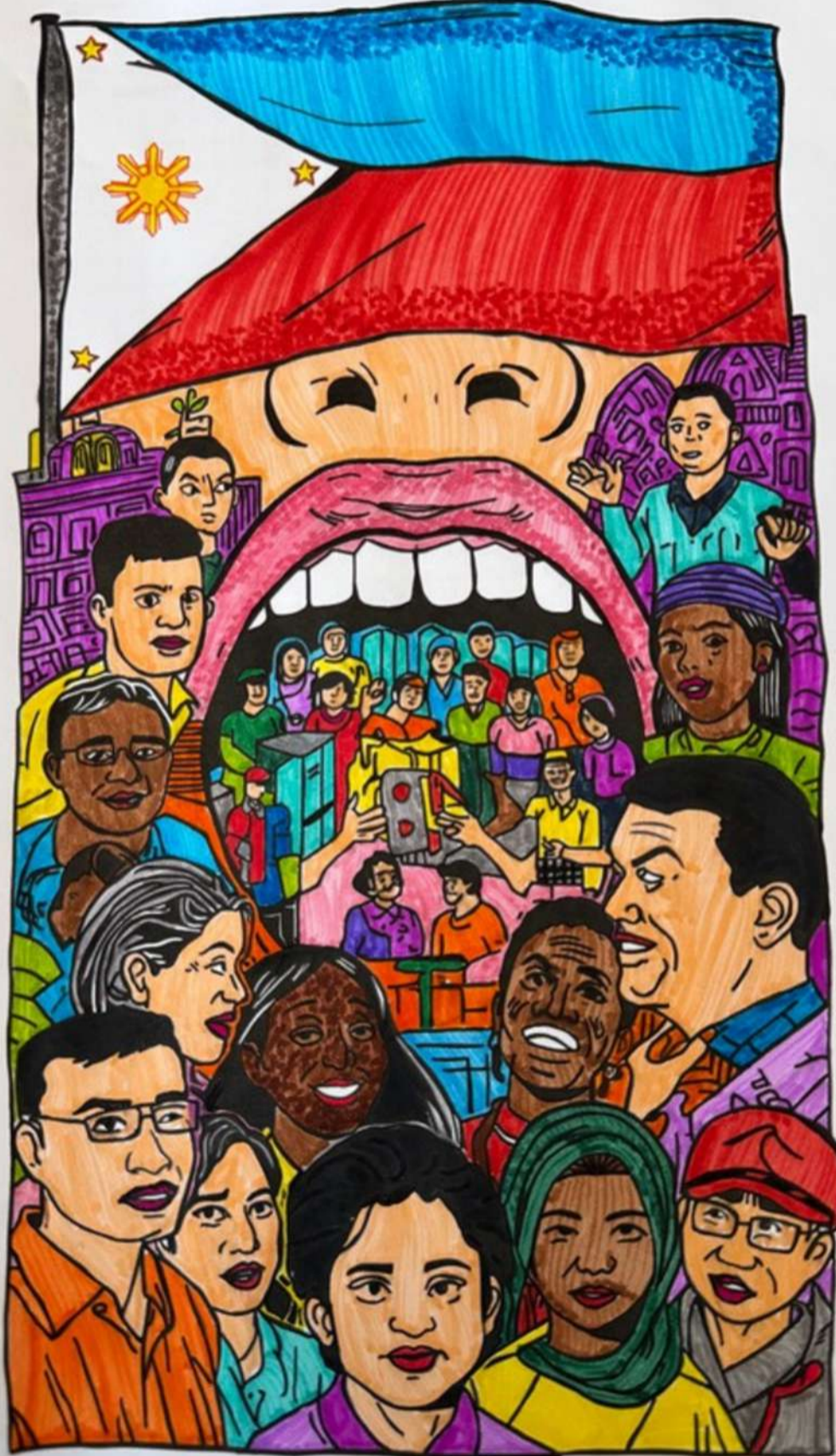
### Practical Tips for Students:

- **Practice Active Listening** - Focus on the speaker, avoid distractions, and reflect back what you heard.
- **Avoid Assumptions** - If you're unsure why someone feels or acts a certain way, ask gently instead of guessing.
- **Pause Before Reacting** - Take a moment to breathe and consider how your response might affect others.
- **Put Yourself in Their Shoes** - Imagine how you would feel if you were in their situation.
- **Show Small Acts of Kindness** - Even simple gestures can make someone feel valued and supported.





# SISFU PALADINS: PRIDE IN CULTURE



**An art piece by  
Hanna Mae Angelie  
Pantollana**



# MEDICAL CORNER



## Allergic Rhinitis (Hay Fever)

Allergic rhinitis is an allergic reaction to airborne substances such as pollen, dust mites, pet dander, and mold. It causes symptoms like sneezing, a runny or stuffy nose, itchy eyes, and nasal congestion, which can affect daily activities and concentration.

Prevention focuses on reducing exposure to triggers, including keeping indoor spaces clean, regularly washing bedding, avoiding known allergens, using air filters, and limiting outdoor activities when pollen levels are high. Seeking medical advice and following prescribed treatments can also help control symptoms



# STUDY HABITS



## The feedback box: Dealing with other people's compliments and criticisms

- **Break it down** - Divide large topics into smaller, manageable parts.
- **Practice consistently** - Study a little every day to build familiarity.
- **Ask questions** - Seek help from teachers or classmates when confused.
- **Use multiple resources** - Try videos, notes, and examples to understand better.
- **Stay patient** - Progress takes time; don't rush or compare yourself.
- **Review and reflect** - Identify what you still don't understand and revisit it.





# SENIOR HIGH SCHOOL HIGHLIGHTS



# PAI-LANDS





# 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



## KINGS CHOIR CONQUERS VIETNAM: LEADING THE PHILIPPINES TO VICTORY





# BE A SISFU PALADIN TODAY!



SOUTHVILLE INTERNATIONAL SCHOOL  
AFFILIATED WITH FOREIGN UNIVERSITIES

Pearson

2 + 2 PROGRAMME

## ACCELERATED UK SENIOR HIGH SCHOOL



ADVANCE YOUR CAREER BY EARNING  
THESE CREDENTIALS

- SHS DIPLOMA
- PEARSON HIGHER NATIONAL CERTIFICATE
- UK BACHELOR'S DEGREE

Enrol Now!



**JEREMIAH ONG**  
TRAVEL VLOGGER/CONTENT CREATOR  
SENIOR HIGH SCHOOL STUDENT



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# SISFU SENIOR HIGH SCHOOL

*Where Students Thrive*

## ACKNOWLEDGEMENT FORM



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Southville

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