



# SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES

SPB Issue No. 18 | ACADEMIC YEAR: 2025 – 2026 | January

## STUDENTS AND PARENTS' BULLETIN

*Senior High School*

# WELCOME BACK, SISFU SHS PALADINS!



### 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.



## Welcome back, SISFU SHS Paladins!

We are excited to welcome you back to campus for another term filled with learning, growth, and new opportunities. As SISFU Paladins, you continue to embody resilience, courage, and a commitment to excellence—values that define our community.

This new year offers a fresh start to set goals, strengthen friendships, and challenge yourselves both academically and personally. May you approach each day with curiosity, determination, and kindness, knowing that your teachers and staff are here to support you every step of the way.

Let us move forward together with a positive mindset and a shared passion for learning. Welcome back, Paladins—we're glad to have you with us once again!





# TERM 1 PARENT-TEACHER CONFERENCE



## Dear Parents and Guardians,

We are pleased to invite you to the Term 1 Parent-Teacher Conference on January 16, 2026. This conference provides an important opportunity for us to discuss your child's academic progress, achievements, and areas for growth.

Your participation plays a vital role in supporting your child's learning journey. During the conference, you will have the chance to:

- Receive updates on your child's performance and behavior.
- Discuss strategies to support learning at home.
- Address any concerns or questions regarding academic or social development.

To schedule your appointment, kindly scan the QR code provided to book your preferred time slot. This will help us ensure an organized and efficient conference experience for all families.

We encourage all parents and guardians to attend and engage in this collaborative effort to ensure the success of our students.

Thank you for your continued partnership in your child's education.





# YOUR VALUES. YOUR VOICE. LAWS OF LIFE ESSAY WRITING CONTEST

## Call for Participation: Laws of Life Essay Writing Contest!

SHS students are invited to join the Laws of Life Essay Writing Contest, a meaningful writing opportunity that encourages reflection, values formation, and authentic student voice.

Open to learners from public, private, charter, and homeschool settings, this free contest challenges students to pause and reflect on a core value that matters most to them—and why.

Essay Prompt: Students are asked to reflect and write about a core value that means the most to them and explain its importance in their life. Essays should be 250–500 words in length and must be submitted on or before May 15.

This global initiative is made possible through a grant from The School for Ethical Education, supporting students worldwide in exploring ethics, character, and values through writing.

**Submission  
Page**



**SEE Home  
Page**



**Laws of Life  
Page**





# PALADINS' SECOND GENERAL ASSEMBLY



SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES  
STUDENT SUPPORT CENTER - STUDENT AFFAIRS AND SERVICES



*PALADINS' SECOND GENERAL ASSEMBLY A.Y. 25-26*

# LOCKED IN!

GRIT IN MOTION

GREEN IN ACTION

**JANUARY 15, 2026 | 3:00-5:00 PM | SISFU MPH**

DRESS CODE: SMART CASUAL | PANTONE COLOR OF THE YEAR





# SISFUN HOUSE CUP



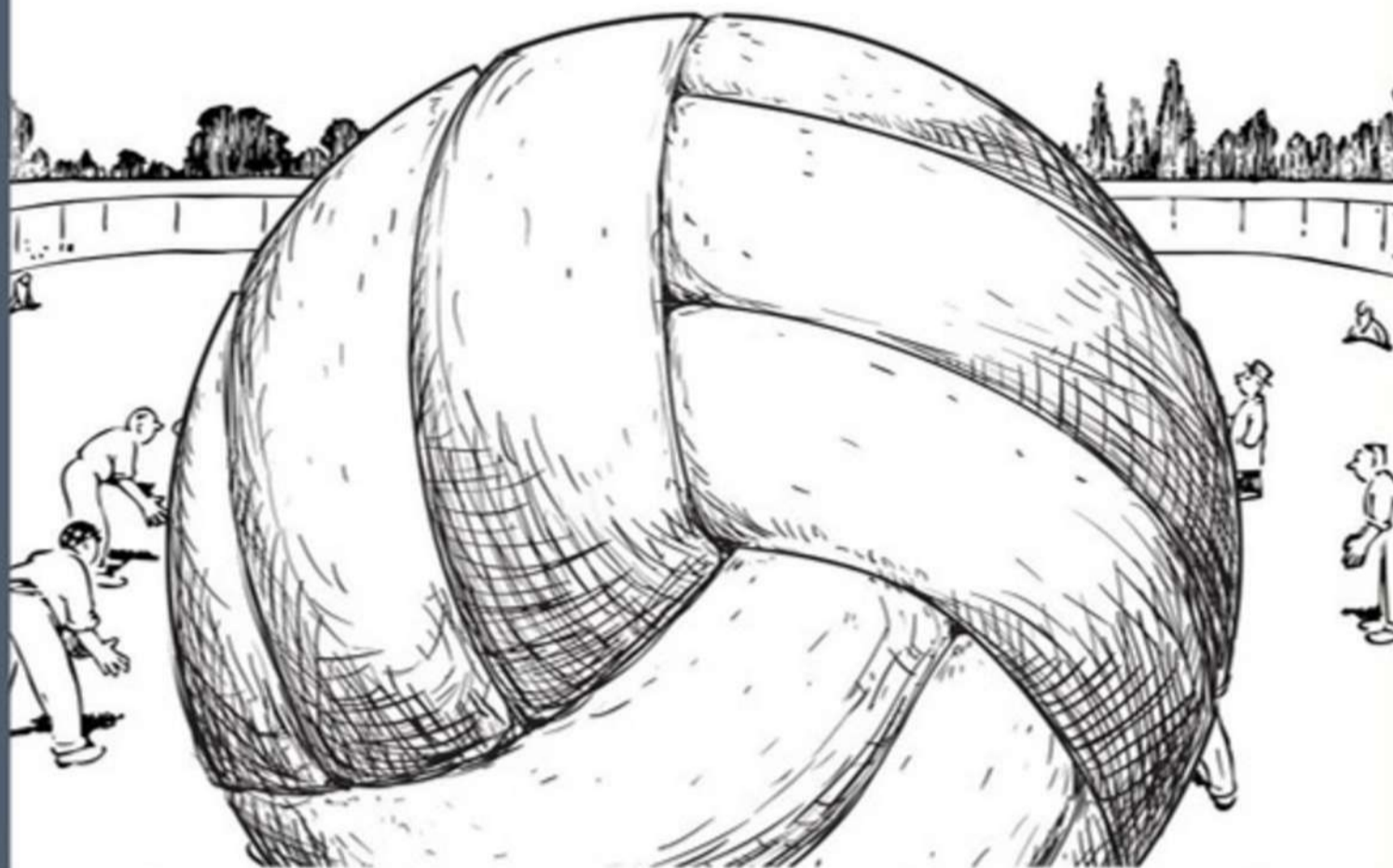
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STUDENT SUPPORT CENTER - STUDENT AFFAIRS AND SERVICES

## SISFUN HOUSE CUP VOLLEYBALL TOURNAMENT

14 JANUARY | 5:00 PM - 6:30 PM | SISFU GYM



HOSTED BY

*White Foxes*



# SISFUN HOUSE CUP



SOUTHVILLE INTERNATIONAL SCHOOL  
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STUDENT SUPPORT CENTER - STUDENT AFFAIRS AND SERVICES

## VOLLEYBALL TOURNAMENT

# GAME SCHEDULE



MAROON DRAGONS

GAME 01  
5:00-5:30 PM

VS



GOLDEN GRIFFINS



BLUE TITANS

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



# CALENDAR OF ACTIVITIES



**DON'T  
FORGET**

**January 14, 2026**

SISFUN House Cup Game no. 2

**January 15, 2026**

Paladins' General Assembly and Discipline Seminar

**January 16, 2026**

SHS Term 1 Parent-Teacher Conference

**January 19-23, 2026**

SHS Term 2 Midterm Assessments

**January 23, 2026**

SISFU Career Mentoring no. 2

**January 26, 2026**

Generation Global VC no. 2 – SDG no. 8  
Decent Work and Economic Growth

**January 30, 2026**

Student Life Enhancement Programme





# PALADIN'S PAGE



Who Am I? Who Are We? What Is This?

Do mirrors contain more reflections now? Digital hearts, numbers of views, and AI-generated contents live inside a bright screen, yet somehow it has extended to our minds--- something not everyone can see but is quietly felt by all. In this modern world, we feed information to our eyes, our minds. But we must not forget, the soul.

Connection, is a necessity for humans, and it goes two ways now: WiFi and heartfelt understanding. For this very reason, social media was made accessible for the convenience of sharing things with one another and communicating to people from places too far or unheard of. It has brought old friends together and introduced new ones--- it became a place where people learned entertaining stories, advice, news, and personal experiences. However, limits were undefined. It is unjust to limit people's voices and passions, isn't it? Social media painted pictures of people, until it began generating pictures of individuals, the glorified persons. The comparison and analysis of users' physical and financial states grew from the realizations of difference; where there is a connection in similarity, there will always be an inevitable disconnection in differences. In simple ways of an individual posting themselves working or getting ready for the day, viewers decide the conventionally attractive ones are deserving of more likes. Although it is unsaid directly, famous celebrities are known to have more followers and likes as they're known for their beauty, as actors like Rowan Atkinson or "plain" faced people faced judgement for their looks before being known for their acting skills. With social media being accessible to all, others cannot help but wonder when they lack the views and likes, "Am I not enough?".



# PALADIN'S PAGE



People handle emotions in many different ways, one could be succumbing to their negative thoughts and another could deceive to get the validation they need. This is where mental health and AI-generated contents are affected and utilized in hefty ways. Some spiral down with anxiety and depression, knowing they are different or not as respected. The most viewed, the most liked, and the most known are revered like elites on social media, so if AI can produce anything with a simple question, "Generate an image where my face is smoother next to a good-looking partner." what is in the way, of trying to feed people's self-worth, even if it's artificial?

Social media and AI can help us connect with one another, but it can help us disguise ourselves too, to the person in the mirror. Because it's famous and what everyone else is doing, it's not something that defines us as people, no matter how hard we try. After all, it's a bright screen in our hands, we can always choose to turn its light off and notice the genuine lights each and every one of us exudes.

“

***“After all, it's a bright screen in our hands, we can always choose to turn its light off and notice the genuine lights each and every one of us exudes.”***

”

**SOPHIA LEONARDO**

*Grade 11 - ABM*





# VALUE OF THE WEEK



## Knowing One's Strengths Needed to Achieve Identified Goals



*"Tough emotions are part of our contract with life."*  
Susan David

In "The Gift and Power of Emotional Courage," psychologist Susan David explains that the way we deal with our emotions deeply affects our actions, relationships, careers, health, and happiness. She argues that instead of suppressing or forcing positivity, we need emotional agility – the ability to recognize, understand, and work with all of our emotions, even the difficult ones. By tuning into our real emotional experiences and using them as data rather than directives, we make choices that align with our values and move us toward meaningful goals. This approach helps us stay true to ourselves and thrive in life – not by ignoring hardships, but by courageously engaging with them.





# SOCIO-EMOTIONAL LEARNING CORNER



## Knowing Yourself: Building Emotional Strengths

### Why It Matters:

Learning to understand and accept one's own emotions helps students develop self-awareness, resilience, and confidence. When students acknowledge their feelings instead of avoiding them, they are better able to manage stress, overcome challenges, and stay focused on their goals. Emotional courage allows students to respond thoughtfully rather than react impulsively, leading to healthier decisions and stronger personal growth. By using emotions as guides—not obstacles—students become more capable of achieving meaningful and long-term goals.

### SEL Focus Skills:

- **Emotional Awareness** - Recognizing and understanding one's own emotions and emotional patterns.
- **Emotional Regulation** - Managing emotions in healthy and productive ways, especially during challenges.
- **Self-Acceptance** - Allowing oneself to feel difficult emotions without shame or avoidance.
- **Resilience** - Bouncing back from setbacks and continuing to move toward goals.
- **Goal Alignment** - Making choices that reflect personal values and long-term objectives.

### Practical Tips for Students:

- **Name Your Emotion** - Identify what you are feeling instead of ignoring it.
- **Accept, Don't Suppress** - Understand that uncomfortable emotions are a normal part of growth.
- **Pause Before Acting** - Take a moment to breathe and think before responding emotionally.
- **Learn From Your Feelings** - Ask yourself what your emotions are trying to tell you.
- **Stay True to Your Goals** - Choose actions that align with your values, even when emotions feel challenging.

## Seasonal Influenza



Seasonal Influenza is a contagious respiratory illness caused by influenza viruses. It spreads mainly through droplets when an infected person coughs or sneezes, and by touching the face with contaminated hands.



### Symptoms

### Prevention



- Get vaccinated
- Wash hands often
- Avoid touching your face
- Stay home if unwell
- Practice healthy habits



# STUDY HABITS

## The Yes/No rule: How to make a decision quickly

- **Set Simple Criteria** - Decide quickly if a task supports your study goal.
- **Avoid Overthinking** - If it's not a clear "yes," skip it and move on.
- **Focus on What Matters** - Choose tasks that directly help with exams or deadlines.
- **Reduce Decision Fatigue** - Plan your study tasks ahead of time.
- **Review Your Choices** - Check which Yes/No decisions helped you study better.






# 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



## SOUTHVILLE INTERNATIONAL SCHOOL AND COLLEGES

*Congratulations!*

WE ARE PROUD OF YOU

### **Coleen Danielle Natividad**

BSBA Human Resource Management  
Alumna, 2018

**FINALIST,  
DISTRICT 3830'S TOP YOUTH  
LEADERS**

**PAING HECHANOVA YOUTH  
LEADERSHIP AWARDS**





# BE A SISFU PALADIN TODAY!



SOUTHVILLE INTERNATIONAL SCHOOL  
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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



CONTACT US: (632) 8820 - 9181

0998-963-5282 | 84 | 85 | 86

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# SISFU SENIOR HIGH SCHOOL

*Where Students Thrive*

## ACKNOWLEDGEMENT FORM



Please acknowledge receipt of this Students and Parents' Bulletin by scanning the QR code.



Southville

## SENIOR HIGH SCHOOL DEPARTMENT

### JOHN GEORGE P. PASTOR

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



### JOHN PATRICK JAVIER

SHS Faculty Member  
SHS & Allied Programmes Coordinator

You may reach us through:

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