



SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES

SPB Issue No. 19 | ACADEMIC YEAR: 2025 – 2026 | January

STUDENTS AND PARENTS' BULLETIN

Senior High School

TERM 2 PALADINS' GENERAL ASSEMBLY



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' Second General Assembly: A Celebration of Excellence and Sustainability

Thank you, Paladins, for your active participation in the Second Paladins' General Assembly held last January 15, 2026. Your presence and engagement made the assembly both meaningful and successful.

We are thrilled to share that the event received an excellent overall rating of 4.8, with many students expressing their enjoyment of the awarding of the Term 1 AY 2025-2026 Academic Excellence Award. Congratulations to all awardees on this well-deserved achievement!

One of the key highlights of the assembly was the launching of a new program, the SISFU Sustainability Campaign, which encourages every Paladin to take part in building a more environmentally responsible campus.

The assembly also introduced important Student Support Center initiatives, including the Student Voice Committee and the International Student Circle, alongside a Discipline Reorientation aimed at addressing recurring handbook violations.

Thank you for your continued cooperation and involvement. Let us stay locked in, grounded in grit, values, and sustainability as we move forward together this academic year!

Senior High School
Where Students Thrive





TERM 1 PARENT-TEACHER CONFERENCE



Celebrating a Successful Term 1 Parent-Teacher Conference

Thank you to our dear parents and guardians for your active participation in our successful Term 1 Parent-Teacher Conference. Your warm feedback and words of affirmation—especially your shared confidence in choosing SISFU for your children's education—continue to inspire our teachers and staff to serve our community with dedication and care.

We are also proud to celebrate the achievements of our students, with many receiving awards this term as a reflection of their hard work and growth. These accomplishments highlight the supportive learning environment and high standards of excellence that truly make SISFU a place **where students can thrive**.





MAKE-UP CLASSES



Senior High School



Make-up Class Schedule (F2F)

- **Understanding Culture, Society and Politics (Grade 11)**
January 21, 2026 | 3:30 - 5:00 PM

Make-up Class Schedule (FLEX)

- **Understanding Culture, Society and Politics (Grade 11)**
January 21, 2026 | 2:00 - 3:00 PM
- **Earth and Life Science (Grade 11)**
January 23, 2026 | 3:00 - 4:00 PM

Make-up Class Schedule (FLEX)

- **Earth and Life Science (Pantollana)**
January 23, 2026 | 4:00 - 5:00 PM





SISFU CAREER MENTORING NO.2



Southville International School affiliated with Foreign Universities



Student Support Center - Career Services

GRAND CAREER MENTORING NO. 2

From Fit Check to First Day

Interviews, Internships, and Everything In Between



DENVER DARADAR

Date: January 23, 2026
Time: 3:00 PM - 5:00 PM
Place: SISFU Multipurpose Hall



LORNA GAMBOA

Dress Code:
Y2K Nickelodeon Core
(Early 2000s Teen Sitcom Style)





THE SISFU SUSTAINABILITY CAMPAIGN



SUSTAINABILITY STARTS WITH US

Building a Greener SISFU Community



The SISFU Sustainability Campaign is our new initiative to promote environmentally responsible habits across campus. As part of this program, Paladins are encouraged to bring their own tumblers and utensils to reduce single-use plastics, helping minimize waste in our daily routines.

Key Highlights of the Campaign:

BYO Tumbler



BYO Utensils



Net Zero



By taking part in these simple actions, we can all make a meaningful difference. Let's turn small daily habits into a big impact for our campus and the environment!



TERM 1 SHS VIDEO HIGHLIGHTS



More than lessons and activities, Term 1 was about shared experiences—learning side by side, supporting one another, and growing together as a community.

Our Senior High School students thrived through collaboration, confidence-building moments, teamwork, and meaningful experiences that shaped their growth both inside and beyond the classroom. Every step forward became part of who they are becoming.

Here's to the memories we made, the lessons we learned, and the growth we shared—together. ***Where Students Thrive.***

Scan the QR code to watch the full video!





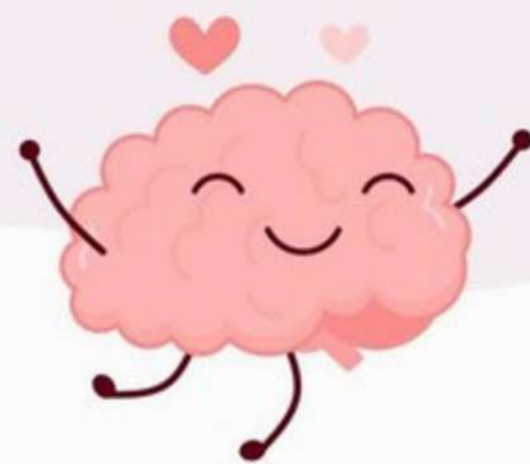
WELLNESS WEDNESDAY: ZUMBA, SMILE, & SHINE



SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES
Student Support Center



Wellness WEDNESDAY: Zumba, Smile, & Shine!



Zumba but make it fun.

Good music, good moves, good vibes—everyone welcome.



January 21, 2026

SISFU MPH

9:00 - 9:40 AM





CALENDAR OF ACTIVITIES



**DON'T
FORGET**

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 (SLEP)

February 9, 2026

SISFUN House Cup Game 3

February 23, 2026

Industry Visit at Huawei





VALUE OF THE WEEK



Strengthening Sense of Purpose



"Your purpose is deeply personal and shaped by who you uniquely are."
Frederick Pinto

In "Why Purpose Is Personal," Fred Pinto explains that purpose isn't one-size-fits-all. He shows how meaning grows from your own experiences, strengths, and values, encouraging viewers to follow their unique path and use purpose as a personal guide for life.





SOCIO-EMOTIONAL LEARNING CORNER



Finding Your Why: Building a Strong Sense of Purpose

Why It Matters:

Understanding that your purpose is deeply personal helps students develop stronger self-awareness, motivation, and direction. When students reflect on their own values, strengths, and experiences, they gain clarity about what truly matters to them. This sense of purpose encourages perseverance during challenges, builds confidence in decision-making, and promotes a deeper connection between daily actions and long-term goals. By recognizing their unique path, students become more engaged, resilient, and empowered to shape their future.

SEL Focus Skills:

- Self-Awareness - Recognizing personal values, strengths, interests, and what gives meaning to one's life.
- Motivation - Finding internal reasons to learn and grow beyond external rewards.
- Goal Setting - Creating meaningful, personal goals that reflect individual purpose.
- Decision-Making - Choosing actions that align with personal values and long-term direction.
- Resilience - Staying committed to one's purpose despite obstacles or setbacks.

Practical Tips for Students:

- Reflect Regularly - Take time to think about what matters most to you and why.
- Know Your Strengths - Identify what you are good at and how you can use it to help others.
- Set Purposeful Goals - Make goals that connect to your values, not just grades or approval.
- Learn From Challenges - View setbacks as opportunities to grow and refine your direction.
- Take Small Steps - Even simple daily actions can move you closer to your bigger purpose.



PALADINS' PAGE



“How can respect, adaptability, and open-mindedness help resolve misunderstandings, and what specific actions can you take to become more inclusive when working with people from different backgrounds?”

JC Roman
Grade 12 ICT



When you respect others' cultures, you also accept that people are different, and that respect can resolve conflicts and prevent situations from becoming worse.

Sarah Lugod
Grade 12 ICT



This can help resolve misunderstandings because it helps you be more aware of where the other is coming from and instead of being judgmental, you are open to understanding them. A specific action I can take to become more inclusive is by learning the background of where others are coming from.



MEDICAL CORNER



Eat Nutritious Foods



Choose balanced, healthy meals.

Exercise Regularly



Aim for 30 min of activity a day.

Manage Stress



Practice relaxation & mindfulness.

Get Enough Sleep



7-8 hours per night.

Stay Hydrated



Drink plenty of water.

Schedule Check-Ups



Visit your doctor regularly.

Maintain a Healthy Weight



Find your ideal weight.

LEARN MORE



STUDY HABITS



The Choice Overload: Why you should limit your options

- **Focus on Fewer Options** - Limit your choices to avoid feeling overwhelmed and improve decision-making.
- **Prioritize What Matters** - Identify the most important tasks or resources and concentrate on them.
- **Set Clear Criteria** - Use simple rules to filter options quickly instead of evaluating everything.
- **Avoid Perfectionism** - Accept that the first good choice is often enough; trying to find the "best" can waste time.
- **Review and Reflect** - Regularly assess which options are helping you reach your goals and drop the rest.





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



 **SISFU** is affiliated with **SOUTHVILLE**.

 **GLOBAL RANKING**

TOP 2%
ALL ASIA RANKING
AppliedHE™
Public & Private University Ranking
ALL ASIA 2020

TOP 1%
WORLD RANKING
WURI | The WORLD UNIVERSITY RANKINGS for INNOVATION

TOP 1%
PHILIPPINES RANKING
AppliedHE™
Public & Private University Ranking
ASEAN 2020

Proudly global, proudly Southville!

We are honored to be recognized among the Top 1% in the Philippines, Top 2% in Asia, and Top 1% worldwide by prestigious international university ranking bodies. This remarkable achievement reflects our unwavering commitment to the Southville 5Cs—Competence, Character, Commitment to Achieve, Collaboration, and Creativity.

Together, we continue to shape future leaders and movers of society who are ready to make a meaningful impact on the world.

Be Global. Be Amazing. Be Southville.



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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BE A SISFU PALADIN TODAY!



SOUTHVILLE INTERNATIONAL SCHOOL
AFFILIATED WITH FOREIGN UNIVERSITIES



Your UK Qualification, Closer to Home.

UK Accelerated Senior High School

**2 Years in SHS + 2 Years in College
= UK BA Degree**

***Programme now available in Stonyhurst Southville
Batangas & Malarayat campuses.***



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

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SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES
UK DEGREES IN THE PHILIPPINES. YOUR GLOBAL FUTURE IS WAITING!
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