



SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES

SPB Issue No. 20 | ACADEMIC YEAR: 2025 – 2026 | January

STUDENTS AND PARENTS' BULLETIN

Senior High School

WELLNESS WEDNESDAY: ZUMBA, SMILE, & SHINE



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.

The Student Support Center Team extends our heartfelt thanks to everyone who joined us for Wellness Wednesday: Zumba, Smile, & Shine. Your enthusiasm, bright smiles, and positive energy truly brought the event to life and made the morning both uplifting and memorable.

It was inspiring to see participants actively engage in the Zumba session and take a moment to visit the Take What You Need corner, where many picked up affirmations and words of encouragement to carry with them throughout the day—and even the week ahead.

Thank you for showing up, moving with us, and making your well-being a priority. We look forward to seeing you again at our next Wellness Wednesday activity! 🌟



Senior High School
Where Students Thrive





CAREER MENTORING NO. 2



FROM FIT CHECK TO FIRST DAY: INTERVIEWS, INTERNSHIPS, AND EVERYTHING IN BETWEEN

HEY PALADINS — THANK YOU FOR SHOWING UP.

Today proved that main character energy really does translate into career-ready confidence.

Thank you to everyone who joined Grand Career Mentoring No. 2: From Fit Check to First Day—whether in person or online, asking questions or quietly taking it all in. We hope the mock interviews, masterclass, and internship talk brought you clarity, confidence, and a clearer view of your future.

This doesn't end here. Take what you learned and keep showing up for yourself.

Until next time — thank you, Paladins! 💙✨





CAREER MENTORING NO. 2



**WE THANK YOU FOR YOUR VALUED
FEEDBACK!**

Caleb Surla
Grade 12 ABM



"I'll focus on my first day of work,
then be consistent from then on."

Den Ayala
Grade 11 ABM



"The key insight I've learned in this
session is the importance of discipline
in the workplace. Being punctual
matters more than being just smart."





SHS PROM 2026



SENIOR HIGH SCHOOL PROM 2026



Get ready to step into a night where mystery meets sophistication at SHS Prom 2026, happening on February 27, 2026. This year's prom invites you to embrace the allure of a masquerade-inspired evening filled with elegance, glamour, and unforgettable memories.

Guests are encouraged to dress in the official Pantone palette of Metallic Black, Burgundy, and Silver—a color scheme that reflects timeless luxury and bold confidence. Whether you arrive in a sleek suit or a flowing gown, let your outfit shine as you take part in a night designed to celebrate style, friendship, and the magic of senior high school milestones.

Mark your calendars and prepare your masks—SHS Prom 2026 promises a night to remember. ✨🎭



PANTONE®
19-1617 TCX
Burgundy



PANTONE®
14-5002 TCX
Silver



METALLIC SHIMMERS
PANTONE®
20-0200 TPM
Gunpowder



CALENDAR OF ACTIVITIES



**DON'T
FORGET**

January 30, 2026

Student Life Enhancement
Programme 2026 (SLEP)

February 9, 2026

SISFUN House Cup
Game 3

February 13, 2026

SISFU On-air No. 5

February 23, 2026

Industry Visit at Huawei

February 26, 2026

SISFU 28th Foundation
Day Celebration

February 27, 2026

SHS Promenade 2026





VALUE OF THE WEEK

Setting Specific, Measurable, Achievable, Realistic, and Time-bound (SMART) Goals and Expected Outputs



*"Motivation isn't about being strong;
it's about being wise."*
Ayelet Fishbach

In her TED Talk, "How to Set the Right Goals and Stay Motivated," Ayelet Fishbach explains that motivation is something you learn, not find. She shows how setting enjoyable, manageable goals and breaking them into small steps, with support from others, helps people stay focused and achieve lasting success.

SCAN
ME





SOCIO-EMOTIONAL LEARNING CORNER



Learning to Stay Motivated: Setting Goals That Keep You Going

Why It Matters:

Understanding that motivation is something you build, not wait for, helps students take ownership of their learning and personal growth. When students focus on goals they enjoy working toward and break them into smaller, manageable steps, they become more confident and persistent. This approach reduces frustration, strengthens focus, and helps students see challenges as part of the learning process rather than as failure. By learning how to stay motivated, students develop a stronger sense of control over their success and future.

SEL Focus Skills:

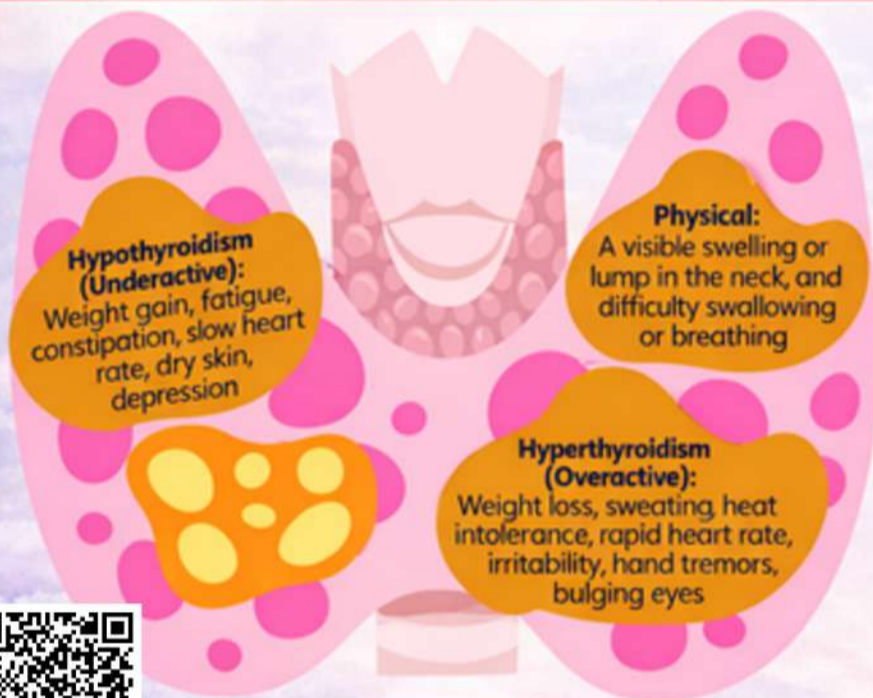
- Self-Awareness – Recognizing what types of goals and activities are personally motivating and meaningful.
- Motivation – Developing internal drive by enjoying the process, not just the result.
- Goal Setting – Breaking big goals into smaller, achievable, and time-based steps.
- Decision-Making – Choosing strategies that support long-term success rather than short-term comfort.
- Resilience – Staying engaged and learning from setbacks instead of giving up.

Practical Tips for Students:

- Enjoy the Process – Focus on what you like about working toward your goal, not just finishing it.
- Break It Down – Turn big goals into small daily or weekly actions.
- Track Progress – Notice and celebrate small wins to stay motivated.
- Learn From Setbacks – Ask what you can change or improve instead of blaming yourself.
- Seek Support – Work with classmates, teachers, or friends who can encourage and guide you.

Goiter Awareness Week

Signs and Symptoms



Common Causes



Iodine Deficiency



Autoimmune Diseases



Hormonal Changes



Inflammation or Nodules

- **Iodized Salt:** Using iodized salt in cooking is crucial.
- **Diet:** Eat iodine-rich foods like fish, seafood, eggs, seaweed, and dairy.
- **Medical Consultation:** See a doctor if you notice neck swelling or symptoms.



STUDY HABITS



The consequences model: Why it is important to make decisions promptly

- **Prevents Last-Minute Stress** – Making decisions early helps you avoid rushing, cramming, and feeling overwhelmed.
- **Improves Focus and Planning** – Prompt decisions let you organize your time and tasks more effectively.
- **Leads to Better Outcomes** – You have more time to review, revise, and improve your work.
- **Builds Responsibility** – Taking action quickly shows accountability for your learning and choices.
- **Reduces Missed Opportunities** – Acting on time helps you meet deadlines and take advantage of support when needed.





AROUND SGEN



5TH NATIONAL Reading CONFERENCE

READ, RELATE, RISE: SPARKING A LIFELONG LOVE FOR READING AND EMOTIONAL GROWTH – FROM PRESCHOOL TO ADULTHOOD

The Reading Conference 2026 is a whole-day event where K-12 and college educators, administrators, librarians, and parents can collaborate and enhance their skills in developing a community of readers.

JOIN US FOR INSIGHTFUL DISCUSSIONS LED BY EXPERT SPEAKERS.



READ, RELATE, RISE: SPARKING A LIFELONG LOVE FOR READING AND EMOTIONAL GROWTH – FROM PRESCHOOL TO ADULTHOOD

DR. ROSALYN MIRASOL

PROFESSOR AND ACADEMIC RESEARCHER, UNIVERSITY OF SANTO TOMAS
MEMBER, INTERNATIONAL LITERACY ASSOCIATION COMMITTEE ON FUNDING

Explore reading's emotional connections to inspire a lifelong love for reading and continuous emotional growth from preschool to adulthood.



STORIES THAT SHAPE US: BUILDING EMPATHY, RESILIENCE, AND LIFELONG LITERACY THROUGH SOCIAL EMOTIONAL LEARNING

DR. REA CELINE VILLA

CO-FOUNDER, MINDSET PLUS

Connect with stories to relate to others, enhance social-emotional learning, and nurture a lifelong love of reading.



SHAPING MINDS, TOUCHING HEARTS: THE GAIN SOUTHVILLE READING SUCCESS STORY OF GRADE 5 LEARNERS

MS. MARIA MONTSERRAT ITURRALDE-HAMLIN

PRESIDENT, GOVERNMENT ACADEME INDUSTRY NETWORK - GAIN INC.

DR. MARIE VIC SUAREZ

PRINCIPAL, SOUTHVILLE INTERNATIONAL SCHOOL AND COLLEGES

Establish the connection between literacy development and emotional growth through reflective analysis of the reading journey of Grade 5 learners in the Southville Program.



LIT FOR LIFE: IGNITING A LOVE FOR READING IN TEENS AND YOUNG ADULTS

MR. KIM KIMOON

STUDENT LEADER

Promote lifelong reading habits by cultivating interest, motivation, and critical engagement with texts among teens and young adults



REGISTER NOW

MARCH 19, 2026 | 9:00 AM – 3:30 PM | VIA zoom



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

Info-session through Zoom

Now at Stonyhurst Southville
(Batangas & Malarayat) and
South Mansfield College, Muntinlupa



6PM, FRIDAY
FEBRUARY 6, 2026

10AM, SATURDAY
FEBRUARY 7, 2026

6PM, THURSDAY
FEBRUARY 12, 2026



SISFU SENIOR HIGH SCHOOL

Where Students Thrive

ACKNOWLEDGEMENT FORM



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



Southville

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JOHN GEORGE P. PASTOR

SHS Principal/ Allied Programmes Head
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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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