



SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES

SPB Issue No. 23 | ACADEMIC YEAR: 2025 - 2026 | February

STUDENTS AND PARENTS' BULLETIN

Senior High School

SISFU FOUNDING ANNIVERSARY

Theme:

**THE ORDER OF THE PALADINS:
ROOTED IN HONOUR, CROWNED IN
EXCELLENCE**



WATCH NOW



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.





28TH FOUNDING ANNIVERSARY



Know Thy Alliances



Medieval England

The Old English Paladins

Ground Floor

SOBM, SBC, Student Council, Cradle, Accounting, and SNX

Renaissance England to Victorian Era

The Scholarly Crown

2nd Floor

SISFU FLEX, SHS Society, The Bridge, PR/Marketing, Registration



The UK Today

The Contemporary Paladins

3rd Floor

SODT, Digital Alliance, Rotaract, Admin, HR, MIS, SAS





28TH FOUNDING ANNIVERSARY



Hallway Decoration Contest



Decoration Guidelines

- ✓ Decorations **must**:
 - Clearly reflect the assigned Paladin era and UK inspiration.
 - Incorporate thematic elements, colors, symbols, and motifs relevant to the era.
- ✓ The use of sustainable materials is mandatory:
 - Recycled, reusable, or upcycled materials.
 - Avoid single-use plastics, styrofoam, or non-biodegradable materials.



Judging Requirements

Teams must present a short explanation of their concept, including:

- Era and UK inspiration
- Creative process and teamwork
- Sustainable materials used



Awards

- Best Paladin Era
- Most Creative and Thematic Interpretation
- Most Sustainable Design





28TH FOUNDING ANNIVERSARY



SOUTHVILLE INTERNATIONAL SCHOOL
AFFILIATED WITH FOREIGN UNIVERSITIES



Laudato Si:

Southville's Call to Care for Creation

THINK GREEN,
ACT RESPONSIBLY,
INSPIRE YOUR
COMMUNITY.

February 25, 2026
10:00 - 12:00 PM

MPH, SISFU Building

ATTIRE: SHOW YOUR GREEN SPIRIT—WEAR GREEN!



LY
de Parfa
à base
dépit d
re teint
s; à vol
incompar
HYALI
ivros
VENIL
monde
de
CORSETS
vraiment
faits
pour la
FILLETTE
Chose inutile
ma sans être
mouche des can
de femme, à par
sûreté pour
sûreté qui met
sûreté de dévelop
ment des organes
ou ainsi assurée
le JUVENIL
de tout objet qui
peut être préjudi
quant pour la Fil
lette en forme
d'anneau et la femme
peut en pleine
à l'abandonner
sûreté l'âge
200 dépôts
NOTICE
liberté, PARIS
tenir
SISFU
LIBOOT
(A.O.)
SECRET pour arrêter tout chate ébène,
M^e Verstra, Real, Kink, Actes, RINCH, Réussite merveille
RIDES CICATRICES, TACHES, VERTIGES
COMMENT J'AI DÉL

JOHN CRAVEN-BURLEIGH
(Rayon 1^{er} 3) 175, Rue Saint-Hon



28TH FOUNDING ANNIVERSARY



SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES
STUDENT SUPPORT CENTER



Call for Donations

FROM YOUR HANDS TO THEIR HAPPY TAILS!

Cats and Dogs Wish List:

- Dog food (kibble and canned)
- Cat food (kibble and canned)
- Crates, carriers or cages
- Pee pads
- Scratching posts for the cats
- Chew toys for the dogs
- Vaccines, medicine and vitamins
- Dog and cat treats
- Leashes, harnesses and collars

Shelter Wish List:

- Detergent powder and bleach
- Dishwashing paste or liquid
- Bath towels
- Garbage bags (XXL)
- Foot rugs or door mats
- Clinic supplies (alcohol, cotton, etc.)
- Old newspapers
- Toilet paper
- Mops and brooms

To submit your in-kind donations, please visit the Student Center on the 3rd Floor and look for Sir Troy.





SISFU VARSITY SHIRTS



ORDER NOW!





28TH FOUNDING ANNIVERSARY



SISFU FOUNDING ANNIVERSARY
The Order of the Paladins:
ROOTED IN HONOUR, CROWNED IN EXCELLENCE

The Paladin's Picks

The Paladin's Picks beckon, bearing exclusive, limited-edition keepsakes forged in honor of our 28th SISFU Founding Anniversary. Step forth and claim your commemorative treasures while the trove lasts.



28th Founding Anniversary
Quarter Zip Top
800.00 php



28th SISFU Founding
Anniversary Keychain
100.00 php



SISFU Keychain
100.00 php



SCAN TO ORDER!
Deadline for orders: February 18, 2026

28 and beyond...





THANK YOU, DJ KAILA!



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Mary Kaila Gors
Gr. 12 - ABM

A big thank you to Kaila for being our amazing DJ on SISFU On-air No. 5! Your energy, music choices, and passion truly brought life to the show and made the experience more exciting and memorable for everyone.

We appreciate the time, talent, and heart you shared with us. You helped create great vibes and unforgettable moments on air. Looking forward to hearing you again soon!





PROM THROWBACK



TIMELESS ELEGANCE SHS PROMENADE 2025



RELIVE TIMELESS ELEGANCE: SHS PROMENADE 2025. SCAN THE QR CODE TO WATCH THE VIDEO—AND GET READY FOR PROM 2026!





CALENDAR OF ACTIVITIES



**DON'T
FORGET**

February 16, 2026

Generation Global VC no. 3 on Leadership

February 17, 2026

Chinese New Year

February 19, 2026

International Students Circle General Assembly

February 19-20, 2026

Hallway Decoration Contest

February 23, 2026

Industry Visit at Huawei

February 24, 2026

SISFU Got Talent |
GDO SISFU Edition

February 25, 2026

SISFU for Others

February 26, 2026

SISFU 28th Foundation
Day Celebration





International Students Circle General Assembly



SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES

International Student Services



INTERNATIONAL STUDENTS CIRCLE GENERAL ASSEMBLY

February 19, 2026

3:00 PM - 4:30 PM at SISFU MPH





VALUE OF THE WEEK



Learning More Effective Ways of Handling Emotions



Bottom line: emotions are messages guiding us toward self-awareness and growth—when we listen to them, they lose their power to control us.

She explains that when we ignore or fear our feelings, they tend to surface in unhealthy ways—through stress, burnout, or reactive behavior. Instead, Saligari encourages building a conscious relationship with our emotions by acknowledging vulnerability, naming what we feel, and responding with curiosity rather than judgment. The talk highlights daily gratitude as a practical habit that strengthens emotional resilience, helping people stay grounded and better equipped to navigate challenges.



SOCIO-EMOTIONAL LEARNING CORNER



Mastering Emotional Regulation: Practical Strategies for a Resilient Mind

Emotions are an integral part of human experience, yet many struggle to manage them effectively. Emotional regulation—the ability to recognize, understand, and respond to emotions in healthy and constructive ways—offers a pathway to greater mental well-being. Rather than suppressing or avoiding difficult feelings, emotional regulation encourages individuals to engage with their emotions thoughtfully, turning potential challenges into opportunities for growth.

Research highlights eight evidence-based strategies that can strengthen this skill. Key techniques include increasing emotional awareness, reframing negative thoughts, practicing mindfulness, and making intentional behavioral choices. Cognitive reappraisal, which involves changing how one interprets a situation, and grounding exercises are particularly effective in reducing emotional intensity and preventing impulsive reactions. These practices allow individuals to pause before responding, fostering thoughtful decision-making and healthier interpersonal interactions.

Ultimately, emotional regulation is not an innate trait but a learnable skill. Through consistent practice, individuals can cultivate resilience, improve their relationships, and enhance overall well-being. By approaching emotions as valuable messages rather than obstacles, people can transform their inner experiences into tools for personal growth and empowerment.



MEDICAL CORNER



WHY ORAL HEALTH MATTERS



Brush teeth at least twice a day with fluoride toothpaste

Floss once daily to remove food particles between teeth



Limit sugary snacks, candies, and sweetened drinks



Floss once daily to remove food particles between teeth

Drink plenty of water, especially after meals



Visit the dentist at least twice a year for check-ups

THE IMPORTANCE OF REGULAR DENTAL CHECK-UPS



Detect cavities and gum problems early.

REMEMBER

A healthy smile starts with YOU!

Good oral habits today lead to healthy teeth for life.

- Provide professional cleaning to remove plaque and tartar
- Receive guidance on proper brushing and flossing techniques.
- Prevent serious dental problems that may require extensive treatment



STUDY HABITS



The Uffe Elbæk model: How to get to know yourself

- Reflect regularly on your thoughts and learning experiences.
- Learn by doing, not just reading.
- Connect lessons to your personal values and goals.
- Recognize your strengths and weaknesses.
- Track your growth through journaling or notes.





AROUND SGEN



SOUTHVILLE
GLOBAL EDUCATION NETWORK

coursera



SOUTHVILLE
INTERNATIONAL SCHOOL AND COLLEGES



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

CONTACT US: (632) 8820 - 9181

0998-963-5282 | 84 | 85 | 86

WWW.SISFU.EDU.PH

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:
sisfu_shsprincipal@southville.edu.ph | 8-820-91-81 Loc. 211 | 0998 844 7762

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