



# SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES

SPB Issue No. 24 | ACADEMIC YEAR: 2025 – 2026 | February

## STUDENTS AND PARENTS' BULLETIN

*Senior High School*

### SISFU GOT TALENT 2026



#### 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.



# SISFU GOT TALENT



## SISFU Got Talent 2026:

### SHS Students Shine Bright in an Unforgettable Showcase of Talent

On February 18, 2026, the SISFU Got Talent – Student Edition brought the stage to life, showcasing our students’ creativity, confidence, and passion. From captivating musical acts to impressive stage presence, each performer demonstrated dedication and courage.

Congratulations to those advancing to the next round: Chloe Diga, Crystoph Paculan, Jan Vives, Kaila Gors, Grantt Christian Cueto, and Sophia Velasco. Your standout performances truly impressed!

To all participants, thank you for being part of SISFU Got Talent 2026 and sharing your talents with us. While you may not be advancing to the Finals this year, the competition was close, and your courage and effort were remarkable. We hope you continue to shine in future events and programs!

DATE	TIME	PLACE
02.24.26	1:30 - 5:00 PM	SISFU MPH





# SHS SLEP 2026



With the theme "Journey to Self-Improvement: Embracing Grit, Gratitude, and Growth Mindset in Finding Life's Purpose toward Well-Being and Happiness," our Senior High students embraced meaningful moments of reflection, resilience, and connection. Each experience became a step toward growth and purpose—shaping not just who they are today, but the legacy they leave at SISFU.

**Watch here**





# International Students Circle General Assembly



## International Students Circle Recap – February 19, 2026

The SISFU International Student Services hosted the International Students Circle General Assembly on February 19, 2026 at the Bistro Lima (Zoom for FLEX students). The event brought international students together to connect, share experiences, and celebrate cultural diversity.

A highlight was the launch of the Cultural Immersion Program, promoting cross-cultural understanding and giving students the chance to explore Filipino history, culture, and traditions. The assembly was a meaningful and vibrant gathering that strengthened SISFU's international community.



# 28TH FOUNDING ANNIVERSARY



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**SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES**

## The Order of the Paladins: ROOTED IN HONOUR, CROWNED IN EXCELLENCE



# Hallway Decoration Contest

Set-up period shall be from February 19 to February 20, 2026.

All decorations will be displayed until  
 March 4, 2026.



[▶ READ MORE](#)





# 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





# HUAWEI INDUSTRY VISIT



SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES

Academics Department & Student Support Center - Internship Services



# Huawei Industry Visit 2026



6782, 3RD FLOOR SSS BUILDING, AYALA AVENUE, BARANGAY  
SAN LORENZO, MAKATI CITY, 1223 METRO MANILA

FEBRUARY 23, 2026, 8:00 AM - 12:00 PM

ATTIRE: COMPLETE TYPE A UNIFORM





# SISFU GOT TALENT 2026!



**SOUTHVILLE INTERNATIONAL SCHOOL  
AFFILIATED WITH FOREIGN UNIVERSITIES**



# SISFU

# GOT

# T★LENT



**SHOWCASING THE TALENTS OF SISFU  
STUDENTS AND EMPLOYEES.**

**FEB. 24, 2026**

**1:30 - 5:00 PM | SISFU MPH**





# GDO SISFU EDITION



SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES  
ACADEMICS DEPARTMENT



# GLOBAL DIMENSIONS OLYMPIAD 2026



*SISFU Paladins Edition*



February 24, 2026  
10:00 AM - 12:00 PM  
SISFU MPH



For More Info





# SISFU TALKS



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!





# 28TH FOUNDING ANNIVERSARY



SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES  
STUDENT SUPPORT CENTER



# PAWS *ITIVE* CONNECTIONS

A VISIT WITH PURPOSE



FEBRUARY 27, 2026 | 8:00 AM - 12:00 PM

PHILIPPINE ANIMAL WELFARE SOCIETY





# 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.



# 28TH FOUNDING ANNIVERSARY

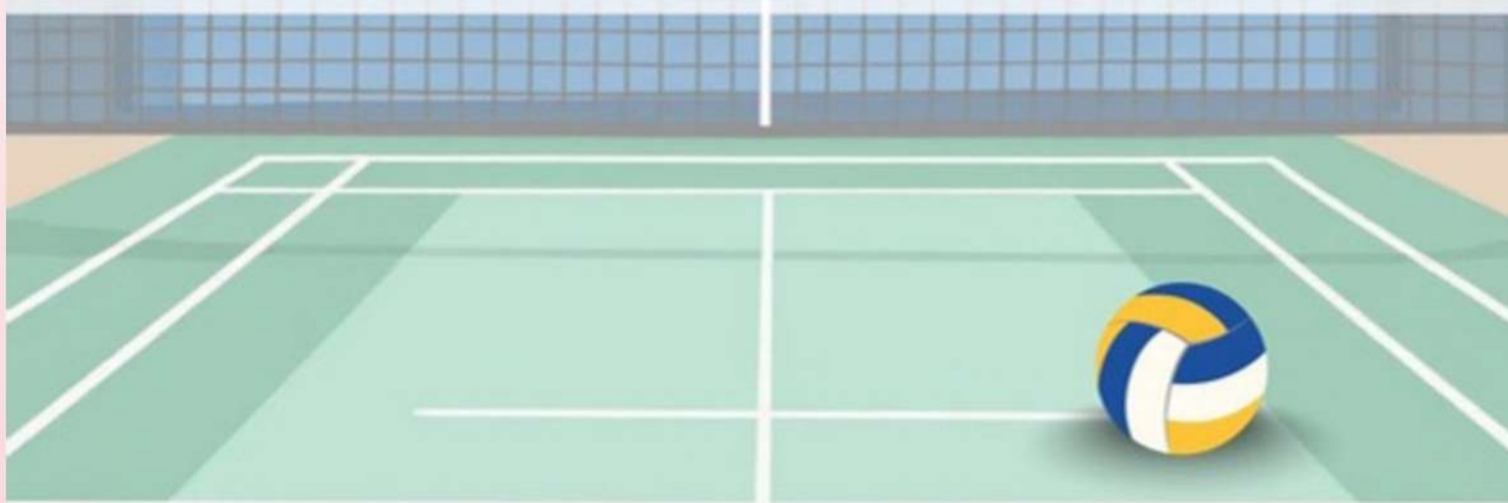


SOUTHVILLE INTERNATIONAL SCHOOL  
AFFILIATED WITH FOREIGN UNIVERSITIES



STUDENT SUPPORT CENTER - STUDENT AFFAIRS AND SERVICES

# SISFUN HOUSE CUP VOLLEYBALL



27 FEBRUARY | 03:00 - 5:00 PM | SISFU GYM

Hosted by:

Maroon  Dragons



# 28TH FOUNDING ANNIVERSARY



SOUTHVILLE INTERNATIONAL SCHOOL  
AFFILIATED WITH FOREIGN UNIVERSITIES



STUDENT SUPPORT CENTER - STUDENT AFFAIRS AND SERVICES

## GAME SCHEDULE

### VOLLEYBALL



GOLDEN GRIFFINS

GAME 01  
VS



WHITE FOXES



BLUE TITANS

GAME 02  
VS



GAME 01 WINNER



GAME 01 LOSER

GAME 03  
VS



GAME 02 LOSER

27 FEBRUARY | 03:00 - 5:00 PM | SISFU GYM

Hosted by:

Maroon  Dragons



# 28TH FOUNDING ANNIVERSARY



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



# SISFUN HOUSE CUP BASKETBALL

27 FEBRUARY | 03:00 - 5:00 PM | SISFU GYM

Hosted by:

Maroon  Dragons





# 28TH FOUNDING ANNIVERSARY



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



## GAME SCHEDULE

### BASKETBALL



WHITE FOXES

GAME 01  
VS



BLUE TITANS



GOLDEN GRIFFINS

GAME 02  
VS



GAME 01 WINNER



GAME 01 LOSER

GAME 03  
VS



GAME 02 LOSER

27 FEBRUARY | 03:00 - 5:00 PM | SISFU GYM

Hosted by:

Maroon  Dragons



# 28TH FOUNDING ANNIVERSARY



SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES

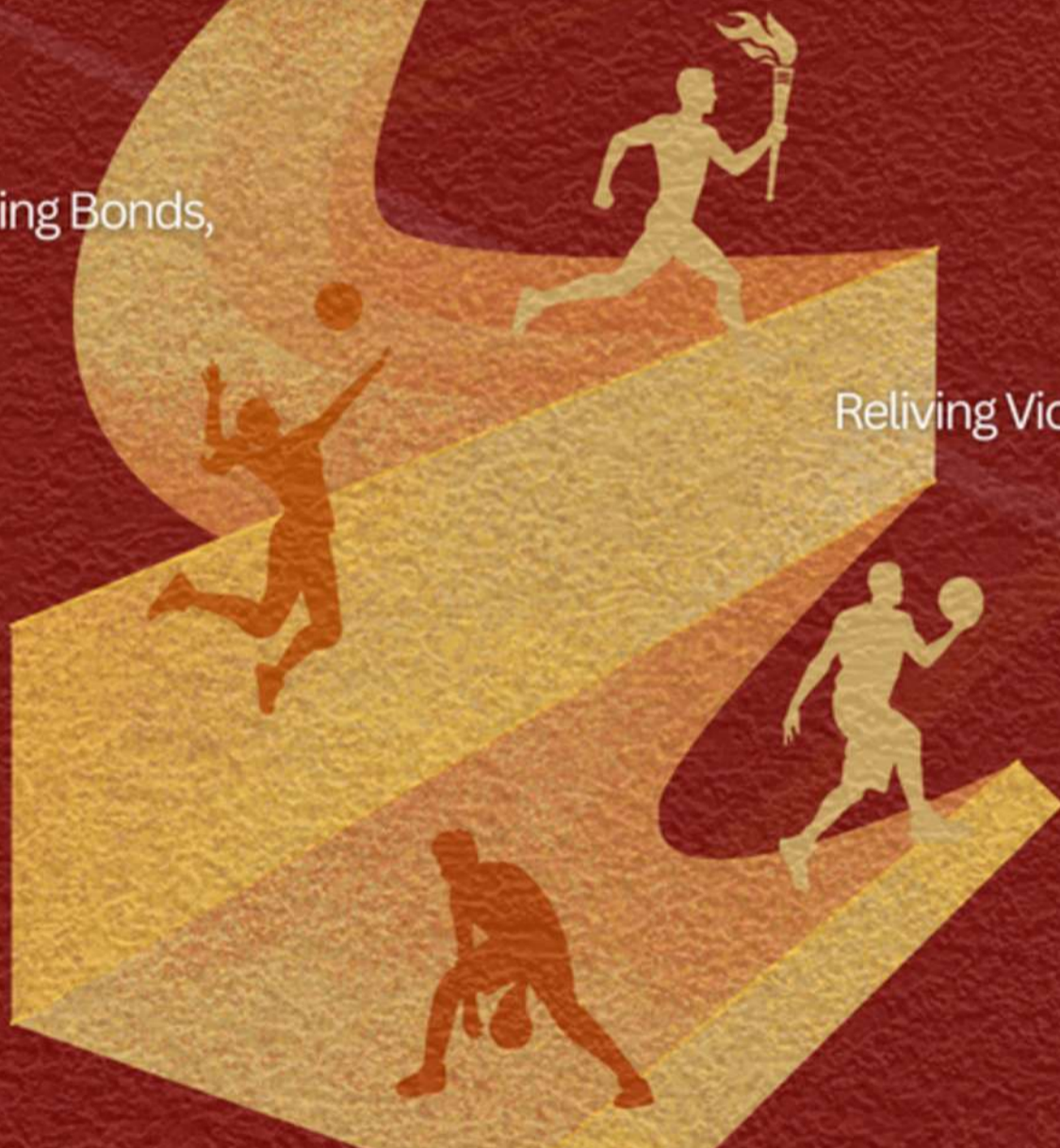
Student Support Center - Alumni Services



# SISFU ALUMNI FRIENDSHIP GAMES

Reuniting Bonds,

Reliving Victories.



February 28, 2026  
1:00 - 5:00 PM | SISFU Gym

 REGISTER NOW





# 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 28<sup>th</sup> SISFU Founding Anniversary. Step forth and claim your commemorative treasures while the trove lasts.*



**28th Founding Anniversary  
Quarter Zip Top**  
800.00 php



**28<sup>th</sup> SISFU Founding  
Anniversary Keychain**  
100.00 php



**SISFU Keychain**  
100.00 php



**SCAN TO ORDER!**

**Deadline for orders: February 18, 2026**



*28 and beyond...*





# 28TH FOUNDING ANNIVERSARY



## SISFU FOUNDING ANNIVERSARY

Theme:

### The Order of the Paladins: ROOTED IN HONOUR, CROWNED IN EXCELLENCE

# 28

February 19 - March 3, 2026

MON

TUE

WED

THU

FRI

23

Industry Visit  
at Huawei

Type A uniform. Regular  
classes for those who are  
not joining the industry  
visit.

24

GDO SISFU Edition  
SISFU Got Talent

Type B uniform.  
Attendance is a must.

25

SFO Event

Business Casual.  
Shades of Green.  
Attendance is a must.

26

SISFU 28th  
Foundation  
Anniversary

Type A uniform.  
Attendance is a must.

27

PAWS Visit

SISFUN House Cup Hosted  
by the Maroon Dragons

SISFUN Shirt/Respective  
Color

2

SISFUN

SISFUN  
Shirt/Respective  
Color

3

SISFUN

SISFUN  
Shirt/Respective  
Color

SCAN THE QR CODES FOR MORE INFORMATION.

GDO SISFU  
Edition



SISFU Got  
Talent



**PAWS** ITIVE  
**CONNECTIONS**  
*Call for Donations*



# CALENDAR OF ACTIVITIES



**DON'T  
FORGET**

**February 23, 2026**  
Industry Visit at Huawei

**February 24, 2026**  
SISFU Got Talent |  
GDO SISFU Edition

**February 25, 2026**  
SISFU Talks

**February 26, 2026**  
SISFU 28<sup>th</sup> Foundation  
Day Celebration

**February 27, 2026**  
SISFUN House Cup Game 4  
Hosted by Maroon Dragons

**February 27, 2026**  
PAWSitive Connection:  
A Visit with Purpose

**February 28, 2026**  
SISFU Alumni Friendship Games

**March 2-3, 2026**  
SISFUN 2026





# VALUE OF THE WEEK

## Developing Emotional Resilience in Handling Situations



**“Resilience is embracing failure, learning from it, and moving forward.”  
-Sasha Shillcutt**

In this TEDx talk, Dr. Sasha Shillcutt explains that true resilience comes from facing setbacks openly, letting go of perfectionism, and using failure as a stepping stone rather than something to be ashamed of. She suggests that when we talk about our failures and learn from them, we build emotional strength and become better equipped to handle tough situations.



# SOCIO-EMOTIONAL LEARNING CORNER



## Building Emotional Resilience through Failure

### Why it Matters

Resilience helps students bounce back from setbacks, handle stress, and approach challenges with confidence. By learning to embrace mistakes instead of fearing them, students develop a growth mindset, reduce anxiety, and improve their overall emotional well-being.

### SEL Skills Developed

1. Self-Awareness - Recognizing emotions when facing failure or setbacks.
2. Self-Management - Controlling impulses, staying motivated, and persisting despite difficulties.
3. Social Awareness - Understanding that everyone makes mistakes and experiencing empathy toward others' struggles.
4. Relationship Skills - Communicating openly about challenges and seeking support when needed.
5. Responsible Decision-Making - Learning from mistakes to make better choices in the future.

### Practical Tips for Students

1. Reflect on Mistakes - After a setback, identify what went wrong and what can be learned.
2. Talk About Challenges - Share struggles with peers, mentors, or teachers to gain perspective.
3. Reframe Failure - View mistakes as opportunities for growth, not as personal flaws.
4. Set Small Goals - Break challenges into manageable steps to build confidence and momentum.
5. Celebrate Progress - Acknowledge effort and improvement, even if the outcome isn't perfect.

## What Are Colds & Flu?

Colds and flu are viral respiratory illnesses that spread easily, especially in cooler months.

Flu symptoms tend to be more sudden and severe than cold symptoms.



## Common Symptoms

### Flu:

- Fever or chills
- Body aches & fatigue
- Severe cough
- Headache
- Sore throat: Gometnres
- Runny or stuffy nose

### Cold:

- Runny or stuffy nose
- Sneezing
- Mild cough
- Sore throat



## Prevention Tips

- ✓ Wash hands often
- ✓ Cover coughs & sneezes
- ✓ Avoid touching your face
- ✓ Stay home if sick
- ✓ Get a yearly Flu Vaccine



## How They Spread

Colds and flu viruses spread through coughs, sneezes, and contact with shared surfaces.



## Self-Care When You're Sick

- ✓ Rest & Hydrate
- ✓ Warm Drinks
- ✓ Humidify Air



## Seek Medical Care if...

- ✓ Severe difficulty breathing
- ✓ Chest pain or pressure
- ✓ Persistent high fever
- ✓ Confusion or extreme fatigue
- ✓ Worsening symptoms



# STUDY HABITS

## Cognitive bias: The four mistakes we make in our thinking

- Question first impressions – Don't trust snap judgments.
- Look for opposing evidence – Challenge your assumptions.
- Think before deciding – Avoid rushing choices.
- Get different perspectives – Learn from others' views.
- Reflect on mistakes – Spot patterns in past errors.





# AROUND SGEN



## Southville International School and Colleges



# INTERNATIONAL LEADERSHIP CAMP

Be Equipped with Leadership Essentials to Thrive in the Age of AI

“

A leader is the one who knows the way, goes the way and shows the way.

John Maxwell

8:00 AM

MONARCHS HALL

Register Now!



Open to Grades 11 and 12 students.

April 6-8, 2026



# 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](mailto: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!  
[sisfu.edu.ph](http://sisfu.edu.ph) | [enquiry@southville.edu.ph](mailto:enquiry@southville.edu.ph)

