



# SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES

SPB Issue No. 28 | ACADEMIC YEAR: 2025 – 2026 | March

## STUDENTS AND PARENTS' BULLETIN

*Senior High School*

# TEDXSISC YOUTH 2026: SISFU SHS STUDENTS TAKE PART

Five SHS students from SISFU joined TEDxSISC Youth 2026, where a series of inspiring talks explored resilience, personal growth, and the journey of self-discovery. The insights shared by the speakers—ranging from embracing challenges and setbacks to exploring multiple passions—offer valuable lessons that will guide and inspire younger generations as they navigate their own paths in life.

### 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.



# TEDXSISC YOUTH 2026: SISFU SHS STUDENTS TAKE PART



TEDxSISC Youth 2026 featured inspiring talks on personal growth, resilience, and human experiences. Valerie Pawid-West highlighted rebuilding through challenges, Nikki Tang emphasized intentional self-development, and Sherwin O encouraged exploring multiple passions. Saanvi Shetty urged seeing beyond stereotypes, JC Rezabek showed how setbacks shape meaningful lives, and Inna Palacios stressed self-leadership. Dr. Fabian Dayrit celebrated unconventional paths, while Nyoy Volante shared the realities behind an artist's success. Together, these talks offered lessons on perseverance, self-discovery, and the evolving journey of life.





# SISFU GLOBAL DIMENSION OLYMPIAD 2026: CELEBRATING EXCELLENCE, PASSION, AND POSSIBILITY



The Global Dimension Olympiad 2026 was more than just a competition—it was a celebration of passion, teamwork, and student excellence. From start to finish, participants showed determination, courage, and heart, creating an inspiring atmosphere throughout the event.

Made possible through the continued partnership between SISFU and the Rotary Club of Makati Salcedo, GDO remains a platform that opens doors and transforms lives.

Winners of GDO 2026:

Champion - Stonyhurst Southville International School - Malarayat

1st Runner-Up - Don Bosco - Salesian Sisters, Inc.

2nd Runner-Up - Las Piñas City National Science High School

3rd Runner-Up - Manila Science High School

4th Runner-Up - South Mansfield College

Congratulations to all participants for their hard work and dedication. Special recognition to our Champion for an outstanding performance.

See you at the next GDO.





# MACQUARIE UNIVERSITY MASTERCLASS



SOUTHVILLE INTERNATIONAL SCHOOL  
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MACQUARIE  
University  
SYDNEY · AUSTRALIA

## MACQUARIE UNIVERSITY MASTERCLASSES

**Why Design Matters:  
Design in Media and  
Communication**



**Sarah Keith (FoA)**  
Senior Lecturer in Media, School of  
Communication, Society and Culture



**From Data to Decisions: The  
Power of Financial Information**

**Carmel Emanuel (MQBS)**  
Senior Lecturer - Department of  
Accounting and Corporate Governance



March 26, 2026, 3:00 PM  
Southville-SISFU Campus/Zoom

Register Here!





# SHS PROM 2026



YOU ARE INVITED TO



## THE MIDNIGHT MYSTIQUE

A SENIOR HIGH SCHOOL MASQUERADE BALL

Beneath the stars, behind the mask, beyond the ordinary:  
A grand masquerade to remember forever.

28 March 2026 at 4:00 PM at

*Grand Westside Hotel, Manila*





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*The Midnight Mystique is the enchanting spirit of a masquerade night where elegance, mystery, and celebration meet. Beneath the stars and behind the mask, it represents a moment beyond the ordinary—an unforgettable evening where memories, friendships, and the magic of the night come together.*

### Attire:

We kindly ask you to follow the color palette of Black, Silver, Burgundy, and Midnight Blue, reflecting the evening's mysterious and sophisticated atmosphere.





# CALENDAR OF ACTIVITIES



**DON'T  
FORGET**

**March 26, 2026**

Macquarie University Masterclass

**March 27, 2026**

Las Pinas Day

**March 28, 2026**

SISFU SHS Prom 2026

**March 31, 2026**

SGEN Business Planning Competition  
Registration Deadline

**March 30 - April 3, 2026**

Holy Week Break

**April 6, 2026**

Resumption of Classes

**April 8, 2026**

Deadline of Early Registration for WSC Manila  
Round

**April 9, 2026**

Day of Valor

**April 10, 2026**

Term 2 PTC / Submission of Business Plans





# VALUE OF THE WEEK

## Sustaining: A Place for Everything and Everything in its Own Place



**"Less stuff equals more freedom."**

**-Graham Hill**

Graham Hill's TED Talk, *Less Stuff, More Happiness*, shows how owning less can lead to more freedom, clarity, and happiness. By keeping only what truly matters, we can organize our lives better, reduce stress, and live more sustainably—giving everything its proper place.





# SOCIO-EMOTIONAL LEARNING CORNER



## Living with Less, Living Better

### Why it Matters

In today's fast-paced world, people often feel overwhelmed by clutter—physical, mental, and emotional. Simplifying life by keeping only what truly matters helps reduce stress, increase focus, and create a sense of control and well-being. Giving everything a proper place promotes balance, intentionality, and sustainable living.

### SEL Skills Developed

1. **Self-Awareness** – Recognizing what possessions and habits truly matter to you.
2. **Self-Management** – Making conscious choices to reduce clutter and organize life.
3. **Responsible Decision-Making** – Prioritizing quality over quantity in consumption.
4. **Social Awareness** – Understanding how personal choices affect the environment and community.
5. **Relationship Skills** – Improving interactions by creating an organized and less stressful environment at home or work.

### Practical Tips for Students

1. Declutter Weekly – Keep only what you need or love.
2. Give Everything a Place – Know where things belong.
3. Limit Purchases – Buy only what's necessary.
4. Be Mindful – Focus on experiences, not stuff.
5. Check Priorities – Make sure your space supports your goals.







# MEDICAL CORNER



## What is a Sore Throat?

- A sore throat is irritation, scratchiness, or pain in the throat.
- Often caused by viral or bacterial infections.

## Causes:

-  Viral Infections (Cold, Flu) 
-  Bacterial Infections (Strep Throat)
-  Allergies, Dry Air, Irritants

## Self-Care Tips:

-  Drink plenty of warm fluids
-  Gargle with warm salt water
-  Use throat lozenges or honey
-  Rest your voice
-  Humidify your environment



## When to See a Doctor:

-  Persistent sore throat more than a week
-  Severe pain or difficulty swallowing
-  High fever or rash
-  White patches on the throat



# STUDY HABITS



## The theory of unconscious thinking: How to make decisions intuitively

- Trust Your Gut - Let your subconscious process info, then check results.
- Reflect Daily - Spend a few minutes quietly reviewing what you learned.
- Chunk Material - Break info into small, meaningful groups.
- Take Problem-Solving Breaks - Step away; let insights emerge naturally.
- Visualize Solutions - Imagine outcomes to guide intuitive understanding.





# AROUND SGEN



## IN2ITION 2026: 5TH PHILIPPINE YOUTH INTERNET GOVERNANCE FORUM (PhYIGF)

*"EMPOWERING FILIPINO YOUTH  
IN SHAPING A TRUSTED **DIGITAL FUTURE**"*



March 28, 2026  
8:00AM



@In2ITionPhil



Tanghalang Haribon, Insular Life  
Corporate Center, Insular Life Drive,  
Alabang, Muntinlupa City



# 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

WWW.SISFU.EDU.PH

# SISFU SENIOR HIGH SCHOOL

*Where Students Thrive*

## ACKNOWLEDGEMENT FORM



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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

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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)

