



SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES

SPB Issue No. 29 | ACADEMIC YEAR: 2025 – 2026 | March

STUDENTS AND PARENTS' BULLETIN

Senior High School



THE MIDNIGHT MYSTIQUE A SENIOR HIGH SCHOOL MASQUERADE BALL

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.



SHS PROM 2026



"THE MIDNIGHT MYSTIQUE: A SENIOR HIGH SCHOOL MASQUERADE BALL"



PROM King & Queen 2026



SHS PROM 2026



"THE MIDNIGHT MYSTIQUE: A SENIOR HIGH SCHOOL MASQUERADE BALL"



The Senior High School Prom 2026, "The Midnight Mystique: A Masquerade Ball," was a memorable night filled with elegance, excitement, and unforgettable moments. Students, dressed in stunning attire and masks, celebrated friendship and created lasting memories.

Congratulations to Psalm Borines and Mary Kaila Gors for being crowned Prom King and Queen, and to Emman Franc and Elisha Borines as Prom Prince and Princess—truly deserving of the honor.

From performances to dancing, everyone enjoyed the evening, making it a magical experience that will be cherished for years to come.

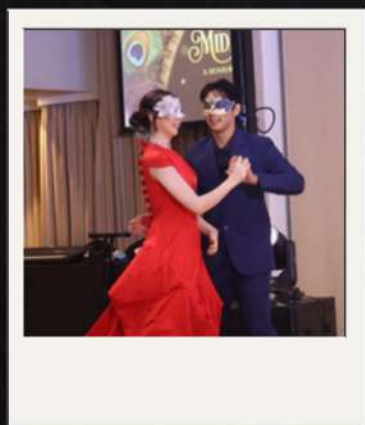
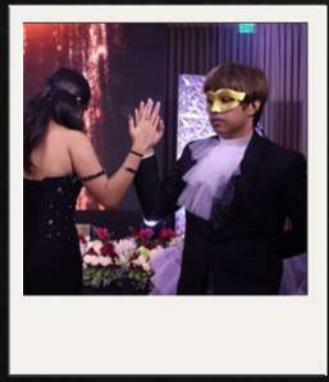
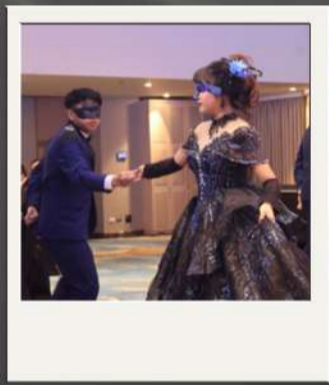




SENIOR HIGH SCHOOL HIGHLIGHTS



PALADINS





MACQUARIE UNIVERSITY MASTERCLASS



The Macquarie University Masterclass, held on March 26, 2026, brought together students for an engaging learning experience with international professors.

Featuring talks by Carmel Emanuel and Sarah Keith, the session provided valuable insights on financial decision-making and the role of design in communication.

The event successfully highlighted SISFU's commitment to global and meaningful education.



GRACE AND EXCELLENCE: ZILANNI ADVANCES TO TOP 36



CONGRATULATIONS!

ZILANNI EVE P. ROJAS

UK ACCELERATED
SENIOR HIGH SCHOOL STUDENT

Selected as one of the

Top 36



Official Candidates of Binibining Pilipinas 2026!

Your SISFU family is incredibly proud of you, Zilani!
We're cheering you on every step of the way as you pursue your dreams.
Keep soaring high, Paladin—your journey is just beginning!

WWW.SISFU.EDU.PH



LEARN MORE



A TIME FOR REST AND REFLECTION: HOLY WEEK ADVISORY

Dear SHS Paladins,

Good Day!

As we approach Holy Week, we are informing you that there will be no classes from Monday, March 30, to Friday, April 3, 2026, for all levels in the Senior High School department.

We encourage everyone to take this time for rest and meaningful observance with loved ones. Stay safe, and we look forward to seeing you back on campus on April 6, ready for the rest of the term.

Wishing you a peaceful Holy Week.





CALENDAR OF ACTIVITIES



**DON'T
FORGET**

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

April 11, 2026

SGEN Cup

April 13, 2026

SGEN Music and Monologues





UPCOMING MAKE-UP CLASS SCHEDULE



Face to Face (F2F)

SCHEDULE	SUBJECT	LEVEL	TEACHER
April 8, 2026 1:00 pm to 4:30 pm (VOLT)	Unit 06 - Planning a Computing Project	Grade 12 - ICT	Mr. Oliver
April 22, 2026 1:00 pm to 4:40 pm	Unit 06 - Planning a Computing Project	Grade 12 - ICT	Mr. Oliver

FLEX

SCHEDULE	SUBJECT	LEVEL	TEACHER
April 7, 2026 1:00 PM - 2:00 PM	Creative Writing	Grade 11	Ms. Razel
April 8, 2026 4:00 PM - 5:00 PM	Philippine Politics and Governance	Grade 12	Ms. Angel
April 13, 2026 4:00 PM - 5:00 PM	Philippine Politics and Governance	Grade 12	Ms. Angel



VALUE OF THE WEEK

Aiming for Excellence



***"Excellence is not a destination, but a journey of personal growth and high expectations."
-Vanessa Acheampong***

Vanessa Acheampong's TEDx Talk, What is Excellence?, shows how raising our expectations can lead to greater achievement, character, and purpose. By refusing to settle for "average," we can inspire students to reach their full potential and reclaim a culture of high standards—giving every student the push they need to succeed.



SCAN HERE



SOCIO-EMOTIONAL LEARNING CORNER



The Pursuit of Greatness: Raising Your Standards

Why it Matters

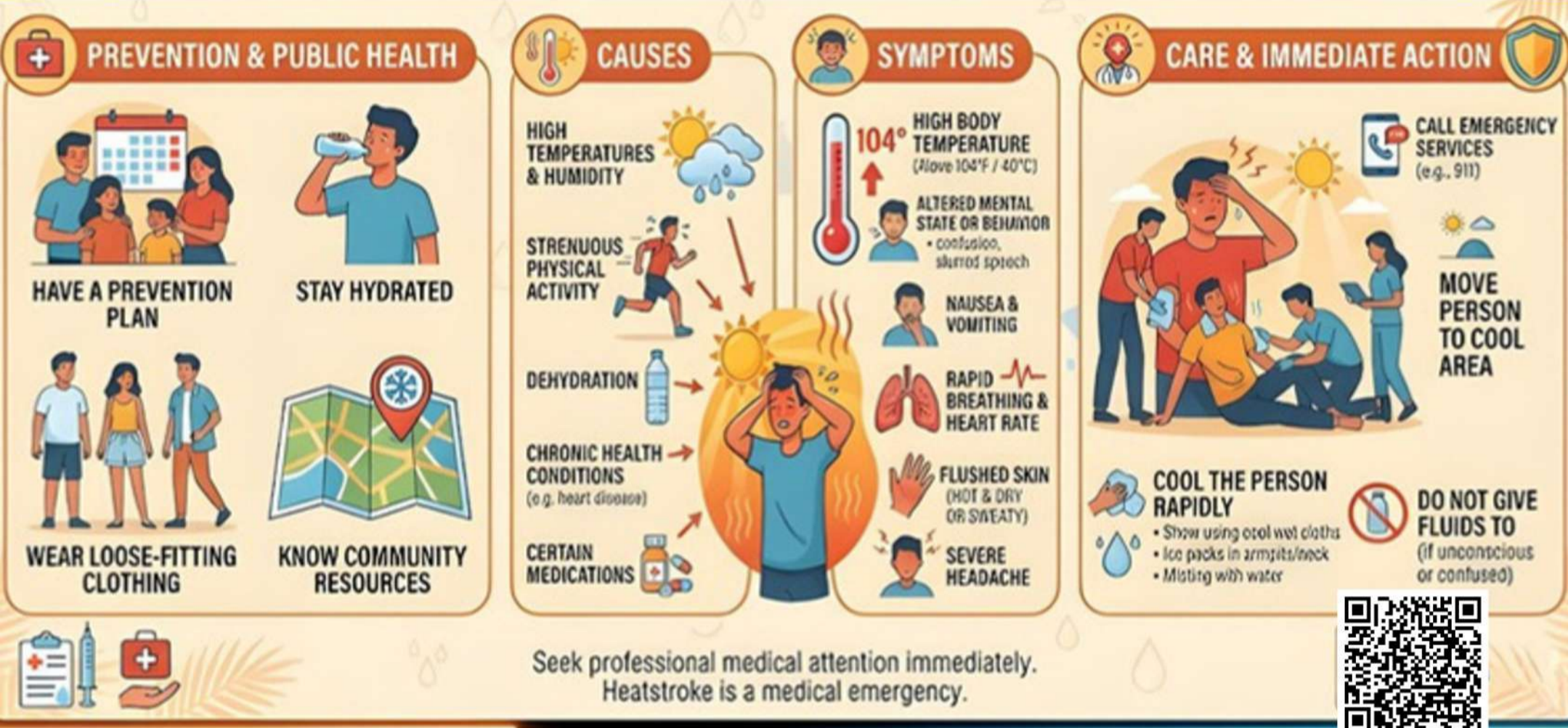
In a world that often settles for "good enough," striving for excellence fuels personal transformation. It's not about being perfect; it's about consistently surpassing your best. By shifting your focus from completion to craftsmanship, you discover purpose, build resilience, and earn a reputation for reliability and quality that creates new opportunities.

SEL Skills Developed

- **Self-Awareness:** Recognizing strengths and areas for growth.
- **Self-Management:** Maintaining focus on long-term goals despite distractions.
- **Responsible Decision-Making:** Choosing integrity over ease in decision-making.
- **Social Awareness:** Inspiring others through high standards.
- **Relationship Skills:** Building trust and collaborating for top results.

Practical Tips for Students

- **The 1% Rule** - Focus on improving by just 1% each day instead of trying to change everything at once.
- **Seek Feedback, Not Praise** - Ask teachers what you can improve, not just for a grade.
- **Master the Fundamentals** - Excellence is built on a strong foundation; master the basics before tackling complex tasks.
- **Practice Deliberate Focus** - Set aside "deep work" sessions where phones are away and your full attention is on the task at hand.
- **Reflect on the "Why"** - Remind yourself of your ultimate goals to keep your motivation high when the work gets demanding.



PREVENTION & PUBLIC HEALTH

- HAVE A PREVENTION PLAN
- STAY HYDRATED
- WEAR LOOSE-FITTING CLOTHING
- KNOW COMMUNITY RESOURCES

CAUSES

- HIGH TEMPERATURES & HUMIDITY
- STRENUOUS PHYSICAL ACTIVITY
- DEHYDRATION
- CHRONIC HEALTH CONDITIONS (e.g. heart disease)
- CERTAIN MEDICATIONS


SYMPTOMS

- HIGH BODY TEMPERATURE (Above 104°F / 40°C)
- ALTERED MENTAL STATE OR BEHAVIOR (confusion, slurred speech)
- NAUSEA & VOMITING
- RAPID BREATHING & HEART RATE
- FLUSHED SKIN (HOT & DRY OR SWEATY)
- SEVERE HEADACHE

CARE & IMMEDIATE ACTION

- CALL EMERGENCY SERVICES (e.g., 911)
- MOVE PERSON TO COOL AREA
- COOL THE PERSON RAPIDLY
 - Shower using cool wet cloths
 - Ice packs in armpits/neck
 - Misting with water
- DO NOT GIVE FLUIDS TO (if unconscious or confused)

Seek professional medical attention immediately. Heatstroke is a medical emergency.



STUDY HABITS

The John Whitmore model: Am I pursuing the right goal?

- **Check for "PURE" intent:** Ensure the goal is positive, clear, relevant, and ethical.
- **Prioritize Performance over Outcome:** Focus on what you can personally control rather than luck.
- **Verify the "Why":** Distinguish between internal growth and external pressures.
- **Gauge your "Will":** Confirm you have the high-level internal drive to see it through.
- **Assess the Cost:** Ensure the required path aligns with your actual lifestyle and values.





AROUND SGEN



BUSINESS CONVENTION 2026

“Shaping Tomorrow’s Enterprises:
Strategy, Innovation, and Long-Term Value Creation”

01 Entrepreneurship → Strategic Innovation & Venture Creation

← **02 Real Estate Management**
Strategic Asset & Property Development

03 Financial Management → Financial Strategy & Capital Stewardship

← **04 Marketing Management**
Strategic Marketing & Customer Value

APRIL 16, 2026 | 9:00 AM - 3:00 PM
Venue: Monarchs Hub, Southville International School and Colleges



BE A SISFU PALADIN TODAY!



SOUTHVILLE INTERNATIONAL SCHOOL
AFFILIATED WITH FOREIGN UNIVERSITIES



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!
sisfu.edu.ph | enquiry@southville.edu.ph

