



# SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES

SPB Issue No. 02 | ACADEMIC YEAR: 2025 – 2026 | August

## STUDENTS AND PARENTS' BULLETIN

*Senior High School*

### WELCOME MESSAGE FROM THE CHAIRMAN



**Dr. Melva M. Diamante**  
*SISFU Chairman*

Hello, Senior High School students!

Welcome to SISFU. Welcome to the incoming members of the SISFU academic community – the Grade 11 students. Welcome back to our Grade 12 SHS students. I like to take this opportunity to thank our incoming Grade 12 students for giving SISFU a glowing and excellent rating for their experience with their classes, their teachers, their Principal, Sir Gio and Sir Patrick as well as the staff and their satisfaction with the SISFU facilities. Thank you so much!

#### 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.

I'm delighted to have this chance to speak with you, especially the Grade 11 students. As you start this exciting chapter of your education, I want you to know that here at SISFU, we care deeply about your academic progress. Yes, we are committed to providing you with a quality education that prepares you for the future. But equally important to us is your well-being and your growth outside of your classes.

This year, you will have many opportunities to engage in fun and meaningful activities that support your personal development. From student organizations, competitions, sports to community projects and arts, these experiences are designed to help you discover new interests, build new skills, and create lasting friendships.

We also believe in experiential learning – learning by doing – where you get to apply what you study in real-world situations. These experiences will not only make your education richer but will also prepare you to be confident, capable, and adaptable young adults.

Remember, this journey is about your whole self – your mind, your heart, and your happiness. We're here to support you every step of the way so that this year will be full of growth, excitement, and success in all areas of your life.

Let's make this school year a wonderful adventure together! Can you do that?

Thank you and see you around.





# LEADERSHIP TEAM



## SISFU SHS DEPARTMENT



**Dr. Jocelyn P. Tizon**  
SISFU President



**Daniel W. Steel**  
Dean of Academics



**John George P. Pastor**  
SHS Principal  
Director for Academic Operations and Student Support



**Jonathan D. Borja**  
SODT Programme Head  
and Pearson Lead IV



**Mary Iphigene D. Daradar**  
Pearson Lead IV

## FACULTY MEMBERS



**Justin Brian Belostrino**



**Jonathan Borja**



**Margaret Bueno**



**Camila Izavelle Cuenca**



**Precious Daluz**



**Mary Iphigene Daradar**



**Anna Razel Estrella**



**Lorna Gamboa**



**Ahdrian Gernale**



**Noel Ison**



**John Patrick Javier**



**Jackie John Llanora**



**Oliver Patrick Liwanag**



**Dr. Elias Sampa**



**Abigail Vallente**



# SISFU LAUNCHES 'NO BULLYING ALLOWED' CAMPAIGN WITH POWERFUL SKIT, DANCE, AND UNBREAKABLE PLEDGE



SISFU Launches “No Bullying Allowed” (NBA) Campaign with Powerful Skit and Dance. SISFU officially kicked off its No Bullying Allowed (NBA) Campaign through a heartfelt and inspiring skit performed by a collaboration of students and employees.

The skit depicted the emotions of a new student on their first day at school—facing fears of being bullied or excluded. The anxiety is lifted when a SISFU Student Ambassador steps in and reassures that SISFU is a bully-free campus where students are encouraged to report any bullying incidents.

Following the skit, the group performed an uplifting dance to “Brave” by Sara Bareilles, a song that celebrates self-expression, courage, and overcoming fear—perfectly echoing the campaign’s message to speak up and be true to oneself.

To seal their commitment, students placed their thumb marks on a pledge banner, promising to stand against bullying and help foster a safe, respectful, and inclusive environment for all. This banner will be displayed prominently in the SISFU lobby as a daily reminder of their commitment.



# NO BULLYING ALLOWED (NBA) CAMPAIGN





# SUCCESSFUL PEARSON ISV AUDIT FOR HNC IN BUSINESS AND COMPUTING



## A Milestone of Excellence: Pearson HNC Programs Achieve Zero Non-Compliance

We are proud to announce that our Pearson HNC in Business and Pearson HNC in Computing programs have achieved Zero Non-Compliance in the latest Pearson International Standards Verification audit. This outstanding result reflects our commitment to maintaining the highest international standards.

This achievement highlights the dedication and collaboration of our academic team, support staff, and institutional services, all working together to provide students with a world-class education. It also marks the official release of the HNC (Business) Certifications, celebrating the hard work of our students and opening doors to new opportunities.

As we continue to raise the bar in education, we are excited for the future and the continued success of our learners.



Pearson



# PEARSON DISTINCTION AWARDEES



## **Honoring Excellence: Bulawin and Delos Santos Receive the Prestigious Pearson Distinction Award**

During the 8th Senior High School Commencement Exercises on June 28, 2025, we proudly recognized Gian Kyle M. Bulawin and Lance Matthew S. Delos Santos as this year's Pearson Distinction Awardees.

This prestigious award is given to students who demonstrate exceptional academic performance, perseverance, and commitment to excellence, earning at least 840 quality points combined across all Pearson HNC subjects. Both Gian and Lance have not only excelled academically but have also embodied the values of leadership, integrity, and dedication—qualities that define true SISFU graduates.

Congratulations once again, Gian and Lance! Your success is an inspiration to your peers and the entire SISFU community.





# FROM SISFU TO THE WORLD: HUANG SHAN NA



We proudly celebrate the outstanding achievement of Huang, Shan Na, our former SHS Paladin, who has been admitted to Zhejiang University—one of the top three universities in China and ranked among the top 50 universities in the world.

This remarkable accomplishment is a testament to Shan's dedication, perseverance, and pursuit of academic excellence. His journey from SISFU to one of the most prestigious institutions in the world reflects not only his individual determination but also the values of resilience, hard work, and global mindset that SISFU instills in its students.

His success serves as an inspiration to the SISFU community and to all young learners who dream of achieving greater heights. As he embarks on this new chapter, we are confident that Shan Na will continue to shine and make a difference in the global stage.

Congratulations once again, Shan! Your SISFU family is proud of you.



# CALENDAR OF ACTIVITIES



**DON'T  
FORGET**

**September 1, 2025**

Deadline of Filing of Certificate of  
Candidacy

**September 2, 2025**

SHS Acquaintance Party  
(Dismissal :5:00 PM)

**September 2, 2025**

Launching of Duke of Edinburgh

**September 8, 2025**

SHS Election Campaign

**September 8, 2025**

Paladins General Assembly

**September 12, 2025**

SHS Meeting De Avance | SHS Election  
Day

**September 16, 2025**

University of Technology Sydney

**September 22-26, 2025**

SHS Term 1 Midterm Assessment



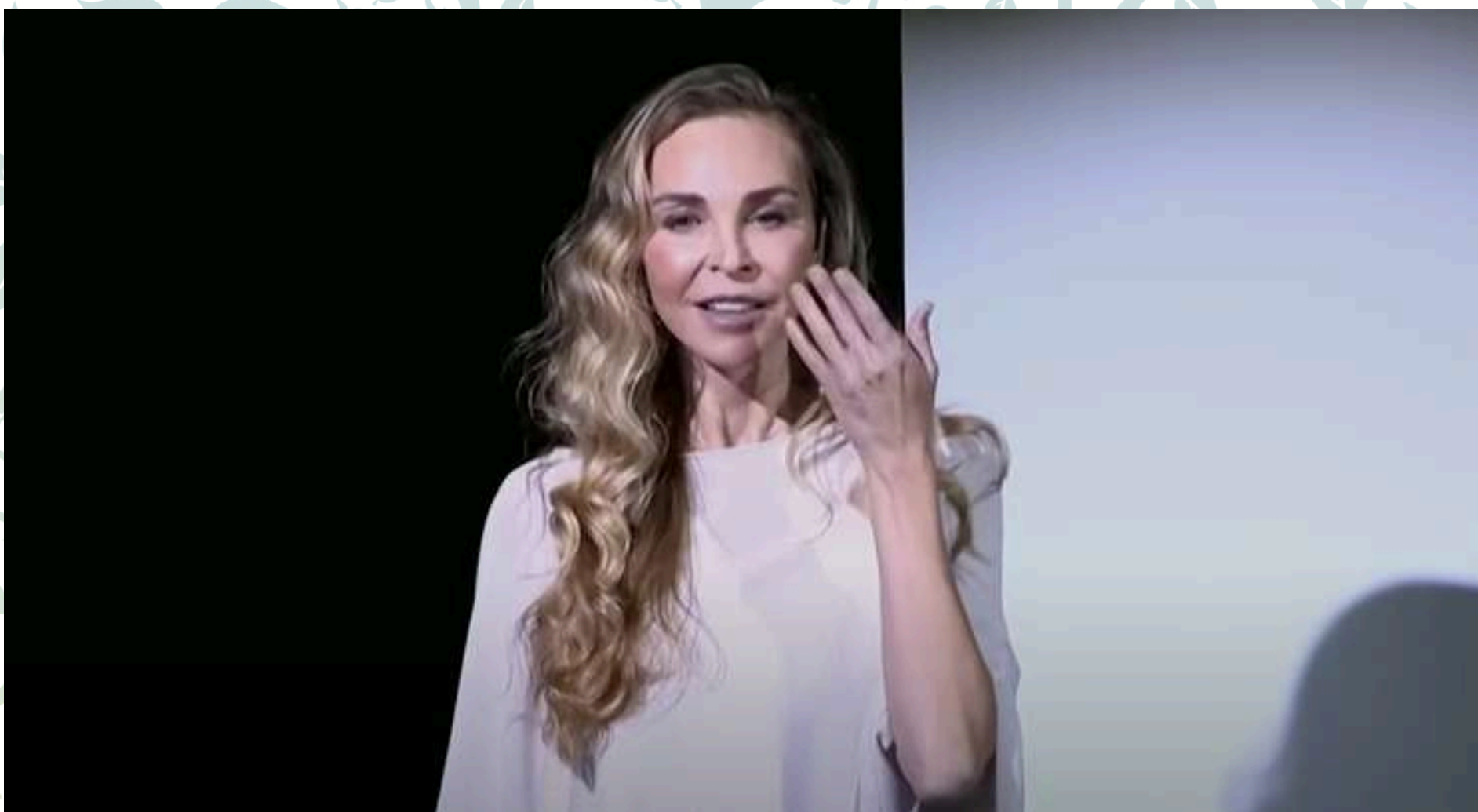


# VALUE OF THE WEEK



perfection  
confidence  
commitment  
progress  
accountability  
quality  
community

## Growing / Practicing Mindfulness and Wellness



**“What you practice grows stronger.”**

*Dr. Shauna Shapiro*

[▶ WATCH NOW](#)



**“By choosing mindfulness and kindness each day, you train your mind and heart to grow in wellness and compassion.”**

### **Why It Matters?**

Mindfulness and wellness help us pause, breathe, and bring kindness to ourselves and others. By practicing presence with intention, attention, and a positive attitude, we strengthen not just our focus, but also our compassion, resilience, and overall wellbeing.

### **SEL Focus Skills**

- Self-Awareness – Notice your thoughts and feelings without judgment.
- Self-Management – Use mindful breathing to stay calm in stressful moments.
- Responsible Decision-Making – Pause before reacting; choose kindness.
- Relationship Skills – Practice empathy and listen with full presence.
- Growth Mindset – Remember that every mindful practice strengthens your brain.

### **Practical Tips for Students**

1. Mindful Minute – Take one minute daily to sit still, breathe, and focus on the present.
2. Kindness Reset – When you notice self-criticism, replace it with kindness.
3. Focus Practice – Each day, choose one activity (eating, walking, studying) to do with full attention.
4. Compassion Pause – Before speaking, ask: “Will my words be kind and helpful?”
5. Reflection – At day’s end, write one thing you practiced that made you stronger.



# PALADINS' PAGE



**“The only way to achieve the impossible, is to believe it is possible.”**

- I took this photo because I believe that it best represents the quote I was given. In the picture, you can see a person writing a lot, meaning that he is working hard to achieve his dreams in the future.

**“We don’t grow when things are easy, we grow when we face challenges.”**

**– Nurma Clarkson**

After reading this quote, I took a picture of a plant. Caring for plants isn’t just about watering; it requires learning, patience, and the right environment. Some may die along the way, but through mistakes and experience, you eventually learn how to help them thrive—just like growth in life.



**“Success is walking from failure to failure with no loss of enthusiasm”**

- In this photo, the subject looks out the window. Despite the barrier, they remain hopeful—showing that even through failures and disappointments, choosing to see the bigger picture helps you stay positive and keep moving forward.



# STUDY HABITS

## Grow Stronger Every Day: Mindful Study Habits

1. **Practice Mindful Focus** – Study in short, focused sessions (25–30 minutes) with full attention, then take mindful breaks.
2. **Breathe Before You Begin** – Start each study session with a deep breath to clear your mind and set intention.
3. **Create a Distraction-Free Space** – Keep your study area calm and organized to support focus and reduce stress.
4. **Reflect with Kindness** – At the end of each day, review what you learned and acknowledge your progress—big or small.
5. **Balance Work and Rest** – Remember that breaks, sleep, and self-care are part of effective learning.





# DISCIPLINE CORNER



## Building Character Through Responsibility

***"Every choice we make shapes our community. Let us continue to uphold respect, integrity, and accountability—because good discipline leads to greater success."***

In this issue, we draw attention to the following Major Offenses as stated in the Student Handbook:

### *22.1.2.1 Vandalism*

The destruction of property belonging to the school and/or any school administrator, faculty member, staff, another student, or a visitor while on campus or in any school function.

### *22.1.2.2 Destruction of Property*

Damage to or destruction of any property of SISFU, its employees, students, visitors, or the neighboring community.

**⚠** Students are reminded that these offenses carry corresponding sanctions.

 Source: SHS Student Handbook, Section 22



# MEDICAL CORNER



## MEDICAL CORNER

### BUILDING HEALTHY HABITS FOR SUCCESS



#### EAT SMART

Choose balanced meals with whole grains, fruits, vegetables, lean proteins, and healthy fats. Good nutrition supports both energy and concentration in school.



#### STAY HYDRATED

Drink water consistently throughout the day, not just when thirsty. Hydration is essential for brain function, mood, and physical performance.



#### KEEP MOVING

Aim for at least 60 minutes of activity daily—walking, sports, or dancing all count. Exercise boosts memory, mood, and long-term health.



#### PRIORITIZE SLEEP

Teens need 8–10 hours per night, while younger students need 9–12. Quality sleep improves focus, academic performance, and emotional balance.

**WELLNESS = STRONGER MIND + HEALTHIER BODY + ACADEMIC SUCCESS**

**LEARN MORE**





# VISITOR NOTICE AND COMPLIANCE WAIVER



## VISITOR NOTICE AND COMPLIANCE WAIVER IN LINE WITH THE DEPED ORDER NO. 40,s. 2012

To ensure the safety and well-being of all students, we strictly enforce the Child Protection Policy. As a visitor, you are expected to:

1. Conduct yourself in a manner that upholds the dignity, safety, and rights of every child.
2. Refrain from any behavior that could be perceived as harmful, threatening, or inappropriate.
3. At all times, follow all school rules, security procedures, and instructions from authorized personnel.
4. Limit access to only authorized areas and for the stated purpose of your visit.
5. Understand that any violation may result in immediate removal from the premises and further action if necessary.





# THE SHS SOCIETY CORNER

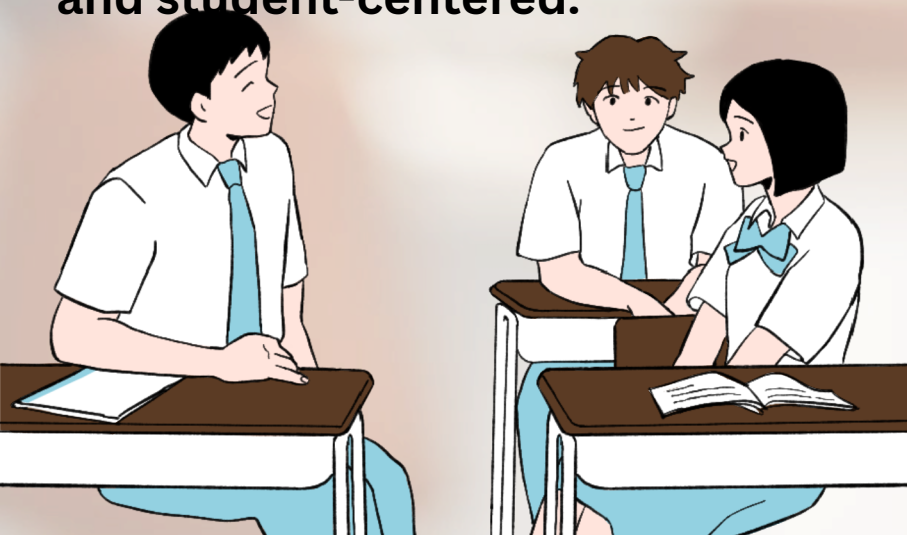


The SHS Society exists to empower Senior High School students by giving them a platform to lead, serve, and create meaningful change in our school community. Joining this student organization means becoming a voice for your fellow students, building leadership skills, and contributing to projects that make student life more engaging and impactful.

As we open our doors for the upcoming elections, here are the positions you can run for:

- ◆ **President** – Leads the society and represents the student body.
- ◆ **Internal Vice President** – Supports the president and helps oversee internal initiatives.
- ◆ **External Vice President** – Supports the president and helps oversee external initiatives.
- ◆ **Secretary** – Keeps records organized and ensures smooth communication.
- ◆ **Treasurer** – Manages funds and ensures financial transparency.
- ◆ **Social Media Manager** – Manages online platforms and engages with students.
- ◆ **Strand Representatives** – Represent their strand and voice its needs.

This is your chance to step up and lead! Together, let's make SHS more vibrant, united, and student-centered.





# THE SHS SOCIETY CORNER



SOUTHVILLE INTERNATIONAL SCHOOL  
AFFILIATED WITH FOREIGN UNIVERSITIES

## SENIOR HIGH SCHOOL



## PALADINS UNITE



**SHS ACQUAINTANCE PARTY**



**09/02/25 | 3:00 - 5:00 PM**



**ATTIRE: ATHLEISURE**






# SHS VARSITY JACKET

## Wear the Paladin Spirit. Live the Legacy.

Gear up, SHS! The Society Varsity Jacket is finally here—more than just a jacket, it's a badge of pride and community. Get yours now and show off your SHS Paladin pride in style!



**ORDER NOW**



### UNISEX

ACCEPTABLE TOLERANCE ± 0.5"      MEASUREMENTS ARE IN INCHES

SIZE	CHEST	BODY LENGTH
XS	20"	25.5"
S	21"	26.5"
M	22"	27.5"
L	23"	28.5"
XL	24"	29.5"
2XL	26"	31.5"
3XL	27"	32.5"



# SHS PALADINS' CORNER



Sean Krisner Ballesteros

My journey at SISFU has truly been meaningful. I was able to join contests, travel to new places, and meet tons of people who helped me become who I am today.

SISFU not only helped me gain confidence in public speaking, but also encouraged me to step out of my comfort zone, from being just a follower, to seeing myself as a leader. SISFU has prepared me not just for school, but for life.

When I transferred to SISFU, what I found was more than a school, **I found a home.** A place where I slowly learned to find my voice, to meet new people, and to take on challenges I never thought I'd overcome.



Juan Antonio Bermudez



# SENIOR HIGH SCHOOL HIGHLIGHTS





# BE A SISFU PALADIN TODAY!



**Graduate with  
a UK degree**

**in Just 3 Years**

**With A-levels  
or IB Diploma**

## Why DMU UK at SISFU?

- UK Degree - Recognised Worldwide
- Ranked in Top 7% of Universities globally
- Study in the Philippines and Connect Globally (Leicester-UK)
- 2 Year UK Work Visa after completing final year at DMU Leicester



[www.sisfu.edu.ph](http://www.sisfu.edu.ph)



0998-963-5282 / 84 / 86



# BE A SISFU PALADIN TODAY!



DE MONTFORT  
UNIVERSITY  
LEICESTER

## TAKE THE **FAST TRACK** TO GLOBAL ACCOUNTING CREDENTIALS

Earn a BA in Accounting and Business Management and have a head start with accreditation from international accounting bodies, CIMA or ACCA.



SOUTHVILLE



# AROUND SGEN



Watch Southville Alumnus Kimoon Kim's TEDx Talk: "The Power of First Steps"

Every great journey begins with a single step. In this inspiring talk, Kimoon Kim—founder of the SISC Cinematics Club and an award-winning speaker—shared how fear often holds us back from starting, and why taking that first leap matters most.

Special thanks to the Southville x TEDTalk Team, powered by our dedicated K12 and IB students and mentored by their Club Adviser, Mr. Gio Pastor.

Scan the QR code to watch the full video.

# SISFU SENIOR HIGH SCHOOL

*Where Students Thrive*

## ACKNOWLEDGEMENT FORM

Please acknowledge that you have received this Students and Parents' Bulletin by clicking the link above.



## SENIOR HIGH SCHOOL DEPARTMENT

**JOHN GEORGE P. PASTOR**  
SHS Principal  
Allied Programmes Head



**JOHN PATRICK JAVIER**  
SHS Faculty Member  
SHS & Allied Programmes Associate

**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!  
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