



# SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES

SPB Issue No. 30 | ACADEMIC YEAR: 2025 – 2026 | April

## STUDENTS AND PARENTS' BULLETIN

*Senior High School*

### CONGRATULATIONS, PSALM BORINES! 3RD PLACE SGEN MUSIC & MONOLOGUE (MUSICAL CATEGORY)



#### 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.



# SGEN MUSIC AND MONOLOGUE

## CELEBRATING STUDENT EXCELLENCE & SHOWCASING TALENT



The SGEN Music and Monologue event showcased remarkable talent, creativity, and confidence from student performers across various categories. Participants demonstrated excellence in both musical expression and dramatic storytelling, making the event a meaningful celebration of the performing arts within the SGEN community.

The event was further enriched by the participation of talented SISFU SHS students such as Austin Phoenix Alviento, Elisha Borines, and Chloe Diga, whose performances contributed to the vibrant and dynamic atmosphere of the program.

Among the standout performers, heartfelt congratulations are extended to Psalm Borines for achieving 3rd Place in the Monologue Musical Category. This recognition reflects exceptional dedication, stage presence, and artistic interpretation, earning well-deserved praise from both judges and audience alike.

The success of the event highlights the growing passion for performance arts and the continued commitment of students to excellence in creative expression.



# SISFU SHS STUDENTS TAKE ON THE DOFE PRACTICE ADVENTUROUS JOURNEY



The Duke of Edinburgh's International Award (DofE) at SISFU Senior High School continues to empower students through meaningful and challenging experiences. As part of their journey, participants recently engaged in a Practice Adventurous Journey to prepare for their qualifying expedition. This activity allowed students to apply essential outdoor skills while fostering resilience, teamwork, and independence. Through this experience, learners not only strengthened their character but also gained a deeper appreciation for nature—marking another significant step toward achieving this prestigious award.





# TERM 2 PTC

**“WORKING TOGETHER FOR STUDENT ACHIEVEMENT”**



The Term 2 Parent-Teacher Conference was successfully conducted with strong participation from parents and guardians. It provided a meaningful platform to discuss students' academic progress, behavior, and overall development.

Parents expressed heartfelt appreciation for the school's efforts and the positive growth they have observed in their children. Many shared how their children have become more confident, independent, and motivated in their studies. Others highlighted their satisfaction with their child's academic performance and progress this term, expressing gratitude for the continued support and guidance from teachers.

Overall, the event was a successful and meaningful gathering that strengthened the partnership between home and school, reflecting a shared commitment to student growth and success.





# SHS PROM 2026

## "THE MIDNIGHT MYSTIQUE"



*SCAN the QR code to watch the moments that made SHS Prom Special!*

- Video Highlights -





# SHS TERM 2 HIGHLIGHTS

## “WHERE STUDENTS THRIVE”



Showcasing the achievements, activities, and vibrant experiences of SISFU SHS students this term.

- Video Highlights -





# COCOGLOW

## SHOWCASING SUSTAINABLE INNOVATION



As they prepare for the upcoming Business Plan Competition, the CocoGlow team presents an innovative and purpose-driven concept centered on eco-friendly citronella candles. Leading the team is **Jan Matthew Vives** (CEO), alongside **Sophia Eunice Leonardo** (Finance Manager), **Austin Phoenix Alviento** (Operations Manager), **Psalm Borines** (Marketing and Sales Manager), and **Rafael Jerome Teodoro** (Product Development Lead). Together, they showcase a strong vision that combines sustainability, creativity, and real-world impact—positioning CocoGlow as a promising contender.



# SEL WORKSHOP SERIES #3 & 3<sup>RD</sup> GENERAL ASSEMBLY



SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES  
STUDENT SUPPORT CENTER - CAPS & SAS



## SEL WORKSHOP SERIES





### NO. 3

# Building Healthy Relationships & Boundaries

04.20.2026 | 3:00 PM - 5:00 PM | SISFU MPH

This workshop marks the  
**THIRD PALADINS'  
GENERAL ASSEMBLY AY 25-26**



DRESS CODE: Summer-themed with accents of Green or Pink.  

(Please strictly observe the SISFU Policy.)



# CALENDAR OF ACTIVITIES



**DON'T  
FORGET**

**April 18, 2026**

SGEN Cup

**April 20, 2026**

General Assembly / SEL Workshop no. 3

**April 24 - 25, 2026**

WSC Manila Round

**April 27 - 30, 2026**

Term 3 Midterm Assessments

**May 8, 2026**

SHS Graduation and Class Photoshoot

**May 9, 2026**

SOAR

**May 15, 2026**

SGEN Business Plan Competition





# UPCOMING MAKE-UP CLASS SCHEDULE



## Face to Face (F2F)

SCHEDULE	SUBJECT	LEVEL	TEACHER
<b>April 17, 2026</b> 1:00 pm to 5:00 pm	<b>Business Enterprise Simulation</b>	<b>Grade 12 - ABM</b>	<b>Mr. Denver</b>
<b>April 22, 2026</b> 1:00 pm to 4:40 pm	<b>Unit 06 - Planning a Computing Project</b>	<b>Grade 12 - ICT</b>	<b>Mr. Oliver</b>



# VALUE OF THE WEEK



## Developing and Sharpening One's Skills and Competencies towards Excellence



**"Growth happens when you learn how to respond, not react, to life's challenges."  
-Javier Sanchez**

The TED Talk "Be Present: How to Develop Positive Coping and Thriving Skills" by Javier Sanchez highlights how staying present helps individuals grow and improve their skills. It emphasizes that success comes from resilience, discipline, and how we respond to challenges—not just talent.



SCAN HERE



# SOCIO-EMOTIONAL LEARNING CORNER



## Be Present, Grow Stronger

### Why it Matters

Being present helps students manage stress, stay focused, and respond better to challenges. When you focus on the moment, you build stronger habits, improve your skills, and move closer to excellence.

### SEL Skills Developed

- **Self-Awareness** - Understanding your thoughts and emotions in the moment
- **Self-Management** - Controlling reactions and staying calm under pressure
- **Focus & Mindfulness** - Paying attention to what you are doing right now
- **Resilience** - Bouncing back from challenges and setbacks
- **Responsible Decision-Making** - Choosing actions that lead to growth and positive outcomes

### Practical Tips for Students

- **Pause before reacting** - Take a deep breath before responding to situations
- **Set small daily goals** - Focus on one task at a time
- **Limit distractions** - Put away your phone while studying
- **Reflect daily** - Ask yourself: What did I learn today?
- **Practice positive coping** - Use healthy habits like journaling, exercise, or talking to someone

"Take care of your body today, so it can take care of you tomorrow."

## Eat a Balanced Diet



## Why It Matters:

- ✓ Boosts Energy & Focus
- ✓ Strengthens immune System
- ✓ Prevents Diseases

## 5 Key Healthy Habits

- 1 Eat Fruits & Veggies Daily
- 2 Drink Plenty of Water
- 3 Exercise 30 Minutes a Day
- 4 Get 7-9 Hours of Sleep
- 5 Limit Junk Food & Sugary Drinks

## Tips for Students:

- Pack a Healthy Snack
- Don't Skip Breakfast
- Choose Water, Not Soda
- Walk, Stretch, or Play Sports
- Set a Regular Sleep Schedule



# STUDY HABITS



## Thinking outside the box: How to come up with brilliant ideas

- **Ask "What if?"** - Challenge normal ideas and explore new possibilities
- **Change your environment** - Study in a different place to spark fresh thinking
- **Combine ideas** - Mix concepts from different subjects or experiences
- **Take breaks** - Great ideas often come when your mind is relaxed
- **Write everything down** - Even small or weird ideas can turn into something brilliant





# AROUND SGEN



ALUMNI SPOTLIGHT:

## 1LT Jan Hernan R. Perez: Leading with Excellence, Inspiring the Next Generation

K12 & IB Alumnus Batch 2015

Read more.



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





# BE A SISFU PALADIN TODAY!



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Pearson

2 + 2 PROGRAMME

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- PEARSON HIGHER NATIONAL CERTIFICATE
- UK BACHELOR'S DEGREE

Enrol Now!



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# SISFU SENIOR HIGH SCHOOL

*Where Students Thrive*

## ACKNOWLEDGEMENT FORM



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Southville

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SHS Principal/ Allied Programmes Head  
Director, Academic Operations and Student Support



### JOHN PATRICK JAVIER

SHS Faculty Member  
SHS & Allied Programmes Coordinator

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