



SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES

SPB Issue No. 31 | ACADEMIC YEAR: 2025 – 2026 | April

STUDENTS AND PARENTS' BULLETIN

Senior High School



CONGRATULATIONS, ZANE TINIMBANG!

SGEN CUP 2026 CHAMPION (CHESS)

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 CUP 2026



Senior High School students proudly participated in the SGEN Cup 2026, showcasing their skills, teamwork, and school spirit across various events. The competition brought together student representatives from different SGEN schools, fostering camaraderie, sportsmanship, and a shared passion for excellence.

We are especially proud to congratulate **Zane Tinimbang - Grade 11 ICT** for winning the **Championship** in Chess, demonstrating outstanding strategy, focus, and determination throughout the tournament. His achievement is a testament to the talent and dedication of our Senior High School community.

We also commend all our SHS participants for representing the school with pride and for showcasing their unique talents. The SGEN Cup 2026 was truly a meaningful and inspiring experience for everyone involved.





SEL WORKSHOP SERIES #3 & 3RD GENERAL ASSEMBLY



Last April 20, 2026, the school held a combined Social and Emotional Learning (SEL) session and the Third Paladins' General Assembly.

Inspired by the journey of Elphaba and Glinda, the SEL discussion highlighted the balance between social pressure and self-advocacy, encouraging students to stay true to themselves while maintaining healthy relationships.

The event also celebrated the academic growth of our Senior High School students through the recognition of the academic awardees for Term 2 of AY 2025–2026. This moment highlighted the commitment, discipline, and excellence of our SHS learners as they continue to strive for academic success.

Overall, the assembly served as both a reflective and celebratory occasion, honoring personal development and academic achievement within the SHS community.





BRANDING BEYOND BORDERS: SHS STUDENTS EXPLORE GLOBAL MARKETING

Our SHS students recently explored the world of advertising and global branding through a masterclass led by Mr. Bethoven Filomeno of De Montfort University Dubai. He shared key insights on how brands adapt across cultures while maintaining a strong identity, and encouraged students to start building their own personal brands.

The session also gave students a deeper appreciation of how creativity and strategy work hand in hand in the global market. Through real-world examples and practical insights, they gained a clearer understanding of what it takes to stand out in a competitive industry. This experience reflects SISFU's commitment to providing meaningful learning opportunities that prepare students to thrive on a global stage.





SOUTHVILLE GLOBAL VOICES



SOUTHVILLE INTERNATIONAL SCHOOL AND COLLEGES



SOUTHVILLE GLOBAL VOICES

Calling all SHS and College students, Alumni and Employees—your stage is waiting!
Join the Southville Global Voices for AY 26-27.

SECURE YOUR AUDITION SLOT FROM APRIL 20-24, 2026.

Sign up now!





CALENDAR OF ACTIVITIES



**DON'T
FORGET**

April 24 - 25, 2026

WSC Manila Round

April 27, 2026

W3 Culminating Activity

April 27 - 30, 2026

Term 3 Midterm Assessments

May 8, 2026

SHS Graduation and Class Photoshoot

May 9, 2026

SOAR

May 14-15, 2026

DofE Adventurous Journey

May 15, 2026

SGEN Business Plan Competition

June 1-5, 2026

Term 3 Final Assessments





VALUE OF THE WEEK



Going Beyond One's Comfort Zone - Testing Limits



"It takes you outside the outermost limits of your comfort zone."

-Jody Miller

In her TEDx talk, Jody B. Miller highlights the importance of taking on bold challenges, or "Misogi," to push beyond one's comfort zone. She emphasizes that real growth comes from embracing discomfort and testing personal limits, leading to greater confidence and transformation.



SCAN HERE



SOCIO-EMOTIONAL LEARNING CORNER



Beyond the Comfort Zone: Unlocking Your Potential

Why it Matters

Stepping beyond your comfort zone helps you build confidence, resilience, and self-awareness. By taking on meaningful challenges, you learn to handle uncertainty, grow from failure, and discover your full potential.

SEL Skills Developed

- **Self-Awareness** – Recognizing your fears and limits
- **Self-Management** – Staying motivated despite discomfort
- **Responsible Decision-Making** – Choosing meaningful challenges
- **Social Awareness** – Understanding others who support or challenge you
- **Relationship Skills** – Seeking guidance and encouragement from others

Practical Tips for Students

- Take on one challenge that feels uncomfortable but meaningful
- Accept that failure is part of growth
- Set a goal that pushes your limits (not just easy wins)
- Reflect on what you learned after each challenge
- Surround yourself with people who encourage growth



MEDICAL CORNER



Hemophilia Awareness Month

What is Hemophilia?

Hemophilia is a bleeding disorder, usually inherited, in which the blood does not clot properly. This can lead to spontaneous bleeding as well as bleeding following injuries or surgeries.

Caused by a deficiency in clotting factors:

- Hemophilia A - lack of Factor VIII
- Hemophilia B - lack of Factor IX

Hemophilia in the Philippines

Estimated Cases

10,000 Filipinos

Hemophilia Worldwide

Estimated Cases

400,000

Most Common Type: Hemophilia A (~80%)

Who is affected?



- Mostly males, but females can be carriers
- Usually inherited, but can also occur due to spontaneous mutation

Signs and Symptoms

- Prolonged bleeding from cuts or injuries
- Frequent nosebleeds
- Easy bruising
- Bleeding into joints causing pain and swelling
- Blood in urine or stool

How is it treated?



- Clotting factor replacement therapy
- Regular check-ups
- Physical therapy for joint health
- Preventive (prophylaxis) care

When to seek Help



- Unusual or prolonged bleeding
- Sudden joint pain or swelling
- Severe headache after injury



Bleed Less, Live More.. With Awareness!

STUDY HABITS



The double-loop learning model: How to learn from your mistakes

- 1. Reflect on Mistakes** - Understand why you got something wrong.
- 2. Rethink Your Approach** - Change strategies if the same errors repeat.
- 3. Track Errors** - Keep a simple mistake journal.
- 4. Use Feedback** - Learn from corrections and comments.
- 5. Adapt Your Study Methods** - Try new techniques that work better.





SENIOR HIGH SCHOOL HIGHLIGHTS



PALADINS





AROUND SGEN



SOUTHVILLE INTERNATIONAL SCHOOL
AFFILIATED WITH FOREIGN UNIVERSITIES

Pearson



INFO-SESSION UK ACCELERATED SENIOR HIGH SCHOOL

EARN YOUR 2 + 2 DUAL QUALIFICATIONS
SHS DIPLOMA + PEARSON HIGHER NATIONAL CERTIFICATE
= UK BACHELOR'S DEGREE

April 25, 2026 | 11 AM via Zoom

PATHWAYS OFFERED:

1. Business & Entrepreneurship
2. Technology (ICT)

REGISTER NOW



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BE A SISFU PALADIN TODAY!



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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!



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SISFU SENIOR HIGH SCHOOL

Where Students Thrive

ACKNOWLEDGEMENT FORM



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Southville

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