



# SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES

SPB Issue No. 32 | ACADEMIC YEAR: 2025 – 2026 | April

## STUDENTS AND PARENTS' BULLETIN

*Senior High School*

### GLOBAL BOUND: PALADINS SHINE AT WSC 2026 MANILA REGIONAL ROUND



#### 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.



# WORLD SCHOLAR'S CUP 2026 MANILA REGIONAL ROUND



The SHS Paladins proudly showcased their excellence at the recently concluded World Scholar's Cup Manila Round, held last April 24–25, 2026 at Singapore School Manila. Demonstrating outstanding critical thinking and teamwork, our students brought home well-deserved medals in Debate and Collaborative Writing. They also proudly adopted their alpacas—a signature milestone of the competition!



With these remarkable achievements, ***all participating Paladins have officially qualified for the Global Round.*** Congratulations on this incredible accomplishment!

## World Scholar's Cup





# W3 COMPLETION CEREMONY

The Grade 11 students of AY 2025–2026 proudly marked a significant milestone during the W3 Completion Ceremony, celebrating the culmination of their growth and learning throughout the programme.

As part of the ceremony, students confidently stepped forward and introduced themselves in a simulated job interview, showcasing their communication skills and professional readiness. They then drew random work scenarios, thoughtfully responding using the knowledge and values they developed in W3. The event concluded with meaningful presentations, where students reflected on their learnings and personal growth throughout the programme.

We also extend our heartfelt thanks to Ms. Lorna Gamboa for her excellent facilitation and guidance.

**Congratulations to our Grade 11 students on this meaningful achievement!**





# W3 COMPLETION CEREMONY



*Congrats, Austin!*



*Congrats, Reden!*



*Congrats, Lish!!*



*Congrats, Chloe!*



*Congrats, Andre!*



*Congrats, Drives!*



*Congrats, Sophia!!*



*Congrats, Jan!*



*Congrats, zane!*



# SOUTHVILLE GLOBAL VOICES AUDITIONS

Thank you to everyone who for signed up for Southville Global Voices for AY 2026–2027! We're excited to invite you to the audition proper. Please see the available audition schedules below:

## Option 1:

April 27, 2026  
4:00 PM – 6:00 PM  
SISFU Room 307

## Option 2:

April 28, 2026  
8:00 AM – 5:00 PM  
SISC Band Room



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!**

0110G463544

**Note: Walk-in applicants are welcome. All SHS, undergraduate and graduate students, teachers, staff, and alumni will be accomodated should the schedule be available.**



# MAKE-UP CLASS SCHEDULE

APRIL

28

## PERSONAL DEVELOPMENT

with Ms. Iza Cuenca

BOBBY BARBERS

9:00 - 10:00 AM

APRIL

28

## PHILIPPINE POLITICS AND GOVERNANCE

with Ms. Angel Aguila

GR. 12 GAS

3:00 - 4:00 PM

APRIL

29

## PLANNING A COMPUTING PROJECT

with Mr. Oliver Liwanag

GR. 12 ICT

1:00 - 4:30 PM

APRIL

29

## PAGBASA AT PAGSUSURI NG IBA'T IBANG TEKSTO TUNGO SA PANANALIKSIK

with Mr. John Patrick Javier

GR. 11 GAS

4:00 - 5:00 PM



# CALENDAR OF ACTIVITIES



**DON'T  
FORGET**

**April 27, 2026**

W3 Culminating Activity

**April 27 - 30, 2026**

Term 3 Midterm Assessments

**April 27-28, 2026**

Southville Global Voices Auditions

**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

IXL Post Test

Laws of Life Essay Writing Contest





# VALUE OF THE WEEK

## Going Beyond One's Comfort Zone - Testing Limits



***"If it's comfortable, you're not growing."  
-Kuda Biza***

Growth doesn't happen when you stay comfortable—it only happens when you deliberately put yourself in situations that challenge you.



SCAN HERE



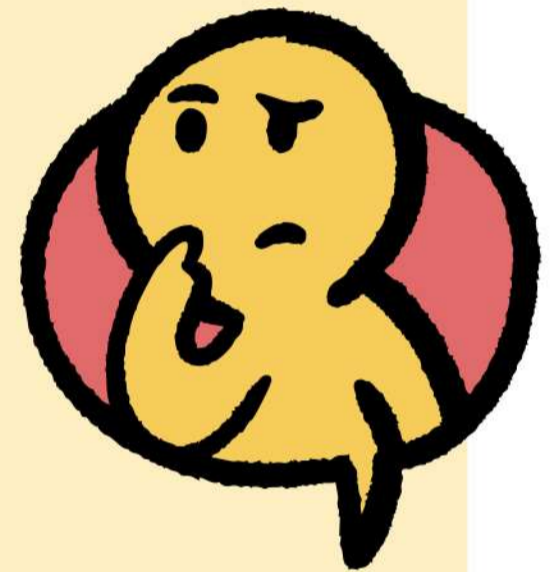
# SOCIO-EMOTIONAL LEARNING CORNER



## Stepping Beyond Your Comfort Zone

### Why it Matters

Growth happens when you challenge yourself. Stepping outside your comfort zone builds confidence, resilience, and new skills.

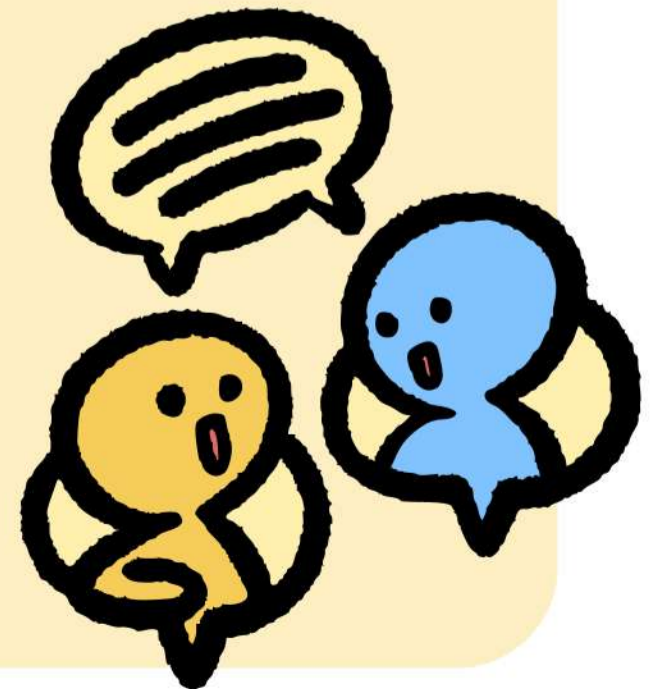


### SEL Skills Developed

1. Self-Awareness - knowing your fears and strengths
2. Self-Management - staying motivated through challenges
3. Social Awareness - understanding others face struggles too
4. Relationship Skills - asking for help and supporting others
5. Decision-Making - choosing growth over comfort

### Practical Tips for Students

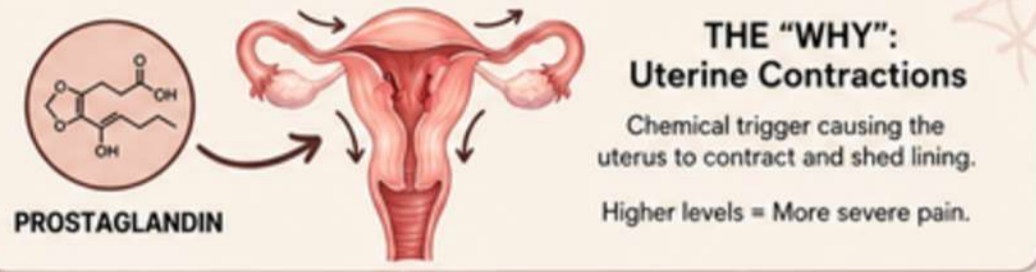
- Try one new or challenging thing daily
- See fear as a chance to grow
- Set a small personal challenge
- Learn from mistakes
- Reflect on your progress



## Dysmenorrhea

Dysmenorrhea or Menstrual Cramps are throbbing or cramping pains during a woman's monthly period.

### THE TIMELINE



### TWO TYPES

**PRIMARY:**  
Recurrent pain, every period.  
No underlying condition.

**SECONDARY:**  
From underlying condition.  
Starts earlier, lasts longer.

### COMMON SYMPTOMS

- ✓ Cramping & Throbbing
- ✓ Lower Back & Thigh Pain
- ✓ Nausea & Vomiting
- ✓ Headache & Dizziness
- ✓ Fatigue & Fainting
- ✓ Loose Stool

Contact a healthcare provider if the painful periods prevent performance of normal tasks. Mild cramps are normal. But severe cramping and pain that prevent one from going to school or work may need treatment.



### SELF-CARE & RELIEF

**HEAT THERAPY:**  
Heating pads or warm baths

**NO CAFFEINE:**  
Avoid coffee & soda

**REST:**  
Sleep helps recovery

**MASSAGE:**  
Lower back & abdomen

**LIGHT EXERCISE:**  
Movement helps flow

**DIET:**  
Ginger, green tea, anti-inflammatory foods

# STUDY HABITS

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

- Set a clear goal - Know exactly what you want to achieve.
- Check your why - Make sure the goal truly matters to you.
- Consider options - Explore if there's a better path for you.
- Commit to action - Plan and stay consistent.
- Reflect often - Adjust your goal if needed.

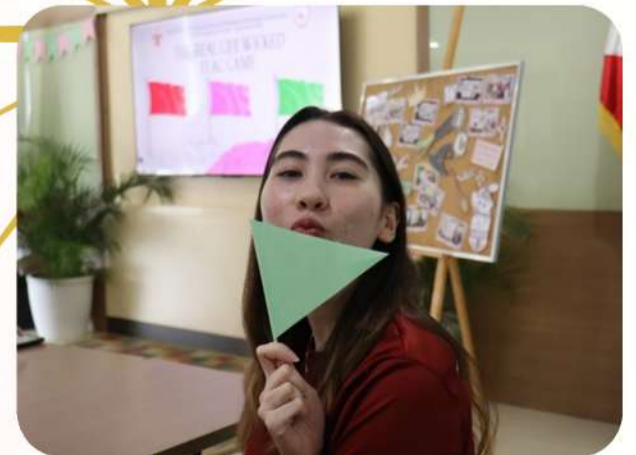




# SENIOR HIGH SCHOOL HIGHLIGHTS



# PARLADINGS





# AROUND SGEN



# CONGRATULATIONS!



# SOUTHVILLE

INTERNATIONAL SCHOOL AND COLLEGES

## 2026 STATE AND NATIONAL SCHOOL OF CHARACTER

by:





# 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



# 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

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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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UK DEGREES IN THE PHILIPPINES. YOUR GLOBAL FUTURE IS WAITING!  
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