



# SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES

SPB Issue No. 06 | ACADEMIC YEAR: 2025 – 2026 | September

## STUDENTS AND PARENTS' BULLETIN

*Senior High School*

### YORK UNIVERSITY MASTERCLASS

On September 25, 2025, SISFU had the privilege of hosting distinguished representatives from York University, who shared valuable insights with our Paladins on the pressing issue of Fast Fashion and its Ethical Implications. The session served as more than just a discussion—it was an eye-opening experience that shed light on the hidden challenges behind global supply chains, labor practices, and the environmental consequences of consumer-driven industries.



#### 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.

Our students actively engaged in thought-provoking conversations, asking meaningful questions and reflecting on their own roles as future leaders, professionals, and responsible global citizens. This masterclass not only deepened their understanding of the complexities surrounding fast fashion but also challenged them to consider sustainable alternatives and ethical practices in both their personal choices and future careers.

At SISFU, we take pride in creating learning opportunities that go beyond the classroom. By connecting with international universities and experts like York University, our Paladins are immersed in global perspectives that broaden their horizons and prepare them for a rapidly changing world. More importantly, sessions like these inspire our students to embrace their responsibility as changemakers—individuals capable of influencing industries, shaping communities, and driving society toward a more ethical and sustainable future.

The York University visit stands as a meaningful milestone in our commitment to cultivating globally minded leaders who are not only career-ready but also conscious of their impact on the world.





# INTERNATIONAL DAY OF PEACE



On September 24, 2025, SISFU proudly joined the global community in celebrating International Peace Day, proving that even a storm could not dampen the spirit of unity, kindness, and hope. Despite the rainy weather, our Paladins gathered together to share heartfelt messages of peace, reflecting their genuine desire for a world built on harmony and mutual respect.

Through the Peace Message Board set up in the SISFU lobby, students were given the chance to express their thoughts, dreams, and commitments toward peace. Each message—whether a simple word of encouragement or a powerful call for unity—served as a reminder that peace begins with small acts of compassion that ripple outward into the wider community.

This celebration goes beyond a single day—it inspires a lasting movement. The Peace Message Board will stay open in the SISFU lobby, welcoming everyone to share their hopes for peace and keep the spirit alive.

At SISFU, education means more than academics; it nurtures empathy, respect, and global citizenship. International Peace Day reminds us that the call for peace will always shine brighter than any storm.

SCAN ME





# CALENDAR OF ACTIVITIES



**DON'T  
FORGET**

**September 30, 2025**

Deadline of DofE Registration

**September 30, 2025**

SBC Workshop Series no. 1

**October 04, 2025**

Paladin Leaders Onboarding and  
Workshop

**October 10, 2025**

Release of Term 1 CSN

**October 10, 2025**

Teachers' Day Celebration





# VALUE OF THE WEEK



## Growing in Confidence, Assertiveness in Maintaining Healthy Relationships



**“Your body language shapes not only how others see you, but how you see yourself”**

Amy Cuddy

**Strong relationships grow when we combine confidence with respect. By expressing our needs using assertive communication—backed by body language that matches—we reduce misunderstandings, build trust, and make sure everyone feels heard and valued. In doing so, we empower ourselves and others to thrive in healthier, more balanced connections.**

**SCAN  
ME**





# SOCIO-EMOTIONAL LEARNING CORNER



## Voices & Boundaries: Building Healthy Relationships

**Why it Matters:** Healthy relationships grow when we clearly express our needs and respect others. Assertive communication builds trust, confidence, and balance—helping us feel valued, avoid misunderstandings, and create safe, respectful connections.

### SEL Focus Skills

- **Assertive Communication** – Express your needs using “I statements” and confident body language.
- **Self-Awareness** – Recognize your emotions and know when you need to set boundaries.
- **Social Awareness** – Respect others’ perspectives and practice empathy in conversations.
- **Relationship Skills** – Build trust by being honest, respectful, and considerate when speaking.
- **Responsible Decision-Making** – Choose words and actions that protect your well-being while honoring others.

### Practical Tips for Students

- Use a Calm but Firm Tone – Speak with clarity and respect, even when emotions are high.
- Listen Actively – Show respect by allowing others to finish before responding.
- Respect Boundaries – Honor others’ limits the way you want yours respected.
- Stay Consistent – Practice daily so your confidence grows over time.

SCAN  
ME





# MEDICAL CORNER



## COLD REMEDIES

### HOME REMEDIES



**Drink plenty of fluids** – water, juice, broth, or warm lemon water with honey; avoid alcohol, coffee, and caffeinated sodas



**Rest** – allows the body to heal



**Sip warm liquids** – like chicken soup, tea, or warm apple juice to ease congestion



**Try honey** – can soothe coughs (safe only for children over age 1)



**Add cool moisture to the air** – use a humidifier or vaporizer to relieve stuffiness (clean daily)



**Soothe a sore throat** – gargle with saltwater, or try ice chips, sprays,

### MEDICINES



**Ease stuffiness** – use saline nasal drops or sprays; for infants, pair with a bulb syringe



**Relieve pain/fever** – use acetaminophen or ibuprofen, avoid aspirin in children/teens



**Consider cold and cough medicines** – decongestants, antihistamines, and pain relievers may help adults and children over 5, but not younger kids



**Consider cold and cough medicines** – decongestants, antihistamines, and pain relievers

## Cold Remedies: Feel Better, Heal Faster

Colds may be common, but caring for your health makes a big difference. Remember to rest, stay hydrated, and use simple remedies to ease symptoms. Choose safe medicines when needed, and always put your well-being first. Take care and stay healthy!



# STUDY HABITS



## The Productivity Playbook

- **Active Recall:** After reading, close the book and explain the idea in your own words.
- **Spaced Repetition:** Review notes after 1 day, 3 days, 1 week – it sticks better than cramming.
- **Teach to Learn:** Pretend you're teaching a classmate; explaining boosts memory.
- **Mind Maps:** Use visuals, arrows, and keywords to connect ideas.
- **Healthy Breaks:** Move around or stretch instead of scrolling on your phone.





# DISCIPLINE CORNER



## No Smoking Policy

In line with RA 9211, CHED Memo 63 s.2007, DepEd Memo 111 s.2019, and Las Piñas City Ordinance 353-97, SISFU strictly enforces a No Smoking Policy within 100 meters of the school, including parking areas and nearby streets and establishments (e.g., Tropical Avenue, Legacy TownHomes, CAA Road, Shell, McDonald's, 7-Eleven). This policy, effective April 2015, supersedes all previous smoking rules.

### **Penalties**

- 1st Offense: ₱1,000 fine + 1-day suspension
- 2nd Offense: ₱2,000 fine + 3-day suspension
- 3rd Offense: ₱5,000 fine + 5-day suspension

### **Guidelines**

- Violators must be reported to a guard or officer-in-charge.
- Students: Managed by OSAS; IDs may be confiscated or names recorded.
- Non-students: Handled by the Administration and Safety & Security Office and issued a violation slip.
- Fines are payable to the Accounting Office.

This policy maintains a smoke-free environment for the SISFU community.



# SENIOR HIGH SCHOOL HIGHLIGHTS



# PALALADINS






# 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"



# AROUND SGEN



## CONGRATULATIONS

for passing the Psychologist Licensure Examination 2025



# TOP 6

## 88.80%

### GUIA FRANCESCA L. FARINA, RPsy

MA Psychology Alumna





# BE A SISFU PALADIN TODAY!



SOUTHVILLE INTERNATIONAL SCHOOL  
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# SISFU DECEMBER 6, 2025 KALEIDOSCOPE



**Janine Teñoso**  
Singer/Songwriter  
Business Management Alumni,  
De Montfort University

A benefit concert  
featuring all  
SISFU Ambassadors  
and  
Talented Students



**TICKETS HERE!**

*A Talent Journey Through Every Hue*

# 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.



Southville

## SENIOR HIGH SCHOOL DEPARTMENT

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



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SHS Faculty Member  
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