



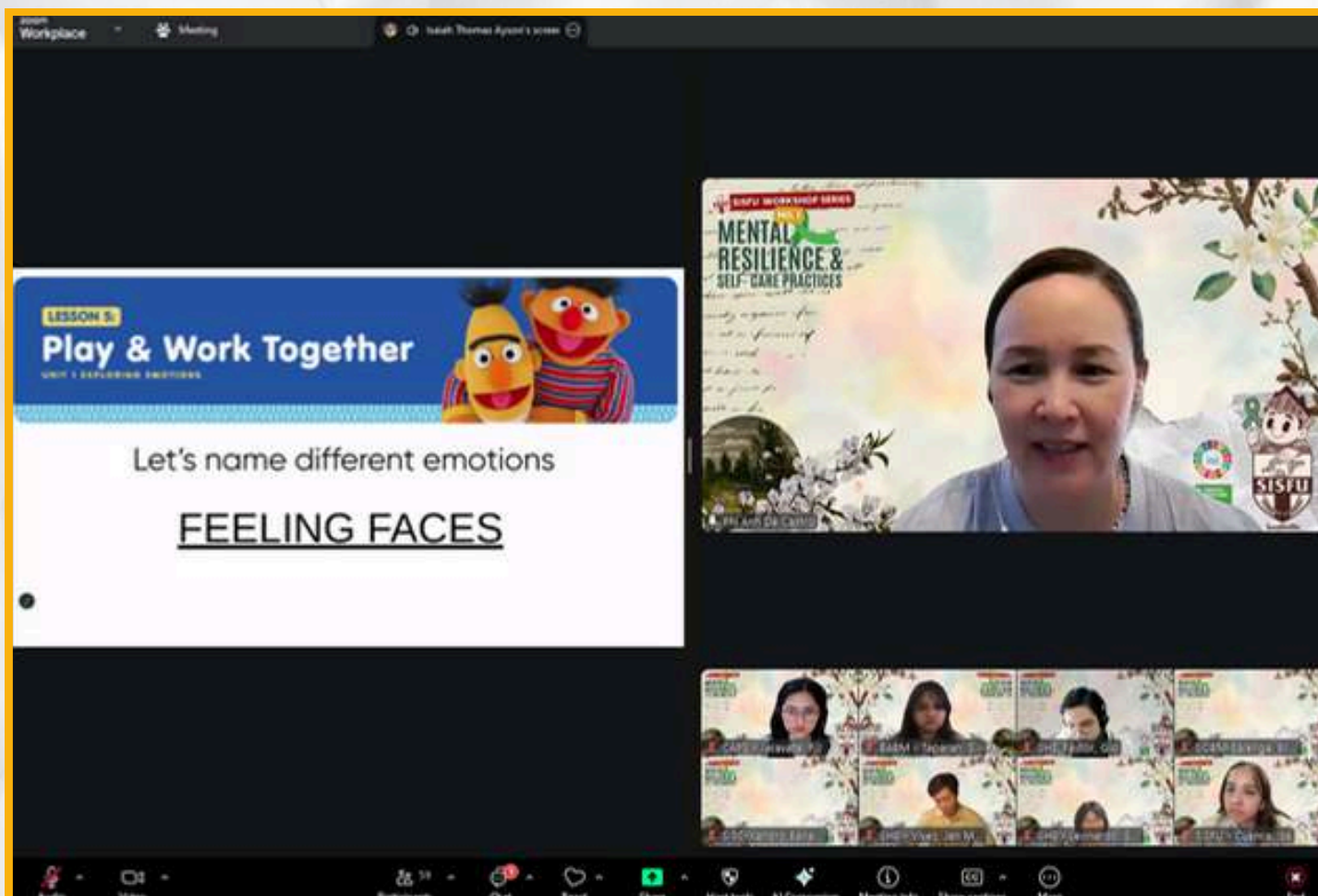
# SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES

SPB Issue No. 09 | ACADEMIC YEAR: 2025 – 2026 | October

## STUDENTS AND PARENTS' BULLETIN

*Senior High School*

### SISFU WORKSHOP SERIES NO. 1: MENTAL RESILIENCE AND SELF-CARE PRACTICES



#### 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.

# “SISFU’s First SEL Workshop Sparks Conversations on Self-Care & Growth”

SISFU Counseling and Psychological Services (CAPS) in collaboration with Academics Department, successfully launched Workshop Series No. 1: “Mental Resilience and Self-Care Practices” on October 16, 2025, held online via Zoom.

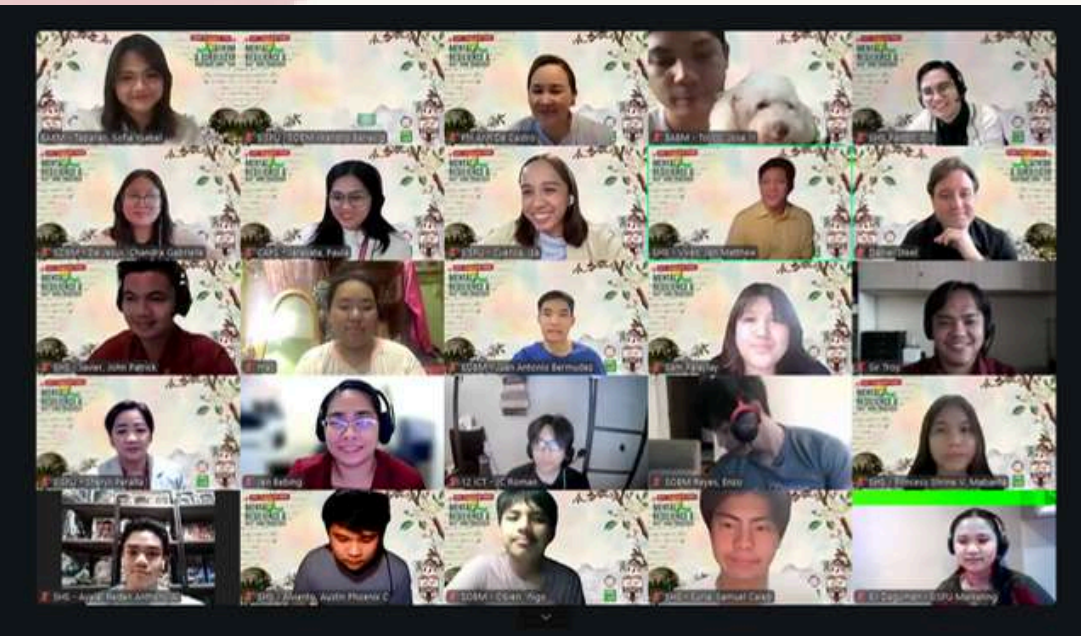


**LET'S TALK FEELINGS**

Facilitated by Teacher Phi Anh, the session titled “Roads to Resilience” guided students through reflections on emotional awareness, stress management, and playful self-care. Through interactive activities like Think-Pair-Share, Feeling Faces, and Comfort-Stretch-Panic zones, participants learned how to name and manage emotions while finding strength in connection and growth.

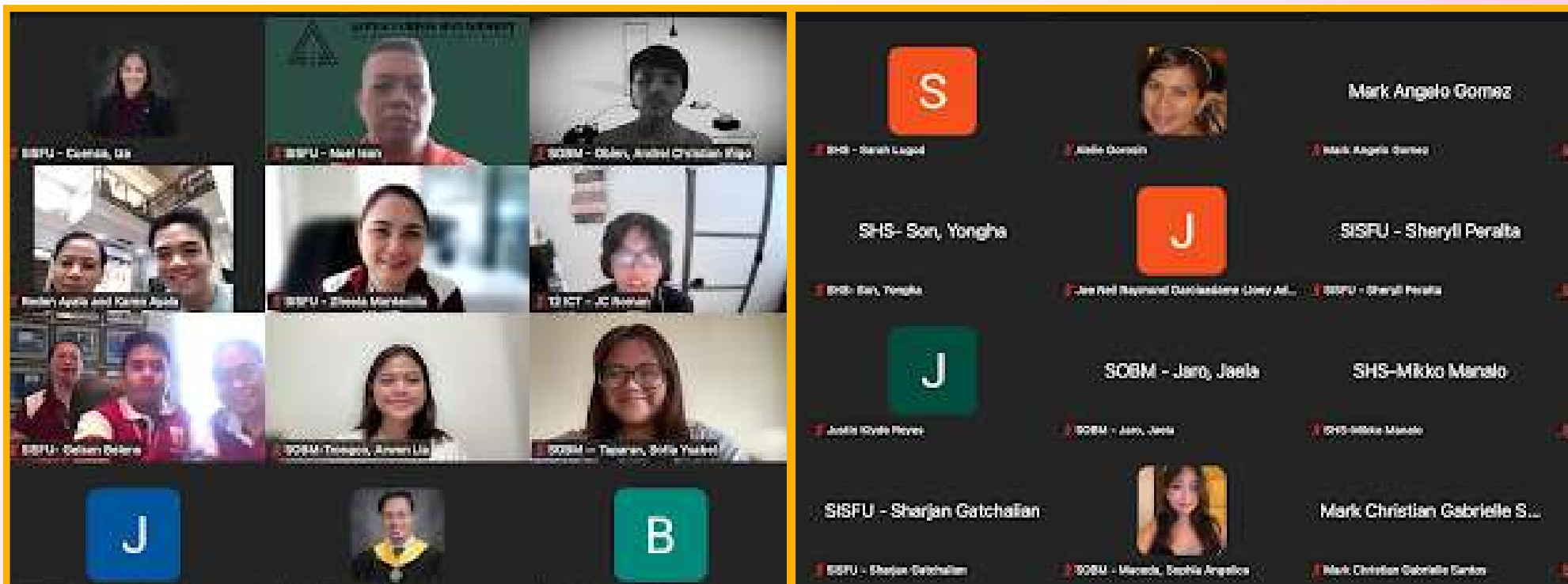


Bringing energy and warmth to the event were hosts Sofia Taparan (Year 2 BABM) and Jan Matthew Vives (Grade 11 ICT). SISFU CAPS extends its heartfelt thanks to all students, faculty, and staff who took part in this meaningful session promoting mental wellness, empathy, and resilience.





# SISFU EARTHQUAKE PREPAREDNESS PLAN ORIENTATION



## Earthquake Preparedness Plan Orientation

On Friday, October 17, 2025, SISFU successfully held its Earthquake Preparedness Plan Orientation via Zoom, with the participation of students, parents, and school staff. The session was part of the school's proactive initiative to promote safety, preparedness, and community awareness in the face of natural disasters.

The orientation focused on key areas such as SISFU's earthquake safety protocols, emergency response procedures, evacuation guidelines, and communication plans. Attendees were guided through practical steps and actions to take before, during, and after an earthquake, emphasizing the importance of staying calm, informed, and cooperative during emergencies.

This event underscored the school's ongoing commitment to creating a secure environment for all Paladins. The active involvement of families and the broader school community highlighted the shared responsibility of preparedness and the power of teamwork in ensuring everyone's safety.

SISFU extends its appreciation to all who attended and contributed to the success of the orientation. With knowledge and readiness as our foundation, we continue to move forward—alert, confident, and united in keeping our community safe.



# MATH IXL ACHIEVERS



From October 13 to 17, 2025, Grade 11 students took on the Math IXL Challenge, mastering various math skills through consistent practice.

Here are the Top 5 students who led the leaderboard:

- 1 Top 1 – Reden Anthony Ayala
- 2 Top 2 – Chloe Diga
- 3 Top 3 – Andrius Datingguino
- 3 Top 3 – Andre Gorosin
- 3 Top 3 – Sophia Eunice Leonardo

Congratulations to our Math masters for their hard work and dedication!



# CALENDAR OF ACTIVITIES



**DON'T  
FORGET**

**October 24, 2025**

The Haunting / Chucky Charms: Wanna Play? Season 2

**October 27, 2025**

Start of Midyear Break

**November 3, 2025**

Resumption of Classes

**November 7, 2025**

SGENeration Global Dialogues

**November 10-14, 2025**

Term 1 Final Assessment

**November 22, 2025**

Submission of Term 1 Micro-credentials





# THE HAUNTING 2025



STBY



# THE HAUNTING

FRIDAY, OCTOBER 24, 2025

5:00 - 10:00 PM

SISFU BUILDING

W T

EHDE

AUTO

F2.4



# THE HAUNTING 2025



STBY



## TICKET PRICES

TICKETS PER PERSON • 180 PHP

BARKADA PACK (7+1 PEOPLE) • 1200 PHP

SCAN HERE TO PURCHASE



W T

EHDE

AUTO

F2.4



# CHUCKY CHARMS: TEST YOUR FATE!



## CHUCKY CHARMS: TEST YOUR FATE!



SISFU BUILDING  
FRIDAY, OCTOBER 24, 2025  
5:00 - 10:00 PM

FEATURING:  
TAROT CARD READING • CUPCAKE MAKING  
• POPCORN • GULAMAN • GRAHAM BALLS



# PALADINS' PAGE



Grade 11 ABM

**What is one key insight you gained from the SISFU Workshop Series No. 1?**

**Reden Anthony Ayala**

*"Being resilient doesn't mean pretending that you are fine, resilience is knowing what you are really dealing with."*

**What new self-care practice/s do you want to try after this session?**

**Austin Alviento**

*"Remembering to breathe deeply helps me when I am in an anxious situation."*

Grade 11 ABM

**How do you plan to integrate these practices into your daily or weekly routine?**

**Princess Shrine Mabanta**

*Start by taking just a few minutes each morning to breathe deeply.*

Grade 11 GAS



# VALUE OF THE WEEK



## Relating and Working Respectfully and Harmoniously with Others



***True respect goes deeper than manners – it's about recognizing dignity, even when facing frustration or challenging behavior.***

Burnell emphasizes that true respect goes beyond surface-level politeness. It means trying to understand what someone is going through before labeling their behavior as rude. By recognizing others' struggles, emotions, or pressures, we foster compassion instead of condemnation. Genuine respect is shown not through mere manners, but through empathy, patience, and the ability to value others' dignity—even in difficult moments.

**SCAN  
ME**





# SOCIO-EMOTIONAL LEARNING CORNER



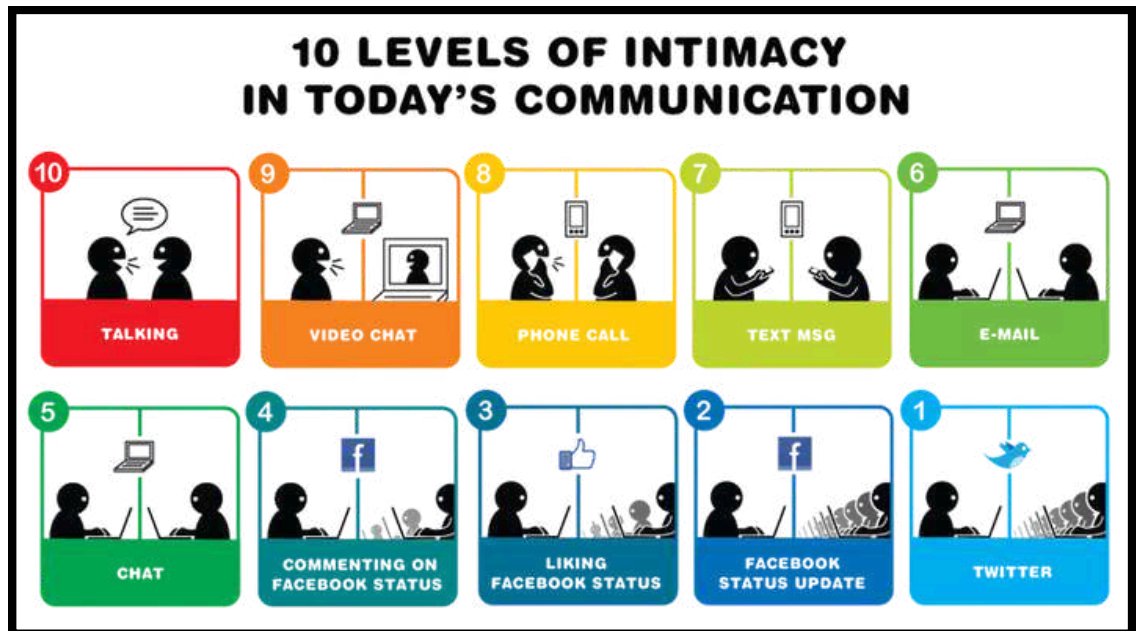
## Relating and Working Respectfully and Harmoniously with Others

At SISFU, respect and teamwork are more than just rules — **they're part of who we are.** By learning to work well with others, we grow not only as students but as individuals ready to make a difference in the world.



***“When one doesn't cooperate, everyone's effort loses its shine.”***

- **Communicate with respect.** Build harmony through kindness, compassion, and understanding in every interaction.
- **Build positive relationships.** Embrace diversity and support every learner's unique needs.
- **Lead with empathy and teamwork.** Model equality, kindness, and collaboration across the school community.



### 🤝 The Power of Teamwork

Teamwork isn't just dividing tasks — it's learning from each other, sharing ideas, and supporting your groupmates through challenges. When everyone feels valued, great things happen!

✅ Tip: In group projects, focus on the goal, not the blame.



# WELLNESS CORNER



## Power Habits in Building Resilience

1. **Live with Balance and Purpose** – Care for your body and stay true to your values to handle stress better.
2. **Think Positive and Stay Responsible** – Own your actions, stay optimistic, and face challenges with humor.
3. **Find Connection and Meaning** – Build supportive bonds, keep learning, and seek purpose in what you do.



SCAN  
ME



## STUDY HABITS



### The BCG Box: How to Evaluate Costs and Benefits

- **Cash Cows: High market share, low growth** – low cost, high returns. Verdict: Milk them.
- **Stars: High market share and growth** – need investment to become cash cows. Verdict: Invest.
- **Question Marks: High growth potential, low market share** – risky but can become stars. Verdict: Decide carefully.
- **Dogs: Low share, low growth** – little financial value. Verdict: Liquidate.



*“The most dangerous words in investing are, ‘This time it’s different.’” – Sir John Templeton*



# SENIOR HIGH SCHOOL HIGHLIGHTS



**SISFU Student Emman Franc Named  
Ulirang Kabataan Awardee 2025 Ambassador**



**EMMAN FRANC**  
**SISFU BUSINESS STUDENT**





# SHS HANDBOOK ACKNOWLEDGEMENT

As part of our commitment to ensuring that all members of our school community are well-informed of the guidelines, policies, and standards of conduct, we require all students to accomplish the Student Handbook Acknowledgement Form. This confirms that both students and parents have read and understood the contents of the Student Handbook.

To make the process more convenient, we have provided a QR code that will direct you to the online acknowledgement form. Please scan the QR code using your mobile device and submit the completed form within the given deadline.

Once you have submitted the form, kindly upload a screenshot of your acknowledgement by scanning the second submission QR code provided. This will serve as confirmation that you have successfully completed the process. Your cooperation is essential in fostering a respectful, safe, and productive learning environment. Thank you for your continued support.



**FORM**



**FORM FOLDER**



# 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



## SISC Monarchs Triumph in International Schools Volleyball Tournament





# BE A SISFU PALADIN TODAY!



SOUTHVILLE INTERNATIONAL SCHOOL  
AFFILIATED WITH FOREIGN UNIVERSITIES



## A NEW SISFU STUDENT AMBASSADOR?



Check this out!

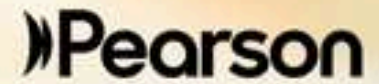


# COMING SOON!

ALL GOOD IN THE HOOD!



# BE A SISFU PALADIN TODAY!



## ARE YOU THE NEXT SISFU SCHOLAR?

Join the Global Dimensions Olympiad 2026

November 15, 2025 | 8:00 AM – 12:00 NN  
at Southville Campus

**Requirements:**  
Application Form  
500-word essay  
Recent Report Card

[REGISTER NOW](#)



# SISFU SENIOR HIGH SCHOOL

*Where Students Thrive*

## ACKNOWLEDGEMENT FORM



Please acknowledge receipt of this Students and Parents' Bulletin by scanning the QR code.



## SENIOR HIGH SCHOOL DEPARTMENT

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



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

You may reach us through:

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SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES  
LIK DEGREES IN THE PHILIPPINES. YOUR GLOBAL FUTURE IS WAITING!  
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