



# SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES

SPB Issue No. 33 | ACADEMIC YEAR: 2025 - 2026 | May

## STUDENTS AND PARENTS' BULLETIN

*Senior High School*

### BLITZ BUILD: MASTERING THE ART OF TENT SETUP

Last Monday, May 4, 2026, Grade 12 students participated in Blitz Build during their Physical Education and Health 4 class at the SISFU Gym under the guidance of their teacher, Mr. Noel Ison.

The activity focused on setting up different types of camping tents, where students worked in groups to assemble them within a given time. It tested their teamwork, coordination, and problem-solving skills while applying their knowledge in a hands-on setting.

Through Blitz Build, students developed essential outdoor skills and a deeper appreciation for preparedness and collaboration, making it a meaningful and engaging learning experience.

#### 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.



# SHELTER SETUP EXERCISE



## TENT TYPES

THREE DESIGNS. ONE ADVENTURE.



### POP-UP TENT



Quick to pitch and easy to pack, pop-up tents are perfect for fast setups and spontaneous adventures.



### CROSS-FRAME TENT

Built with crossing poles for strength and stability, ideal for group camping and all-around protection.



### PONCHO TENT



Made from a poncho or tarp, this lightweight shelter is perfect for minimalists and emergency use.



# SOUTHVILLE GLOBAL VOICES



## A Heartfelt Thank You to Our Voice Contenders



The halls of Southville were truly alive with the sound of music this week, and we would like to extend a massive thank you to every student who stepped up to the mic for the Southville Global Voices Auditions. It takes an incredible amount of courage to stand before a panel and share your talent, and we were deeply moved by the passion, artistry, and bravery displayed by every performer. From powerful high notes to soulful melodies, the sheer variety of genres—spanning pop, rock, classical, and musical theater—highlighted the immense talent within our community.

Please stay tuned, as results and next steps will be posted on the official bulletin and sent via school email. Regardless of the outcome, remember that an audition is just one chapter in your musical journey. We encourage you to keep practicing, keep singing, and keep sharing your "Global Voice" with the world.





# GRADUATION PHOTOSHOOT REMINDERS



**SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES**

*Senior High School*

## Graduation Photoshoot

MAY 08, 2026 | 1:00 - 5:00 PM | SISFU MPH

All Senior High School students (F2F and FLEX) are reminded to attend the official Graduation Photoshoot on Friday, May 08, 2026, from 1:00 PM to 5:00 PM at the SISFU MPH. Please ensure that you arrive on time and come fully prepared in the required attire.

Students are expected to wear their SISFU Business Uniform and prepare a Creative Attire for the themed shoot, "Senior High School Archetypes," inspired by iconic American high school portraits.

Kindly come ready to showcase your personality and creativity while maintaining the professionalism expected for this important milestone.



# GRADUATION PHOTOSHOOT REMINDERS



SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES

*Senior High School*

## Graduation Bulletin #1

**You've Earned This!**  
Your dedication has paid off, Paladins! It's time to capture the moment.  
You are invited to a professional graduation photoshoot with our official partner.

*Note: While we celebrate your success today, please ensure you remain focused on meeting all remaining academic milestones required for your official graduation.*

### GRADUATION PHOTOSHOOT DETAILS:

#### Date & Time

Friday, May 08, 2026  
1:00 PM - 5:00 PM

#### Venue

SISFU MPH

#### Attire

- 1 - SISFU Business Uniform
- 2 - Creative Attire

**Creative Shot Theme: Senior Highschool Archetypes**

*A creative shot inspired by iconic American high school portraits, capturing classic student personalities and social cliques with playful style and visual storytelling.*

#### Creative Attire Inspo





# GRADUATION PHOTOSHOOT REMINDERS



## GRADUATION PICTORIAL PACKAGES AND ADDITIONAL SERVICES

### Package A

- 6 poses colored Toga (select 1 pose)
- 6 poses colored Creative (select 1 pose)
- 1 piece 8x10 (8R) colored Toga in **glass-to-glass frame**
- 4 pcs 2x3 colored Toga (Printed)
- 4 pcs 2x3 colored Creative shot (Printed)
- Soft copy of all raw and edited picture

Price :  
Included in the  
Graduation Fee

### Extra

- Php 650.00 - *Additional Copies (4 pcs. wallet size print of toga and creative shot)*
- Php 1,000.00 - *Frame Upgrade (10R Print in 12 x 12 glass to glass frame)*
- Php 1,200.00 - *Frame Upgrade (10R Print in crystal frame)*
- Php 1,300.00 - *Frame Upgrade (11R Print in crystal frame)*
- Php 1,500.00 - *Frame Upgrade (11R Print in crystal frame - with wooden border)*
- Php 1,600.00 - *Frame Upgrade (11R Print in crystal frame - without border, thick)*



# GRADUATION PHOTOSHOOT REMINDERS



## GRADUATION PICTORIAL GUIDELINES

1. To ensure the smooth flow of the pictorial, "first come, first served" shall be applied.
2. Creative costumes, props, and other attire must be provided by the student.
3. There would be an in-house hair and make-up artist during the pictorial. Students (especially female students) may avail this service (free of charge).
4. Students who would like to avail the additional services must settle the additional fee to the Accounting Office on or before the pictorial.

## SUBMISSION OF PHOTO FOR EDITING (For FLEX Students)

### Guidelines on Submission of Photo for Editing:

#### A. Graduation Photo

- **Background:** The background must be clean and plain.
- **File format:** The photo must be high-resolution, preferably in JPEG format.
- **Lighting:** Use white lighting; avoid yellow lighting.
- **Exposure:** Ensure the photo has normal exposure (not overexposed).
- **Pose/Angle:** The subject should face the camera frontally, with a slight tilt to either the right or left.
- **Attire:**
  - **Male:** Wear the inner polo with a collar and necktie.
  - **Female:** Wear a blouse with a modest neckline.

#### B. Creative Shots

- **Background:** The background must be clean and plain.
- **File format:** The photo must be high-resolution, preferably in JPEG format.
- **Lighting:** Use white lighting; avoid yellow lighting.
- **Exposure:** Ensure the photo has normal exposure (not overexposed).
- **Pose/Angle:** The subject may use a creative pose, capturing either the upper half or the full body.



# GRADUATION PHOTOSHOOT REMINDERS



## OTHER IMPORTANT GUIDELINES

- Students may submit a maximum of 2 shots for each category (Graduation and Creative) for the accredited photo studio to choose from.
- The accredited photo studio will verify whether the submitted photos meet the required specifications for editing and may request replacements if necessary.
- The filename should be as follows:
  - Graduation Photo:  
*SISFU\_SHS\_LASTNAME\_FIRSTNAME\_Formal.jpeg*
  - Creative Shot:  
*SISFU\_SHS\_LASTNAME\_FIRSTNAME\_Creative.jpeg*

**Deadline of Submission:**  
**Friday, May 15, 2026**

- Submission Method: Upload the files to the designated Google Drive folder and share them with [jclutario@southville.edu.ph](mailto:jclutario@southville.edu.ph)
- Note: Submitting via Google Drive ensures the photos maintain their original size and quality.

**CLICK FOR MORE INFO**



**Student Affairs and Services**

**Troy Clutario**  
*SAS Head*

Email Address: [jclutario@southville.edu.ph](mailto:jclutario@southville.edu.ph)

Contact Number: (02) 8 820-91-81 Loc 320 or +63998 963 5281.



# CALENDAR OF ACTIVITIES



**DON'T  
FORGET**

**May 8, 2026**

SHS Graduation and Class  
Photoshoot

**May 9, 2026**

DofE Parents Orientation

**May 14-15, 2026**

DofE Adventurous Journey

**May 15, 2026**

SGEN Business Plan Competition

IXL Post Test

Laws of Life Essay Writing Contest

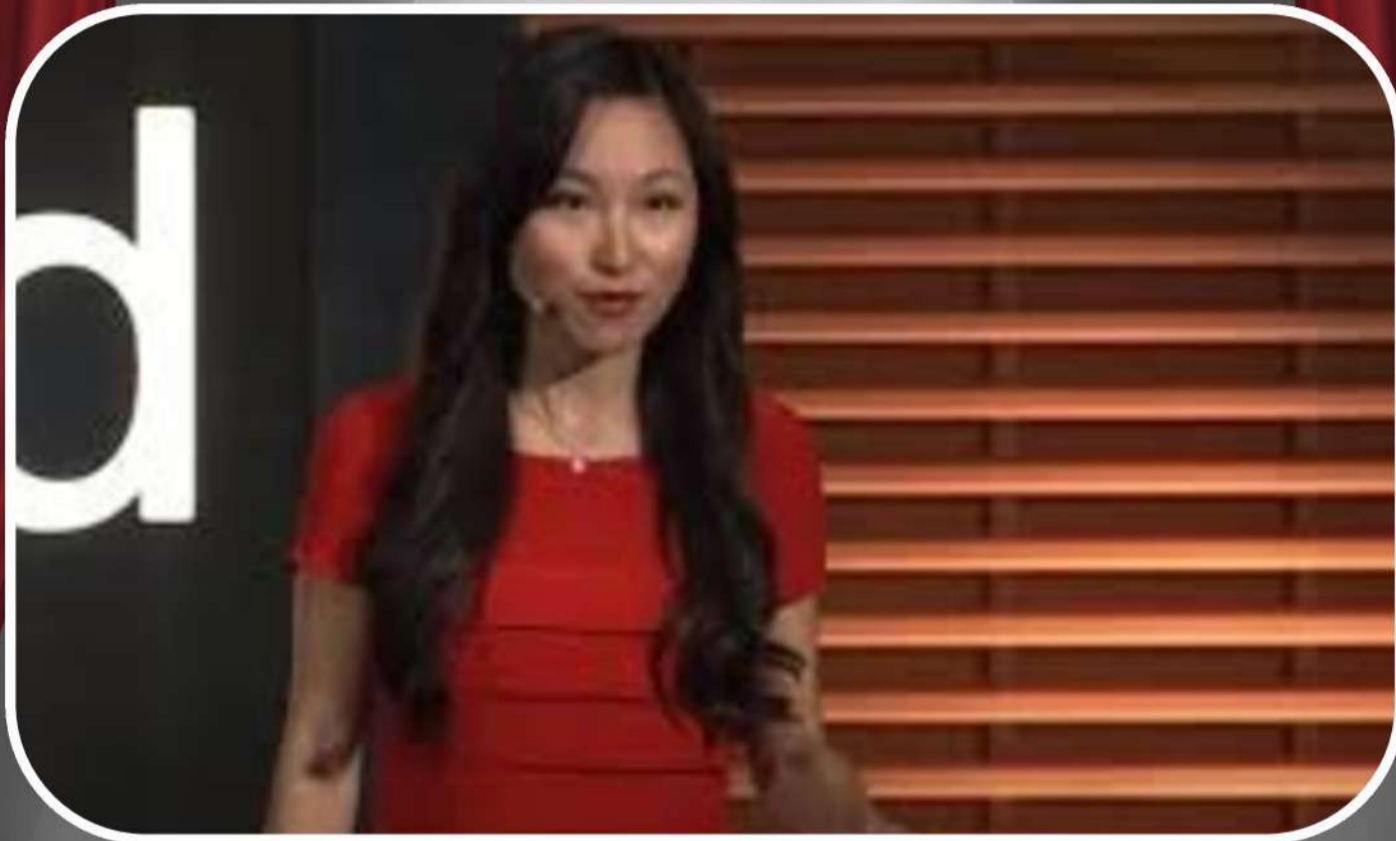




# VALUE OF THE WEEK



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



**"Life begins at the edge of your comfort zone."**

**-Yubing Zhang**

Through three poignant stories of personal and professional transformation, Yubing Zhang illustrates how embracing fear, uncertainty, and vulnerability allows us to expand our limits and discover that the challenges we dread are rarely as scary as they appear.



SCAN HERE



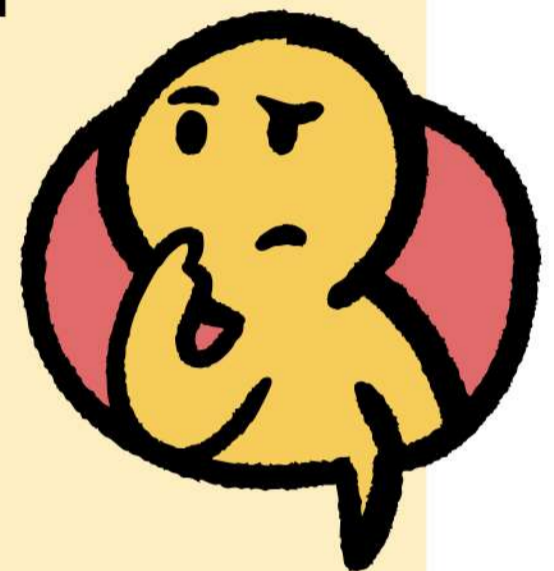
# SOCIO-EMOTIONAL LEARNING CORNER



## Leap Into Growth

### Why it Matters

Growth begins at the edge of your comfort zone. By embracing fear and uncertainty, you discover that challenges are often less scary than they appear, unlocking a level of strength and capability you didn't know you possessed.



### SEL Skills Developed

1. Self-Awareness - Recognizing the "voice of fear" and personal growth barriers.
2. Self-Management - Personal mantras and deep breathing for managing anxiety.
3. Social Awareness - Everyone struggles with fear, regardless of their background.
4. Relationship Skills - Embracing vulnerability fosters deeper connections with loved ones.
5. Responsible Decision-Making - Pursuing passion and purpose over a comfortable routine.



### Practical Tips for Students

- Accept Fear: Don't fight it; acknowledge the fear and act anyway.
- Test Limits: Do one uncomfortable thing today to expand your boundaries.
- Be Vulnerable: Share a true feeling or failure to build deeper connections.
- Reframe Risk: Remind yourself: "It is never as scary as it looks."
- Take the Leap: Identify your "platform" and jump into the unknown.

## UNDERSTANDING CHICKEN POX (VARICELLA)

### HOW IT SPREADS

Person-to-person contact

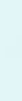
or

Respiratory droplets  
(coughing, sneezing)

Blister fluid

### COMMON SYMPTOMS

Fever



Itchy Rash  
(spots, blots, blisters, scabs)

Fatigue &  
Tiredness

Fatigue &  
Tiredness

Headaches

Loss of Appetite

### POTENTIAL COMPLICATIONS



Bacterial infections  
(skin, soft tissue)

Pneumonia  
(lung inflammation)

Encephalitis  
(brain swelling)



Pneumonia  
infection

Encephalitis

Bleeding  
problems



Shingles  
(later in life)

### PREVENTION & CARE



Vaccination  
(Chicken Pox vaccine)

Stay Home  
(isolate from others)



Good Hygiene  
(wash hands)

Nail Care  
(keep nails short)

Soothing Baths  
(oatmeal baths)

Use Lotions  
(calamine lotion)



# STUDY HABITS

## Study Harder by Stretching Further

- **Quiz Yourself:** Try explaining the topic from memory instead of just rereading your notes. This helps reinforce your understanding.
- **Space Out Your Review:** Review material at increasing intervals (e.g., 1 day, 4 days, 2 weeks) to better retain information.
- **Change Your Scenery:** Study in different locations, like a coffee shop, to avoid linking information to just one spot.
- **Tackle the Hard Stuff First:** Focus on challenging subjects first to enhance your overall learning and mental agility.





# AROUND SGEN

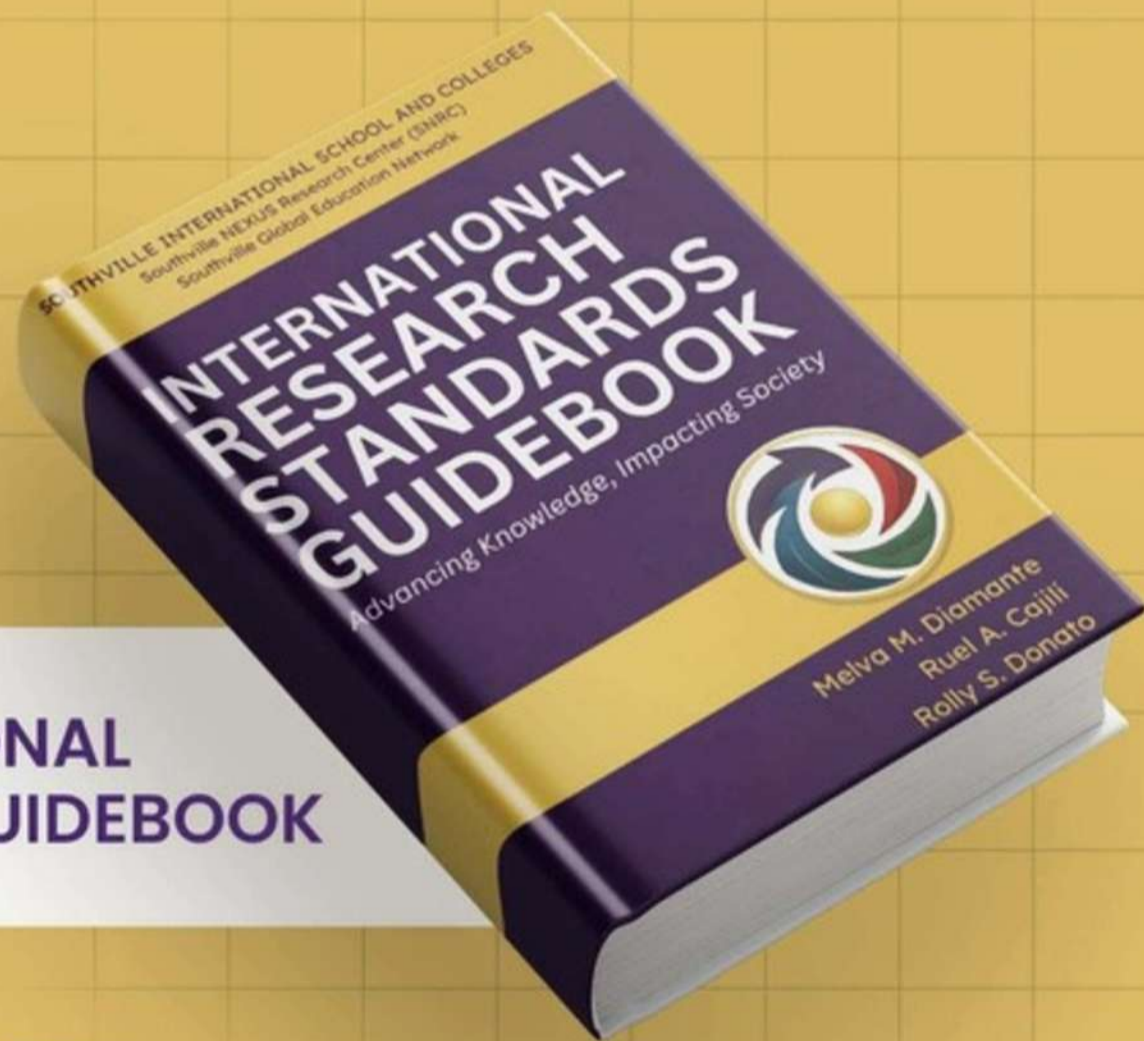


— **New Milestone!** —

## OFFICIAL **BOOK LAUNCH**

OF

**SOUTHVILLE'S INTERNATIONAL  
RESEARCH STANDARDS GUIDEBOOK**



**LAUNCH DATE:** MAY 08, 2026

**TIME:** 2:00 PM **VENUE:** MONARCHS HUB



# 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

### JOHN GEORGE P. PASTOR

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



### JOHN PATRICK JAVIER

SHS Faculty Member  
SHS & Allied Programmes Coordinator

You may reach us through:  
[sisfu\\_shsprincipal@southville.edu.ph](mailto:sisfu_shsprincipal@southville.edu.ph) | 8-820-91-81 Loc. 211 | 0998 844 7762

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