



SOUTHVILLE INTERNATIONAL SCHOOL AFFILIATED WITH FOREIGN UNIVERSITIES

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STUDENTS AND PARENTS' BULLETIN

Senior High School

SHS PALADINS SHINE BRIGHT AT THE SGEN BUSINESS PLAN COMPETITION 2026



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.



“COCO GLOW” SHINES BRIGHT AT THE SGEN BUSINESS PLAN COMPETITION 2026



COCO GLOW



The Future of Sustainable Aromatherapy Candles



The Senior High School proudly congratulates our student delegates — Sophia Leonardo, Psalm Borines, Rafael Teodoro, Austin Alviento, and Jan Vives — for earning Overall First Runner-Up and Best Oral Presentation in the recently concluded SGEN Business Plan Competition through their business concept, “CocoGlow.” Congratulations on this remarkable achievement!



OPTIONAL: GRADUATION TOGA PURCHASE ADVISORY



Dear Graduating SHS Paladins,

We are pleased to inform you that, in response to your requests regarding the purchase of the graduation toga, we are now officially opening the order period from today until May 29.

The cost of the complete Toga set, which includes the gown, cap, and hood, is PHP 3,400.

Payments may be made onsite at the Cashier or through the official SISFU payment channels provided below.

Online Payment Credit/Debit: [SISFU - Online Payment](#)

or

SISFU Bank details:

Bank: Security Bank

PESO Account Number: 0000063497923

Account Name: Southville International School Affiliated with Foreign Universities



Kindly ensure that all payments are completed within the stated ordering period until May 29, 2026 to secure your special order.

Should you have any questions or require further assistance, please do not hesitate to contact us.

We look forward to celebrating this significant milestone with you.



PALADIN'S PAGE



BEYOND THE TALL GRASS: AN INTERSECTION OF LOVE AND PURPOSE

“Why?”

That is a question I have always pondered on, ever since my eyes began perceiving while seeing. Many happenings and behaviors intrigued me, and when told factual or subjective answers to appease my curiosity, they only deepened it. I observed the people surrounding me—family, classmates, friends, strangers—and something they all had in common was a layer unexplainable to the naked eye. It's a depth hidden in tall grasses, telling more than asking how all is done, because of love and for its absence.

From the perspective of younger me, I remembered a plate slipped out of my smaller hands and shattered noisily to the floor. Expecting to hear irritation—“Are you okay?” Both my parents came into the room and told me not to move, as I watched their worried eyes assess me. Soon after a cleanup, they explained how they valued my safety more than a broken plate. Why? echoed and parted the long grass.

Through last year's eyes, I could still feel how exhaustion and sweat wrapped around my body, as this might've been the most gruesome Taekwondo training the varsity had in a while. My teammates seemed to share the same thought, eyeing our water bottles. “Why do we even do this?” one of them asked, panting. A silent shrug spread across as our coach called us back, having no choice but to continue on the mats—this high grass—somehow managing to mentally smile and push through the pain.

Recently, nostalgia and laughter came alongside my best friend in a cafe. We caught up on events while eating, and before we left, she hugged me tighter than usual. Why? I wonder if she's alright. The same inner voice questioned, as I returned the warmth to her. Maybe she simply missed me a lot, and the grass swayed behind.



PALADIN'S PAGE



BEYOND THE TALL GRASS: AN INTERSECTION OF LOVE AND PURPOSE

As determined as I am to uncover countless depths, it took a while to first realize my own. How objects mattered to me, how grit and team spirit echoed, and how I embraced my friend tighter. Through uncertainty and hardship, I decided and acted from love. This core value spreads, unable to stay put—enveloping and elucidating a human soul.

We are told to think with our heads, yet great ideas come from our hearts. People come from different, trying experiences that love with their own definition. Some seem dangerously unpredictable, only if we focus on the tall grasses. Asking “Why?” beyond apparency, heaves the deeper and personal perspectives up towards the light—illuminating how polymorphous love is.

Once people come together to make greater efforts in understanding distinct meanings and reasons from another's depth, we'd all move around further in the essence of consideration. Slowly, change sparks. Love transforms for better or worse, and whichever happens, we either stay still or we move forward. Deep in my own tall grass, I carry this core value with me and believe it has always been inspiring change. In starting with myself, I choose to add one more form of love, hope.



SOPHIA LEONARDO

Grade 11 - ABM



CALENDAR OF ACTIVITIES



**DON'T
FORGET**

May 22, 2026

Rise & Celebrate:
SHS Year-End Symposium

May 29, 2026

SHS Soar

June 1-5, 2026

SHS Term 3 Final Assessments

June 5-6, 2026

New schedule of DofE Adventurous
Journey

June 5, 2026

Paladins Awarding Ceremony

June 8-11, 2026

Term 3 Completion of Requirements

June 11, 2026

Seniors Send-off Party

June 13, 2026

End of Term 3, AY 2025-2026





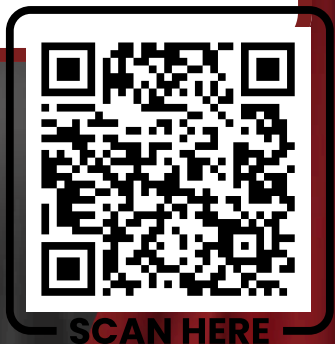
VALUE OF THE WEEK

Taking Responsibility for One's Actions and Behaviors



**"You cannot grow or move forward unless you take full responsibility for your actions and behaviors."
- Dwain Chambers**

Dwain Chambers' TEDx talk, Taking Accountability for Our Actions, shows how owning your mistakes leads to growth. He shares how his poor decisions affected his career and emphasizes that real change starts when you accept responsibility for your actions instead of blaming others.



SCAN HERE



SOCIO-EMOTIONAL LEARNING CORNER



Responsibility Begins With Me

Why it Matters

Taking responsibility for our actions helps us become more mindful and accountable. When we stop blaming others and reflect on our behavior, we improve relationships, make better decisions, and handle challenges more positively.



SEL Skills Developed

- **Self-Awareness** - Recognizing how our actions and reactions affect ourselves and others
- **Self-Management** - Controlling impulses and choosing better responses in difficult situations
- **Social Awareness** - Understanding how others are affected by our behavior
- **Relationship Skills** - Practicing accountability, respect, and clear communication
- **Responsible Decision-Making** - Choosing actions that reflect integrity and consideration of consequences



Practical Tips for Students

1. Pause before reacting in stressful situations
2. Reflect on your role when problems happen instead of immediately blaming others
3. Apologize and correct mistakes when needed
4. Think about consequences before making decisions
5. Practice self-check questions like: "Was my reaction helpful or harmful?"



MEDICAL CORNER



CHICKENPOX (VARICELLA)

What is Chickenpox?

Chickenpox is a highly contagious viral infection caused by the varicell-zoster virus.

Signs and symptoms:



Fever



Itchy red spots/blisters



Tiredness



Headache



Loss of appetite

How it Spreads



Direct contact with blisters or fluid



Coughing or sneezing (droplets)

Important Reminders



Stay home if symptoms appear.



Seek medical advice.

Prevention Tips

- Wash hands frequently.
- Avoid close contact with infected individuals.
- Keep nail short to prevent scratching and skin infection.
- Ensure immunization (vaccine) as recommended.



What Parents and Students Should Know

✓ Chickenpox is most contagious 1-2 days before the rash appears and until all blisters are crusted.

✓ It usually lasts 7- 10 days.

**Wash Hands,
Cover Coughs,
Stop Chickenpox!**

STUDY HABITS



The hard choice model: The four approaches to decision-making

- Know the four approaches - Memorize each type and its meaning.
- Use examples - Connect each approach to real-life situations.
- Compare quickly - Spot differences in logic, emotion, and influence.
- Practice scenarios - Identify the approach used in sample decisions.
- Reflect daily - Classify your own choices using the four models.





AROUND SGEN



SOUTHVILLE
INTERNATIONAL SCHOOL AND COLLEGES

TOP 1%

2026 Global Top 500



The WORLD
UNIVERSITY
RANKINGS
for INNOVATION

TOP 2%
ASIA RANKING
AppliedHE Higher Education
ALL ASIA 2026

TOP 1%
PHILIPPINES RANKING
AppliedHE Higher Education
ASEAN 2026





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

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