



Quant Je Puis!

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STONYHURST SOUTHVILLE INTERNATIONAL SCHOOL

STUDENTS & PARENTS' BULLETIN

Batangas Campus

No. 13 A.Y. 2018-2019

October 22, 2018

VISION

A premier learning institution with national and international recognition, developing lifelong learners and leaders with competencies, global perspectives, and hearts of service in a culture of academic and values excellence.

MISSION STATEMENT

We are committed to provide quality international education through the 5Cs: Competence, Character, Commitment to Achieve, Collaboration and Creativity.

We seek to develop lifelong learners and leaders.

We prepare learners to respond to the needs of the 21st century.

YOUNG SWIMMERS ACE PHILIPPINE SWIMMING LEAGUE

The Valiant Knight Swimmers conquered the 148th Philippine Swimming League 3rd MX3 Swim Challenge held at Diliman Preparatory School, Quezon City last October 20.

A big **CONGRATULATIONS** to the following mighty swimmers!

JACIAN CAERWYN D. HERNANDEZ

Most Outstanding Swimmer in Class Motivational Boys (10 years old Category)
Gold Medalist in 200m Freestyle
Silver Medalist in 50m Back Stroke
Fourth Place in 50m Butterfly
Fourth Place in 50m Breast Stroke
Fourth Place in 50m Freestyle

KIRSTEN ALLYSON V. DIMATATAC

Most Outstanding Swimmer in Class Motivational Girls (7 years old Category)
Gold Medalist in 50m Butterfly
Gold Medalist in 50m Back Stroke
Gold Medalist in 50m Breast Stroke
Gold Medalist in 50m Freestyle

NIÑA YZELLA DE TORRES

Silver Medalist in 50 m Butterfly
Bronze Medalist in 50 m Back Stroke



CUETO, SEÑO Taekwondo Victors

Angel Sophia Cueto, Eighth Grader, and Jose Miguel Seño, Third Grader, emerged victors after the 2018 QUEZON AGE GROUP TAEKWONDO CHAMPIONSHIP COMPETITION held at Lucban, Quezon last October 13.

Angel won a Bronze Medal in the Semi-Finals of Age Group 12-14. On the other hand, Miguel bagged a Silver Medal in the Finals of Age Group 8-10.

Both Angel and Miguel competed against several aspiring winners from different parts of CALABARZON.



MARK THIS ON YOUR CALENDAR

In order for the parents to understand and appreciate the 5Cs curriculum, instruction, and assessment of the school and to value more the academic work done by their children, SSIS Batangas invites the parents and guardians of the Valiant Knights in the 5Cs Curriculum Appreciation Day on November 17.

The activity aims to provide hands-on and interactive activities to be participated in by parents. In this endeavour, the parents will get to know the benefits and advantages of learning delivered by SSIS.

Dear parents, see you on November 17 as we walk you through discovering the beauty of the 5Cs!

STONYHURST SOUTHVILLE INTERNATIONAL SCHOOL

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RIGOR, RIGOR THAT'S OUR GOAL, WHOEVER HAS GRIT WILL SURELY GROW!

LIKHA: TRIP DOWN MEMORY LANE

Written by: *Angela Andrei Macalalad,*
Eleventh Grade Valiant Knight



New Artists of this Generation. Grade 11 Sincerity welcomes students as they take them inside LIKHA (Look Inside the Kingdom of Heritage Art) Exhibit on October 19, in the G-11 classroom.

After weeks of preparation, the juniors proudly presents a wide-variety of artworks. It is indeed a short-lived yet meaningful trip down memory lane featuring the rich culture of Batangas and of course, the Batanguenos.

The exhibit also features coffee paintings that highlights the use of kapeng barako which is a well-known product of the Batangan.

In addition, mini-sculptures, pots, minimalist photos, paper weaves, and other paintings inspired by some national artist are also displayed.

Through the said showcase, the Grade 11 students were able to raise funds for their service learning activity service that will be held later on this year.

The LIKHA Exhibit is not only a reflection of creativity but also a concrete proof of the students' commitment to achieve for the said activity is a GRASPS and Performance Task for the

HOME AWAY FROM HOME:

TALES OF RICH CULTURE AND TRADITIONS

The world is gifted with diverse culture and tradition which make every part of the globe colorful and remarkable. The differences in races, ethnicity, practices, and way of living make life interesting. Hence, it is truly diversity which make every nation and every race united for people do not always seek for similarities, but for differences as well.

Stonyhurst Southville, being an International School celebrates the diversity of its students. The school recognizes the differences in culture and tradition of the students and their parents. One way for the school to celebrate diversity is through the conduct of the Global Month Activity. As part of the said activity, the school

invited some parents of the Valiant Knights who have different nationalities. They were requested to share some of their unique practices and to let the Valiant Knights take a glimpse of their rich culture.

Among the wonderful parents who graced the activity and earnestly shared their insights and experiences are Mr. Ari Robbi, Ms. Julia Feng, Mrs. Meera Agrawal, Mrs. Khavita Dalvi, and Mr. Guilherme Manuel Alinho.



*Let's make our Global Month Culminating Activity on October 30 more colorful by coming to school and participating in the traditional Parade of Nations wearing **ANY HAND, HEAD, OR ARM ACCESSORY** that characterizes your class' country assignment.*

Take note, you don't have to wear a full costume. Any accessory will do. What is important is that you learn a thing or to about the culture of your country assignment in terms of their attire or native costume. Also, you don't have to spend for these accessories Valiant

Knights. A little bit of creativity will do the trick! Let's do our best Knights! Quant Je Puis! - Sir AC Calado



STUDENTS REFLECT THROUGH Portfolio Making

As students go through the process of completing their portfolio binder, they are able to reflect on their own progress and evaluate their own learning.

The portfolio is a cornucopia of the student's work such as quizzes, seatwork, project, handouts, and photos. These outputs are usually accompanied by written reflections on how the students perceive their work. They often comment on their best work, how they did it, and how much effort they put into such.

Students also highlight the work that need improvement and write their plans on how to make it better. In some cases, the draft and the final work are compared in order to see the development. Thus, the portfolio binder can also be an avenue where students apply growth mindset; that every learner can enhance their skill and improve their outputs.

The contents of the portfolio binder will vary according to their year level as the young kids may have more artwork but less of reflections or essays. Still, the reader of the portfolio will see the improvement in the way these kids draw and color their work.

The portfolio binder is also a manifestation of the students' productivity, responsibility, and industry. The way a student manages and values the portfolio is a reflection of his or her character. The binder will be presented to the parents on PTC Day.



We would like to remind everyone to observe the drop-off and pick up rule of the school. Vehicles that enter ENTRANCE A must use EXIT A when leaving. Use the drop-off areas in front of the lobby following the 30 second maximum drop-off rule in the morning and pick up in the afternoon. The school appeals for cooperation of all the parents and guardians so as not to cause and/or aggravate clogging in traffic.

Your utmost cooperation will be very much appreciated. Let's work together for the benefit of the entire SSIS community.



SPONSORSHIP DAY SLATED ON OCTOBER 29

Sponsors and sponsorees are counting the days till they meet the first time this year on the sponsorship session slated on October 29.

Sponsorship is a type of mentoring program initiated by SSIS to complement the support given by the Guidance Counsellor, Homeroom advisers, and subject teachers to their students. Sponsorship talks cover an assortment of topics such as the value of the week, setting and achieving goals, and overcoming challenges.

At times, topics can divert to individual consultations about the challenges faced by the student inside and outside the classroom. A student can confide to the sponsor about many things, personal or academic. In this case, the sponsor takes on the role of the counselor by listening and helping the child reach a solution to the problem at hand.

In some cases, the sponsor can also act as coach who helps the learner improve and achieve their personal and academic aspirations by providing proper guidance. Through the sponsorship program, students see their teacher not only as facilitators of learning but most importantly, as friends, supporters, motivators, and agents of students' growth and development.





PARENTING CORNER

5 Tips to Help Your Kids Prepare for Exams

For many children, examinations are a nightmare. Children fear that they will disappoint their parents and lose the respect of their peers if they do badly in a subject. Faced with such pressure, stress has become increasingly common amongst young children.

Here are some things which we as parents can do to help our children not only survive, but maybe even thrive during their exams.

- 1. DON'T ADD UP TO THEIR STRESS.** The first thing that anybody can do for someone who is under stress is to reduce the burden or work load of the stressed individual. Children have less experience in dealing with stressful situations and may not be familiar with how to manage or express their burden adequately. Therefore as a parent, it is important that you are able to tell if your child is under too much pressure. Parents should try to have realistic expectations of their children and avoid becoming another source of pressure for their children. Encourage and assure your children. Let them know that it is normal to feel nervous and teach them to remain composed and focused during stressful periods.
- 2. ENCOURAGE THEM TO TAKE REGULAR BREAKS.** Most parents restrict their children from watching television, using their phones, playing video games or hanging out with friends whenever exams draw near. However, a child's need for social interaction and recreation should be taken seriously. Having your children mull over textbooks and assessments for long periods of time will hurt their ability to focus, concentrate and retain information. Work with your children to create a schedule and stick to it instead. Set time aside for play and recreation so that your children can unwind, de-stress and recharge.
- 3. HELP THEM TO CREATE A STUDY SCHEDULE.** Don't try to create a schedule and expect your children to follow it. Instead, let your children draw up their own schedule and take an active part in assisting them or providing them with a proper structure. Externally imposed rules and restrictions will create additional pressure. It will be hard for your children to stick to a routine if it does not feel natural or comfortable to them. Give your children the freedom to choose their own hours to revise and study. Limit yourself to observing their decisions closely and correcting them only when necessary.
- 4. AVOID THE "EXAM DISSECTION".** Many children dread not only exam itself, but the after effects of an exam. Not all children come out of exams confident, especially after sitting for a subject they know they are weak at. Many questions may run through a child's mind after the paper, "What if I answered the last question wrong? What if I fail my paper?" As parents, we should not be too quick to criticise our children for their lack of confidence. Instead assure them that what is done has been done and that worrying will not help things. Help them relax and prepare for the next paper instead of dwelling on mistakes that they cannot change.

REFERENCES: <https://www.familiesforlife.sg/discover-an-article/Pages/Helping-Your-Child-Deal-with-Exam-Stress.aspx>



October 22

S.P.E.L.L.S. Culminating Activity for Pre-School

G.I.D.E.S. Culminating Activity for Grades 1 and 2

Portfolio Making Day for Grades 3-12

October 23-25

First Term Exams

October 26

Portfolio Making Day

R.I.C.H. Culminating Activity for SHS Students

U.S.S.R.

October 26-27

CGS of Grades 9 and 10 Students



OF THE WEEK

Taking Responsible Action
Towards Sustainability and
Collective Well-Being

ANTHONY PAUL M. CALADO

Principal

GRIT Quote of the Week

"Great works are performed, not by strength, but by perseverance."

– Samuel Johnson

GROWTH MINDSET Quote of the Week

"It's hard to beat a person that never gives up."

– Babe Ruth

RIGOR Quote of the Week

Rigor is the result of work that challenges students' thinking in new and interesting ways.

Reply Slip

() I have received and read Students and Parents' Bulletin No. 13 A.Y. 2018-2019.

Student's Name

Level/Section

Parent's Signature