



Quant Je Puis

# STONYHURST SOUTHVILLE INTERNATIONAL SCHOOL

A Premier Learning Institution

# STUDENTS AND PARENTS' BULLETIN



No. 20 A.Y. 2011-2012

Week of 21-25 November 2011

## Vision

SSIS is 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

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.

## Theme of the Year

Understanding the Humanity Within through the 5Cs: Competence, Character, Commitment to Achieve, Collaboration and Creativity.

## SSIS Culminates Book Month

*A World of Fun in Reading*



November is Book Month, giving the children an opportunity to nurture their interest and love in reading books, and share stories, books and other reading materials to others. As we culminate the event, we would like the students to be active participants of the celebration and make "A World of Fun in Reading".

Here are some fun activities that we have prepared to culminate the Book Month:

### 1. Reading with Mom and Dad/Handmade Tales (November 24)

Parents and guardians of Preschool students will have an opportunity to have bonding time with their children by reading to them their chosen book. Parents will have to provide their own book to be shared with their children. This activity will be done in school.

### 2. Poster Making (November 14-25)

Each Department (ECED/LS/US) will use their assigned novel to create a poster that they will exhibit on their bulletin boards. Every group may use their free time in decorating the bulletin. One winner from each group will be chosen by the judges.

### 3. Honoring the Hallmark (November 29)

Each class will recite their hallmark. They may use props to make their presentation effective and entertaining.

### 4. Poem Writing (November 14-25)

During their English class, each student will have to write his/her own poem according to the given theme: L6-Friendship, USI-Myself, USII-Honesty, and USIII-Love.

### 5. Reading Buddies (November 23 & 25)

ECED students will be paired in class. During free time, each pair will choose a book that they will read together. Every after reading, each pair must write in their English notebook what they learned during and after the reading activity.

### 6. Spelling Bee (November 29)

Each class will be represented by two (2) students. The contest will be divided into three (3) categories: easy, average, difficult. This will be done after the morning assembly.

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## **Make your Children Eat Food that Improve Grades**

Are you having trouble concentrating during class hours? Can't stop yawning in the middle of your teacher's lecture? Or you're the one who wants to be in the Honor's List? If you want to pass the long test or the term test with flying colors then this article is for you!

Our brain is one of the most important body organs that affect the activities of daily living. It is used for memorization, coordinating physical movements through stimulation of other body systems, cognitive, and emotional functioning. Could you just imagine how busy our brain is, during the long test or term test when we want to use the most of our brain but it tends to slow down? There are times where we simply can't concentrate anymore and just want to bump our head into the wall. But here's the thing, our brain needs proper nourishment for it to function well. A plant without proper sunlight and water won't grow well so as your brain. Food intake is an essential factor that keeps brain functioning effectively. According to research and studies, the following foods can help boost brain memory, concentration, and function.

### **Egg Yolk for the Brain.**

An egg yolk contains choline, a fat-like Vitamin B, which is a building block of brain cells that helps improve the memory. Choline is also a precursor of the neurotransmitter acetylcholine. Acetylcholine plays a role in muscle control and memory of a person. Thus, eating eggs boosts an individual's alertness, memory, and concentration.

### **Feed the Brain with Healthy FATS.**

Healthy fats are important for increasing a brain's function. Omega 3 fatty acids found in fish (sardines and salmon) reduce brain cell inflammation that generates memory decline. All brain cell membranes need to refresh themselves with a new supply of healthy fatty acids.

Three servings of fish in a week contribute to an optimal brain function.

### **Sweet Treats for Wits**

Mood is one factor that makes a person develop concentration in a lecture, thereby, increasing learning. Chocolates are known for boosting endorphin production. Endorphins improve focus and concentration of a person while enhancing the mood. Dark chocolates are rich in flavonoids that boost blood supply to the brain that improves cognitive skills. Milk chocolate has been known for enhancing visual and verbal memory.

### **Load the Body with Antioxidants.**

Citrus and colorful fruits contain Vitamins A, C, and E which are rich in antioxidant that destroys the free radicals in the body. Free radicals, when present in the body, damage the cells and tissue. These vitamins also improve brain power and help recall information quickly.

### **Go Nuts!**

Peanuts, cashews, almonds, walnuts, and hazelnuts contain vitamin B6, Omega 3 fatty acid, folate, and Vitamin E that improves learning and memory as well as boosting brain power and improving one's mood.

### **Iron Sharpens Brain.**

Sharpen memory and cognitive function by supplying the brain with oxygen through the consumption of iron-rich foods such as red meats, liver, and green leafy vegetables.

### **Try Sweet Potatoes (Kamote)**

Sweet potatoes nourish the brain by supplying it with Vitamin B6 (helps in transmission of impulses), carbohydrates (fuel source of the brain), and antioxidant (destroys the free radicals that damages cells and tissues in the body).

### **Be alert with Yogurt.**

Tryptophan is an amino acid that is found in protein-rich foods that makes a person sleepy. Yogurt is a good source of protein that has been proven to be low in tryptophan. Also yogurt contains tyrosine that serves as the precursor for some neurotransmitter. Thus, yogurt not only increases memory but also makes a person alert.

## SSIS participates in the 14th Annual Model United Nations Assembly

Organized by the Rotary of Makati, a project for the youth called Model United Nations Assembly (MUNA) will have its 14th Convention in February 2012. In preparation for this event, there will be an initial orientation and training on November 26, 2011 at Brent International School in Mamplasan, Biñan, Laguna. Our delegates for the training include the following students: Asheley Naval, Maria Carmela Guerra, Angelique de Leon, David Doherty, Thea David, Kacie Pua Ng, Shaira Catadman, Divine Suarez, Mary Eunice Lara, and Yumi Tokoyo.

The MUNA aims at providing students of various nationalities an exposure to the United Nations (UN) procedures by holding and simulating a General Assembly and Committee Fora Sessions. MUNA participants steps into the shoes of U.N. member representatives, drafting resolutions, strategizing, and lobbying within the framework of U.N. rules and procedures.

Youth from local and foreign high schools and colleges debate on political, human rights, environmental, and security issues in order for them to build consensus, resolve conflicts, and solve problems in an atmosphere of compromise and cooperation.

### 70% Class Standing Notice on Nov. 28

The 2nd Long Test is almost done, thus we will be distributing again the 70% Class Standing Notice of students, scheduled on **November 28, 2010**.

The Term Test carries 30% of the grade components of a subject. Thus, after the 2nd Long Test, you may be able to roughly gauge the standing of your child in class. For this reason, we will give out the 70% Class Standing Notice so that you will know how you will still have to help your child in order for him/her to improve or on the other hand be enhanced for a particular subject.

### Win Prizes in the 2nd Christmas Night Bazaar

Celebrate Christmas with us in the 2nd Christmas Night Bazaar, which is slated on December 2, 2011, and win prizes. The school will give a prize to the student who will be able to bring in the most number of buying guests. Also, there is something in store for the class that will be able to gather the most number of guests as well.

The bazaar is one of the school's entrepreneurial activity which is part of the requirements of the Business Course of Upper School, and the Math Class of Lower School. However, to make the event more exciting, we are inviting parents to participate as well, and bring their friends as we make it an open-house celebration.

### IMPORTANT DATES

#### **November 21**

USSR

#### **November 22-24**

Second Term-2nd Long Test

#### **November 23**

Preventive Discipline Seminar

#### **November 24**

Rehearsal for the First Communion

#### **November 25**

First Holy Communion

#### **November 28**

Distribution of CSN  
Sponsorship day  
Advent Wreath / Christmas Tree Ceremony

#### **November 29**

Book Month Culmination

**Mr. Anthony Paul M. Calado**  
Head Master / Principal

### REPLY SLIP

( ) I have received and read Parents and Students' Bulletin No. 20 A.Y. 2011-2012

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Student's Name

\_\_\_\_\_  
Level/Section

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Parent's Signature