



Quant Je Puis

STONYHURST SOUTHVILLE INTERNATIONAL SCHOOL

A Premier Learning Institution

STUDENTS AND PARENTS' BULLETIN



No. 6 A.Y. 2011-2012

Week of 24-28 July 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.

Be Healthy and Bright, Celebrate Nutrition Week!

In line with the Nutrition Month Celebration, SSIS Malarayat Campus makes a week-long program from July 25-28, that will bring fun learning experiences for the students. Anchored on the theme "Eating the Right Food will Make us Healthy and Bright," the Nutrition Week is a series of activities designed to instill among the students the values and practices of eating nutritious food. This will also facilitate in raising the awareness of the children about the values and practice of eating nutritious food, create a venue for deeper understanding of health habits in eating, and promote collaboration and teamwork among members of the community.

The Food Adventure

It has been a tradition for the school to make "The Food Adventure" a part of the Nutrition Week Celebration. Each class will have to prepare dishes from their own country assignment. Students will be given an adventure passport that will serve as their pass in order to be accommodated in each country. Judges will have to critique who prepared best in the food adventure. Sir AC, Tr. Mabeth, and Ms. Viola will serve as the judges, and will be judging the preparations using the following criteria: Creativity and Presentation 30%; Taste 40%; Cleanliness 20%; Suitability to the Theme 10%. (Please coordinate with the advisers for details about the Food Adventure.)

Other events for the week are as follows:

| Day/ Time | Activity | Venue |
|------------------|--|---------------|
| Monday | | |
| Homeroom Period | Presentation of the Big Idea of the Activity | Classrooms |
| English Time | Essay writing contest for LS and US | Classrooms |
| Free Play | Food Hunt for ECED | Classrooms |
| Tuesday | | |
| Homeroom Time | Poster Making contest for LS and US Coloring Activity for ECED | Classrooms |
| Circle Time | ECED Exercise activity c/o STEPS (students will wear P.E. uniform) | Play Area |
| 1:10 – 2:10 | Cooking with Mom (A selected SSIS Mom will demonstrate how to prepare a nutritious snack for LS and US students) | Assembly Area |
| Wednesday | | |
| 10:00 – 12:00 | Food Adventure | Classrooms |
| 2:00 – 3:00 | Awarding of Winners | Assembly Area |

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Parenting Corner

Give Them the Proper Nutrition

Your child's nutrition is important to her overall health. Proper nutrition can also prevent many medical problems, including becoming overweight, developing weak bones, and developing diabetes. It will also ensure that your child physically grows to her full potential.

The best nutrition advise to keep your adolescent healthy includes encouraging her to:

- Eat a variety of foods
- Balance the food you eat with physical activity
- Choose a diet with plenty of grain products, vegetables, and fruits
- Choose a diet low in fat, saturated fat, and cholesterol
- Choose a diet moderate in sugars and salt
- Choose a diet that provides enough calcium and iron to meet their growing body's requirements.

You can also help promote good nutrition by setting a good example. Healthy eating habits and regular exercise should be a regular part of your family's life.

It is much easier if everyone in the house follows these guidelines, than if your child has to do it alone. You should also buy low-calorie and low fat meals, snacks, and desserts, low fat or skim milk, and diet drinks. Avoid buying high calorie desserts or snacks, such as snack chips, regular soft drinks, or regular ice cream.

Sugars supply a large amount of calories, with little nutritional value. They include white sugar, brown sugar, corn syrup, honey and molasses and foods like candy, soft drinks, jams, and jellies.

Selection tips:

- use lean meats and skim or low fat dairy products
- use unsaturated vegetable oils and margarines that list a liquid vegetable oil as the first ingredient on the label
- read the nutrition label on foods to check for the amount and type of fat it includes
- limit foods that contain a large amount of saturated fats
- limit foods high in sugar and avoid adding extra sugar to your foods

Dairy products provide protein, vitamins, and minerals and are an excellent source of calcium. Your school age child should have 2 to 3 servings of milk, yogurt, and cheese each day.

Selection tips:

- Choose skim milk and non fat yogurt
- Avoid high fat cheese and ice cream

Let's Get Physical... **The Intramurals is On!**

Eating right is not the only way to become healthy and strong. It must be coupled with good exercise and engaging one's self into sports. Intramurals compliments the celebration the Nutrition Week.

We have a line of activities that will make the children gain knowledge and appreciation for various leisure time and sports activities, which are helpful in one's physical growth and development, at the same time, as the children play, they learn to integrate and good ethics through sportsmanship and collaboration in the different physical activities.

The two-day Intramurals on July 28 & 29 will include the following activities:

Preschool & ECED

- Mr. and Ms. Intramurals
- Cheer Dance Competition
- Games: Limbo Rock, Human Protrait, Mine Field, Elephant's Tail, Mentos Relay, Ball Pass, Egg Catch, Orange in Four, Hula Hoop, Mario and Maria Went to Town, , Musical Chair, and Obstacle Course

Lower School and Upper School

- Mr. and Ms. Intramurals
- Cheer Dance Competition
- Sports: Basketball, Badminton, Volleyball, Chess, Dama, Scrabble
- Games: Standing Long Jump, Chair Relay, Mario and Maria went to Town

Special Note:

- *Chowking will be selling food for snacks and lunch, however, you may still send your children their own food.*
- *To foster discipline and independence amongst students, we have made the Intramurals an entirely for-students-only activity, thus, we will not allow parents, guardians, and caregivers to watch. However, there will be an activity that will involve the whole family within the year.*

PROTECT YOUR SKIN; WEAR SUNBLOCK DURING P.E. TIME!

In order to protect yourself from the sun, most people the world over have been educated to, or instinctively know to:

- wear sun protective clothing - including wearing a floppy hat to protect your face and scalp, sun umbrellas, long-sleeved tops and pants, as well as closed-toed shoes;
- limit the amount of time in the sun - especially when the sun is at its hottest around midday; and
- cover our skin with sunscreen or sunblock

We would like to encourage the parents to please let their children wear sunblock every P.E. time since they do a lot of activities at the open court area.

Sunblock vs. Sunscreen

So, how does one define the difference between sun block and sunscreen? Predominantly they are seen as one and the same, with another term used for the same thing being 'suncream'. Some people refer to 'sun block' when the ingredients are seen to physically reflect the sun's rays, rather than chemically absorb them, thereby blocking them from reaching your skin and doing any damage. The physical block, or reflective ingredients, have the added benefit of blocking UVA rays, in addition to UVB rays. The chemical absorbing ingredients are known to only block the UVB rays.

*Note: * Since July 28-29 are Intramurals days, we strongly encourage that children bring things that can protect the them from the sun because almost all the activities will be done in open areas.*

Lockers for US Students

Lockers are made available for the use of all Upper School Students to develop in them the value of order in the care of their material things while these are in school. The lockers are placed along the corridor in the 3rd floor of the building to maximize the space inside the classroom for learning activities. Guidelines have been given to the Upper School students for the proper use of the lockers. For those students who have not bought their padlock, please get in touch with Ms. Karis at the Admin Office.

ESLRs DISTRIBUTED

The Expected School-wide Learning Results upon which the student learning assessment is based on are grounded on the framework of 5Cs (Competence, Character and Values-driven, Committed achiever, Collaborative team leader/member and Creative thinker) and using the latest educational technologies and strategies to prepare the learner for a successful life.

We have distributed the ESLRs Assessment forms for you to help us in our and the children's continuous improvement. Please fill them out and return to the adviser.

IMPORTANT DATES

July 25-28

Nutrition Week Celebration

July 27

Preventive Discipline Seminar
TOPIC: Bullying

July 28-29

Intramurals

**ANTHONY PAUL M. CALADO
HEAD MASTER / PRINCIPAL**

REPLY SLIP

I have received and read Parents and Students' Bulletin No. 6 A.Y. 2011-2012

I have received the 5Cs EXPECTED SCHOOL-WIDE LEARNING RESULTS (ESLRs) ASSESSMENT

 Student's Name

 Level/Section

 Parent's Signature