SMC celebrates Nutrition Month

In line with the theme, “First 1000 Days ni Baby, Pahalagahan para sa Malusog na Kinabukasan,” students participated in several activities for the Nutrition Month that was highlighted by the Dancercise of Grade School and Nutri Rap of High School.

Pre-school students wore their vegetables and fruits costumes and were treated with fun through the Puppet Show that was presented by the Grade School students.

Here are the winners of the major activities that took place last July 29, 2016 and August 01, 2016:

Dancercise (Grade 3-4)  Dancercise (Grade 5–6)
Champion—4 Creativity  Champion—5
Humility  1st Runner-up—4 Resourcefulness  1st Runner-up—6
Perseverance  2nd Runner-up—3 Empathy  2nd Runner-up—5
Loyalty  3rd Runner-up—3 Honesty

Nutri Rap (Grade 7-10)
Champion—Grade 10 Resilience

SISC homegrowns make it big in the US

SISC alumna, Andrea Rebecca Young of International Baccalaureate Class 2011, graduated Cum Laude at the University of San Diego in California with a degree of Bachelor of Business Administration major in International Business. Andrea studied in SISC from preschool up to the International Baccalaureate Diploma Program (IBDP). She shared that SISC was a huge part of her adolescence and she was glad she had the opportunity to grow up in a tightly knit community. She said that Southville taught her not only academic and values excellence but also the importance of fun.

Andrea, who practically grew up in SISC, shared that she still lives by Southville’s 5Cs: Character, Collaboration, Competence, Creativity and Commitment to Achieve, and the 3Rs of Respect, Responsibility, and Relationship. “I think one of the biggest takeaways from Southville I deem to be extremely important is Respect. Many people tend to neglect it but it is something that gets you a long way. It really defines a person’s character and I am fortunate to have that instilled in me from a very young age.”

Andrea’s sister, Isabelle, is likely following her sister’s footsteps. Like Andrea, Isabelle is also a homegrown Monarch from preschool up to International Baccalaureate Diploma Program (IBDP). Isabelle was admitted to Emory University, University of California San Diego, University of California Irvine, University of California Los Angeles, and University of San Diego, where she is admitted in the honors program and received the highest scholarship grant.

Value of the Month: "Goal Setting: Passion to Achieve"
Value of the Week: "Setting a Personal Vision"
Giftedness shines this academic year

Academic year 2015-2016 marks the honing of giftedness among the students with the Vision and Tasks (VAT) Circle. It is a special program institutionalized by the school under MALACA or Mental Ability, Achievement, Leadership, Athletics, Creativity, Arts. Gifted and talented students are provided with leadership, productivity, and intellectual enrichment activities to further develop their creativity, critical thinking, and problem analysis.

The program aims to develop the learners’ creativity, critical thinking, and problem analysis, acquire leadership skills preparing them for future leadership roles in the classroom, the campus, or in the community, improve intra- and interpersonal skills to foster teamwork and effectiveness, enhance eight multiple intelligences and learning modalities, develop a sense of achievement, productivity and diligence, and equip students with the AVID.

Academic awardees (gold, silver, and bronze medalists) last academic year 2015-2016 are invited to attend the VAT classes which will start on August 19, 2016.
Fostering growth mindset at home

Children with a growth mindset believe that with work, practice, and perseverance, they can improve — whether it’s their academic performance, or any other skill (compared to a fixed mindset that believes one is born with intelligence and talents or not). Here are tips to promote a growth mindset:

1. **Help children understand that the brain works like a muscle.** It can only grow through hard work, determination, and lots and lots of practice.

2. **Praise the process.** It’s effort, hard work, and practice that allow children to achieve their true potential.

3. **Embrace failures and missteps.** Children sometimes learn the most when they fail. Let them know that mistakes are a big part of the learning process. There is nothing like the feeling of struggling through a very difficult problem, only to finally break through and solve it! The harder the problem, the more satisfying it is to find the solution.

4. **Encourage competency-based learning.** Get kids excited about subject matter by explaining why it is important and how it will help them in the future. The goal should never be to get the ‘correct’ answer, but to understand the topic at a fundamental, deep level, and want to learn more.