



Senior High School Parents and Students' Newsletter No. 3

19 August 2016

Dear Parents and Students,

Our heartfelt gratitude to all of you for supporting us in our celebration of ***Araw ng Wika*** held last 16 August 2016. Our students had a taste of popular Filipino dishes, had fun playing some “Pinoy” games, and most importantly, gained more confidence in showcasing their singing talents as they belted out selected Filipino songs – it was indeed a success!



But more than the fun, it was the sharing of unique Filipino culture and tradition that everyone got to appreciate. At the end of the program, they realized the value of perseverance, determination and hard work as essential ingredients to one's success through fun-filled learning experiences.

We have prepared a special schedule to be followed on the week of the 1st Quarterly Exams scheduled on 22-26 August 2016. Please see below:

SHS Section A (SOBC)

MONDAY 22 Aug 2016	TUESDAY 23 Aug 2016	WEDNESDAY 24 Aug 2016	THURSDAY 25 Aug 2016	FRIDAY 26 Aug 2016
Understanding Culture, Society and Politics • Review/Lecture 10:00 – 12:00	Homeroom 8:15 – 8:30	Earth and Life Science 8:00 – 9:00 1 st QUARTER EXAM Rm 212	Understanding Culture, Society and Politics 9:30 – 11:30 1 st QUARTER EXAM Rm 212	Homeroom 8:45 – 9:00
LUNCH 12:00 – 12:45	Research Practical 1 8:30 – 10:30 • Lecture/Review	BREAK 9:00 – 9:15	LUNCH 11:30 – 12:30	Research Practical 1 9:00 – 10:00 1 st QUARTER EXAM Rm 212
Personal Development 12:45 – 14:45 • Review/Draft	BREAK 10:30 – 10:45	MATH 9:15 – 11:15 • Lecture/Review Rm 212	Homeroom 12:30 – 12:45	BREAK/ Independent Study 10:00 – 11:00
Oral Communication in Context 14:45 – 16:45 • Long Test	Earth and Life Science 10:45 – 12:45 • Lecture/Review	LUNCH 11:15 – 12:00	FILIPINO 1 12:45 – 14:00 1 st QUARTER EXAM Rm 212	English for Academic and Professional Purposes 11:00 – 12:00 1 st QUARTER EXAM Rm 212
P.E. 16:45 – 17:45 1 st QUARTER EXAM Practical Exam - Gym	FILIPINO 1 13:35 – 15:45 • Lecture/Review	English for Academic and Professional Purposes 12:00 – 14:00 • Lecture/Review Rm 212	Personal Development 14:00 – 17:00 FRONT SHEET 1 Final Submission Rm 212	LUNCH 12:00 – 13:00
Homeroom 17:45 – 18:00	Oral Communication in Context 15:45 – 17:45 • Review	Oral Communication in Context 14:00 – 15:00 1 st QUARTER EXAM Rm 212		MATH 13:00 – 14:00 1 st QUARTER EXAM Rm 212
		Homeroom 15:00 – 15:15		

SHS Section B (SOBC)

MONDAY 22 Aug 2016	TUESDAY 23 Aug 2016	WEDNESDAY 24 Aug 2016	THURSDAY 25 Aug 2016	FRIDAY 26 Aug 2016
Understanding Culture, Society and Politics 10:00 – 12:00 • Review/Lecture	Homeroom 8:15 – 8:30	Earth and Life Science 8:00 – 9:00 1 st QUARTER EXAM Rm 212	Understanding Culture, Society and Politics 9:30 – 11:30 1 st QUARTER EXAM Rm 212	Homeroom 8:45 – 9:00
LUNCH 12:00 – 12:45	Earth and Life Science 8:30 – 10:30 • Lecture/Review	BREAK 9:00 – 9:15	LUNCH 11:30 – 12:30	Research Practical 1 9:00 – 10:00 1 st QUARTER EXAM Rm 212
Oral Communication in Context 12:45 – 14:45 • Long Test	BREAK 10:30 – 10:45	MATH 9:15 – 11:15 • Lecture/Review Rm 212	Homeroom 12:30 – 12:45	BREAK/ Independent Study 10:00 – 11:00
Personal Development 14:45 – 16:45 • Review/Draft	Research Practical 1 10:45 – 12:45 • Lecture/Review	LUNCH 11:15 – 12:00	FILIPINO 1 12:45 – 14:00 1 st QUARTER EXAM Rm 212	English for Academic and Professional Purposes 11:00 – 12:00 1 st QUARTER EXAM Rm 212
P.E. 16:45 – 17:45 1 st QUARTER EXAM Practical Exam - Gym	LUNCH 12:45 – 13:45	English for Academic and Professional Purposes 12:00 – 14:00 • Lecture/Review Rm 212	Personal Development 14:00 – 17:00 FRONT SHEET 1 Final Submission Rm 212	LUNCH 12:00 – 13:00
Homeroom 17:45 – 18:00	Oral Communication in Context 13:35 – 15:45 • Lecture/Review	Oral Communication in Context 14:00 – 15:00 1 st QUARTER EXAM Rm 212		MATH 13:00 – 14:00 1 st QUARTER EXAM Rm 212
	Filipino 1 15:45 – 17:45 • Lecture/Review	Homeroom 15:00 – 15:15		

SHS Section B (SOHM)

MONDAY 22 Aug 2016	TUESDAY 23 Aug 2016	WEDNESDAY 24 Aug 2016	THURSDAY 25 Aug 2016	FRIDAY 26 Aug 2016
Hospitality and Catering Principles 8:30 – 12:00	Homeroom 8:15 – 8:30	Earth and Life Science 8:00 – 9:00 1st QUARTER EXAM Rm 212	Hospitality and Catering Principles 8:30 – 12:30	Homeroom 8:45 – 9:00
LUNCH 12:00 – 12:45	Earth and Life Science 8:30 – 10:30 • Lecture/Review	BREAK 9:00 – 9:15	LUNCH 11:30 – 12:30	Research Practical 1 9:00 – 10:00 1st QUARTER EXAM Rm 212
Oral Communication in Context 12:45 – 14:45 • Long Test	BREAK 10:30 – 10:45	MATH 9:15 – 11:15 • Lecture/Review Rm 212	Homeroom 12:30 – 12:45	BREAK/ Independent Study 10:00 – 11:00
Personal Development 14:45 – 16:45 • Review/Draft	Research Practical 1 10:45 – 12:45 • Lecture/Review	LUNCH 11:15 – 12:00	FILIPINO 1 12:45 – 14:00 1st QUARTER EXAM Rm 212	English for Academic and Professional Purposes 11:00 – 12:00 1st QUARTER EXAM Rm 212
P.E. 16:45 – 17:45 1st QUARTER EXAM Practical Exam - Gym	Oral Communication in Context 13:35 – 15:45 • Lecture/Review	English for Academic and Professional Purposes 12:00 – 14:00 • Lecture/Review Rm 212	Personal Development 14:00 – 17:00	FRONT SHEET 1 Final Submission Rm 212
Homeroom 17:45 – 18:00	Filipino 1 15:45 – 17:45 • Lecture/Review	Oral Communication in Context 14:00 – 15:00 1st QUARTER EXAM Rm 212	LUNCH 12:00 – 13:00	MATH 13:00 – 14:00 1st QUARTER EXAM Rm 212
		Homeroom 15:00 – 15:15		

Helping our students prepare for the exams: Tips for Parents

The best way to support your child during the stress of exams is to make home life as calm and pleasant as possible. Don't let your stress become their stress. It helps if other members of the household are aware that your child may be under pressure and that allowances should be made for this. Try to be at home as much as possible so that you can share a break and a chat together.

Make sure there are plenty of healthy snacks in the fridge and try to provide good, nutritious food at regular intervals.

Encourage your child to join family meals, even if it's a busy revision day - it's important to have a change of scene and get away from the books and computer for a while. Also encourage your child to take regular exercise. A brisk walk around the block can help clear the mind.

Try not to make too many demands on your child during exam time. Arguments are counter-productive and will only add unnecessary stress.

It's important to get a good night's sleep before an exam, so discourage your child from staying up late to cram. And make sure he or she eats a good breakfast on the morning of the exam.

Throughout the exams and after it is important to reassure your child that no matter what results they receive, you as a family, will be there to help and support one another.

Give them as much encouragement and support during these times.

Source: <http://www.qualifax.ie>

Please help us remind our students to regularly visit <https://classroom.google.com>. Each subject teacher has uploaded handouts and other exercises that they can use in reviewing for their quarterly exams.

Lastly, our Accounting Office has released the Statement of Account last Thursday, 18 August 2016; please ask your child if he/she has received one.

Concerns/Comments/Suggestions?

Please feel free to come and visit us Mondays – Fridays from 08:00 – 17:00 hours or you may reach us at telephone number (02) 820 6774 local 223 for SHS.

-----**REPLY SLIP**-----

(Please return this portion to your child's homeroom adviser)

_____ I/We have received and noted SISFU SHS Bulletin No. 3 dated 19 August 2016.

_____ I/We would like to request for SISFU SHS Bulletin to be sent to us via electronic mail.

Please see email addresses below:

Student's Signature over Printed Name
Date: _____

Parent/Guardian's Signature over Printed Name