



South Mansfield College

Supervised by: **Southville International School and Colleges**

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Students and Parents' Bulletin

Volume 4 No. 9 A. Y. 2011-2012

November 21, 2011

Congratulations to the SMC recipients of NC II Certification

FOOD AND BEVERAGE SERVICES

- | | |
|--------------------------|---------------------------|
| 1. Bernal, Jecileene | 6. Bersamin, Deane |
| 2. Elca, Ronsarji | 7. Estrada, John Paulo |
| 3. Galica, Jerome | 8. Hoy, Nica |
| 4. Malagamba, Mary Grace | 9. Medrano, Rochelle |
| 5. Miguel, Camille | 10. Millagracia, Katherin |

COMPUTER HARDWARE SERVICING

- | | |
|----------------------|-----------------------|
| 1. Aromin, Kevin | 5. Balagosa, Jennel |
| 2. Era, Ira | 6. Hermosa, Rhody |
| 3. Leal, Katrina | 7. Malapitan, Vincent |
| 4. Ramos, Von Philip | 8. Tagle, Cyrile |

WE ARE SO PROUD OF YOU ALL!!! GO FOR EXCELLENCE.

International Day Celebration

With the theme "Showcasing the Wonders of the World" Basic Education (BEd) celebrated International Day thru simple, meaningful and enjoyable learning activities. Each class was assigned a country to represent. Students made sure that their classroom displayed significant information, places, culture, traditions and practices of their assigned countries. Students visited classrooms on schedule as tourist guides (students themselves) showed and explained the wonders of their country. There was also food tasting.

Highlighting the day's event was the judging of the winning classrooms :

Cluster A *Preschool—Grade 2*

- | | | |
|--------------|---|-------------------------|
| First Place | - | Hawaii (Junior Prep PM) |
| Second Place | - | Greece (Senior Prep) |
| Third Place | - | Australia (Grade 1-A) |

Cluster B *Grade 3—6*

- | | | |
|--------------|---|------------------------------------|
| First Place | - | China (Grade 6) |
| Second Place | - | Japan (Grade4) & Ethopia (Grade 5) |
| Third Place | - | Madagascar (Grade 3) |

Cluster C *High School*

- | | | |
|--------------|---|-------------------|
| First Place | - | Egypt (4th year) |
| Second Place | - | Portugal (3rd yr) |
| Third Place | - | Bahamas (1st yr) |

Over-all winners

- | | | |
|--------------|---|-------------------------|
| First Place | - | Egypt (4th yr) |
| Second Place | - | China (Grade 6) |
| Third Place | - | Hawaii (Junior Prep PM) |

THEME OF THE YEAR: "Understanding the Humanity Within Through the AVID (Academic Excellence, Values Excellence, Interpersonal Sensitivity, Drive and Discipline to Achieve)"

Second Term Theme: Nurturing the Humanity within through the AVID

**Theme for the
2nd Term:**

**Nurturing the
Humanity
within
through the
AVID**

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South Mansfield College BSHRM and BSTM Visits Macroasia

First Year students of the BS Hotel and Restaurant Management and BS Tourism Management visited Macroasia in Pasay on November 17, 2011, to observe and experience the airline catering segment of the tourism and hospitality industry.

The visit made the students understand better the theories, principles and skills they learned in the following subjects: Principles of Hygiene, Safety and Sanitation, Principles of Nutrition and Culinary Arts and Science. As Macroasia, Inc. strictly follows the Principles of Hazard Analysis Critical Control Point (HACCP) System, it also takes into equal consideration the HALAL food preparation. Both require utmost care and compliance in the food service business.

South Mansfield College aims to inculcate in the students the core competencies of the hotel and tourism sectors through hands-on education; it also prepares the students for the work environment they will eventually move into through seminars and exposures trips to operating companies in the Philippines. Thus, Macroasia has been selected as it is the best place to showcase the various building blocks of food services and airline service for students.

The participants left SMC at 9am and were back in school on the same day at 4pm.

First Sportsfest Meeting for AY 2011-2012

On January 21, 2012, South Mansfield College (SMC) will hold its fifth (5th) Sportsfest and Family Day at Southville International School and Colleges (SISC).

The primary objective of this event is to develop SMC learners' personality and character through sports and family togetherness. When children see their parents and teachers working and having fun together, they feel more confident and secure about themselves.

To prepare for the forthcoming Sportsfest, we are inviting parents to a meeting on November 26, Saturday at 9:00 a.m. at the SMC Gym, SMC campus. We need to choose parent coordinators for the three teams, Red Team, Blue Team and Green Team. The parent coordinator will work closely with an assigned teacher coordinator. Please see attached list of teams.

Parenting Corner

Raising smoke-free teens

Teen smoking might begin innocently, but it can become a lifelong habit. In fact, most adult smokers began smoking as teenagers. Help your teen resist taking that first puff. These tips can help.

1. Understand the attraction. Teen smoking can be a long rebellion or a way to fit in with a particular group of friends. Some teen light up in an attempt to lose weight or to feel better about themselves. Ask your teen how he or she feels about smoking and if any of your teen's friends smoke. Applaud your teen's good choices, and talk about the consequences of bad choices. You might also talk with your teen about how tobacco companies try to influence ideas about smoking—such as showing smoking in movies to create the perception that it's glamorous.
2. Expect peer pressure. Friends who smoke can be convincing, but you can give your teen the tools he or she needs to refuse cigarettes. Rehearse how to handle tough social situations. It might be as simple as, "No thanks, I don't smoke." The more your teen practices this basic refusal, the more likely he or she will say no at the moment of truth.
3. Say no to teen smoking. You may feel as if your teen doesn't hear a word you say, but say it anyway. Tell your teen that smoking isn't allowed. Your disapproval may have more impact than you think. Teens whose parents set the firmest smoking restrictions tend to smoke less than do teens whose parents don't set smoking limits. The same goes for teens who feel close to their parents.
4. Appeal to your teen's vanity. Smoking isn't glamorous. Remind your teen that smoking gives you bad breath. Smoking makes your clothes and hair smell, and it turns your teeth yellow.
5. Do the math. Smoking is expensive. Help your teen calculate the weekly, monthly or yearly cost of pack –a-day smoking habit. You might compare the cost of smoking with that of electric gadgets, clothes or other teen essentials. (<http://www.mayoclinic.com/health/teen-smoking/HQ00139>).

Calendar of Activities

November
23 USSR
24 Mufti Day / Interest Club
25 PASS Orientation to Parents
(Graduating Students)
Science Month Culmination
26 1st Sportsfest Meeting
30 Bonifacio Day (Holiday)

Celsa D. Alojado
School Director/Principal

Theme for the

2nd Term:

**Nurturing the
Humanity
within
through the
AVID**

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REPLY SLIP

- A. I have received and read Students and Parents' Bulletin AY 2011-2012 No. 9.
- B. I will attend the 1st Sportsfest meeting on November 26, 2011.
- C. I will not attend the 1st Sportsfest meeting on November 26, 2011
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