



\*see full article on page 1

## A SEASON OF LOVE: A PAREF SOUTHRIDGE OUTREACH PROGRAM

"Blessed is the season which engages the whole world in a conspiracy of love."

Hamilton Wright Mabie

## SOUTHRIDGE BATCH 2033 OUTREACH

The true spirit of Christmas is indeed alive! The Southridge Grade 1 Batch of 2033 has chosen the Alabang Elementary School in Muntinlupa as beneficiary for this year's outreach program. Many of our students donated their toys - both old and new, sporting goods, and art materials amounting to a bountiful 650 gifts. All of these were carefully wrapped by our Grade 1 boys. Presents from third party donors, our personal friends and family members, also poured in. Gifts kept coming in at the Southridge lobby for a period of 14 days. They were shipped off and received by representatives of the Alabang Elementary School last December 4, 2021.

The successful outreach program was a joint initiative of the Southridge Grade 1 parents and our level head, Mr. Joel Salazar. Aside from the toys, we are able to give 796 Noche Buena packages to the students' families and their teachers. In these trying times of the pandemic, we must all remember that many institutions out there lack funding and necessities to survive.



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*Families all over the world can't even enjoy the simplest of treats.*



Families all over the world can't even enjoy the simplest of treats. We chose Alabang Elementary School as recipient of this gesture of love because we have a soft spot for children. True to our nurturing spirit, the whole family of Batch 2033 hopes that we were able to paint bright smiles on their faces this Christmas!

By Carlo and Karla Isla  
Grade 1 HPC

# LOVE, 2026

## AN OUTREACH OF SOUTH RIDGE BATCH 2026

For the Grade 8, Batch 2026 boys, they sought to continue their outreach and direct it towards groups that have been hit hard during the pandemic. Last year the boys decided to do two outreach drives where they were able to get donations from batch families as well as donations from companies that they had written and reached out to be able to provide care packages to Paranaque jeepney drivers.

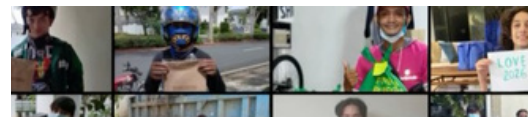
This year, they selected another group of frontliners that have played a pivotal, but often ignored, need for everyone. The various delivery drivers who allow us to stay safe at home and avoid going out to public areas have really been invaluable during this time. They go to our homes bringing food, groceries, medicines, and other shopping items that help bring a level of normalcy, need, and comfort to everyone.

The boys decided to name this outreach initiative, "Love, 2026", and had each of the boys create special care kits that they put together and would give to the various delivery people that would come to their home. The care kits contained food and medical items. They wanted the delivery drivers to feel appreciated and extend their gratitude for the sacrifice and importance of what they do.

It is estimated that over 150 care kits were given out to the delivery drivers from the Batch over the five weeks the outreach initiative was implemented.

We hope that with this activity, we have made some delivery people feel that the service they provide is very much appreciated and valued.

**By Vince Bunuan**  
Grade 8 Head Parent Coordinator



Love, 2026



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# FEEDING 5000

Last Saturday, November 20, the school wide outreach, Feeding Metro Manila x PAREF Southridge, took place in the Sacred Heart of Jesus Parish, in Barangay Cupang, Muntinlupa City. Our school, PAREF Southridge, also falls under the said parish. In fact our school and the church are neighbors.

The said outreach was the very first of its kind. It is the very first school wide outreach in the history of our school. Feeding Metro Manila x PAREF Southridge, successfully launched the new idea of the Southridge Programs Committee, the House Initiatives. The activity also marked the school's biggest project to ever happen, after the lockdown caused by Covid 19 pandemic. Many Southridge students, parents, teachers, and alumni were able to safely see each other face to face. The project indeed acted as a reunion for all members of our school.

The House Initiatives is meant to be a series of multiple school wide projects, where the Vinta and Helm houses of our school work to help the school or the community in different ways. Such activities like outreaches, and donation drives are some of the projects that students, Southridge families, and even alumni, could participate in to achieve the goal of sharing our blessings with our community, especially the less fortunate. The House Initiatives are also ways the two houses settle their differences, and unite to achieve the goals of the projects. However, it also served as a minor competition between the houses, to gain the most house points by the end of the school year.

Our partner, Feeding Metro Manila, inspired the project organizers of our school to work on the goal of feeding the hungry. This was in alignment with FMM's 10 year advocacy of feeding the less fortunate families all around the National Capital Region.





Our school has actually worked with FMM before, however, this project re-establish the wonderful relationship with our school and the organization.

The goal of Feeding Metro Manila x PAREF Southridge, was simple yet complex. The idea to feed as many families as we could was simple. But coordinating that many Southridge families was the complex part of the activity. To make the activity even more significant, part of the plan was to make sure that the Southridge families took this as an opportunity to bond through the simple and fun activity of cooking the ready-to-eat meals which will be given to the recipient families.

Feeding Metro Manila x PAREF Southridge will definitely be one for the books. It showed many of us that love and generosity are strong, especially when we are united. It made us realize that being able to help others is even more important while we live in this pandemic. We hope to keep projects such as this alive in the years to come.

“It showed many of us that love and generosity are strong, especially when we are united. It made us realize that being able to help others is even more important while we live in this pandemic.”

**By John Paul Meim and Josh Dones**  
**Grade 10 and Grade 11 Students**

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## The Concept of Mindful Parenting

Being parents to an only child, it has its own sets of challenges, since you have no comparison, sometimes you question your way of parenting, if you are doing it right, doing it too much or too little?

The talk given by Mr. Von Gonzales is really helpful as it helps us parents to navigate the online learning effectively both for us parents and our child. The most important take away for us is the concept of mindful parenting.

He has touched into topics such unconscious bias we give to our child which really gives a negative impact in our child's emotional well-being specially with the current class set up. This is very much true for us specially when it comes to helping our son with his homework or helping him understand a lesson, which honestly is something we struggle with as parents. I see and feel how it hurts our child when we get into the modules or homework war specially last year when the online learning began. As we turned from parent to being a learning facilitator and back, it really put a strain in our relationship with our child it was overwhelming for both of us.

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*Pausing when our patience starts to ran out and mindfully understanding further other possibilities that our child might experiencing and struggling with at the particular moment, are reminders from this talk truly resonated with us.*



Pausing when our patience starts to ran out and mindfully understanding further other possibilities that our child might be experiencing and struggling with at the particular moment, are reminders from this talk that truly resonated with us. This reminder from the talk will further benefit our relationship with our child specially in this unique situation where we are all experiencing right now.

Thru Mr. Gonzales' examples and anecdotes we really saw ourselves being in those situations and his tips will help us be more reflective and effective in understanding of our son's needs from different aspects. Knowledge and lessons we were able to acquire through the talk are really applicable to any situation when it comes to building and enhancing our children's character strengths.

**By Jorrel and Monica Santos**

*Grade 2 Parents*



## The Need for Character Building

A child's character is molded by various environments such as home, school, church, etc. However, in our current situation, the home contributes to the majority of a child's character development. Although they are exposed to their teachers and classmates during online learning, their interactions are limited and should therefore be compensated by their time with their parents and the people at home.

The insights shared by Mr. Gonzales are great tools that may be used to aid the parents on how to enhance their child's character strengths. One of the topics discussed was about unconscious bias which we have to avoid when we motivate our children. This is the time when our children need us more than ever and so we have to acknowledge each child's uniqueness

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We have to understand that our child's behavior affected by various factors such as developmental readiness, physical state (tired or hungry), anxiety, sensory processing, need for connection and their unmet needs.

Mr. Gonzales further shared an excerpt from a study stating “It was found that teachers tend to behave in ways that indicate more pity and less anger when they attribute a student's low achievement to her or his low abilities, whereas they express more angers when attributing low achievement to the student's low effort”.

The same is applicable to parents, especially since we brought up our children and are aware of their abilities and strengths. Thus, the need to avoid unconscious bias and be more cautious in providing feedback that will be understandable and provide a positive impact on the child.

Through this forum, it was highlighted that aside from the academics, we should also focus on the character building of our children during online learning. We have to listen with full attention and be patient in assessing the current emotional state of the child. We also have to practice self-regulation in parenting relationship, listen, be accepting, hold our unconscious bias and have compassion for self and child.

**By Tipper and Tina Dizon**

*Grade 2 Parents*



## Grade 5 Father & Son Game Day

Last October 30, Southridge Batch 2029 came together virtually for this year's Father and Son event themed 'Game Day'. The turnout was an incredible 95% participation of fathers and sons bringing their A-game, once again showing that Batch 2029 is the best batch ever! The goal of the event was to provide a wide variety of activities that allowed the sons and fathers to showcase their skills and talents.

We started with a few rounds of Bring Me showcasing items that hold special meaning to the batch - with references to past Father's Day performances and Southridge Vinta & Helm houses.

We played 3 rounds "Are You Smarter Than A Fifth Grader?", a trivia game which was filled with a range of questions that our boys learned at some point over the past few years.

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*Turnout was an incredible 95% participation of fathers and sons bringing their A-game.*

The categories included Riddles, Social Studies, Science, Math, Religion and English for a wide variety of questions. During this game Paolo de la Fuente proved that he was, in fact, smarter than a 5th grader and an incredibly fast typer in leading 5D to multiple winning rounds. That is, of course, unless it was Lorenzo who was typing the entire time?!

Feats of Strength and Coordination brought out the intense competition between volunteer fathers & sons completing challenges of 1 minute Burpees, Jumping Air Squats, Lunges, the Oreo Challenge, Push Ups, Mountain Climbers and Sit Ups. The competitive spirit across sections was going strong. Several dads & sons happily stepped up to do multiple challenges in short amounts of time, proving once again that a dad will do anything for their sons!

After the plenary games, we had section breakouts where the section-mates fathers and sons worked together to complete the 'Emoji Challenge', which seems to be the 21st century version of those rebus puzzles that were always fun growing up many years ago.

For our final game, we played Name That Tune where the high energy and laughter from realizing that we either knew all the current hits or (like me) had \*no idea\* what most of the current music was.

The high energy & all out participation of all fathers & sons is - as always - such an inspiration to see. Even virtually, the Batch 2029 spirit blazes strong!



Special thanks

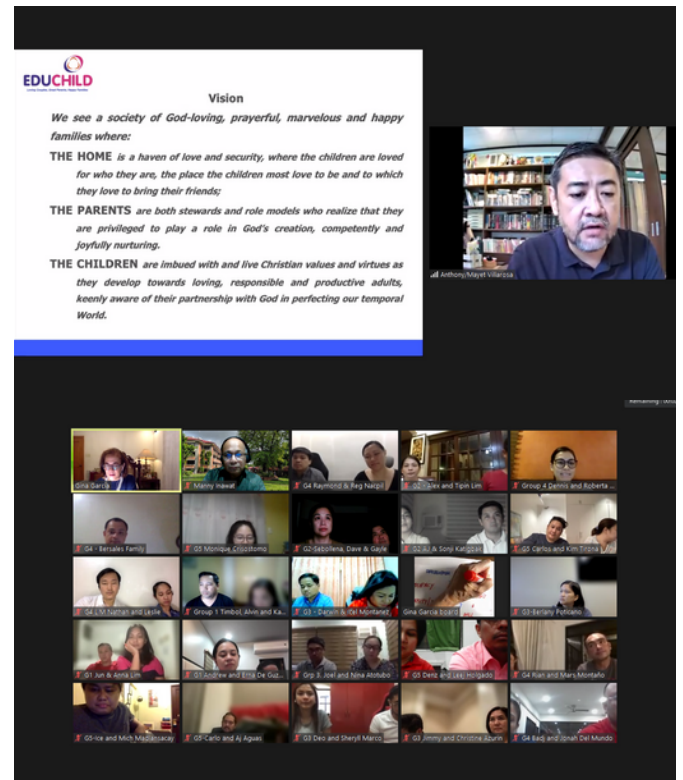
Congratulations to our winning sections - 5C and 5D! For all their efforts, the boys won a McDo lunch that they enjoyed with their section-mates the week after.

Special thanks to our Grade 5 class advisers who gave full support for the event. We were also honored by the presence of members of the Grade School OPCOM, Mr. Dakila and Mr. Tuppal.

A heartfelt thanks to the lead organizers (Yupangco, Castillo, de Castro, Mutuc & Wolbert families) and the PCs & referees (Atotubo, Basa, Dionela, Eusebio, Francisco, Gapit, Ilagan, Meer, Mesina, Mortiz, Toledo, Vicedo) who spent countless hours preparing to ensure a smooth and fast-paced execution.

Most of all, thank you to all the fathers & sons for the time and 100% participation. Here's to hoping that next year will be in person!

By Dan Wolbert  
Grade 5 Dad



## Educhild and the School for Parents

As it commonly said in PAREF -- when you enroll your child in any PAREF school, we as parents are practically enrolling ourselves in as "School for Parents". Why is this so? PAREF and EduChild has an agreement of cooperation, whereby EduChild has been tasked to provide age-appropriate Family Enrichment courses to all PAREF parents/

If you do recall, we as parents have dutifully signed our Parent's Undertaking when we enrolled our children. It read.."We, Daddy and Mommy, having read the statement of Principles of PAREF, and understood its primacy and value in the proper education and formation of our children in the PAREF School, affirm our adherence thereto in solidarity with the School its administration and teaching staff.

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We understand that the acceptance and retention of our children in the PAREF School is founded on our adherence to this Statement of Principles, our active involvement in the total formation of our children, our diligent attendance to the tutorial chat and the School for Parents, and our loving fulfillment of our parental calling.

As you will note, the School for Parents is the result of the partnership between EduChild Alabang and the PAREF schools. The School for Parents is tasked in providing PAREF parents the EduChild's Family Transformation Continuum (FTC), whereby age-appropriate family enrichment courses are given from early childhood all the way to teenage life -- thereby giving parents a fresh and better understanding of their child's development needs and of their own need to prepare ahead to ensure that they are able to help, assist, teach their children what they need to know and do as they grow older.

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*Our active involvement in the total formation of our children, our regular participation in the activities organized by the school for our own formation, our diligent attendance to the tutorial chat and the School for Parents, and our loving fulfillment of our parental calling.”*

The FTC by EduChild Alabang begins with NPEP First Steps (New Parents Education Program) at the Pre-School level, more particularly given at Rosemont and Ridgefield. The NPEP First Steps are specifically prepared for parents with children aged 3 - 5. Then we have the NPEP (New Parents Education Program) at 1st grade and this includes all newly enrolled parents regardless of grade level. The next family enrichment course is our MCC (Middle Childhood Course) which is given at 3rd grade. And the last family enrichment course given in school is our PTC (Parenting Teens Course) and this happens in 7th grade.

Other than our commitment as parents to diligently attend these course, one may ask the WHY attending these courses will benefit us as a couple, when we know how to raise our children and we know what's best for them. In EduChild, it is deemed important to be gently reminded that -- (1) that parents are the primary educators of our children, not the schools, not their teachers, and certainly not their friends -- it is you; and (2) the schools and other institutions or individuals are simply added support structures that would help us parents in this task.

In PAREF, we provide gentle reminders that its PARENTS' FIRST -- meaning education start at home, and again not to sound corny, that the school are simply support structures. In PAREF, we parents have an active role to play in the development of our child as they climb up the grade levels.

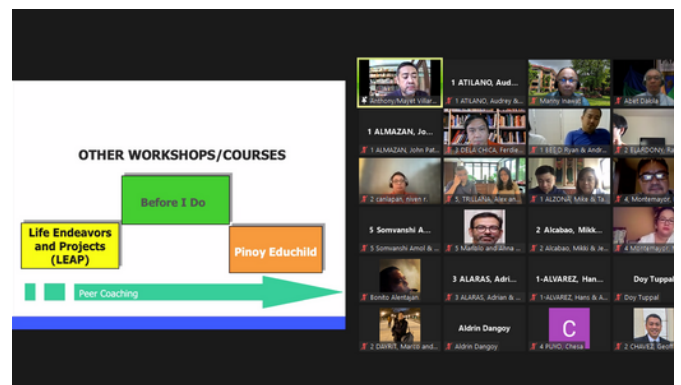
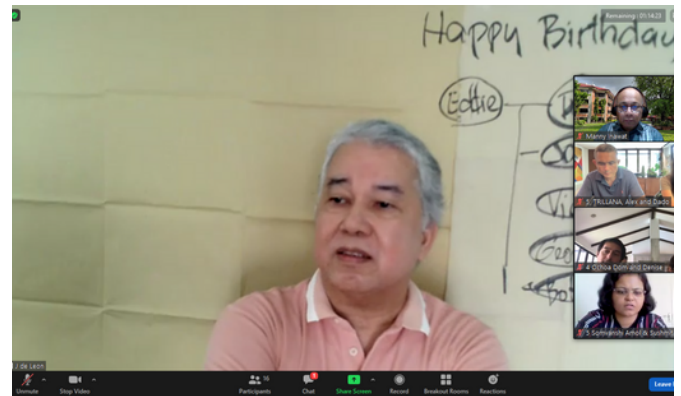
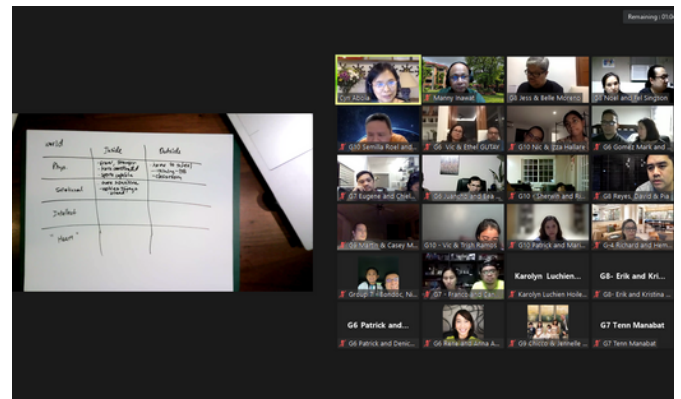
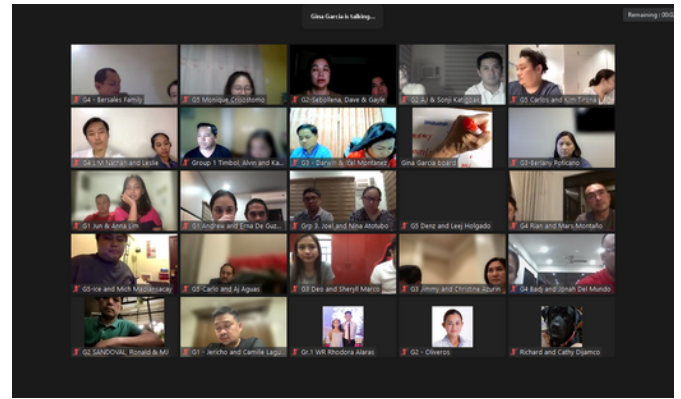
We parents' also need to be gently reminded that -- (1) we have to practice what we preach -- to teach / impart a virtue and value that we ourselves do that very virtue / value; and of course, (2) the best way to teach our children is through our example as our actions speaks volumes, as we parents walk the talk.

Lest we forget -- parenting is a skill, and just like any skill -- we need to know how to do it properly, then practice it... and become better if not an expert at it. Isn't this what we all want as parents, to be the best could be? Don't we take best practices as a means to improve and grow as parents.

EduChild and School for Parents, has chosen to make use of the Case Study Method as the learning guide for all parenting enrichment courses. Do note that having the same format used by the Harvard Business School amongst the graduate schools worldwide, does this equate that our parents are EduChild - Harvard caliber thereafter?

Much as we would like to say YES, a;; we could say from EduChild is that "It is up to you parents!" Your take-away in each of these courses will vary per family. The learning nuggets you will be pick up from the SGDs (Small Group Discussions / Parenting Circles), the situationer brought about by our very well versed and experienced moderators, our pool of experts during the Plenary sessions at the end of each case will pleasantly surprise you. "Ah ganoon pala, or ahhh, pwede pala ganyan..."

**By Anthony and Mayet Villarosa**  
*EduChild Alabang Couple-Chair*

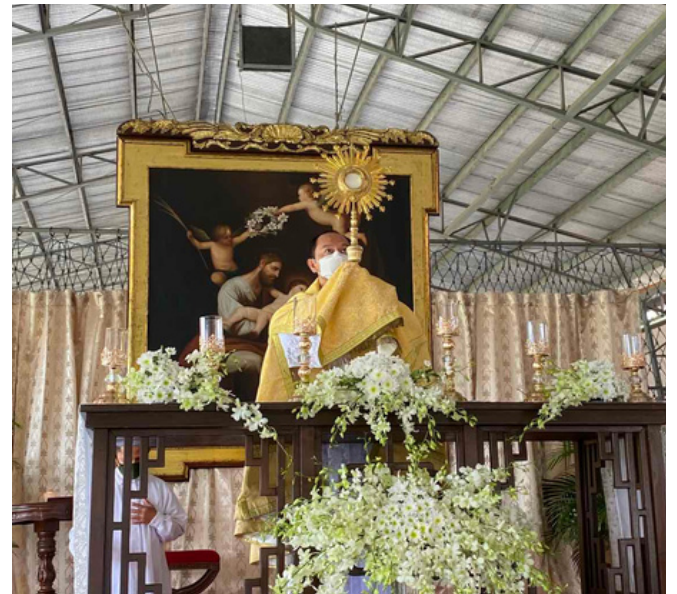


# Benediction and Exposition of the Blessed Sacrament

It was such a blessing to be physically present with the Southridge community in the benediction and exposition of the Blessed Sacrament held last 4 December 2021. The ceremony happened at the covered court with more or less 25 attendees who prayed quietly and fostered a deeper spiritual communion with the Lord. Fr. Francis Ong also heard confession. Children, together with their parents, were able to do their confession after almost two years since the COVID-19 lockdown.

The devotional ceremony was timely. The Southridge community was one in asking for divine help, blessing, and guidance to overcome the challenges of this pandemic. It was also a good time to show our Lord our gratitude for protecting our family and community in this difficult time. Truly a blessing to witness that our Lord is truly present, body and blood, soul and divinity, and that His blessing and favor are upon us. Thank you Southridge for inviting us to the ceremony.

By Mrs. Aimee Uy  
Grade 6 Mom



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*Truly a blessing to witness that our Lord is truly present, body and blood, soul and divinity, and that His blessing and favor are upon us.*



# PARENTS FIRST



## DECEMBER Calendar of Activities School Year 2021 – 2022

1	Wednesday	Student Assemblies
3	Friday	Grade 10 2nd Parents Forum
4	Saturday	Benediction & Exposition of the Blessed Sacrament (Sponsor: Grade 6) Batch Family Rosary (Grade 12)
5	Sunday	First Sunday Recollection (English)
6 – 10	Mon – Fri	SHS Sem 1 Period 2 Exams
8	Wednesday	Feast of the Immaculate Conception (Holiday)
10	Friday	Grade 1 2nd Parents Forum
8 – 12	Wed – Sun	Jesus-Centered Life International Conference
13, 14, 16	Mon, Tue, Thurs.	GS & JHS Mid 2nd Trimester Exams SHS Extended Semester (until 23 December)
15	Wednesday	Club Day Grade 9 2nd Parents Forum
16	Thursday	Grade 7 2nd Parents Forum/ Parenting Teens Case 2
17	Friday	Class Christmas Parties
18	Saturday	Padayon 2.0: Tuloy Pa Rin Start of the Students' Christmas Break
19	Sunday	Third Sunday Recollection (Filipino)
21	Tuesday	SRG Faculty and Staff Christmas Party
26	Sunday	Batch Family Rosary (Grade 7AS)

Note: Classes resume on January 6, 2022, Thursday.

### VIRTUE OF THE MONTH: FAITH

- Parents can help their sons develop the virtue of Faith through the following:
- Pray as a family. You may recite the holy rosary daily or read bible stories with them.
  - Ask your sons to pray for your intentions. Make them pray too for other people.
  - Talk to them about your favorite saint. You may also explain to them why you gave them their Christian name.
  - Tell them how your faith in God helped you during difficult times.
  - Whenever applicable, bring your sons to confession and Holy Mass especially during the season of Advent.
  - Involve your sons in making the Belen/Nativity Scene. Pray and sing Christmas carols in front of the Belen.
  - Encourage your sons to share their belongings with the less-fortunate.
  - Do corporal works of mercy with your sons as a form of thanksgiving for the 500th year of Christianity in the Philippines.
  - Watch with them some videos from the Jesus-Centered Life International Conference.

PAREF Southridge School, Hillsborough Alabang, West Service Road, Cupang, Muntinlupa City  
Website - [www.parefsouthridge.edu.ph](http://www.parefsouthridge.edu.ph) Facebook - @PAREFSouthridgeSchool Twitter - @ParefSouthridge

### Schedule of the New Parents Education Program (NPEP) School Year 2021-2022

- OCTOBER 16, 2021  
CASE 1
- NOVEMBER 20, 2021  
CASE 2
- JANUARY 15, 2022  
CASE 3
- FEBRUARY 19, 2022  
CASE 4
- MARCH 26, 2022  
CASE 5

### SCHEDULE OF THE MIDDLE CHILDHOOD COURSE (Grade 3 Parents) School Year 2021-2022

- SEPTEMBER 23, 2021  
1ST PARENTS FORUM / LAUNCHING
- OCTOBER 28, 2021  
CASE 1
- NOVEMBER 25, 2021  
2ND PARENTS FORUM / CASE 2
- JANUARY 27, 2022  
CASE 3
- FEBRUARY 24, 2022  
3RD PARENTS FORUM / CASE 4
- MARCH 24, 2022  
CASE 5 and GRADUATION

### SCHEDULE OF THE PARENTING TEENS COURSE (Grade 7 parents) School Year 2021-2022

- OCTOBER 21, 2021  
1ST PARENTS FORUM / LAUNCHING
- NOVEMBER 18, 2021  
CASE 1
- DECEMBER 16, 2021  
2ND PARENTS FORUM / CASE 2
- JANUARY 20, 2022  
CASE 3
- FEBRUARY 17, 2022  
3RD PARENTS FORUM / CASE 4
- MARCH 17, 2022  
CASE 5 and GRADUATION

**2nd Parents Forum (Grade 1)**  
**HOW TO FOSTER THE LOVE FOR READING IN THE NEW NORMAL**

**TEACHER VIC VILLANUEVA**  
Former President, Reading Association of the Philippines (2016-2017, 2017-2018)

**10 DECEMBER (Friday)**

- 6:30pm Zoom Meeting to Open
- 6:50pm Opening Prayer / HPC Report
- 7:00pm Principal's Report
- 7:30pm Talk
- 8:30pm Online Christmas Carolling of the Grade 1 Students.

Meeting ID: 822 5877 7905  
Passcode: 866203

**2nd Parents Forum (Grade 9)**  
**HOW TO BE A GENTLEMAN IN THE DIGITAL WORLD**

**Arlet Tarjante**  
Woodrose Mom, Family Advocate & Strategy Consultant U&P Professor

**15 DEC 7:15-8:45 PM**

- 7:00pm Zoom Meeting to Open
- 7:15pm Opening Prayer / HS OPCOM Report
- 7:45pm Talk
- 8:45pm HPC Report

Meeting ID: 810 8656 6827  
PASSCODE: 659515

**2nd Parents Forum / PARENTING TEENS COURSE (CASE 2) (GRADE 7)**

**16 DECEMBER (Thursday)**

- 6:45pm Zoom Meeting to Open
- 7:00pm High School Principals' Report
- 7:15pm HPC Report
- 7:30pm Batch Announcements
- Start of the Moderated Plenary Sessions
- 9:00pm Back to the Main Room for Wrap-Up / Q&A / Filling-up of the Google Evaluation Form

Meeting ID: 849 7721 6348  
Passcode: 664446

**2nd Parents Forum (Grade 4)**  
**Building Your Son's Resiliency**

**Ashley Aquino**  
SCHOOL OF CHARACTER PROGRAM COORDINATOR PAREF WOODROSE SCHOOL

**11 JANUARY (Tuesday)**

- 8:45pm Zoom Meeting to Open
- 9:00pm Opening Prayer / Principal's Report
- 9:30pm Talk
- 8:30pm HPC Report

Meeting ID: 840 7208 9227  
PASSCODE: 647376