

PARENTS FIRST

Monthly Bulletin for Parents of Southridge School



PARENTS FIRST

The integral education of all PAREF School students comes with the twin thrust of academic excellence and sound character formation. Inspired by the teachings of St. Josemaría Escrivá, it became their conviction that the proper education of their children is best realized through the integral formation of parents first, and secondly of the teachers—the two most important agents of child education. With these two sectors properly attended to, the holistic formation of children will come as a natural consequence. This educational philosophy, in turn, is anchored on the Christian teaching that education of children is, first and foremost, the responsibility of parents.

Through the activities organized during the year, PAREF offers formative opportunities for parents to improve and develop themselves in their role as primary educators of their children. Our belief is that the proper education of children is determined to a great extent by the personal development of the parents themselves. Parents or the home environment is a powerful source of attitudes, values or habits that foster or impede the child's learning. Thus, parents fulfill their duty if they are able to fostering good values and attitudes at home.

Parent Formation activities consist of the following: regular Parents' Forum, the School for Parents program (e.g., New Parent Education Program, Middle Childhood Course, Parenting Teens Course and Pinoy EduChild), as well as spiritual activities offered through the Chaplaincy.



PAREF Southridge Dominates Palarong Pambansa

By John Fernandez | SR Dad

NCR (Muntinlupa City) HS Baseball Team Clinches Victory at the Sto. Nino Baseball Field, Marikina City last 5th of August 2023.

The Palarong Pambansa Secondary Baseball championship game witnessed an exhilarating display of skill, teamwork, and determination as the NCR (Muntinlupa City) High School baseball team, represented by the formidable players of PAREF Southridge, emerged triumphant in a resounding victory over Anilao High School from Region VI (Western Visayas). The final score of 10 to 3 in favor of PAREF Southridge School showcased their unparalleled prowess in a thrilling 7-inning showdown at the iconic Sto. Nino Baseball Field.

The championship match, held at the vibrant Sto. Nino Baseball Field in Marikina City was a spectacle to behold as the NCR team demonstrated their mettle against fierce competitors from all corners of the Philippines, the best of the best from each region. The journey to the finals was laden with both challenges and triumphs, ultimately culminating in a dominant performance that solidified their place as the top baseball team in the nation.

The team's deep pitching lineup carried them through the week, including a decisive pitching performance by Dale Prades in the semifinals. PAREF Southridge displayed their finesse by overpowering Region VIII (Eastern Visayas) team with a score of 3 to 1, securing the top spot, rank #1 in the much-anticipated title clash.

Meanwhile, the Anilao High School from Region VI (Western Visayas) shocked the baseball community by defeating the formidable team from Region IV-A (Calabarzon), creating an electrifying matchup in the final showdown. The stands were a sea of blue and green, as passionate Anilaoan fans filled every available seat, adding to the atmosphere of excitement and competition.

Coached by the seasoned guidance of Coach Bocc Bernardo, together with Coaches Adriane Bernardo & Mome de Juras,

the PAREF Southridge players led by their 2 graduating seniors - Manuel Senador (Team Captain) and Nathan Yu who together with their teammates, exhibited a masterclass in teamwork, strategy, and precision on the field. These 2 exceptional seniors are moving on to the Ateneo Blue Eagles and UP Maroons under respective university baseball programs.

Coach Bocc Bernardo's strategic acumen and mentorship were pivotal in shaping the team's remarkable journey to victory. The players' dedication to honing their skills and executing a flawless game plan were evident in every pitch, swing, and catch.

The championship game itself was a thrilling affair that had spectators on the edge of their seats. PAREF Southridge wasted no time asserting their dominance, setting the tone with an early offensive barrage that left Anilao High School struggling to keep pace. Sandro Villarosa,

“Their dedication, hard work, and passion for the sport have brought us this victory. It's a testament to their character and the spirit of teamwork that defines PAREF Southridge.”

the finals MVP, and the team's catcher played a pivotal role both behind the plate and with his bat.

At the second inning, it was Villarosa who ignited the scoring for PAREF Southridge with a powerful 2-RBI hit, setting the stage for their commanding lead. His exceptional performance at the plate was matched by his prowess in the field, as he expertly executed several pickoffs of runners on base. Villarosa's dual-threat ability showcased his skill, versatility, and instrumental contribution to the team's victory.

Lucas Atendido, the Home Run King of the tournament and pitching sensation of the NCR team, delivered a stunning performance by pitching the entire game. His composure on the mound and his ability to consistently challenge the opposing batters played a pivotal role in securing the victory. Atendido's remarkable feat further underscored PAREF Southridge's unwavering determination to emerge as champions.

Anilao fans filled the stands with anticipation, creating an electric atmosphere that fueled the competition. However, their cheers were gradually silenced in the 6th inning as PAREF Southridge's runs continued to pour in. With each run, the Southridge players showcased their offensive prowess while their

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pitching and defense remained impenetrable, denying the Western Visayas Anilao HS team any further runs. The once-energetic stands were left in awe of PAREF Southridge's commanding performance.

Reflecting on their triumph, Coach Bocc Bernardo expressed his pride in the team's performance. He stated, "I couldn't be prouder of these young athletes. Their dedication, hard work, and passion for the sport have brought us this victory. It's a testament to their character and the spirit of teamwork that defines PAREF Southridge."

The Palarong Pambansa victory not only showcases the NCR (Muntinlupa City) High School baseball team's exceptional talent but also serves as an inspiration for aspiring athletes across the Philippines. PAREF Southridge's remarkable journey and their emphatic victory stand as a testament to the power of dedication, skill, and unity in the world of sports.



True to form of being a Southridge gentleman, during the victory celebration in the Admiral Club at the Admiral Hotel Manila, the players honored their moms thru a touching gesture by transferring their gold medals to their moms for all the love, support, and sacrifice for them, in their passion for baseball.

Notably, the team also had 3 original players who were part of the PAREF Southridge contingent sent to Lisbon, Portugal for the World Youth Day. These young baseball gents (Waji Magsadia, Sev Fernandez and Raj Casillano) prayed daily and sent photos of them in prayer, in support of their teammates.

As the celebrations continue and the PAREF Southridge players bask in the glory of their triumph, the entire nation joins in applauding their achievement. The legacy of their victory will undoubtedly inspire future generations of baseball enthusiasts, reminding them that with passion, perseverance, and the guidance of exceptional coaches, they too can reach the pinnacle of success in the world of sports.



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"PAREF Southridge's motto of Viriliter Agite, meaning Be a Man, echoes prominently throughout our journey. More than a national championship and a Palarong Pambansa gold medal, the greater achievement is the kind of men these boys have become because of Southridge and it's baseball program. From their awkward beginnings in grade school, they were honed into the confident, skilled, selfless, patient, and humble men we can all be proud of. Our boys faced every adversity with courage and composure in our quest for a National Championship. In the end, we all gained more than we could have ever hoped for. Sports molds men. Southridge forms men of character. Together they have made our sons true Southridge gentlemen."

Mr. Lewis Yu
SR Dad

Reflection on winning the Baseball Championship

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Helping A Young Man To Be Great!

By Fr. Raffy Quinto | Asst. Chaplain

I was scrolling through YouTube shorts the other day and I came across this hilarious familiar scene unfold: a young man engrossed in his computer, and a girl enters the frame with an exasperated face. Obviously annoyed, she asks, "why are you guys always gaming?" to which the man retorts with uninterested sarcasm, "The same reason you put makeup on every day!" "And why is that?" she asks. His answer, simple yet profound, reverberates with a touch of candor, "To escape reality!" In that fleeting moment, her expression morphs into a portrait of genuine, helpless irritation, a silent acknowledgment of the truth embedded in his words, plain for all to see.

I've never been, what they call nowadays, a gamer, when I was younger – but I had my

moments, probably just like many of your boys right now. And you might also be wondering how come these boys spend so much time playing with these gadgets.

It might be true, yes, that perhaps in those moments, they wished to escape reality. And definitely it's frustrating to see one's child waste so much time in these senseless competitive games and sacrificing their study period for the sake of entertainment.

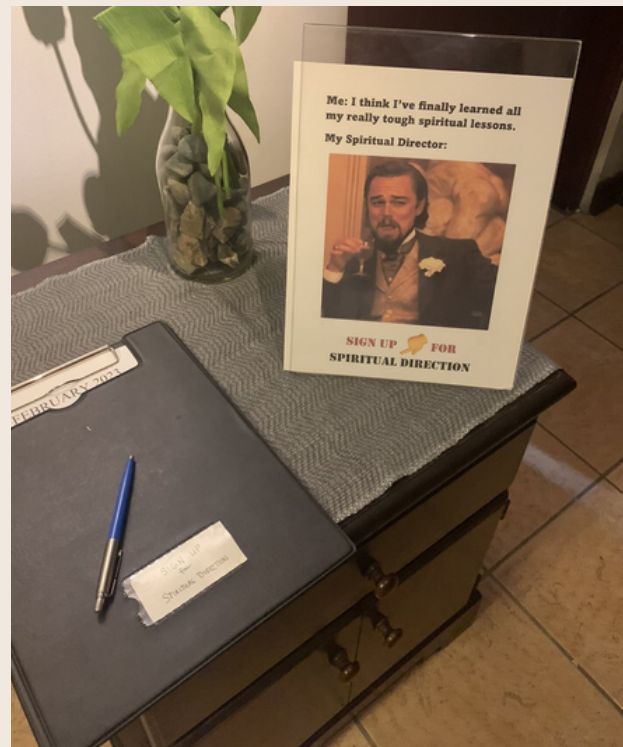
But I think it's a lot more than that. Inside a man's soul, there seems to exist that constant echo of longing to be challenged, to "flex", to belong, to feel confident, especially in front of their peers. Those are the very same reasons why, for instance, boys get interested in sports, or why they want to show off, sometimes wanting to act mature, doing grownup things, both positive and unfortunately negative aspects of being a grownup.

Looking at it in a more optimistic manner, I believe that behind all these, one could find the innate desire of Man to be great, because that's what he was made for – Greatness. It's just that at this stage in their lives, and perhaps in our lives too, the idea of greatness still has to undergo a lot of chiseling. Parents are protagonists in this process of chiseling the idea their kids have of greatness: presenting them high ideals, encouraging them to

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dream big, leading them towards realities you consider valuable, presenting them your lives as attractive and virtuous lives worthy of imitation, setting the goal high according to your principles. Because a man who is mediocre is an unattractive man. So many times, our world today tries to convince us that mediocrity is what is fashionable. Casually you would hear expressions like “why complicate your life?” or “you don’t have to go through all that,” somehow giving the impression that life is better and happiness is achieved when life is easy and devoid of suffering; that we don’t have to strive so hard to attain contentment in this world. Take it easy, in other words.

There is this scene in the Apple TV documentary on Stephen Curry that goes in contrast with this sentiment. Early on in his life he fell in love with Basketball and ended up really playing well in school. But he had a little disadvantage, he was small and was not growing as fast as his peers did. When he was in sophomore year, he told his dad, you know what I want to play college basketball. His dad warned him that he had got to go through a lot if he’s serious in pursuing that level. And the first one he had to change was the way he shoots. He was skinny and small but a great shooter. However, his stature made him develop a habit of shooting the



ball from his waist instead of shooting from the head. It’s something you could get away with when you’re in high school, but college is different. His dad proposed to him to spend the whole summer changing this habit. At first, he was all-in for the idea until he actually started shooting for hours, every single day. “And soon enough”, the mom narrated, “Steph started grumbling, I don’t wanna do this, why do I have to do this, I can’t keep going... And I said to him, you always have a choice, son. If this is too frustrating for you and you don’t feel that it’s valuable, stop now, go back to how you’ve been shooting, and let’s move on with this thing. But if you are really buying into what your dad is prescribing for you, keep going.”

It is one thing to aspire for greatness, but it is another thing to actually have the fortitude to

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persevere, no matter what, in attaining that greatness. Children are capable of dreaming about great things, but they need grownups to show them the way to get there. Help your kids cultivate this desire for greatness and encourage them to embrace challenges as opportunities to build strength. Walk with them steadfastly, guiding them along this journey.

And what is this greatness we are referring to? How is it defined, how is this quantified, how is this manifested? There are so many ways of interpreting greatness in one's life. But I'll focus on one.

When I think about man's inherent longing for greatness, what comes to mind is the story of the rich young man in the Gospels. Sts. Matthew and Mark tell us about a young man who ran up to Jesus, knelt down before him and asked him, "Good teacher, what must I do to inherit eternal life?" Jesus tells him, "You know the commandments..." The young man proudly confirms to Him that he has been observing them and asks Him what else can he do? At that moment, Jesus looked at him with love and invited him to be perfect by selling everything he had and give it to the poor and follow Him. When the young man heard this, he went away sad, for he had many possessions.

Bringing this to prayer so many

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times, one discovers profound wisdom hidden in the sadness of this young man and how it speaks to all of us in our pursuit of greatness. The sadness of this rich young man was not so much caused by the fact that he had great possessions (wealth, power, popularity... realities one would easily count as indicators of greatness) and that Jesus invited him to give them all up. His sadness springs from the fact that he couldn't let go of the little that he had while his heart longed for something much greater, that is eternal life, God Himself. To be perfect, as it is indicated in our Lord's words addressed to the rich man, is not so much about detaching oneself to riches. That is just a prerequisite to what comes afterwards, namely to come and follow Jesus – to be with Him and to be filled up by Him.

Pope Benedict XVI explains this graphically in Spes Salvi when he wrote,

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“Man was created for greatness—for God himself; he was created to be filled by God. But his heart is too small for the greatness to which it is destined. It must be stretched...” For Christians, greatness is not something vague or abstract. It is not just quantified by material realities like success or possessions or fame. It is not even just about being good or doing good things. Greatness is to be filled by God, to be filled by his dreams for us, to live by the life he has prepared for us to enjoy. To be great means none other than to fulfill what we already are according to the dignity God has given us from the beginning. And this truth has always been here, written in our hearts since the very creation of Man – we were fashioned after God’s image, after his own likeness. We were made like Gods, even before the very temptation of the serpent using the exact same words.

But our hearts have been restricted, limited by our own self-absorption, by our sinfulness, and narrowmindedness.

That is why it must be stretched through humility, together with all the other virtues you and I are invited to acquire. Parents, teachers, formators have this responsibility to widen the horizon of those entrusted to them by God – children, students, mentees. It is our vocation to make them realize that they are capable of greatness taking advantage of their innate longing for great things even in the most human and ordinary circumstances of their youth. Probably it begins with that longing to be challenged, to show off, to feel that competitiveness in petty computer games with which they waste their time. And from there, little by little, we can lead them by the hand in acquiring that capacity to fill themselves not only by their little ideas of greatness but by God’s greatness.





Virtue of the Month Talk

By Jose Santos | SRSC Secretary

It is obvious that doing great things requires us to put in TIME and EFFORT. And the act of putting in this Time and Effort is called Diligence.

DILIGENCE sounds like a big word, so let's break it down by LETTER so we can understand better what DILIGENCE is all about.

D- Dedication

- A diligent person is determined to do his duty; day in and day out.
 - Everyone of you as a student has the duty to study.
 - As a son, you also have a duty to your parents - helping regularly with chores and spending time with them (*without your gadgets*).
 - As a brother, you're there ready to help and support your siblings.
- A diligent person shows COMMITMENT.

I- Initiative

- A diligent person is self-driven; nobody needs to tell him what needs to be done.
- Ex. When you get home from school, you don't need to wait for mom to tell you to do your homework and study - you already know it, so you just do it.
- A diligent person motivates himself and PUSHES HIMSELF FORWARD.

L- Lengths

- A diligent person takes great lengths; he endures the training or practices for long periods of time
- Ex. Messi trains 5 hours a day
- Yet a diligent person DOES this all with PATIENCE - without complaining

I- Intensity

- A diligent person is very focused on the task at hand; He is not distracted by other things.
- Like when you sit down at your desk to study, you don't have another tab open in your laptop to play games ; you're fully concentrated in the task in front of you.
- A diligent person is very PRESENT in the MOMENT.



G- Goal-Orientedness

- A diligent person has a goal in mind and he goes for it. Like in Minecraft, your goal is to beat the ender dragon so you go through several steps and complete many tasks so you can succeed.
- A diligent person has a GET THIS DONE attitude.

E- Energy

- A diligent person is energetic in his efforts. He shows no signs of laziness or slacking off.
- Sometimes you might not feel like studying or training on particular days but you decide you're not going to give in, so you boost yourself up.
- A diligent person **KEEPS ON GOING**.

N- Neatness

- A diligent person is organized and has a plan.
- A diligent person does things in an **ORDERLY** way.



C- Care

- A diligent person does his work with great care; he does not take shortcuts.
- He is very **THOROUGH** so he can avoid mistakes or setbacks

E- Excellence

- A diligent person has a mindset for excellence. He goes by the motto "Anything worth doing is worth doing well"
- He strives to **DO HIS BEST ALWAYS**



Upcoming Events

PAREF SOUTH RIDGE
AFTERNOON JUNIOR HIGH SCHOOL

EDUCHILD
Leading, Engaging, Great Parents, Great Partners

SCHEDULE OF PINOY EDUCHILD IN SOUTHRIDGE

SAVE THE DATES

CASE 1	September 23, 2023
CASE 2	October 28, 2023
CASE 3	November 25, 2023
CASE 4	January 27, 2024
CASE 5	February 24, 2024

PAREF Southridge

EDUCHILD
Leading, Engaging, Great Parents, Great Partners

SCHEDULE OF NPEP IN SOUTHRIDGE

SAVE THE DATES

CASE 1	September 16, 2023
CASE 2	October 21, 2023
CASE 3	November 18, 2023
CASE 4	January 20, 2024
CASE 5	February 17, 2024

PAREF Southridge

EDUCHILD
Leading, Engaging, Great Parents, Great Partners

SCHEDULE OF PARENTING TEENS COURSE IN SOUTHRIDGE

SAVE THE DATES

CASE 1	September 20, 2023
CASE 2	October 19, 2023
CASE 3	November 16, 2023
CASE 4	January 18, 2024
CASE 5	February 15, 2024

PAREF Southridge

EDUCHILD
Leading, Engaging, Great Parents, Great Partners

SCHEDULE OF MCC IN SOUTHRIDGE

SAVE THE DATES

CASE 1	October 26, 2023
CASE 2	November 23, 2023
CASE 3	January 25, 2023
CASE 4	February 22, 2024
CASE 5	April 25, 2024

“
It is not enough that we love our children.
That love must humble us enough to the
point that we realize we don't know
everything we should.
”

PARENTS FIRST

Upcoming Events



PAREF Southridge School
In partnership with
EduChild Foundation Inc




LAUNCHING OF PINOY EDUCHILD

For Grade 7 Afternoon School Parents

 23 SEPTEMBER 2023

 8:30AM - 11:30AM

 PAREF SOUTHRIDGE
SCHOOL

www.parefsouthridge.edu.ph





1st Parents Forum / Launching of PARENTING TEENS COURSE (Grade 7)

 **20 SEPTEMBER**
(Wednesday)
Venue: Conference Rooms A, B and C

Schedule

- 5:30 PM Registration
- 6:00 PM Dinner
- 6:45 PM Principal's Report
- 7:15 PM Introduction about EduChild & Case Study Method
- 8:00 PM Moderated Plenary Session
- 9:00 PM Wrap-up / Q & A / Evaluation Form





RECOLLECTION for MEN (Filipino)

September 24, 2023 | Sunday | 9:30 to 12nn
with Holy Mass
PAREF SOUTHRIDGE SCHOOL

“Find your delight in the
LORD who will give you
your heart’s desire.”
Psalm 37:4



PARENTS FIRST

- Establish rules in studying and in the use of TV, computers, cell phones and gaming consoles.
- Make sure that your son follows a study schedule.
- Spend a few minutes of the day looking into his notebooks.
- Make sure that the study area is free of anything that will distract his concentration.
- Give him job assignments at home.
- Demand promptness and thoroughness in the fulfillment of the job assignments.
- Appreciate his success and good work.
- Discuss your profession with your son.
- Make your son earn his rewards.
- Provide good reading materials at home.
- Show interest in your son's school work by inquiring about their assignments and the performance tasks they are working on.
- Make sure that your son puts order in the material things he uses for school.
- Listen to your son's complaints about school and give counsel on how to deal with them.
- Create an open and positive atmosphere in the home where your son can speak his mind.



VIRILITER AGITE



Diligence

A Southridge Gentleman exerts his best effort in everything he does. He does all things as a service to God and others.



PAREF Southridge

HOME OF THE

ADMIRALS

St. Josemaria says...

Persevere in the exact fulfillment of the obligations of the moment. That work — humble, monotonous, small — is prayer expressed in action that prepares you to receive the grace of the other work — great and wide and deep — of which you dream.

The Way, 825

A hardworking person makes good use of time, for time is not only money, it is glory, God's glory! He does as he ought and concentrates on what he is doing, not out of routine nor to while away the passing hours, but as the result of attentive and pondered reflection.

Friends of God, 81

Before God, no occupation is in itself great or small. Everything gains the value of the Love with which it is done.

Furrow, 487

To finish things you have to start them. —It seems a truism. But you so often lack that simple decision! And... how satan rejoices in your ineffectiveness!

Furrow, 492

You cannot sanctify work which humanly speaking is slapdash, for we must not offer God badly-done jobs.

Furrow, 493

You asked what you could offer the Lord. —I don't have to think twice about the answer: offer the same things as before, but do them better, finishing them off with a loving touch that will lead you to think more about Him and less about yourself.

Furrow, 495

Let us work. Let us work a lot and work well, without forgetting that prayer is our best weapon. That is why I will never tire of repeating that we have to be contemplative souls in the middle of the world, who try to convert their work into prayer.

Furrow, 497



BEHAVIORAL MANIFESTATIONS OF THE VIRTUE OF DILIGENCE

PRIMARY SCHOOL

- He submits well-done work.
- He shows enthusiasm in doing his work.
- He seeks help when a task is hard to do.
- He does his job assignments at home and in school regularly.
- He says a prayer before studying.

INTERMEDIATE SCHOOL

- He submits quality work consistently & punctually.
- He works patiently without complaints.
- He seeks advice when he has difficulties in doing his work.
- He fulfills his job assignments thoroughly.
- He prays before doing his work.

JUNIOR HIGH SCHOOL

- He submits complete and well-thought of subject requirements on time.
- He does his work conscientiously and patiently without complaints.
- He has the initiative to find solutions to the problems in his studies.
- He manages his time well so he can fulfill his responsibilities.
- He says a prayer to offer his studies to God.

SENIOR HIGH SCHOOL

- He submits complete and well-thought of subject requirements on time.
- He works patiently in the face of difficulties without complaints.
- He has the initiative in fulfilling his job assignments.
- He manages his time well to avoid cramming and mediocrity.
- He offers his studies to God as a sacrifice for the good of other people.

September 2023 Calendar of Activities



PAREF Southridge



SEPTEMBER

Updated Calendar of Activities
School Year 2023 – 2024

1	Friday	First Friday Vigil
3	Sunday	1st Sunday Recollection for Men (English)
5 - 8	Tue – Fri	SHS Grade 11 Mid Sem 1 Period 1 Exams
6	Wednesday	GS Student Assembly
		Club Recruitment Day
		Department Meetings
6 – 8	Wed – Fri	SHS Grade 12 Mid Sem 1 Period 1 Exams
7	Thursday	JHS and SHS Student Assembly
8	Friday	AS Student Assembly
8 - 12	Fri - Tue	DS Grade 10 Mid 1st Trimester Exams
13	Wednesday	Faculty Development Session
14 - 20	Thu – Wed	Grade 10 Bicol Student Seminar
14	Thursday	Feast of the Exaltation of the Holy Cross
		Blessing of the Crucifix
16	Saturday	Launching of the New Parents Education Program
20 - 22	Wed – Fri	GS & JHS Mid 1st Trimester Exams
20	Wednesday	Department Meetings
		Gr. 7 First Parents Forum & Launching of Parenting Teens Course Case 1
21	Thursday	Gr. 1 First Parents Forum
		Guidance Month Talk for SHS
22	Friday	Guidance Month Talk for the Grades 7 – 9
23	Saturday	AS First Parents Forum & Launching of Pinoy EduChild for Grade 7
24	Sunday	4th Sunday Recollection for Men (Filipino)
26	Tuesday	Guidance Month Talk for the Afternoon School
		Guidance Month Talk for the Grade School
27	Wednesday	Gr. 8 First Parents Forum
		Club Day/ S.E.A.L.
28	Thursday	Gr. 2 First Parents Forum
25 - 29	Mon – Fri	Admirals' Spirit Week