

PARENTS' FIRST

Monthly Bulletin for Parents of Southridge School

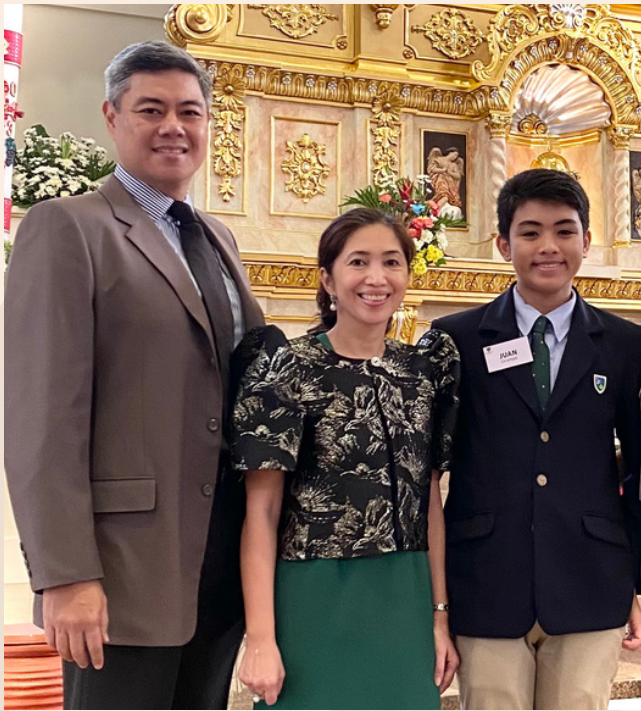


HOME-SCHOOL COLLABORATION

Home-school collaboration is a necessity. Since the parents and the teachers share a common goal of supporting the students as learners, a unified vision and path to take will truly be beneficial for the child. It has to be made clear that this collaboration is not simply an activity that both parties have to undertake but rather an attitude that both have to imbibe. In such a relationship, the school recognizes the parent's role as a primary educator of their children. They must make it clear that they do not take on the sole responsibility of educating the children, but should be regarded as partners of the home in education.

It is a relationship of partnership based on mutual trust. Parents entrust their children to the teachers in the hope of giving them the necessary knowledge and skills to develop them into competent and integral beings. On the other hand, the teachers, exercising their roles in loco parentis, rely on the support of the parents in the integral education of the students. The students' commitment to their education is still the most essential for success. But the students' commitment, however, can be enhanced if there is a healthy relationship between the home and the school. While the school provides the students with the educational opportunities to learn, the home provides the students with the so called "building blocks" such as the attitudes, effort, self-concepts, that will make possible for learning to take place. In the absence of such "building blocks" success may not be achievable.

In a Home - School Collaboration, with the perspective of shared responsibility, learning is produced not by the school but by the students with the help of the parents and all those who support learning.



IT TAKES A VILLAGE TO RAISE A CHILD: APPRECIATING PARENT-TEACHER COLLABORATIONS

By Dr. Cecile Clemente-Ocampo

When we moved to the South in 2017 we decided to transfer our son Juan Pablo from his current school (a small international school) to Southridge. We had heard good things about the PAREF schools, with their traditional wholistic Catholic values-based approach towards education which combines academic excellence with character-building and formation. As parents of a new student, we were grateful for the warm welcome into the Southridge community, as we joined in the many activities which the school used as tools for parent engagement.

The required NPEP parenting seminars enabled us to interact and get to know our son's teachers, mentors and other fellow parents. During the course of the modules, lectures and activities we were exposed to different perspectives and were able to reevaluate, improve and refine our parenting strategies to help us become better parents.

The Mentoring Program (in which we have regularly scheduled chats with our son's mentor) gave us insights into how our son was performing in school and relating to his classmates and teachers. It provided us a venue to raise our concerns and questions and hear direct feedback from teachers.

We have also learned a lot from the various Parents Fora over the years, which have spanned a wide variety of topics. It is always good to learn about the challenges faced by today's youth, and how we can address and overcome them.

We also appreciate the access to the faculty and school administrators via the Parent Coordinators, who work very hard to provide information regarding school activities and concerns to all the parents. They keep everyone updated on the upcoming activities and ways in which the community can participate. Of course we can also opt to directly communicate specific concerns to our sons teachers via our son's email, and we appreciate this simple option which was invaluable especially throughout the challenging years of the pandemic.

After 5 years in Southridge we have definitely settled in, and we appreciate very much the family-oriented approach towards education. Every year the entire Southridge community looks forward to celebrating Father's Day. On this momentous occasion (which is the culmination of months of preparation for the administration, teachers, parents and students alike) the whole community gets together to celebrate the unique and special bond that comprises the Southridge Family. Every year we take time to enjoy the blessings of the day-camaraderie and joy. Every year we see the kids (now teenagers) slowly growing into the men they will one day become. Every year we meet and reconnect with the teachers who help guide our sons through the rigors of academic life. Every year we have fun with our co-parents who make the journey both interesting and memorable.

We are grateful indeed for this village which is helping us raise our children into the gentlemen God intended them to be.

We also appreciate the access to the faculty and school administrators via the Parent Representatives, who work very hard to provide information regarding school activities and concerns to all the parents.



Photo from Parents Forum

WORKING TOGETHER: PARENTS AND TEACHERS TEAM UP FOR KIDS

**By Ed & Trina Pasion
(Grade 6 Head Parent Coordinators)**

Ever paused and thought about the magic that happens when parents and teachers team up? It is like a superhero duo for a kid's education. Imagine blending a teacher's observations of our children's interactions in school - their laughs, learning curves, friendships - with a parent's intimate knowledge of weekend tales, favorite bedtime stories, and even their most-loved cereal. This fusion offers a wholesome picture of who our child truly is, helping to tailor their learning experience just right.

Consistency, they say, is key and when the guidance given in school echoes the vibes and values reinforced at home, our kids navigate their journey with a clear compass, free of mixed signals. In addition, the combined effort means we have double the eyes and ears to spot any potential hurdles. Be it a tricky math problem or a cloudy emotional day, a united front ensures no challenge goes unnoticed.

***Keeping
conversations open
and positive, truly
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Effective communication stands at the heart of this collaboration. Moreover, that does not always mean formal sit-downs. Sometimes, the casual, 'chill' chats make the difference. Keeping conversations open and positive, truly listening to each other, and even the occasional quick text or note can build bridges. And should you notice a change, a hiccup, in your child's demeanor or academics, do not hesitate to share. Sometimes, it is those tiny observations that piece together a larger puzzle.

Of course, being involved goes beyond conversations. It is about diving into the daily school adventure with enthusiasm. Maybe it is setting a routine for homework, exploring a new book together, or cheering the loudest during school events. It is also about setting goals together, understanding your child's aspirations, and celebrating every win, be it big or small. Every high-five, every pat on the back can fuel their motivation.

At the heart of Paref Southridge lies this partnership ethos. When parents and teachers truly sync up, it creates an environment where our kids do not just learn; they thrive. Therefore, here is to harnessing this synergy and making this school year a memorable adventure for our kids!



Photo from Parents Forum

PARENT-TEACHER COLLABORATION

By Mrs. Cyn Abola, Grade 11 Mom

When my husband and I decided to put our kids in the PAREF schools, it was more a decision of convenience because we lived near the schools. We heard good reviews from our relatives and friends. One cousin said that his boys are “mababait.”

Parent teacher talks are not new but the mentorship program was something that we liked about the PAREF system. In our first chat with the mentor of our daughter, we got to see how she was like in school versus at home. We just didn't talk about academics with the mentor but more importantly, about how our daughter can improve in virtue. So much so that when she graduated from Grade School, the mentor was so happy with her progress in overcoming her shyness!

Studies show that parents who are active in their children's schools find that their children do well in school and not just academically. We decided to be Parent Coordinators (PC's) in the schools and have never regretted it. I remember putting together the First Holy Communion souvenir boxes of the boys with other PC moms and knowing that we were contributing to our son's spiritual development.

And we develop long lasting friendships with other parents. Up to now, groups of moms continue to get together even if their children have graduated from High School! One father had said, “this is how it should be, that we are friends with the parents of our son's friends.”

In a mentoring chat, it is always advantageous to listen more to the mentor than to talk. This way, we learn more about our son's development in school, how his teachers see him and how he behaves in school. Think about the mentor as a partner in our son's development. We both want what is best for our sons. And it is heartening to know that the mentor prays for our sons as well!

Even after our children graduate from the PAREF schools, the mentors remain a partner in their development. It's good to keep in touch with them and many times, the mentor continues to pray and get in touch with our sons to continue helping them in their development as “Viriliter Agite” becoming a man!



Photo from Parents Forum



World Youth Day held in Portugal, and had celebrated mass in the Fatima Chapel in Lisbon last August. After blessing the image, Fr. Francis also blessed the families who participated in the Batch Rosary before he proceeded to the chapel for the Recollection with the dads.

The day ended with Sunday Mass which was also attended by the families of the WYD 2023 delegates. It was a wonderful way to start the month of the Rosary, and begin a new tradition honoring the Blessed Mother.



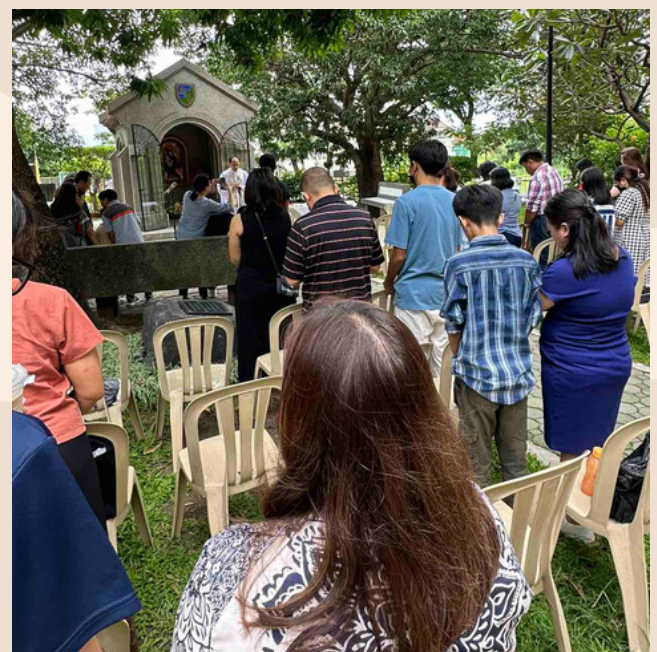
STARTING A NEW BATCH TRADITION

By Mrs. Marita Gomez, Grade 11 Mom

On the first of October, Grade 11 sponsored the Recollection for Men and Sunday Mass for Families at the Southridge Chapel. Since October is the month of the Rosary, they also scheduled a Batch Rosary led by moms and sons at the Shrine.



However, to start a new tradition in their SHS years, they decided to do a Block Batch Rosary. The popular pious practice of the block rosary where an image of the Blessed Virgin is hosted by neighbors who move from block to block to pray the rosary together, was something that the Parent Coordinators of Batch 2025 felt they could do within the batch in order for Southridge families to be able to pray the rosary throughout the year. In this version, a host family will bring home an image of Our Lady of Fatima and pray the rosary for a month before passing on the image to the next family. Thus, family prayer becomes batch prayer, as the “pilgrim image” of our Lady unites them. The batch plans to do this every month until graduation in 2025.



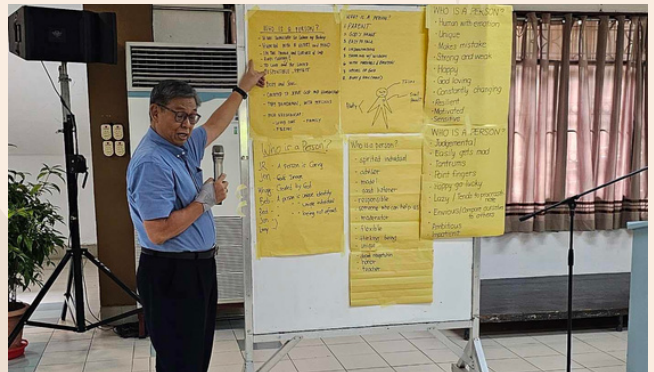
The new image of Our Lady of Fatima, which was donated by one of the families, was blessed by Father Francis Ong who had come from the recent



LAUNCHING OF PINOY EDUCCHILD

**By Mr. Manny Inawat
(Parents and Admin Staff Formation Head)**

In partnership with EduChild Foundation, Inc., PINOY EduChild was finally launched to the Grade 7 Afternoon School parents during their 1st Parents Forum held last Sept 30 after months of planning and training of the volunteer discussion guides from the higher level Parent Coordinators. The 1st session started with an Introduction about EduChild and the Case Study Method given by the EduChild President, Mrs. Noemi Marasigan, followed by a talk and workshops facilitated by volunteer Discussion Guides. The introductory session centered on the general definition and Roman Catholic Church definition of the person and family. The 1st session was moderated by Pepe and Angie Balderama. Mr. Balderama was a corporate executive, an educator and a career guidance expert. He was assisted by Yeye and Edlyn Rono, Couple Chair, and Rene Ledesma, Vice-Chair for the Pinoy EduChild Course.



The Grade 7 Afternoon School parents will undergo case study discussions on Freedom, Trust and Responsibility, Marriage and Sexuality, Social Media and Technology, talks and workshops every month until their graduation in March 2024.



TEACHERS' DAY(10.4.23) MESSAGE OF THE CHAIRMAN OF THE BOARD

By Mr. Evaristo Francisco

Good afternoon, everyone.

It is a privilege and honor for me to be here and speak to you on this very special occasion, the Southridge Teachers' day. Thank you very much Ferdie and the Mancom, for giving me the opportunity to do this.

This is a homecoming of sorts, as I was a Southridge parent from grade 1 to 4th year of my son Carlo, who graduated in 2007. I see a good number of familiar faces, which gives me a very warm feeling. I also see a good number of new faces, who I look forward to meeting and working with in these next few years.

This is practically my first activity as chairman of Southridge and my first time to talk to all of you, so let me take this opportunity to deliver a few personal messages.

Southridge means the world to me and my family.

Last July, I was able to meet the Southridge officers as I attended the final session of their planning meeting in Makiling West Wing. During the get-together, Luden asked me – why are you taking this position? It was an answer which came straight from the heart – Southridge played a big role in my son's life, and my family's life.

We are what we are because of Southridge, and as this opportunity was opened to me, I didn't have to think much. Because Southridge tugged at my heart, and my soul.

So my first message is THANK YOU! Thank you very much to all of you for your dedication, hard work, and spirit of giving, as you've impacted the lives of students and their families the same way as us through all these years. A personal THANK YOU of course to Carlo's teachers, you did a great job, thank you!

We have a vision for PAREF and Southridge, academic formation and personal formation are core pillars to achieving it.

Last July, PAREF had its strategic planning session, a revisit of its strategy after almost 6 years, and a common vision was set out for all PAREF schools:

We educate men and women of character who strive to live according to the Christian ideal, do their work extraordinarily well, and positively impact their families, the nation, and the world.

Two out of the 4 core strategies to make this happen are academic formation and personal formation, and central to making these two core strategies a reality is you, the teachers. It is in the classrooms, offices, chat rooms, these hallways, where these strategies come to life.

Vision is achieved through strategies, strategies are achieved through actions, and actions are made to happen by you, through your talent, dedication, and passion. It is you, who will turn this vision into reality.

***There are only 2 groups –
those who teach, and
those who help teach. You
are our frontliners, you
are our heroes, and we
have to make sure we
strengthen and nurture
our heroes.***

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Pursuit of our vision entails unity and solidarity between teachers, officers, parents, BoT.

Rest assured; you are not left alone in making this happen. The positive impacts and synergies of great working relationships between you (the teachers), officers, parents, the BoT will be the fuel in making this happen.

Just last weekend, we had a pre-discussion preparing for our own Southridge Strategic planning session between Ferdie, Paul, and a small group of BoT's.

In that discussion, we threshed out and mapped out the operating relationships between key stakeholders in Southridge – the Mancom (representing the teachers), BoT, and PAREF.

Who is responsible for what, who is accountable for what, the coordinating points, the communication points, the support mechanisms to help each other.

This was impressive, as we could see from an over-all view the power of these clear and positive working relationships.

Moving forward, we will extend these operating principles across the school's stakeholders – teachers, officers, mancom, parents, the BoT.



All for making us work together clearly, supporting each other, to achieve our mission and vision.

Teachers: the heroes of Southridge.

I have quite a simplistic way of classifying all of us who work for Southridge. There are only 2 groups – those who teach, and those who help teach. You are our frontliners, you are our heroes, and we have to make sure we strengthen and nurture our heroes.

I pointed out earlier that in the PAREF strategic plan, academic formation is one of the 4 core strategies in making our vision happen. In this particular core strategy of academic formation, there are 4 key results areas, and one of those is faculty development: – the general PAREF plan here is for the development of a Professional and Personal career path program. We speak here of deliberate and tailor-fitted teacher development plans to enable movement through career ladders.

This is at PAREF level. We will have a more granular approach here for Southridge as we do our own Strategic Planning session in a couple of months.

Southridge is going for a “moonshot”.

In that Strategic Planning session, we will look at where we want to take Southridge in 5 years, in 2029, on our 50th year celebration. A milestone year, having milestone objectives.

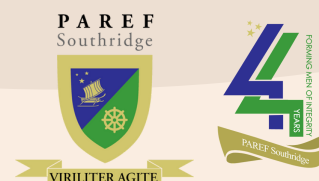
We will definitely go for establishing ourselves as the premier Boys school, the gold standard, in PAREF. But we will need to do more than that. We will need to be a leading school in a wider arena, which is across our country. I specifically used the word “need” because we have to be cognizant that the world is advancing faster and faster, getting interconnected and digitized more and more, demanding much higher educational ability and strength of person. This is the world the boys of Southridge will be stepping into as they graduate from this school.

And we need to be one step ahead, to be relevant, in the way we prepare them academically and in personal formation

These strategies and plans will be ambitious, but doable. You, the teachers, will play a major role in making these happen.

You will help shape the men of Southridge who will positively impact their families, the nation, and the world.

Thank you very much and let's do this together.



UPCOMING EVENTS

PAREF Southridge

1ST PARENTS FORUM (GRADE 10)
COOL PARENTING HACKS
FOR THE GEN Z TEENAGERS

GEN Z

Source: <https://personifycorp.com/blog/generation-z-the-big-picture>

11 OCTOBER 2023
6:00 PM - 8:30 PM
SR AUDITORIUM

SCHEDULE:
 6:00 PM DINNER
 7:00 PM PRINCIPAL'S REPORT
 7:30 PM TALK
 8:30 PM HPC REPORT
 Venue for Dinner: Cafeteria Basement
 Talk: School Auditorium

JINGO & PAULINE FERMIN
 Grade 12 Head Parent Coordinators

PAREF Southridge

1st Parents Forum (Grade 4)

Transitions & Boundaries in Parenting, Befriending, & Mentoring One's Son

12 OCTOBER 2023 (Thursday)

Schedule
 6:00 pm Dinner
 7:00 pm Principal's Report
 7:20 pm Talk
 8:30 pm HPC Report
 Venue for Dinner : Cafeteria Basement
 Talk: School Auditorium

MADELENE STA. MARIA, PhD
 Professor, Department of Psychology
 De La Salle University, Manila

PAREF Southridge

1st Parents Forum (Grade 1)

HOW TO DEVELOP A HEALTHY SELF-ESTEEM

13 OCTOBER (Friday)
 Venue: Southridge Auditorium

Schedule
 5:30- 6:00 PM Registration
 6:00-7:00 PM Dinner
 7:00-7:20 PM Start of the Program
 Principal's Report
 7:20- 8:20 PM Talk: How to Develop a Healthy Self-Esteem
 8:20-8:30 PM Open Forum
 8:30-8:40 PM Announcements from the HPC
 End of Program

Speaker
Luden Salamat
 SR Faculty Development Head

PAREF Southridge

1ST PARENTS FORUM (GRADE 11)

PARENTING EMERGING ADULTS

18 Oct, 2023 At 06:00PM

MEET OUR SPEAKERS

Madelene Sta. Maria, PhD
 Professor, Department of Psychology
 De La Salle University, Manila

Paul & Sharon Fernandez
 EduChild Moderators


Schedule:
 6:00 PM DINNER
 7:00 PM PRINCIPAL'S REPORT
 7:30 PM TALK
 8:30 PM HPC REPORT
 Venue for Dinner : Cafeteria Basement
 Talk: School Auditorium

UPCOMING EVENTS

PAREF Southridge **EDUCHILD**
 Loving Couples. Great Parents. Happy Families.

SCHOOL FOR PARENTS

MODERATED PLENARY SESSIONS FOR PARENTING TEENS COURSE CASE 2 (GRADE 7)




19 OCTOBER (Thursday)

SCHEDULE

- 6:30 PM REGISTRATION / SNACKS
- 7:00 PM START OF THE MODERATED PLENARY SESSIONS (2 GROUPS)
- 8:15 PM WRAP-UP / Q & A / EVALUATION FORM
- 8:30 PM END OF ACTIVITY

Venue: Conference Rooms A, B, & C



PAREF Southridge **EDUCHILD**
 Loving Couples. Great Parents. Happy Families.

SCHOOL FOR PARENTS

NEW PARENTS EDUCATION PROGRAM (NPEP) CASE #2



SATURDAY 21 OCTOBER 2023

- 8:30 AM Registration
- 9:00 Small Group Discussion
- 10:00 Morning Snacks
- 10:30 Moderated Plenary Session
- 11:45 Wrap-Up / Q & A
- Filling-Up of the NPEP Evaluation Form



PAREF Southridge

1ST PARENTS FORUM (GRADE 12)

CREATING A SAFE SPACE FOR INDIVIDUATION AND AUTONOMOUS SUPPORT FOR OUR SONS



MICHELLE TAMBUNTING
 Conscious Parenting Coach, Happiness Advocate, Educator, Southridge Mom

WEDNESDAY 25 OCTOBER, 2023

Schedule:

- 6:00 PM DINNER
- 7:00 PM PRINCIPAL'S REPORT
- 7:30 PM TALK
- 8:30 PM HPC REPORT

Venue for Dinner: Cafeteria Basement
 Talk: School Auditorium



PAREF Southridge **EDUCHILD**
 Loving Couples. Great Parents. Happy Families.

SCHOOL FOR PARENTS

1ST PARENTS FORUM / LAUNCHING OF MIDDLE CHILDHOOD COURSE (GRADE 3)



FRIDAY 27 OCTOBER, 2023

Schedule

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



UPCOMING EVENTS



PAREF Southridge
VIRILITER AGITE

PARENT LEADERSHIP SEMINAR

NOVEMBER 11, 2023 | SATURDAY
CONFERENCE ROOMS A & B

SCHEDULE:
 8:00 AM CONFESSION
 8:30 HOLY MASS
 9:15 WELCOME REMARKS
 TALK
 10:00 WORKSHOP
 11:15 GROUP REPORTING



FAMILY LIFE AND NEW TECHNOLOGIES

21st World Congress of Family Enrichment
2nd World Congress of Personal Project
Cebu, February 24-25, 2024

PAREF Schools EDUCCHILD 2024 Congress
Organized by iffd

Waterfront Hotel (Lahug)
Cebu City, Philippines

February 24-25, 2024

World Congress of Family Enrichment
For parents, educators and advocates of family.

World Congress of Personal Project
Young, single professionals

More information in iffd.org/iffd-congress-2024/

Our speakers...

 Manuel Clavel Associate Professor of Software Engineering (Spain/Vietnam) Topic: AI & New Technologies	 Rina Rudyanto Head of AI Lab of MTI Technologies (Indonesia/Vietnam) Topic: AI & New Technologies	 Alexandre Hayward Founder of the Virtuous Leadership System (France) Topic: Virtuous Leadership	 Jose Enrique Garcia III Governor of the Province of Batang (Philippines) Topic: Family Policies
 Raphael Bonelli Neuropsychiatrist (Spain) Topic: Mental Health	 Leticia Rodriguez Director of IFFD Family Enrichment (Spain)	 Carolina Sánchez-Arocas Research Psychologist, Director ISI Austral University (Argentina)	 Thomas Mundia ICF Certified Leadership Coach and Family Mediator (Kenya)

OCTOBER VIRTUE OF THE MONTH

October
Virtue of the Month
OPTIMISM



Optimism isn't a belief that things will automatically get better; it's a conviction that we can make things better.

Melinda Gates

October
Virtue of the Month
OPTIMISM

Advice to Parents

Raise Your Child to Be an Optimist

Research shows that optimists, who believe they can achieve success, are in fact more able to do so. They are less likely to get depressed, get fewer illnesses, have longer relationships, and live longer.

When life seems to be dealing one blow after another, you want your child to believe that things can get better. Otherwise, why should he pull himself together and keep going?

Can you help your child become more optimistic? There is some evidence that optimism is an inherited trait, and certainly we know there is a biological basis to much depression as well as a tendency to be upbeat.

There is also evidence, however, that we learn at an early age how to view the world and its potential from those around us, and that parents can unthinkingly influence us to interpret events in a negative way.

Luckily, research shows that we can change the way we talk to ourselves about events and how we interpret them, which has a direct impact on our emotional reaction to our experiences.

The bottom line is this: even if you are born with a tendency to pessimism, you can greatly increase your optimism quotient. So how do you help your child to become more optimistic?

1. Notice how your child thinks about things.
2. Challenge Pessimism.
3. Teach your child the principles of Optimism.
4. Help your child learn to cultivate Optimistic Thinking.
5. Confront negative self-talk.
6. Model Optimism.

Read the full article:
<https://www.ahaparenting.com/read/optimism>

