

P A R E F
Southridge



PARENTS FIRST

Monthly bulletin for Parents of Southridge School



A JOURNEY OF EDUCATING MEN OF INTEGRITY

Celebrating 45 Years



Every milestone in an institution's journey is a cause for celebration, marking not only the passage of time but also the growth, achievements, and resilience demonstrated throughout its existence. The Sapphire Anniversary, commemorating forty-five years of continuous service and progress, holds profound significance in the narrative of a school community.

Sapphire, with its deep blue hue, symbolizes wisdom, loyalty, and strength—qualities that resonate deeply within educational institutions. Forty-five years represent a significant span of time, encompassing decades of dedicated efforts, transformative changes, and countless contributions from students, teachers, administrators, and stakeholders. Reflecting on the institution's journey from its inception to the present day serves as a poignant reminder of the trials overcome, the triumphs achieved, and the legacy established.

The years have molded the school community as a strong family with a clear vision. This sense of unity fosters a strong sense of belonging and pride in one's second home. At this point in our history, we are also encouraged to have a forward-looking perspective. Just as a sapphire reflects light with brilliance, the anniversary serves as a beacon guiding the school towards continued growth, innovation, and excellence. It is a time to reflect on past accomplishments while charting a course for the future, ensuring that the institution remains relevant and responsive to the evolving needs of society.

At its core, the significance of the Sapphire Anniversary lies in the legacy and impact of the school on its students, alumni, and the broader community. Forty-five years of dedicated service have left an indelible mark on countless lives, shaping future leaders, innovators, and change-makers. As the school celebrates this milestone, it reflects not only on its own achievements but also on the enduring legacy of an effective home-school collaboration with the goal of educating men of integrity.



FOSTERING

DEVOTION TO ST. JOSEPH -A GUIDE

By Liz Go
(Grade 1 DHPC)



Fostering devotion to St. Joseph is a profound spiritual practice that has been embraced by Catholics and Christians worldwide. St. Joseph, the earthly father of Jesus and husband of Mary, is revered for his humility, obedience, and unwavering faith. This guide aims to provide insights and practical steps to deepen one's devotion to St. Joseph.

Understanding St. Joseph:

St. Joseph's role in the Holy Family and in salvation history is significant. Despite his limited mention in the Gospels, his actions speak volumes about his character and faithfulness. He is the patron saint of fathers, workers, and the Universal Church. Understanding his virtues and his role in God's plan can inspire a deeper connection with him.

Practical Steps to Foster Devotion:

1. Prayer – Incorporate all prayers to St. Joseph into your daily routine. Traditional prayers like the Prayer to St. Joseph or the Litany of St. Joseph can be recited. Additionally, personal prayers expressing gratitude and seeking intercession can strengthen the bond with St. Joseph.

2. Meditation and Reflection – Take time to meditate on the life of St. Joseph, his virtues, and his actions. Reflect on how his life can serve as a model for your own journey of faith, especially in areas of humility, obedience, and trust in God's will.

3. Reading and Study – Delve into literature about St. Joseph. This can include biblical passages related to him, as well as writings of saints and theologians who have written about his significance. Understanding his role in Scripture and tradition can deepen your appreciation for him.

4. Participation in St. Joseph Feast Days and Devotions – Attend Mass on St. Joseph's feast days (March 19th and May 1st) and participate in special devotions dedicated to him. Many churches hold novenas, processions, or special prayers during these times, providing opportunities for communal worship and reflection.

5. Acts of Charity and Service – Emulate St. Joseph's virtues through acts of charity and service. Just as he cared for and protected the Holy Family, we can strive to care for and serve others in need, particularly the marginalized and vulnerable in society.

Conclusion:

Fostering devotion to St. Joseph is a journey of faith that can enrich one's spiritual life and deepen their relationship with God. By understanding his role, emulating his virtues, and engaging in prayer and reflection, individuals can cultivate a profound connection with this beloved saint. May St. Joseph intercede for us and guide us on our journey of faith.

A LENTEN TRADITION OF GIVING:

TEACHING GENEROSITY AND COMPASSION THROUGH TOY AND BOOK DONATIONS

By Liz and Alvin Go
(Grade 1 DHPC)



During the Lenten season, many families seek meaningful ways to observe this period of reflection, sacrifice, and giving. Our family recently started one tradition that embodies these principles, the practice of encouraging our kids to donate toys and books to those in need. This tradition not only fosters generosity and compassion but also helps declutter and provide joy to children who may not have access to toys and books. Here, we explore significance and impact of incorporating toy and book donation in the Lenten observance.

The Tradition:

Our kids select toys or books to donate each day for 40 days leading up to Easter. Our boys are required to participate in a daily act of giving. They are to select from their collections to donate to kids who may not have the same privileges. This daily ritual emphasizes the spirit of sacrifice and selflessness inherent in the Lenten season. It also encourages our kids to reflect on the abundance in their lives and the importance of sharing with those less fortunate.

Empowering Children to Make a Difference:

By involving children in the process of choosing which toy or book to donate, we, as parents impart valuable lessons about empathy, compassion and generosity. They learn that even small act of kindness can have a ripple effect, spreading joy and hope to those in need. This hands-on approach to giving allows the kids to experience the satisfaction that comes from helping others that will stay with them for a lifetime.

Teaching Values Beyond Material Possessions:

In a world that often emphasizes materialism and consumerism, this is a good counter-narrative. By encouraging family members to reevaluate their possessions and prioritize what truly brings them joy. This process of decluttering fosters the sense of simplicity and mindfulness, allowing us as a family to appreciate the value of experiences over material possessions.

Creating Lasting Memories and Traditions:

These shared experiences strengthen family bonds and reinforce the values of compassion and generosity that lies at the heart of Lenten season. It could also offer, a beacon of hope to some that are facing adversity. We, as a family come together to embrace this tradition for, we are not only enriching our spiritual journey but we are also making a meaningful difference in the lives of others.



JOYFUL TRADITIONS

By Steph and Bubi Camus
(Grade 12 Parents)



CAMUS children preparing Easter eggs.....
Photo from last years egg painting and Visita Iglesia

Holy Week always meant time at the beach. But thanks to our parents, we would do the Stations of the Cross on Thursday, fast and abstain on Friday, go to mass, and join the egg hunt on Sunday with sand between our toes. This tradition continued in our family till the pandemic happened. Experiencing holy week at home exposed us to a more introspective, creative and meaningful way to celebrate the Lenten season. This year, this is how our family prepared for Lent and is planning for Holy week:

Go to confession: Starting with a clean slate disposes us to receive more graces.

Give up something: We have 5 kids, ranging from age 6 to 19. They are all encouraged to think of something to give up for 40 days to remind them that it is the season of Lent. It could be giving up sweets, junk food, social media, being mean, others. The key is, whenever we give up, let's say, a piece of chocolate, acknowledge that it is something we like but are willing to give it up for God.

Teen's Way: On Maundy Thursday, we get together with other families, go to 7 churches as our teens lead the Way of the Cross.

Unplug: On Good Friday, from noon till 3pm, all mobile devices, computers, tv, toys with batteries etc. are turned off so we can be still and apart from the noise of the world.

The Golden Egg: On Holy Saturday, each family member makes their own easter egg. This is usually a messy but exciting time that adds to the anticipation of Easter Sunday. Before the end of the day we take a vote as to which one will be this year's golden egg.

Celebrate: On Easter Sunday, like Christmas, the kids would find gifts for them in the morning and our extended family comes over to have lunch. In the afternoon, all the adults hide the easter eggs and the child who finds the golden egg receives an extra gift.

This year, Lucia, our youngest, would like to add a new tradition: decorating our home with greens, flowers, and eggs during the whole Easter season.

We see Lent as time to pause, reassess ourselves and be open to God. As the years go by, we hope to create joyful traditions to help our kids know and love Him more.



ENRICHING EXPERIENCES

By Jose Miguel M. Marasigan
(SR Batch 2011)



My fondest memories of Southridge were the extracurricular activities that I was involved in. The ones that I enjoyed the most were the Plautus plays, where my class from 2nd year to 4th year high school had to come up with a play that would be shown to the public. It was a great experience that made the class work together for many months to write a script, come up with set pieces and costumes, market the play to the public, etc. After many months of hardships, it was satisfying for me and my classmates to hear the reactions of the audience throughout the play, and to hear the final applause.

Another extracurricular highlight of mine was my involvement in the school choir, which back then was led by Mr. Robert Cortes. Aside from enjoying the beauty of music, we would go places joining competitions and workshops. Once we even got the chance to be trained by the Philippine Madrigal Singers. There was also another time when we flew to Indonesia for a competition.

My last extracurricular highlight would be my involvement in the school paper, which was then moderated by Mr. Mann Rentoy. We would go places to join journalism competitions. There were a number of times when we received awards from the CMMA. We even gave a workshop once to students in Iloilo.

All these for me were truly enjoyable and personally enriching experiences, from which I learned things that I still carry with me up to today.



FLASHBACKS OF A CHINKY-EYED BOY

By Leon Son
(SR Batch 1987)



PAREF Southridge School opened her doors in 1979 and welcomed more or less a hundred and fifty boys that would fill her with boisterous energy and whose minds and hearts she would educate and inculcate with her lofty ideals. That same year, a chinky-eyed boy, uprooted from a school in the noisy, chaotic jungle of Binondo, walks through the doors of solitary red, brick building situated atop a hill, surrounded by wild trees, and unfettered tall grass. That day, my life changed. That day was the beginning of a “wonderful” adventure. In the first month alone, I managed to fall ill with Typhoid Fever (bottled/distilled water wasn’t a thing yet). A classmate of mine gets stitches on his forehead after bumping into a brick wall when he couldn’t stop in time from sliding across the newly polished, marble floors. The whole school reverberated with excitement when a baby spitting cobra was caught in the lobby. The excitement would later wane as this became a weekly occurrence. Soon, Christmas season rolled in.

The whole school was abuzz with excitement as preparations for the Christmas School Program went into high gear. I made my first parol, my first belen, my first shadow puppet, papier-mâché puppet in Southridge. I starred in my first Christmas play, sang my first Gregorian Chant. I hosted my first variety show for Director’s Day in Southridge. I won my first declamation contest, and I also choked and forgot my lines on the stage in this school. I’m not quite sure, but I think I was the first to throw up through a closed classroom window. I’m definitely sure that I was the first to have my shoe thrown out of the classroom window by Mr. Escasa. A lot has changed since those days. From a single building on the prairie, there are now several buildings with air conditioned classrooms. Gone were the days when punishment meant squatting for hours under the midday sun, when detention entailed a half day of pulling weeds from the football field, or writing “ I will not talk out of turn in class.” a thousand times.

Gone were the bush fires that would fill the school with smoke and halt classes. Gone were the muddy cleats after a game of football, or drenched uniforms after a failed attempt to jump across the creek. Gone were the uniforms that made us look like insurance salesmen, or body guards. But, for forty five years, the hum of the Virtue of the Month talks, whispers of mentoring (used to be tutorial) chats, the hammering and drilling of values and ideals still remain, resonating within the august halls of this school, my school, PAREF Southridge School for Boys. Many, like that chinky-eyed boy, have walked through her doors as boys and walked out as men of integrity. Vivat Academia, Vivant Profesores! Viriliter Agite!



PEOPLE MAKE THE DIFFERENCE

By Gino Ruiz
(SR Batch 1998)



Parking Lot, now the Cafeteria building



Fr Reyes giving a blessing before we depart for Student Seminar.

Southridge has always been a small tight-knit community. Because the population was so small, everyone generally knew everyone, even at least by-face. It always felt safe and trusting, knowing how much the school "indoctrinated" everybody, from students, to staff, to even parents, on Christian values.

My fondest memories are actually the most mundane. Waiting to be picked up after school, we would wait in what used to be the MultiPurpose Hall (now the Chapel/Auditorium complex), which was also the cafeteria. We would spend the afternoon hanging out with our teachers, who would be having their merienda (the faculty room used to be on two wings of mezzanines on either side of the hall). That's probably a strange image for most other places, but that was our everyday routine - after hours, our teachers were more like kuyas or older friends. They would even organize "Snipers" tournaments for us on some Friday evenings (they spent their personal off-hours time on that!) and during student seminars.

If you don't know what Snipers is, it's like tag, but with flashlights, at night in the dark throughout the school grounds (the lights are off), with boys yelling the names of the ones they caught with their light, and now that I look back, I realize it amazingly worked on a grand honesty system. Much of the facilities at the time were still evolving, under construction, or hadn't even been conceived. The people made up all the difference to make everything work great anyway!



MY FOND MEMORIES OF SOUTHRIDGE

By **Marco Benitez**
(SR Batch 1998)



When I started in Southridge, the school looked completely different from what it does today. There was only the main building and the cafeteria, which is now the Chapel and auditorium. There was a handball field where the buildings behind the main building are standing, and the current canteen used to be an open parking lot behind the Work Ed shop. I think I saw a lot of these being built during my stay there. Despite less than modern facilities at that time, my fondest memories growing up there were the times after school we played around the campus - climbing the rubber trees (where I broke my arm in 1st Grade), exploring the creek beside the football field, sledding down the slopes from the handball field to the basketball court, and playing sports, a lot of sports.

Probably more than all the academic training we had during my 12 years in Southridge (Prep to 4th year), which included four years of Latin, I truly appreciated Southridge forming me in all the other aspects that are important to being a well rounded, upright person. Opportunities to be part of the varsity teams, student council, student exchange programs, and even the religious formation we received helped me develop different aspects of my life which have really shaped who I am as a person — a father, spouse, sibling, and member of the organizations I belong to.

PRADA-CANDIDATES



GENERATION OF SOUTHRIDGE GENTLEMEN

By Alex Racho
(SR Batch 1988)



Viriliter Agite. Be a (virtuous) man. If there's one thing that encompasses being a Southridge Student or Alumnus, it's this motto. We lived (and continue to live) this motto, in and out of campus, or at least we strived to, everyday.



As I reminisce about those high school days in our beloved campus, what stands out? We only had one building (currently the admin building). Each grade level had only 24 students or less. Only the chapel and the teachers' lounge were air-conditioned. Wasn't a big deal for us. No cafeteria. No coop store. No bookstore. We had to bring everything with us.

Many students also took the non-aircon bus. We had the last stop - at Times Street, QC. It was quite the commute, with multiple stops, arriving at dark, after a long day at school. But school bus time was playtime (going home), or cram time (going to school). I had at least 90 minutes to do a final review before an exam. Ah the life of a student.

Uniforms then were a bit more formal, with chocolate brown pants and the beige polyblend barong. I remember a school activity when we went to Batasan to protest a proposed divorce bill. We were reminded to be on our best behavior, as we were representing the school. As we alighted the bus, we were welcomed by the organizers. Due to our attire and rather quiet and disciplined demeanor, we were mistaken for seminarians. Little did they know.

School and the four walls that make up our classroom, or the dusty and patchy football field for sports, are just the backdrop for the memories we can look back to. The experiences engraved in our minds were from the teachers and schoolmates whom I consider my life-long friends. Apart from the 3 Rs (reading, 'riting, 'rithmitic), we had Latin. Why? they asked. Because we can't teach Greek. Why Southridge? Well, we're in the south, and (at that time), we were on a ridge. At least it wasn't "Excalibur", with the motto "as noble as knights and as docile as dogs", or something along those lines. What were they thinking?

One thing that set us apart from other learning institutions was the mentoring program. I appreciated it then, and glad it has remained the same today. I had Dr. T (who was also the principal), and I'd ask him to take me out during my least favorite subject. I probably learned more during those chats than the actual academic lessons.

Sports was a big deal. In fact, Father's Day was basically a Family Sportsfest Day. No dancing, no shows nor bands, no food stalls. Just a simple parade of the rival houses Vinta and Helm. And dads actively participated in the games. We could only form a proper 11-man football team by getting students from lower batches. "Hey, can you run? Great. You're varsity now". Despite this disadvantage, we did pretty OK. Southridge has been a powerhouse in football since the mid-80s. It's always a win, because we had the coolest uniforms.

Southridge is my Alma Mater and I'm a proud alumnus. My 3 boys are here now, and I share the pride we have for OUR school. It's the current generation's turn to make their own memories. Viriliter Agite.

UPCOMING EVENTS

PAREF Southridge

3RD PARENTS FORUM (GRADE 10)
DEALING WITH THE CHALLENGES OF YOUR TEENAGE BOYS IN A HIGHLY SEXUALIZED SOCIETY

WEDNESDAY
20 MARCH 2024

Speaker
Francis Andro A. Lee, RGC
 GUIDANCE DEPARTMENT HEAD

SR AUDITORIUM

Schedule
 6:00 PM - DINNER (SR courtyard)
 7:00 PM - PRINCIPAL'S REPORT
 7:30 PM - TALK
 8:30 PM - HPC REPORT

PAREF Southridge

FR. RAFFY QUINTO
 ASSISTANT SCHOOL CHAPLAIN

GRACE AND SACRAMENTS
 3RD PARENTS FORUM (GRADE 4)

FRIDAY
22 MARCH 2024

TIME
6:00 PM - 8:30 PM

The priest will be available for confession from 5:00pm - 8:00pm at the SR Chapel

Schedule
 5:00 PM Confession (SR Chapel)
 6:30 PM Start of the Program
 Opening Prayer
 Principal's Report
 Talk
 HPC Report
 7:30 PM Dinner & Parents' Victory Party Celebration

PAREF SOUTH RIDGE
 Afternoon Junior High School

3RD PARENTS' FORUM

G8: Sanctification of Work
Mr. Ferdie Cruz

G9: Unity of Life
Mr. Allan Fernandez

G10: Communicating Effectively with Your Children
Mr. Paul and Mrs. Sharon Fernandez

March 23, 2024

UPCOMING EVENTS

Recollection *for* Men Filipino

*Before you speak, it is
necessary for you to listen,
for God speaks in the
silence of the heart.*
Mother Teresa

March 24, 2024
Sunday | 9:30 to 12nn
(with Holy Mass)
PAREF Southridge School




UPCOMING EVENTS



 PAREF Southridge

HOLY WEEK OPEN RETREAT (FOR MEN)



Scan to register



bit.ly/HolyWeekOpenRetreat

<https://bit.ly/HolyWeekOpenRetreat>

Date: March 28-30, 2024
Venue: PAREF Southridge Chapel

for more information, please contact:
ANDY PALMIERY
0917.887.0807 | 0922.894.4501

UPCOMING EVENTS



PAREF Southridge

SEMINAR- WORKSHOP

for the Grades
1 to 4 PC Dads

April 5 - 7, 2024 

Makiling
Conference Center
Main House 
Calamba, Laguna

SCAN TO REGISTER



<https://bit.ly/3wx8RIG>

CALENDAR OF ACTIVITIES



PAREF Southridge



**MARCH
Calendar of Activities
School Year 2023 – 2024**

1	Friday	Muntinlupa Day (Holiday)
1 – 3	Fri – Sun	Grade 10 Father & Son Activity
3	Sunday	Recollection for Men (English)
4 – 8	Mon – Fri	SHS Sem 2 Period 1 Exams
5	Tuesday	AS Student Assembly
6	Wednesday	GS Student Assembly
		Club Day / Department Meetings
7	Thursday	Grade 1 Second Parents Forum
		HS Student Assembly
9	Saturday	Grade 9 Third Parents Forum and Seminar for Parents and Godparents of Confirmands
		AS Grade 7 Pinoy EduChild Case 5 and Graduation
11	Monday	SHS Start of Sem 2 Period 2
13 – 15	Wed – Fri	Grade 6 & 10 Mid 3 rd Trimester Exams
13	Wednesday	Unit Meetings / Department Meetings
		Grace 8 Third Parents Forum
14	Thursday	Open House 2
16	Saturday	First Holy Communion for Grade 2
		SRG Sports Outreach
		Grade 12 Father & Son Activity
19	Tuesday	45th Foundation Day Celebration
20 – 22	Wed – Fri	Grades 1-5 & 7-9 Mid 3rd Trimester Exams
20	Wednesday	Unit Meetings/ S.E.A.L.
		Grade 10 Third Parents Forum
22	Friday	Grade 4 Third Parents Forum
23	Saturday	Mission Maginoo: A Medical Outreach
		AS Third Parents Forum
24	Sunday	Recollection for Men (Filipino)
25 – 26	Mon – Tue	Regular School Days
27	Wednesday	FDS: Recollection
27 – 31	Wed – Sun	Holy Week Break
28 - 30	Thu-Sat	Open Retreat for Men

VIRTUE OF THE MONTH

March
Virtue of the Month
TRUTHFULNESS

Advice to Parents

As parents, you can help your sons develop the virtue of Truthfulness through the following:

- Talk to your son about how much you value honesty in your family.
- Model truthfulness in your words and actions. Make it clear to your son that lying is unacceptable.
- Acknowledge and encourage whenever your son tells the truth. Noticing truth-telling is as important as correcting a lie.
- Believe in your son's ability to tell the truth. Don't label him a "liar". Reassure him that you are confident that he can choose to be truthful.
- Make it safe for your son to be honest. Don't confront him accusingly with anger or threats. Let him speak and hear him out.
- If your son lies, focus on finding the underlying cause. Don't overreact. Help him find a way to say the truth.
- Teach your son that silence is not lying. Tell him that if he has nothing nice to say, say nothing. Help him consider other people's feelings.
- Regularly schedule a family meeting and allow your children to express themselves and be candidly truthful.
- Admit it when you do not know something. Help find them the answers to their questions.

