



PAREF Southridge



# PARENTS FIRST

Monthly Bulletin For Parents of Southridge School



## What is the PAREF PERSONAL INTEGRAL EDUCATION?

Personal Integral Education means that we, at PAREF, address each student as a person, endowed with an intellect and will. And because of the dignity of each person, we show great respect for EACH STUDENT and PARENT. We help each student know himself and take PERSONAL RESPONSIBILITY of his strengths, weaknesses, and opportunities to FREELY GIVE himself to others. Through our Mentoring Program, we form each student to attain the utmost development of ALL ASPECTS: physical, mental, socio-emotional, and spiritual. We address the whole person helping each student attain the heights of ACADEMIC EXCELLENCE and a LIFE OF VIRTUE.

The primary tool of the mentoring program is the mentoring chats. At PAREF, the chats are key to the overall development of the students, where mentors partner with parents to talk about their child. Together, the parents and the mentor discuss goals and action plans which not only benefit their son, but the whole family as well. This is truly home-school collaboration in action. And this partnership is what makes a PAREF education effective and efficient.

#ForgingExcellenceFormingCharacter



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## PAREF'S Mentoring System: The Hallmark of Effective Parents-Teachers Partnership

*By Atty. Jun Lim | Grade 5 Dad*

Seven years. My wife, Anna, and I fervently prayed for seven years for God to grant us a child. We prayed a lot and did what needed to be done: treatments, medications, and a whole bunch of tests, the names of which I don't even recall! After a couple of miscarriages and a truly challenging pregnancy, God entrusted us with a healthy baby boy we now fondly call Nitoy.

With what we've been through, I became extra-choosy in anything that involves my son, the choice of school, most importantly. But PAREF Southridge had always been on the top of my list. And I have to thank my father-in-law, Mr. Nestor Reantaso, for convincing me to enroll Nitoy in Southridge. Mr. Reantaso, or "Papa," as he was lovingly called by his kids, is a member of the Opus Dei. It was also him who first introduced me to PAREF'S mentoring system.

Admittedly, my first impression of the system may not be as enthusiastic as the rest of my fellow Dads. I attribute this reaction mostly from my background growing up. For one, I am a product of co-ed schools and the only time I spoke with a teacher was when I was being summoned in the principal's or guidance counsellor's office for some naughty behavior. Also, sharing my thoughts with an adult apart from my parents wasn't that appealing to me. Besides, I had a fun time growing up and my best 'mentors' where my uncles and aunts, who, I later found out, were all spies for my mother!

My view of PAREF's mentoring system is encapsulated in three simple characterizations: validation, reinforcement and partnership.

### Validation

We had Nitoy when I was already thirty-seven years old. Becoming a father in my late thirties made me feel, "I am ready!" But my feeling of readiness is anchored on the fact that I have long been a "Tito" for my siblings' kids. I was there when those kids were growing up. I had the privilege of playing with them and, in some rare occasions, scolding them. Indeed, I am ready to be a Dad to a son of my own.

Together with Anna, teaching Nitoy the basics wasn't that difficult. I have always believed that kindness and patience will bring the best out of your son. Playing with him creates a bond that is inexplicably fulfilling as a father. Bringing him to our faith was a matter of course since Anna and I are (imperfect) practicing Catholics.

Nitoy has been under a number of mentors for years now. And these great mentors have, knowingly or not, validated my belief that simple "kindness" and "patience" are great tools in allowing your son to open up. In one of the discussions with Nitoy's mentor, I recall him saying that my Nitoy is a kind boy. Hearing this made my heart leap a little! I never consciously intended to influence Nitoy. All I knew was that kindness to others will go a long way.

Our chats with our son's mentors validated whatever little knowledge I have in raising a naughty little boy! It is not all the time that you'll have the chance to receive such affirmation. If only for this, I will forever be thankful for the system.

*(Continue reading on Page 02)*

(Continuation of Page 01)

### Reinforcement

Seeing Nitoy gradually mature, I have come to the realization that my meager knowledge in raising a son is insufficient. And this is where the mentoring system played an important role.

My son's close association with his classmates, badminton friends and other kids in the campus made me recognize the fact that I need the help of someone who knows, not just my son, but the rest of my son's friends as well. And who else would be better equipped to do this than his mentor!

Nitoy spends most part of his days in school doing school and sports activities. Despite these long hours of not being together, I feel blessed that a 'mentor' somehow watches over my son while I am away. In one of our sessions, one of Nitoy's mentors relayed to us that our son is slowly learning to open up with his friends. Personally, I am not aware that this is a matter that needs to be developed at an early age. But hearing this from his mentor made me consider the idea that I, too, might need some 'opening up!' After all, our sons mirror us as their supposed idols.

Reinforcement, for me, simply means an extra pair of eyes and ears who values the well-being of my son in much the same way as I do. Perhaps some of our mentors may not be aware of this, but we Dads are also beneficiaries of this wonderful system.

### Partnership

I view the PAREF's mentoring system as a partnership between parents and the school designed to closely monitor our children's character formation and well-being. Personally, however, I see the system as two sets of parents, that is, us being the "home parents," and the mentors as "school parents," both working together to ensure that our kids grow up to be men of uncompromising integrity.

Knowing that another "parent" watches over my son while he conducts his business in school gives me a great sense of relief. When my son experiences something that he finds difficult to discuss with me or his *Nanay*, he has his mentor to share these thoughts with. Admittedly, It could be a bit distressing at times which makes the free flow of discussion between us quite difficult.

In short, in those moments when my mental and emotional capacity as a father may be wanting, I am relieved to know that my son has his mentor to turn to. This is not to say, of course, that passing the responsibility to our mentors is one sure way of doing things. Rather, it is just a recognition of the fact that fathers, too, are just people susceptible to usual human imperfections.

Seeing my son achieve his personal development goals and receive academic awards are great testaments to the efficacy of the mentoring system. Watching him strive forward despite the usual challenges faced by any Grade 5 student is a strong indication that Anna and I made the right choice when we followed *Papa's* advice to enroll Nitoy in Southridge. With the mentoring system, I am confident that Nitoy will certainly, as we once say, FORGE AHEAD!

“Knowing that another parent watches over my son while he conducts his business in school gives me a great sense of relief.”

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# WHAT PARENTS LOVE ABOUT THE MENTORING PROGRAM

The mentoring program is one of the things that sets PAREF schools apart from other schools. It offers a lot of benefits for families who are serious about supporting their children effectively and improving their parenting skills as the children mature. For our son, he says it's like having a dad in school - someone he can go to, share stories with, and get advice from. For us parents, it's always nice to hear stories about how our son is in school and how we can help him improve. We value the experience and insights that our mentor shares. Our conversations go beyond academic excellence; they also involve character development and values formation, which we believe are the finer things that really matter. We always learn so many things and draw many resolutions after every chat.

**Dino & Nica Simbulan | Gr 2 Parents**

Having a second parent in the shape of a mentor, we appreciate how kind you our mentor is to the boys. Our mentor was aware that our son had a minor personality problem as a result of his silence and aloofness toward others. Thank you very much for constantly encouraging our son to face life and step out of his comfort zone. Thank you for enhancing his personality and behavior. Thank you for your appreciation for what our son can do. Thank you so much from the bottom of our hearts. We will treasure every knowledge you teach us.

**Cecil and Roger Duterte | Gr 12 Parents**

As a parent in this fast-paced and technology-influenced world, we are always concerned about our son's academics and character formation. We worry how he will learn to survive without us always beside him to tell him what to do. We thank PAREF's mentoring system for providing a support system through the mentor that ensures that we and our son are on the right path with our goals, both personal and academic. Having another adult guiding and listening to our son gives him more confidence and exposure to new ideas- a new perspective. The simple chats of our son with his mentor have a lasting influence on him. He views mentoring as a wonderful friendship that allows him to create little goals to make him a better student and person. He sees this as an avenue to be open and be himself. The relationship between mentor and mentee gives our son a better attitude towards school and friends as well. It taught him early on to have personal goals and apply them to his everyday life. With a good mentor, it gives us peace of mind that our son is guided well through virtues because there is nothing more important in today's world than to see your child thrive happily with patience, perseverance, love, a positive outlook, but above all, love for God.

**Paolo & Tina Tanjuatco | Gr 2 Parents**





# WHAT PARENTS LOVE ABOUT THE MENTORING PROGRAM

Our deciding factor in making our son attend Southridge is because of the mentorship program. Knowing that this school offers this kind of service speaks volumes on how they look out for the well-being of each student. Teachers stand as the most important guide in our children's academic life. Knowing that his mentor also looks after his values, really getting to know his innermost thoughts and the goals of my son gives us the confirmation that we placed our son in the right school.

We are firm believers that the home and the school do work hand in hand so it is truly a blessing that our son receives the gift of time and effort from his mentor, it just shows how much the school cares for their students as an individual. When I get to talk to my son's mentor, I really feel the genuine love and care in trying to really understand him, to commend the positives and to help us guide each other in rearing him to be the best person he can be. We definitely need this at the most critical phase of their lives when we are building valuable lessons for these children, not just mentally but to be emotionally strong individuals as well. For all of these we are truly grateful for you, mentors, your care is above and beyond.

**Stephen & Kristie Lacson | Gr 2 Parents**

The mentoring program of Southridge is a gift to the students because it helps them become Men of Integrity. We are truly grateful to this program because the one-on-one mentoring guides the students to embody the virtues of the month. We saw how our happy-go-lucky sons became student leaders and excelled academically. We want to thank our mentor for mentoring our sons for the past 5 years. The mentor of my sons is truly an instrument to how our sons are transformed into the fine gentlemen that they are now.

**April and Ailee Dionela | Gr 12 Parents**

The Mentoring System in PAREF Southridge School is an experience both my husband and I will treasure the most, especially when we were asked what is one of the greatest moments we have in Southridge. Joining the school 5 years ago where my son entered as a Grade 7 student, we realized that having a mentor formed not only our son but also us as parents holistically. And personally, PAREF Southridge helped us strengthen the foundation of our family, and we can proudly say that we have a support system that was able to make the "Home-School Collaboration" come to life. To be able to have a mentor, and be able to successfully coordinate and collaborate with the Teacher-Mentors in building our family, and my child, is the greatest thing that the mentoring system offered. This is something we would always be thankful for.

**Jet and Rose Taopo | Gr 11 Parents**



# WHAT PARENTS LOVE ABOUT THE MENTORING PROGRAM

The mentoring program has always been my favorite throughout our Southridge journey; not only did it give me peace of mind that I have a partner in molding and supporting my boys from prep until grade 12, but my sons considered them their PAREF fathers/brothers. It is no secret that our family has evolved and gone through the wringer (to be candid) over the past 5 years, and I wouldn't have survived it without the guidance my boys got from their mentor during the pandemic years. Though my sons were no longer Southridge students then, their former mentor went out of his way to be there for both of them. I will be forever grateful to my son's mentors. The mentoring program goes beyond who is assigned to each son - all teachers have gone beyond the call of duty and have embraced each mentee as if they were their own child. I will miss this with my sons going into college, but I will take all the learnings and keep all the chats close to my heart.

**Tania Creighton | Gr 12 Parent**

In 2019, our son started his first grade in PAREF Southridge. We are first-time PAREF parents so that year was really about navigating through the system, both for him and for us.

That same year of getting used to the framework of a big school and the PAREF model, we were also introduced to the Mentoring Program. What stood out in this program is not just the mentoring approach on the students, but also how the parents are fully engaged in the process. Chats happen separately - with the students first, then with the parents. The discussions are not limited to the academics, but now focused more on "what home-school life is about". These chats are candid yet structured, so the conversations are fluid and natural.

At first, we felt that we were going through the motions because we needed to complete a checklist every year - but as years go by, now that our Son is already in Grade 5, we get to appreciate the mentoring program as coming full circle in the entire PAREF education system. Our relationship with our Son's mentor is more personal rather than transactional because we TALK about our son. The mentoring conversations strengthen the values and the school's thrust and continue to reinforce the tight home-school collaboration.

Mentors help parents understand the "going-ons" of their sons in school, and those feedback help parents establish continuity and consistency at home. We are firm believers that mentoring is essential and critical in the character formation of a Southridge student. We encourage all students and parents to take advantage of this opportunity that not all schools offer. Consider each mentoring session as planting the seed of our ultimate and deliberate attempt to raising a successful, God-fearing, and values-oriented adult.

**Ice and Mich Madlansacay | Gr 5 Parents**







# WHAT PARENTS LOVE ABOUT THE MENTORING PROGRAM

As parents, we have the responsibility to be the first role models of our children. They are keen observers and what we do lay the foundation of the values we wish to instill. But leading by example may not be enough as we also need to be good mentors to foster our children's growth and nurture their potential.

Having mentors in school helps with this development which is why we are very happy with the mentoring program of Southridge. We can see how the assigned teacher mentors have helped with the growth of our son by providing a supportive environment where our son could share anything, including his own triumphs and challenges. Through active listening, patience and empathy, the Southridge mentors offer support and guidance without judgment. These mentors also help nurture the interests of our children and broaden their perspective with their insights and experiences. Given that the mentors provide feedback to the parents, there is better alignment between the school and home in terms of the guidance given to our son.

We understand that our journey as mentors is one of constant evolution as we guide our children through life. We draw comfort that Southridge has mentors who can help us with this. If done effectively, we know that not only are we equipping our children with the right values and knowledge to chart their own course, we also enrich our own lives immeasurably.

**Joey Monique & Iago Garcia | Gr 6 Parents**

As parents, we've found immense value in the mentoring program of Southridge. We find the program an effective venue to collaborate with the school to nurture our son's character and development. Knowing that we can easily reach out to his mentor whenever concerns arise gives us a sense of security. Equally important is the regular feedback we receive from his mentor about the progress of their mentoring chats throughout the school year. These updates keep us informed about his achievements, challenges, and areas for growth. It's reassuring to know that we're actively involved in his values formation and educational journey.

The mentors not only serve as educators but also as role models, imparting essential life skills and ethical values to our son. It's heartening to see how the mentoring program fosters not only academic growth but also emotional intelligence and resilience. We are genuinely happy with the mentoring program and look forward to a fruitful collaboration in the coming years.

**Mark and Kristine Gomez | Gr 5 Parents**





# WHAT PARENTS LOVE ABOUT THE MENTORING PROGRAM

Mentorship is a symbiotic relationship that transcends mere guidance; it embodies the transfer of knowledge, experience, and values. I vividly remember looking forward to chats with my mentor from grade school all the way to highschool. In grade school it was fun to be able to skip class for my mentor chat. My mentor would ask me about my grades, teachers, classmates, and my prayer life. She would encourage me to be diligent in school, at home, and in my prayer life. As I progressed in school I looked forward to my much needed mentor chat to discuss issues I had with family and friends. She would offer advice on how to handle my problems based on the teachings of the faith and St Josemaria Escriva. Unknown to me at that time my mentor was planting the seeds of how I would view family, friends, faith, and formation.

Fast forward some 20 years later, I am now a Paref parent. My view on mentorship has stayed the same since it plays a crucial role in the educational journey of students, offering support and encouragement as they navigate the complexities of academia and personal development. As a parent I put a premium on the mentorship program as it allows for another set of eyes and ears to closely monitor the development of our sons. The collaboration between parents, sons, and mentors provide a platform for nurturing talents, building confidence, and fostering holistic growth.

Mentorship in PAREF schools serve as a powerful cornerstone for developing empowered young men and women who are able to navigate the complexities of life with faith, confidence, and resilience.

Cj, Mia and Mateo Sarino | Gr 6 Parents





# PINOY EDUCHILD TESTIMONIALS

A good parent can be defined as a loving person, a provider raises a child with tender love and care.

'Pero hindi po pala basta ganoon lang', ang great impact na natutunan naming mag-asawa sa Educhild Program ay iyong.. "being a good and effective Parents.. you must be involved".

Maging sangkot o kasangkot ka sa mga activities regardless of Child's stage. Participation sa eskwela, kaibigan, society at lalo na sa loob ng tahanan. Maraming mga techniques and strategies ang naituro sa amin ng Educhild para ma engage sa mga anak o sa buong pamilya katulad ng;

**Good Communication** – ang komunikasyon ang nagbibigay daan para sa mas matatag na samahan at nagbubukas ng pagitiwala sa bawat miyembro ng pamilya.

**Problem solving** – identifying the Key Facts. Alamin at kilalanin muna ang totoong pangyayari o nangyari. Malaki ang naitutulong nito upang maiwasan ang anumang argumento.

**"I messages"** – isa din itong technique para maipahiwatig mo ang iyong concern o nararamdaman ng hindi nakakasakit o hindi nakakapang-sisi ng iba.

GLENN: "Honestly po, Malaki ang naitulong sa amin ng programang Educhild, na-iaaply namin ito sa aming everyday life, bukod sa aming mga anak, naging mas matatag at consistently harmonious ang samahan naming mag asawa."

"naniniwala po ako na.. kung gusto mo pero nahihirapan kang baguhin ang ugali ng mga taong nasa paligid mo, subukan mo munang baguhin ang sarili mo... baka ikaw ang may mali".

DHOLOR: "Sa tulong po ng Educhild, with LORD's guidance mas nagagampanan ko ng maayos ang pag-aalaga sa aking pamilya, dahil nabigyan ko ng kani-kanilang task o household chores ang aking tatlong anak at ang aking asawa, mas naging malimit ang panahon na stress-free at masayang family bonding. Mahalaga talaga ang open communication sa bawat isa".

"maraming-marami pong salamat sa lahat ng bumubuo ng Educhild Program at mai-recommend po namin ito at willing na mai-share sa ibang pamilya lalo na sa mga bagong bumubuo ng tahanan. Thank you and God bless".

**Glenn and Dolor Noble | Gr 7AS Parents**

We would highly recommend Pinoy EduChild. We attended other parenting seminars before this, but we still searched for effective parenting strategies. Pinoy EduChild helped us in more ways than we knew. A lot of information was made available, but over the years, we have found ourselves recalling some of the techniques and using them to find positive outcomes. The weekly strategies we learned have transformed our relationships with our children and even improved our dynamic as parents during times of stress and uncertainty.

**Savellano Family | Gr 7AS Parents**

Ang pag-aaral sa Educhild ay nagdadagdag ng kaalaman at pag-asa bilang isang ina. Sa bawat aral na natutunan, lumalalim ang pagmamahal at pang-unawa sa aking anak. Ito'y nagbibigay sa akin ng lakas ng loob at tiwala bilang magulang. Lubos akong nagpapasalamat sa pagkakataon na patuloy na mag-improve para sa aking anak. Ang pag aaral na ito ay hindi lamang tungkol sa kanilang pag-unlad, kundi pati na rin sa pag-unlad ko bilang magulang. Sa bawat hakbang, natututunan kong maging mas mabuting ina at gabay sa kanilang buhay.

**Leny Tarroza | Gr 7 AS Parents**



# PINOY EDUCHILD TESTIMONIALS

When we were enrolling our younger son for Grade 7 AS, we got excited as soon as we learned that an Educhild Program will be a part of the Parents' formation. It was essentially what we were yearning for when we returned to PAREF Southridge - it was during the pandemic when we transferred our elder son, who is now at Grade 9 AS. Educhild is not new to us because back in November 2015, we were able to complete the New Parents Education Program (NPEP) when our Son was in Grade 1. Fast forward to Pinoy Educhild this year, the approach was relatable to our current setup that deals with adolescents in a typical Filipino family. The key takeaway from all the cases studied is the importance of harmonious communication among the members in the family. We learned that it is necessary for us parents to be very patient and contemplative in dealing with our children's behaviors as they develop and reach full maturity. From the group discussions, we also learned and shared some experiences, ideas & tips that may equip us in our parenting journey. The program served as an avenue for us to underline the virtues and faith that empower us in molding our children. Thank you PAREF Southridge and Educhild for this meaningful program.

**Jet & Mitz Calub | Gr 7AS Parents**

Attending the Pinoy EduChild Course was a great opportunity for us parents. The case studies presented like Freedom and Responsibility, Sexuality and Sex Education and Communication in the Family were very relevant to real - life situations of today's generation. The program gears to Educate the Children through various meaningful engagements with other parents. We are truly lucky that the PAREF Southridge School had launched this program to help us enhance our ways of raising our sons. We shared discussions how to handle problems related to the topics in a positive way. These collective ideas bring awareness to guide our youth in the right track to achieve their dreams in life. Together with constant prayer, this will definitely give us wide perspective in raising our son.

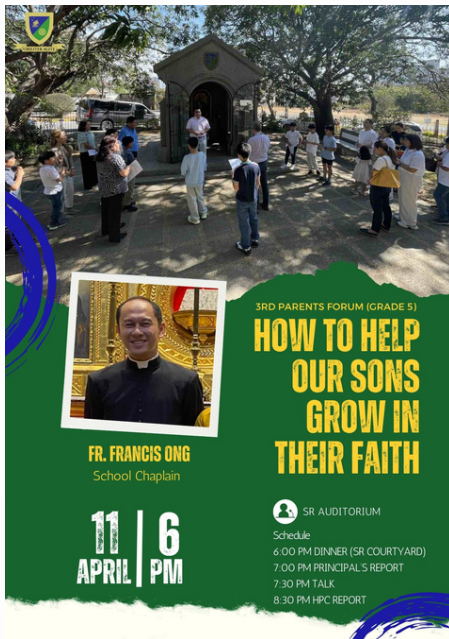
We would like to express our heartfelt gratitude to the people behind the Pinoy EduChild Course in partnership with PAREF Southridge School. Thank you for your sincere dedication , sharing your valuable time and personal experiences, and especially your remarkable commitment in spreading good deeds to make a difference in helping us. You are highly appreciated hundredfold.

**Ramirez Family | Gr 7AS Parents**





# UPCOMING EVENTS



**5RD PARENTS FORUM (GRADE 5)**  
**HOW TO HELP OUR SONS GROW IN THEIR FAITH**  
**FR. FRANCIS ONG**  
 School Chaplain  
**11 | 6**  
**APRIL | PM**  
 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**  
**2ND PARENTS FORUM (GRADE 1)**  
**HOW TO FOSTER THE LOVE FOR READING OF YOUR SONS**  
**12 APRIL 2024**  
 Friday  
*Speaker*  
**TEACHER VIC VILLANUEVA**  
DEPUTY HEAD OF SCHOOL, THE BEACON ACADEMY,  
 PRESIDENT OF THE COUNCIL OF READING INTERVENTION SPECIALISTS,  
 AND DIRECTOR OF THE CENTER FOR READING ASSESSMENT  
 AND INTERVENTION SPECIALISTS  
 5:30 pm Registration  
 6:00 pm Dinner (Basement Cafeteria)  
 7:00 pm Principal's Report  
 7:15 pm Talk (SR Auditorium)  
 8:15 pm HPC Report



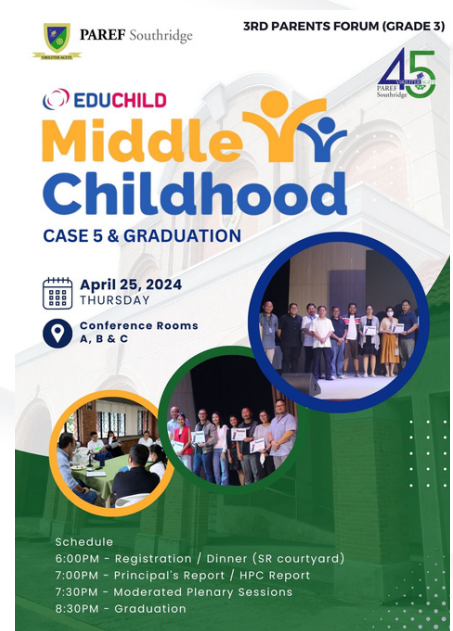
**PAREF Southridge**  
**2nd Parents Forum (Grade 12)**  
**PREPARING YOUR SON'S CHARACTER AND SOUL FOR COLLEGE LIFE**  
**APRIL 17, 2024**  
 SR AUDITORIUM  
 Schedule  
 6:00 PM - DINNER (SR courtyard)  
 7:00 PM - PRINCIPAL'S REPORT  
 7:30 PM - TALK  
 8:30 PM - HPC REPORT  
**FR. RAFFY QUINTO**  
 Assistant School Chaplain  
**FERNANDO A. CRUZ**  
 Executive Director



**3RD PARENTS FORUM (GRADE 6)**  
**OVERVIEW OF THE PARENTING TEENS COURSE**  
**18 APRIL**  
**THURSDAY**  
 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**  
**2ND PARENTS FORUM (GRADE 11)**  
**GROWING UP IN A FAST-PACED WORLD: PREPARING FOR COLLEGE**  
**24 APRIL**  
**WEDNESDAY**  
 SR AUDITORIUM  
 Schedule  
 6:00 PM - DINNER  
 7:00 PM - PRINCIPAL'S REPORT  
 7:30 PM - TALK  
 8:30 PM - HPC REPORT  
*Speaker*  
**FRANCIS ANDRO A. LEE, RGC**  
 Guidance Department Head



**PAREF Southridge**  
**3RD PARENTS FORUM (GRADE 3)**  
**EDUCHILD Middle Childhood**  
**CASE 5 & GRADUATION**  
**April 25, 2024**  
**THURSDAY**  
 Conference Rooms A, B & C  
 Schedule  
 8:00PM - Registration / Dinner (SR courtyard)  
 7:00PM - Principal's Report / HPC Report  
 7:30PM - Moderated Plenary Sessions  
 8:30PM - Graduation



# UPCOMING EVENTS

The image is a promotional graphic for an upcoming event. It features a central teal-colored box with white text and logos. The text reads "Parents as Lifelong Learners" in a large, white, cursive font. Below this, it says "Thanksgiving Dinner for Parent Coordinators" in a bold, white, sans-serif font. The date and time are listed as "May 17, 2024 | 6:00pm at Southridge Courtyard". The logos for PAREF Southridge and its 45th anniversary are also present. Surrounding the central box are several polaroid-style photographs of people at a dinner event, including a man speaking at a microphone, a group receiving a certificate, and various people smiling and talking.

**PAREF**  
Southridge

**45**  
VIRILITER AGITE  
PAREF Southridge



*Parents as Lifelong Learners*

**Thanksgiving Dinner  
for Parent Coordinators**

.....  
May 17, 2024 | 6:00pm  
at Southridge Courtyard



# APRIL 2024 CALENDAR OF ACTIVITIES

	<b>PAREF</b> Southridge	
<b>APRIL</b>		
<b>Calendar of Activities</b>		
<b>School Year 2023 – 2024</b>		
2	Tuesday	Student Assemblies
3	Wednesday	Club Day/ Vivens Homo/Department Meetings
5	Friday	First Friday Vigil
		SAPIRO: Club Culminating Program
7	Sunday	Recollection for Men (English)
8 - 12	Mon-Fri	<b>Grade 11 Mid Sem 2 Period 2 Exams</b>
9	Tuesday	<b>Araw ng Kagitingan (Regular Holiday)</b>
10	Wednesday	<b>Eid al Fitr (Public Holiday)</b>
11	Thursday	Grade 5 Third Parents Forum
12	Friday	Grade 1 Third Parents Forum
13	Saturday	Confirmation Ceremony
15 - 19	Mon-Fri	Completion Days (Grades 6 & 10)
17	Wednesday	Faculty Development Session
		Grade 12 Second Parents Forum
18	Thursday	Grade 6 Third Parents Forum
19	Friday	Thank You, Mentors! Day
22 - 26	Mon - Fri	<b>Gr 6, 10 &amp; 12 Final Exams</b>
		Start of Gr. 12 Research 3 Defense
24	Wednesday	Faculty Meetings/S.E.A.L.
		Grade 11 Second Parents Forum
25	Thursday	Grade 3 Third Parents Forum
		Middle Childhood Course 5 & Graduation
28	Sunday	Recollection for Men (Filipino)
29 - 3 May	Mon - Fri	Completion Days (Undergrad)
		Continuation of Grade 12 Research Defense
30	Tuesday	English & Math Achievement Tests for Grades 1 to 5

# APRIL 2024

## VIRTUE OF THE MONTH

April  
Virtue of the Month  
**GRATITUDE**

### Advice to Parents

#### Here are 10 Tips for Raising Grateful Kids:

- Set an example. Show them what it means to be grateful by offering a genuine “thank you!” to a helpful neighbor or someone who holds the door open for you.
- Point out generosity. Call attention to it when people do things that go beyond what’s expected.
- Have a talk. It can help to have a talk about how showing appreciation makes other people feel.
- Find fun ways to say thanks. If they are not comfortable expressing their appreciation, find different ways for them to do so.
- Share the love. Encourage kids to think of people who help them and say thanks with cookies or cupcakes.
- Put things in perspective. Talk to your kids about those who are less fortunate.
- Let kids choose. Encourage kids to turn their interests into action.
- Get involved. Make giving back a family affair. Find places where you can volunteer together or let your child choose a charity to donate to.
- Make gratitude part of bedtime. As your child goes to bed, ask them to tell you three things they are grateful for.
- Give kids credit. Be mindful of the fact that your child may have their own way of expressing gratitude, even if it doesn’t fit your expectations.



Read more from: <https://childmind.org/article/10-tips-raising-grateful-kids/>