



PAREF Southridge

PARENTS FIRST

Monthly Bulletin for Parents of Southridge School

| May 2025 Issue



Photo from Ramon and Vina Rodriguez (page 07)

SUMMER TIME IS FAMILY TIME.

Summer is open to a seemingly endless supply of time that can be filled with activities you can do with your children. If your children are close to becoming teens, summer is a prime time to connect and continue to solidify your bonds before they become teenagers and start to do more things outside of the family unit.

Have a Family Meeting. Sitting down with the family to plan out activities allows each member to be heard. It allows all your children to be a part in the decisions and to understand everything that goes into fitting all of our schedules and wants into one cohesive family plan.

Help your son make the most of summer by balancing productivity and fun! But make sure to promote responsibility with light chores or even encouraging a summer job. Be sure to observe healthy habits like proper sleep, nutrition, and limited screen time during vacation.

Most importantly, leave room for relaxation and family bonding to create a well-rounded, fulfilling break. Let's make this summer both enriching and enjoyable!

(Partly from raisingfamilies.org)



The Great Summer Game Plan: GarciaFamleh-Style!

BY: ARIANE GARCIA
Southridge Mom



The best summer days often come from the simplest things.

Summer in our family isn't just about lounging around (though trust us—we'll never say no to a good lazy day!). It's our favorite time to hit pause, reconnect, and dive into adventures—whether that's a road trip, a tennis clinic, a cooking class, or a good old-fashioned movie night.

Before the school year ends, we kick things off with what we fondly call our “Summer Planning”—a family brainstorming session where everyone gets a say. Trips, camps, workshops, personal goals, even food stops—everything's on the table! It's part planning, part dreaming, and 100% teamwork.

We love letting the kids take the lead on the things they're excited about—especially when we travel. Diego, our ever-enthusiastic 9-year-old, proudly takes charge of picking our hotels (he's got surprisingly good taste!) and researching the most thrilling theme parks and roller coasters. Alessandro, our 7th-grade tennis champ, is on a personal mission to find the best pizza in every city we visit—because, priorities. I map out the fun stops like museums, beaches, and hidden gems, while Raph handles the flights and logistics like the travel ninja he is.

This year, we're staying local—and we're so pumped! First stop: Cebu, for sun, sea, and plenty of lechon. Then off to Bicol, my hometown, to immerse the boys in our roots, spicy dishes, and family stories that connect generations.

But summer doesn't always mean planes and passports. We make sure the boys get a healthy mix of meaningful activities—ones that fuel their passions and spark new interests. Alessandro is still all in on tennis, but also wants to explore golf, basketball, and continue coding. Diego, our little footballer with a big voice, is game for singing lessons, golf, and more tennis. This year, both boys are also excited to try something new together: jiu jitsu, boxing, and learning a musical instrument—something fresh, fun, and a little bit out of their comfort zones.

And here's the secret: the best summer days often come from the simplest things. A game of football at the park, pool playdates, or just tagging along with Raph at the coffee shop to “help” (sneak treats and charm the customers).

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At home, we sneak in a few life lessons—budgeting, cooking, cleaning—the everyday skills that build confidence, independence, and responsibility. It's all part of preparing them for the real world.

Tips for Planning a Productive & Fun Family Summer:

1. Start with a family meeting – Let everyone contribute their ideas.
2. Play to your kids' interests – Choose camps or classes they're genuinely excited about.
3. Balance structure and spontaneity – A little routine goes a long way, but leave space for surprises.
4. Set a budget (and stick to it!) – Involve the kids in finding deals—it's a fun way to teach money smarts.
5. Try something new – Step out of comfort zones and into growth.
6. Make time for rest – Slow days are sacred and still oh-so-productive.

In the end, a productive summer doesn't mean scheduling every hour. For us, it's about finding that sweet spot between rest, discovery, growth, and laughter—always together, and always filled with love. Whether we're exploring new cities, learning new skills, or just cooking at home, the goal remains the same: to grow together, laugh louder, and create memories that will linger long after the summer tans fade.

Here's to a sunshine-filled season of learning, love, and just the right amount of chaos—the GarciaFamleh way!





Academic Boost: Preparing for the Final Stretch and Nurturing a Growth Mindset

BY: RAYMUND ANDREW & DUSADEE TONGSON
Grade 5 Parents



*Academic success is
built on consistent
effort, learning from
mistakes, and
embracing challenges
—whether in the
classroom or on the
football field.*

As parents, watching our son Vinci grow academically has been both exciting and challenging. With trimestral exams approaching, we have learned that success is about more than just studying—it's about guiding Vinci through the learning process while maintaining balance in his life. We have found that balancing academics with sports is essential for his overall well-being. In doing so, I would like to share the strategies that have worked for us in helping Vinci navigate the final stretch of the school year.

By nurturing a growth mindset and balancing study time with regular football practice, we have witnessed how this approach fosters Vinci's academic progress, personal development, and overall well-being.

1. Preparing for the Final Stretch: Our Approach to Exam Preparation

•Creating a Balanced Study Schedule

We've established a flexible study schedule that breaks Vinci's study time into manageable blocks of 45 minutes to 1 hour, followed by regular breaks. Here is an example of his weekly plan:

- Monday: Math
- Tuesday: Science
- Wednesday: Social Studies
- Thursday: English and Filipino
- Friday: Religion

This structure helps Vinci stay focused without feeling overwhelmed, allowing him to absorb information effectively while maintaining energy levels.

•Setting Specific Goals

Pim often emphasizes the importance of setting clear, achievable goals for each study session—whether it is “Complete 10 math problems” or “Summarize this science topic.” This keeps Vinci engaged and focused. This provides him direction and gives him a sense of accomplishment after each study block.

•Consistence in Review

Vinci revisits material weekly to reinforce what he has learned. We have also set up review sessions right before exams to refresh his memory and identify any weak areas that need additional focus.

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•Taking Care of Health

We make sure that Vinci gets 8-9 hours of sleep each night, eat balanced meals, and stay active with regular exercise and football practice. These habits help him stay energized and mentally sharp, preparing him for both academic challenges and extracurricular activities.

2. Study Tips for Upcoming Trimestral Exams

•Active Learning

We believe Vinci learns best when he actively engages with the material. We encourage him to summarize what he has learned, explain concepts aloud, and use mind maps or diagrams to visualize information. This active approach keeps him engaged and aids his long-term retention.

•Practice with Past Papers

Vinci practices using past exam papers under timed conditions. This helps him to become familiar with the exam format, manage his time effectively, and build confidence in his ability to perform under pressure.

•Fostering Independent Study with Support

We encourage Vinci to take ownership of his learning by engaging in independent study. However, we are always available for guidance if he has questions or needs assistance, ensuring he doesn't feel isolated when facing challenges.

•Incorporating Breaks

Study breaks are essential to maintain focus. Vinci takes 10-15 - minute breaks every hour of study to stay refreshed and avoid mental fatigue. These breaks allow him to recharge and return to his work with renewed focus.

3. Encouraging a Growth Mindset

•Embrace Challenges

We encourage Vinci to see challenges both in academics and sport as opportunities to grow. Whether it is mastering a new football technique or solving a difficult math problem, we remind him that making mistakes is a natural part of the learning process and not something to fear.

•Celebrate Effort Over Perfection

Pim and I emphasize that success comes from persistence and effort, not perfection. Vinci has learned that progress in both the classroom and on the football field is built on consistent effort, not flawless execution.

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•Positive Self-Talk

We teach Vinci to use positive self-talk like, “I will exert my best efforts and keep improving,” whether he is facing a tough exam or a challenging moment during football practice. This mindset helps him approach challenges with confidence and resilience.

•Learning from Mistakes

We view mistakes as invaluable learning opportunities. Whether it is a missed football shot or an incorrect test answer, we take time to review what went wrong, discuss what Vinci can learn from the experience, and plan how he can approach similar challenges differently in the future.

•Encouraging Independence

We encourage Vinci to set his own academic and football goals, empowering him to take ownership of his growth. This builds responsibility and confidence, while teaching him to rely on his efforts for success. If he faces difficulties, however, he knows he can always come to us for support and guidance.

4. Taking Care of Health and Managing Distractions

To make sure that Vinci stays focused and maintains a healthy balance between study and relaxation, we have set clear guidelines for gadget use. During weekdays, gadgets are allowed only for school-related activities, such as research or educational apps. On weekends, Vinci is designated free time to enjoy his gadgets. This structure helps him avoid distractions during study hours while still giving him time to unwind and recharge. By maintaining this balance, we support Vinci’s management of screen time making sure it doesn’t interfere with his academic success and overall well-being.

Conclusion: Success Is a Journey, Not a Destination

The final stretch of the school year are often both exciting and stressful. However, by adopting a balanced approach to studying, cultivating healthy habits, and maintaining a growth mindset, Vinci (and all Grade 5 students) can approach the upcoming exams with confidence. Academic success is built on consistent effort, learning from mistakes, and embracing challenges—whether in the classroom or on the football field. Vinci’s experiences on the football field have taught him the importance of practice, hardwork, and perseverance, which are lessons that apply directly to his studies. With a positive attitude, focused mindset, and the lessons he is learned from his athletic journey, Vinci is well-equipped not only to excel in his exams but to continue growing as an athlete and a lifelong learner.



How We Plan Our Summers as Two Working Parents

BY: RAMON AND VINA RODRIGUEZ
Grade 2 and 5 Parents



A quiet house is a rare gift when you're raising kids, and those stretches give us the space to rest, reconnect, or just catch up on life.

Planning ahead is the key to making the most of summer without losing your mind—or your budget. As two full-time working parents, we've learned that summer doesn't just "happen"—it has to be shaped. And over the past few years, we've figured out a rhythm that keeps our kids happy, engaged, and balanced, without burning us out in the process.

It's not about packing the calendar. It's about building a summer together that works for all of us.

Step One: Building the Plan as a Family

Each year, before summer hits, we sit down with our kids and make a simple list. On one side, they write down all the new things they want to try that summer—like robotics, guitar, piano, drawing or just having more time to play. On the other side, we add the activities we believe would be good for them—like football to build sociability and teamwork, or a combat sport to develop character and resilience.

That list becomes our jumping-off point. It helps us create a well-balanced mix: activities they're excited to explore, and others we feel will help them grow into more well-rounded, holistic individuals.

A great example of that is when we enrolled our eldest son in football at just three years old. At the time, he was painfully shy—even around his classmates—and would cry if a stranger so much as looked at him. Hoping he might learn to be more sociable, we signed him up for ten lessons. He spent the first six crying on the sidelines, and I honestly thought it was a complete waste of money.

But on the seventh lesson, something shifted. He stopped crying, joined the game, and hasn't looked back since. Today, he loves the sport and has made good friends on two different teams. It's one of those moments that reminds us why we build the summer together—because growth doesn't always come easy, but it's incredible when it arrives.

Step Two: Prioritizing Downtime

One of the biggest lessons we've learned is not to overschedule. Sometimes, we're tempted to fill every slot with something productive—especially when we see other parents on Instagram juggling five camps and two enrichment programs.

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This is especially important for our youngest son. Unlike his kuya, who's naturally more reserved, he's bursting with energy and usually has ten different ideas he wants to try — all at once. Summer is the perfect season for that kind of exploring, and he typically gets into a mix of sports, arts, and music. This year, he's already been asking us about dance lessons.

We try to make space for those spontaneous interests. Some stick, some don't — and that's okay. The point is to stay open, listen, and adjust as we go.

Final Thought: It's About Balance, Not Perfection

After a few summers of trial and error, we've realized that the best plans are the ones that leave room for both structure and spontaneity. That mix of scheduled activities, meaningful downtime, and quality time with extended family has made each summer feel full — but not frantic.

When the boys spend a few days with their cousins or grandparents, they come back refreshed, more confident, and filled with stories. And we get a breather as parents — space to recharge, regroup, or just sit in a quiet house for a moment. It's a win all around.

So if you're heading into summer wondering how to make it all work, here's what we'd say: you don't need to do everything. You just need a plan that includes your kids, respects everyone's limits, and leaves space for connection.

We've learned the best summers aren't built from packed calendars. They're made from shared decisions, simple joys, and a little breathing room for everyone.

But we've seen firsthand how essential it is to carve out white space in the day.

For example, we always keep at least a day or two in the week completely free. The boys get to decide how they want to spend that time — and more often than not, it turns into biking or spontaneous swimming sessions with other kids in the neighborhood. That kind of unstructured play has been just as valuable as any class or camp.

We also make time for extended family. Every summer, we send the boys to stay for a few days (or even a week) with grandparents or cousins — on both sides of the family. It gives them a chance to bond in ways the school year just doesn't allow. They come back with stories, inside jokes, memes, and a little more independence.

And for us as parents? That time is golden. A quiet house is a rare gift when you're raising kids, and those stretches give us the space to rest, reconnect, or just catch up on life.

Downtime isn't lazy. It's necessary — for them and for us.

Step Three: Staying Flexible and Talking It Out

No matter how well we plan, summer always throws us a few surprises. Maybe an activity doesn't click, or it ends up being too overwhelming. That's why we treat our summer plan more like a living document than a rigid schedule.

We check in with the kids regularly:

- What's working?
- What's not?
- Do we need to switch things up?



Rethinking a “Productive” Family Summertime

BY: LANCE & ISHA CAPULONG
Grade 1 Parents



*He advised adults
to “get out of the way”
and allow children to
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sports on their own
terms.*

Summer has come - with the piercing sun rays and the inevitable end of the school year. Rushed school drop-offs/ pick-ups and going through the advisory or diary will come to a halt for a little while which leads us to the bigger question, how are we going to fill our kids' time without losing our minds?

Before we take out our planners, check out the bulletins of nearby kid-centric spaces and Facebook forums to create a list of summer classes and activities to bombard them with, we can first rethink what a ‘successful’ summer would look like. What do we want to achieve during this summer break? Is it merely to fill in their and our time? Any of these goals are well and good or maybe as you read these words you’re already reflecting on the kind of summer you want your kids to have. Allow me to suggest another way of looking at the summertime.

Productivity

It’s extremely tempting to have productivity as the one and only goal but there is a productivity that goes beyond academics or busy schedules - think joy, core memories apart from the very effective out of town trips, or simply learning through play that we do when we are at home with them. Summer is our gift to our kids and ourselves as parents to set family-centered goals. Maybe it’s time to have more shared meals other than Sunday lunch. There’s an option to learn new things together like a game, a sport or getting creative with paint and other materials. You could also experience something new together like taking public transportation from one part of town to the other, going to the wet market and discovering the different kinds of fish and meat cuts. There’s an unexplored world of learning beyond school that can be tapped during this time and its these activities that leave a mark on our kids when they learn more and keep the knowledge locked in with the memories.

If you have dreams for your kids to be the next tennis or football star, we can take a cue from the late Kobe Bryant who highlighted the role of parents and coaches in how we can nurture a child’s passion for sports. He advised adults to “get out of the way” and allow children to explore and enjoy sports on their own terms. This summer will allow us parents to observe and listen rather than direct every move.

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We can guide children more effectively this way which will allow them to have a deeper connection to the sport and create a self-directed discipline in them where they would want to practice on their own and excel as they learn the sport more. This advice can be applied to the arts too!

Start with a simple plan

It's important to create a basic structure or rhythm (not a rigid schedule). Much like how we get ready for any day, the rhythm of getting ready and having breakfast is still present. A simple basic structure can be attached to the day of the week. Some examples are "Adventure Mondays" "Creative Tuesdays" "Quiet Fridays" etc.

It's best to encourage their involvement in the planning process to build excitement and cooperation. One of my goals with my eldest is for her to learn how to cook. Since it's a daily task for me, I'll slowly include her in the process of cooking like teaching her how to saute, studying the art of boiling an egg and simply chopping up vegetables safely.

When you start to scratch your head because they're bouncing off the walls out of boredom, create challenges for them. Have a set of ready challenges: If they love crafts, have a box full of masking tape, a pair of scissors, cardboard boxes from deliveries and they're good to go. I have some activity boxes we received from birthdays or Christmas tucked inside my storage area and I take them out one by one and yell "It's challenge time!" with all the excitement I can muster up. Then again, it's alright for them to get bored without doing anything because it fosters creativity, self-direction, and even resiliency.

Summer is the perfect time to encourage them to journal, storytell or draw to reflect on their days. This is the time to embrace the slow days without trying to catch a deadline. Since days become slower, the parent-child bond can be cultivated with real conversations enveloped in daily walks, bedtime chats and one-on-one outings. Let's remember to be present - even 20 minutes of focused attention goes a long way. Most of all, it's important to model the kind of unplugged, intentional presence we hope our children will adopt. This can particularly be difficult when we're arriving from a long day at work. That's the ultimate challenge for us, as parents. Instead of seeing them as the added-on stress, we need to take deep breathes and see them as the eager little humans who have a world in them that wants us to get to know.

We can also show them what our Faith looks like outside of school and Sundays. We can show the different areas of our church, introduce them to the local priest/ pastor, attend an added weekday service or mass with them and sprinkle conversations with faith stories because what can be more meaningful this summer than by nurturing their hearts with a love for God.

These are just a few ways to plan a family-centered and productive summer for yourself and for your kids. Time with our kids is our most valued and yet often underrated commodity and resource. Choosing the connection with our kids over the convenience of bundled up activities will make for a summer season our kids will always remember. Let's create family traditions for this summer where when our kids get older will fondly look back on and say "every summer... i remember being with mom/dad and we would..."



A Grateful Journey of Service & Camaraderie: Reflections from the Head Parent Coordinators of Batch 2029

BY: PAOLO AND TRINA YUPANGCO
Grade 8 HPC of SR Batch 2029



But what carried us through was the commitment we all shared—for our children, for one another, and for the greater good of our community.

When we first stepped into this role eight years ago, we had little idea of the journey that lay ahead. What began as a simple desire to help has evolved into one of the most enriching and humbling experiences of our lives. Along the way, we've grown through the ups and downs, and have seen firsthand the power of unity, understanding, and shared purpose.

The journey has not been without its challenges. From managing differing opinions to navigating unexpected concerns, there were moments that tested our patience and resolve. But what carried us through was the commitment we all shared—for our children, for one another, and for the greater good of our community. We learned that differences can be healthy when met with respect and maturity. Even during moments of tension, we pushed forward, always choosing collaboration over conflict.

We've been blessed to work alongside an incredible team of parent coordinators. They are the true definition of team players—dedicated, respectful, and dependable. They never allowed personal differences to derail the work. Instead, they stayed the course, kept communication open, and finished every task with integrity and grace. There was no space for gossip or negativity—only a shared determination to serve our batch in the best way possible.

As we reflect on these eight years, we are filled with deep gratitude. The unwavering support of the school's Management Committee, Executive Committee, teachers, admin, and staff has been invaluable. And to the amazing parents of Batch 2029—your trust, encouragement, and wholehearted participation have made this journey not only successful, but truly meaningful. You have supported the batch from the very beginning, and that is why we say, without hesitation, we are the best batch ever.

With a few more years still ahead of us, we look forward with hope, excitement, and continued dedication. There is still work to be done, but we walk into the future with the strength of community behind us and the joy of having built something special—together.

Thank you for the opportunity to serve. It has been our honor, and it continues to be our joy.





8 tips for raising solid children who know how to go against the tide

BY: JINGO P. FERMIN
Parent Formation Head

If you are concerned that your children may be swept up by the dominant ideologies and the relativistic nature of our society, here are eight tips to help raise strong children with strong personalities to go against the current and resist.

1. Parents' lives must be coherent.

Children are sponges that absorb everything and are specialists in detecting the inconsistencies of their parents. It's hard to expect a child not to lie if he hears his father lying on the phone. Parents must live the Christian principles they want their children to live, so values are instilled. One transmits only what one lives.

2. Marriage must be strong.

The child feels loved in three ways: the affection that his mother has for him, the affection that his father has for him, and the affection that his parents have for each other. And this lays the foundation for children with strong personalities. The breakup of parents opens wounds for children.

3. Children should feel proud of their values.

You defend only what you are proud of. They should learn to say no to many things that they know will not benefit them, even if that makes them feel rejected.

This is achieved by giving reasons to children and living those virtues. Why does a child become a fan of a football team? Because he sees his father rejoicing, suffering, and having a good time with that team. For a child to become a Christian, he must see his parents living a Christian life.

4. Parents must know their children well.

Trust between parents and children is needed so that children can tell their concerns about what they experience every day. For this, there is no better time than during dinner. Of course, without television. Many parents don't get to know their children because they've never had serious conversations about what love, joy, or faithfulness are. This is a great time to talk to your children and bring up their accomplishments, struggles, and problems.

5. We must not overprotect.

Protecting children is the duty of parents. Overprotecting can have dire consequences. Preserving children from assuming responsibilities will cause them to feel insecure when facing their obligations. This can generate a lack of self-esteem. A person who is not demanded is a person who is not valued, and he will not feel loved.

6. They should feel loved.

Parents should tell them 'I love you' and not only when they are children, but throughout their lives because that fills the child with joy and gratitude.

7. Educate in sobriety.

The key question is, does my child need this? I'm sure you've all heard this phrase, "It's just that all my friends have it." This is the perfect time for the child to compete against a hostile environment.

8. Prepare them; they will be attacked and persecuted for being faithful to their Christian principles.

They must be taught that, sometimes, they may be rejected and misunderstood. But there is a silver lining to this. The attacks will reinforce the values of these children, who will feel even more proud of who they are.

Some excerpts from Revista Mision, a Spanish newsletter for Catholic families shared and translated by Fr. Chuck Belmonte



In our family's journey with PAREF Southridge School, we've found that the personal formation mentoring program has been truly transformative for our son. His mentor has become an invaluable presence in his life—a steady guide, confidant, and role model when we cannot be physically present at school. This relationship has provided our son with someone he can always turn to when facing challenges or simply needing guidance. The consistency and dedication his mentor has shown over these past five years has helped shape our son into the well-rounded young man he is today, nurturing not just his academic growth but his character and values as well.



What makes this mentoring relationship particularly special is the unique balance his mentor maintains—functioning as both a father figure and a trusted friend. Our son knows that no matter what difficulties he encounters, his mentor's door is always open. Whether offering academic advice, moral guidance, or simply a listening ear, his mentor has consistently gone above and beyond to support him. We've never felt the need to request a different mentor throughout our son's time at Southridge, as the relationship they've built has been so positive and impactful. This mentoring program exemplifies PAREF Southridge's commitment to forming not just students, but young men of character and principle, and we are deeply grateful for the profound influence it has had on our family.

MR. AND MRS. VERNE ENCISO
BATCH 2032





Morning drop-off with our sons (who are now in Grade 7 and Grade 2) has always been a bittersweet part of my day. In those few minutes, as they walk through the school gates, I see them steadily growing into their own selves, a daily reminder that more and more corners of their lives now unfold far from home.



This is where the impact of our sons' mentors becomes significant for Gretchen and me. Their mentors give us windows into our boys' daily lives, showing us moments that we wouldn't otherwise know about. We hear stories of how our sons formed study groups one minute and caused loud celebrations the next. We get sneak peeks into how happily they compete in games, how calmly they conduct experiments, how quietly they console their friends. We gain valuable insights into their most recent aspirations and newly discovered anxieties. Through their mentors, we get to see our sons' school experiences that we would otherwise have missed.

With refreshing words of advice and regular updates, our mentors consistently reassure us that Matteo and Marco are surrounded by concern and support in their second home. It's a genuine comfort to know that even beyond our family, caring guides are helping our boys grow into gentlemen of faith and integrity. Over seven years ago, Southridge won us over with anecdotes of home-school collaboration that reinforces the values we live out at home. We're glad to be here, as our boys' worlds continue to expand beyond our family.

To our mentors, thank you for all you do for our sons!

MR. ANGELO ARBOLEDA
BATCH 2030 AND BATCH 2035





The PAREF Southridge mentoring program has been an invaluable part of our parenting journey. Having a mentor feels like having another set of eyes in school—someone who sees what we may not and shares meaningful feedback on our son's behavior and development.



The regular updates we receive from his mentor allow us to address concerns early and provide support where it's most needed. Setting goals together helps ensure consistency between what we practice at home and what's reinforced in school.

Through our sessions with experienced mentors, we've gained valuable insights into parenting strategies tailored to our son's unique needs. From developing healthy study habits and open communication to setting boundaries and nurturing emotional intelligence—the advice has been both practical and effective.

This mentoring experience has truly transformed the way we parent. We've grown not only as a family, but also as individuals committed to supporting our child's growth and character formation. It has been a journey of learning, connection, and empowerment—and we are deeply grateful for the unwavering support we've received.

To our mentors and all the mentors of Southridge, your guidance and presence in our lives are appreciated and we will be forever grateful in all that you do.

MR. AND MRS. ALAN AND JOANNE GONZALEZ
BATCH 2034





The PAREF Southridge mentoring program has been a game-changer for our family. It is one of the most unique things the school offers that we deeply appreciate. Students are assigned mentors who monitor their progress, not just in academics, but in various aspects of school life – sports, social connections, emotional well-being, among others. The mentors eventually become real close friends of the students, allowing the students to freely open up to them and share their experiences, their struggles, their victories, and their defeats. Through these dialogues, the mentors are able to help the students process these experiences, reinforce the values that the school espouses, and thereby enable them to learn and grow into young men of integrity and character.



The genuine care and dedication of our sons' mentors have made an indelible impact to them. Their mentor's guidance has gone beyond academics, nurturing their emotional and social growth.

Our sons' mentor took a genuine interest in each boy's unique strengths, weaknesses, and aspirations. His regular meetups and encouraging words helped them navigate challenges and celebrate successes. He challenged them to push beyond their comfort zones, taking on new roles and responsibilities.

For our eldest son, his mentor's guidance was instrumental in his decision to pursue international education. The mentorship provided invaluable support during this pivotal moment. For our youngest, his mentor's encouragement has helped him become more confident and involved in extracurricular activities.

We're deeply grateful to all the mentors, who have become more than just educators – they're trusted friends and role models. Their dedication embodies the true spirit of PAREF Southridge's commitment to shaping young men of integrity and character.

To our sons' mentor and all the mentors at Southridge, we offer our sincerest thanks. Your tireless efforts, kindness, and wisdom have made a lasting impact on our children's lives. You've helped us bring out the best in them, and for that, we're forever grateful.

MR. AND MRS. ROWEL AND VERA SALAZAR
HPC, Batch 2026



UPCOMING EVENTS

Recollection for Men English

*I do not tremble when I see my
weakness, for the treasures of a
mother belong also to her child,
and I am thy child, O dear
Mother Mary.*
St. Therese of Lisieux

May 4, 2025

Sunday | 9:30 to 12nn

with Holy Mass

PAREF SOUTHRIDGE SCHOOL





p r e s e n t s

To the Beacon of the Family

A Thanksgiving Dinner for
Parent Coordinators

MAY 09, 2025 | FRIDAY

at PAREF Southridge School

Registration starts at 5:30 pm

RSVP: Manny Inawat 0917-633-1728



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REGISTRATION

- Parents may contact the Admirals Camp Head/Point Person directly for inquiries.
- Payment will be made directly to the Admirals Camp Head/Point Person.

PARTICIPANTS

- Open to all Southridge and Non Southridge students.
- Open to ages 5 to 18.



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Hillsborough Alabang, West Service Rd., Cupang, Muntinlupa City

CALENDAR OF ACTIVITIES



PAREF Southridge



MAY 2025

**Calendar of Activities
School Year 2024-2025**

1	Thu	Labor Day
		First Friday
2	Fri	8:10 - 10:10 AM: Confirmation Ceremony Practice 11:00 AM: SHS Student Assembly 1:25 PM: JHS Student Assembly 2:45 PM: AS Student Assembly 4:00 PM: AS English Academic Contest
3	Sat	9:00 AM: Confirmation Ceremony
4	Sun	1st Sunday Recollection
5	Mon	Gr. 1 - 5 Achievement Tests
6	Tue	Gr. 7 - 9 DS & AS Achievement Tests
7	Wed	8:00 - 9:00 AM: PS Student Assembly 10:00 - 11:00 AM: IS Student Assembly 1:00 PM: Unit Meeting 2:00 PM: Faculty Development Session Gr. 6, 10, & 12 Release of Validation Takers
9	Fri	Research Congress Parent Coordinators Recognition Night
12	Mon	Election Day
13, 15, 20, 22	Tue, Thu, Tue, Thu	Gr. 6 Pre-Graduation Activities
13 - 15	Tue - Thu	Gr. 6, 10, & 12 Validation Exams
13 - 16	Tue - Fri	Gr. 11 Sem 2 End-of-Period 2 Summatives
14	Wed	1:00 PM: Unit Meeting 2:00 PM: Level Meeting
14, 15, 16, 19, 22	Wed - Fri, Mon, Thu	Gr. 10 DS Pre-Completion Activities
14, 15, 16, 19, 20, 22	Wed - Fri, Mon, Tue, Thu	Gr. 10 AS Pre-Completion and Gr. 12 Pre-Graduation Activities
14 - 16	Wed - Fri	Gr. 1 - 5 & 7 - 9 Term 3 Summatives Enrollment for New Students (DS)
16, 19, 26, 28	Fri, Mon, Mon, Wed	SEAL
17	Sat	Start of Undergraduate Students' School Break
20	Tue	Gr. 1 - 5, 7 - 9, & 11 Release of Validation Takers Gr. 6, 10, & 12 Revalidation Exams
21	Wed	9:00 AM: Thanksgiving Mass for Graduating & Completing Batches 1:00 PM: Unit Meeting 2:00 PM: Department Meeting
23	Fri	10:00 AM: Gr. 10 DS Completion Ceremonies 4:00 PM: Gr. 10 AS Completion Ceremonies
24	Sat	9:00 AM Gr. 6 Graduation Ceremonies 4:00 PM: Gr. 12 Graduation Ceremonies
25	Sun	4th Sunday Recollection
27 - 29	Tue - Wed	Gr. 1 - 5, 7 - 9, & 11 Validation Exams
28 - 30	Wed - Fri	Regular Enrollment for Old Students (DS)
30	Fri	8:00 AM: Gr. 1 - 3 Recognition Ceremonies 10:00 AM: Gr. 4 - 5 Recognition Ceremonies 1:00 PM: JHS and SHS Recognition Ceremonies 4:00 PM: AS Recognition Ceremonies



PAREF Southridge



JUNE 2025

**Calendar of Activities
School Year 2024-2025**

2 - 4	Mon - Wed	Faculty and Staff Outing
5	Thu	Start of Faculty School Break
5 - 6	Thu - Fri	Regular Enrollment for Old and New AS Students
9 - 25		Extended School Year and Extended Semester Classes

HOW YOU CAN HELP YOUR SON LIVE THE VIRTUE OF SELF-DEVELOPMENT

Self-development is a lifelong journey that begins at home. As parents, you play a vital role in nurturing this virtue in your sons. Here are some ways you can support their growth:

Encourage Self-Knowledge Through Reflection. Help your son reflect on his strengths, interests, and areas for improvement. Casual conversations during meals or quiet moments can open the door to meaningful insights and greater self-awareness.

Support Healthy Routines and Independence. Foster responsibility by giving him manageable tasks at home. Encourage him to create a daily routine that balances rest, chores, hobbies, prayer, and learning. These small habits teach discipline and time management.

Recommend Enriching Activities. Suggest hobbies or projects that align with his interests — whether it's reading, building something, cooking, sports, or learning a new skill. These activities can spark creativity and a love for lifelong learning.

Promote Physical and Mental Well-being. Encourage regular exercise, healthy eating, and adequate rest. Be attentive to signs of stress or boredom, and promote open communication so he feels safe expressing his thoughts and feelings.

Nurture Spiritual Growth. Guide him in staying connected to his faith through regular prayer, attending Mass, and receiving the sacraments. Spiritual practices are foundational to forming character and finding purpose.

Model Self-Development in Your Own Life. Your example speaks louder than words. Show your son that growth doesn't stop in adulthood — whether it's learning something new, overcoming a challenge, or deepening your faith.

By providing structure, encouragement, and a loving environment, you empower your son to take responsibility for his own growth — and to become the man God is calling him to be.