



# South Mansfield College

Roman Cruz Ave. Soldiers Hills Village Muntinlupa  
Tel. Nos.: 862-3036/400-4944 Telefax: 862-1976  
Mobile Nos.: 09208512554/09053290798

## Students and Parents' BULLETIN

Supervised by: Southville International School and Colleges

Volume 3 No. 3 A.Y. 2010-2011

Website: <http://smc.edu.ph>; Email address: [smc@smc.edu.ph](mailto:smc@smc.edu.ph)

July 23, 2010

### Guidelines on suspension of classes

With the typhoon season upon us, here are the guidelines on suspension of classes that SMC adheres to:

TYPHOON SIGNAL	NO CLASSES
Signal # 1	Preschool
Signal # 2	Preschool, Grade School and High School
Signal # 3	Preschool, Grade School, High School and College

The Department of Education-National Capital Region Director or City Mayor of Muntinlupa may also announce suspension of classes. Parents should be attuned to their official announcements.

In some instances, school heads and principals may suspend classes when the surrounding areas are flooded. SMC decides so only after getting feedback from reliable sources that the areas around the school are indeed flooded. Proper authorities and agencies are also contacted before announcing a suspension.

### SMC will hold its first U.S.S.R.

To strengthen the SMC's Reading Program and to develop in our students, teachers, and all personnel the love for reading, SMC has institutionalized the Uninterrupted Sustained Silent Reading (U.S.S.R.) program that requires everyone in school to drop whatever he/she is doing and READ as soon as the U.S.S.R. bell rings. The U.S.S.R. is done twice a month at a specified day and time.

To support the program, a reading book and mini library have been set up in every classroom. It is in this regard that we would like to request students to lend and/or donate at least two reading books to be placed in their classroom mini library. The borrowed books will be returned at the end of the term unless the owner will donate the books to the school.

### Calendar of Activities

July  
29 Mufti Day  
30 U.S.S.R.  
College Night

### "Let's get physical" mufti day on July 29

What is mufti day? On this day, SMC students are allowed to wear casual clothes (mufti) rather than uniforms as a fundraising exercise. Because we want to inculcate the virtue of charity in our students, it is held approximately once a month to support various school activities benefiting the students.

On July 29, 2010, a Mufti Day will be held to fund the special projects of the Student Council. For a donation of P20.00, students may come in sporty attire in Preschool, Grade School and High School following the school dress code. The activity is optional and those coming in uniform on that day need not give any donation.

### Beat sore eyes this rainy season

With the rainy season upon us, this medical bulletin is being issued so everyone can be informed of some preventive measures and suggested interventions against sore eyes.

#### What is sore eyes?

"Sore eyes" is a common term for an inflammation of the thin covering of the eyeball and the inner eyelid brought about by a viral infection which may be highly contagious.

#### Transmission

Sore eyes can be spread by contact of contaminated hands with the eyes (hand to eye contact) or through touching of eyes with hands which got into contact with contaminated surfaces or objects. It can also be spread through droplets from a person with sore eyes who also has a runny nose or cough.

**THEME OF THE YEAR: "Achieving Learning and Understanding Through the AVID (Academic Excellence, Values Excellence, Interpersonal Sensitivity, Drive and Discipline to Achieve)"**

**First Term Theme: Facilitating Learning and Understanding to Inspire Movers of Society through the AVID**

Theme for the  
1st Term:

**Facilitating  
Learning  
and  
Understanding  
to Inspire  
Movers of  
Society  
through the  
AVID**

Students & Parents'  
Bulletin No. 3  
AY 2010-2011

July 23, 2009 P. 2

#### Symptoms

1. redness of the eyes
2. eye discomfort described as burning or gritting but not sharp
3. vision is usually normal although smearing, particularly when waking up
4. pain in the eye upon exposure to light
5. water-like discharge is commonly seen but eyes may be difficult to open in the morning as if eyelids are glued together
6. runny nose and sore throat may be experienced

#### What you can do

1. Take a complete rest in your house until the disease clears up. Staying home prevents spreading the viral infection.
2. Wash your hands often with warm water and soap. Do not share eye drops, tissues, eye make-up, washcloths, towels, or pillowcases with other people
3. Apply antibiotic eye drops or ointment as prescribed by a doctor. If you're having trouble putting eye drops several times a day, ask someone to put the drops on the inner corner of your closed eye-when you open the eye, the medicine will flow into it.
4. Using cool or warm compresses and acetaminophen or ibuprofen, as recommended by a doctor, may make you feel more comfortable.
5. Clean the edges of the infected eye carefully with warm water and gauze or cotton balls. This can also remove the crusts of dried discharge that may cause the eyelids to stick together first thing in the morning.
6. You can usually go back to school after all the symptoms are gone.



## Parenting Corner

### Parenting tips for homework blues

The basic philosophy behind homework is that it gives children a regular opportunity to review and practice what they've learned in the classroom. The more faithful your child is with homework the more easily he will learn in class.

1. **Make sure your child has a quiet, well-lit place to do homework.** Avoid having your child do homework with the television on or in places with other distractions.
2. **Make sure the materials your child needs are available.** Ask your child if special materials will be needed for some projects and get them in advance.
3. **Help your child with time management.** Establish a set time each day for doing homework. It is so much easier to accomplish a task if it has become a habit.
4. **When your child asks for help, provide guidance, not answers.** Giving answers means your child will not learn the material. Too much help makes your child think that when the going gets rough, someone will do the work for him or her.
5. **Help your child figure out what is hard homework and what is easy homework.** Have your child do the hard work first. This will mean he will be most alert when facing the biggest challenges.
6. **Reward progress in homework.** If your child has been successful in homework completion and is working hard, celebrate that success with a special event (e.g. pizza) to reinforce the positive effort. ([http://www2.ed.gov/parents/academic/involve/homework/part\\_pg2.html#2](http://www2.ed.gov/parents/academic/involve/homework/part_pg2.html#2))

*Celsa D. Alojado*  
School Director/Principal

#### REPLY SLIP

A. ( ) I have received and read Students and Parents' Bulletin AY 2010-2011 No. 3.

Student's Name

Level/Section

Parent's Signature