



Parents First



Monthly bulletin for parents of Southridge School

November 2022 issue



We are Embracing Change

Southridge has always been watchful of every opportunity to get back to the normal schools activities as often as the government rules and regulations will allow. Ever since the boys were allowed to go out of their homes, we have encouraged parents to organize play dates, book school tours, and schedule library visits. The response was good enough to bring some life back in the campus. We all wish for things to settle down, for the fear to lessen, and for us to wake to a new arrangement of our reality.

And for school year 2022-2023, we are being braver, more excited and more hopeful. With the third phase of the Road Map to Normalization, we seek more stable school activities, but still taking into consideration the health and safety of everyone. We must be comfortable enough in the set-up so that we can thrive once again. We are positioning ourselves to achieving excellence in every endeavor, while being conditioned by the current realities and governed by the guidelines given by the government.

We have set rules to assure the health and safety of every member of the community, but we refuse to be paralyzed by fear. We are #EmbracingChange. We are #ParefSouthridge. #WeAreTheAdmirals.



Parenting, Befriending and Mentoring One's Son.

By: DJ Taruc (Grade 4 Parent)

Being a parent means having to wear many different hats for different situations. We may be called to be teachers one day, confidants the next day, and friends on other days. There is no "one size fits all" hat, and knowing which one to put on can be tricky. It was great to hear insights from sir Manjoe regarding this.

A takeaway after his talk is the importance of always being a parent and role model first. Guiding and imparting wisdom, virtues and habits to our children are very important, but what is even more important is we actually live by the words we say. Growing up can be confusing, especially going through puberty and the teenage years, what is important for a child is knowing that his or her parents did live a virtuous life and did what was right, especially during times, situations or events where it may have been very difficult to do so or easier to go the opposite path. This will plant a seed in the child, which he/she will carry on for future generations.

"What is important for a child is knowing that his or her parents did live a virtuous life."

This is not to say that we should not be our children's friend. That is definitely very important as well, but just not at the expense of being a role model and a parent. Especially during times when we need to be firm for their own good. But also, being a mentor and a parent does not mean being a dictator or someone who is to be feared. Open communication and positive reinforcement are very important. We can still make our children feel loved and respected while being firm on values and behavior.

It is always great listening to talks like this and learning ideas from like-minded parents who want only what is best for their children. I appreciate it and look forward to the next one.



Be a Parent First

By: Karlo Mortel (Grade 4 Parent)

As parents to 2 young boys, my wife, Anna and I, assume different roles to help our children fulfill their responsibilities and face their day to day challenges. Like what most parents experience, it is difficult to choose a role to take on depending on the situation because every child is unique and has a different personality. One approach might work on one child but not on the other child. At times, we find it easier to just be firm and other times to be friendly and reassuring. It's a great thing we attended Grade 4 Parent's Forum and heard the talk of Mr. Manjoe Mendoza entitled "Parenting, Befriending and Mentoring One's Son."

We learned many things such as what specific role a parent plays in various situations we encounter. As Mr. Mendoza said, it is important to be a parent first then a friend after. A father's presence even if he is silent, is a great support for the family, especially for the children in raising them up to be good responsible adults who will lead their families in the future. It's important to teach our sons good healthy habits and virtues that they will abide by and live with once they start their journey through puberty, high school, college and eventually as they establish their own families in the future. As a father, the speaker mentioned that we can be there to help make sense out of the confusions and challenges our sons encounter as they go through the different key stages of their lives.

Furthermore, the talk gave us an opportunity to reflect on when to mentor our son by having an open communication as we raise them up by role modeling.

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One thing parents really have to practice and apply now is the positive, optimistic patient and loving attitude towards our children. We show these attitudes to our children so that when they are feeling challenged they get to repeat and apply the same attitude they see in us. They will also understand and face things better if we explain why it must be so. It's a great mindset or attitude our kids can have especially now that they are back to school and parents will not always be around to assist them in everything.

It was great hearing from this forum and we look forward to the next.

" One thing parents really have to practice and apply now is the positive, optimistic, patient and loving attitude towards our children. "



Put in a Square

By: Marc & Eva Del Rosario (Grade 5 Parents)

Sexuality is a topic that has been a perennial challenge for parents. The talk by Mr. Ganar gave us a good framework of faith coupled with science with which to approach the topic. The speaker presented the topic in a scientific but entertaining and light manner. We took away some tips to use in our conversations with our son. The talk also highlighted the importance of staying engaged with our son's life and keeping an open line of communication. We should always provide an environment where they feel safe to ask questions and seek answers, so that we ourselves can be sources of accurate information with the proper context.



Take a Virtuous Path

By: Mikkell and Sabrina Paris (Grade 5 Parents)

We can definitely get behind the Good Vibrations that Mr Ganar fostered in the most recent Parents Forum on Parenting and Sexuality: Forming Manly Habits and Virtues. It was insightful and inspired confidence in us raising our middle schooler.

Having Jose with us everyday for over two years was both delightful—as there's probably no other time in his adolescence we would see him that much, and *nakapanghinayang*—on time that could have been spent playing with friends, experiencing the outdoors and learning about the world not through gadgets. But, like any other child kept indoors during the pandemic, the experience may have extended their childhood, and now more than ever, as they come out of their shell, it is important we parents become vigilant in inspiring and guiding the boys to take a virtuous path as they tread toward their teens.



Pre-Adolescent Phase

By: Mia Sarino (Grade 5 Parent)

For God did not call us to be impure, but to live a holy life." (1 Thessalonians 4:7) On our first face-to-face Parents Forum since the pandemic, we, the grade 5 parents, were hit with the reality that our young sons are transitioning from Childhood to Adolescence. Our speaker, Mr Rally Ganar, carefully and entertainingly presented us with both the science and Catholic teaching of human sexuality our sons are experiencing or will experience in the near future.

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He discussed the rapid physical, cognitive, and psycho-social growth during adolescence and how as parents we can guide them through that phase. I was particularly impressed at how our speaker was able to connect the physical with spiritual.

I highly recommend Mr Ganar to other Southridge parents.



Each Child is an Individual

By: Christopher Ernst (Grade 11 Parent)

I remember that during the talk of both speakers two terms were mentioned: "wild flower" for the description of the speaker's daughter and "wild mushroom" as a description for the son of a concerned parent.

Each child is an individual. Ten children are ten individuals. Rarely children of the same parents, of the same family, molded by the same education turn out to be similar or even identical in character. To expect the children are like us, follow our footsteps, share the same values is too much to ask for and bound for disappointment and conflict.

I don't know whether strict rules and imposed discipline always makes sense. Some children will even hardened in their contradicting views and become "terrorist" who fight their parents rather than appreciating their parents care.

Maybe we have to learn and accept that we can only do so much. We can share our love with the children, we can lead by example, we can expose them to an environment that teaches them values and let them excel, but in the end we have to accept that every child is an individual who has the right and the duty to explore life himself. We can consult and guide them on that path but we cannot and should not try to change the identity.

" To expect the children are like us, follow our footsteps, share the same values is too much to ask for and bound for disappointment and conflict. "

Maybe the most important thing to teach is **Love**. First of all the love for themselves. It is as Whitney Houston sang "Learning to love yourself is the greatest love of all." To find happiness is another important goal. Success which is based on a disciplined but unhappy life does not have much value. To sum it up I would like to quote my friend Caesar who already went ahead: "Be Good. Be Happy. Be Useful." I think he is right.



One on One

By: She Escueta (Grade 11 Parent)

In our 1st Grade 11 Parents Forum we had talk on Parenting Emerging Adults. It was very insightful and interesting. After dinner we all proceeded to the auditorium to listen to the Principal's Report and soon after the talk of Dr. Sta Maria. The presentation was on point and very clear. Dr Sta Maria discussed some pointers about raising our Gen Z boys. On the difference between authoritative and authoritarian style of parenting. After Dr. Sta Maria's talk, some parents asked questions that inspired more connection and engagement to the topic. The PF ended with couple Paul and Sharon Fernandez sharing some of their real life experiences about parenting. I was reminded again of the importance of when to "let go" of your child and how we as parents should always remember that we are raising future adults. How we should trust our kids, learn how to compromise and communicate with them. The importance of "one on one" time we spend with each child. I really feel lucky that I get to attend talks like this that gives me confidence in raising adults.



Helping Our Children Find Their Place In This World

By: Tere Garcia (Grade 12 Parent)

Michelle Tambunting's talk was very timely and important for grade 12 parents. It highlighted our role in helping our children find their place in the world, very apt as we are sending our children off to college next year.

Our Gen Z children are growing up in a more diverse environment with a different political landscape compared to the one we grew up in. The way we were raised is not applicable anymore. Generally, we were brought up in a strict(er) way, even with an iron fist for some, often following our parents or any authority figure blindly, sometimes even with fear. More often than not, we were seen as the extension of our parents. We lived their dreams for them, or their dreams for us became our own. We took college courses that they told us to take, so we became what they wanted us to be. Even our friends, our social circle was dictated upon us. To avoid making mistakes, parental guidance was stern, there was no room for negotiations. This was not bad per se, it was done with love and with the best of intentions to assure our success, it was a different time, after all.

Our children are not growing up the same way we did. With innovations in all aspects of life, they know more than us when we were at their age. They question stuff, they do not blindly obey. Dictating our will is not an option anymore. They have their own ideas and dreams, we would not and could not even think of. And that is totally fine. It's an evolution we welcome.

Giving them freedom to choose their path in life, how do we guide them to find their own place in this world? Michelle stressed in her talk that for our children to find their place in this world, we must provide a home where there is ACCEPTANCE, CONNECTION, KINDNESS, and LOVE.

So we strive to be our children's safe haven. No matter what stage in their life they're in, we should be the one constant where they will feel welcome. We accept them, we love them, no matter what. We can guide, but not impose. We should not force. And when they make mistakes, we forgive, we heal, we love.

As much as we want our children to not get hurt, to not make mistakes, to not regret things, and to protect them from hardships and heartbreaks, we couldn't and we shouldn't. We will not be with them every day of their lives. At some point, we would have to let go and pray that we have given them a solid foundation, instilled in them firm beliefs, provided them with a good education, became good examples, and showered them with love and prayers so they can thrive and experience the fullness of their lives and find their perfect place in this world.

" We must provide a home where there is Acceptance, Connection, Kindness and Love "



Silliness is Underrated!

By: Bill Johnson (Grade 12 Parent)

Those are Michelle's words...not mine!... but I am quite certain that every parent at the Grade 12 Parent's Forum on Friday, the 21st of October was scratching their heads thinking...what in the world does she mean.... silliness is underrated???

Michelle Tambunting was our wonderful guest speaker for that evening, our first in-person Parent's Forum since the pandemic began. Anyone attending that evening will attest that she is a gifted and engaging speaker and educator, parent, and in my view, a thought-leader on parenting.

Michelle provided us with a thought provoking and thoroughly stimulating discussion after our dinner, highlighting for us and challenging some of our deep-seated concepts and convictions about how, what and why our sons are thinking and feeling,

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and importantly, how a lot more silliness at home can free up some of the anxiety and apprehension our sons are facing and experiencing as they are readying themselves to exit childhood and move on to their next stage of adulthood.

"Yes," Michelle says; the freedom to act goofy and silly at home (ourselves included!), within the safety and security of our families will help set their imaginations free and loosen the constraints and relieve some of the pressures our sons are experiencing with the demands of Grade 12 studies, our sons' and our expectations for grades, their college applications and entrance exams, new post-pandemic social norms.....

Aside from recommending more "silliness" from us at home, Michelle gave us some very serious and enlightening observations and recommendations during her talk. Much of Michelle's material and background is, as she says, inspired by and drawn from the work of Dr. Shefali Tzabary, Ph.D. and it provides us with some compelling ideas about releasing our sons from our "checklists" and expectations, our baggage, and our own egos that we saddle them with.

Michelle spoke passionately about the "conversations that we should be having" with our sons....and how some of those conversations can make us feel downright uncomfortable, especially considering our own egos and our own particular and specific visions for our children. Thinking back on it, the single, most compelling line that ran through Michelle's talk was a quote from Dr. Tzabary, (one that I have been thinking about every day since Michelle's talk) a line I believe we should pay very close attention to. She says; "Who we are is a more accurate predictor of how our kids will be than what we say"....Children learn what they see. It is as simple as that.

Michelle went on during her talk to ask us another compelling question, asking us to consider if our egos, emotional baggage and expectations for our sons might be pressuring them to meet and beat the milestones and achievements of our specification, fitting and filling our vision of their present and future success. We should ask ourselves: Do we make our sons feel unworthy if they are not meeting our measures or our timetables? Michelle asked us; "If God loves us unconditionally, then who are we to impose conditions?" Good question.

We as parents can take this further ourselves, if Christ Himself can say..." *"For my yoke is easy, and my burden is light"* then as our sons get ready to step out into this new and exciting world, essentially without us, we can and should take a lighter hand and a lighter touch with them and guide themafter all, they are 17 and 18 years old....we know they are going to make some bad decisions going forward on their own... (remember, whether a decision is "good" or "bad" is often a matter of perspective, and we clearly don't always share the same perspectives as our sons do)

" The freedom to act goofy and silly at home, within the safety and security of our families will help set their imaginations free and loosen the constraints and relieve some of the pressures. "


But since we only have a few more months in such familial proximity with our sons until they are ready to fly on their own, let's cherish this time and help them to build their confidence and help shape their perspectives in making these next steps into manhood. Let's help our sons take these next steps gracefully, making decisions for themselves and exemplifying this solid foundation of virtues we have shown them and that their time at Southridge has helped to further instill in them. We can trust them to do that. We can't expect them to have "wisdom" in their decision making at this point...we can only hope to have passed on to them enough of our wisdom to help shape their perspectives as they go out into the world on their own.

Michelle wrapped up her talk on Friday evening with a brief Q&A session with us parents. I think it was obvious from the questions (and from Michelle's responses) that her talk was compelling, timely, and provided each one of us a lot to consider in our critical roles as parents of these young men of virtue.

Upcoming Events

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

SCHOOL FOR PARENTS
PARENTING TEENS COURSE CASE 2 (GRADE 7)



17 NOVEMBER (Thursday)

SCHEDULE
 6:30 PM REGISTRATION / SNACKS
 7:00 PM START OF THE MODERATED PLENARY SESSIONS (2 GROUPS)
 8:30 PM WRAP-UP / Q&A / EVALUATION FORM
 8:45 PM END OF ACTIVITY
 Venue: Conference Rooms A, B, & C

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SCHOOL FOR PARENTS
NEW PARENTS EDUCATION PROGRAM (NPEP) CASE #3



NOVEMBER 19, 2022 (Saturday)

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

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2nd Parents Forum (Grade 8)
HOW TO BE A GENTLEMAN IN SOCIAL MEDIA



CHELET TANJUATCO
 Woodrose Mom, Family Advocate & Strategy Consultant, U&P Professor

23 NOVEMBER, 2022
06:00PM - 08:30PM

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

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PAREF Southridge

2ND PARENTS FORUM (GRADE 2)
ENHANCING THE ACADEMIC SKILLS OF YOUR CHILD



THURSDAY, 24 NOV.
 Venue for Dinner: Cafeteria Basement
 Talk: School Auditorium

SCHEDULE
 5:30 PM REGISTRATION
 6:00 PM DINNER
 7:00 PM PRINCIPAL'S REPORT
 7:15 PM TALK
 8:30 PM HPC REPORT

RALLY GANAR
 SCIENCE DEPARTMENT HEAD

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PAREF Southridge

An invitation to the
4th Sunday Recollection (for Dads)



NOVEMBER 27, 2022 (SUNDAY)
 9:15 AM - 11:00 AM

followed by Holy Mass for the families
SPONSORING LEVEL: GRADE 7 AFTERNOON SCHOOL FAMILIES
 @ PAREF Southridge School Chapel

Jesus Centered Life International Conference 2022

Holy and Heroic: The Courage to be Catholic



John Beaulieu
 SPEAKER


Register now!
DECEMBER 8 Online and Onsite Conference
www.jesus-centeredlife.org/

PAREF **EWTV** **PARAGUSTA** **STUEBENVILLE CONFERENCE**

Calendar of Activities

NOVEMBER		
31 Oct – 2	Mon - Wed	All Saints Day Break
3 - 8	Thu - Tue	Completion Days
9	Wednesday	GS & JHS Start of 2nd Trimester
9 - 11	Wed - Fri	SHS Mid Sem 1 Period 2 Exams
30	Wednesday	Bonifacio Day (Holiday)

Parents Calendar of Activities



PAREF Southridge

Parent Activities for November 2022

- November 12**
(Saturday)

Grade 4 Father & Son Activity
- November 17**
(Thursday)

Parenting Teens Case 2 (Grade 7)
- November 19**
(Saturday)

**NPEP Case 3
Grade 10 Batch Family Rosary & Pilgrimage**
- November 21**
(Monday)

Grade 1 Batch Family Rosary
- November 23**
(Wednesday)

2nd Parents Forum (Grade 8)
- November 24**
(Thursday)

**2nd Parents Forum (Grade 2)
Middle Childhood Case 2 (Grade 3)**
- November 27**
(Sunday)

**4th Sunday Recollection
(Sponsoring Batch: Grade 7 AS Families)**

Open House

PAREF
Southridge

VIRILITER AGITE

PAREF Southridge School
invites you to the

open house

Nov. 24, 2022
Thursday at 10:00am
Southridge Auditorium

FOR MORE INFORMATION
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Scan the QR code to register

Follow our social media accounts:

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Virtue of the Month

NOVEMBER
Virtue of the Month
RESPONSIBILITY

A Southridge Gentleman gives each one his due. He takes charge of all his duties without fail.

