

Christmas Message from the Executive Director

Dear Southridge Parents,

We have reached the end of the year, and as always, we end it with a beginning – the joyful birth of our Lord and Savior Jesus Christ.

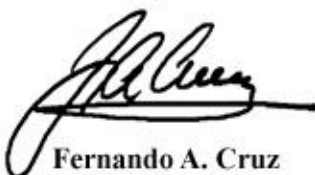
These days as we anticipate His coming, the Church prepares our soul to receive the greatest gift God has given us – Salvation. It is a gift no one deserves, but our loving and merciful God made it available to us beginning with the birth of His only begotten Son. As God’s representatives to your sons, you have the duty and obligation to help them accept this gift. Since salvation is personal, we could only hope and pray that they receive it fully at the end of their lives. Right now, the best thing we can all do is to prepare them by helping them acquire and live the virtues that could transform them to the image and likeness of Jesus, our Savior.

With three full weeks of vacation, this Advent and Christmas season is a good opportunity to help them be more generous with their time by doing acts of service. As your sons are looking forward to having more screen-time playing games and watching videos, I suggest you immediately call on everyone for a family meeting to plan out things that have to be done during the break. You may assign them to do particular household chores they can work on, prepare a program or presentation for a family Christmas gathering, wrap Christmas presents for relatives and friends, or plan out a family work of mercy in a poor neighborhood or to your own household helpers. This is the best time, too, to increase their faith and piety by attending the religious services in your parish or wherever you will spend your vacation. It’s good to ask them to pray every day for special intentions you have as a family. You might also want to try singing Christmas carols in your homes as a way to teach and enliven their faith and prayer life. Other virtues pertinent this season are temperance in food and drinks, prudence on how they spend their money and resources, respect shown on how they treat people they will meet, and patience with people, with the traffic, and with the work (including school assignments!) they are expected to carry out.

In these times when the family is under constant attack and the society is slowly turning its back from God, we put our hope in Christian families like yours to preserve the traditional Christian values. Forming your sons now in virtues and good values gives us the hope of a better society in the future. This can also be your contribution as parents to the celebration of the Year of the Youth in the Philippines this 2019. We hope to see more virtuous students when we welcome them back to school on January 7, 2019.

On behalf of the teachers, staff, and management of PAREF Southridge School, I wish you and your family a Blessed Christmas and a Prosperous New Year!

Sincerely,



Fernando A. Cruz
 Executive Director



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HOLIDAYS, FAMILY CULTURE AND PRUDENT USE OF INTERNET

(Article taken from the Strathmore School website. Strathmore School is Kenya's first multi-racial school for boys, located in Nairobi, Kenya)

November and December are the holiday months for many primary and secondary students in Kenya. Keeping the young ones constructively occupied in this long break is a challenge to many a parent. Strathmore School compiled and distributed among its parents some pointers on how to make prudent and profitable use of the holidays and of the internet.



Education is more than passing on of knowledge. Education is about the passing on of a culture. Our culture both represents and shapes who we are. Although inescapably exposed to the general culture in our society, while they are living at home, your sons' most influential cultural experiences should be dictated by home and school. To this effect, we at Strathmore seek to collaborate with you in providing a culture for your sons that will shape them according to your expectations and hopes.

The most important agent for surrounding your sons with the culture you desire is the home environment you create. Given how much children learn from the environment around them, you parents have a special power to form and deform. Of course, you could not hold the former without also risking the latter. Your values and example have an impact. If you put away your own phones when you sit at the dinner table, then you form your children into believing that phones should not interrupt the sacredness of dinnertime. If you keep your phone with you and check it, even furtively, while at the table, your sons will learn that constant access to their phones is accepted (you do it).

Much the same way as contaminated water is passed through a filter to remove harmful elements, a number of technical devices (filters, routers, timers ...) that impede the passage of negative elements have been developed for the Internet. These devices produce an "immediate prevention", which presupposes the "remote prevention" of a cultural and ethical nature that fosters in the person the decision to want to use devices and the Internet well."

Without this cultural and ethical component, filters will be of very little use. So, here are some ideas – both ethical and technical – for creating a healthy formative culture at home. This is by no means an exhaustive list, or a final list. Read it, rather, as a sample of what a list of family cultural traits could be like, in no particular order of importance.

1. Have a library at home

If you want your sons to develop into readers, then you need to present a culture of reading at home. It may occasionally be more convenient to read a book on an iPad, or to listen to Audio-books, but there is no substitute for having physical books at home that stare your sons daily in the face. Your sons benefit from seeing you, on a regular basis, grab a book from a shelf or from a side table and sit down to read. That image conveys to them that reading is for adults, and that through hard work and habit, they are making themselves capable of sharing that activity with the civilized, educated world. If they never see you reading, no matter how much you counsel them to do so, they will invariably believe that reading is for kids in school but not something grown men do.

2. Establish and protect order in common areas of your home.

This way you can teach your sons that you have the expectation of order in all areas of the home, including his bedroom. After all, the bedroom is not really his room but rather the room in which he sleeps. Order is a way for us to make the space we inhabit available to others. Order is not only an act of self-discipline; it is also an act of charity.

3. Aim to have dinner together every day.

An occasional failure to this plan will still ensure that you have family dinner most of the time. There is just no better way to teach your sons about the importance of making time for family. Only by adamantly protecting this time, will you teach them that being together for dinner is the best use of time no matter how busy you are. Given that deciding when career and social obligations or demands weigh more than family time is a hard balance to strike, parents need to be the wise arbiters.

4. Dedicate a nightly time to family prayer.

It does not have to be long, as a matter of fact, it is better if it is rather short. Maybe not even five minutes. But there is something powerful about a family gathering at the end of the day – just before the youngest goes to bed – and praying together.

Everyone has an opportunity to mention one or several intentions for which he would like the family to pray. This teaches your sons both that men pray for what they care about most, and also what it is that you most care about.

5. The use of any media in our home should be consistent with our beliefs and values as a family.

Below are examples of rules that parents can enforce for various media and devices. It's wise to write them out, in a posted "Media Contract" that – if necessary – everyone signs:

a. TV: Watching TV is a special event, not a regular routine. In general, it is also a family event, not a private pastime. No TV before school, before homework is done, or during meals. Always ask permission to turn on the TV; watch only approved programs. Certain nights are "quiet nights"; the TV stays off so we can focus on family activities and doing other things. (Choose these nights together as a family).



b. Video Games: All video games must be previewed by a parent and limited to agreed-upon times.

c. Phones: No mobile devices at meals. Unless permission is granted, no use of mobile devices after agreed-upon times (set a reasonable curfew).

d. Laptops: parents should create a guest profile for students who need laptops for school projects. If a student needs to install a program or an application or download a resource, they need to go through the parents – who retain the administrator password.

e. Movies & Series: No R-rated movies or series and no PG-13 or PG movies without parental permission.

f. Internet/Wi-fi : Every internet enabled device should have a filter - including video games - e.g. PlayStation, Xbox etc.

No use of the Internet without parental approval. You must have parental permission to download anything. Do not share your password with friends or over email. Never physically meet someone you have met online. If a stranger tries to involve you in an online relationship, tell Mum or Dad right away. Pornographic and hate web sites are off limits and blocked by an Internet filter installed by the family.

(NB: Digitally savvy kids know how to get around most of these controls, which is why our talking with them about these issues is essential for developing the most important control – their conscience).

SOUTHRIDGE EUCHARISTIC PROCESSION 2018 (Corpus Christi Procession)

Southridge brought back its tradition of the Corpus Christi Procession last Dec. 7, 2018. It is a liturgical tradition which has been practiced for several centuries now in different countries with Catholic tradition. It started in the 1200's and formalized in the 1400's. The purpose of this activity are as follows: (1) to adore and worship Our Lord truly present in the Eucharist; (2) to foster Eucharistic piety and devotion among the faithful; and (3) to thank Jesus Christ for the gift of the Holy Eucharist to mankind.



Virtue for the Month of December

Parents can help their sons develop the virtue of Faith through the following:

Parents

- ✦ Pray as a family.
- ✦ Involve your sons in preparing the Belen in your homes.
- ✦ Bring your sons to confession and Holy Mass especially during the season of Advent.
- ✦ Encourage your sons to share their things with the less-fortunate.
- ✦ Do corporal works of mercy with your sons.
- ✦ Watch movies that exemplify the life of faith.
- ✦ Talk about the virtues of the Holy Family to your sons.
- ✦ Spend time studying the faith.
- ✦ Attend spiritual activities to prepare for Christmas.

Father & Son Activity for School Year 2018-2019

Grade/Year Level	Date of the Outing	Venue of the Father & Son Activity
Grade 1	Jan. 26-27, 2019	Southridge Courtyard
Grade 2	Oct. 20, 2018	Club Balai Isabel, Talisay, Batangas
Grade 3	Feb. 9-10, 2019	Lotuspod bed and breakfast in Laguna
Grade 4	Jan. 12-13, 2019	Clearwater Resort & Country Club, Clark, Pampanga
Grade 5	Nov. 17-18, 2018	Nayomi Sanctuary Resort Balete, Batangas
Grade 6	Nov. 10-11, 2018	DECA Wakeboard Park & Clearwater Resort & Country Club, Clark, Pampanga
Grade 7	March 9-10, 2019	Abagatan ti Manila Hotel in Tagaytay
Grade 8	Nov. 17, 2018	Zong Restaurant, Westgate
Grade 9	Nov. 24-25, 2018	Magdalena, Laguna (Water Rafting) Splash Mountain
Grade 10	Feb. 16, 2019	Venue to be announced
Grade 11	Dec. 1, 2018	Outreach Activity to help 50 Cancer Warrior Kids at Lipa, Batangas
Grade 12	March 2-3, 2019	Valentino Resort & Spa, Batangas

**GRADE 11 FATHER AND SON OUTREACH PROGRAM
TO HELP CANCER WARRIOR KIDS**



ACTIVITIES FOR PARENTS

DECEMBER 2018

- Dec 6 GS Grade 2 Parents Forum 2 / Christmas Party
- Dec 7 Eucharistic Celebration
- Dec 8 AS Make A Difference Day 2
- Dec 14 Christmas Program of GS, HS and AS

FORMATIVE ACTIVITIES FOR DADS

DECEMBER 2018

- Dec 1 Doctrine Class for Dads
- Dec 2 1st Sunday Recollection (English)
Sponsoring batch: Grade 7 parents
- Dec 8 Feast of the Immaculate Conception
Doctrine Class for Dads
- Dec 13-16 Closed Retreat at Makiling West Wing
Closed Retreat at Tagaytay Conference Center
- Dec 15 Doctrine Class for Dads
- Dec 16 4th Sunday Recollection (Tagalog)
Sponsoring batch: Grade 9 AS parents
- Dec 22 Doctrine Class for Dads

Spiritual Direction with School Chaplain – By appointment

SCHEDULE OF CLOSED RETREATS FOR PROFESSIONAL MEN FOR 2019

1ST Quarter (January - March)

- Jan. 17-20 Makiling Main House
- Feb. 18-20 Tagaytay Conference Center
- Feb. 26-28 Makiling West Wing
- Mar 7-10 Makiling West Wing
(Young Professionals)
- Mar 14-17 Makiling West Wing
- Mar 28-31 Makiling West Wing

2nd Quarter (April - June)

- April 18-20 Makiling Main House (Holy Week)
- April 18-20 Makiling West Wing Holy Week
Young Professionals
- Apr 18-20 Open Retreat (Holy Week, in UA&P)
- Apr 18-20 Open Retreat (Holy Week, in Sangandaan)
- Apr 18-20 Open Retreat (Holy Week, in Southridge)
- May 9-12 Tagaytay Conference Center
- Jun 13-16 Makiling West Wing
- Jun 20-23 Makiling West Wing
- Jun 27-30 Makiling Main House

Notes:

1. The closed retreats scheduled during weekdays (Mon-Wed) start at 8:30am on Mondays and will end at 4pm on Wednesdays, unless otherwise stated.
2. The closed retreats scheduled during weekends (Thu-Sun) start at 6:00pm on Thursdays and will end at 2pm on Sundays, unless otherwise stated.
3. The closed retreats scheduled during Fridays to Sundays start at 8:30am on Fridays and will end at 4pm on Sundays, unless otherwise stated.
4. For reservations, please call 818-6004 local 1 (look for Ms. Leila Leros) or email faoreservations@gmail.com

Retreat Fees:

1. Solo rooms at Makiling Main House and Tagaytay Conference Center – P6,300 (inclusive of meals)
2. Solo room at Makiling West Wing – P5,400; 3-man room at Makiling West Wing – P3,750
3. Please call 818-6004 local 1 (Ms. Leila Leros) for the retreat fees at Laguna Hills, Samar, Sangandaan and Latag.