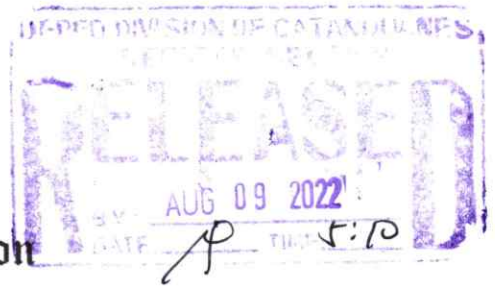




Republic of the Philippines
Department of Education
REGION V - BICOL
SCHOOLS DIVISION OFFICE OF CATANDUANES



ADVISORY NO. 160 S. 2022
(Corrigendum and Addendum to Division Memorandum No. 351s. 2022)
Re: DIVISION LIMITED FACE-TO-FACE TOURNAMENTS IN VARIOUS SPORTS

Memorandum To:

Assistant Schools Division Superintendent
Chief Education Supervisors
Education Program Supervisors
Public Schools District Supervisors
Elementary & Secondary School Heads
All others concerned

1. In connection with the conduct of the Division Limited Face- to Face Tournament in Various Sports, this office informs the field that part of the tournament is the Balik-Aral, Balik-Sigla Para Sa Mga Mag-aaral at Mga Atleta activity. It is a personality development session and team-building activities for selected athletes scheduled on **August 10-11, 2022** at Sunset Coast Beach, Marilima, Virac, Catanduanes.
2. Teacher-coaches and program management committees are advised to strictly monitor the safety and welfare of all the participants. Expenses of the participants shall be charged from the fund of each sports event.
3. Attached herewith is the matrix of the activity, list of facilitators, and list of expected participants for reference.
4. For information, guidance, and compliance of all concerned.

SUSAN S. COLLANO
Schools Division Superintendent



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 Department of Education
 REGION V (BICOL)
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BALIK ESKWELA, BALIK SIGLA PARA SA BATANG ATLETA
Personality Development Session and Team Building Activity

AUGUST 10, 2022
 Day 1

TIME	ACTIVITY	FACILITATORS	MATERIALS	PARTICIPANTS
7:30 – 8:00	Arrival/ Registration	TGW by event		Winning athletes & coaches
8:00 – 8:30	Opening Program			Winning athletes & coaches
8:30 – 10:30	Session 1: Mental Health: Am I Aware? *What is Mental Health *Common Mental Illness *Depression, Anxiety, Stress Scale (DASS) *How to prevent Mental Illness among Teenager	Grace Bernardo Ronald Bernardo	Powerpoint presentation DASS Test	Winning athletes & coaches of Arnis, Athletics, Basketball, Chess, Futsal, Football, Speak Takraw, Table Tennis, Tennis, Taekwando, Pencak Silat, Volleyball, Dancesports, Billiard
10:30 – 12:00	Session 2: Personality Development: An Issue to Cope Up *Draw a Pig Activity *Personality Test *Importance of Personality Development *Six Criteria for Mature Personality *Requirement towards the Development of Fine Personality *Lesson of the Butterfly	Mylene Sumido Liza Molod Maryjoe Tumala Grace Camano	Powerpoint presentation Personality Test Lesson of the Butterfly video presentation	Winning athletes & coaches of Arnis, Athletics, Basketball, Chess, Futsal, Football, Speak Takraw, Table Tennis, Tennis, Taekwando, Pencak Silat, Volleyball, Dancesports, Billiard

LUNCH BREAK			
12:00 – 1:00	Session 3: Unchained Yourself Through Self-Acceptance <i>*What is Self-acceptance</i> <i>* How does self-acceptance affect tour day to day life?</i> <i>*Free yourself using KADENA</i>	Nelvin D. Villamartin	Powerpoint presentation
1:00 – 3:00			Winning athletes & coaches of Arnis, Athletics, Basketball, Chess, Futsal, Football, Speak Takraw, Table Tennis, Tennis, Taekwando, Pencak Silat, Volleyball, Dancesports, Billiard
3:00 – 5:00	Recollection: Spiritual Direction for Young Athletes	Ms. Emlyn M. Lanon <i>CatSU NSTP Director Campus Ministry Adviser</i>	Winning athletes & coaches of Arnis, Athletics, Basketball, Chess, Futsal, Football, Speak Takraw, Table Tennis, Tennis, Taekwando, Pencak Silat, Volleyball, Dancesports, Billiard

AUGUST 11, 2022
Day 2

TIME	ACTIVITY	FACILITATORS	PARTICIPANTS
7:30 – 8:00	MOL	TGW by event	Winning athlete per event
8:00 – 8:30			
8:30 – 8:40	Morning Exercise		
8:40 – 9:30	> Jump In, Jump Out > Paper Holding	Mam Aroline Borja Roberto Tomagan	Winning athletes & coaches of Arnis, Athletics, Basketball, Chess, Futsal, Football, Speak Takraw, Table Tennis, Tennis, Taekwando, Pencak Silat, Volleyball, Dancesports, Billiard

9:30 – 12:00	<ul style="list-style-type: none"> ➤ Pressure Cooker ➤ Hole in Many ➤ Four-way Tug of War 	Resty Francisco & Nestor Alipide Rommel Lizaso Henry Dela Rosa	Winning athletes & coaches of Arnis, Athletics, Basketball, Chess, Futsal, Football, Speak Takraw, Table Tennis, Tennis, Taekwando, Pencak Silat, Volleyball, Dancesports, Billiard
1:00 – 3:00	Station Game	Lyndon Tablante Romeo Camacho Sheryl Lita	Winning athletes & coaches of Arnis, Athletics, Basketball, Chess, Futsal, Football, Speak Takraw, Table Tennis, Tennis, Taekwando, Pencak Silat, Volleyball, Dancesports, Billiard
3:00 – 4:00	Closing Program		
4:00 – 5:00	Pack-up/ Home-Sweet-Home		