



Republic of the Philippines
Department of Education
Region V (Bicol)
DIVISION OF CATANDUANES
Virac, Catanduanes



LEASED

DepEd, Division of Catanduanes

RECORDS SECTION

Date: MAY 22 2019

Time: 10:30 AM

Initial/Signature: [Signature]

Division Memorandum
No. 159 B. 2019

TO : Chief, SGOD
Secondary School Heads

FROM : [Signature] **SOCORRO V. DELA ROSA, CESO VI**
Schools Division Superintendent

SUBJECT : CAPACITY BUILDING on ADOLESCENT HEALTH AND DEVELOPMENT
(AHD/ARH) PROGRAM

DATE : MAY 14, 2019

1. The School Health and Nutrition Section of SDO Catanduanes in partnership with Population Commission (POPCOM) of Region V will conduct a **two-day Capacity Building for AHD Focal Person on May 29-30, 2019 at the SDO Conference Hall from 8:00am-5pm.**

2. The objectives of this activity is to capacitate the school focal person on The Adolescent Health and Development program and are design a plan for the implementation for their respective secondary schools.

3. The participants of the said activity are the secondary AHD coordinators. Attached are the list of participants and program of activities.

4. Since the activity is held on summer vacation, teacher participants shall be entitled to a two day service credit as per provisions of DepEd order no. 53 s. 2003.

5. Travel and other incidental expenses of participants shall be charged to local funds subject to the usual accounting and auditing rules and regulations.

6. For information, guidance and strict compliance.



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LIST OF ADOLESCENT HEALTH AND DEVELOPMENT COORDINATOR
SECONDARY

No.	NAME OF SCHOOL by: MUNICIPALITY	NAME OF PARTICIPANTS
	Bagamanoc	
1	BAGAMANOC RDHS	ANGELIE S. EVANGELISTA
2	BUGAO HNS	RUSTAN VILLARANDA
3	SAN VICENTE NHS	CYRIL KING T. BERNAL
	Baras	
4	AGBAN NHS	Jenil Ganan
5	BARAS RDHS	MARISOL O. SAMAR
	BATO	
6	BATO RDHS	ROSALIN ROSETTE TEJERRERO
7	BOTE INTEGRATED SCHOOL	RICHELLE TRESVALLES
8	CABUGAO INTEGRATED SCHOOL	RUDILYN MORALES
	Caramoran	
9	CARAMORAN RDHS	MARIA RODELYN P. JACOBO
10	CARAMORAN SCHOOL OF FISHERIES	RACHEL ALDEA
11	DARIAO NHS	REGINA SALVE B. BARRA
12	MILAVIGA INTEGRATED SCHOOL	REGINA UBRA
13	PALUMBANES INTEGRATED SCHOOL	LOIDA VALEZA
14	SUPANG-DATAG NHS	APRIL ANNE T. PAGUNURAN
15	TUBLI NHS	CHERYLYN PUBLICO
	Gigmoto	
16	DORORIAN NHS	VHEENDIL M. TABOR
17	GIGMOTO RDHS	LIBERTY B. LIM
18	SICMIL INTEGRATED HS	ROSIE MAY C. OGALESCO
	Pandan	
19	PANDAN SCHOOL OF ARTS AND TRADES	BEA CRUZ
20	LIV SR NHS	JAIRA E. BARON
21	COBO INTEGRATED SCHOOL	
	Panganiban	
22	PANGANIBAN NHS (CAIC COMPOUND)	JOHN VILLEGAS
23	PANGANIBAN NHS	YLLEN T. TULDAC
	San Andres	
24	CABCAB NHS	DEBBIE B. GO
25	CODON NHS	JENNY ROSE M. REYES
26	LICTIN INTEGRATED SCHOOL	ANGELY M. BARRO
27	MANAMBRAG NHS	CATHERINE T. MENDOZA
28	MAYNGAWAY NHS	MARIA REMY T. ROMERO

29	SAN ANDRES VOCATIONAL SCHOOL	MAGIE G. RABACA
	<i>San Miguel</i>	
30	SAN MIGUEL RDHS	
31	MABATO HS (Annex)	KAREN KAYE TAULE
	<i>Viga</i>	
32	SAN JOSE NHS	KLYNE T. BONGALON
33	TAMBONGON NHS	RESHA M. MASAGCA
34	TINAGO NHS	KRISTEL KAYE A. TATEL
35	VIGA RDHS	ANA MARIE T. VILLAMOR
	<i>Virac</i>	
36	ANTIPOLO NHS	JOY PAJATIN
37	BUYO INTEGRATED SCHOOL	SHIELA TADOY
38	CATANDUANES NHS	MICHELLE DEL ROSARIO
39	CALATAGAN HIGH SCHOOL	HELEN ROMERO
40	HAWAN NHS	AMY QUINONES
41	MAGNESIA NHS	PAMELA TABILOG
42	PALTA NHS	ERLINDA MANLAGNIT



POPCOM
Empowering Filipino Families

PROGRAM OF ACTIVITIES

Form No. POA-OED-FM020

Version No. 01 Effective: March 1, 2018

Title of Activity: Capacity Building for AHD Focal Persons and Population Program Officers on Adolescent Health and Development

Dates: May 29-30, 2018

Venue: SDO, Virac, Catanduanes

Day/Time	Topic/Activity	Responsible Person
MAY 29, 2019		
8:00-9:00 AM	Arrival and Registration	
9:00-9:15	Invocation National Anthem	
9:15-9:45	Welcome Message	DepEd Catanduanes
9:45-10:15	Levelling of Expectations	Kenneth Madronero <i>JO, POPCOM V</i>
10:15-10:30	Break	
10:30-11:15	The Adolescent Health and Development Program	Gemma B. Robles <i>IO III, POPCOM V</i>
11:15-12:00	Overview of the U4U Teen Trail	
12:00-1:00PM	Lunch Break	
1:00-5:00	Orientation on the U4U Segments	Kenneth Madronero
5:00-5:15	Post-activity assessment	
MAY 30, 2019		
8:00-8:30AM	Morning Preliminaries/Recap	
8:30-9:00	Overview of the Parent-Teen Talk	Gemma B. Robles
9:00-10:00	Throwback Talk: Rediscovering my Adolescence Journey Body Talk: Appreciating my Adolescence Years	
10:00-10:15	Coffee Break	
10:15-11:15	Parenting Talk: Parenting my Adolescents Parental Relationship Talk: Relating with my Parents	



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11:15-12:15	Protective Talk: Protecting my Adolescent from Risks and Threats Risky Talk: Protecting Myself from Risks and Threats	
12:15-1:00PM	Lunch Break	
1:00-2:00	Growing Together Talk: Talking to my Adolescent Effectively Growing Together Talk: Talking to my Parents Effectively	
2:00-3:30	Heart -to-Heart Talk: Nurturing a Healthy, Empowering and Respectful Teen-Parent Communicative Relationship	
3:30-3:45	Coffee Break	
3:45-4:30	Closing Evaluation	