



Republic of the Philippines

Department of Education

REGION V

SCHOOLS DIVISION OFFICE OF CATANDUANES



June 23, 2022

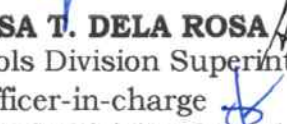
DIVISION MEMORANDUM

OSDS-SGOD-SHN-DM-304s. 2022

TO : Assistant Schools Division Superintendent
Chief's, SGOD and CID
Public Schools Division Supervisors
Elementary and Secondary School Heads
Division Health Personnel's

**DIVISION TRAINING ON FOUNDATIONAL COURSE ON ADOLESCENT HEALTH FOR
ELEMENTARY AND SECONDARY COORDINATORS**

1. The School Governance and Operation Division through School Health and Nutrition Section will conduct Division Training in the Foundational Course on Adolescent Health on July 12-13, 2022 at Rakdel Inn.
2. The activity aims to cascade the program and provide knowledge and skills in understanding teens and how to deal with adolescent learners.
3. The participants of this activity are selected elementary and secondary ARH coordinator. Attached is the list of participants and Training Matrix. The participants are advised to bring their laptops to be use in action planning or workshop.
4. Considering the schedule of the training will fall during School Break, all teachers are entitled on Vacation Service Credits for their actual services rendered on July 12-13, 2022 in congruence to the provisions set in DepEd Order no. 53, s. 2003 re: Updated Guidelines on Grant of vacation service credits to teachers.
5. Transportation and other incidental expenses will be charged against local funds subject to the usual accounting and auditing rules and regulations. For more information and inquiries regarding the activity **please contact ERMA B. PAMPANGA of School Health & Nutrition Section with contact no. 09993682255.**
6. For widest dissemination and compliance.


MA. LUISA T. DELA ROSA
Assistant Schools Division Superintendent
Officer-in-charge
Office of Schools Division Superintendent



San Roque, Virac, Catanduanes
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Attachment no. 1 (Participants per School)

MUNICIPALITY	LEVEL	SCHOOL
PANDAN	SECONDARY	PANDAN SCHOOL OF ARTS & TRADES (PSAT)
PANDAN	SECONDARY	LEANDRO I. VERCELES NATIONAL HIGH SCHOOL
CARAMORAN	SECONDARY	CARAMORAN RDHS
CARAMORAN	SECONDARY	PALUMBANES
CARAMORAN	SECONDARY	TUBLI NHS
SAN ANDRES	SECONDARY	SAN ANDRES VOCATIONAL SCHOOL
SAN ANDRES	SECONDARY	MAYNGAWAY NHS
SAN ANDRES	SECONDARY	MANAMBRAG NHS
VIRAC	SECONDARY	CALATAGAN HS
VIRAC	SECONDARY	PALTA NHS
VIRAC	SECONDARY	ANTIPOLO NHS
BATO	SECONDARY	BATO RDHS
BATO	SECONDARY	CABUGAO IS
SAN MIGUEL	SECONDARY	SAN MIGUEL RDHS
BARAS	SECONDARY	AGBAN NHS
BARAS	SECONDARY	BARAS RDHS
GIGMOTO	SECONDARY	GIGMOTO RDHS
GIGMOTO	SECONDARY	SICMIL IS
GIGMOTO	SECONDARY	DORORIAN NHS
VIGA	SECONDARY	VIGA RDHS
VIRAC	ELEMENTARY	VIRAC PILOT ES





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VIRAC	ELEMENTARY	VIRAC CENTRAL ES
VIRAC	ELEMENTARY	JMAMES
BATO	ELEMENTARY	BATO CENTRAL ES
BARAS	ELEMENTARY	BARAS CENTRAL ES
SAN MIGUEL	ELEMENTARY	SAN MIGUEL CENTRAL ES
PANGANIBAN	ELEMENTARY	PANGANIBAN CENTRAL ES
SAN ANDRES	ELEMENTARY	SAN ANDRES CENTRAL ES
CARAMORAN	ELEMENTARY	CARAMORAN CENTRAL ES
PANDAN	ELEMENTARY	PANDAN CENTRAL
VIGA	ELEMENTARY	VIGA CENTRAL ES
BAGAMANOC	ELEMENTARY	BAGAMANOC CENTRAL
BAGAMANOC	ELEMENTARY	BUGAO CENTRAL
SAN ANDRES	ELEMENTARY	CABCAB CENTRAL ES
BARAS	ELEMENTARY	AGBAN CENTRAL ES
BATO	SECONDARY	BOTE IS
VIRAC	SECONDARY	BUYO IS
CARAMORAN	ELEMENTARY	DATAG CENTRAL
PANDAN	ELEMENTARY	TABUGOC CENTRAL ES





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HEALTH PERSONNEL PARTICIPANTS

- MA. THERESA G. ABUNDO
- JENNIFER S. CASALLO
- AHDEL D. IDANAN
- ANAVEL M. JOSON
- ROSITA A. TABIRARA
- MARIBEL B. SAMONTE
- ROSALIN ROSETTE TEJERERO

FACILITATORS

- DR. KRISTINE G. SANTELICES
- ERMA B. PAMPANGA
- EMELINE FRANCIA P. ABRASALDO
- ROSARIO VEGIM
- VERNIE ROBLES





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Attachment no. 2: TRAINING MATRIX

TIME	TOPIC/ ACTIVITY	METHODOLOGY	RESPONSIBLE PERSON
DAY 1 AM (TUESDAY)			
8:00-8:30 am	Registration	Introductory Video	Emeline Francia Abrasaldo & Erma Pampanga
8:30-9:00 am	Opening Program		
	<ul style="list-style-type: none"> • Philippine National Anthem • Prayer • Welcome Remarks • Acknowledgement of the Participants • Messages 		
9:00-9:30am	Expectation Settings <ul style="list-style-type: none"> • Overview and Orientation on Training Principles and approaches • Training Design 	Mentimeter	Emeline Francia P. Abrasaldo, RN Nurse II
9:30-10:30 am	MODULE 1 UNDERSTANDING THE ADOLESCENT Session 1 Stages of Development <i>Activity no. 1 Changes during Adolescence and development</i>	Lecture & Discussion Group Activity: Materials: Manila paper pentelpen	Dr. Kristine G. Santelices Medical Officer III
10:30-12:00 pm	Session 2 INNER WORKING OF THE ADOLESCENT <i>Activity 2.1 Psychological Development</i> <i>Activity 2.2 The Teen Brain</i>	Metacards Pentelpen Coupon bond	Dr. Kristine G. santelices
12:00-1:00 pm	Lunch Break		
1:00-2:30 pm	Session 3 GENDER & HEALTH <ul style="list-style-type: none"> ○ <i>Activity 3.1 Human Sexuality and Gender</i> 	Lecture & Discussion Manila Paper & Pentelpen Metacards	Dr. Kristine G. Santelices





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	<ul style="list-style-type: none"> o Activity 3.2 Gender, Health and Health Care 	Video Presentation	
2:30-3:30 pm	MODULE 2: RESPONDING TO THE ADOLESCENT Session 1 HEEADSS <ul style="list-style-type: none"> o Activity 1.1 Screening Tool o Activity 1.2 Interview of Protocol 	Lecture & Discussion HEEADSS Screening tool	Vernie Robles Guidance Counselor III (CNHS)
3:30-5:00 pm	<ul style="list-style-type: none"> o Processing of HEEADSS Interview 	Group activities	

DAY 2

TIME	TOPIC/ ACTIVITY	METHODOLOGY	RESPONSIBLE PERSON
DAY 2 AM (WEDNESDAY)			
7:30-8:00 am	Registration	Introductory Video	Emeline Francia Abrasaldo & Erma Pampanga
8:00-8:30 am	MOL		
	<ul style="list-style-type: none"> • PRAYER • CHECKING OF ATTENDANCE • RECAP • MENTAL HEALTH ACTIVITIES 		Emeline Francia Abrasaldo & Erma Pampanga
8:30-9:30 am	Session 2 BEING ADOLESCENT CLIENT FRIENDLY <ul style="list-style-type: none"> • Activity 2.1 Finding Compassion • Activity 2.2 Compassionate Listening 	LECTURE DISCUSSION	Rosario Vegim PDO I
9:30-10:30 am	Session 3 GAINING THE ADOLESCENT TRUST <ul style="list-style-type: none"> • Activity 3.1 Privacy, Confidentially & informed consent • Activity 2.2 Compassionate Listening 	LECTURE DISCUSSION	Rosario Vegim PDO I
10:30-12:00 pm	MODULE 3 MOVING TOWARDS ADOLESCENT	Lecture Discussion	Erma B. Pampanga NURSE II





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	FRIENDLY HEALTH SERVICES Session 1 The Adolescent Friendly Health Facility <ul style="list-style-type: none">• Session 2 Improving Quality of Adolescent Care		
12;00-1:00am	Lunch Break		
1:00-2:30pm	Session 2 IMPROVING QUALITY OF ADOLESCENT CARE <ul style="list-style-type: none">○ Activity 2.1 Key Actions to improve Adolescent Health Service in the Schools	Metacards	Erma B. Pampanga
2;30-3:30 pm	SESSION 4 LAWS AND POLICIES Activity 4.1 Case Analysis	Case Analysis	Dr. Kristine G. Santelices
3:30-4:00pm	<ul style="list-style-type: none">• Post Test & Evaluation ACTION PLANNING	Google Forms	Emeline Francia P. Abrasaldo
4:00-5:00	CLOSING PROGRAM <ul style="list-style-type: none">• Nationalistic Songs• Closing Prayer• Impression• Closing Remarks		

