



Republic of the Philippines
Department of Education
REGION VIII
SCHOOLS DIVISION OF CALBAYOG CITY

September 16, 2024

MEMORANDUM
DM-OSGOD-YFD 476, s. 2024

**PARTICIPANTS FOR THE CONDUCT OF NAVIGATING WELLNESS:
REGIONAL/CLUSTERED SYMPOSIUM ON CHILD AND ADOLESCENT
REPRODUCTIVE HEALTH**

TO : SGOD and CID Chiefs
Public Schools District Supervisor – Calbayog III District
School Head – Calbayog City National High School
All Others Concerned

1. Pursuant to Regional Memorandum ESSD – 2025 – 1037, dated September 5, 2024 re: **Participants for the Conduct of Navigating Wellness: Regional/Clustered Symposium on Child and Adolescent Reproductive Health, on October 7-11, 2024**, to be held within Region VI, this Office through the SGOD-Learner Formation Division, informs the field the following SDO participants, to wit.

Name	Office/School
Sophia C. Monteron	PHN II – SGOD
Shameerah Therese A. De Guzman (Grade 11)	Pres.-DFSSLG & VP-RFSSLG - CCNHS

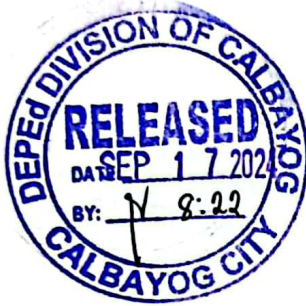
2. The event is a back-to-back activity, a symposium, and an orientation on peer health navigation that will equip adolescents with the knowledge and support they need to confidently navigate their reproductive health and wellness choices.


3. It specifically aims to:

- educate adolescent;
- empower peer support;
- promote healthy decision-making;
- enhance service access; and
- community partnership and engagement

DEPARTMENT OF EDUCATION
REGION VIII
SCHOOLS DIVISION OF CALBAYOG CITY

4. Travel and other incidental expenses will be charged to the ARH Fund, Local Funds, School MOOE fund, and other fund source/s, subject to the usual government accounting and auditing rules and regulations.
5. For more details please refer to the attached Memorandum.
6. Immediate dissemination and compliance with this Memorandum are earnestly desired.




MARGARITO A. CADAYONA JR PHD, CESO VI
OIC Schools Division Superintendent



Republic of the Philippines
Department of Education
 REGION VIII - EASTERN VISAYAS

September 05, 2024

REGIONAL MEMORANDUM
 ESSD - 2024 - 1037

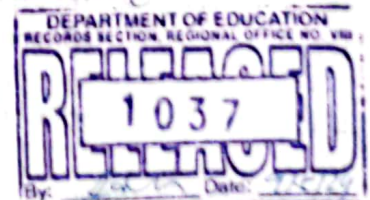
**PARTICIPANTS FOR THE CONDUCT OF NAVIGATING WELLNESS:
 REGIONAL/CLUSTERED SYMPOSIUM ON CHILD AND
 ADOLESCENT REPRODUCTIVE HEALTH**

To: Regional Office Division Chief } Baybay City Division
 Schools Division Superintendents } Borongan City Division
 All Others Concerned } Calbayog City Division
 } Catbalogan City Division
 } Eastern Samar Division
 } Leyte Division
 } Maasin City Division
 } Northern Samar Division
 } Ormoc City Division
 } Samar Division
 } Southern Leyte Division
 } Tacloban City Division

1. With reference to DM-OUOPS-2024-09-06856, this Office, through the Education Support Services Division – School Health and Nutrition Unit (ESSD-SHNU), announces the participants for the event titled: **“Navigating Wellness: Regional/Clustered Symposium on Child and Adolescent Reproductive Health.”**
2. The Symposium will be done in three clusters. Cluster 2 (Visayas Cluster) is scheduled on October 7-11, 2024, within Region VI and will be composed of the identified participants in the attached list in this Memorandum.
3. Cluster 2 participants must register at <https://rb.gy/oda632>.
4. Meals and accommodation will be charged to the host region’s ARH program support funds (PSF). Travel expenses of DepEd Regional and SDO participants shall be charged against the sending office’s ARH PSF, subject to the usual accounting and auditing rules and regulations.
5. For guidance and compliance.


EVELYN R. FETALVERO CESO IV
 Regional Director

Enclosures: As stated
 References: As stated
 To be indicated in the Perpetual Index under the following subjects:
 SCHOOL HEALTH REPRODUCTIVE HEALTH
 ESSD-SHNU-ALSL



Address: Government Center, Candahug, Palo, Leyte
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 Website: region8.deped.gov.ph

LIST OF PARTICIPANTS

Regional ARH Focal		
1.	Dr. Angelica C. Rodriguez	DepEd Regional Office 8
Regional CSE Focal		
1.	Nova Jorge	DepEd Regional Office 8
Schools Division Offices Registered Guidance Counselor		
Trained Focal on PHN		
1.	Mary Jean Hidalgo	SDO Tacloban City
1.	Rizza P. Deliva	SDO Tacloban City
2.	Precy M. Eriño	SDO Northern Samar
ARH Focal		
1.	Menard Madeja	SDO Eastern Samar
2.	Ashdel Artes	SDO Ormoc City
3.	Lorna Palines	SDO Borongan City
4.	Jennilyn Moquia	SDO Leyte
5.	Melanie Orbeta	SDO Southern Leyte
6.	Amelita Amit	SDO Maasin City
7.	Venie Jay Montalban	SDO Baybay City
8.	Sophia Monteron	SDO Calbayog City
YFD Focal		
1.	Eden A. Dadap	DepEd Regional Office 8
2.	Gye Lynne T. Godio	SDO Catbalogan City
3.	Neri Margaret O. Fabillo	SDO Leyte
4.	Maria Lyn L. Tanquezon	SDO Maasin City
5.	Julita T. Hermoso	SDO Eastern Samar
6.	Mercedita M. Abalos	SDO Samar
7.	Joget M. Jandoc	SDO Ormoc City
8.	April Lynn V. Gaviola	SDO Southern Leyte
Youth Leaders		
1.	Fiona Bianca A. Velasco	Borongan City
2.	Loren Jade Gardoce	Samar
3.	Princess Bhemby Cabidog	Leyte
4.	Faye Isabella E. Arones	Ormoc City
5.	Jana Glare Galupo	Southern Leyte
6.	Julia Margarette Macabare	Catbalogan City
7.	Bryle Champbray Basco	Maasin City
8.	Shameerah Therese A. De Guzman	Calbayog City

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NAVIGATING WELLNESS: CLUSTERED/REGIONAL SYMPOSIUM ON CHILD AND ADOLESCENT REPRODUCTIVE HEALTH (ARH)

September 23-27, 2024 / Region III
 October 7-11, 2024 / Region VI (Roxas City)
 November 4-8, 2024 / Davao, Region XI

Indicative PROGRAM OF ACTIVITIES

Day 1: Empowerment through Education		
Time	Activities	Person Responsible
12:00pm-2:00PM	Registration of participants	Secretariat
	LUNCH	
2:00pm-5:00pm	PRELIMINARIES <ul style="list-style-type: none"> • Invocation • National Anthem • Recognition of Participants 	Facilitator
	Opening Message	Dr. Dexter A. Galban Assistant Secretary for Operations
	Inspirational Message	Atty. Revsee A. Escobedo Undersecretary for Operations
	<ul style="list-style-type: none"> • Setting of expectations • Program flow • Groupings & House Rules 	Facilitator/s
	REMINDERS	Emcee
Day 2: Health and Wellness Symposium		
Time	Activities	Person Responsible
8:30am-9:00am	Management of Learning (MOL)	Participants
9:00am-9:30am	Keynote Speech: Empowering Adolescents: The Importance of Reproductive Health Education	BLSS-Director
9:30am-10:45am	Session 1: Comprehensive Reproductive Health Education <ul style="list-style-type: none"> • Topics: Puberty, menstrual health, contraception, STI prevention. 	Resource Person
10:45am-12:00nn	Session 2: Healthy Relationships and Consent <ul style="list-style-type: none"> - Topics: Understanding consent, recognizing healthy and unhealthy relationship behaviors. 	Resource Person
12:00pm-1:00pm	LUNCH	

1:00pm-2:30pm	Session 3: Mental Health Awareness <ul style="list-style-type: none"> Topics: Identifying mental health issues, stress management, resilience. Session 4: Holistic Wellness <ul style="list-style-type: none"> Topics: Emotional well-being, physical health, and self-care strategies. 	Resource Person
2:30pm-3:30pm	Session 5: Navigating and Accessing Health Services <ul style="list-style-type: none"> Topics: Identifying local resources, navigating healthcare systems. 	Resource Person
3:30pm-4:00pm	Session 6: Engaging the Community and Policy Advocacy <ul style="list-style-type: none"> Topics: Building supportive networks, advocating for adolescent health rights. 	Resource Person
	***Question and Answer sessions	Facilitators
4:00pm-4:30pm	Recap of key learnings, participant feedback, and plans for continued engagement and advocacy.	Facilitators
4:30pm-5:00pm	REMINDERS	Emcee
Day 3: Peer Navigation Training		
Time	Activities	Person Responsible
8:00am-8:30am	Management of Learning (MOL)	Participants
8:30am-12:00pm	Session 6: Role of Peer Navigators Topics: Introduction to Peer Navigation, Essential Skills, Maintaining Confidentiality ***Training Sessions, Skill-Building Exercise	Resource Persons Facilitator/s
12:00pm-1:00pm	LUNCH	
1:00pm-5:00pm	Session 7: Practical Peer Navigation Topics: Case Studies, Problem-Solving, Peer Support Strategies ***Scenario-based learning, Group Activities	Resource Persons Facilitator/s
5:00pm	REMINDERS	Emcee
Day 4: Access to Services and Community Engagement		

Time	Activities	Person Responsible
8:00am-8:30am	Management of Learning (MOL)	Participants
8:30am-12:00nn	Session 8: Navigating Health Services Topics: Identifying Local Resources, Understanding Healthcare Systems, Overcoming Barriers, Community Resources, Building Support Networks ***Interactive Maps, Health and Non-Health Provider Presentations, Question and Answer Sessions	Resource Persons Facilitator/s
12:00pm-1:00pm	LUNCH	
1:00pm-4:30pm	Session 9: Seven Steps in Setting Up School-based Peer Health Navigation Program	
4:30pm-5:00pm	REMINDERS	
Day 5		
8:00am-8:30am	Management of Learning (MOL)	
8:30am-10:00am	PLANNING WORKSHOP	
10:00am-12nn	Closing Message	Dra. Maria Corazon Dumlao SHD Chief
	TRAVEL TIME	