



Republic of the Philippines
Department of Education
REGION I

SCHOOLS DIVISION OF THE CITY OF BATAC

DIVISION MEMORANDUM
No. 634 , s. 2024

28 OCT 2024

**HEALTHY LIFESTYLE ADVOCACY TRAINING FOR TEACHING PERSONNEL OF
THE SCHOOLS DIVISION OF THE CITY OF BATAC**

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Unit and Section Heads
Public & Private Elementary and Secondary School Heads
All Others Concerned

1. Pursuant to CSC Memorandum Circular No. 17, s. 1989 titled Physical and Mental Fitness for Continued Employment in the Public Service, the Schools Division of the City of Batac shall conduct Healthy Lifestyle Advocacy Training for Teaching Personnel of the Schools Division of the City of Batac at Paoay Lake JLP Resort on October 29 and 30, 2024, 8:00 AM.
2. This activity aims to educate selected teaching personnel & raise their awareness and responsibility towards the importance of adopting a healthy lifestyle. Specifically, it aims to:
 - a. discuss the cause, signs and symptoms of chronic diseases and
 - b. present healthy lifestyle management options and interventions to reduce the risk of chronic diseases.
3. Accommodation, food, venue rental, token for resource speakers and supplies for the said activity shall be charged against the 2024 Special Education Fund (SEF) while travel expenses of the participants shall be charged against division/school MOOE/Local Funds subject to the existing rules and regulations.
4. This Memorandum serves as Official Authority of Travel of identified participants.
5. Enclosed are the following for reference:
 - a. Enclosure 1. Program of Activities
 - b. Enclosure 2. List of Participants
6. For information and guidance.

ANSELMO R. ALUDINO
Schools Division Superintendent

Encl.: As stated
Reference: CSC Memorandum Circular No. 17, s. 1989
To be indicated in the Perpetual Index
under the following subjects:

PROGRAMS NUTRITION EDUCATION OKD

MVM/DM-LifestyleAdvocacy
October 24, 2024



SDCB RECORDS UNIT

2415804



DepEd Batac City



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City of Batac, Ilocos Norte
Telephone No.: (077) 677-1993

Enclosure 1. Program of Activities

HEALTHY LIFESTYLE ADVOCACY TRAINING FOR TEACHING PERSONNEL

October 29 and 30, 2024, 8AM

Time	Activities	Speaker/In-Charge
7:30 – 8:00 AM	Registration of Participants	SHU
8:00 – 8:30 PM	Opening Program - Prayer (AVP) - Presentation of Participants - Opening Remarks & Rationale of the Program - Message - Message	JUDITH IVY R. MANGOBA Nurse II NEMALYN M. ULEP Chief Education Supervisor – SGOD ANSELMO R. ALUDINO Schools Division Superintendent Engr. ALBERT CHUA Mayor, City of Batac
8:30 – 9:30 AM	Presentation of Annual Physical Examination (APE) Result	MARITESS D. DIEGO, MD Medical Officer III
9:30 – 9:45 AM	Health Break	
9:45 – 10:00 AM	Introduction of Resource Speakers & Instructions on the Break-out Sessions	MIRASOL V. MANGASEP Nurse II
10:00 – 12:00 NN	Lecture 1 Prevention of Dyslipidemia through Healthy Lifestyle Lecture 2 Health Issues Related to Adiposity-Based Chronic Disease and its Prevention	MONALISA E. ACERO, MD CARISSA LOSANTAS, MD
12:00– 1:00 PM	Lunch break	
1:00 – 1:30 PM	ZUMBA	MIRASOL V. MANGASEP LORLYN R. CALAUTIT
1:30 – 4:00 PM	Food Preparation with Discussion	MONALISA E. ACERO, MD CARISSA LOSANTAS, MD MARITESS D. DIEGO, MD DAPHNE DINAMLING, MD ROSALIE DIMSON, MD
4:00- 4:45 PM	Plenary Session (Q & A) Understanding Lifestyle Diseases	All speakers and Doctors (LM)
4:45 – 5:00 PM	Ways Forward	ARNEL S. BANDIOLA Assistant Schools Division Superintendent

Emcee : Mark Louie P. Duldulao

Enclosure 2. List of Participants

Day 1- October 29, 2024		
School	Name of Participants	
Baay ES	Teresita S. Butay	Jocelyn G. Bagaoisan
	Sheilla Mae D. Garcia	Abegayle P. Layaoen
	Jeff P. Pungtilan	
Baligat ES	Cherry Jean O. Dela Cruz	Wilfredo E. Bonagua
	Jerome A. Lopez	Aileen L. delos Santos
Biningan ES	Aileen Grace A. Delos Santos	Brendalee C. Peralta
Bil-loca ES	Joel S. Aribuabo	Annavel L. Ibuyat
	Bernadette M. Morella	Milagros A. Pungtilan
BMMES	Edyann N. Villalobos	Maribel O. Giron
	Mary Jane P. Ruiz	
Camandingan ES	Michelle Joy G. Dalan	Gilda G. Acosta
CAMES	Rosemelinda S. Baysac	Cherry A. Ulita
	Lory Grace dela Cruz	Marietes Q. Arcangel
Colo-Mabaleng ES	Julie Ann R. Opelac	Flordeliza C. Cacayan
	Kathleen Joyce A. Iloreta	Chona G. Valdez
CuMaPit ES	Lorrie Jane F. Quizquiz	
Dariwdiw ES	Josie O. Bactin	Marybeth D. Agustin
	Jennifer A. Delos Reyes	Girlie Joy B. Gomez
	Crystal Lhane Q. Agdigos	Rona Jane M. Pungtilan
HVMES	Kelly-lyn B. Aguilar	Kenneth Rodel R. Gamet
	Leilanie T. Clemente	Christine Joy E. Laeno
	Marlene F. Diculen	Rosebella J. Narciso
	Leah G. Domingo	
Magnuang ES	Gaudencia S. Alibuyog	Julie Ann S. Calivoso
MMMES	Imelda C. Adalem	Emma B. Arcebal
	Eliza S. Agcaoili	Tibelda Alarise M. Cabansag
	Mary Genevieve Agloco	May Hope Marie C. Cack
	Visitacion S. Agres	Divine Jessica P. Camiring
	Edelaine U. Duyor	Maylyn R. Dalag
MQES	Diane Joyce B. Pijera	Renato Quiocho Jr
Nagbacalan ES	Jocelyn Quisquis	Roger L. Ibe
	Janice T. Garcia	Isabel M. Agunat
	Michelle P. Macadaeg	Karen Kay D. Garcia
Parangopong ES	Michelle M. Ranga	Rebecca P. Quinajon
Payao ES	Tanya Faye B. Calacal	Beulah Hepzibah T. Manglal-lan
	Emerita A. Peralta	Lorna C. Abad
	Maricon. P. Gapas	Henessy C. Mata
PQ Pimentel ES	Jovelle L. Raguindin	Laila Gail R. Icuspit
	Marlen Andres	Daisy S. Lagmay
Quiling ES	Nerissa Joy B. Reyes	Glen Jayson L. Franco
	Richelle P. Adina	Jim Cesar G. Baylon
	Myrna A. Layaoen	Anastacia D. Peralta

Rayuray ES	Maria Angelica R. Laurio	Marjorie R. Gabuten
	Zoe L. Puyot	Crislea R. Aganus
Sumader ES	Judelyn B. Agulay	Shirley Marilou Bodino
Tabug ES	Rhesa Elijah S. Abella	Nollan M. Guillermo
	Leah Lyne P. Cabanos	Rommel S. Villanueva
BNHS	Darwin De la Cruz	Ryan I. Roldan
	Honey Lee P. Gabriel	Jerson E. Sebastian
	Sonny Augustino P. Fiesta	Peter Manglal-lan
	Marlon T. Lumang	Jared Manzananas
	Gerardo Mario B. Manligot	
CBNHS Payao	Elsie M. Daga	Mylyn A. Galimba
	Marivette B. Borja	Roselle M. Garcia
CBNHS Poblacion	Joefrey C. Bataan	Steve John R. Bautista
	Minerva N. Ampaña	Reynaldo Jr. U. Blas
	Mhea Kathrine A. Arellano	Joceline N. Caluya
	Teofila Avigail B. Catindoy	Jomar E. Caluya
	Mark Fabian N. Vento	Markiel Matthew P. Gamas
	Gregorio V. De La Cruz, Jr.	Jewel Ruth A. Labasan
CBNHS Rayuray	Clyds Deo A. Damaso	
CMVNHS	Benito, Jr C. Beltran	Claudeth A. Quiaoit
	Braulio 2nd P. Lagadan	Juliet J. Galutira
FEMSHS	Stephenleigh A. Guittap	Queeny Joyce F. Sebastian
	Easter A. Lumang	Jacel Riz Q. Macugay
GARSHS	Michelle A. Agulay	Jessica R. Cadang
	Joe Jayson Caletena	Shiela Joy T. Juralbal

Day 2- October 30, 2024

School	Name of Participants	
Baay ES	Everlyn P. Quilates	Revelyn O. Tesora
	Julie Ann D. Tagaban	Debbie Joy P. Gudoy
	Cherryl R. Bonagua	
Baoa ES	Bernadette B. Sereno	Genelyn Q. Castillo
	Girly Cecile A. Esteban	Lorena A. Sugui
Baoa East ES	Joana Therese R. Sabas	Blessie Imee T. Manuel
BMMES	Kristine Ann D. Asuncion	Lea T. Camangeg
	Ma. Theresa Brenda B. Tagudin	
Camandingan ES	Michelle Joy G. Dalan	Gilda G. Acosta
CAMES	Aiken Jay T. Respicio	Ferdinand Alimbuyugen
	Honelyn Servanes	Aileen M. Fabro
	Chery Ann L. Martinez	Elena B. Calderon
	Gloria Resurrecion C. Alcausin	Rowena B. Fiesta
	Dhevilyne Bayan	Mylene S. Bagaoisan
CuMaPit ES	Lorrie Jane F. Quizquiz	
HVMES	Gay Marie T. Parado	Marites A. Sagun
	Mary Grace R. Parchamento	MN Q. Sanguir
	Camille C. Quitariano	Julie Ann B. Talaro
	Angelito C. Tapaoan	

Magnuang ES	Roma Berna T. Rubio	Glenys P. Domingo
MMMES	Myra A. Libed	Leonora R. Melchor
	Roxanne Jane F. Malabed	Jonabel R. Quilit
	Marivic A. Malunao	Gladys S. Reyes
	Lerma G. Matias	Julie A. Saguiguit
MMMES	Sheryl G. Salmasan	Cherrie Ann B. Gabion
	Filipinas F. Sibucan	Jayson C. Lampitoc
	Monette A. Silac	Irish Queeniezoe V. Laud
	Lynniel Marie S. Tapat	Christine C. Antonio
	Mark Nathaniel M. Cabansag	
MQES	Violeta C. Rodriguez	Melody V. Aguinaldo
NCES	Mary Ann P. Cabansag	Irish T. Baylon
Parangopong ES	DJ Ann Sagsagat	Jamieleen Joy O. Sagsagat
	Hazel B. dela Cruz	Beatriz S. Camangeg
San Mateo ES	Judith B. Parbo	Caryn V. Ragudo
	Jane C. Gonzales	Maria Eloisa I. Maborang
Sumader ES	Mark Anthony D. Diculen	Phoebe Ruth S. Gabriel
BNHS	Janette M. Acosta	Charie May C. Agustin
	Mary Ann P. Vidad	Friscilla Joy Lorenzo
	Marianne S. Basamot	Allen Martinez
	Evangeline A. Borje	Danilo B. Puyaoan
	Norelyn R. de la Cruz	Mc Dowell Sibucan
	Whellalyn G. Duldulao	Maria Love Doreen Tajon
	Anne Kathria Bernadette S. Gabriel	Ely D. Agustin
	Jena Mae M. Pungtilan	Madel Tagata
	Janeth T. Rabanal	Josie Duldulao Taradel
		Kenneth Irving Alexander T. Diric
CBNHS Payao	Ronel B. Dumlao	Jezlyn P. Ugot
	Marc Elvan U. Aranas	Leilani M. Rasco
CBNHS Poblacion	Blessy Joy R. Padaca	Angel Gabriel C. Leros
	John Paul L. Pagdilao	Clarissa P. Magno
	Emiju Winie D. Rivera	Divina B. Maloom
	Lexie Anne B. Sablot	Jennifer C. Mamotos
	Honeylet A. Siazon	Shielalee P. Mariano
	Bryan P. Sudsudan	Rechiel T. Nalupta
	Edzencion P. Yate	Marlee Samantha Mae M. Cocson
	Gina G. Lacambra	Ronald T. Ventura
	Antonnette Joanne A. Savellano	Micha Joy B. Gabriel
	Mena Jessamine C. Agustin	Annaliza R. Agno
Antonia S. Gabriel	Mary Joyce B. Austria	
Aikuh P. Battulayan	Erwin Kyle A. Balmilero	
CBNHS Rayuray	Renita M. Fiesta	
CMVNHS	Loida A. Silao	Lolijane D. Rivera
	Susan R. Ugale	Judith P. Salut
FEMSHS	Lorie Mae O. Benigno	Janette M. Oducayen
	Mark Janree L. Valencia	Joy Marie T. Sagnep
	Freddie S. Aribuabo	Sherry Ann M. Veracion

GARSHS	Queenie Rose A. Salaan	Gerome Keith A. Layaoen
	Roger G. Dancel	Rodolfo G. Pingao

Division Technical Working Group		
No.	Name	Position
1	Anselmo R. Aludino	Schools Division Superintendent
2	Arnel S. Bandiola	Assistant Schools Division Superintendent
3	Nemalyn M. Ulep	Chief Education Supervisor, SGOD
4	Marilou B. Sales, EdD	Chief Education Supervisor, CID
5	Joel P. Malunao	Administrative Officer V
6	Jennifer C. Bungubung	Accountant III
7	Jaquelyn P. Mendoza	Administrative Officer V
8	Maritess D. Diego, MD	Medical Officer III
9	Mark Louie P. Duldulao	EPS II
10	Jocelyn L. Aribuabo, PhD	EPS
11	Jedidiah B. Jagto	Nurse II
12	Mirasol V. Mangasep	Nurse II
13	Judith Ivy R. Mangoba	Nurse II
14	Gilbert P. Isla	EPS II

Program Management Team		
Role	Name	Position
Program Manager	Nemalyn M. Ulep	Chief Education Supervisor, SGOD
Learning Manager	Maritess D. Diego, MD	Medical Officer III
M and E Coordinator	Jocelyn L. Aribuabo	Senior Education Program Specialist
Documenter/Logistic Officer	Adelaida P. Manglal-lan Rhaian A. Gamet Dolores A. Ubiña Edwin V. Tangonan	Division Guidance Counselor PDO II Planning Officer III SEPS
Secretariat	Chrisse Julianne R. Pugat Angelo M. Bangcud Jaqueline Abiño Lorlyn R. Calautit	Administrative Assistant III PDO I Division Engineer Admin Support (SBFP)
Welfare Officer	Jedidiah B. Jagto	Nurse II
Finance Officer	Jennifer C. Bungubung	Accountant III