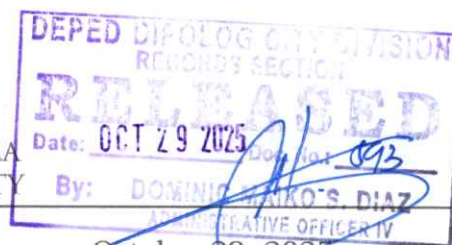




Republic of the Philippines
Department of Education
REGION IX – ZAMBOANGA PENINSULA
SCHOOLS DIVISION OF DIPOLOG CITY



DIVISION MEMORANDUM

No. 573, s. 2025

REGIONAL LIFE SKILLS ENHANCEMENT TRAINING FOR LEARNERS

To: Chief Education Supervisors
Division Learner Formation Coordinators
Select Public Schools District Supervisors
Select Secondary School Principals
Select Students
This Division

1. Pursuant to Regional Memorandum No. 499, s. 2025, titled “Conduct of **Life Skills Enhancement Training** Among Learners and Selected School Personnel and PTA Officers,” this Division issues this Memorandum to announce the official list of Batang Dipag learners who shall participate in the said training on **November 10-12, 2025, at NEAP-Region IX, Airport Road, Tiguma, Pagadian City**.

2. This activity aims to strengthen learners’ essential life skills that will enable them to make informed decisions, think critically and creatively, solve problems effectively, communicate and collaborate with others, build healthy relationships, empathize with people from diverse backgrounds, and cope with life’s challenges in a healthy and productive manner.

3. The identified students and chaperones are the following:

#	Name	Grade Level	School
1	Queneceblee G. Patagoc	G12	AQUMATSHS
2	Christian Rhiey P. Acama	G12	Cogon NHS
3	Saint Kyle S. Regencia	G12	Dipolog City NHS
4	Kricia Kate P. Agan	G12	Punta NHS
5	Mayvin Marish J. Peñez	G12	Sicayab NHS
6	Prince Joseph V. Vergara	G12	ZNNHS
7	Vincent Luke A. Jarmin	G12	ZNNHS
8	Elloise Julia A. Necesario	G12	ZNNHS-Turno
9	Jzerrell R. Alvarico	G12	ZNNHS-Turno
10	Prox Santino A. Balbuena	G12	ZNNHS-Turno
11	Cielbert E. Dondoyano Jr.	Schools Division Office SGOD-LFU	
12	Fritzella Sam P. Sarande	Schools Division Office SGOD-LFU	

4. All participants are directed to assemble at the DepEd Schools Division Office of Dipolog City, Government Center, Sta. Isabel, between 12:30 p.m. and 12:59 p.m. on Sunday, November 9, 2025. The van shall depart promptly at 1:00 p.m. for



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Pagadian City. Return transportation is scheduled on Wednesday, November 12, 2025, with the van available at the venue starting 11:00 a.m. to pick up participants.

5. The designated driver for this trip is:
 - Mr. Garry J. Abo, Plantilla Driver; Contact Number: 0938 306 6964
6. The assigned driver is directed to coordinate closely with the Learner Formation Unit to ensure seamless logistical arrangements throughout the duration of travel.
7. School Principals are hereby advised to prepare and process the Authority to Travel of the identified participants from their respective schools upon receipt of this Memorandum and not later than November 5, 2025. All documents shall be recommended and endorsed by the School Principal and subsequently submitted to the OSDS for review and approval.
8. In view of the scheduled training, school principals and concerned teachers are enjoined to extend support and flexibility to the identified learners by allowing them to complete any missed academic requirements through special arrangements. These may include, but are not limited to, the special administration of quizzes, make-up activities, submission of pending requirements, and completion of other academic tasks.
9. See following enclosures and annexes for your reference:
 - Enclosure 1: Indicative Program of Activities
 - Annex A: Parent's Consent and Waiver Form
10. All participants are further directed to attend the **Online Coordination Meeting** for this activity on **November 5, 2025 (Wednesday), at 8:00 p.m., via Google Meet**. The meeting link shall be provided on the day of the meeting.
11. Immediate dissemination of this Memorandum and strict compliance of all concerned are hereby directed.


MA. LIZA R. TABILON EdD, CESO V
Schools Division Superintendent

Ref.: RM 499, s. 2025
Encl.: Indicative Program, PCWF
SGOD/LFU/CEDJ
October 29, 2025



Address: Government Center, Sta. Isabel, Dipolog City
Email: dipolog.city@deped.gov.ph
Website: www.depeddipolog.com
Facebook: DepEd – Schools Division of Dipolog City



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(Enclosure 1 of Division Memorandum No. _____, s. 2025)

INDICATIVE PROGRAM OF ACTIVITIES

**Life Skills Enhancement Training Among Learners and Selected
School Personnel and PTA Officers**
**November 10-12, 2025 | NEAP-R, Airport Road, Tiguma, Pagadian
City**

Time	Activity Content
Day 0 – November 9, 2025 (SUNDAY)	
2:00 p.m. – 5:00 p.m.	Arrival of Participants
6:00 p.m. – 7:00 p.m.	Dinner
Day 1 – November 10, 2025 (MONDAY)	
6:00 a.m. – 7:30 a.m.	Breakfast
7:30 a.m. – 8:00 a.m.	Registration/Attendance
8:00 a.m. – 5:00 p.m.	Opening Program <ul style="list-style-type: none">- Preliminaries: AVP- Welcome Remarks:- Statement of Purpose:- Roll Call of Participants- Introduction of the Resource Speakers- Message- Q&A- Event Rules Safety Orientation Part II – Training Proper <ul style="list-style-type: none">Session 1: Life Skills TrainingSession 2: Building Self EsteemSession 3: Dr. Phil Test (Self-Awareness)
6:00 pm – 6:30 pm	Dinner
Day 2 – November 11, 2025 (TUESDAY)	
7:00 a.m. – 8:30 a.m.	Breakfast
8:30 a.m. – 9:00 a.m.	Management of Learning
9:00 a.m. – 9:45 a.m.	Recapitulation
9:45 a.m. – 10:00 a.m.	HEALTH BREAK
10:00 a.m. – 11:00 a.m.	Session 4: Communication Skills
11:00a.m. – 12:00p.m.	Activity
12:00 p.m. – 1:00 p.m.	Lunch
1:00 p.m. – 2:00 p.m.	Session 5: Decision Making Skills
2:00 p.m. – 3:00 p.m.	Activity
3:00 p.m. – 3:15 p.m.	HEALTH BREAK
3:15 p.m. – 4:15 p.m.	Session 6: Personal Skills
4:15 p.m. – 5:00 p.m.	Activity



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5:00 p.m. – 6:00 p.m.	DINNER
Day 3 – November 12, 2025 (WEDNESDAY)	
7:00 a.m. – 8:30 a.m.	Breakfast
8:30 a.m. – 9:00 a.m.	Management of Learning
9:00 a.m. – 9:45 a.m.	Recapitulation
9:45 a.m. – 10:00 a.m.	HEALTH BREAK
10:00 a.m. – 11:00 a.m.	Session 7: Assertion Skills
11:00a.m. – 12:00p.m.	Activity
12:00 p.m. – 1:00 p.m.	Lunch
1:00 p.m. – 2:00 p.m.	Session 8: Facilitation Skills
2:00 p.m. – 3:00 p.m.	Activity
3:00 p.m. – 3:15 p.m.	HEALTH BREAK
3:15 p.m. – 4:15 p.m.	Final Activity: Secret Friend Reveal
4:15 p.m. – 5:00 p.m.	Closing Program



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ANNEX A

PARENTAL CONSENT WAIVER AND RELEASE

I, _____, as the parents or legal guardian of

_____, hereby acknowledge that I have been informed of the details of the **REGIONAL LIFE SKILLS ENHANCEMENT TRAINING FOR LEARNERS** and hereby state/declare that:

1. I give Full Consent for our child/ward _____ to participate in the **REGIONAL LIFE SKILLS ENHANCEMENT TRAINING FOR LEARNERS** to be conducted by the Regional Office IX – Youth Formation Division of the Department of Education on **November 9 – 12, 2025** at NEAP Region IX, Airport Road, Tiguma, Pagadian City;
2. I acknowledge that I have been informed of the details of the conduct of this activity;
3. I understand that my child/ward's in-person attendance at the event will include associating with teachers, youth formators, fellow learners and other DepEd personnel, that may put my child of transmission of any communicable disease, notwithstanding the precautions undertaken by the implementing team to avoid such transmission;
4. I acknowledge that our child's participation in this activity is completely voluntary, and he/she may decline to participate at any time for any reason. While there remains the risk of possible transmission of any communicable diseases to my child/ward, and to the members of my household, I freely assume the said risk and I permit my child/ward to attend this activity;
5. To the best of my knowledge, my child/ward is in good physical condition, and I confirm that he/she does not have any symptoms for communicable diseases;
6. I will not allow my child/ward to participate in this activity if he/she or any member of my household develops any of the said symptoms or any other symptoms of illness that may or may not be related to any communicable disease. I will also inform the school/division and not allow my child/ward to attend if he/she or any members of my household test positive for any communicable disease;
7. I give full permission in any recording or picture taken of my child/ward during the conduct of this training-workshop and to use for purposes of documentation my child's/ward's images, contribution, or performance in any publication created by or for the SGOD-LFDU and to release this material to DepEd official platforms in accordance with the provisions of Republic Act No. 10173 otherwise known as the Data Privacy Act of 2012;



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8. I conform/agree to the collection and/or processing of any personal information and data from myself and my child/ward, that are necessary to successfully host the said activity, in accordance with the provisions of Republic Act No. 10173 otherwise known as the Data Privacy Act of 2012;
9. I agree and understand the commitment of my child/ward as a participant and will support his/her endeavor to meet the expectations, guidelines, and responsibilities with his/her fellow participants and to DepEd;
10. To the extent allowed by law and rules, I hereby agree to waive, release, and discharge any and all claims, causes of action, damages and rights against DepEd relative to the conduct of the activity;
11. With full understanding, I hereby freely and voluntarily give my consent to my child/ward's participation in the activity. I also attest that I had sought the views of my child and he/she has expressed a willingness to participate in the activity; and
12. By signing below, I acknowledge and represent that I have read this document, took time to understand it, and eventually sign it voluntarily as my own free act and deed.

Signed this _____ day of _____, 2025 at _____, Philippines.

Signature over Printed Name of
Parent/Guardian

Contact Details
(Cellphone Number)

Name of Child/Ward

Date

Address

Home/Mobile Number