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

DEPED DIPOLOG CITY DIVISION
RECORDS SECTION
RELEASED
Date: NOV 23 2026 Doc. No.: 1060
By: DOMINGO MARKO S. DIAZ
ADMINISTRATIVE OFFICER IV

November 23, 2026

DIVISION MEMORANDUM
No. 1060, s. 2026

REGIONAL LIFE SKILLS TRAINING 2026

To: Public Schools District Supervisors
Learner Formation Coordinators
Select School Heads
Select SSLG Teacher-Advisers
Select SSLG Officers and Student Leaders
This Division

1. Pursuant to Regional Memorandum No. 905, s. 2026, the Department of Education Regional Office IX, through the Education Support Services Division (ESSD), will conduct the **Regional Life Skills Training 2026** on **December 14–16, 2026**, at **Manuel Resort, Piñan, Zamboanga del Norte**. In line with this, the Division issues this memorandum to announce the official list of participants and chaperones and to provide guidance on the requirements for the training.

2. The training seeks to equip learners and their teacher-advisers with essential life skills. Specifically, it aims to help participants:

- Make informed decisions, solve problems, and think critically and creatively;
- Communicate effectively, build healthy relationships, and empathize with others; and
- Cope with challenging experiences and manage their lives in a healthy and productive way.

3. The Division will be represented by twelve (12) SSLG officers and student leaders, three (3) SSLG Teacher-Advisers serving as chaperones, and the Division Learner Formation Coordinator, totaling sixteen (16) delegates. Refer to **Enclosure 1** for the official list of participants, **Enclosure 2** for the important reminders, and **Enclosure 3** for the Indicative Program of Activities.

4. **Check-in at the venue will begin at 2:00 p.m. on December 13, 2026 (Sunday).** Meals will be served from dinner on December 13 until the afternoon snacks on December 16, 2026. Travel and incidental expenses shall be charged to Local Funds, PSF, MOOE, or other available fund sources, subject to the usual accounting and auditing rules.

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5. The Learner Formation Unit shall book the SDO Van and Pick-up to bring the delegates to the venue, departing at 1:00 p.m. on December 13, 2026. **All delegates shall assemble at the SDO Building, Sta. Isabel, on or before 1:00 p.m.**

6. School Heads and SSLG Teacher-Advisers of the concerned schools are requested to:

- Confirm the availability of the identified learners and ensure they have no conflicting commitments on the training dates;
- Secure the accomplished **Parent's Consent and Waiver Form (Annex A)** of each learner and submit a copy to the Division Learner Formation Unit before **November 25, 2026 (Wednesday)**; and
- Ensure that the learners bring the original signed form upon check-in at the venue.

7. See the following enclosures and annex for your reference:

- Enclosure 1: Official List of Participants
- Enclosure 2: Important Reminders
- Enclosure 3: Indicative Program of Activities
- Annex A: Parent's Consent and Waiver Form

8. For clarifications and inquiries regarding this issuance, all concerned are directed to coordinate with the Division Learner Formation Coordinator, **Cielbert E. Dondoyano Jr.**, at 0956 590 9773 or youthformation.dipolog@deped.gov.ph.

9. Immediate dissemination of and strict compliance with this Memorandum is directed.

JOVENCIA M. SAMANTE EMD
Public Schools District Supervisor
In-Charge of Office

For:

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

Ref.: RM 905, s. 2026
Encl.: Participants, Important Reminders,
Indicative Program of Activities,
Parent's Consent and Waiver Form
SGOD/LFU/CEDJ
November 23, 2026

(Enclosure 1 to Division Memorandum No. 1060, s. of 2026)

OFFICIAL LIST OF PARTICIPANTS FOR THE REGIONAL LIFE SKILLS TRAINING 2026

Manuel Resort, Piñan, Zamboanga del Norte
December 14–16, 2026

SSLG Officers and Student Leaders

Name	Sex	School
1. Princess Mile B. Maghinay	F	Sinaman Integrated School
2. Faith Ruscel S. Bacatan	F	Olingan Senior High School Stand Alone
3. Ashley E. Pagasian	F	Galas National High School
4. Kyle Cassandra M. Gayomali	F	Tubod Integrated School
5. Angelica Maureen S. Narzabal	F	Zamboanga del Norte National High School
6. Willarnie S. Tejero	F	Zamboanga del Norte National High School
7. Saint Kyle S. Regencia	M	Dipolog City National High School
8. John Michael Cerna	M	Dipolog City National High School
9. Kyril Josh N. Oberio	M	Cayasan Integrated School
10. John C. Villa	M	Gulayon Integrated School
11. Nethanel C. Dael	M	Zamboanga del Norte National High School
12. Aaron D. Almendral	M	Sicayab National High School

SSLG Teacher-Advisers/Chaperones

Name	Sex	Designation	Station/School
13. Richard D. Barros Jr.	M	SSLG Teacher-Adviser	Zamboanga del Norte National High School
14. Charles Ryan A. Calacat	M	SSLG Teacher-Adviser	Sicayab National High School
15. Mary June A. Descallar	F	SSLG Teacher-Adviser	Olingan Senior High School Stand Alone

Division Learner Formation Coordinator

Name	Sex	Position	Office
16. Cielbert E. Dondoyano Jr.	M	Project Development Officer I	Learner Formation Unit, SGOD

(Enclosure 2 to Division Memorandum No. 1060, s. of 2026)

IMPORTANT REMINDERS
REGIONAL LIFE SKILLS TRAINING 2026
Manuel Resort, Piñan, Zamboanga del Norte
December 14–16, 2026

A. Travel and Assembly

A.1. Assembly: **December 13, 2026 (Sunday), on or before 1:00 p.m.**, at the SDO Building, Sta. Isabel, Dipolog City.

A.2. Departure to the venue is at 1:00 p.m. via the SDO Van and Pick-up booked by the Learner Formation Unit.

B. Attire

B.1. **Day 1 (December 14) –** School uniform and school ID

B.2. **Day 2 (December 15) –** Any comfortable civilian wear in the shades and colors of white, blue, and gray

B.3. **Day 3 (December 16) –** Any organization/club shirt

C. Items to Bring

C.1. Original signed Parent's Consent and Waiver Form (Annex A)

C.2. School ID and school uniform for Day 1

C.3. Clothes for Day 2 and Day 3, following the attire guide above

C.4. A **simple and inexpensive gift** for your secret friend, to be given during the Secret Friend Reveal on December 16

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SCHOOLS DIVISION OF DIPOLOG CITY

(Enclosure 3 to Division Memorandum No. 1060, s. of 2026)

INDICATIVE PROGRAM OF ACTIVITIES
REGIONAL LIFE SKILLS TRAINING 2026
Manuel Resort, Piñan, Zamboanga del Norte
December 14–16, 2026

Time	Activity
Day 0 | December 13, 2026 (Sunday) — *Arrival and Check-in*	
2:00 – 5:00 p.m.	Arrival and Check-in of Participants
6:00 – 7:00 p.m.	*Dinner*
Day 1 | December 14, 2026 (Monday) — *Opening and Self-Awareness*	
6:00 – 7:30 a.m.	*Breakfast*
7:30 – 8:00 a.m.	Registration and Attendance
8:00 a.m. – 5:00 p.m.	**Part I – Opening Program** • Preliminaries (AVP) • Welcome Remarks • Statement of Purpose • Roll Call of Participants • Introduction of the Resource Speakers • Message • QAME • Event Rules and Safety Orientation **Part II – Training Proper** Session 1: Life Skills Training Session 2: Building Self-Esteem Session 3: Dr. Phil Test (Self-Awareness)
6:00 – 6:30 p.m.	*Dinner*
Day 2 | December 15, 2026 (Tuesday) — *Communication, Decisions, and the Self*	
7:00 – 8:30 a.m.	*Breakfast*
8:30 – 9:00 a.m.	Management of Learning
9:00 – 9:45 a.m.	Recapitulation
9:45 – 10:00 a.m.	*Health Break*
10:00 – 11:00 a.m.	Session 4: Communication Skills
11:00 a.m. – 12:00 p.m.	Activity
12:00 – 1:00 p.m.	*Lunch*
1:00 – 2:00 p.m.	Session 5: Decision-Making Skills
2:00 – 3:00 p.m.	Activity
3:00 – 3:15 p.m.	*Health Break*
3:15 – 4:15 p.m.	Session 6: Personal Skills
4:15 – 5:00 p.m.	Activity
5:00 – 6:00 p.m.	*Dinner*

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Time	Activity
Day 3 | December 16, 2026 (Wednesday) — *Assertion, Facilitation, and Closing*	
7:00 – 8:30 a.m.	*Breakfast*
8:30 – 9:00 a.m.	Management of Learning
9:00 – 9:45 a.m.	Recapitulation
9:45 – 10:00 a.m.	*Health Break*
10:00 – 11:00 a.m.	Session 7: Assertion Skills
11:00 a.m. – 12:00 p.m.	Activity
12:00 – 1:00 p.m.	*Lunch*
1:00 – 2:00 p.m.	Session 8: Facilitation Skills
2:00 – 3:00 p.m.	Activity
3:00 – 3:15 p.m.	*Health Break*
3:15 – 4:15 p.m.	Final Activity: Secret Friend Reveal
4:15 – 5:00 p.m.	Closing Program and Departure

Note: Adapted from Annex A of Regional Memorandum No. 905, s. 2026. The schedule is indicative and may be adjusted by the Regional Office.

ANNEX A

PARENT'S CONSENT AND WAIVER FORM
REGIONAL LIFE SKILLS TRAINING 2026

I, Mr./Mrs. _____, as the parent or legal guardian of _____, hereby acknowledge that I have been informed of the details of the **Regional Life Skills Training 2026**, to be conducted by the Department of Education (DepEd) Regional Office IX through the Education Support Services Division (ESSD) on **December 14–16, 2026** (with check-in on December 13, 2026) at **Manuel Resort, Piñan, Zamboanga del Norte**.

I understand that DepEd Regional Office IX, together with the Schools Division of Dipolog City, shall observe the minimum health and safety standards set by the government to minimize the risk of the spread of any communicable disease, but that it cannot guarantee that my child will not become ill. I understand that my child's in-person attendance will include associating with teachers, fellow learners, school personnel, and other persons inside and outside the venue, notwithstanding the precautions undertaken by the implementing team.

Voluntary Participation

I acknowledge that my child's participation in this activity is completely voluntary. My child may decline to participate or withdraw at any time for any reason, and doing so will not result in any penalty, loss of benefits, or reduction of any basic right to which my child is entitled. While the risk of possible transmission of any communicable disease to my child and to the members of my household remains, I freely assume the said risk and permit my child to attend this activity.

Health and Safety

I confirm that my child is currently in good health and has none of the common symptoms of a communicable disease, such as fever or chills, cough, difficulty breathing, fatigue, body aches, headache, sore throat, runny nose, nausea, vomiting, or diarrhea. I will not allow my child to attend if my child or any member of my household develops any of these symptoms or tests positive for any communicable disease, and I will inform the school or division immediately. My child will follow the health and safety protocols, venue rules, and instructions of the chaperones and organizers.

Documentation

I give full permission for any recording or picture of my child taken during the activity, and for the use of some or all of my child's images, contributions, or performances in any publication, including electronic publications such as film or websites, created by or for DepEd Regional Office IX and the Schools Division of Dipolog City, and for the release of these materials on DepEd official platforms.

Confidentiality

I am aware that any information given during the activity will be kept strictly confidential and that personal information will be treated in accordance with Republic Act No. 10173, the Data Privacy Act of 2012. Information about my child will not be shared outside the implementing team, and my child's name will not be used when data from this activity is analyzed.

Consent and Waiver

I agree and understand the commitment of my child as a participant, and I will support my child in meeting the expectations, guidelines, and responsibilities toward fellow participants and DepEd. To the extent allowed by law and rules, I hereby waive, release, and discharge any

and all claims, causes of action, damages, and rights against the school, the division, and their personnel, as well as the officials and personnel of DepEd, relative to the conduct of the activity.

With full understanding, I, on behalf of myself, my household members, and my child, freely and voluntarily give my consent to my child's participation in the activity from December 13 to 16, 2026. I also attest that I have sought the views of my child and that he/she has expressed willingness to participate.

Contact Details for Questions and Concerns

For any concerns or clarifications, you may contact the Division Learner Formation Unit through youthformation.dipolog@deped.gov.ph or 0956 590 9773.

_____	_____
Signature of Parent/Guardian over Printed Name	Contact Number
_____	_____
Name of Learner	Date

** Please submit this form to your child's SSLG Teacher-Adviser before the activity.*