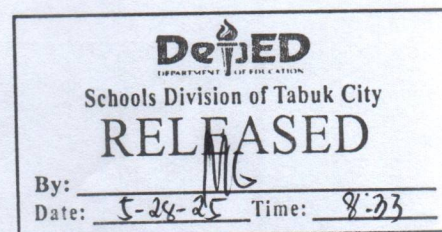




Republic of the Philippines
Department of Education
Cordillera Administrative Region
Schools Division of Tabuk City



Office of the Schools Division Superintendent

DIVISION MEMORANDUM

No. 221 s.2025

TO: CID Chief
Public Schools District Supervisors
All ALS Teachers
All others concerned

DATE: May 22, 2025

**SUBJECT: CONDUCT OF DIVISION TRAINING WORKSHOP ON MENTAL HEALTH
CUM SPIRITUAL DEVELOPMENT FOR ALS TEACHERS**

1. The Schools Division of Tabuk City through the Curriculum Implementation Division shall conduct the Division Training Workshop Cum Spiritual Development for ALS Teachers at Orchidia Beach Resort, Sta Ana Cagayan, on June 10 and 11, 2025 (Exclusive of Travel Dates)
2. The objectives of the activity is to improve participants' overall well-being, skills and coping mechanisms.
3. The participants are the selected Public Schools District Supervisors, ALS Teachers and EPSAs.
4. The following are the identified participants for the said activity.

No.	NAME	POSITION	DISTRICT
1	Susan Wandag	T3	NTD1
2	Ceferino Pasabing	T3	NTD1
3	Shirley Pekas/Wilfreda L.Seguw	T2	NTD1
4	Krystal Mae Manzanillo	T3	NTD2
5	Lanie Adammo	T1	NTD2
6	Hilda Miguel	T3	STD1
7	Rose Eileen Bulwayan	T3	STD1
8	Dexter Quanzo	T3	STD2
9	Janet Alcantara	T3	WTD2
10	Rode Pascua	T3	WTD1
11	Cesar Ranjo	T3	ETD1
12	Hubert Elig	T3	ETD2
13	Vic Wegan Loton	T3	ETD3



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14	Lalaine Orya	T3	ETD3
15	Precy Melanie B. Tariagao	T1	
16	Anacita Bongngat	EPSA	SDO
17	Lorenza Fannot/Dennis Denna	EPSA	SDO
18	Marionette Dooma	EPS	SDO
19	Corazon Bravo	PSDS	SDO
20	Emily Langkit	PSDS	SDO
21	Jocelyn Lomeng	Nurse	SDO
22	Shirley Sarmiento	Nurse	SDO
23	Arthur Jude C. Lozano	Resource Speaker	
24	Franciskus Heru Kurniawan	Resource Speaker	
25	Benedicta B. Gamatero	SDS	SDO

5. Travel expenses and other allowable expenses of the participants shall be charged to ALS Program Support Fund subject to usual accounting and auditing rules and regulations.
6. Widest dissemination of this memorandum is desired.


BENEDICTA B. GAMATERO, PhD, CESO V
Schools Division Superintendent