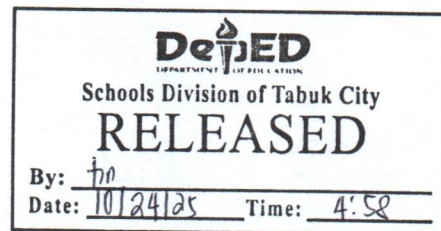




Republic of the Philippines
Department of Education
CORDILLERA ADMINISTRATIVE REGION
Schools Division of Tabuk City



Office of the Schools Division Superintendent

October 24, 2025

Division Memorandum

No. 440 s. 2025

TO: ASDS

CID & SGOD Chief

Public School District Supervisors

School Heads of Bado Dangwa CS, Bulanao CS, Southern Tabuk IS & Tabuk City CS

All Others Concerned

Conduct of “KUMUSTA KA-YOUTH? #iFRIENDSHIPGOALS” Growth Session on Mental Health, Anti-Bullying, and Online Safety for Grade 6 Learners

1. In observance of the 2025 National Children’s Month Celebration, the Schools Division of Tabuk City, thru SGOD-Youth Formation Section, will conduct a growth session entitled “**Kumusta Ka-YOUTH? #iFriendshipGoals**” for **Grade 6** Learners of identified schools.
2. This activity aims to promote emotional awareness and self-management, strengthen friendship and support networks, and encourage responsible online behavior.
3. The sessions will be conducted at the following identified elementary schools.

District	School	Date/Time
WTD 2	Bado Dangwa Central School	November 4, 2025 @8:00 am to 12:00 noon
ETD 1	Bulanao Central School	November 13-14, 2025, 8:00 am – 12:00 noon
STD 1	Southern Tabuk Integrated School	November 6, 2025 @8:00 am-12:00 noon
NTD 1	Tabuk City Central School	November 11, 2025 @8:00 am-12:00 noon

4. In this regard, the activity shall not hamper instructional time in accordance with Deped Order No. 12 s. 2025.
5. Expenses incurred, such as snacks for learners-participants, meals and snacks for resource persons and facilitators, supplies, and other incidental expenses during the activity shall be charged to the school's downloaded program support fund.



Address: Bulanao Central School Cmpd., Purok 2, Bulanao Norte, Tabuk City, Kalinga

Email: tabuk.city@deped.gov.ph

Website: <https://www.depedtabukcity.com>

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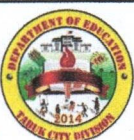
Office of the Schools Division Superintendent

6. For clarification and any concerns, please contact Mr. Allan R. Galanza Project **Development** Officer I thru his email, allan.galanza@deped.gov.ph or mobile number 09265856670.
7. Immediate dissemination of this memorandum is desired.


BENEDICTA B. GAMATERO PhD, CESO V
Schools Division Superintendent 

Enclosures :

1. Schedule of Facilitators and Resource Speakers
2. Indicative Program of Activities



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Enclosure 1: Schedule of Facilitators and Resource Speakers

District	School	Date	# of Groups	Facilitators/Resource Speaker
WTD 2	Bado Dangwa Central School	11/4/2025	1	1. Michelle Liclic MT II –Kalinga NHS 2. Mary Jasmin GC II – TCNHS 3. Arthur Jude Lozano AO II – Magnao ES 4. Jocelyn Lomeng, Nurse II -SDO Tabuk City 5. Allan R. Galanza – PDO I, SDO Tabuk City
STD 1	Southern Tabuk Integrated School	11/6/2025	1	1. Flordeliza Sallaya – SPET – BCS 2. Mary Jasmin P. Pimentel 3. Arthur Jude Lozano 4. Allan R. Galanza – PDO I 5. Jocelyn Lomeng – Nurse II
NTD 1	Tabuk City Central School	11/11/2025	2	Group 1 1. Mary Jasmin Pimentel 2. Arthur Jude Lozano 3. Florianne B. Ambeguia , Registrar II - TCNHS Group 2 1. Junena L. Matammu, GC I – TCNS 2. Marilyn Mangatam, TIII – TCNHS Allan R. Galanza Jocelyn L. Lomeng
ETD 1	Bulanao Central School	11/13-14/2025	2	Group 1: Junena Matammu Flordeliza Sallaya Michelle Liclic Group 2: Mary Jasmin Pimentel Arthur Jude Lozano Florianne B. Ambeguia Allan Galanza, PDO 1 - Jocelyn Lomeng, Nurse II



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Enclosure 2: Indicative Program of Activities

Time	Activity	Person-In-Charge
8:00 -8:10	Registration/Assembly	School
8:11 – 8:20	<ul style="list-style-type: none">• Preliminaries• Message• Overview of the Activity	<ul style="list-style-type: none">➤ AVP➤ School Head/AO➤ Division Focal
8:21 – 9:20	Kumusta ka? Feelings Checked!	Resource Speaker
9:21 – 9:40	HEALTH BREAK	PMT
9:41 – 10:40	Building Friendship and Support System: How to be a Friend?	Resource Speaker
10:41-11:30	Online Safety	Resource Speaker
11:31 – 11:45	Writing of Insights	Facilitator
11:46	Closing Program	School



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