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Republic of the Philippines
Department of Education
REGION X – NORTHERN MINDANAO
SCHOOLS DIVISION OF OZAMIZ CITY

DepEd Ozamiz City
RELEASED
By:
Date: 5/20/26

May 18, 2026

DIVISION MEMORANDUM
No. 253 **s.** **2026**

HEALTHY YOUNG ONES (HYO) TRAINING

To: Assistant Schools Division Superintendent
Chief Education Supervisors (SGOD and CID)
Public Elementary and Secondary School Heads
This Division

1. This Office informs the field of the conduct of Healthy Young Ones (HYO) Training to select public schools' personnel of DepEd Ozamiz City Division at Bethany Gardens Hotel on May 28 - 29, 8:00 a.m. to 5:00 p.m.

2. The 2-day training is part of the series of trainings to be conducted by NGO Partner Jhpiego Philippines to help build the capacity of Teen Center Managers, Guidance Counselors and School Guidance Advocates hosting School-based Teen Centers in identified schools. See attached list for details.

3. The training is free. Jhpiego Philippines shall shoulder meals and training supplies of participants and facilitators. Transportation shall be charged to local funds/MOOE of concerned schools subject to the usual government accounting and auditing rules and procedures.

4. The participation of all concerned in this activity is in adherence to DepEd's Implementation of Equal Opportunity Policy (EOP) regardless of age, gender, sexual orientation, civil status, disability, religion, ethnicity, or political affiliation, among others.

5. Queries can be channeled to Arlene C. Via, Senior Education Specialist at 09193787050 and/or Anne Soraida G. Rosario, Nurse II.

6. This Office directs the immediate and wide dissemination of this Memorandum.

DIONESIO L. LIWAGON, JR., CESO VI
Assistant Schools Division Superintendent
OIC, SDS

Encl: As Stated
To be indicated in the Perpetual Index
under the following subjects:

PARTNERSHIPS **HEALTH EDUCATION** **TEEN CENTER**
ACV/IDP/May 14, 2026

PARTICIPANTS

District/School	Name Position/Designation
D1 OCNHS	1. Regine L. Ocon
D2 OCCS	2. Mary Joy L. Paundog
D4 OCSAT	3. Cathylen S. Arnoco
D4 San Antonio NHS	4. Bernafe P. Tangca-an
D6 Jose Lim Ho NHS	5. Reynald. V. Pabucaya
D7 Montol NHS	6. Sheila D. Cartajenas
D8 Marcelino A. Regis IS	7. Liezl E. Bontilao
D9 Pulot NHS	8. Cherry Mae B. Lerona
D10 Labinay NHS	9. Sadat E. Mananlangcay
D10 Tabid NHS	10. Razel L Bayron
D1 Felipe Carreon CS	11. Belinda D. Amlon
D3 Misamis Annex IS	12. Glaiza Mae S. Limpang
D5 Labo NHS	13. Fretzie Gay Anne B. Baluyos
D5 Sangay IS	14. Leizl B. Senarillos
D6 Maximino S. Laurete CS	15. Helen Grace O. Candongo
D10 Sinusa IS	16. Kaye B. Tambasal
D10 Jacinto Nemeno IS	17. Kristel Aire B. Paredes
D10 Narciso B. Ledesma CS	18. Juvelyn G. Alejay
SDO	19. Dionesio L. Liwagon, Jr.
	20. Imelda D. Pongase
	21. Dr. Khary T. Aspacio
	22. Arlene C. Via
	23. Rhona M. Agustin
	24. Sathur Lucky Escuadro
	25. Anne Soraida G. Rosario
	26. Ebenezer Bud L. Bangcong
	27. Lourben Mae O. Lumasag
	28. Mario Christino D. Lumantas
	29. Shenefe P. Lomoctos
	30. Jizrel N. Serrano
	31. Aldrin L. Panaguiton
CHO	32. Josephine P. Catapang
	33. Dr. Florelyn D. Yrog-irog
LGU	34. Hon. Cecile Y. Co
	35. Hon. John Fel Duhaylungsod

ACTIVITY FLOW

Training on Healthy Young Ones (HYO)

Bethany Gardens Hotel, Ozamiz City
28-29 May 2026

DAY 1	ACTIVITY (Sessions)	RESPONSIBLE AGENCY
8:00 – 8:30 AM	Registration	Secretariat
8:30 – 9:30 AM	• Prayer • Introductory Session • Opening Program • Workshop Overview	Ms. Arlene Via / Representatives from DepEd Ozamiz City Division
9:30- 11:00 AM	Puberty Workshop/Discussion	Lourben Mae O. Lumasag, RN
11:00 – 12:00 NN	Male and Female Reproductive System	
12:00- 1:00 PM	Lunch	
1:00 – 1:30 PM	Ice Breaker	Host Team
1:30 – 3:00 PM	Menstruation	Anne Soraida Rosario, RN and team
3:00 – 3:30 PM	Health Break	
3:30- 5:00 PM	Gender and Health (SOGIE) Workshop and Discussion	Coleen Dolina-Anugon
DAY 2	**ACTIVITY (Sessions)**	**RESPONSIBLE AGENCY**
8:00- 8:30 AM	Recap	Host Team
8:30- 9:30 AM	Reproduction and Responsibility	Anne Soraida Rosario, RN
9:30- 10:00 AM	Health Break	
10:00 – 11:00 AM	Sexually Transmitted Infections (STIs) and Human Immunodeficiency Virus (HIV)/ Acquired Immune Deficiency Syndrome (AIDS)	Ebenezer Bud L. Bangcong, RN
11:00 AM- 12:00 NN	My Health, My Mind, My Safety: Promoting Adolescent Well-being through ASRH, Mental Health, and Disaster Preparedness	Coleen Dolina-Anugon
12:00- 1:00 PM	Lunch	
1:00- 1:30 PM	Ice Breaker	Host Team
1:30- 3:30 PM	Return Demo	Participants
3:30- 4:00 PM	Feedbacking	Training Team
4:00- 5:00 PM	Action Planning and Closing	Ms. Arlene Via
5:00 PM	Homeward bound	