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Republic of the Philippines
Department of Education
Region 1

SCHOOLS DIVISION OF CITY OF SAN FERNANDO (LA UNION)

JAN 14 2025

Division Memorandum No. 036, s. 2025

To: Concerned Secondary Public and Private School Heads
FROM: **OFFICE OF THE SCHOOLS DIVISION SUPERINTENDENT**
SUBJECT: **Youth Camp: Coaching Teen Leaders for a Smoke-Free Generation**

Date: January 10, 2025

PARTICULARS

1. The Partnerships for Health, Agriculture, Nation-Building and Socio-Economic Upliftment Inc. (PNBI) in partnership with DepEd SDO- City of San Fernando will conduct 2 Day In-house leadership training for student leaders entitled **“Youth Camp: Coaching Teen Leaders for a Smoke-Free Generation”** on January 25-26, 2025 at @ Kaykayo Mountain Resort Acao , Bauang, La Union.
2. Requested participants are Learner Leaders from Grade 9 and 10 of the following schools:

Private

| Name of School | Number of Learners |
|-------------------------|--------------------|
| Saint Louis College | 3 |
| Christ the King College | 3 |

Public

| Name of School | Number of Learners |
|--|--------------------|
| La Union National High School | 4 |
| San Fernando South Central Integrated School | 2 |
| Lingsat Integrated School | 2 |
| Don Quintin Balcita National High School | 2 |



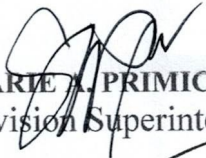
Address : Tanqui, City of San Fernando
2500 La Union
Tel. No. : (072) 607-4715
Email : sanfernando.city1@deped.gov.ph

“Sa Matatag na Panuntunan, Serbisyong Tapat Maaasahan”

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3. This is a face-to-face activity so that the learners will collaborate and engage with each other. Learners will have the opportunity to connect with, problem-solve, and network with other students from other schools
4. Signed parental consent is mandatory for learner participants to be presented during the arrival in the venue
5. The Learner Formation Coordinator of SDO will act as Chaperone of the participants
6. Transportation to the venue will be provided by the organizer
7. Should you have concerns and clarifications, you may contact Ray Anton L. Rimas Division Learner Formation Coordinator thru 09778530721
8. For information and guidance.


DR. SHEILA MARIE A. PRIMICIAS, CESO VI
Schools Division Superintendent



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SCHOOLS DIVISION OF CITY OF SAN FERNANDO (LA UNION)

Date: _____

PARENTAL CONSENT

I/We, the undersigned, hereby willingly and voluntarily give full consent for my/our son/daughter, _____, to participate in the 2-Day Leadership training titled **Youth Camp: Coaching Teen Leaders for a Smoke-Free Generations** in Kaykayo Resort, Acao, Bauang La Union on January 25-26, 2025.

I/We have thoroughly considered the potential benefits that my/our child will derive from their participation in this activity, and I/We fully understand that the personnel of the Department of Education (DepEd) cannot be held liable for any unforeseen incidents or circumstances beyond their control. However, I/We have confidence that the DepEd personnel will exercise due care, diligence, and necessary precautions to ensure the health and safety of my/our son/daughter.

Furthermore, I/We hereby authorize the personnel of the Department of Education to collect, process, retain, and dispose of the personal information of the aforementioned learner in strict accordance with the provisions outlined in the Data Privacy Act of 2012.

I/We acknowledge that this consent form remains valid throughout the duration of the aforementioned event, and I/We understand that I/We have the right to revoke this consent in writing at any time, provided that sufficient notice is given to the relevant authorities.

By signing below, I/We affirm that I/We have read and understood the contents of this consent form, and I/We willingly and voluntarily provide our consent as indicated.

Signature of Father/Guardian
Over Printed Name

Signature of Mother/Guardian
Over Printed Name

Verified:

Adviser
(Signature Over Printed Name)

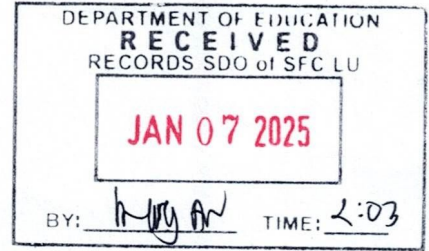
School Head
(Signature Over Printed Name)



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**PARTNERSHIPS FOR HEALTH, AGRICULTURE,
NATION-BUILDING AND SOCIO-ECONOMIC UPLIFTMENT INC.**

January 7, 2025



Ms. Shiela Marie A. Primicias
Schools Division Superintendent, San Fernando City
Department of Education
SDO – San Fernando City, La Union

Dear Ms. Primicias,

The Partnerships for Health, Agriculture, Nation-Building and Socio-economic Upliftment, Inc. (PNBI for short) is a small non-governmental organization (NGO) based in Caba, La Union. Recently, it received a grant from Vital Strategies, a New York-based nonprofit, to assist the province of La Union achieve a smoke-free environment.

We are working closely with the La Union Provincial Health Office in the implementation of this public health initiative.

One of the activities of our project is the holding of a Youth Camp for a Smoke Free La Union to be held on January 25 and 26, 2025 at Kaykayo Mountain Resort in Barangay Acao, Bauang, La Union. This event is being co-sponsored by the Provincial DOH Office (PDOHO), the Office of Sangguniang Panlalawigan Engr. Ruperto Rillera who heads the Committee on Health, and the Samahang Kabataan Federation Chairman Mr. Harold Sibuma.

As explained in the attached concept note, for this event, we hope to bring together 100 students from Grades 9 and 10 from around 20 junior high schools, public and private, in the province. During the two-day live-in event, the students will be oriented on various aspects of health including the hazards of smoking and vaping, adolescent reproductive health, mental health, and self-care as well as peer counselling and leadership skills.

Attached is the list of schools we would like to draw the students from, as well as the number of students from each school. The students will be fetched from their schools to the Youth Camp venue.

We would like to request your assistance in informing the chosen schools in San Fernando of this activity. We also request that the respective school authorities choose the participants to represent their schools.

We look forward to your kind assistance.

Very truly yours,
[Signature]
Oscar F. Macazo
Executive Director

Dr. Jose Mari P. Almeida
Chief - SGDD

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13 Camacho St., Poblacion Sur, Caba, 2502 La Union

Youth Camp: Coaching Teen Leaders for a Smoke-Free Generation

Kaykayo Mountain Resort | Acao, Bauang, La Union
January 25-26, 2024

PNBI

A. Rationale

The youth are the most vulnerable group for the risks of smoking and vaping. In the Philippines, the 2019 Youth Tobacco Survey shows that 12.5 percent of students (18.3 percent of boys and 6.9 percent of girls) currently used any tobacco products. In this same survey, 14.1 percent of students (20.9 percent of boys and 7.5 percent of girls) currently used electronic cigarettes.

To reduce this prevalence of smoking and use of e-cigarettes among the young, it is critical to provide them with information about the health hazards or risks associated with using cigarettes, e-cigarettes, and vape as well as being exposed to secondary smoke. In addition, the youth will also be taught important life skills, adolescent and reproductive health, mental health, dealing with peer pressure, and related knowledge to make them resilient and able to face the challenges of life at their age.

An initial meeting to discuss the parameters of this youth camp was held at the Provincial Department of Health Office (PDOHO) in Sevilla, San Fernando City on October 30, 2024, with staff from PNBI, PDOHO, and the Provincial Health Office (PHO). Subsequent meetings were held by PNBI staff (Ms. Tina Evangelista) with the Office of the Sangguniang Panlalawigan Engr. Ruperto Rillera (Engr. Neil Floresca) and Samahang Kabataan Federation President Mr. Harold Sibuma, and both offices also showed interest in supporting this activity.

B. Participants

This youth camp is intended to gather around 100 youth leaders (boys and girls) from junior high schools (Grades 9 and 10) in the province who will take part in a two-day live-in overnight stay at a local venue, most likely Kaykayo Mountain Resort in Brgy. Acao, Bauang, La Union.

The participants will be selected from the public and private junior high schools located in the ten municipalities earlier chosen as project sites of PNBI. These are: the city of San Fernando, Luna, Bacnotan, San Gabriel, San Juan (first district), Bauang, Naguilian, Caba, Aringay, and Agoo (second district).

Students will be selected on their leadership potential and articulateness. Four students will be selected from each school (1 Grade 10 male, 1 Grade 10 female, 1 Grade 9 male, 1 Grade 9 female). They need to provide a signed parent's consent form to participate in the youth camp.

The table below shows the likely number of schools and student-delegates by municipality

Youth Camp Delegation Per School

| LGUs | Public Schools | | Private Schools | | Total | |
|--------------|----------------|--------------|-----------------|--------------|-------------|--------------|
| | No. Schools | Student Reps | No. Schools | Student Reps | No. Schools | Student Reps |
| Bacnotan | 3 | 9 | 1 | 3 | 4 | 12 |
| Luna | 2 | 8 | 0 | 0 | 2 | 8 |
| San Gabriel | 2 | 8 | 0 | 0 | 2 | 8 |
| San Juan | 1 | 4 | 1 | 4 | 2 | 8 |
| San Fernando | 4 | 10 | 2 | 6 | 6 | 16 |
| Bauang | 3 | 9 | 1 | 3 | 4 | 12 |
| Naguilian | 3 | 9 | 1 | 3 | 4 | 12 |
| Caba | 2 | 6 | 0 | 0 | 2 | 6 |
| Aringay | 1 | 3 | 1 | 3 | 2 | 6 |
| Agoo | 2 | 6 | 2 | 6 | 4 | 12 |
| Total | 23 | 72 | 9 | 28 | 32 | 100 |

Name of Schools

| No | City/Municipality | Private | Pax | Public Schools | Pax | | |
|----|--|---|-----|--|-----|--|---------------------------|
| 1 | San Fernando – 16 pax Private - 2 Public - 4 | Saint Louis College | 3 | La Union National High School | 4 | | |
| | | | | Christ the King College | 3 | San Fernando South Central Integrated School | 2 |
| | | | | | | | Lingsat Integrated School |
| 2 | San Juan – 8 pax Private - 1 Public – 1 | Lorma Colleges, Inc. Basic Education Schools | 4 | Don Quintin Balcita National High School | 2 | | |
| | | | | Sto. Rosario National High School | 4 | | |
| 3 | San Gabriel – 8 pax Public – 2 | | | San Gabriel Vocational High School | 4 | | |
| | | | | San Gabriel Academy | 4 | | |
| 4 | Bacnotan – 12 pax Private - 1 Public – 3 | Lord of Zion Divine School, Inc. | 3 | Bacnotan National High School | 3 | | |
| | | | | Don Mariano Marcos Memorial State University – North LU | 3 | | |
| | | | | Sapilang, Bacnotan | 3 | | |
| 5 | Luna – 8 pax Public – 2 | | | Zaragoza Integrated School | 3 | | |
| | | | | Luna National High School | 4 | | |
| 6 | Bauang - 12 pax Private - 1 Public – 3 | Sacred Heart School | 3 | Luna National Vocational High School | 4 | | |
| | | | | Don Eulogio Clarence de Guzman Memorial National High School | 3 | | |
| | | | | Paringao NHS | 3 | | |
| 7 | Naguilian – 12 pax Private - 1 Public – 3 | Colegio de La Union | 3 | Ms. Breechlyn Runas | 3 | | |
| | | | | Naguilian National High School | 3 | | |
| | | | | Northern Naguilian National High School | 3 | | |
| 8 | Aringay – 6 pax Private - 1 Public – 1 | Notre Dame Institute | 3 | Naguilian Senior High School | 3 | | |
| | | | | Aringay National High School | 3 | | |
| 9 | Caba – 6 pax Public – 2 | | | Caba National High School | 3 | | |
| | | | | (Poblacion Norte National High School) | 3 | | |
| 10 | Agoo – 12 pax Private - 2 Public – 2 | Polytechnic College of La Union | 3 | Santiago Sur Integrated School | 3 | | |
| | | | | Don Eufemio S. Friguel Memorial National High School | 3 | | |
| | | | | Agoo Kiddie Special School | 3 | | |
| | | | | Pres. Elpidio Quirino National High School | 3 | | |

This is going to be the first in a series of youth camps for a smoke-free province. Other schools will be invited in subsequent youth camps.

C. Illustrative Topics for the Two-Day Program

During the two-day youth camp, the participants are expected to learn the following knowledge and skills from four facilitators using a variety of modalities of teaching (lectures), mentoring, and coaching; personal reflections and testimonies; group exercises; and appropriate parlor games. These are illustrative ideas; they can be altered if necessary.

Day 1:

1. Health and wellness – personal hygiene; adolescent reproductive health; mental health; mental health. physical exercise
2. Self-care and healthy lifestyle – nutrition and diet, physical exercise and nature walks, sleep, coping with stress, setting boundaries, mindfulness, expressing gratitude, limits on social media use, anger management
3. Hazards of addictive behaviors – smoking and vaping (knowledge about health hazards, attitudes towards smoking and vaping, practices for cessation) , alcohol, drug abuse; dealing with peer pressure; social media use; techniques employed by the tobacco and vaping industry to encourage youth to smoke (direct and subliminal approaches)

Day 2:

4. Key life skills for youth – effective communication, financial and money management, time management, effective decision-making, problem solving, interpersonal skills, goal-setting, and coping with failure and disappointments
5. Leadership skills – management skills, skills in working with a group, decision-making in a group, presiding in group meetings, dealing with authority
6. Peer counseling for anti-smoking and anti-vaping; acting as “ambassadors” of smoking and vaping cessation
7. Advocacy for a Smoke-Free La Union

The DOH Playbook on “Smoke and Vape Free Communities in the New Normal” also provides a number of activities that can be undertaken.

Ample opportunities will be provided for questions that participants may have.

D. Lecturers and Facilitators

Four trained lecturers and facilitators will be hired to lead the participants in the youth camp activities.

E. Post-Youth Camp Activity for Participants

During the youth camp, facilitators will encourage participants to think up of activities they will initiate in their respective schools to promote a smoke-free generation in La Union. These could be:

1. An echo seminar
2. Advocacy within the campus through small lectures led by the coached youth or with an external facilitator
3. Preparation of pertinent posters that can be posted in the school
4. Writing of relevant articles in the school paper
5. Essay-writing contest for students
6. School debates
7. Age-appropriate games
8. Peer counselling
9. Other activities as determined by the youth and approved by school authorities

E. Partners and Respective Roles (TBD)

- PHO, c.o. Dr. Hermenegildo Velasco, PHO II
- PDOHO, c.o. Dr. Ivy Ico
- PNBI, c.o. Mr. Oscar F. Picazo, Executive Director
- Sangguniang Panlalawigan under the Office of SP Engr. Ruperto Rillera, c.o., Engr. Neil Floresca
- SK Federation, c.o. Mr. Harold Sibuma, President