Regional Memorandum

2022 KUMUSTA CALABARZON! SEASON 3

To                   Schools Division Superintendents
                      All teaching and non-teaching personnel
                      All Learners

1. In view of the continued state of public health emergency brought about by the COVID-19 pandemic, and in response to the preparedness, response, and recovery actions needed for the continuity of public service in the Education Sector, this Office through the Education Support Services Division and the Public Affairs Unit, in collaboration with the Information and Communication Technology Unit and Schools Division Offices, will conduct the 60-minute interactive talk show, entitled: "Kumusta CALABARZON!" live streamed in the Facebook social media platform of the Region DepEd Tayo CALABARZON and DepEd R-4A CALABARZON.

2. Each livestream is automatically cross-posted to the official social media pages of the 22 Schools Division to ensure maximum reach of the program.

3. At the end of the season 3, the participants shall be able to:
   a. Understand the importance of continued COVID-19 mitigation in the workplace as we transition to the new normal;
   b. Identify important life skills to survive in the pandemic (financial health, mental and physical health); and
   c. Know how specific school health programs (Wash in Schools and Adolescent Reproductive Health) are being implemented during pandemic.

4. All DepEd CALABARZON employees are enjoined to participate while parents, learners and other stakeholders are invited. This shall be aired monthly from 10:00 am to 11:00 am. An open forum after the presentation will be conducted to answer questions from the virtual audience.

5. For questions and clarifications, you may contact Pearl Oliveth S. Intia MD, Medical Officer IV at pearl.intia@deped.gov.ph.
6. For information and compliance of all concerned.

FRANCIS CESAR B. BRINGAS
Regional Director

cc: essd/poi
Enclosure A. Program Management Team

Overall Chair: Eduarda M. Zapanta, ESSD  
Chair: Pearl Oliveth S. Intia, ESSD  
Co-Chair: Wilbert C. Ulpindo, ESSD  
Members: Neil B. Evangelista, ESSD  
          Ariel M. Azuelo, PAU  
          Ma. Joan Paula D. Dino, PAU  
          Rey M. Valenzuela, ICT  
          Melvin D. Punzalan, ICT  
          Mark Anthony T. Espiritu, ICT  
          Ephraim L. Gibas, ICT

Enclosure B. Matrix / Program of Activities

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<tr>
<th>DATE</th>
<th>ACTIVITY</th>
<th>Resource Person</th>
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| Season 3      | Technical Run 9-10 am  
                 | Livestreaming 10-11 am                                                   | ICT and PAU                                                                       |
| 1<sup>st</sup> episode  
May 23, 2022  | CoViD pa din? Kapit lang kapatid, Resbakuna pa din!  
               | (Current Status, Trends and Mitigation of COVID-19?)                    | Mr. John Bobbie M. Roca Nurse IV, Head Regional Epidemiology  
                 |                                                                          | Surveillance Unit, DoH 4A, QMMC Compound, P, Tuazon Street, Quezon City  
                 |                                                                          | 09175709202                                                           |
| 2<sup>nd</sup> episode  
June 20, 2022  | How to Massively WinS it (Stories on the WinS MOOC Journey)           | SDO Bacoor City                                                                |
| 3<sup>rd</sup> episode  
July 18, 2022  | Let’s Move EAT (Eating and Exercising properly)                       | Marla Frances Mallari, PhD  
                 |                                                                          | Associate Professor and Chair of the Department of Sports Science at the University of the Philippines Diliman College of Human Kinetics. |
| 4<sup>th</sup> episode  
August 22, 2022 | Hey Hey, are you still OK (Talk on Mental Wellness)                     |                                                                                |
| 5<sup>th</sup> episode  
September 19, 2022 | Bata Bata, wag ka muna mag-Bata (Usapang Komprehensibo sa Adolescent Reproductive Health) | SDO Cavite                                                                       |
| 6<sup>th</sup> episode  
October 24, 2022 | Ipon Ipon, then What (Investment 101)                                   |                                                                                |