

Republic of the Philippines  
**Department of Education**  
REGION IV-A CALABARZON



11 March 2024



**Regional Memorandum**  
No. 179 s. 2024

**ORIENTATION ON THE OKY PHILIPPINES PERIOD  
TRACKER APP**

To **Schools Division Superintendents**

1. Relative to the letter from UNICEF and Plan International dated February 21, 2024<sup>1</sup>, it is informed that an Orientation on the OKy Philippines Period Tracker App for DepEd CALABARZON will be conducted on March 20-21, 2024, at Wynwood Hotel 45 San Miguel Avenue, Ortigas Center, Barangay San Antonio, Pasig City.
2. The orientation aims to introduce the OKy Philippines Period Tracker App to facilitate downloading of the app, distribute promotional materials, find ways how to integrate the App as a key resource in the implementation of the health curriculum, and create a division-wide action plan cascading the App.
3. Selected participants are the Medical Officers, Adolescent Reproductive Health (ARH) or WASH in Schools (WINS) Focal Persons, and MAPEH Education Program Supervisor from the Regional Office and 23 Schools Division Offices. Please refer to Enclosure 1. Participants are advised to bring a laptop.
4. Food and accommodation will be shouldered by Plan International while travel and other related expenses shall be charged to the sending office subject to the usual accounting and auditing rules and regulations.
5. For questions or clarifications, kindly contact Pearl Oliveth S. Intia MD, Medical Officer IV at 0917 8110690.
6. Immediate dissemination of this Memorandum is desired.

  
**ATTY. ALBERTO T. ESCOBARTE, CESO II**

 Regional Director 

<sup>1</sup> Australian Aid letter to collaborate with DepEd Region IVA and SDOs to Promote Oky Philippines 03/ROE5



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Certificate No. PHP QMS  
22 93 0085

**Enclosure 1: Orientation on OKy Philippines Period Tracker App Participants**

RO/SDO	FULL NAME	DESIGNATION
Regional Office	Pearl Oliveth S. Intia	Medical Officer IV
	Lowiesito O. Erni	Education Program Supervisor-MAPEH
Antipolo City	Jean Leslie B. De Castro	Nurse II
	Irma P. Talavera	Nurse II
	Dr. Michael T. Tayona	PSDS-Alternate MAPEH
Bacoar City	Ceasar L. Pajuyo	Medical Officer III
	Ana Marie G. Malimban	Nurse II
	Michael M. Acuna	EPSVR-in-charge in MAPEH
Batangas City	Belinda D. Sabellano	Medical Officer III
	Janize M. Untalan	Nurse II
	Nicolas A. Asi	EPS-MAPEH
Batangas	Khareen M. Cadano	Medical Officer III
	Christian Harina	Nurse II
	Jimmy Morillo	EPS-MAPEH
Binan City	Carmencita K. Juntilla	Nurse II
	Gerardson T. Ramos	Nurse II
	Angela A. Morando	EPS-MAPEH
Cabuyao City	Romel A. Delingon	Nurse II
	Mario V. Ramilo Jr.	Nurse II
	Marianne A. Velasco	EPS-MAPEH
Calamba City	Jaztine T. Caraos	Medical Officer III
	Aileen Joy P. Lozano	Nurse II
	Joel I. Libranda	EPS- MAPEH
Cavite City	Mirasol A. Dimaano	Medical Officer III
	Jossarina T. Arias	Nurse II
	Ma. Honeylet A. Capulong	EPS- MAPEH
Cavite	Syd Florence Jornales	Medical Officer III
	April Joy Rom	Nurse II
	Myra Lyn Bergunio	Education Program Supervisor - MAPEH
Dasmariñas City	Brenda A. Igos	Medical Officer III
	Maria Cricelda S. Felizardo	Nurse II
	John G. Nepomuceno	Education Program Supervisor - MAPEH
General Trias City	Mary Grace E. Javier	Medical Officer III
	Verna F. Ramos	Nurse II

	Chereyna R. Guantia	Education Program Supervisor- MAPEH
Imus City	Geronimo A. Iquin Jr.	Medical Officer III
	Rosemae F. Rosete	Nurse II, ARH Focal
	Christian Gabriel C. Ynieta	Nurse II, MAPEH Rep
Laguna	Roselyn L. Urias	Medical Officer III
	Fritzie U. Talabis	Nurse II
	Judith V. Clemente	EPS -MAPEH
Lipa City	Perla Vicenta M. De Castro	Medical Officer III
	Ana Marie D. Limbo	Nurse II
	Kristine P. Cinco	Education Program Supervisor- MAPEH
Lucena City	Don Rey C. Cariaga	Medical Officer III
	Yvan Jonas A. Tolentino	Nurse II
	Joey L. Jader	Education Program Supervisor- MAPEH
Quezon	Marie Antoinette Aguinaldo- Tesalona	Medical Officer
	Princess Leni May Rejano	Nurse II
	Jay S. Alfaro	Education Program Supervisor- MAPEH
Rizal	Annaliza B. Riñoza	Dentist II/OIC
	Norman M. Mendiola	Nurse II
	Benito L. Picones	EPS - MAPEH
San Pablo City	Ammiela Theresa S. Gurrea, MD	Medical Officer III
	John Rhyann M. Casala	Nurse II
	Lerma M. Baldonado	Education Program Supervisor- MAPEH
San Pedro City	Jamie Lee V. Asecoche	Nurse II
	Kayzle Lynne T. Morales	Nurse II
	Marites R. Martinez	EPS - MAPEH
Sta. Rosa City	Jessica M. Lera, DMD	Dentist II
	Maria Theresa S. Cruz	Nurse II
	Mario V. Zantua	Education Program Supervisor- MAPEH
Sto. Tomas City	Marianne H. Alcober	Medical Officer III
	Ivan Caesar L. Jacinto	Nurse II
	Carolyn S. Pirante	Education Program Supervisor - MAPEH
Tanauan City	Keithley Caine G. Bihis	Dentist II/OIC
	Kathleen Claire M. Atienza	Nurse II
	Julius Rhyann M. Quine	Education Program Supervisor - MAPEH

Tayabas City	Cris John V. Supetran	Medical Officer III
	Lailani T. Omlas	Nurse II
	Sherwin C. Quesea	Education Program Supervisor- MAPEH



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21 February 2023

**ATTY. ALBERTO T. ESCOBARTE, CESO II**  
Regional Director  
Department of Education Region IV-A  
Karangalan ES, Karangalan Village Cainta, Rizal

Attention: Dr. Pearl Oliveth S. Intia, Medical Officer IV



Dear Director Escobarte,

Warm greetings!

We are thrilled to introduce the "Okky Philippines Period Tracker App," which is a joint product of the Department of Education (DepED), Department of Health (DOH), Commission on Population and Development (POPCOM), National Youth Commission (NYC), Regional government of the Bangsamoro Autonomous Region in Muslim Mindanao (BARMM), and UNICEF Philippines, in partnership with Plan International and with support from the Australian Government. The Okky Philippines Period Tracker App aims to empower every Filipino girl and young woman by equipping them with accurate information regarding Menstrual Health and Hygiene (MHH) and Adolescent Sexual Reproductive Health (ASRH). The Okky Menstrual Tracker App offers a platform for girls to access information about their menstrual cycles, sexual and reproductive health and rights, mental health and relationships, among other topics, in an engaging, creative, and positive manner, delivered through their mobile devices.

Following its endorsement by DepED and the successful national launch on May 26, 2023, UNICEF and Plan International are now working with government partners in the promotion of Okky Philippines to reach as many Filipino adolescent girls and young women.

Towards this end, we kindly seek to collaborate with DepED Region IV-A and its 23 Schools Divisions to promote Okky Philippines and extend its reach to all learners, particularly adolescent girls and young women aged 10-19 years old, in the CALABARZON Region. In this regard, we seek your approval and endorsement for the following collaborative activities:

- Conduct orientation for ARH and WinS Focal Persons and MAPEH Education Supervisors
- Collaborate with the mentioned focals to assist and facilitate the downloading of the Okky Philippines app for girl learners.
- Distribution of Okky promotional materials (e.g., brochures, fans, etc.) approved by Okky government partners
- Integration of the Okky Period Tracker App as a key resource in the implementation of the health curriculum

Looking forward to your positive response. For any queries, please feel free to contact Ms Ven Janelle Ang, UNICEF Okky Philippines Coordinator (09279356729; [venjanelle@gmail.com](mailto:venjanelle@gmail.com)) and Ms MaCristina Basa, Plan International Community Development Facilitator (09190051644; [MaCristina.Basa@plan-international.org](mailto:MaCristina.Basa@plan-international.org))

Sincerely,

**Carlos Vasquez**  
Chief of WASH section  
UNICEF Philippines

**Jacqui Lyn P. Calaran**  
Country Programme Manager - Health & Nutrition  
Plan International

RECEIVED  
DATE: 2-29-2024