



Republic of the Philippines
Department of Education
National Capital Region
DIVISION OF CITY SCHOOLS
SFHS Compound, Misamis St., Bago Bantay, Quezon City



August 12, 2009

MEMORANDUM TO:

Asst. Schools Division Superintendents
Division/ District Supervisors
Elementary and Secondary School Principals
Head Teachers and Officers In-charge

**ATENEO CENTER FOR EDUCATIONAL DEVELOPMENT (ACED)
ACADEMIC MODULE SESSION: STRESS MANAGEMENT, HEALTH
AND WELLNESS**

1. For the information and guidance of the field, attached is a letter from Mrs. Carmela C. Oracion, Director, Ateneo Center for Educational Development (ACED) inviting the following Principals to participate in the ACED's Phase 2 and 3 Program called the **Academic Modules Session: Stress Management, Health and Wellness**. The date and the names of the participants are as follows

BATCH 1	
August 15, 2009 (8:00 am – 12:00 nn)	
Venue: Ateneo Grade School, Fermin Hall, Ateneo de Manila University	
1. Juanita C. Alajar	21. Maria Noemi M. Moncada
2. Diego M. Amid	22. Edgardo V. Morales
3. Sally B. Barcelona	23. Natividad V. Nacino
4. Erlinda G. Bautista	24. Agnes C. Noble
5. Juan Amormio D. Cabardo	25. Pedro J. Nuestro
6. Sylvia H. Campos	26. Wilma C. Obras
7. Olivia E. Dagdag	27. Getulio E. Oliveros Jr.
8. Ruby U. De Jesus	28. Zaida M. Padullo
9. Crispin D. Duka	29. Elizabeth G. Paraiso
10. Sheridan G. Evangelista	30. Maximo P. Placio
11. Mercedes M. Flores	31. Paulina F. Platon
12. Florito J. Gereña	32. Milagros A. Quiñones
13. Liwanag F. Gloria	33. Alarico L. Ramos
14. Lucia D. Herrera	34. Levita U. Ramos
15. Gloria E. Huera	35. Angelita G. Regis
16. Gerry F. Isip	36. Zenaida P. Sadsad
17. Launcelot T. Lauigan	37. Milagros A. San Juan
18. Agapito T. Lera	38. Caroline S. Sonquit
19. Proceso T. Lera	39. Randy G. Tagaan
20. Gil T. Magbanua	40. Felicisima F. Tañedo
	41. Victoriano T. Tumampil

BATCH 2	
August 29, 2009 (8:00 am – 12:00 nn)	
Venue: Ateneo Grade School, Fermin Hall, Ateneo de Manila University	
1. Lourdes G. Abalos	16. Corazon J. Lomibao
2. Melanio P. Austria	17. Robert S. Macasieb
3. Noel D. Bagano	18. Teresita F. Macazo
4. Escarlita B. Bandong	19. Armeda M. Maestro
5. Esperanza I. Caguioa	20. Paulino M. Medrano Jr.
6. Rosalinda A. Catan	21. George C. Melegrito
7. Rita Y. Cleto	22. Victoria A. Mortel
8. Janet D. Dionio	23. Luvie A. Ocampo
9. Nancy R. Ebardaloza	24. Leonida O. Orbito
10. Dorotea R. Eseller	25. Corazon E. Queri
11. Silverio O. Estorco	26. Lydia S. Ramos
12. Lilia A. Galvez	27. Myrna H. Romarate
13. Lilia L. Garcia	28. Adela S. Salvador
14. Cristina O. Garvida	29. Rosita R. Santiago
15. Myrna R. Irinco	30. Lea G. Talosig

BATCH 3	
September 5, 2009 (8:00 am – 12:00 nn)	
Venue: Ateneo Grade School, Fermin Hall, Ateneo de Manila University	
1. Cecilia C. Alba	18. Emely M. Pelobello
2. Concepcion P. Albaño	19. Nunica B. Portuguese
3. Demerlie B. Badillo	20. Clara E. Rabulan
4. Benito C. Beran	21. Rebecca S. Rivera
5. Elena M. Bote	22. Wilma P. Rosal
6. Luzviminda A. Cachuela	23. Benefrida N. Sales
7. Luisito O. Cleto	24. Rosemarie V. Salvador
8. Thelma T. Co	25. Rosario J. Sicam
9. Clarita C. Corpuz	26. Mariicris D. Suarez
10. Eladio H. Escolano	27. Luis P. Tagayun
11. Ma. Trinidad S. Ferrer	28. Virginia I. Tajon
12. Erlinda C. Guarnes	29. Eloisa C. Tamon
13. Virginia P. Macapagal	30. Grace A. Tariman
14. Victoria B. Mangosong	31. Jay V. Ureta
15. Antonina S. Olivar	32. Thelma J. Villamor
16. Marivic D. Panganiban	33. Julio R. Villapa
17. Grace C. Parungao	34. Merlin N. Villegas

- Attached is the location map in going to the venue to guide the participants.
- For further inquiries, please contact Ms. Alma Sy, ACED Project Officer for Leadership Training and Development at mobile no. 0929-7235243.
- Immediate and wide dissemination of this Memorandum is requested.

VICTORIA Q. FUENTES
Schools Division Superintendent

FROM : ATENEO ACED

PHONE NO. : 4265693

AUG. 11 2009 01:50PM P1



ATENEO DE MANILA UNIVERSITY
ATENEO CENTER FOR EDUCATIONAL DEVELOPMENT

3/F Hoffner Bldg., Social Development
Complex, Ateneo de Manila University,
Karipunan Avenue, Loyola Heights
Quezon City, Philippines 1108
P.O. Box 154, Manila, Philippines
PHONE (+632) 426 6001 ext. 4028/4029
TELEFAX (+632) 426 5693
E-MAIL aced@ateneo.edu
URL www.ateneo.edu/aced

August 10, 2009

DR. VICTORIA Q. FUENTES

Schools Division Superintendent
Quezon City Schools Division

Dear Dr. Fuentes:

Greetings!

First of all, we would like to thank you for sending your principals to the ACED Principal Empowerment Program (PEP) Colloquium which was held last July 10-12, 2009, July 24-26, 2009 and August 7-9, 2009 in Silang, Cavite. Those principals who were not able to join this school year's PEP will be accommodated next school year.

In the recently concluded PEP Colloquium, we are happy to inform you that the sessions have been fruitful and the participants were able to share their own experiences with the other principals from other divisions. Aside from the sharing and listening to the talks of the resource speakers, the participants were asked to identify their needs and the needs of their teachers which will help us in designing programs for them in the future.

In this light, we will now be moving on with the Phase 2 and 3 of the program, which is the Academic Modules session. There will be 6 modules this school year to be held on a half-day Saturday at the Ateneo de Manila University campus starting August 2009 to March 2010.

To start off, the first academic module session will be on *Stress Management, Health and Wellness*. This session will focus on tips on how to effectively deal and manage stress without affecting work, as well as tips on how to take care of their health to be fit to work. And finally, to develop wellness as they go about their everyday work as school heads.

Just like in the Colloquium, each module will be held in three batches to be attended by principals from their respective batches in the Colloquium. Below are the complete detail of the schedule and the list of principals per batch for your reference. Also, we have included a map of the Ateneo for your principal's guidance.

BATCH 1 - August 15, 2009 (8:00am - 12:00 nm)				
Venue: Ateneo Grade School, Fermin Hall, Ateneo de Manila University				
1	Alajar	Juanita	C.	Justice Cecilia Muñoz Palma H'S
2	Amid	Diego	M.	Quezon City HS
3	Barcelona	Sally	B.	Commonwealth HS
4	Bautista	Erlinda	G.	San Jose ES/Pag-big sa Nayon ES - Annex
5	Cabardo	Juan Amormio	D.	Paltok ES
6	Campos	Sylvia	H.	E. Rodriguez Jr. HS
7	Dagdag	Olivia	E.	P. Bernardo HS
8	De Jesus	Ruby	U.	Pugad Lawin HS
9	Duka	Crispin	D.	Doña Rosario HS
10	Evangelista	Sheridan	G.	Bagong Silangan HS
11	Flores	Mercedes	M.	Demetrio Tuazon ES
12	Gereña	Florito	J.	Culiat HS - Pasong Tamo Annex
13	Gloria	Lwanag	F.	Esteban Abada ES
14	Herrera	Lucia	D.	San Jose HS
15	Huera	Gloria	E.	Bago Bantay ES
16	Isip	Gerry	F.	San Francisco ES
17	Laugan	Launcelot	T.	Tandang Sora NHS
18	Lera	Agapito	T.	Judge Feliciano Belmonte Sr. HS
19	Lera	Proceso	T.	North Fairview HS
20	Magbanua	Gil	T.	Batasan Hills NHS
21	Moncada	Maria Noemi	M.	Novaliches HS
22	Morales	Edgardo	V.	Toro Hills ES
23	Nacino	Natividad	V.	Bayanihan ES
24	Noble	Agnes	C.	Dalupan ES
25	Nuestro	Pedro	J.	Masambong ES
26	Obras	Wilma	C.	Bakumbato ES
27	Oliveros, Jr.	Getulio	E.	Balingasa HS
28	Padullo	Zaida	M.	Holy Spirit NHS
29	Paraiso	Elizabeth	G.	Sto. Cristo ES
30	Placio	Maximo	P.	Masambong HS
31	Platon	Paulina	F.	Project 6 ES
32	Quiñones	Milagros	A.	Division Office
33	Ramos	Alarico	L.	San Antonio ES
34	Ramos	Levita	U.	New Era HS
35	Regis	Angelita	G.	Maligaya HS
36	Sadsad	Zenaida	P.	Quezon City Science HS
37	San Juan	Milagros	A.	San Francisco HS
38	Sonquit	Caroline	S.	Sinag-Tala ES
39	Tagaan	Randy	G.	Cong. Reynaldo Calalay Mem. ES
40	Tañedo	Felicisima	F.	Bergio Oseña Sr. HS
41	Tumampil	Victoriano	T.	Balingasa ES

BATCH 2 - August 29, 2009 (8:00am - 12:00 nn) Venue: Ateneo Grade School, Fermin Hall, Ateneo de Manila University				
1	Abalos	Lourdes	G.	GSIS Village ES
2	Austria	Melanie	P.	Manuel A. Roxas HS
3	Bagano	Noel	D.	Goodwill ES
4	Bandong	Escarita	B.	Doña Juana ES
5	Caguioa	Esperanza	I.	Bagbag ES
6	Catan	Rosalinda	A.	San Diego ES
7	Cleto	Rita	Y.	Kalantayaw ES
8	Dionio	Janet	D.	Don Quintin Paredes HS
9	Ebardaloza	Nancy	R.	Bungad ES
10	Eseller	Dorotea	R.	Holy Spirit ES
11	Estorco	Silverio	O.	Leopoldo B. Santos ES
12	Galvez	Lilia	A.	Odelco ES
13	Garcia	Lilia	L.	Lagro ES
14	Garvida	Cristina	O.	Villa Verde ES
15	Irinco	Myrna	R.	Kaligayahan ES
16	Lomibao	Corazon	J.	Sauyo HS
17	Macasieb	Robert	S.	Maligaya ES
18	Macazo	Teresita	F.	Bagong Pag-asa ES
19	Maestro	Armeda	M.	Balara HS
20	Medrano, Jr.	Paulino	M.	Fairview ES
21	Melegrito	George	C.	West Fairview ES
22	Mortel	Victoria	A.	Sta. Lucia HS
23	Ocampo	Luvia	A.	Carlos P. Garcia HS
24	Orbito	Leonida	O.	Bonifacio Memorial ES
25	Queri	Corazon	E.	North Fairview ES
26	Ramos	Lydia	S.	Krus na Ligas HS
27	Romarate	Myrna	H.	New Era ES
28	Salvador	Adela	S.	L.R. Pascual Mem. ES
29	Santiago	Rosita	R.	San Bartolome ES
30	Talosig	Lea	G.	Placido del Mundo ES

BATCH 3 - September 5, 2009 (8:00am - 12:00 pm)				
Venue: Aterao Grade School, Fermin Hall, Ateneo de Manila University				
1	Alba	Cecilia	C.	Commonwealth ES - Annex
2	Albano	Concepcion	P.	Quirino ES
3	Badillo	Demetria	B.	Commonwealth ES
4	Beran	Benito	C.	Pinayahan ES
5	Bota	Elena	B.	Cubao ES
6	Cachuela	Luzviminda	A.	Balara ES
7	Cleto	Luisito	O.	M.H. del Pilar ES
8	Co	Thelma	T.	Libis ES
9	Corpuz	Clarita	C.	Apolonio Samsen ES
10	Escolano	Eladio	H.	Flora A. Ylagan HS
11	Ferrer	Ma. Trinidad	S.	Pura V. Kalaw ES
12	Guarnes	Erlinda	C.	15th Ave. ES
13	Macapagal	Virginia	P.	Camp Crame ES
14	Mangosong	Victoria	B.	Dr. Josefa Jana Martinez HS
15	Oliver	Antonina	S.	Tomas Morato ES
16	Panganiban	Marivic	D.	Old Balara ES
17	Parungao	Grace	C.	Batino ES
18	Palobello	Emely	M.	San Vicente ES
19	Portuguez	Nunica	B.	P. Tuason ES
20	Rabulan	Clara	E.	Krus na Ligas ES
21	Rivera	Rebecca	S.	E. Rodriguez ES
22	Rosal	Wilma	P.	Kamuning ES
23	Sales	Benefrida	N.	Gen. Roxas ES
24	Salvador	Rosemarie	V.	Fort Aguinaldo ES
25	Sicam	Rosario	J.	Ponciano Bernardo ES
26	Suarez	Maricris	D.	Malaya ES
27	Tagayun	Luis	P.	NOH School for Crippled Children
28	Tajon	Virginia	I.	Aurora A. Quezon ES
29	Tamon	Eloisa	C.	Valencia ES
30	Tariman	Grace	A.	Don A. Roces Sr. Science & Technology HS
31	Ureta	Jay	V.	Damong Malit ES
32	Villamor	Thelma	J.	Betty Go Belmonte ES
33	Villapa	Julio	R.	T. Alonzo ES
34	Villegas	Merlin	N.	Bagumbayan ES

For further inquiries, the participants may contact Ms. Alma Sy, ACED Project Officer for Leadership Training and Development, at mobile number 0929-7235243. We look forward to having your principals in the Ateneo de Manila University.

Sincerely,

Carmela C. Oracion
CARMELA C. ORACION

Managing Director
Asst. to the University President for Basic Ed.

Ateneo de Manila University, Katipunan Road, Loyola Heights, Q.C.



PHONE NO. : 4265693

FROM : ATENED PCED