



REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF EDUCATION
NATIONAL CAPITAL REGION
SCHOOLS DIVISION OFFICE – MARIKINA CITY

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MEMORANDUM TO:

Chief Education Supervisors, SGOD & CID
Secondary School Principals
Officers-In-Charge
Public Schools only

DIVISION OF CITY SCHOOLS
MARIKINA
RELEASED
AUG 28 2018
RECORDS UNIT

7:25

TEEN ACADEMY PROGRAM

Attached is a letter dated August 8, 2018 from **Ms. CHERIDINE P. ORO-JOSEF, MD, FPAFP, FPCGM**, Family Medicine Specialist, Geriatrician, Founder, Above 60 Academy, re: **conduct of activities for 2018**, there will be a **Culture of Excellence (on work, career and study habits)**; and **Drug and the Mind** on **August 29, 2018 from 8:00am to 12:00nn** at **Rotary Youth Center, Marikina City**.

Participants are the following:

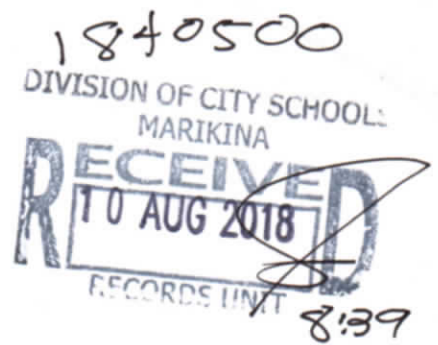
1. 3 SSG Officers
2. 1 SSG Adviser
3. 1 Guidance Counsellor

Immediate dissemination of this Memorandum is desired.


SHERYLL T. GAYOLA
Officer-In-Charge

Office of the Schools Division Superintendent

August 8, 2018



MS. SHERYLL T. GAYOLA

OIC, Office of the Schools Division Superintendent

Dear Sir/ Ma'am;

The Teen Academy Program, an educational/informative program designed to help teenagers understand the physiologic changes of aging as well as nurturing values in their daily lives, has been drafted for public (and private) schools in partnership with the Department of Education in Marikina. Since its launch last February 24, 2017, 4 general assemblies were already held.

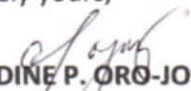
Teen Academy through its' pilot project "KnEx" (Knowledge Exchange Program), a venue for the young and the old (senior citizens) to exchange ideas, knowledge, skills and experiences is already on its' second year of implementation. As such, the organizers propose the following activities for 2018.

rescheduled to August 29, 2018, 8:00AM - 12:00PM
August 23 – Culture of Excellence (on work, career and study habits); Drugs and the Mind
September- Mental Health Awareness
October- On Relationships
December- Outreach Program (Tanay)

In relation to this, we would like to invite your student council leaders to participate in the half day seminar together with their advisers and guidance counsellor. Please find attached herewith the description of each activity and program.

We look forward to your most favourable response regarding this matter.

Sincerely yours,


CHERIDINE P. ORO-JOSEF, MD, FPAFP, FPCGM
Family Medicine Specialist/ Geriatrician
Founder, Above 60 Academy

THE TEEN ACADEMY

PROJECT TITLE: KnEx – Knowledge Exchange Program

Project Proponent/s: Cheridine Oro- Josef, MD; Roziny H. Anies; Sidney Perez

DESCRIPTION: The KnEx program is a venue for the young and the old to exchange ideas, knowledge, skills and experiences. The program shall organize health education and virtues classes appropriate for teenagers. It will also try to bridge the generation gap between the young and the old.

SIGNIFICANCE: The youth seem to lack respect and care for the elderly. Teenagers view them as useless people and at times become their source of amusement. The elderly on the other hand, could not understand the activities of the young and find themselves inadequate and too slow to learn new technology. They also feel misunderstood and oftentimes unappreciated if not rejected. To bridge this gap, the TEEN academy aims to help young people understand the plight the old and learn from them through the KnEx program. Developing appreciation for the elderly cannot be achieved overnight; hence, the need to establish a continuing, sustainable program.

We deem it crucial that both sectors have a clear grasp and appreciation of the inherent dignity of man, who is a being composed of body and soul, and the physiological process that human bodies undergo. In order to achieve this, the program is designed to include values education and health modules. On the practical level, teens who undergo the program will then have a better understanding of the mental and physical illnesses affecting them.

OBJECTIVES:

General:

To establish a self-sustaining program for teenagers (12-18 yrs old) in Marikina with a strong emphasis on their health and respect for older persons.

Specific:

1. To organize a committee on advocacy for the promotion of health and good virtues among teenagers.
2. To create a curriculum for training and empowering potential trainers in the care for the young and older persons.
3. To establish connections with LGUs, OSCA and local community NGOs.
4. To increase the role of the young in the health care provision for older persons.

5. To provide a venue for care and exchange of knowledge between the young and the old.

Proposed Activities:

AUGUST- CULTURE OF EXCELLENCE (On work, career and study habits)

OBJECTIVES :

1. To help students understand the value of study and work and how this relates to their career in the future.
2. To showcase role models who will share their own culture of excellence

DRUGS AND THE MIND

OBJECTIVE: To increase awareness on the effects of prohibited drugs in the brain and how to overcome or avoid them.

SEPTEMBER: MENTAL HEALTH AWARENESS

1. To educate students on the common mental illnesses affecting the young and the old
2. To help students cope with stress of school, family and peer pressure
3. To conduct screening tests to identify potential cases

OCTOBER – ON RELATIONSHIPS

OBJECTIVES:

1. To educate students regarding the virtues of fortitude, temperance and fidelity
2. To present couples who can be good examples of healthy relationships

DECEMBER: A HALF DAY OUTREACH PROGRAM TO A COMMUNITY IN TANAY