



Republic of the Philippines  
Department of Education  
REGION IX, ZAMBOANGA PENINSULA  
SCHOOLS DIVISION OF DAPITAN CITY

**Office of the Schools Division Superintendent**

November 6, 2025

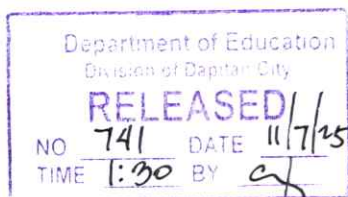
**DIVISION MEMORANDUM**

No. 741 s. 2025

**SEMINAR-WORKSHOP ON ENHANCING MAPEH INSTRUCTION FOR  
ELEMENTARY TEACHERS**

TO : Assistant Schools Division Superintendent  
Chief Education Supervisors  
Education Program Supervisors  
Public Schools District Supervisors  
Elementary and Secondary Schools Heads  
Elementary Teachers teaching MAPEH  
This Division

1. The Schools Division of Dapitan City announces the conduct of a Seminar-Workshop on Enhancing MAPEH Instruction for Elementary Teachers, which will be held on November 14, 21, and 28, 2025, at Monina's Pension, Sunset Boulevard, Dawo, Dapitan City. The activity will take place from 8:00 a.m. to 5:00 p.m.
2. The activity aims to:
  - develop teachers' skills in designing and implementing effective MAPEH lesson plans aligned with the K-12 curriculum standards.
  - enhance teachers' competency in using diverse and creative instructional strategies to engage elementary learners in Music, Arts, Physical Education, and Health.
  - equip teachers with assessment tools and techniques to accurately evaluate student learning and progress in each MAPEH subject area.
3. All participants are required to bring a laptop, extension cord, and Wi-Fi access.
4. Attached are the list of participants and the training matrix.
5. Travel and other incidental expenses of the participants shall be charged against MOOE/local funds subject to the usual government accounting and auditing regulations.
6. For more information and/or clarifications, please contact EPS Jephone P. Yorong through 09383968259.
7. For immediate dissemination and compliance.



**JAY S. MONTEALTO, EdD, JD, CESO VI**  
Schools Division Superintendent



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**List of Participants**

	Name	Position	School	Grade Level Taught
1	Aileen P. Bantilan	Teacher III	Daro ES	6
2	Angela P. Elopre	Teacher I	Napo ES	6
3	Anna Liza L. Elumba	Teacher III	Burgos ES	5
4	Artemio Naonao, Jr.	Teacher III	Sulangon CS	4
5	Cherrie Mae Dagpin	Teacher II	Daro ES	4
6	Cherry Meeh D. Baid	Teacher III	Oyan ES	5
7	Cheryl May M. Elumba	Teacher I	Dapitan City CS	4,5,6
8	Christopher H. Insong	Teacher I	Bacong ES	6
9	December T. Arboiz	Teacher III	Taguilon ES	5
10	Dhansy May S. Eguia	Teacher I	San Nicolas ES	6
11	Dioire P. Tome	Teacher II	Oro ES	6
12	Edwin Saldon Jasme	Teacher I	Sigayan ES	4
13	Elvira E. Daymiel	Teacher III	Opao ES	4
14	Elvira M. Tagapan	Teacher II	Sto. Niño ES	5
15	Ervin D. Jauculan	Teacher II	Hilltop ES	5
16	Fatima B. Renacia	Teacher I	Selinog IS	6
17	Fey Ann G. Diao	Teacher III	Opao ES	5,6
18	Florie May A. Castillon	Teacher III	Banbanan ES	4
19	Gerardo J. Ruiz Jr.	Teacher I	Yabu ES	4
20	Ilyn J. Isanan	Teacher III	Napo ES	4
21	Jaimel Jane M. Laput	Teacher III	Masidlakon ES	5
22	January Ann A. Rudas	Teacher I	Selinog IS	5
23	Jeannie Jhan C. Jumalon	Teacher II	Guimputlan IS	5
24	Jeffric D. Ruiz	Teacher I	Sigayan ES	5
25	Jennifer M. Beguinwa	Teacher III	Sto. Niño ES	6
26	Jerome G. Segovia	Teacher III	Ba-Ao ES	6
27	Jessa Mae C. Balladares	Teacher I	Tag-Ulo ES	4
28	Jessel S. Jasme	Teacher II	Capucan ES	4
29	Jinky Dimasuhid	Teacher I	Bacong ES	4
30	Joan R. Gimena	Teacher I	Bacong ES	5
31	Jordan D. Rosal	Teacher I	Masidlakon ES	6
32	Julro E. Gahisan	Teacher III	Canlucani ES	4,6
33	Kathleen Claire E. Bulay-Og	Teacher I	Banbanan ES	5
34	Kenneth Agalot	Teacher III	Yabu ES	5
35	Lea D. Jamolod	Teacher III	Ma. Cristina ES	4
36	Leonora A. Jaylalapit	Teacher III	Burgos ES	6
37	Liven Endrina Bahi-an	Teacher III	Napo ES	5
38	Lovely B. Belarmino	Teacher I	Barcelona CS	4,5,6
39	Marichan B. Pajartin	Teacher II	Taguilon ES	4



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40	Marielco B. Calasang	Teacher I	Lawaan ES	6
41	Marisa G. Acbayan	Teacher I	Selinog IS	4
42	Maristela M. Calasang	Teacher I	Carang ES	4
43	Mark Feal Pao	Teacher II	Baylimango CS	4,5,6
44	Mary Joy C. Jamilar	Teacher II	Dapitan City Sped Center	5
45	Merly E. Calunsag	Teacher III	Antipolo ES	4
46	Nikko P. Enoy	Teacher III	Guimputlan IS	4
47	Nilo delos Santos	Teacher III	San Vicente ES	4,5,6
48	Norberta E. Alingal	Teacher III	San Pedro ES	4
49	Perseus V. Malacat	Teacher I	Talisay IS	6
50	Raynan G. Magcanta	Teacher III	Banbanan ES	6
51	Rey Oliver M. Ballares	Teacher I	Aliguay IS	4
52	Reychen Mark Agan	Teacher III	San Francisco ES	6
53	Richelle T. Tague	Teacher II	Daro ES	5
54	Richie G Baes	Teacher III	Sto. Niño ES	4
55	Richie G Baes	Teacher III	Sto. Niño ES	4
56	Rizamen U. Regencia	Teacher I	Ba-Ao ES	5
57	Ronald M. Esmade	Teacher III	Antipolo ES	6
58	Ronilo H. Cais	Teacher I	San Francisco	5
59	Sundae Grace C. Belhot	Teacher I	San Francisco ES	4
60	Suzy E. Capulong	Teacher II	Owaon ES	4
61	Yushico M. Tuala	Teacher I	Carang ES	6
62	Zedley Laput	Teacher I	Sulangon CS	5

**Program Management Team / Resource Speakers**

	<b>Name</b>	<b>Position</b>	<b>School/Office</b>
1	Jephone P. Yorong	EPS	CID
2	Ma. Roneza T. Hamoy	HT-III	Sulangon NHS, Owaon Extension
3	Suzette J. Recamara	HT-II	Sulangon NHS
4	Edelyn C. Baguio	T-III	Dapitan City NHS
5	Ellem N. Antivo	T-III	Dapitan City NHS
6	Rinalyn U. Urbi	T-III	Aseniero ES
7	Ren Markhem A. Sumaylo	T-II	Potungan NHS
8	Cheynee Gayle L. Eguia	AO-II	Dakak NHS

### TRAINING MATRIX

## "SEMINAR-WORKSHOP ON ENHANCING MAPEH INSTRUCTION FOR ELEMENTARY TEACHERS"

November 14, 21, 28, 2025

Venue: Monina's Pension, Sunset Boulevard, Dawo, Dapitan City


Time	Day 1 November 14, 2025	Day 2 November 21, 2025	Day 3 November 28, 2025
8:00 am-8:30am	<b>Opening Program</b>	<b>MOL</b>	<b>MOL</b>
8:30 am- 10:00	Introduction to the MAPEH Curriculum: Philosophy, Goals, and K-12 Alignment  <b>RP:</b> Dr. Jephone P. Yorong EPS MAPEH	Health Education Basics: Promoting Healthy Lifestyles and Mental Well-being  <b>RP:</b> Edelyn C. Baguio T-3	Classroom Management Techniques for Active and Inclusive MAPEH Learning  <b>RP:</b> Dr. Jephone P. Yorong EPS MAPEH
10: 00 am-10:30 am	<b>Health Break</b>		
10:30 am-12:00 am	Developing Effective Lesson Plans for MAPEH Instruction  <b>RP:</b> Dr. Jephone P. Yorong EPS MAPEH	Teaching Arts in Secondary: Techniques, Appreciation, and Creative Expression  <b>RP:</b> Ren Markhem A. Sumaylo T-2	Designing and Using Instructional Materials and Resources in MAPEH  <b>RP:</b> Suzette J. Recamara HT 2
12:00 nn-1:00pm	<b>Lunch Break</b>		
1:00 pm-2:30 pm	Differentiated Teaching Strategies for Diverse Learners in MAPEH  <b>RP:</b> Dr. Jephone P. Yorong EPS MAPEH	Content Mastery in Music Education: Fundamentals and Classroom Applications  <b>RP:</b> Ma. Roneza T. Hamoy HT 3	Performance-based Assessments and Feedback in Music, Arts, PE, and Health  <b>RP:</b> Dr. Jephone P. Yorong EPS MAPEH
2:30 pm-3:00pm	<b>Health Break</b>		

<p><b>3:00 pm-4:30pm</b></p>	<p>Integrating Technology and Multimedia in MAPEH Classes</p> <p><b>RP:</b> Dr. Jephone P. Yorong EPS MAPEH</p>	<p>Physical Education in Secondary: Movement Skills, Fitness, and Wellness Concepts</p> <p><b>RP:</b> Ellem N. Antivo T-3 / PE Teacher</p>	<p>Reflective Teaching and Collaborative Professional Growth in MAPEH Instruction</p> <p><b>RP:</b> Dr. Jephone P. Yorong EPS MAPEH</p>
<p><b>4:30 pm - 5:00 pm</b></p> <p style="text-align: center;"><b>End of Day Evaluation</b></p>			

Prepared by:

  
**JEPHONE P. YORONG, EDD**  
 EPS CID

Recommending Approval:

  
**VICENTE JOSE V. SUAREZ II, EMD**  
 Chief Education Supervisor, CID

Approved by:

  
**JAY S. MONTALITO, EDD, JD, CESO VI**  
 Schools Division Superintendent