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Republic of the Philippines
Department of Education
Region V
SCHOOLS DIVISION OF SORSOGON

December 1, 2023

DIVISION MEMORANDUM
NO. 271, s. 2023

**PARTICIPATION IN THE ACTIVITIES OF PROJECT KAAKBAY OF THE UNILAB
FOUNDATION IN THE PROVINCE OF SORSOGON**

To: **School Principals/Heads and Concerned Teachers** of the following schools:

- Donsol National Comprehensive High School (1st District)
- Pilar National Comprehensive High School (1st District)
- Gubat National High School (2nd District)
- Gallanosa National High School (2nd District)
- Bulan National High School (2nd District)

This is in reference to the partnership between the Schools Division Office of Sorsogon and the Unilab Foundation, Inc. to implement Project Kaakbay in the five (5) identified Junior and Senior High Schools in the Province of Sorsogon. It aims to equip 200 students with knowledge and skills to be effective and reliable health allies and first-aid community health responders in their respective school communities.

In line with this, the Project Kaakbay will conduct their first activity on December 09 to 11, 2023 at Gallanosa National High School, Irosin, Sorsogon, in which an Enabling Skills and Basic Life Support Training will be given to the 200 selected students from the 5 identified schools.

In this regard, the Unilab Foundation-Kaakbay team is requesting from the identified schools their cooperation and immediate actions on the following:

1. Each school must endorse 40 students to participate in the activity on December 09 to 11, 2023. The 40 students will be the official participants of each school for the upcoming activities of the Project Kaakbay until August 2024. In selecting students, here are the qualifications:
 - a. Ages 15 to 30 Years Old;
 - b. Composed of 20 Grade 9 STE and 20 Grade 11 STEM students;



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- c. For Grade 9 students, at least there is a leadership potential based on the assessment of school (teacher, principal and other school personnel involved);
 - d. For Grade 11 Students, preferably from the STEM strand under academic track;
 - e. Selected participants must be advocates of health or willing to be health allies in their communities.
2. The selected student-participants from each school must be accompanied by two Science Teachers (from JHS and SHS). The list of participants should be submitted to the Division Office, c/o Ms. Michelle H. Guadamor on or before December 6, 2023.
3. The participants should register on or before December 06, 2023 through this link: <https://bit.ly/PK-Sorsogon> for monitoring and database purposes.
4. Each school shall assign a personnel who will serve as coordinator of Project Kaakbay in all of their activities. The assigned coordinator will also help in monitoring the students in their schools.
5. The Enabling Skills and Basic Life Support Training on December 09 to 11, 2023 will be held at Gallanosa National High School, Irosin, Sorsogon. The participants will be staying at the venue 3 days and 2 nights. With this, the following details are provided:
 - a. The transportation arrangement (back and forth) will be arranged by the Schools Division Office. The schools will receive an update on or before December 07, 2023 regarding their transportation service;
 - b. The participants shall prepare their clothes, towels and toiletries (soap, shampoo, toothpaste, toothbrush, etc.) that are good for 3 days and 2 nights stay at the venue;
 - c. They shall bring their own sleeping mats/pads, blankets and pillows;
 - d. Their meals and snacks (breakfast, AM snack, lunch, PM snack and dinner) will be fully covered by the Unilab-Kaakbay.
6. The Enabling Skills Training, which will be mainly facilitated by the Project Kaakbay Team aims to strengthen the following areas of competencies listed below:
 - a. Leadership and Values Formation
 - b. Fundamentals of Project Management
 - c. Community Building
7. The Basic Life Support Training which will be facilitated by (DRRMO or Red Cross – Sorsogon Chapter) aims to equip them with knowledge and skills to be certified first-aiders and community health responders. The cost of this training will be taken care of Project Kaakbay of the Unilab Foundation.



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8. The following Annexes are provided for reference:
 - a. Project Kaakbay Briefer
 - b. Program Flow on December 09 to 11, 2023
 - c. Consent Form to be accomplished by the student-participants.

9. The concerned EPS in Science and Mathematics and other Division personnel are requested to coordinate with the concerned offices/ personnel, facilitate the necessary arrangements and extend technical assistance to ensure successful conduct of the said activity.

10. Participants are entitled to 2-days service credits/ COC for the services rendered during Saturday and Sunday.

11. Travel and other incidental expenses that may be incurred relative to the conduct of this activity shall be charged against local funds/ MOOE subject to the usual accounting and auditing rules and regulations. While the meals of the participants and other training expenses shall be borne by the Unilab-Kaakbay.

12. For information, guidance and compliance of all concerned.

WILLIAM E. GANDO, CESO V
Schools Division Superintendent



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APPENDIX B

Project Kaakbay – Sorsogon Province
ENABLING SKILLS AND BASIC LIFE SUPPORT TRAINING
 December 09 to 11, 2023 | Irosin, Province of Sorsogon

Day 1 – December 09, 2023

Time	Activity	Person In-charge
08:00 – 09:00 AM	Arrival and Registration of Participants <ul style="list-style-type: none"> - Registration and Attendance - Distribution of Kits - Room Assignment 	Project Kaakbay Team & DepEd Sorsogon Team
09:00 – 09:30 AM	Preliminary Activities: <ul style="list-style-type: none"> - Opening Prayer - National Anthem - Welcoming Message - Message of Support - Message from ULF 	<ul style="list-style-type: none"> - AV Presentation - AV Presentation - Dr. William Gando Schools Division Superintendent, Sorsogon - Hon. Jose Edwin Hamor Governor, Province of Sorsogon - Ms. Claire de Leon-Papa Assistant Vice President & Head of Unilab, Inc.'s External Affairs and Social Partnerships Division - Ms. Lilibeth C. Aristorenas Executive Director, Unilab Foundation, Inc.
09:30 - 09:45 AM	Energizer and Getting to Know You Activity <ul style="list-style-type: none"> - Human Bingo 	Project Kaakbay Team
09:45 – 10:00 AM	House Rules	Project Kaakbay Team
10:00 – 10:15 AM	Introduction to Project Kaakbay and Overview of Activities	Project Kaakbay Team
10:15 – 10:30 AM	BREAK	
10:30 – 11:15 AM	Values Formation <ul style="list-style-type: none"> - Developing Inner Self - Factors Affecting Values 	Project Kaakbay Team
11:15 – 12:00 NN	Servant Leadership	Project Kaakbay Team
12:00 – 01:00 PM	LUNCH	
01:00 – 01:15 PM	Energizer	Project Kaakbay
01:15 – 02:00 PM	Introduction to Universal Health Care	Alliance for Improving Health Outcomes, Inc.
02:00 – 02:45 PM	Community Building <ul style="list-style-type: none"> - Strengthening Collective Action - Promoting Sense of Youth Coalition and Collaboration 	Project Kaakbay Team
02:45 – 03:00 PM	BREAK	
03:00 – 04:30 PM	Team Building Activities <ul style="list-style-type: none"> - Unlock the Code - Scavenger Hunt - Support Circle 	Project Kaakbay Team
04:30 – 5:00 PM	Closing Program <ul style="list-style-type: none"> - Closing Message - Final Reminders 	<ul style="list-style-type: none"> - Ms. Joan Armada-Urieta Program and Strategic Support Director
06:30 – 07:30 PM	DINNER	

Day 2 – December 10, 2023

Time	Activity	Person In-charge
07:30 – 08:30 AM	Breakfast	
08:30 – 09:00 AM	Registration and Attendance	Project Kaakbay Team & DepEd Sorsogon Team
09:00 – 09:15 AM	Energizer Activity	Project Kaakbay Team
09:15 – 09:30 AM	Recap of Day 1	Project Kaakbay Team
09:30 – 10:15 AM	Basic Life Support Training	DRRMO or Red Cross Sorsogon (Tentative)
10:15 – 10:30 AM	BREAK	
10:30 – 12:00 NN	Continuation of Basic Life Support Training	DRRMO or Red Cross Sorsogon (Tentative)
12:00 – 01:00 PM	LUNCH	
01:00 – 01:15 PM	Energizer Activity	Project Kaakbay
01:15 – 03:00 PM	Continuation of Basic Life Support Training	DRRMO or Red Cross Sorsogon (Tentative)
03:00 – 03:15 PM	BREAK	
03:15 – 05:00 PM	Continuation of Basic Life Support Training	DRRMO or Red Cross Sorsogon (Tentative)
04:30 – 5:00 PM	Closing Program - Closing Message - Final Reminders	- Mr. Jann Romeo S. Nacar Project Lead, Project Kaakbay Unilab Foundation, Inc.
05:30 – 7:00 PM	Rest and Recreation Activity - Sorsogon Quick Tour	SDO Sorsogon
07:30 – 08:30 PM	DINNER	

Day 2 – December 11, 2023

Time	Activity	Person In-charge
07:30 – 08:30 AM	Breakfast	
08:30 – 09:00 AM	Registration and Attendance	Project Kaakbay Team & DepEd Sorsogon Team
09:00 – 09:15 AM	Energizer Activity	Project Kaakbay Team
09:15 – 09:30 AM	Recap of Day 2	Project Kaakbay Team
09:30 – 10:15 AM	Continuation of Basic Life Support Training	DRRMO or Red Cross Sorsogon (Tentative)
10:15 – 10:30 AM	BREAK	
10:30 – 12:00 NN	Continuation of Basic Life Support Training	DRRMO or Red Cross Sorsogon (Tentative)
12:00 – 01:00 PM	LUNCH	
01:00 – 01:15 PM	Energizer Activity	Project Kaakbay
01:15 – 03:00 PM	Continuation of Basic Life Support Training	DRRMO or Red Cross Sorsogon (Tentative)
03:00 – 03:15 PM	BREAK	
03:15 – 04:00 PM	Recognition and Awarding Ceremony - Awarding/Certification of PK Volunteers - Awarding of Training Partners - Awarding of SDO Sorsogon	Project Kaakbay Team & DepEd Sorsogon Team
04:00 – 4:30 PM	Closing Program - Closing Message - Photo Opportunity	- Mr. Jann Romeo S. Nacar Project Lead, Project Kaakbay Unilab Foundation, Inc.
04:30 – 05:30 PM	DEPARTURE OF PARTICIPANTS	

PROJECT KAAKBAY WAIVER FORM

This certifies that I, _____ allowing my son/daughter, _____, to participate in the activity of the **Project Kaakbay on December 09 to 11, 2023 at Gallanosa National High School** located in Irosin, Sorsogon, which is the **Enabling Skills and Basic Life Support Training** that aims to equip the students with knowledge and skills to become an effective health allies and first-aid community health responders in their respective school communities.

By affixing my signature, I agree to the following declarations:

1. I acknowledge that sufficient information has been provided by the organizers with respect to the planned activity, duration, location, method of transportation, participants and supervision.
2. I understand that the Rules and Regulations established for the activity are designed for the safety and protection of the participants.
3. I agree not to hold the Unilab Foundation, Project Kaakbay, and DepEd Sorsogon Schools Division Office liable for any expense, loss, personal injury or accident of the students incurred outside of the official program laid out for this activity.
4. I hereby give my permission to Unilab Foundation (ULF), its employees, volunteers, and representatives, to photograph, film, and/or make video or sound recordings of my child, to quote or publish statements of my child and to use such photographs, films, video recordings, sound recordings and/or other statements for educational and promotional/advertising materials and for other purposes specified below.
5. I understand that my child may be identified in any photographs, news stories or publications that ULF considers appropriate for release to magazines, newspapers, ULF websites, and/or other publications. I further understand that any such photographs, films, video recordings, sound recordings and/or written works are the property of ULF, and that neither my child nor I am entitled to any compensation for or rights in these materials.

Signed:

Name and Signature of Parent/Guardian

Date Signed: _____



Project Kaakbay

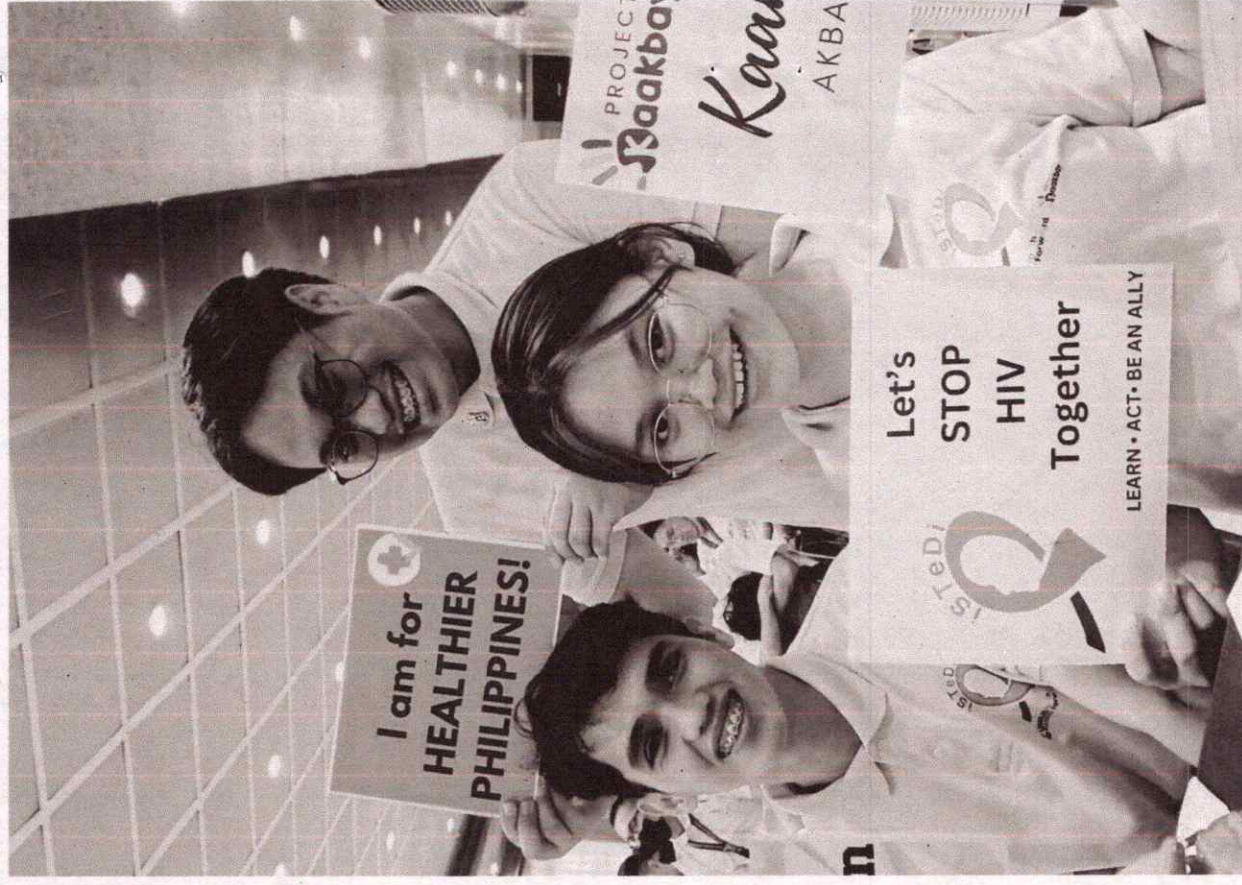
Activating Youth Capabilities, Promoting Shared
Responsibility towards Healthier Communities



Unilab Foundation, Pioneer Street, Mandaluyong City

Agenda:

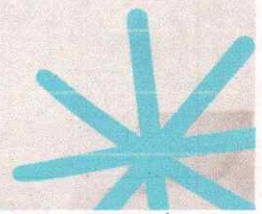
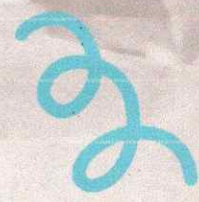
- ✓ Project Kaakbay
- ✓ Program Framework
- ✓ PK Activities in Sorsogon
- ✓ Tasking and Coordination



Kaakbay

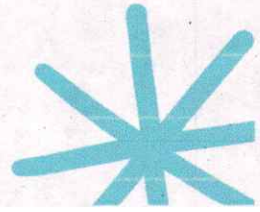
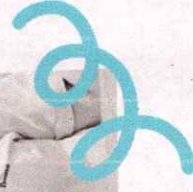
n. /ka-ak-bay/

person with whom one walks or stands with an arm over his shoulder



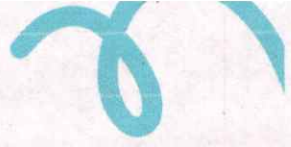
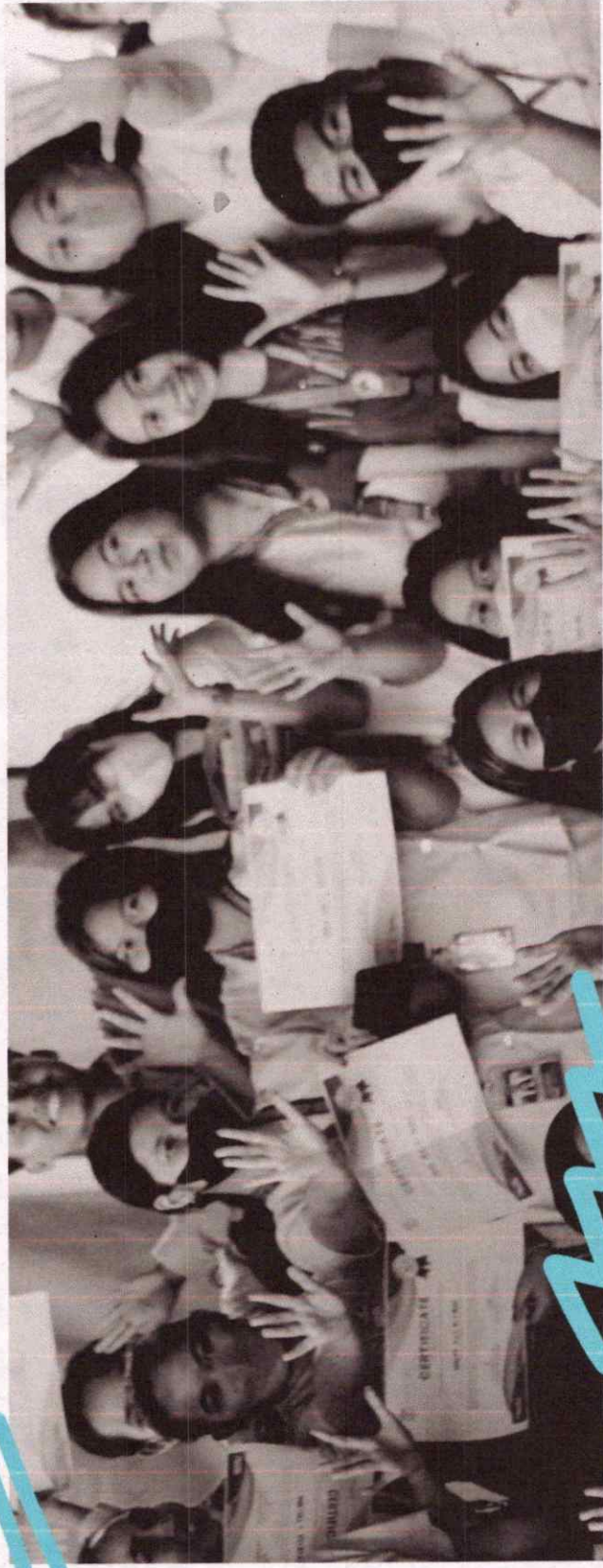
Who we are

Community-based youth-led movement, that empowers the youth with technical skills on health, life skills, leadership, problem-solving and future-thinking, to become **community health volunteers.**



Who do we work with?

The youth ages **15 to 30** years old recruited through a **community-based** or **school-based** pathway.





Why do we do it?

Projeject Kaakbay aims to equip the youth with knowledge and skills to be a **reliable health allies** and **first-aid primary health care responders** in their communities.

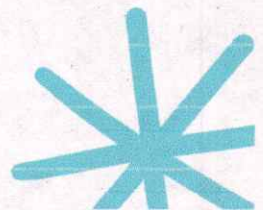
The youth's **Husay and Malasakit** make them valuable allies and **Kaagapay** in creating healthier communities.

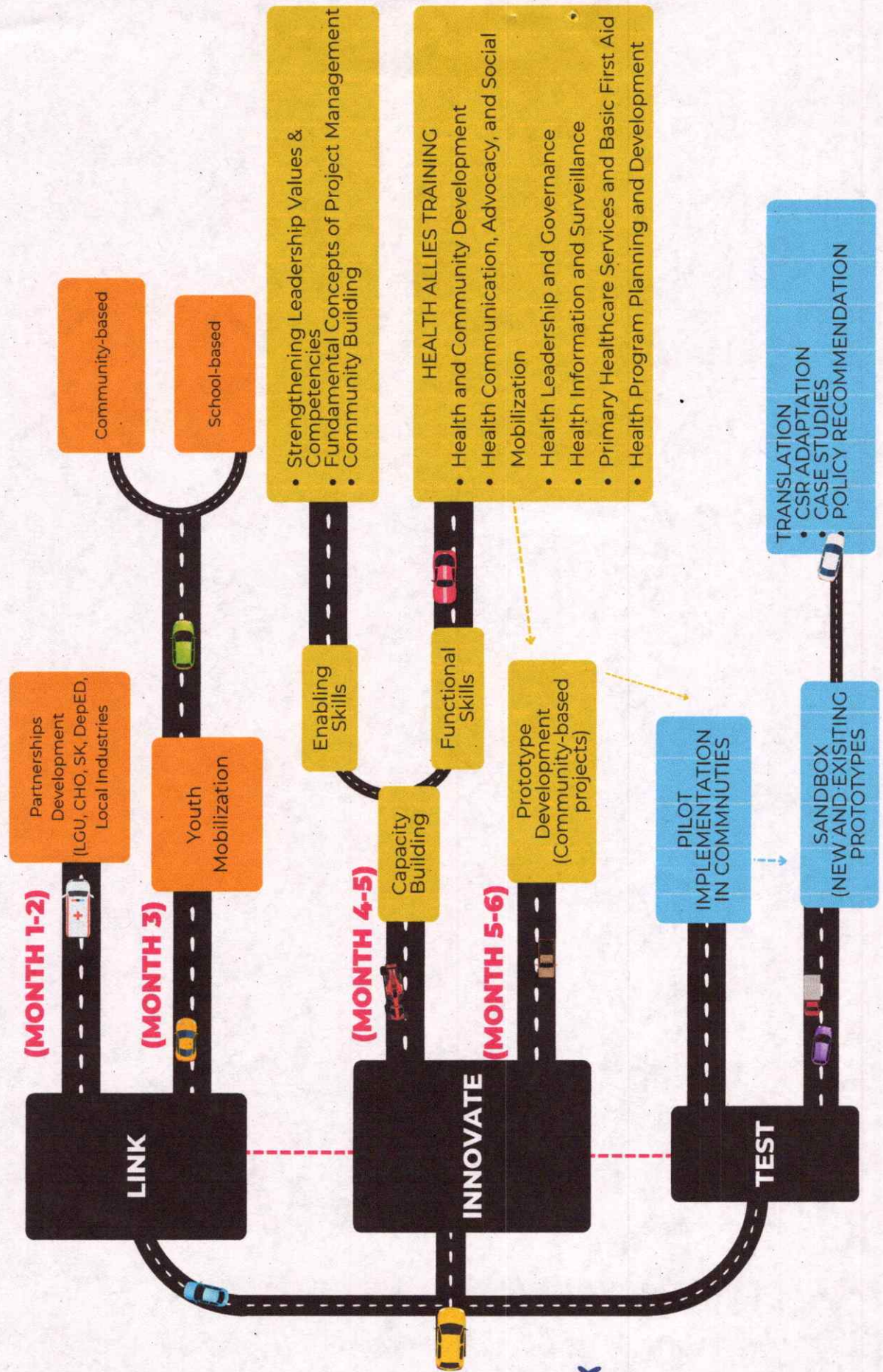


Why in Sorsogon?

- **One of the first 58 LGUs who participated the Universal Health Care - Integration System in the Philippines in 2020;**
- **This year, Sorsogon City - Province of Sorsogon tops nationwide Universal Health Care Level 2 implementation with the highest rating of 89% in the Local Health System Maturity Level;**
- **Youth participation in community-based initiatives specifically on health related-problems were highlighted in the concerns needed to be addressed in their Comprehensive Youth Development Plan 2022;**
- **SDO expressed his strong interest in supporting the implementation cycle of the Project Kaakbay in their province.**

How do we do it?





School-Based Framework: LIT Approach



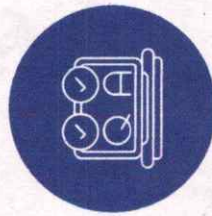
LINK

Partnership Mapping and Development
Youth Mobilization



INNOVATE

Capacity Development
• Enabling Skills
• Functional Skills
Prototype Development



TEST

Pilot Implementation of Projects
Sandbox
Project Translation

Link

Partnership Mapping and Development

- **Mobilize** Existing Resources
 - Connect with ULF Networks and PK Team Connections
- **Educate** Existing and Potential/Target Partners
 - DepEd Local Level
 - Local Government Unit
 - Provincial Government
 - CSOs, NGOs, and Private Institutions
- **Organize** and Create Plans with the Partners and Other KEY Education Stakeholders

Youth Mobilization

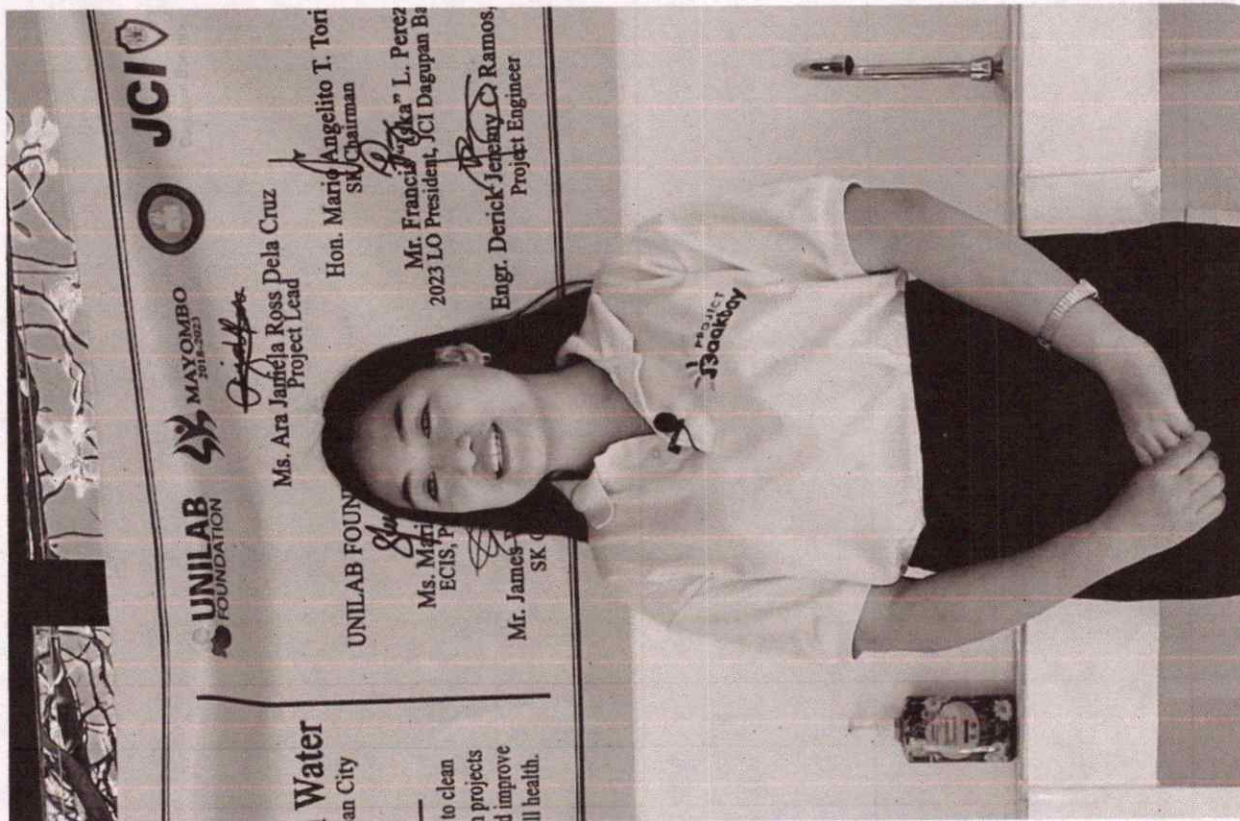
- Introduce PK using **FAB** Format (Features, Advantages and Benefits) through available platforms and events:
 - Social Media Accounts of PK and Partners
 - LGU and SDO Advisory or any related issuances



Innovate

Capacity Development Training

- **Enabling Skills**
 - Strengthening Leadership Values and Competencies
 - Promoting Sense of Youth Coalition
 - Fundamental Concepts of Project Management
- **Functional Skills (Problem-Based Learning Approach)**
 - **Module 1:** Health Concept and Development & Problem-Based Learning
 - **Module 2:** Communication, Advocacy, Social Media Mobilization and Community Dialogue
 - **Module 3:** Health Leadership and Governance
 - **Module 4:** Community Health Information and Surveillance
 - **Module 5:** Basic Skills in Primary Health Care Services and Life-Saving Skills, Basic Healthcare
 - **Module 6:** Health Program Planning and Management
- **Prototype Development**
 - School-Based Project
 - Community-Based Projects



Test

- **Pilot Implementation of Projects**
 - School or Community-Based Projects
- **Sandbox**
 - Culminating Activity and Expo to Showcase their Projects, and Presentation of Project Results & Impacts
- **Projects Translation**
 - CSR Translation
 - Case Studies
 - Policy Recommendation
 - Establishing Youth Coalition advocating Healthier Communities (Kaakbay Volunteers)
 - Institutionalizing Project Kaakbay as one of the school clubs



Project Kaakbay Targets:



Sorsogon City,
Sorsogon



200 Students from Selected
Public Schools in Sorsogon
Province (3 - 5)



July 2023 to August 2024

