



DEPARTMENT OF EDUCATION
Region X- Northern Mindanao

DIVISION OF MALAYBALAY CITY

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2015-10-05

Deped MALAYBALAY CITY DIVISION

RELEASED

Date: OCT 05 2015 Time: 4:16
By: *[Signature]*

DIVISION ADVISORY

TO: Chief Education Supervisor and Staff, Curriculum Implementation Division
Chief Education Supervisor and Staff, Schools Governance and Operation Division
Public Schools District Supervisors
Public and Private Elementary and Secondary School Heads
All Others Concerned

FROM: *[Signature]*
EDILBERTO L. OPLENARIA, CESO VI
Schools Division Superintendent

DATE: October 5, 2015

SUBJECT: **1st SHORT COURSE ON CURRICULAR EXERCISE,
MINDFULNESS, AND CREATIVE EXPRESSION**

The field is hereby informed of the Regional Advisory No. 43, s. 2015 re: **1st Short Course on Curricular Exercise, Mindfulness and Creative Expression: A Short Course on Child Protection towards Mental Health and Social Emotional Competencies** and enclosed invitation letter of Primitivo C. Ragandang III, Philippine Director, Move This World, Inc., the content of which is self-explanatory.

Interested participants to this Short Course shall write a letter of intent attention: Rosie A. Salupado, Education Program Supervisor in Schools Governance and Operations Division on or before November 23, 2015.

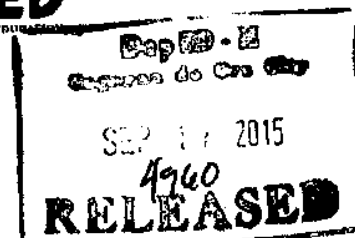
Immediate dissemination of this Advisory is highly enjoined.



Republic of the Philippines
Department of Education

DepED
DEPARTMENT OF EDUCATION

REGION X- NORTHERN MINDANAO
Fr. Masterson Avenue, Zone 1, Upper Balulang
Cagayan de Oro City



Regional Advisory

No. 43 s. 2015

TO : **SCHOOLS DIVISION SUPERINTENDENTS**
This Region

FROM : ^{for OIC} **ATTY. SHIRLEY O. CHATTO**
Chief Administrative Officer
OIC Office of the Regional Director

Date : September 16, 2015

Subject: 1st SHORT COURSE ON CURRICULAR EXERCISE, MINDFULNESS, AND
CREATIVE EXPRESSION

Enclosed is the letter of **PRIMITIVO C. RAGANDANG III**, Philippine Director, Move this World, Inc., re **1st Short Course on Curricular Exercise, Mindfulness, and Creative Expression: A Short Course on Child Protection towards Mental Health and Social Emotional Competencies** on November 27-30, 2015 in Gardens of Malasag Eco-Tourism Village, Malasag Hill, Cugman, Cagayan de Oro City.

For information and appropriate action.



Date: 9/1
Time: 11:31

October 7, 2015

Regional Director
Regional Office-X
Munoz Ave, Zone 1, Upper Balulang, Cagayan de Oro City

Ma'am:

Movethis World, Inc. will hold its 1st Short Course on Curricular Exercise, Mindfulness, and Creative Expression: A Short Course on Child Protection towards Mental Health and Social Emotional Competencies from November 27 to 30, 2015 in Gardens of Malasag Eco-Tourism Village, Malasag Hill, Cugman, Cagayan City. School Administrators, Guidance Counselors and Child Protection Officers are the target participants. The course aims at helping schools augment its anti-bullying programs as directed through Department of Education Order No. 55 s. 2013 (also known as the Implementing Rules and Regulations of RA 10627).

The 4-day short course will introduce innovative and evidence-based approaches of using curricular activities, creative expression, and mindfulness activities to enhance empathetic behavior, create safe spaces, and promote mental health through social and emotional intelligences. At the end of the program, graduates are expected to clearly outline the lessons and skills learned from the course to one's work situation or specific project in a Project Proposal vis-à-vis Child Protection.

Therefore, I am writing your good office to help us disseminate this information to your constituents. The course is purposely scheduled on November 27 to 30, 2015 to comply with the *no-disruption-of-policy* of the department (DepEd Order No. 9, s. 2005).

We are looking forward for your positive response to this request. Please feel free to contact us should you have any questions through (088) 850-0365 or at 0905-7090-775, or through email at pragandang@movethisworld.org.

Thank you very much and God bless you always!



Move This World-Philippines of Move This World, Inc., United States of America

in accordance with the provisions of DepEd Order No. 55 s. 2013 (the Implementing Rules and Regulations of Republic Act 10627) and Executive Order 570 (also known as the Institutionalization of Peace Education Program at all Levels of Education)

**CURRICULAR EXERCISE, MINDFULNESS, AND CREATIVE EXPRESSION: A SHORT COURSE
ON CHILD PROTECTION TOWARDS MENTAL HEALTH AND
SOCIAL EMOTIONAL COMPETENCIES**

November 27-30, 2015

Gardens of Malasag Eco-Tourism Village

Malasag Hill, Cugman, Cagayan de Oro City, The Philippines

COURSE SUMMARY

Title	: Curricular Exercise, Mindfulness, and Creative Expression: A Short Course on Child Protection towards Mental Health and Social Emotional Competencies
Pre-requisite	: None
Duration	: 42 Hours total in Four (4) days
Start Date	: November 27, 2015; 2:00 pm PST
End Date	: November 30, 2015; 5:00 pm PST
Registration	: Applications accepted until November 15, 2015 (11:59 PHT)
Award Type	: International, Live-in, Movement-based with Online Exchange
Award Issued by	: Move This World, Inc.

GENERAL INFORMATION

Move This World (MTW) is a global nonprofit that uses creative movement as a vehicle to transform conflict, violence and bullying in communities. MTW focuses specifically on empowering individuals with the necessary skills to identify emotions within themselves, be empathetic in their interactions with others, and act as change agents in their communities. MTW has worked with over 15,000 individuals across 22 cities on four continents to build and connect more peaceful communities.

Our hallmark program is an innovative, evidence-based curriculum that engages students Pre-K-12, families, educators, administrators, and company leaders in movement-based activities that promote empathy, mediation skills, diversity appreciation, anger management, and conflict transformation. In this way, MTW fosters cumulative skill building that grows with the individual and produces measurable impact. Our vision is to change the way we teach and learn, with movement and empathy at the core.

Course Description. This four-day short course will introduce innovative and evidence-based approaches of using curricular exercise, creative expression, and mindfulness activities to enhance empathetic behavior, create safe spaces, and attain mental health through social and emotional intelligences. It is especially designed to equip School Administrators, Child Protection Officers, and Child's Rights Advocates the theory and experience of addressing violence that can jeopardize the welfare of children.

At the end of the program, graduates are expected to clearly outline the lessons and skills learned from the course to one's work situation or specific context in a Project Proposal vis-à-vis Child Protection.

Methodology. Creative movement, Small Group Discussion, Experiential exercises, Online Meetings, Role-playing, and Early Morning Meditation Exercises

Participants. Preferred participants are School Administrators, Child Protection Officers, and Guidance Counselors. Classroom Advisers, College Professors, Advocates working in NGOs/INGOs, Child's Rights Advocates, Youth Welfare Officers, Students in the graduate level, and all others who are interested are also welcome to apply and attend.

Course Topics. The following are the major groupings of topics in the conference:

1. Curricular Exercise and Mindfulness: Introduction to 21st Century Evidence-based Strategies of Character Education for Social Emotional Intelligences by Edutopia;
2. RA 10627 and Child Protection Policy: Legal and Institutional Mandate on Child Protection and Bullying Prevention;
3. Theory and Practice: Psychosocial Factors affecting Mental Health and Social Emotional Intelligences; and
4. Sustainability and Support: Evaluation and Making of Child Protection Proposals anchored on Move This World Pre-K-12 Curricular Themes

Registration Process. Last day of registration is November 15, 2015. There are three options for you to register:

1. Online registration – available in our Facebook account (www.facebook.com/movethisworld)
2. Email the filled out the registration form and send to pragandang@movethisworld.org.
3. Send us the form at Door-2, Vegafria Compound, Aluba Subd., Macasandig, Cagayan de Oro

Course Fees. The following table details the course fees:

Php 8,000 (USD 200) - Inclusive of accommodation from November 27 to 29 and meals starting with afternoon snacks in November 27, 2015 until afternoon snacks of November 30, 2015.
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Reserved slots can only be confirmed upon payment of at least 50% of the registration fee on or before November 17, 2015. Once payment has been transferred, please scan a copy of the transaction/deposit slip and email to fteramoto@movethisworld.org. This will verify your payment and will serve as basis for the issuance of an official receipt. Bank charges for electronic payments should be shouldered by the applicant. *Due to small confab of classes, the organizer appreciates everyone in avoiding on-site registration (walk-in).* In case there will be on-site registrants, the course fee is Php 9,000.

For Bank Deposits: Bank Name: BDO-Xavier Account Name: Move This World-Pilipinas, Inc. Account Number: 1760238420 Address: Talisay Drive, Poblacion, Tagoloan Misamis Oriental 9001, The Philippines Swift Code: BNORPHMM

Through Payment Centers (LBC, Palawan Pawnshop, Western Union, Cebuana Lhuillier, MLhuillier, RD Pawnshop): Payable To: Flore May A. Teramoto Address: Macasandig, Cagayan de Oro City

Course Fees include:

Live-In Course Tuition Course Materials/Kit Other Course-related Expenses Full meals and snacks Shared accommodations

OTHER CONSIDERATIONS:

Withdrawal Policy

Move This World will refund 100% of the tuition fee if cancellation of application is made on or before October 22, 2015; a 75% refund, if cancellation is made on or before November 1, 2015; and a 50% refund if participants withdraw a week before the class schedule.

Travel Costs

Participants or their sponsoring organization will have to cover all travel expenses (international and domestic airfares, local transportation, visa fee, etc.) and make the necessary travel arrangements.

Visa Assistance

Visas to the Philippines can be obtained upon arrival at the Ninoy Aquino International Airport in Manila for most nationals. You can check the visa requirements online at <http://www.dfa.gov.ph/index.php/site-administrator/visa-information>. However, you should also check visa requirements with the Philippine consulate nearest you as each country may have its own particular conditions. If you need help in obtaining a visa, please email us directly.

Medical-Related Expenses

Medical-related costs are the responsibility of the participants or their sponsoring organization. It is advisable that you consider purchasing travel medical insurance to cover any medical expenses you may incur during your trip.

Classes

Class numbers will be limited to 30 participants only. Classes will start on November 27, 2015; 2:00 pm PST and will end on November 30, 2015; 5:00 pm PST, with lunch and coffee breaks.

Registration

Registration will be held between 7:30am-4:30pm on November 27 at the training venue in Gardens of Malasag Eco-Tourism Village, Malasag Hill, Cugman, Cagayan de Oro City, The Philippines. Arrival in Cagayan de Oro City should be on the day of registration. Please inform us if you will be arriving a day or two early.

Deadlines for Applications

The deadline for receipt of regular applications is on **November 15, 2015**. Applications not completed after the latter date will be automatically cancelled.

For inquiries, please feel free to contact us at: (088) 850-0365 or at 0905-7090-775/0927-3383-872, or through email at pragandang@movethisworld.org

REGISTRATION FORM



Name of School/Organization:

Office Address:

Name of Participant	Job Title/ Designation	Gender	Food Restrictions (if any)	Email Address	Contact Number
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