



Republic of the Philippines  
Department of Education  
REGION X  
DIVISION OF CAGAYAN DE ORO CITY



Office of the Schools Division Superintendent

March 2, 2022

MEMORANDUM  
No. 44 s. 2022

**“NANAY, TATAY, OKAY KA BA DIYAN?”:  
A WELLNESS CHECK FOR PARENTS**

TO:

**SCHOOL PTA/SGC COORDINATORS  
ALL SCHOOL HEADS/ PRINCIPALS  
PUBLIC ELEMENTARY SCHOOLS**  
This Division

1. Relative to the herein invitation letter from the Local School Board of Cagayan de Oro City, you are hereby requested to register the names of the four (4) parent representatives from Kinder to Grade 3 levels (one representative from each grade level) and ensure their participation to the virtual conduct of “Nanay, Tatay, Okay ka ba Diyan?”: A Wellness Check for Parents this coming March 5, 2022, 9:00 AM- 12NN via Zoom platform.
2. Kindly register on or before March 4, 2022 at 12 NN using the following link:  
<https://bit.ly/PWCregister>
3. You may access the following link of the said activity on Saturday, March 5, thru:  
<https://bit.ly/PWCzoom>
4. In adherence to Equal Opportunity Policy (EOP), inclusive and fair treatment shall be accorded to all concerned / participants regardless of disability, sexual orientation, gender, age, sex, religion and ethnicity.
5. For your information, guidance and compliance.

  
**CHERRY MAE L. LIMBACO-REYES**  
Schools Division Superintendent

Encl.: As stated  
Reference: None  
To be indicated in the Perpetual Index  
under the following subjects:

PROGRAMS                      PTA    WELLNESS

ehc/rhf/rvu



Address: Fr. William F. Masterson Avenue, Upper Balulang, Cagayan de Oro City  
Telephone: (08822) – 8550048



Republic of the Philippines  
City of Cagayan de Oro  
**LOCAL SCHOOL BOARD**

**cagayan  
de Oro**  
city of golden friendship

21 February 2022

**DR. CHERRY MAE LIMBACO-REYES**

Schools Division Superintendent  
Department of Education – CDO Division

Dear **Dr. Reyes**:

Greetings of peace and good health!

The Local School Board, in partnership with Synergeia Foundation, Inc. and City Social Welfare and Development Office - Oro Citizen's Wellness and Development Center, is organizing the "**Nanay, Tatay, Okay Ka Ba Diyan?**": **A Wellness Check for Parents** this coming **05 March 2022 at 09:00 am – 12:00 nn via Zoom**. This parent's webinar aims to assess the status of our parents during this distance learning mode of education, being implemented for almost two (2) years of the COVID-19 pandemic. We aim to provide our participants with support on how to protect their well-being under this difficult time.

As such, **we would like to ask for your assistance in inviting four (4) parents or guardians from each elementary school in the city; preferably parents or guardians of Kinder and Grades 1, 2, and 3 students.**

Moreover, **we cordially invite you to be part of this webinar by giving us your 2 minutes of pre-recorded Closing Remarks video.**

Below are the webinar's Zoom details:

- **Link:**  
<https://us02web.zoom.us/j/89633867488?pwd=Y1BnRk9hSmI4RUZEWUI2ZnJqOGp6Zz09>
- **Meeting ID:** 896 3386 7488
- **Passcode:** 220305

Attached with this letter is the webinar's program flow. Kindly submit your pre-recorded message to [educfocal.cdolsb@gmail.com](mailto:educfocal.cdolsb@gmail.com) **on or before 03 March 2022**. Should you have any inquiries, you may contact our staff, Ms. Dinah Jill Galleros, through her mobile number: 0999-920-8386.

Looking forward to your support. *Daghang salamat!*

Very truly yours,

**MARIA DULCE T. POTENCIANO**  
Executive Director



**PROGRAM FLOW: "NANAY, TATAY, OKAY KA BA DIYAN?" A WELLNESS CHECK FOR PARENTS**

<b>TIME</b>	<b>ACTIVITY</b>	<b>POINT PERSON/SPEAKER</b>
9:00 - 9:05 am <i>5 mins</i>	<b>Preliminaries</b> <ul style="list-style-type: none"><li>• Prayer</li><li>• House Rules/Call Norms</li><li>• Photo Op</li></ul>	LSB Secretariat
9:06 - 9:08 am <i>2 mins</i>	<b>Welcome Messages</b>	Mayor Oscar S. Moreno <i>CDO Mayor</i>
9:08 - 9:10 am <i>2 mins</i>	<b>Inspirational Message</b>	Dr. Milwida 'Nene' Guevara <i>CEO, Synergeia Foundation</i>
9:11 - 9:20 am <i>10 mins</i>	<b>Workshop Rationale and Introduction of the Guest Speaker</b>	Ms. Maria Dulce T. Potenciano <i>Executive Director, LSB</i>
9:21 - 9:26 am <i>5 mins</i>	<b>Presentation of Breakout Guide Questions</b>	Ms. Rhyselle Bernadette Melliza-Descallar <i>Head of Office / Psychiatric Nurse-OCWDC</i>
9:26 - 10:10 am <i>45 mins</i>	<b>Breakout Session</b>	Facilitators Documenters
<b>PLENARY SESSION</b>		
10:11 - 10:30 am <i>20 mins</i>	<b>2-minute Synthesis of the Group Discussion</b>	Facilitators
10:31 - 11:15 am <i>45 minutes</i>	<b>Wellness Talk</b>	Ms. Rhyselle Bernadette Melliza-Descallar <i>Head of Office / Psychiatric Nurse-OCWDC</i>
11:16 - 11:30 <i>15 mins</i>	<b>Q &amp; A</b>	Ms. Rhyselle Bernadette Melliza-Descallar <i>Head of Office / Psychiatric Nurse-OCWDC</i>  Parents
11:31 - 11:33 <i>2 mins</i>	<b>Closing Remarks</b>	Dr. Cherry Mae Limbaco-Reyes <i>Schools Division Superintendent, DepEd CDO</i>
<b>Total Duration:</b> <i>2 hours and 33 minutes</i>		