

OCT 23 2015

DIVISION MEMORANDUM
No. 733, s. 2015

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

To: Assistant Superintendent
Education Supervisors/Coordinators
District Supervisors/OICs/Caretakers
Elementary and Secondary School Heads

1. For the information of all concerned, attached is Regional Memorandum No. 598, s. 2015, entitled, "1st Short Course on Curricular Exercise, Mindfulness, and Creative Expression", which is self-explanatory.
2. Immediate and wide dissemination of this Memorandum is desired.


ARDEN D. MONISIT, ED.D.
Schools Division Superintendent



REPUBLIKA NG PILIPINAS
REPUBLIC OF THE PHILIPPINES
KAGAWARAN NG EDUKASYON
DEPARTMENT OF EDUCATION
REHIYON VII, GITNANG VISAYAS
REGION VII, CENTRAL VISAYAS
Sudlon, Lahug, Cebu City



SEP 30 2015

REGIONAL MEMORANDUM

No. **598**, s. 2015

**1ST SHORT COURSE ON CURRICULAR EXERCISE, MINDFULNESS, AND
CREATIVE EXPRESSION**

To : Schools Division Superintendents/OICs
Regional Chiefs

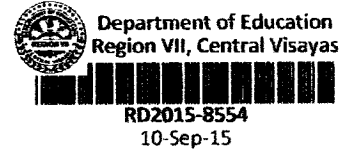
1. Enclosed is a letter from Mr. Primitivo C. Ragandang III, Philippine Director, Move This World, Inc., informing this Office of the **1ST Short Course on Curricular Exercise, Mindfulness, and Creative Expression** on November 27-30, 2015 at the Malasag Eco-Tourism Village, Malasag Hill, Cugman, Cagayan de Oro City.
2. For particulars, refer to the attached communication.
3. Attendance of interested personnel to this Activity shall be subject to the discretion of the Schools Division Superintendents, and to the provisions of DECS Order No. 28, s. 2001 entitled "**Prohibiting the Commercialization of the DECS Organization through Endorsements and Accreditation of Goods and Services**", DepEd Order No. 9, s. 2005 entitled "**Instituting Measures to Increase Engaged Time-on-Task**" or "**No-Disruption-of-Classroom Policy**", and all other existing DepED policies and regulations, and ensuring compliance therewith.
4. For the information and guidance of all concerned.

Juliet A. Jeruta
JULIET A. JERUTA
Director III
Officer-In-Charge

JA/EBE, J/mgb

Office of the Director (ORDir), Tel. Nos.: (032) 231-1433; 231-1309; 414-7399; 414-7325; 255-4542 Field Technical Assistance Division (FTAD),
Tel. Nos.: (032) 414-7324 Curriculum Learning Management Division (CLMD), Tel. Nos.: (032) 414-7323
Quality Assurance Division (QAD), Tel. Nos.: (032) 231-1071 Human Resource Development Division (HRDD), Tel. No.: (032) 255-5239
Education Support Services Division (ESSD), Tel. No.: (032) 254-7062 Planning, Policy and Research Division (PPRD), Tel. Nos.: (032) 233-9030;
414-7065 Administrative Division, Tel. Nos.: (032) 414-7326; 414-4367; 414-7366; 414-7322; 414-4367
Finance Division, Tel. Nos.: (032) 256-2375; 253-8061; 414-7321

"ESL 2015: Kawapitan ng Lahat, Pananagutan ng Lahat"



September 7, 2015

The Regional Director
DepEd Regional Office-VII
Sudlon, Lahug, Cebu City

Dear Sir/Ma'am:

Move This 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 de Oro 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 Republic Act 10627).

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. 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.

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

I am looking forward for your positive response to this request. Please feel free to contact us shall you have queries 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!

Very respectfully yours,


Primitivo C. Ragandang III
Philippine Director, Move This World, Inc.

Enclosure: Course Details



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

In support to 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.
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

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.

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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