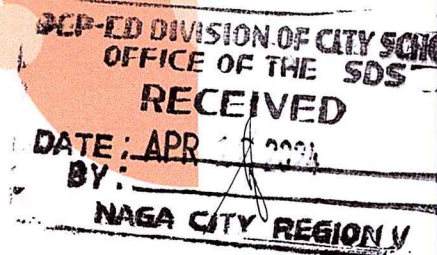




April 11, 2024

**HON. MARIANO B. DE GUZMAN**

Schools Division Superintendent – Naga City Division  
Naga City



Greetings from COPE UP!

**COPE UP** is a non-profit, non-partisan, and non-sectarian mental health organization based at the University of the Philippines Diliman. As the premier mental health organization in the university, COPE UP's advocacies include raising mental health awareness, destigmatizing mental illnesses, and providing a sound environment for individuals experiencing mental health disorders, problems, and other mental health-related challenges. Since 2017, the organization has conducted educational discussions and has promoted creative content that is in line with its advocacies toward building a mentally healthy country.

This semester, COPE UP will be holding **COPE Caravan**, which features a series of events forwarding the organization's advocacies as well as providing students with healthier ways to cope with the stresses of life. Going by the title **Embracing Diversity, Fostering A Community: A Bridge to Mental Health Inclusivity**, the month-long celebration aims to highlight the importance of bridging the gap in access to mental health services, especially with the Filipino communities through a series of events ranging from competitions, advocacy booths, roundtable discussion, and other exciting and informative activities.

One of the events will be an **infographic-making competition**, which aims to provide an avenue for senior high school students to unleash their creativity while writing and researching a relevant topic in line with the organization's advocacy of mental health awareness. Not only will the students have the opportunity to apply their talents and skills within contemporary social contexts, but they will also have the chance to win cash prizes, along with other tentative incentives.

In line with this, COPE UP humbly requests your office to grant an issuance of a **DepEd Division Advisory** for immediate information dissemination to the schools within your division. The organization is very eager with its advocacy for mental health awareness and with your participation, COPE UP will be able to reach out to more students outside the university.

*M/G*  
APR 15 2024

### EXECUTIVE COMMITTEE A.Y. 2023-2024

**John Marco Bajana**  
President

**Hans Matthew Antiojo**  
Executive Vice President

**Emanuelle Julia Marie  
Avendaño**  
Executive Secretary

### COPE CARAVAN 2024 ADHOC TEAM

**Hans Matthew Antiojo  
John Nicolas Donado  
Marla Macaranas**  
Overall Heads

**Genlyn Adona  
Julian Fernando Runio III**  
Programs Subcommittee  
Heads

**Aurea Xyreece Baltazar**  
Creatives and Promotions  
Subcommittee Head

**Ariel Benjamin Olaes**  
Communications  
Subcommittee Head

**Justine Ravert Tan**  
Technical and Logistics  
Subcommittee Head

### contact us

- cope.caravan@gmail.com
- facebook.com/COPE.UPDiliman
- @COPE\_UP
- @cope.updiliman



Should you have any questions or concerns, feel free to contact us at [cope.caravan@gmail.com](mailto:cope.caravan@gmail.com) or through the undersigned. We are looking forward to your favorable response.

For a mentally healthy Philippines,

**EXECUTIVE COMMITTEE  
A.Y. 2023-2024**

**John Marco Bajana**  
President

**Hans Matthew Antiojo**  
Executive Vice President

**Emanuelle Julia Marie  
Avendaño**  
Executive Secretary

**COPE CARAVAN 2024  
ADHOC TEAM**

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John Nicolas Donado  
Maria Macaranas**  
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Programs Subcommittee  
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Creatives and Promotions  
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**Ariel Benjamin Olaes**  
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Subcommittee Head

**Justine Ravert Tan**  
Technical and Logistics  
Subcommittee Head

**contact us**

- [cope.caravan@gmail.com](mailto:cope.caravan@gmail.com)
- [facebook.com/COPEUPDiliman](https://facebook.com/COPEUPDiliman)
- [@COPE\\_UP](https://twitter.com/COPE_UP)
- [@cope.updiliman](https://www.instagram.com/cope.updiliman)

**Hans Matthew Antiojo**  
Overall Head  
COPE Caravan 2024

**John Nicolas Donado**  
Overall Head  
COPE Caravan 2024

**Maria Macaranas**  
Overall Head  
COPE Caravan 2024



**Republika ng Pilipinas  
Kagawaran ng Edukasyon  
REHIYON V**

**TANGGAPANG PANSANGAY NG MGA PAARALAN NG LUNGSOD NAGA**

**April 16, 2024**

**To:** Assistant Schools Division Superintendent  
Chief Education Supervisors  
CID and SGOD Personnel  
Public and Private Elementary and Secondary School Heads  
All Others Concerned

For information.

**FERNANDO C. MACARAIG**  
Assistant Schools Division Superintendent  
Officer-in-Charge  
Office of the Schools Division Superintendent



Roxas Avenue, Brgy. Triangulo, Naga City, Camarines Sur  
0981 630 0070  
[naga.city@deped.gov.ph](mailto:naga.city@deped.gov.ph)







**EXECUTIVE COMMITTEE  
A.Y. 2023-2024**

**John Marco Bajana**  
President

**Hans Matthew Antiojo**  
Executive Vice President

**Emanuelle Julia Marie  
Avendaño**  
Executive Secretary

**COPE CARAVAN 2024  
ADHOC TEAM**

**Hans Matthew Antiojo  
John Nicolas Donado  
Marla Macaranas**  
Overall Heads





**Genlyn Adona  
Julian Fernando Runio III**  
Programs Subcommittee  
Heads

**Aurea Xyreece Baltazar**  
Creatives and Promotions  
Subcommittee Head

**Ariel Benjamin Olaes**  
Communications  
Subcommittee Head

**Justine Ravert Tan**  
Technical and Logistics  
Subcommittee Head

**contact us**

-  [cope.caravan@gmail.com](mailto:cope.caravan@gmail.com)
-  [facebook.com/COPE.UPDiliman](https://facebook.com/COPE.UPDiliman)
-  [@COPE\\_UP](https://twitter.com/COPE_UP)
-  [@cope.updiliman](https://www.instagram.com/cope.updiliman)

Should you have any questions or concerns, feel free to contact us at [cope.caravan@gmail.com](mailto:cope.caravan@gmail.com) or through the undersigned. We are looking forward to your favorable response.

For a mentally healthy Philippines,

**Hans Matthew Antiojo**  
Overall Head  
COPE Caravan 2024

**John Nicolas Donado**  
Overall Head  
COPE Caravan 2024

**Marla Macaranas**  
Overall Head  
COPE Caravan 2024

24 040584



EMBRACING

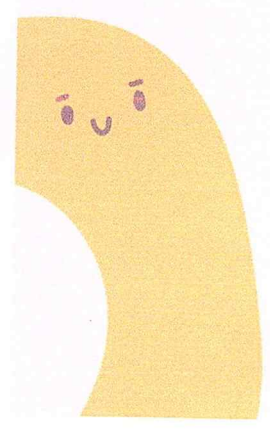
DIVERSITY,

FOSTERING A

COMMUNITY

A Bridge to Mental Health Inclusivity

COPE Caravan 2024



24 04 05 8 4



# About the Organization

**COPE UP** is a non-profit, non-sectarian, university-wide recognized organization that advocated raising mental health awareness, destigmatizing mental health illnesses, and providing a sound environment for individuals experiencing mental health disorders, problems, and other mental-health related challenges inside and outside the University of the Philippines.

## About COPE Caravan

Started in 2022, COPE Caravan is a month-long event composed of different programs in line with the organization's advocacy of promoting mental health awareness within the university, as well as providing students with techniques that can help them in coping with stressful situations.

Last 2023, COPE Caravan went by the overall theme Places, Spaces, and their Relationship with Mental Health, highlighting the importance of spaces and people's perception of them with respect to mental health. Beyond the influence of the physical environment, COPE Caravan 2023 also touched on how the social environment can affect people's mental health through the events that will be spearheaded this year.

This 2024, COPE Caravan will go with the overall theme **Embracing Diversity, Fostering A Community: A Bridge to Mental Health Inclusivity** highlighting the importance to bridge the gap in mental health services and access. In the Philippines, there is a significant disparity in mental health care between urban and rural areas. This theme focuses on making mental health services more accessible and equitable for all, regardless of location or socio-economic status. Furthermore, this theme highlights how mental health is deeply connected to community support and social bonds as it encourages the building of supportive communities where individuals feel safe and understood. It also emphasizes the role of families, friends, and neighbors in promoting mental well-being and helping those in distress.

# List of Events

This year's COPE Caravan will be comprised of five (5) events, which are as follows:

## Competitive Event (Infographic Making Competition)

There will be an **online infographic-making competition** for high school students that will allow them to unleash their creativity while writing and researching a relevant topic in line with the organization's advocacy of mental health awareness.

---

## Advocacy Booths

This will be **interactive face to face advocacy booths** that emphasize the importance of the overall theme in promoting mental health, and highlight the strengths of the community to celebrate the ways in which we can empower each other. This will also serve as a fundraising initiative for a chosen beneficiary, i.e., an organization whose main objectives are in line with COPE UP's advocacy of mental health awareness.

---

## Online Special Releases

These are a series of online publication materials such as **CUCU-wento Ko: Your Story in CUCU Comics** aimed towards increasing the general public's awareness about how community support can influence their mental health. Furthermore, this will include the official video release of **Himig COPE UP**.

---

## Community Integration and Outreach

For this event, members of the organization will **go and integrate to a community** within UP Diliman to get to know the residents and their problems in the community, as well as to teach them essential information about mental health and how their lived environment can influence this.

---

## Culminating Event

To cap off this year's COPE Caravan, a **roundtable discussion** with different related topics related to the overall theme will be conducted, inviting experts and representatives of different sectors. Moreover, the awarding of winners for the competitive events will also happen in this event.



# Our Organization in Numbers



8k+

followers on COPE UP's  
official Facebook Page

800+

followers of COPE UP's  
official Twitter and  
Instagram accounts

7

years as a duly recognized  
university-wide  
organization in UP Diliman



# \* Infographic Making Competition (Mechanics)

1. This year, COPE Caravan 2024 will be holding an infographic-making competition for high school students that will allow them to unleash their creativity while writing and researching for a relevant topic in line with the organization's advocacy of mental health awareness.
2. The competition will be open to all Senior High School students (Grades 11 and 12) in the Philippines. Each school will only be allowed to send one (1) entry for the competition. There will be no registration fee for this event.
3. Participants may work **individually or as a group with a maximum of 3 members**.
4. Participating schools must fill out the pre-registration form which can be accessed through this link: <https://bit.ly/COPECaravan2024PreRegForm>. The pre-registration form will also be posted on the organization's official Facebook page. **Only those who have pre-registered will be given access to the submission form.**
5. Participants are expected to create an infographic that tackles anything related to **mental health**. For reference, participants may refer to this link (<https://bit.ly/COPECaravanInfogSamples>) to see what kinds of topics are applicable to the infographic.



## \* Infographic Making Competition (Mechanics)

6. The infographic must be of size A3 (**297 mm x 420 mm**) and written in either **English or Filipino only**.
7. All references must be properly cited using the **APA format (8th edition)**. The reference list must be present at the bottom portion of the infographic.
8. All types of graphic materials (photos, icons, etc.) must also be properly cited and should not infringe on any existing intellectual property laws.
9. The name of the school, as well as the name/s of the participants must appear at the **bottom right portion** of the infographic.
10. Aside from the infographic, the participants are also expected to submit a **PDF document** containing a short paragraph that will serve as the caption for posting. The paragraph **must be written in either English or Filipino and should not exceed 200 words**.



# \* Infographic Making Competition (Mechanics)

11. File names for all submissions must follow this format:

- Infographic:  
COPECaravan\_SchoolName\_Infographic
- PDF file for the Caption:  
COPECaravan\_SchoolName\_Caption

If the school's name is too long for the file name, the school acronym will do. **Entries that will not follow the file name format will automatically be disqualified.**

12. Entries must be submitted until **May 8, 2024, at 11:59 PM** using the submission link that will be provided to the school's email addresses.
13. All infographic entries will be posted on the organization's official page by **May 9, 2024**, to signify the start of the liking period. All entries will be given **exactly 5 days** to garner as many likes as possible. Once the five-day period is over, all additional likes will not be counted.



# Infographic Making Competition (Criteria)

## CONTENT (65%)

- Accuracy of Information (25%)
- Relevance of Topic to Mental Health (20%)
- Clarity and Organization of Information (10%)
- Reliability and Accuracy of Sources (10%)

## VISUAL APPEAL (30%)

- Use of Design Principles (15%)
- Organization of Visual Elements (10%)
- Overall Appeal (5%)

## AUDIENCE ENGAGEMENT (5%)

- To be determined by the number of likes on Facebook



# Infographic Making Competition (Prizes)

STANDING

PRIZE

1st Place

Php 1,500

2nd Place

Php 1,000

3rd Place

Php 800

24 040584



# Have a question on your mind?

For questions and concerns, you may reach out to us through the following:



<https://www.facebook.com/COPE.UPDiliman>



[https://twitter.com/COPE\\_UP](https://twitter.com/COPE_UP)



<https://www.instagram.com/cope.updiliman/>



[copeup.externals@gmail.com](mailto:copeup.externals@gmail.com)  
[cope.caravan@gmail.com](mailto:cope.caravan@gmail.com)



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# Certificate of Registration

This certifies that the

## COPE UP

has been accredited as a UNIVERSITY REGISTERED ORGANIZATION by the Office of Student Projects and Activities (OSPA), University of the Philippines Diliman, for Academic Year 2022-2023 and is given permission to:

- use/attach/annex the name of the University (University of the Philippines, U.P.) to the name of the organization;
- conduct activities;
- request to use any University or College facility/ies;
- apply for project grants;
- apply for tambayan;
- partner with any UP unit; and
- participate in activities led by the University units.

Subject to the following conditions:

1. this certificate of registration is valid only for the AY/Semester indicated above and until the end of the student org registration period for the 1st Semester for AY 2023-2024;
2. that entitlement to all privileges accorded to registered organizations is still subject to the rules and guidelines set for such privileges;
3. that changes in the list of officers, members, faculty adviser/s and the Constitution and By-laws shall immediately be reported to the OSPA; and
4. that all activities of the organization must be approved and endorsed by its faculty adviser.

Certified:


*[Signature]*  
**PROF. CRIZEL SICAT-DE LAZA**  
Coordinator

Noted:

*[Signature]*  
**PROF. LOUISE JASILE R. SONIDO**  
Vice Chancellor for Student Affairs

24040584



By:  Date: 4/11/24

DO) No. 8, s. 2013  
ent per DO 28, s. 2001,  
DepEd officials,  
concerned public.

In compliance with DepEd Order (DO) No. 10, s. 2015,  
this advisory is issued not for endorsement but only for the information of the concerned personnel/staff, as well as the concerned public.

**ANG WEBINAR-TRAINING SA  
AN**

**PAANYAYA SA PAGDALO SA PANDAIGDIGANG  
ARALING PANLIPUNAN**

walisasyon ng Filipino (SAGIF) sa  
Pandaigdigang Webinar-Training  
sasyon, Kontekstuwalisasyon, at  
g Panlipunan” na magaganap sa

Ang Samahan ng mga Guro sa Intelektuwal na  
Lungsod Naga (Camarines Sur) ay magdaraos ng  
sa Araling Panlipunan na may temang “Indihenong  
Lokalisasyon sa Pagtuturo-Pagkatuto ng Araling  
Pebrero 21-23, 2025

o ng/sa Araling Panlipunan mula  
nakadalo sa gawaing ito.

Kaugnay nito, inaanyayahan ang mga guro sa  
elementarya hanggang sa Senior High School na maging

a sa karagdagang kaalaman, mga  
an sa teleponong 09399042269 o

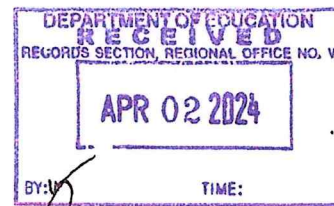
Kalakip nito ang sulat galing sa SAGIF para sa  
tanong at paglilinaw, at maaaring makipag-ugnayan  
sa email address na [b\\_bical@yahoo.com](mailto:b_bical@yahoo.com).

Para sa inyong kaalaman.

CLMD/ml  
4/8/2024

24040584





**Samahan ng mga Guro sa Intelektuwalisasyon ng Filipino (SAGIF)**  
**Lungsod Naga**  
**SEC Company Reg. No 202108002154201**  
**Telephone number (054) 884-0985**

2 Abril 2024

**DR. GILBERT T. SADSAD**  
Direktor  
Kagawaran ng Edukasyon  
Rehiyong 5

Direktor Sadsad:

Makasaysayang araw po!

Ang **Samahan ng mga Guro sa Intelektuwalisasyon ng Filipino (SAGIF)** sa Lungsod Naga (Camarines Sur) ay magdaraos ng **Pandaigdigang Webinar-Training sa Araling Panlipunang** may temang **"Indehinisasyon, Kontektuwalisasyon, at Lokalisasyon sa Pagtuturo-Pagkatuto ng Araling Panlipunan"** na magaganap sa ika-21-23 ng Pebrero 2025.

Layunin ng webinar-training ang sumusunod: (1) matalakay ang konseptong alabay sa pag-aaral ng kasaysayan at pakikipag-ugnayang panlabas ng Pilipinas, (2) maitampok ang pagtanggap sa intralingguwal na pagsasalin ng Pasyong Bikol, (3) maibahagi ang naratibo sa pagtitiklad: paglikha at paglalarawan sa pagkakakilanlang Calabangueño, (4) maipaliwanag ang *50 kultural na terminong dapat maisalpak sa pagtuturo ng Araling Panlipunan*, (5) madiskurso ang kuwento ng pagtatapa: pagbuo at paglalarawan sa pagkakilanlan ng Mercedes, (6) maipakita ang mga pag-aaral na lokalisasyon, indehinisasyon, at kontekstuwalisasyon, (7) maipakita ang gampanin ng *social media* sa pag-aaral ng Araling Panlipunan, at (8) maisakonteksto ang pagtuturo-pagkatuto ng Araling Panlipunan sa ika-21 Siglo.

Kaugnay nito, hinihiling po naming **anyayahan ang inyong mga guro mulang elementarya hanggang sa Senior High School** na nagtuturo ng **Araling Panlipunan** para makadalo sa gawaing ito. Malaking tulong ito sa kanilang propesyonal na paglago at may CPD pts pa ito.

Nawa'y magkaroon ng positibong tugon ang sulat na ito sa pagpapatuloy at pagpapaalab ng de-kalidad na edukasyon lalo na't pagpapalakas ng **kaguruan ng Araling Panlipunan**. Sa karagdagan at iba pang tanong at paglilinaw, maaari pong makipag-ugnayan sa teleponong **09399042269** o sa email address na **b\_bical@yahoo.com**.

Dalangin po namin ang inyong positibong pagtugon.

Dios mabalos po.

Lubos na gumagalang,

  
**VASIL A. VICTORIA, PhD**  
Punong Direktor ng SAGIF

24040084





**Samahan ng mga Guro sa Intelektuwalisasyon ng Filipino (SAGIF)**  
**Lungsod Naga**  
**SEC Company Reg. No 202108002154201**  
**Telephone number (054) 884-0985**

**Pandaigdigang Webinar-Training sa Araling  
Panlipunan**  
**Tema: Indehinisasyon, Kontekstuwalisasyon, at  
Lokalisasyon sa Pagtuturo-Pagkatuto ng Araling  
Panlipunan**

Pebrero 21-23, 2025

**Unang Araw**

**(Pebrero 21, 2025)**

8:00-9:00 am

9:00-9:15

**Rehistrasyon**  
**Pambansang Awit**  
**Panalangin**  
**Paunang Pagbati**

Melinda R. Cardano, EdD  
Pangulo at Direktor, Samahan ng mga Guro sa  
Intelektuwalisasyon ng Filipino (SAGIF)

**Rasyonal at Kasaysayan ng SAGIF**

Jessie S. De Lara  
Director of SAGIF

**Mga Tuntunin**

Rodel D. Maquilan  
Director of SAGIF

**Pagkakaloob ng Gawad-Sikhay**

Tatlong Taon ng Sunod-sunod na Pagdalo

9:15-11:30

**Ang Organikong Konseptong**  
**Alabay sa Pag-aaral ng**  
**Kasaysayan at Pakikipag-**  
**ugnayang Panlabas ng Pilipinas**

Vicente C. Villan, PhD  
Professor, UP Diliman, QC

11:30-12:00

**Pagsasanay**

24040584



2:30-3:00

**Pagsasanay**

3:00-4:30

**Naratibo sa Pagtitiklad: Paglikha at Paglalarawan sa**

**Pagkakakilanlang Calabangueño**

Nicholson M. Nidea, MA

SHS Faculty Member

Quipaio National High School

4:30-5:00

**Pagsasanay**

Tagapagpadaloy ng Programa: **Vasil A. Victoria, PhD**

**Ikalawang Araw**

**(Pebrero 22, 2025)**

7:30-8:00

Rehistrasyon

8:00-9:00

**50 Kultural na Terminong Dapat Maisalpak sa Pagtuturo ng Araling Panlipunan**

Vasil A. Victoria, PhD

Associate Professor 5

24040584





**Samahan ng mga Guro sa Intelektuwalisasyon ng Filipino (SAGIF)**  
**Lungsod Naga**  
**SEC Company Reg. No 202108002154201**  
**Telephone number (054) 884-0985**

Ateneo de Naga University

9:00-9:30

**Pagsasanay**

9:30-10:30

**Kuwento ng Pagtatapa: Pagbuo at  
Paglalarawan sa Pagkakilanlan ng  
Mercedes**

Juden M. Tributo, MA Cand.  
Vinzons Pilot High School

10:30-11:30

**Ang 3Ps sa Paglalapat ng  
Edukasyong Kultural sa  
Pagkokopra**

Venancio C. Diaño  
Mabini Colleges, Inc.

11:30-12:00

**Pagsasanay**

12:00-1:00

Tanghalian

1:00-3:00

**Gakot: Dokumentaryo ng mga  
Katutubong Estilo ng Pagtatali  
bilang Nakagawiang Estratehiya  
para sa Matatag na Komunidad  
laban sa Kalamidad ng Malalayo at  
Tabing-dagat na mga Barangay sa  
Partido Erya, Bikol**

Darwin P. Plaza, MA Cand.  
Partido State University

3:00-3:30

**Pagsasanay**

3:30-4:30

**Naratibo ukol sa Pagkukulapo:**

24040584





**Samahan ng mga Guro sa Intelektuwalisasyon ng Filipino (SAGIF)**  
**Lungsod Naga**  
**SEC Company Reg. No 202108002154201**  
**Telephone number (054) 884-0985**

**Usaping Wika, Edukasyonal, at  
Kultural na Identidad ng mga Taga-  
Caloco, Tinambac, Camarines Sur**  
Sheena Mae L. Abrazado, MA Cand.  
Rabano High School

Guro ng Palatuntunan: Melinda R. Cardano, EdD

---

**Ikatlong Araw**

**(Pebrero 23, 2025)**

7:30-8:00

Rehistrasyon

8:00-9:30

**Ang Lakbay-aral sa Pagtuturo ng  
Kasaysayan** (Tentatibo)  
Alvin D. Campomanes  
Faculty Member  
BA Social Sciences - Area Studies  
Program  
UP Manila

9:00-10:00

**Pagsasanay**

10:00-11:30

**Kasanaysayan bilang Pantulong sa  
Araling Panlipunan**  
Wensley Reyes  
Faculty Member  
Unibersidad ng Pilipinas

11:30-12:00

**Pagsasanay**

12:00-1:00

Tanghalian

24040584





**Samahan ng mga Guro sa Intelektuwalisasyon ng Filipino (SAGIF)**

**Lungsod Naga**

**SEC Company Reg. No 202108002154201**

**Telephone number (054) 884-0985**

1:00-3:30

**Yaman ng Bayan, Ibalik sa Bayan:  
Kontekstong Lokal at Katutubo sa  
Pagbuo ng Estratehiya at  
Kagamitang Pampagtuturong  
Sariling Atin**

Voltaire M. Villanueva, PhD

Dekano

College of Alternative and Lifelong  
Learning

Philippine Normal University, Manila

3:30-4:00

**Pagsasanay**

4:00-4:30

**Pampinid na Mensahe**

Jessica May S. Reyes

Faculty, De La Salle University, Manila

Direktor ng SAGIF

**Pagkakaloob ng mga Sertipiko**

Guro ng Palatuntunan: Rodel D. Maquilan

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24040584