



Republic of the Philippines  
**Department of Education**  
NATIONAL CAPITAL REGION  
SCHOOLS DIVISION OFFICE OF MUNTINLUPA CITY

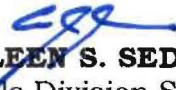
**Office of the Schools Division  
Superintendent**

**MEMORANDUM**

**NATIONAL WOMEN'S MONTH WITH THE THEME "DIGITAL:  
INNOVATION AND TECHNOLOGY FOR GENDER EQUALITY**

To: OIC – Assistant Schools Division Superintendent  
Chief Education Supervisor, Curriculum Implementation Division  
Chief Education Supervisor, School Governance and Operations Division  
Public Secondary School Heads/OICs  
Administrative Officer V  
All Others Concerned

1. Attached is a letter from Ms. Cynthia B. Viacrusis, Department Head-YASDO, dated February 9, 2023, on the above-captioned title, the contents of which are self-explanatory, for the information and guidance of all concerned.
2. Particular attention is invited to paragraph 2 and the attached Competition Guidelines and Mechanics.
3. Immediate and wide dissemination of this Memorandum is desired.

  
**CARLEEN S. SEDILLA CESO V**  
Schools Division Superintendent

Encl: As stated

Reference:

To be indicated in the Perpetual Index  
under the following subjects

|                                                                                                          |         |          |          |
|----------------------------------------------------------------------------------------------------------|---------|----------|----------|
| /TRAININGS                                                                                               | SCHOOLS | TEACHERS | LEARNERS |
| ECE/NATIONAL WOMEN'S MONTH WITH THE THEME "DIGITAL:<br>053 INNOVATION AND TECHNOLOGY FOR GENDER EQUALITY |         |          |          |

February 14, 2023

UN-2023-053



 Student Center for Life Skills Bldg., Centennial Ave, Brgy Tunasan,  
Muntinlupa City

 (02) 805-9935, (02) 805 - 9940

 sdomuntinlupa@gmail.com



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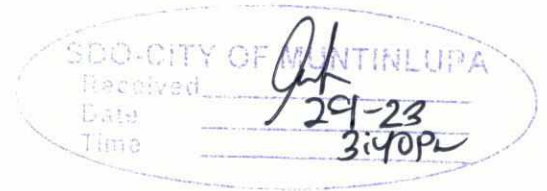


Republic of the Philippines  
CITY GOVERNMENT OF MUNTINLUPA  
Youth Affairs and Sports Development Office



Ref No. YSD-Adm 2023-021A  
February 9, 2023

**CARLEEN SEDILLA, CESO V**  
Schools Division Superintendent  
SCHOOL DIVISION OFFICE  
Muntinlupa City



Dear Dr. Sedilla:

In celebration of National Women’s Month with the theme “DigitALL: Innovation and Technology for Gender Equality” which recognizes and celebrates the women and girls who are championing the advancement of transformative technology and digital education. Also, following the “**Proclamation No. 759 series 1996 declaring the fourth week of March as protection and Gender Fair Treatment of the Girl Child Week**” that aims to underscore the need to provide every girl who is below 18 years of age with equal opportunities and adequate protection to prepare her for role in community development.

The Youth Affairs and Sports Development Office in coordination with Gender and Development Office are scheduled to conduct the following activities related to the celebration:

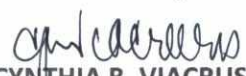
| Activities                                                                     | Target Date         | Target Beneficiaries                                             |
|--------------------------------------------------------------------------------|---------------------|------------------------------------------------------------------|
| Jump Rope Challenge and Competition                                            | March 18 – April 22 | 100 students (Elementary, Junior and Senior High School)         |
| Young Women Empowerment Forum                                                  | March 18, 2023      | 300 Young Women Student Leaders                                  |
| “Child and Parent Fun Run and Pep Talk on Mental Health and Stress Management” | March 25, 2023      | 150 Children (girls and boy) and 150 parent- Elementary students |

With this, we would like to respectfully ask your support and approval for the release of **memorandum** for the active participation of Public Schools on the said activities.

We attached to this the schedule and guidelines all activities lined up for the month of March.

Thank you very much.

Respectfully yours,

  
**CYNTHIA B. VIACRUSIS**  
Department Head - YASDO

**GENDER FAIR TREATMENT OF THE GIRL CHILD WEEK**  
**CHILD AND PARENT FUN RUN AND PEPTALK ON MENTAL HEALTH AND STRESS MANAGEMENT**

Muntinlupa Sports Center, Buendia St. Tunasan, Muntinlupa City, Philippines 1773



16210606



## 2023 Muntinlupa City Jump Rope Challenge

### GUIDELINES:

1. Competition is open to all Elementary, Junior High School and Senior High School in Muntinlupa (Public only)
2. Jump Rope Category by Age:     Elementary – (6 to 12 years old)  
                                                      Junior High School – (13 to 16 years old)  
                                                      Senior High School – (17 to 19 years old)
3. Participants:                             Only bona fide pupils or students at any public schools in Muntinlupa
4. Requirements:                           Duly accomplished ENTRY FORM  
                                                      Any documents that will confirm their age (School ID, Birth Certificate or etc.)
5. Eligibility:                               Each participant shall be duly recognized and endorsed by the respective school. Participating school shall submit an Official Entry Form duly signed by the School Principal with complete documentary requirements.
6. Deadline of Submission of Entry: The deadline of Submission will be on March 4, 2023 through email address [yasdomunti@gmail.com](mailto:yasdomunti@gmail.com) or you can submit to Youth Affairs and Sports Development Office, Muntinlupa Sports Center, Tunasan, Muntinlupa City.
7. Confirmation of Participants:     For time management and budget purposes, we will be strictly following the allotted number of participants per school. Deadline of List of participants is on March 8, 2023.

### 8. MECHANICS

For the Six (6) training sessions,

- a. There will be a 1:10 ratio for the coach and the participants.
- b. They must attend at least 4 training sessions to get a certificate or to qualify for the next level which is the competition proper.
- c. The training will be face-to-face on the following dates **March 18, 25, and April 1, 15 & 22, 2023** and each session will go from 2:00pm-5:00pm
- d. The venue of the training sessions will be at the Activity Center of Ayala Malls, South Park, Alabang, Muntinlupa City.
- e. Each participant will get a jump rope during the launching/first session of the event.

For the Competition,

|                         |       |
|-------------------------|-------|
| a. Criteria for Judging |       |
| Technicality            | - 35% |
| Difficulty of Stunts    | - 35% |
| Creativity              | - 20% |
| Audience Impact         | - 10% |
|                         | <hr/> |
|                         | 100%  |

9. The organizing committee reserves the right to review, modify and/or revise the tournament guidelines for the interest of the competition and the participants. It will ensure that any changes that may arise will be properly coordinated and acknowledged by the participants.

### 10. PRIZES

|                       |   |                                         |
|-----------------------|---|-----------------------------------------|
| 1 <sup>st</sup> Place | - | Gold Medal + Certificate + Cash Prize   |
| 2 <sup>nd</sup> Place | - | Silver Medal + Certificate + Cash Prize |
| 3 <sup>rd</sup> Place | - | Bronze Medal + Certificate + Cash Prize |



Republic of the Philippines  
**CITY GOVERNMENT OF MUNTINLUPA**  
**Youth Affairs and Sports Development Office**



**2023 Muntinlupa City Jump Rope Challenge**  
**DISTRIBUTION OF PARTICIPANTS PER SCHOOL**

| School                                       | Number of Participants | Age Bracket    |
|----------------------------------------------|------------------------|----------------|
| 1. Victoria Elementary School                | 3                      | 6-12 yrs. old  |
| 2. Tunasan Elementary School                 | 3                      | 6-12 yrs. old  |
| 3. Poblacion Elementary School               | 3                      | 6-12 yrs. old  |
| 4. Itaas Elementary School                   | 3                      | 6-12 yrs. old  |
| 5. Muntinlupa Elementary School              | 3                      | 6-12 yrs. old  |
| 6. Putatan Elementary School                 | 3                      | 6-12 yrs. old  |
| 7. F. de Mesa Elementary School              | 3                      | 6-12 yrs. old  |
| 8. Lakeview Elementary School                | 3                      | 6-12 yrs. old  |
| 9. Soldier's Hills Elementary School         | 3                      | 6-12 yrs. old  |
| 10. Bayanan Main Elementary School           | 3                      | 6-12 yrs. old  |
| 11. Bayanan Unit 1 Elementary School         | 3                      | 6-12 yrs. old  |
| 12. Alabang Elementary School                | 3                      | 6-12 yrs. old  |
| 13. Filinvest Elementary School              | 3                      | 6-12 yrs. old  |
| 14. Cupang Elementary School-Main            | 3                      | 6-12 yrs. old  |
| 15. Cupang Elem. School Annex                | 3                      | 6-12 yrs. old  |
| 16. Buli Elementary School                   | 3                      | 6-12 yrs. old  |
| 17. Sucat Elementary School                  | 3                      | 6-12 yrs. old  |
| 18. Sucat ES – Sitio Pagkakaisa Annex Zone 3 | 3                      | 6-12 yrs. old  |
| 19. Sucat ES – Sitio Pagkakaisa Annex Zone 4 | 3                      | 6-12 yrs. old  |
| 20. Bagong Silang Elementary School          | 3                      | 6-12 yrs. old  |
| 21. Muntinlupa Science High School           | 5                      | 13-16 yrs. old |
| 22. Lakeview Integrated School               | 5                      | 13-16 yrs. old |
| 23. Tunasan National High School             | 5                      | 13-16 yrs. old |
| 24. Muntinlupa National High School-Main     | 4                      | 13-16 yrs. old |
| 25. Muntinlupa Business High School - Main   | 4                      | 13-16 yrs. old |
| 26. Muntinlupa Business High School Annex    | 4                      | 13-16 yrs. old |
| 27. Pedro E. Diaz High School                | 5                      | 13-16 yrs. old |
| 28. Poblacion National High School           | 4                      | 13-16 yrs. old |
| 29. Cupang Senior High School                | 4                      | 17-19 yrs. old |
| <b>Total Number of Participants</b>          | <b>100</b>             |                |

Kindly submit your form on this format:

**2023 Muntinlupa City Jump Rope Challenge**  
**Entry Sheet**

|                              |     |        |             |
|------------------------------|-----|--------|-------------|
| Name of School:              |     |        |             |
| Name of Teacher Coordinator: |     |        |             |
| Contact Number:              |     |        |             |
| List of Participants         |     |        |             |
| Name of Students             | Age | Gender | Grade Level |
|                              |     |        |             |
|                              |     |        |             |
|                              |     |        |             |
|                              |     |        |             |
|                              |     |        |             |

Noted:

\_\_\_\_\_  
Principal's Name and Signature

For clarification you may contact **Marvin L. Malahito** or **Marjorie Dolon** at telephone no. 8862-8428.



Young Women Empowerment Online Forum

“DigitALL: Innovation and Technology for Gender Equality”

March 18,2023 at 2:00pm via ZOOM Platform

- Theme:** DigitALL: Innovation and Technology for Gender Equality.
- Objective:** A gender-responsive approach to innovation, technology, and digital education can increase the awareness of women and girls regarding their rights and civic engagement.
- Participants:** The student must be from **Junior and Senior Public High School** between 16-20 years of age and bonafide student of the school.

Distribution of Participants per School

| NO. | NAME OF SCHOOL                                 | REQUIRED NO. OF PARTICIPANTS |
|-----|------------------------------------------------|------------------------------|
| 1   | MUNTINLUPA NATIONAL HS (JUNIOR HS)             | 20                           |
| 2   | MUNTINLUPA NATIONAL HS (SENIOR HS)             | 30                           |
| 3   | POBLACION NATIONAL HS (JUNIOR HS)              | 20                           |
| 4   | TUNASAN NATIONAL HS (JUNIOR HS)                | 20                           |
| 5   | TUNASAN NATIONAL HS (SENIOR HS)                | 30                           |
| 6   | MUNTINLUPA SCIENCE HS (JUNIOR HS)              | 20                           |
| 7   | MUNTINLUPA SCIENCE HS (SENIOR HS)              | 30                           |
| 8   | LAKEVIEW INTERGRATED SCHOOL (JUNIOR HS)        | 20                           |
| 9   | LAKEVIEW INTERGRATED SCHOOL (SENIOR HS)        | 30                           |
| 10  | PEDRO E. DIAZ HS (JUNIOR HS)                   | 20                           |
| 11  | CUPANG SENIOR HIGH SCHOOL                      | 20                           |
| 12  | MUNTINLUPA BUSINESS HS (JUNIOR HS)             | 20                           |
| 13  | MUNTINLUPA BUSINESS HS SUCAT ANNEX (JUNIOR HS) | 20                           |
|     | <b>TOTAL</b>                                   | <b>300</b>                   |

**Requirement:** Must accomplish google link registration : <https://tinyurl.com/YWEF2023>  
(All information assigned to the google form will be treated as private data by us)

**Deadline of Submission of List of Participants**  
Submission of List of Participants is until March 3, 2023.Kindly email to [yasdomuntinlupa2022@gmail.com](mailto:yasdomuntinlupa2022@gmail.com)  
(see below List of Participants format)

**Credits:** All participants will be awarded of Certificate of Participation and token.  
*For more details, please contact us at (8) 862-8428 or 09183233505 and look for Camille Atanante.*

“DigitALL: Innovation and Technology for Gender Equality”

List of Participants

|                              |        |     |             |
|------------------------------|--------|-----|-------------|
| Name of School:              |        |     |             |
| Name of Teacher Coordinator: |        |     |             |
| Contact Number:              |        |     |             |
| LIST OF PARTICIPANTS         |        |     |             |
| Name of Student              | Gender | Age | Grade Level |
|                              |        |     |             |
|                              |        |     |             |
|                              |        |     |             |
|                              |        |     |             |
|                              |        |     |             |
|                              |        |     |             |
|                              |        |     |             |

Noted by:

Principal's Name and Signature



GENDER FAIR TREATMENT OF THE GIRL CHILD WEEK  
CHILD AND PARENT FUN RUN AND PEPTALK ON MENTAL HEALTH AND STRESS  
MANAGEMENT

GUIDELINES

Implementing Office: Youth Affairs and Sports Development Office  
Date: March 25, 2023  
Venue: Muntinlupa Sports Center  
Time: 6:00am to 10:00am  
Participants: Public Elementary Schools  
16 participants/school  
(5 Girl and 3 boy students (Grade 3 to Grade 4) ; 1 parent/ Student)  
Requirements: Accomplished Registration Form  
All participants must sign a waiver  
Activities:  
✓ Child and Parent Zumba  
✓ Child and parent Fun Run at Muntinlupa Track and Field Oval  
✓ Pep talk on Mental Health and Stress Management

**Deadline of Submission of Participants**

Submission of Registration Form is on March 1-5, 2023 through email address :  
[yasdomuntinlupa2022@gmail.com](mailto:yasdomuntinlupa2022@gmail.com)

*For clarification you may contact Ms. Annabelle Buena No. 8862-8428*

GENDER FAIR TREATMENT OF THE GIRL CHILD WEEK  
GIRL CHILD AND PARENT FUN RUN AND PEPTALK ON MENTAL HEALTH AND STRESS MANAGEMENT

Registration Form

|                              |        |     |             |                |        |     |
|------------------------------|--------|-----|-------------|----------------|--------|-----|
| Name of School:              |        |     |             |                |        |     |
| Name of Teacher Coordinator: |        |     |             |                |        |     |
| Contact Number:              |        |     |             |                |        |     |
| LIST OF PARTICIPANTS         |        |     |             |                |        |     |
| Name of Student              | Gender | Age | Grade Level | Name of Parent | Gender | Age |
|                              |        |     |             |                |        |     |
|                              |        |     |             |                |        |     |
|                              |        |     |             |                |        |     |
|                              |        |     |             |                |        |     |
|                              |        |     |             |                |        |     |
|                              |        |     |             |                |        |     |
|                              |        |     |             |                |        |     |
|                              |        |     |             |                |        |     |
|                              |        |     |             |                |        |     |
|                              |        |     |             |                |        |     |

Noted by:

Principal's Name and Signature



GENDER FAIR TREATMENT OF THE GIRL CHILD WEEK  
“ CHILD AND PARENT - IT’S FUN TO RUN “

Personal Information

Name of Parent : \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Name of Child : \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Contact No: \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_

Emergency Phone No: \_\_\_\_\_

Liability Waiver

I, undersigned being aware of my own health and physical condition, and I know that there are certain risks of physical injury to participants in “CHILD AND PARENT - IT’S FUN TO RUN” . I agree to abide by the rules of this event and certify that I am fully and physically fit to finish the race and that I fully accept the waiver of liability.

\_\_\_\_\_  
Signature of Parent over printed name

Date: \_\_\_\_\_



GENDER FAIR TREATMENT OF THE GIRL CHILD WEEK  
“ CHILD AND PARENT - IT’S FUN TO RUN “

Personal Information

Name of Parent : \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Name of Child : \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Contact No: \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_

Emergency Phone No: \_\_\_\_\_

Liability Waiver

I, undersigned being aware of my own health and physical condition, and I know that there are certain risks of physical injury to participants in “CHILD AND PARENT - IT’S FUN TO RUN” . I agree to abide by the rules of this event and certify that I am fully and physically fit to finish the race and that I fully accept the waiver of liability.

\_\_\_\_\_  
Signature of Parent over printed name

Date: \_\_\_\_\_