



A simple action toward other people's lives might have a huge or tiny influence on their own road to finding their own success in life.

Being Immersed or engaged in the community activity is not just to spread awareness, teach, or encourage anyone, but also it is a given opportunity to expand ones knowledge, skills, and capabilities. Through participation in such activities can widen each individual's perspective in life whether you are the participant or the facilitator. As the saying goes, "We learn from one another, there is no high and low in terms of learning". Thus, community service isn't just for compliance or what so ever you call it, but an opportunity in life to contribute one's time to helping others and making a difference in society and having an impact in other people's life.

PANBADANGAN PROJECT 2.0

*"Supporting Rural
Environment through
Collaborative Community
Engagement"*



CCDC-TEAM *with* MAPLES STAFF

Participants on this event encompass children, parents, and teachers. Faculty from the CCDC-CTE, CHE, CCJE, CSW, COL and COA served as the lecturers and trainers. CCDC managed the activity resources, while the Barangay Kagawad in-charge of Sitio Banayakeo and the MAPLES educators will take the lead in raising awareness regarding the upcoming activities.

The general objective of the activity is for participants to be able to actively supplement and address certain community issues and concerns, while also empowering the community, specifically children, parents, and teachers, through a variety of activities.

Mauro Laruan Elementary School (MAPLES)

Sitio Banayakeo, Poblacion, Atok, Benguet

PANBADANGAN PROJECT 2.0

Monday
13 March 2023

"SUPPORTING RURAL ENVIRONMENT THROUGH COLLABORATIVE COMMUNITY ENGAGEMENT"



Health Care

- Blood Pressure
- taking Height Weight



Reading Comprehension



**Strengthening Family Relation:
Battles and Blessing in Parenting w/
Health Tips and Financial Literacy**



Financial Literacy



Sport Clinic



**Basic Self-Defense - Basic Arnis
Techniques**



Good Touch and Bad Touch



**Understanding Filipino Children
and Child Protection Laws**



**Understanding Filipino Children
and Child Protection Laws**



**Basic Tips and Techniques on Fire
Prevention**



MOA Signing



MOA Signing

PHOTO DOCUMENTATION



"SUPPORTING RURAL ENVIRONMENT THROUGH COLLABORATIVE COMMUNITY ENGAGEMENT"

Team CCDC were comprised of:

- **Mr. Joseph De Los Santos** (Head, External Network and Linkages)
- **Miss. Kimberlyn Valdez** (CSW, Instructor and Coordinator for Extension and Community Services)
- **Miss Michelle Palongdias** (CCDC Student Development Officer)
- **Ms. Aelline Carame** (CSW Instructor, Department Extension Focal Person)
 - Miss Lyrma Lupasi (CSW 3rd year Student)
 - Miss Venus Belao (CSW 3rd year Student)
- **Mr. Jomar Paddyayao** (COA Instructor)
- **Miss. Bliss Bacacao** (CTE Instructor, Department Extension Focal Person)
- **Ms. Marthyna Atinan** (CTE Instructor)
 - Miss Jessica Catalino (CTE Student)
 - Miss Noeme Talwag (CTE Student)
 - MissRojilyn Lorenzo (CTE Student)
- **Mr. Dennis Butag** (CCJE Dean)
- **Mr. Marcial Etong** (CCJE Instructor, Department Extension Focal Person)
- **Mr. Reynaldo Samson** (CCJE Instructor)
- **Mr. Reggie Pachong** (CCJE Instructor)
 - Mr. Benjosua Bassit (CCJE Student)
 - Mr. Jun Jun Dang-ay (CCJE Student)
- **Ms. Marivel Munoz** (CHE Dean)
- **Ms. Jiwane Mae B. Laroza** (CHE Instructor)
 - Ms. Judilyn Atiyeng (CHE Student)
 - Mr. Ricmar Tabacla (CHE Student)
- **Mr. Paul Mangaoang** (CCDC Basketball Couch)
 - Ms. Judilyn Atiyeng (CCJE Student & Varsity Player)
 - Mr. Ricmar Tabacla (CCJE Student & Varsity Player)
- **Judge Adolfo R. Malingan** (JD Instructor)
 - Ms. Judilyn Atiyeng (JD Student)
 - Mr. Ricmar Tabacla (JD Student)
- **Gabriel Sagandoy** (driver)
- **JK Fernando** (driver)

A ARRIVAL & GATHERING

- When the team arrived at the designated location, they were greeted cordially by young people and educators who were ecstatic about the upcoming activities. The CCDC team was called to have their coffee while the students were called to the ground.



B PROGRAM PROPER - PART 1: Preliminaries



The program was divided into two sections: part 1 is preliminaries such as addresses, intermissions, and so on, and part 2 is the activity itself, which includes a series of activities.



HEALTH CARE CLINIC



(L-R; Ms. Marivel B. Munoz, Ms. Jiwane Mae B. Larozo, Ms. Judilyn Atiyeng, Mr. Ricmar Tabacla



PURPOSE:

- to be able to have a concrete record of Weight and height of the pupils to be used as tracking record for the future use.

SERVICES:

- Blood Pressure
- Checking of child's BPI
- Health tips shared to parents for the child/ children well-being.



DEVELOPING LOVE FOR READING PROGRAM



READING COMPREHENSION



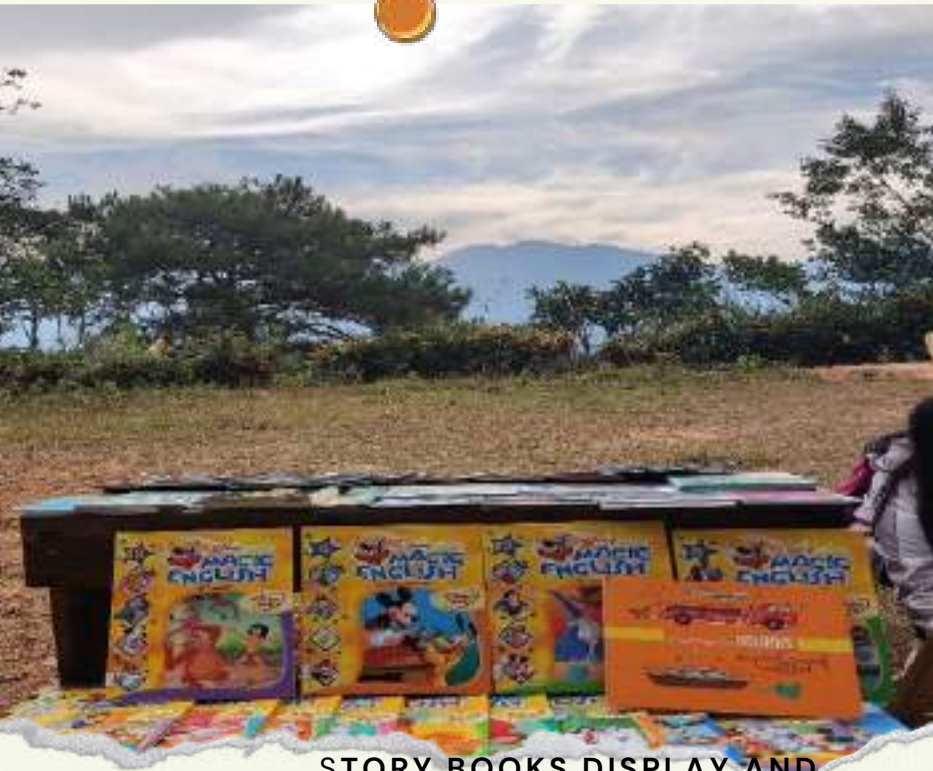
Given the numerous competing demands on kids' attention, it's important to make reading a habit. Regardless of the age of the child, reading is a priceless gift or demonstrating reading ability. The same way that exercising or eating well. It's crucial to assist kids in developing their "love of reading" in order for them to become motivated, ardent readers. The following entertaining and basic routines, tactics, and activities can aid kids in kindergarten to Grade 3 develop their enthusiasm and interest in books, reading, and education.

PURPOSE:

- To help children show progress toward meeting the desired outcome of their grade level
- To help children raise their reading comprehension level



(L-R; A student of MAPLES, Ms. Bliss Bacacao, Ms. Marthyna Atinan, Ms. Noeme Talwag, Ms. Jessica Catalino and Ms. Rojilyn Lorenzo



STORY BOOKS DISPLAY AND THE CTE FACILITATORS

The students showed excitement in picking of books to read. Students who can read were able to finish 2-3 books with the time allotted to. On the other hand, the beginner readers were being guided by some of the teachers for them to understand the book they chose.





GUIDED READING INTERVENTION

The students are enjoying the books as they read. Most of them are reading the books loudly and with emotion. Beginner readers were guided by the facilitators



READING GAMES AND DRILLS

The students are very participative with the games and drills.
They also listen attentively with the storytelling.



STORYTELLING AND SNAKE AND LADDER ACTIVITY



SPELLING WITH HOPSCOTCH ACTIVITY

All the students who participated in the activities were able to complete the task that were given to them. They also showed enthusiasm in reading while they are playing simultaneously.



Sports Clinic

BASKETBALL

Promote and develop the children's psychomotor abilities, potentials in different sports, teamwork and the like while also cultivating a healthy lifestyle.

TEAM A VS TEAM B



BASIC KNOWLEDGE & SKILLS

on

BASKETBALL



Sports are known to promote children and teens develop leadership abilities and teamwork while also fostering a healthy lifestyle (Casey, Payne, Eime, & Brown, 2009). However, in Banayakeo most teenagers and children do not have access to basic leisure facilities that allow them to have fun while developing their talents. Currently, schools are the main provider of recreation facilities, and the usage of these equipment and facilities are limited.



The purpose of this is to promote and develop the children's psychomotor abilities, potentials in different sports, teamwork and the like while also cultivating a healthy lifestyle.

Relative to this, students of Mauro P. Laruan Elementary School will gain experience in several sports such as volleyball, table tennis, badminton and the like, which not only develop their motor skills but also to encourage them to be more engaged in sports activities.



MARCH 13, 2023 @ BANAYAKEO

MAPLES

Battles and Blessing in ★Parenting with★ Health Related Awareness



✓ **Battles and Blessings in Parenting** which aims to develop and/or strengthen relationships among families. Throughout this activity, they will also be exploring anger management.



Battles and blessing for Parenting

Lead by Ma'am Aelline G. Carame of the College of Social Work

✓ **Basic knowledge and healthy tip for the Parents** which aims to give awareness on the significance of prioritizing the health to the children.



Health Related Awareness

Lead by Ma'am Marivel B. Munoz, Dean of the College of Health Education



BASIC SELF-DEFENSE

ARNIS LESSONS

Basic Self-Defense is important since we are all aware of the numerous and difficult scenarios in today's world. Safety has become a concern. With today's frightening conditions, we must safeguard and defend ourselves and our loved ones. Especially the children of Sitio Banayakeo, where most children walk alone or with their classmates for about an hour before returning home from school. Furthermore, Sitio Banyakeo is one of the far-flung areas in the Municipality of Atok. It is said that rural areas can be beautiful and relaxing, but they also confront different challenges which dangerous situation cannot be avoided.

- OBJECTIVE/S:**
- ✓ increase their self-defense awareness and knowledge, including life skills for protection and self-development;
 - ✓ To inculcate self-defense skills including life skills for protection and self-development for the young students.

EDUCATING CHILDREN

about

Good Touch and Bad Touch

- Objectives:
- ✓ to prevent abuse from happening in the first place.
 - ✓ It is important for children to understand that safe touches are positive, caring touches that help them feel loved.

Educating children about bad touch and good touch is essential for their safety, self-esteem, and overall development. It equips them with the knowledge and confidence needed to navigate social interactions, ensuring a secure and nurturing childhood.

1. Personal Safety: Teaching children the difference between good touch (appropriate, safe, and welcomed physical contact) and bad touch (inappropriate, unsafe, and uncomfortable physical contact) empowers them to recognize and respond to situations that may threaten their safety.

2. Prevention of Abuse: Understanding these concepts helps children identify signs of potential abuse. It enables them to communicate if they are feeling uncomfortable or unsafe, leading to early detection and prevention of child abuse.



3. Body Autonomy: Teaching children about boundaries promotes a sense of body autonomy. Children learn that their bodies belong to them, and they have the right to say no to any physical contact that makes them uncomfortable, even if it's from someone they know and trust.

4. Emotional Well-being: Knowing the difference between good and bad touch can prevent long-term emotional trauma. Children who are educated about these matters are more likely to develop healthy attitudes towards relationships, intimacy, and their own bodies.

5. Empowerment: Education empowers children to protect themselves and others. By teaching them about consent, they learn to respect the boundaries of others, promoting a culture of mutual respect and understanding.

6. Social Awareness: A society where children are educated about these issues is more likely to be aware of and responsive to cases of child abuse, fostering a safer environment for all children.



This was conducted by **Miss Michelle Palongdias** - SDO of CCDC, for the parents, teachers and students.