



Republic of the Philippines
Department of Education
REGION I
SCHOOLS DIVISION OF VIGAN CITY

Division Memorandum
No. 595, s. 2025

2508-1929

**VIGAN CITY HEALTH OFFICE KICK-OFF OF PROJECT SIBOL
(SAFEGUARDING AND INFLUENCING OUR BIGUENO YOUTH TOWARDS
OPTIMUM LEVEL OF HEALTH)**

To: Assistant Schools Division Superintendent
Chief Education Supervisor-SGOD
Public Elementary, Secondary and Integrated School Heads
All Division Federated Officers
All School Health and Nutrition Personnel
Selected Bigueno Learners of VCS, VNHSW, VNHSE, ISNHS, PIS
All Others Concerned

1. In reference to the letter from the City Health Office, various health services will be provided to our learners through **Project SIBOL (Safeguarding and Influencing our Bigueno Youth Towards Optimum Level of Health)**, starting on August 29, 2025. The kick-off activity will be held on Friday, August 29, 2025, at 9:30 AM at the Vigan Convention Center.

2. This activity aims to ensure optimal health among young adolescent Bigueno learners. The following are the health services of the said program:

- Adolescent Health Lecture and Provision of Menstrual Kits for the First-Time Menstruating Female Learners
 - Grade 4, 5, and 6 classroom advisers are to identify and prepare a master list of first-time menstruating female learners.
- School Based Immunization (Measles Rubella (MR), Tetanus Toxoid (Td), Human Papillomavirus (HPV))
- Laboratory Test (Hemoglobin and Hematocrit, Urinalysis) for School Based Feeding Program Beneficiaries
- Iron-Folic Supplementation for Grade 7-12 Female Learners
- Oral Health Care

3. The invited participants to the kick-off activity are the following:

SCHOOLS/OFFICE	GUEST & PARTICIPANTS
Schools Division Office	Schools Division Superintendent Assistant Schools Division Superintendent Chief Education Supervisor-SGOD School Health and Nutrition Section
All Elementary and Secondary Schools	School Heads / Officer-In-Charge
Vigan Central School	5 Grade IV learners for Ceremonial Vaccination of HPV Vaccine (<i>To bring Parent's/ Guidance Consent for the Vaccination</i>)
Vigan National High School West	50 Grade 7 & 8 Learners (Include Menstruating Female, Male Students)





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	<i>Kindly Prepare: 2-3 Minutes Zumba Dance Presentation</i>
Vigan National High School East	100 Grade 7 & 8 Learners (Include Menstruating Female, Male Students) 5 Grade 7 Learners for Ceremonial Vaccination of MRTD (<i>To bring Parent's/ Guidance Consent for the Vaccination</i>) <i>Kindly Prepare: 2-3 Minutes Zumba Dance Presentation</i>
Ilocos Sur National High School	100 Grade 7 & 8 Learners (Include Menstruating Female, Male Students) <i>Kindly Prepare: 2-3 Minutes Zumba Dance Presentation</i>
Pantay Integrated School	30 Grade 7 & 8 Learners (Include Menstruating Female, Male Students) <i>Kindly Prepare: 2-3 Minutes Zumba Dance Presentation</i>
PTA Federated Officers	Division Federated Officers

4. All eligible learners are required to secure parental consent—signed by either a parent or guardian—and submitted to the school's Administrative Officers for consolidation, in order to avail of the health services. Participants in the kick-off activity must pre-register through the following link to streamline the registration process: <https://bit.ly/ProjectSibol2025>
5. Enclosed is a copy of the letter for reference.
6. This memorandum will also serve as a locator slip for the participants.
7. For queries please contact *Ms. Mylene Amano Bogaoan*, Adolescent Health Coordinator, City Health Office at 09178253535.
8. Immediate dissemination of this memorandum is desired.



[Signature]
VILMA D. BIDA, CESO V
Schools Division Superintendent



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Email Address: vigan.city@deped.gov.ph
Website: www.depedvigancity.com

Your Feedback is important to us. Visit this link bit.ly/SDOViganCityCSM

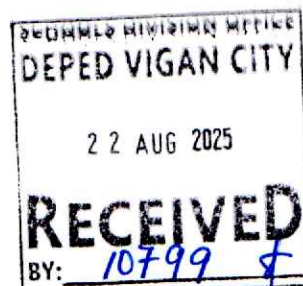




Republic of the Philippines
Province of Ilocos Sur
CITY OF VIGAN

CITY HEALTH OFFICE

2508-1929



August 22, 2025

MS. VILMA D. EDA, CESO V
Schools Division Superintendent
Vigan City

Dear **Superintendent Eda**:

Greetings!

To ensure optimum health among our young adolescents, the City Health Office will be conducting various health services to our students through its Project SIBOL (Safeguarding and Influencing our Bigueno Youth Towards Optimum Level of Health).

The health services include:

- Adolescent Health Lecture and Provision of Menstrual Kits for First Time Menstruating Female Learners
- School Based Immunization (MR, Td, HPV Vaccines) for Grade 1, Grade 7 and Grade 4 (Female Learners)
- Laboratory Test (Hemoglobin and Hematocrit, Urinalysis) for School Based Feeding Beneficiaries
- Iron-Folic Acid Supplementation for Grade 7-12 Female Learners
- Oral Health Care

Relative to this, we would like to invite you to attend the Project's Kick-Off on August 29, 2025, 9:30 AM At Vigan Convention Center, Barangay VIII, Vigan City. May we also request the presence of the school heads, AHR Section, and selected students to attend the kick-off. Attached herewith is the summary of our request and participants needed. Should you need additional details, Ms. Mylene Amano Bogaoan (09178253535), Adolescent Health Coordinator, will closely coordinate with your office regarding this matter.

Thank you very much for your continued commitment to youth development and education. We look forward to your positive response and to welcoming you to our event!

Respectfully,

LOIDA A. RANCHES, MD
City Health Officer II

[Handwritten signature]
Enayda J. Ranches, M.D.



Republic of the Philippines
Province of Ilocos Sur
CITY OF VIGAN

CITY HEALTH OFFICE

S.I.B.O.L PROJECT

GUESTS AND PARTICIPANTS

DIVISION OFFICE	Division Superintendent Health Section, Adolescent Section
ALL ELEMENTARY and SECONDARY SCHOOLS	School Head/Principal
VIGAN CENTRAL SCHOOL	Students for Ceremonial Vaccination 5 -Grade IV Pupil for HPV Vaccine
VIGAN NATIONAL HIGH SCHOOL WEST	50 Students (Grade 7 & 8) (Include Menstruating Female, Male Students) Kindly Prepare: 2-3 Minutes Zumba Dance Presentation
VIGAN NATIONAL HIGH SCHOOL EAST	100 Students (Grade 7 and 8) (Include Menstruating Female, Male Students, 5 Students Grade 7 for Ceremonial Vaccination of MRTD) Kindly Prepare: 2-3 Minutes Zumba Dance Presentation
ILOCOS SUR NATIONAL HIGH SCHOOL	100 Students (Grade 7 & 8) (Include Menstruating Female, Male Students) Kindly Prepare: 2-3 Minutes Zumba Dance Presentation
PANTAY LAUD INTEGRATED SCHOOL	30 Students (Grade 7 & 8) (Include Menstruating Female, Male Students) Kindly Prepare: 2-3 Minutes Zumba Dance Presentation
PTA FEDERATED OFFICERS	
<p style="text-align: center;">REMINDERS: REGISTRATION STARTS AT 8:00 AM PROGRAM WILL START AT 9:30 AM</p> <p><i>Kindly Input Names of Participants to this link to facilitate registration during the event.</i> https://bit.ly/ProjectSibol2025</p>	



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Province of Ilocos Sur
CITY OF VIGAN

CITY HEALTH OFFICE

S.I.B.O.L PROJECT

(Safeguarding and Influencing Our Biqueños Youth Towards Optimum Level of Health Project)

August 29, 2025, Vigan Convention Center

8:00 AM

**Registration and Profiling
Oral Health Check**

9:30 AM

Program Proper

Prayer

National Anthem

Vigan Hym

Opening Message

AUDIO VISUAL PRESENTATION

HON. JOY BENETTE ORIO

Chairperson, Committee on Health, Sanitation and Nutrition

Inspirational Messages

HON. RANDOLF "RANDY" SINGSON

City Mayor

ENGR. JOHN C. FOZ, CE, SE

Provincial Team Leader, Department of Health – Ilocos Sur

VILMA D. EDA, CESO V

Schools Division Superintendent

Rationale of the Activity

MYLENE A. BOGAOAN

Program Coordinator on Health

Keynote Speaker

MR. JEFFLEIGH REBURON

Nurse/Advocate

Ceremonial Activity

*MRTD & HPV Vaccination

**CITY OFFICIALS, MEMBER OF THE CITY HEALTH BOARD,
CITY HEALTH OFFICE STAFF, GUESTS**

*Menstrual Kit Distribution

AWARDING OF WINNERS

Animation Video Making Contest

Digital IEC Making Contest

Word of Thanks

HON. JAY ANDIA

Chairperson, Committee on Education

10:30 AM

ZUMBA DANCE

11:00 AM

Lecture on Reproductive Health- Provincial Health Office

12:00 Noon

Distribution of Kits to Female Menstruating Adolescents

"PUBLIC SERVICE ABOVE SELF"

/CHO
/LFAR 

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