



Republic of the Philippines
Department of Education
 NATIONAL CAPITAL REGION

REGIONAL MEMORANDUM
ORD-2023-781

TO : Schools Division Office of Quezon City
 All Other Concerned Staff

FROM : 
WILFREDO E. CABRAL, CESO III
 Regional Director

SUBJECT : **ENDORSEMENT RE: THE SUPERPOWERS PROGRAM IN
 SELECTED SCHOOLS OF QUEZON CITY**

DATE : August 14, 2023

1. Attached is the letter dated August 03, 2023 from Dr. Carolina Uno-Rayco, National Executive Director, Philippine Mental Health Association, Inc., Quezon City, requesting for support and permission to conduct the Superpowers Program in selected schools under the Schools Division Office of Quezon City.
2. The Pilot Implementation of the Superpowers Program will start with a Kindergarten Teachers Training in selected schools to be conducted on September 23, 2023 (Saturday).
3. The full support and cooperation of the schools to be identified in Quezon City in facilitating the smooth and successful implementation of the program is requested.
4. Immediate dissemination of and compliance with this memorandum is desired.



Misamis St., Bago Bantay, Quezon City
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PHILIPPINE MENTAL HEALTH ASSOCIATION, INC.

18 East Avenue P.O. Box 1040 Quezon City 1100, Philippines

August 3, 2023

WILFREDO E. CABRAL, CESO III

Director IV

Office of the Regional Director - National Capital Region

Dear Mr. Cabral:

Greetings of peace and well-being!

The **Philippine Mental Health Association, Inc. (PMHA)** is a private, non-stock, non-profit organization that provides premier Mental Health Services through Education, Advocacy, Intervention, and Research. In ensuring our youth's well-being, we provide a mental health program that aims to raise awareness and encourage them to practice proactive strategies to take care of their overall well-being.

We would like to formally introduce you to our new program, developed in collaboration with **Power of Zero**, an organization based in the United Kingdom - **The Superpowers Program**. This is a classroom-based program that aims to develop social and emotional skills among kindergarten students to help them navigate their online- offline lives.

The Pilot Implementation of the Superpowers Program will start with a Teachers Training in selected schools. We are hoping to equip kindergarten teachers with the right skills to teach young children the social and emotional skills that they need to navigate in their online-offline lives.

In this regard, we are seeking your support and permission expressed through a memorandum to allow us to conduct the Superpowers Program in selected schools under the Schools Division Office of Quezon City. The training is set to be conducted on **September 23, 2023 (Saturday)**. We have attached a backgrounder for your reference.

Upon your approval, we shall coordinate with the Schools Division Office of Quezon City for the selection of schools, participants, and the preparations for this training (i.e. venue, food, and logistics). We would appreciate your participation in this pilot activity where we can utilize your schools' feedback and inputs for further improvement of the Power of Zero program.

Should you have any concerns or clarifications about this matter, you may contact Ms. Mariel Anne Acha, Program Officer in her email address, mariel.acha@pmha.org.ph.

We are hoping for your most favorable response regarding this matter. Thank you for your continuous support to the cause of mental health.

Best regards,


Dr. CAROLINA UNO-RAYCO, RGC, RPSY
National Executive Director

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 /PMHAofficial



Philippines Pilot Program – Superpowers for Kindergarten

Superpowers is a classroom-based program for kindergarten to teach young children (4 to 6 years old) the social and emotional skills that they need to navigate their online-offline lives. The program fulfills the Philippine Kindergarten Program Framework (KCF) requirement for teaching social and emotional learning. Mastering these social and emotional skills at a young age is essential to a child's ability to learn in school, to make friends and form healthy relationships, and to their success and wellbeing throughout their lives.

We developed the program in the school year 2022-23 working with the teachers at the UP Lab school in Dilman under a grant from the Templeton World Charity Foundation. We are now seeking to pilot the program in ten kindergarten classes during the school year 2023-24 to test the effectiveness and benefits of the program for young students.



What does the Superpowers Program consist of?

Superpowers for Kindergarten is available in Filipino and English and consists of:

- 24 lesson plans and learning activities
- Four Classroom Posters
- The Heroes of Zero - a Filipino language animated video series consisting of six 3.5 minute episodes available on the Knowledge Channel
- Digital Parenting Toolkit provided to parents and families in each kindergarten class
- Teacher Guide
- Teacher Training

The lessons are 40 minutes long and are designed to be taught in sequential order. We recommend that teachers teach one to two lessons a week commencing at the beginning of the school year. The lesson's Superpower is highlighted at the start of each lesson plan and there is space at the end of the lesson for the teacher to connect it to children's online lives.



How does the program align with the Philippine Kindergarten Program Framework ?

We developed the lessons to align with the Philippine Kindergarten Program Framework (KCF). The program views children as nested within “layers of environment, each having an effect on a child’s holistic development.” Our goal is to support Filipino children in relating to and benefiting from each of the systems that surround them. The Superpowers program scaffolds learning and development to meet the unique needs of every child as recommended by the K-12 Philippine Basic Education program Framework and the general principles of the National Early Learning Framework (NELF).

The program is child centered and takes diverse approaches to introducing and reinforcing new concepts through media-rich and language-rich activities. The lessons encourage hands-on, collaborative learning, providing the students with opportunities for social interaction and personal growth. The interdisciplinary approach of the Superpowers program reinforces a learner-centered approach, and challenges the child to think beyond themselves and apply their newfound skills to real-world situations such as their interactions with family, school, and the greater community. The lessons take a cross-curricular approach, making it easy to integrate the domains into learning areas and align to the Philippines learning standards.

How do schools participate in the pilot program?

We are seeking 10 kindergarten teachers at schools in Quezon City and Batangas to join the pilot program. You will be provided with all the program materials, a 3 hour professional development training at your school in September / October 2023 and an online zoom support session (one hour each) in November 2023 and January 2024.

The responsibilities of participating teachers are

- To attend the teacher training and support sessions and to teach the complete program to your students.
- To complete a survey we will provide about your students’ online exposure and a questionnaire on the social and emotional skills of your students before the training begins in October 2023 and at the end of the program in March 2024
- Participate in two feedback sessions with the University of Melbourne during the course of the pilot

To thank you for your participation in the pilot, each kindergarten teacher will receive a gift card worth 8,000 PHP at the conclusion of the program.

To enroll your school in the pilot program of Superpowers for Kindergarten the school principal should send a letter of support to Dr Carolina Uno-Rayco, National Executive Director, Philippine Mental Health Association Inc at curayco@pmha.org.ph



Who we are

Power of Zero is an international non-profit organization that brings together parents, educators, researchers and NGOs committed to teaching the next generation how to use their power well in the age of the Internet. We are registered in the United Kingdom under charity number 1191012. For more information visit our website <https://www.powerof0.org/>

The Early Years Initiative is guided by our Advisory Group of experts in young children and technology, together with our Global Steering Committee comprising Unicef, UNESCO, Xbox, Snap, and NGOs around the world. The Co-Director for the Philippines Pilot is the Philippines Mental Health Association. Our research partner is the University of Melbourne.

**SUPERPOWERS PROGRAM - PHILIPPINES PILOT
TIMELINE**

DATE	ACTIVITY
September 23, 2023	Teachers Training (SDO Quezon City)
September 30, 2023	Teachers Training (SDO Batangas)
October - March 2024	Kindergarten Teaching