

Supporting Partners:



**Bangkok Office**  
Asia and Pacific Regional  
Bureau for Education



**Bank of Tokyo-Mitsubishi UFJ**

## Submission Form of SEAMEO-Japan ESD Award

The last day for submission of entries: **25 August 2012**

### **PART I: Details of Your School**

1. Name of your school: Abellana National School
2. Full address: Osmena Blvd., Cebu City, CEBU
3. Postcode: 6000
4. Country: PHILIPPINES
5. Telephone number (country code+city code+telephone number): 63 32 2548248
6. Fax number (country code+city code+fax number): 63 32 2548248
7. Name of the Head Master/ Principal/ School Director: DR. SEVERINA B. CHIN Ed. D.
8. Name of Teacher Coordinator: Ms. Cydtheresa V. Gabor, MPA
9. Email address: abellanans@yahoo.com
10. School website (if available):
11. Educational level (Such as Kindergarten 1 to Grade/Year 9): Grade 7, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> high
12. Number of teachers in your school: 181 teaching personnel      61-non-teaching personnel
13. Number of students in your school: 5,845
14. Please provide the name of teachers and students who were/have been involved in the planning and implementation of this school activity/programme on Education for Disaster Risk Reduction.

Teachers:

- a) Ms. Cydtheresa V. Gabor, MPA – Disaster Coordinator / founder ( ANS Rescue Group Inc.)
- b) Dr. Severina B. Chin Ed. D.- School Principal
- c) Mrs. Eleanor Marquez – Teacher Head V, Academics
- d) Mrs. Heide M. Rodriguez – Head teacher V, Girls Tech-Voc
- e) Mr. Danilo P. Tepait – Administrative Officer IV

Students:

- a) Markwil Bert T. Ramos
- b) Rey C. Apostol

- c) Julie Ann Abella
- d) Rose Jean Portuguez
- e) Reu Loquiliano

## **PART II: Information about the School's Activity/Programme on Education for Disaster Risk Reduction**

The information of part II from no.1 to 11 should be no longer than **eight** pages long (A4 type, Arial font, size 11 point). A half to one page A4 of the project summary should be included.

### 1. Title of the school's activity/programme on Education for Disaster Risk Reduction

Motivating the Youth in Disaster Preparedness

### 2. Summary of the activity/programme (a half to one page A4)

The founder , Cydtheresa V. Gabor, a computer teacher of Abellana National School, recruits students enrolled in Abellana National School starting from the first year until fourth year whose age ranges from 12 to 17 year olds. Regardless of gender, male and female students coming from the previous 3 curriculums ( Day, Evening and SPS) are qualified to join the Abellana National School Rescue Group as long as they have the spirit of volunteerism in them.

Recruitment takes place for the entire month of July every year. The training is during Sundays and holidays from August to December good for 25 to 30 days depending on the number of training recruits.

Before the training proper starts, rescue trainees are being Indoctrinated on the Values of being a Rescue Volunteer.

The recruits will be trained on Basic First Aid, Basic Life Support CPR, Basic Rope Techniques, Ladder Rescue Techniques, High Angle Search and Rescue Techniques, Basic Fire Fighting Techniques, Ambulance and Fire truck Orientation and a seminar on Basic Fire Safety and Prevention. They will also experience River and Mountain Trekking, Caving and Canyoneering as an exposure to Outdoor Activities.

On the 25<sup>th</sup> day, trainees will have their Survival Night in which they are required to fix their meal without using utensils, sleep in an improvised way in the school backyard. The following day, they will have their Hell Day in which a written and a practical exam is given from all rescue subjects.

They will start to render a duty schedule every January. They get to choose what day they will be wearing their Type A uniform ( A tangerine long sleeve, a camouflage pants and combat boots). Being on duty means that they will wear their rescue uniform instead of their school uniform so that when an emergency arise, they can be identified immediately if somebody in school needs help.

These rescuers who survived the training will display their skills in a Rescue Showdown and Graduation every March. Parents of these volunteers are invited to witness their sons or daughters learned skills during the Sundays of August until December.

Officials from the partner Government Agencies are also invited like the Department of Education, Regional Disaster Risk Reduction Management Council, City Local Disaster Risk Reduction Management Council, Bureau of Fire Protection, the City Mayor, Philippine National Police and other Rescue Volunteer Groups.

These volunteers will man the Medical Station and also assigned as the rescuers during Fire and earthquake drills. They will stay in the medical station together with the school physician and if called upon by the building inspectors that there are victims trapped or injured students, they will

respond and activate victim transfer using their skills.

They regularly perform the checking of fire exits in the school buildings if free from blockage. The firebox on each floor of the Academic building is also checked regularly.

Posters on Disaster Preparedness are attached on school buildings for reminders in case of emergencies like heavy rains, floods and also fire.

They also conduct a regular checkup of the fire extinguishers installed on every floor of the school buildings.

### 3. Background information or reasons why the school initiated this activity/programme

The Abellana National School Rescue Group Inc. has been inspired by the tragic incident that happened to an ANS student named *Alain Dave Ravina* on the 24th of July 2003, who was fatally hit by a stray bullet in his head. Seeing this bloodied student lying on the ground and being stared at by other students, made the founder and organizer, *Cydtheresa Vito Gabor*, decide that it's about time a rescue group is organized in a school.

A faculty of Abellana National School and a member of the Central Visayas Search and Rescue Group Inc. (CEVSAR), backed by the expertise and legal mandate of the Bureau of Fire Protection, She was able to organize the Abellana National School Rescue Group which started in September 2003.

### 4. Objectives/goals of the activity/programme

Reduce the frequency of fatalities in disaster occurrences through information dissemination, conduct of training to fellow youth and extend a helping hand to other government agencies of the same cause.

Train high school students, who have the spirit of volunteerism, the importance of the preservation of life, to help them become a dedicated public servant through proper training, civic mindedness and humility in the discharge of duty as a volunteer rescuer.

To assist the school as part of its Disaster Preparedness Risk Reduction Management Program by conducting Fire and Earthquake Drills, responding to any emergency situations within the school including the nearest vicinity as part of the group's and school's community involvement or social responsibility.

### 5. Period of time when this activity/programme was/has been implemented

9 years ( August 2003 – present)

### 6. Activities (Short-term actions and strategies of implementation of the short-term actions)

#### 1. Annual recruitment of high school students on lifesaving skills done every July

. The rescue volunteers will conduct a room-to-room campaign on the recruitment informing students that the Abellana National School Rescue Group is open for recruitment of new members. Day 1 starts on the first Sunday of August through an

Orientation and Interview. This is followed by Indoctrination on Day 2. The training includes discussion, demonstration, return-demo and simulation.

2. Conduct of Earthquake Drills in the Abellana National School

This is done quarterly. The Boy Scouts and Girl Scouts including the senior students who are CAT Officers with the rescuers are assigned with specific roles during Earthquake drills. They are assigned as evacuation guides, room-inspectors and the teachers are assigned as building managers. The School Principal acts as the Incident Commander and will stay in the Command Post for the entire duration of the drill.

3. Labeling of EXIT Signs in the school campus

This is done only once but has to be checked regularly since some students are naughty and will mess up the exit signs made of reflectorized stickers and red paint.

4. Attaching of informative posters on the school walls.

Posters on heavy rains and floods, fire and earthquake are attached on walls so that everyone is aware on what to do in the occurrence of these disasters. Maps on the evacuation are also attached on the walls.

5. Conduct of training on Basic First Aid and Basic Life Support to the CAT officers ( Senior students) and Boy Scouts of Abellana National School.

Since the population of the Senior students are the majority and aside from being responsible, they are trained by the rescuers on how to perform victim transfer and first aid application because they are the ones who perform drills and strenuous physical activities.

The Boy Scouts also are trained on first aid, bandaging, splinting and victim transfer. These skills can be greatly applied incase of emergencies during their camping outdoors.

7. Conduct of a 2-Day Disaster Preparedness Trainings in the Barangays of Cebu City targeting the youths.

The Abellana National School Rescue Group Inc. has a project on the Youths of Barangays training them for 2 days on Basic First Aid, Basic Life Support, Basic Rope Techniques, Basic Fire Fighting, Emergency Rescue and Transport. This project started in June 2011 up to the present.

8. Render of duty during Sports Olympics like Little MILO Olympics and MILO Marathon.

The rescue volunteers render duty as requested by the Cebu City Sports Center every MILO Olympics since 2007 as first aiders in the field. The occurrence of injuries is mostly of the Soccer competition and the Track and Field event. For serious medical conditions, an ambulance or another responder awaits for transport to the hospital.

9. In partnership with the Cebu Provincial Government – Provincial Social Welfare and Development Office, the Abellana National School Rescue Group Inc. conducts a 4-Day Disaster Preparedness Training to the Youths coming from the different Municipalities of Cebu province.

This collaboration with the Provincial government start in February 2012 for the 1<sup>st</sup> Batch composed of 41 participants from 5 Municipalities. The 2<sup>nd</sup> batch was in May 22-25, 2012 composed of 32 participants from still 5 Municipalities. Most of the participants are

Youth Leaders of their municipality.

10. Support of the Bureau of Fire Protection during Fire Rescue Demonstration

The Abellana National School Rescue Group Inc. greatly supports the Bureau of Fire Protection in times when they need volunteers to demonstrate a High Angle Search and Rescue as a simulation on their lectures to the different establishments and companies in Cebu City and launching of the Fire Prevention Month every March where there is a rescue scenario to be demonstrated to the public.

11. Support to the Bureau of Fire Protection during Fire Alarms

The Abellana National School Rescue Group Inc. also responds to big Fire incidents in Cebu City. The volunteers assist the firefighters in fire suppression, assist evacuees and provide medical assistance.

12. Joins Independence Day Parade, Alay-Lakad and Sinulog Mardi-Gras Festival

The students and teachers of Abellana National School are a lot safer when there are rescue volunteers around during parades and festival. They can be immediately applied with first aid if a medical emergency arise.

13. Resources used for implementing the activity/programme

During the first 5 years of implementation of this programme, the organizer did her initiative in obtaining funds to buy rescue equipments for training purposes and actual rescue response. Until the time came that the group receives cash awards from the government and was able to purchase more equipment.

Another source of funds is the training honorariums and donations coming from concerned individuals, local government and the American Red Cross.

The school administration also provides their support.

14. Monitoring and evaluation mechanism and results

This program is being monitored by the Regional Disaster Risk Reduction Management Council ( RDRRMC). They conduct an evaluation during Earthquake Drills. The After-Activity Report for Earthquake Drills are being submitted to the Department of Education and to the RDRRMC.

The RDRRMC and the Dep Ed including the Bureau of Fire Protection are always there during every Rescue Showdown so they will be updated of the group's recruitment progress.

15. List of partners, local government bodies, companies or development agencies who participated in the planning and implementation, including their roles in the activity/programme.

Name of Partners	Roles or contributions
a) Bureau of Fire Protection ( BFP)	Provides trainings and assistance during emergencies

b) Regional Disaster Risk Reduction Management Council ( RDRRMC)	Monitors the school during Earthquake Drills
c) Department of Education ( DepEd)	Evaluates Earthquake Drills
d) Lifesavers Circle	Provides free training on First and CPR annually
e) Central Visayas Search and Rescue Group	Provides free training on Ropes and High Angle
f) City Local Disaster Risk Reduction Management Council	Supports by providing equipment assistance

#### 16. Benefits/impacts of the activity/programme to teachers, students and the community

<p>1. The benefits of having implemented this program is that when the school clinic closes after office hours at 5:00 o'clock in the afternoon, students who attend classes in the evening session and has a sudden illness, still receives first aid treatment because the rescuers stay in the headquarters even after 5:00 pm. For serious medical situations like difficulty of breathing, the founder's service vehicle can also be used as an ambulance.</p> <p>2. During daytime class hours, the rescuers can transport the patient from the Academic building to the school clinic.</p> <p>3. Teachers can request rescue volunteers to conduct a lecture on First Aid since they have integrated it in their class lesson.</p> <p>4. For students who joined this program ( group), they have an advantage compared to ordinary students who did not undergo intense training on lifesaving. Joining this group helped them build self-confidence on how to manage themselves and the crowd be it a hostile or a calm crowd during emergencies.</p> <p>5. Student rescue volunteers are not only trained in rescue skills but also trained to be a lecturer or trainer since some schools and government agencies requests the services of this group to conduct trainings on Basic First Aid, Basic Life Support and other rescue skills.</p> <p>6. Raised awareness in the school on the proper procedure during earthquakes as what has been applied last February 6, 2012 during an earthquake with magnitude of 6</p> <p>7. Teachers integrate the lesson on Disaster Preparedness in their lessons like Basic First Aid and Bandaging.</p>
---

#### 17. Plan for sustainability and plan for the future

<p><u>Plan for sustainability:</u></p> <p>The plan for sustainability of the group is to conduct yearly trainings plus monthly check up of fire rescue equipment and a quarterly conduct of Fire and earthquake Drills.</p> <p>New individuals will be trained annually to continue the legacy on life saving.</p> <p>Solicit from stake holders for more rescue equipments.</p>
--

Plan for the future:

At present the Abellana National School Rescue Group Inc. has already produced a total of 99 members for 10 Batches already.

This group plans to recruit more students every year and make Abellana National School a Disaster Prepared School.

Included in these future plans are to train students from other school thus encouraging them to organize their own Emergency Response Team so there will also be first responders making their school Disaster Prepared.

Train more Youth Leaders in other municipalities so that they will be the ones to organize a team of their own to respond to disasters happening in their municipalities.

The group targets to train the majority of the youth in the society to be a responsible individual particularly during disasters. To prove to them that no matter what their ages are, they too can help the government to make it a resilient community.

18. List of attachments such as a copy of learning/ teaching materials, samples of student worksheet, manual, etc.

Attachment 1) .....Handouts in Rappelling 1( Sample)  
Attachment 2) ..... Handouts in Rappelling 2 ( Sample)  
Attachment 3) ..... Handouts in Fire Safety ( Sample)  
Attachment 4) .....Handouts on Effects of Fire ( Sample)  
Attachment 5) .....Worksheet on First Aid 1 ( Sample)  
Attachment 6) .....Worksheet on First Aid 2 ( Sample)

19. Photos related to the activity/programme (The school can provide the related photos as many as you can)

Photo 1



A rescue volunteer trained on CPR conducted by the Lifesavers Circle



Photo 2



A rescue volunteer demonstrates the application of 2 rescue breaths

Photo 3



The rescue trainees applied a doughnut bandage to the stab wound



Photo 4



Training new recruits in Bandaging

Photo 5



Training on Emergency Rescue and Transport 3-Man carry Technique

Photo 6



A registered Nurse is having a lecture on Basic First Aid to the Rescue Recruits

Photo 7



A trainee demonstrates the fire suppression



Photo 8



The rescuer climbs up the ladder to perform a lap carry technique

Photo 9



Rescuers demonstrate the High Angle rescue Technique

Photo 10



Spineboard rigging so that the victim, with back injury, can be belayed

Photo 11



Batch 8 of the Abellana National School Rescue Group Inc. who has just finished displaying their skills through a Showdown Scenario, has graduated. Attended by, from left standing: the Admin Officer Mr. Tepait, the PTA President Engr. Quiachon. Seated from left: a representative from the Department of Education, from the Bureau of Fire Protection SFO. Rogelio T. Baran, the founder Cydtheresa V. Gabor, Mayor of Cebu City Hon. Michael L. Rama, Congressman Jun Alcover, the Cebu City Fire Marshal Supt. Esmael C. Codilla and standing Ms. Riza Joy Herandez from the Office of the Civil dEfense- Regional Disaster Risk Reduction Management Council.



Photo 12



ANS Rescuers during an Earthquake Drill. This drill had a Mass Casualty Incident. After the conduct of room inspection, the room inspectors calls for rescuers to transfer the injured students to the Medical Station

Photo 13



In this photo, an injured student receives first aid from a rescuer

Photo 14



Ambulances from different units responded to the incident

Photo 15



This Earthquake Drill of Abellana National School has been evaluated by personnel coming from the different Government Offices like the Armed Forces of the Philippines, 505<sup>th</sup> Rescue Squadron of the Philippine Airforce, Philippine Red Cross, Department of Health, Regional Disaster Risk Reduction Management Council.



Photo 16



Training of CAT-I students on Basic First Aid and Basic Life Support

Photo 17



ANS students cover their heads during an Earthquake Drill Evacuation