



REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF EDUCATION, CULTURE AND SPORTS
Manila, Asean, Pasig City

July 24, 1997

OFFICE OF THE SECRETARY

DECS O R D E R

No. 53, s. 1997

INSTITUTIONALIZATION OF THE USE OF CONSTEL TAPES
FOR ELEMENTARY AND SECONDARY SCHOOL TEACHERS

To: Regional Directors
Schools Superintendents
Regional Science High School Principals
Divisional Leader School Principals
District Supervisors
Private Elementary and Secondary School Principals

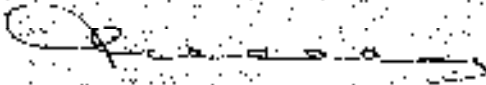
1. The Continuing Studies in Education through Television (CONSTEL), a joint project of the Foundation for Upgrading Standards of Education (FUSE), University of the Philippines-Institute for Science and Mathematics Education (UP-ISMED), Department of Science and Technology (DOST) and the Department of Education, Culture and Sports (DECS), shall distribute educational video tapes on Elementary Science, Chemistry and Physics intended to upgrade the teaching capabilities of the subject teachers, starting August, 1997.
2. Identified schools (see Inclosure 1) as well as selected districts shall each receive a set of thirty tapes for each of the three subjects with accompanying print support materials.
3. To maximize the use of these tapes, district supervisors shall schedule an afternoon session every week when elementary school teachers in the district gather and view/discuss the tapes under their leadership. In the secondary level, principals of DSS, regional science high schools, LSEP high schools and selected private-school-recipients shall also do the same for secondary school teachers of pertinent subjects. These sessions presided over by district supervisors/high school principals are expected to end with the participating teachers accomplishing a questionnaire that serves to evaluate the quality and the impact of the tapes. (see Inclosure 2). These sessions with teachers may be one of the professional activities during the Midyear Performance Review and Evaluation Week.

4. Viewing the regular telecasts of the tapes on Fridays and Saturdays per DECS Memorandum No. 245, s. 1997 on PTV 4 and its provincial stations by the teachers in their own homes can serve as reinforcement of what they have seen and discussed previously during their weekly afternoon sessions.

5. In the case of other schools (not recipients) which would like to avail of these educational TV materials, the principals/school heads/district supervisors may inquire from DECS.

6. Quarterly consolidated progress reports through the regional offices are expected to be submitted in October and December, 1997 and March, 1999 to Bureau of Secondary Education (Attn.: Mrs. Jo Mariano) and Bureau of Elementary Education (Attn.: Dr. Liginila E. Santos).

7. Immediate dissemination of this Order is expected.


ANTONIO E.B. MACARENA
Undersecretary
Officer-in-Charge

Incls.:
As stated

Reference:
DECS Memorandum (No. 245, s. 1997)

Allotment: 1-2-3--(D.O. 50-97)

To be indicated in the Perpetual Index
under the following subjects:

OFFICIALS
SCHOOLS
SCIENCE EDUCATION
TEACHERS

RECIPIENT DISTRICTS OF CONSTEL TAPES

REGION 1

(23 Districts in 8 Divisions)

<p><u>ILOCOS NORTE (3)</u></p> <p>1) San Nicolas District San Nicolas, Ilocos Norte</p> <p>2) Balac District Balac, Ilocos Norte</p> <p>3) Bacara II District Bacara, Ilocos Norte</p>	<p><u>LA UNION (3)</u></p> <p>12) Bangar District Bangar, La Union</p> <p>13) San Fernando I San Fernando, La Union</p> <p>14) Aringay District Aringay, La Union</p>
<p><u>ILOCOS SUR (3)</u></p> <p>4) Bantay District Bantay, Ilocos Sur</p> <p>5) Candon District Candon, Ilocos Sur</p> <p>6) Sinit District Sinit, Ilocos Sur</p>	<p><u>DAGUPAN CITY (3) C/O DIVISION OFFICE</u></p> <p>15) District I Dagupan City</p> <p>16) District II Dagupan City</p> <p>17) District III Dagupan City</p>
<p><u>PANGASINAN I (2)</u></p> <p>7) Lingayon I District Lingayon I, Pangasinan</p> <p>8) Calasiao District Calasiao, Pangasinan</p>	<p><u>LAOAG CITY (3) C/O DIVISION OFFICE</u></p> <p>18) District I Laoag City</p> <p>19) District II Laoag City</p> <p>20) District III Laoag City</p>
<p><u>PANGASINAN II (3)</u></p> <p>9) Binalonan District Binalonan, Pangasinan</p> <p>10) Urdaneta I District Urdaneta I, Pangasinan</p> <p>11) Umingan District Umingan, Pangasinan</p>	<p><u>SAN CARLOS CITY (3) C/O DIVISION OFFICE</u></p> <p>21) District I San Carlos City</p> <p>22) District II San Carlos City</p> <p>23) District IV San Carlos City</p>

REGION II (15 Districts in 5 Divisions)

<p><u>BATAÑES</u></p> <p>1) Basco District Basco, Batanes</p> <p>2) Sabtang District Sabatang, Batanes</p> <p>3) Itbayat District Itbayat, Batanes</p>	<p><u>LA UNION (3)</u></p> <p>10) Bonfai District Bonfai, Bayombong, Nueva Vizcaya</p> <p>11) San Mariano District San Mariano, Nueva Vizcaya</p> <p>12) Solano District Solano, Nueva Vizcaya</p>
<p><u>CAGAYAN (3)</u></p> <p>4) Tuguegarao District Tuguegarao, Cagayan</p> <p>5) Aparri District Aparri, Cagayan</p> <p>6) Sanchez Mira District Sanchez Mira, Cagayan</p>	<p><u>QUIRINO (3)</u></p> <p>13) Diffun District Diffun, Quirino</p> <p>14) Saguday District Saguday, Quirino</p> <p>15) Naglipunan (Abbag) District Naglipunan (Abbag), Quirino</p>
<p><u>ISABELA (3)</u></p> <p>7) Angadanan District Angadanan, Isabela</p> <p>8) Cabagan District Cabagan, Isabela</p> <p>9) San Mariano District San Mariano, Isabela</p>	

REGION III (27 Districts in 9 Divisions)

<p>BATAAN (3)</p> <p>1) Balanga District Balanga, Bataan</p> <p>2) Mariveles District Mariveles, Bataan</p> <p>3) Abucay District Abucay, Bataan</p>	<p>CABANATUAN CITY (3)</p> <p>13) Cabanatuan East District Cabanatuan City</p> <p>14) Cabanatuan West District Cabanatuan City</p> <p>15) Imelda District c/o Imelda Elementary School Cabanatuan City</p>
<p>BULACAN</p> <p>4) Pob. San Miguel District Mojon, Marilios, Bulacan</p> <p>5) Pob. San Ildefonso District Pob. San Ildefonso, Bulacan</p> <p>6) San Miguel District San Miguel, Bulacan</p>	<p>ZAMBALES (3)</p> <p>16) Burgos San Marcelino District Burgos San Marcelino, Zambales</p> <p>17) Tampo District Botolan, Zambales</p> <p>18) Baraka District Baraka, Subic-Zambales</p>
<p>NUEVA ECUIJA (3)</p> <p>7) Talavera District Talavera, Nueva Ecija</p> <p>8) Gapan District Gapan, Nueva Ecija</p> <p>9) Bongabon District Bongabon, Nueva Ecija</p>	<p>ANGELES CITY (3)</p> <p>19) Pulongbulo District Pulongbulo, Angeles City</p> <p>20) Sto. Rosario District Sto. Rosario, Angeles City</p> <p>21) Balbago District Balbago, Angeles City</p>
<p>PAMPANGA (3)</p> <p>10) Florida Blanca District Florida Blanca, Pampanga</p> <p>11) Mexico District Mexico, Pampanga</p> <p>12) San Fernando District San Fernando, Pampanga</p>	<p>OLONGAPO CITY (3)</p> <p>22) Kukulake District Kukulake, Olongapo City</p> <p>23) West Bajacajac District West Bajacajac, Olongapo City</p> <p>24) East Tapinac District East Tapinac, Olongapo City</p>

TARLAC

25) Tarlac, Tarlac District
Tarlac, Tarlac

26) Victoria District
Victoria, Tarlac

27) La Paz District
La Paz, Tarlac

REGION IV (29 Districts In 15 Divisions)

CAVITE			
1)	Imus I District Imus, Cavite	12)	Balayan District Balayan, Batangas
2)	Bacoor I District Bacoor, Cavite	13)	Leptery District Leptery, Batangas
3)	Dasmariñas I District Dasmariñas, Cavite	14)	Alitagtag District Alitagtag, Batangas
AURORA		15)	Tagaytay City District Tagaytay City
4)	Má. Aurora District Má. Aurora, Aurora	SAN PABLO CITY	
5)	Dinalungan District Dinalungan, Aurora	16)	San Pablo City District I San Pablo City
CAVITE CITY (1)		17)	Stá. Donirgo District Stá. San Diego Eeñt. School San Pablo City
6)	Cavite City District I Cavite City	MARINDUQUE	
LAGUNA (4)		18)	Boac North District Boac North, Marinduque
7)	San Pedro District San Pedro, Laguna	OCCIDENTAL MINDORO (1)	
8)	Stá. Cruz District Stá. Cruz, Laguna	19)	Pag-asá San José District Pag-asá San José, Occ. Mindoro
9)	Liliw District Liliw, Laguna	ORIENTAL MINDORO (2)	
10)	Calamba District Calamba, Laguna	20)	Calapan District Calapan, Oriental Mindoro
BATANGAS		21)	Calapan West District Calapan West, Oriental Mindoro
11)	Tanauan District Tanauan, Batangas	QUEZON (2)	
		22)	Gumaca District Gumaca, Quezon
		23)	Lugban District Lugban, Quezon

RIZAL (2)

24) Karangalan District
Karangalan, Cainta, Rizal

25) Cainta District I
Cainta, Rizal

LUCENA CITY (1)

26) Lucena West I District
Lucena City

ROMBLON

27) Odiongan District
Odiongan, Romblon

BATANGAS CITY (1)

28) Batangas City East
Batangas City

LIPA CITY (1)

29) Lipa District
Lipa City

REGION V (26 DISTRICTS IN 8 DIVISIONS)

ALBAY (3)	IRIGA CITY (1)
1) Tabaco North District Tabaco, Albay	13) Iriga City District I Iriga City
2) Camalig South District Camalig, Albay	CAMARINES SUR (6)
3) Polangui South District Polangui, Albay	14) Nepia East District Nepia, Camarines Sur
MASBATE	15) Pili District Pili, Camarines Sur
4) Masbate South District Centron, Masbate, Masbate	16) Baao District Baao, Camarines Sur
5) Placer District Placer, Masbate	17) Goa District Goa, Camarines Sur
6) San Jacinto District San Jacinto, Masbate	18) Buhil District Buhil, Camarines Sur
NAGA CITY (3)	CAMARINES NORTE (4)
7) Naga West District Naga City	19) Vinzons District Vinzons, Camarines Norte
8) Naga South District Naga City	20) Talabatid District Talabatid, Lobo, Camarines Norte
9) Naga North District Naga City	21) Daet North District Daet, Camarines Norte
LEGASPI CITY (3)	22) Pangasinan District East Pangasinan, Camarines Norte
10) Albay I District Albay I, Legaspi City	SORSOGON (4)
11) Albay II District Albay, Legaspi City	23) Sorsogon District I Sorsogon, Sorsogon
12) Legaspi I District Legaspi City	24) Irosin District Irosin, Sorsogon
	25) Gubat South District Gubat, Sorsogon
	26) Sta. Magdalena District I Sta. Magdalena, Sorsogon

REGION VI (39 Districts in 14 Divisions)

<p>AKLAN (3)</p> <p>1) Banga District Banga, Aklan</p> <p>2) Kalibo District Kalibo, Aklan</p> <p>3) Numancia District Numancia, Aklan</p>	<p>LA CARLOTA (2)</p> <p>15) La Carlota South I District c/o La Carlota South Elem. School La Carlota City</p> <p>16) La Carlota North District c/o La Carlota North Elem. School La Carlota City</p>
<p>ANTIQUA (3)</p> <p>4) Belison District Belison, Antique</p> <p>5) Barbaza District Barbaza, Antique</p> <p>6) Tobias Fornier District Tobias, Fornier, Antique</p>	<p>ILOILO CITY (3)</p> <p>17) Iloilo City District I c/o Iloilo Division Office Iloilo City</p> <p>18) Iloilo City District IV Jaro, Iloilo City</p> <p>19) Molo District Molo, Iloilo City</p>
<p>GUIMARAS</p> <p>7) San Miguel District San Miguel, Jordan Guimaras</p> <p>8) Buenavista District Buenavista, Guimaras</p> <p>9) Jordan District Jordan, Guimaras</p>	<p>NEGROS OCCIDENTAL (4)</p> <p>20) Isabela I District Isabela I, Negros Occidental</p> <p>21) Talisay I District Talisay, Negros Occidental</p> <p>22) Sipalay II District Sipalay II, Negros Occidental</p> <p>23) La Castellana I District La Castellana, Negros Occidental</p>
<p>ILOILO (5)</p> <p>10) Passi District Passi, Iloilo</p> <p>11) Leganes District Leganes, Iloilo</p> <p>12) Sta. Barbara District Sta. Barbara, Iloilo</p> <p>13) Leon I District Leon, Iloilo</p> <p>14) Miag-ao District c/o Miag-ao Elem. School Siatay City</p>	<p>ROXAS CITY (3)</p> <p>24) Roxas City District I Roxas Blvd., Roxas City</p> <p>25) Roxas City District II Banica, Roxas City</p> <p>26) Roxas City District III Lawman, Roxas City</p>

SAN CARLOS CITY (2)

- 27) San Carlos City I District
San Carlos City
- 28) San Carlos City III District
San Carlos City

BAGOLOD (3)

- 29) District 7
DECS Bacolod City Division
Bacolod City
- 30) District IV
DECS Bacolod City Division
Bacolod City
- 31) District I
DECS Bacolod City Division
Bacolod City

SILAY CITY (3)

- 32) Silay City South District
Silay City
- 33) Silay City North District
Silay City
- 34) Silay City District IV
c/o Gov. E. Garlon Clem. School
Silay City

BAGO CITY (2)

- 35) Bago City District I
Bago City
- 36) Bago City District IV
Bago City

CAPIZ CITY (2)

- 37) Panay District
Panay, Capiz
- 38) Ivisan District
Ivisan, Capiz

CAPIZ CITY (1)

- 39) CapiZ City District I
CapiZ City

REGION VII (25 Districts in 8 Divisions)

<p><u>BOHOL (4)</u></p> <p>1) Tagbilaran District Tagbilaran City</p> <p>2) Trinidad District Trinidad, Bohol</p> <p>3) Bunga District Bunga, Bohol</p> <p>4) Sta. Cruz District Sta. Cruz, Bohol</p>	<p><u>MANDAUE CITY (2)</u></p> <p>12) Mandaue City North District Mandaue City</p> <p>13) Mandaue City West District Mandaue City</p>
<p><u>CEBU CITY (3)</u></p> <p>5) Lahug District Lahug, Cebu City</p> <p>6) Regino Mercado District Cebu City</p> <p>7) Guadalupe District Cebu City</p>	<p><u>NEGROS ORIENTAL (5)</u></p> <p>14) Poblacion District Poblacion, Bondoy, Negros Oriental</p> <p>15) Maluay District Maluay, Zamboangita, Negros Oriental</p> <p>16) Bases City North Bases City North, Negros Oriental</p> <p>17) Guihulugan South District Guihulugan, Negros Oriental</p> <p>18) Bayawan District Bayawan, Negros Oriental</p>
<p><u>DUMAGUETE CITY (2)</u></p> <p>8) City Central District Dumaguete City</p> <p>9) North City District Dumaguete City</p>	<p><u>SIGUIJOR (4)</u></p> <p>19) Campalanas District Campalanas, Lazi, Siquijor</p> <p>20) Lazi District Lazi, Siquijor</p>
<p><u>LAPU-LAPU CITY (2)</u></p> <p>10) Lapu-Lapu City West District Lapu-Lapu City</p> <p>11) Lapu-Lapu City South District Lapu-Lapu City</p>	<p>21) Larena District Larena, Siquijor</p> <p>22) Miraluran District Miraluran, Siquijor</p>

TOLEDO CITY (3)

23) Malab-ang District
Malab-ang, Toledo City

24) North City District
North City, Toledo City

25) P. del Rosario District
P. del Rosario, Toledo City

REGION VIII (17 DISTRICTS IN 9 DIVISIONS)

LEYTE (3)

- 1) Baybay North District
Baybay, Leyte
- 2) Dulag South District
Dulag, Leyte
- 3) Bato District
Bato, Leyte

TACLOBAN CITY (2)

- 4) Tacloban City North District
Tacloban City
- 5) Tacloban City South District
Tacloban City

SAMAR (2)

- 6) Basey II District
Basey, Samar
- 7) Catbalogan I District
Catbalogan, Samar

EASTERN SAMAR (2)

- 8) Pobocion District
Pobocion, Borongan, Eastern Samar
- 9) Balangiga District
Balangiga, Eastern Samar

BILIRAN (2)

- 10) Caibiran District
Caibiran, Biliran
- 11) Naval North District
Naval, Biliran

CALBAYOG CITY (1)

- 12) Calbayog City District I
Calbayog City

NORTHERN SAMAR (3)

- 13) Catarman I District
Catarman, Samar
- 14) Mondragon District
Mondragon, Northern Samar
- 15) Palapag District
Palapag, Northern Samar

SOUTHERN LEYTE (1)

- 16) Bonloc District
Bonloc, Southern Leyte

ORMOC CITY (1)

- 17) Ormoc City District
Ormoc City

REGION X (20 DISTRICTS IN 7 DIVISIONS)

CAMIGUIN (3)

- 1) Mambajao District
Mambajan, Camiguin
- 2) Malmog District
Malmog, Camiguin
- 3) Cataman District
Cataman, Camiguin

MISAMIS OCCIDENTAL (3)

- 4) Oroquieta City District
c/o Oroquieta City Central E/S
Oroquieta City
- 5) Clarin South District
Clarin, Misamis Occidental
- 6) Sapang Dalaga District
Sapang Dalaga, Misamis Occ.

MISAMIS ORIENTAL (3)

- 7) Akihija District
Akihija, Misamis Oriental
- 8) Balingasag District
Balingasag, Misamis Oriental
- 9) El Salvador District
El Salvador, Misamis Oriental

CAGAYAN DE ORO CITY (3)

- 10) Cagayan de Oro Central District
c/o Cagayan de Oro Central School
Cagayan de Oro City
- 11) South City District
c/o South City Central School
Cagayan de Oro City
- 12) Bulua District
c/o Bulua Central School
Cagayan de Oro City

OZAMIS CITY (3)

- 13) District I
c/o Ozamis City Central School, Ozamis City
- 14) District II
c/o Labinay E/S, Ozamis City
- 15) District III
c/o Mainubang Central School
Ozamis City

GINGOOG CITY (2)

- 16) City South District
c/o Don Restituto Base C/S, Gingoog City
- 17) City West District
c/o Lunao C/E/S, Lunao, Gingoog City

BUKIDNON (3)

- 18) Manabo Fortich District
Manabo Fortich, Bukidnon
- 19) Valencia District
Valencia, Bukidnon
- 20) Maramag District
Maramag, Bukidnon

REGION XI (24 DISTRICTS IN 6 DIVISIONS)

DAVAO CITY (3)

- 1) Davao City Central District
Davao City
- 2) Bangoy District
Bangoy, Davao City
- 3) Talomo District
c/o Davao City Special School
Talomo, Davao City

DAVAO DEL SUR (3)

- 4) Magsaysay District
c/o R. Magsaysay C/S
Magsaysay, Davao
- 5) Bansalan District
Bansalan, Davao
- 6) Sta. Cruz District
c/o Sta. Cruz Elem. Sch.
Sta. Cruz, Davao

SOUTH COTABATO (3)

- 7) Polomilok West District
Polomilok, South Cotabato
- 8) Surrallah South District
Surrallah, South Cotabato
- 9) Koronadal West District
Koronadal, South Cotabato

SARANGANI (3)

- 10) Alabel District
Alabel, Sarangani

- 11) Sarangani District
c/o Margus Central Elem. School
Sarangani, Sarangani

- 12) Glan district
c/o Glan Central School

DAVAO (4)

- 13) Magugpo District
Magugpo, Davao del Norte
- 14) Maniki District
Maniki, Davao
- 15) Mabini District
Mabini, Davao
- 16) Mawah District
Mawah, Davao del Norte

DAVAO ORIENTAL (3)

- 17) Banaybanay District
Banaybanay, Davao Oriental
- 18) Lupon District
Lupon, Davao Oriental
- 19) Mati District
Mati, Davao Oriental

GEN. SANTOS CITY (2)

- 20) Cahillsot District
Cahillsot, Gen. Santos City
- 21) Gen. Santos West District
Gen. Santos City

REGION IX (12 DISTRICTS IN 7 DIVISIONS)

<u>BASILAN (2)</u>	<u>ZAMBOANGA DEL SUR (3)</u>
1) Lamitan District Quezon Boulevard, Lamitan	10) Ipil District Ipil, Zamboanga del Sur
2) Basilan-Isabela District Basilan-Isabela, Basilan	11) Buug District Buug, Zamboanga del Sur
<u>DAPITAN CITY (1)</u>	12) Vicencio Sagun District Vicencio Sagun, Zamboanga del Sur
3) Dapitan City District Dapitan City	
<u>DIPOLOG CITY (1)</u>	
4) Olingan District Olingan, Dipolog City	
<u>ZAMBOANGA CITY (2)</u>	
5) Zamboanga City District Zamboanga City	
6) Zamboanga East Dist. Zamboanga City	
<u>PAGADIAN CITY (1)</u>	
7) City Pilot District Pagadian City	
<u>ZAMBOANGA DEL NORTE (2)</u>	
8) Sindangan District Sindangan, Zamboanga del N.	
9) Rizal District Rizal, Zamboanga del Norte	

SULTAN KUDARAT (3)

22) Tacurong District
c/o Tacurong Pilot E/S
Tacurong, Sultan Kudarat

23) Kalawag I District
Kalawag, Isulan, Sultan Kudarat

24) Letiak West District
Letiak, Sultan Kudarat

REGION XII (14 Districts in 5 Divisions)

<u>COTABATO CITY (3)</u>	<u>LANAO DEL NORTE (4)</u>
1) Cotabato City District 1 Cotabato City	11) Baroy District Baroy, Lanao del Norte
2) Sero District Sero, Cotabato City	12) Tubod District Tubod, Lanao del Norte
3) Lugay-Lugay District Lugay-Lugay, Cotabato City	13) Maigo District Maigo, Lanao del Norte
<u>ILIGAN CITY (2)</u>	14) Kapatagan East District Kapatagan, Lanao del Norte
4) South 2 District Iligan City	
5) East District Iligan City	
<u>MARAWI CITY (2)</u>	
6) Amal Pakpak District Marawi City	
7) Marawi City District I Marawi City	
<u>COTABATO</u>	
8) Midsayap District Midsayap, Cotabato	
9) Kidapawan East District Kidapawan, Cotabato	
10) Miang District Miang, Cotabato	

ARMM (15 DISTRICTS IN 3 DIVISIONS)

MAGUINDANAO (3)

- 1) Parang District
Parang, Maguindanao
- 2) Nuling District
Nuling, Maguindanao
- 3) Brocc District
Brocc, Maguindanao

LANAO DEL SUR I (3)

- 4) Inudaran District
Inudaran, Marantao, Lanao del Sur I
- 5) Balintong District
Balintong, Lanao del Sur I
- 6) Saguraran District
Saguraran, Lanao del Sur I

LANAO DEL SUR II (3)

- 7) Malabang North District
Jose Abad Santos, Malabang,
Lanao del Sur II
- 8) Malabang South District
Malabang, Lanao del Sur II
- 9) Balabagan North District
Balabagan, Lanao del Sur II

SULU (3)

- 10) Indanan District
Indanan, San Raymundo, Jolo, Sulu
- 11) Jolo I District
Hadj Butti, Jolo, Sulu
- 12) Jolo 2 District
Camp Asunies, Jolo, Sulu

TAWI-TAWI (3)

- 13) Kasanyangan Bongao I District
Kasanyangan Bongao I, Tawi-Tawi
- 14) Saramat District
Salamat, Tawi-Tawi
- 15) Pasiangan District
Pasiangan, Tawi-Tawi

CAR (21 DISTRICTS IN 7 DIVISIONS)

<p><u>ABRA (3)</u></p> <p>1) Palao-Bangued East District Palao, Bangued East, Abra</p> <p>2) Bangued West District Bangued, Abra</p> <p>3) Tayum District Tayum, Abra</p>	<p><u>KALINGA (3)</u></p> <p>13) Southern Tabuk District Bulanog, Tabuk, Kalinga</p> <p>14) Northern Tabuk District Tabuk, Kalinga</p> <p>15) Pinukpok District Pinukpok, Kalinga</p>
<p><u>APAYAO (3)</u></p> <p>4) Pudtol District Pudtol, Apayao</p> <p>5) Conner District Conner, Apayao</p> <p>6) Luna District Luna, Apayao</p>	<p><u>MT. PROVINCE (3)</u></p> <p>16) Bontoc District Bontoc, Mt. Province</p> <p>17) Sagada Central District Sagada, Mt. Province</p> <p>18) Sabangan District Sabangan, Mt. Province</p>
<p><u>BAGUIO CITY (3)</u></p> <p>7) Baguio Central District Baguio City</p> <p>8) Mabini District Baguio City</p> <p>9) Quezon District Baguio City</p>	<p><u>BENGUET (3)</u></p> <p>19) Itogon I District Itogon, Benguet</p> <p>20) Tuba District Tuba, Benguet</p> <p>21) Saitan District Papa, Benguet</p>
<p><u>IFUGAO (3)</u></p> <p>10) Lagawe District Lagawe, Ifugao</p> <p>11) Kiangan District Kiangan, Ifugao</p> <p>12) Lamut District Lamut, Ifugao</p>	

CARAGA (8 DISTRICTS IN 7 DIVISIONS)

AGUSAN DEL NORTE (2)

- 1) Magallanes District
Magallanes, Agusan del Norte
- 2) Cabadbaran District
Cabadbaran, Agusan del Norte

AGUSAN DEL SUR (1)

- 3) Patin-ay District
Patin-ay, Prosperidad,
Agusan del Sur

SURIGAO DEL SUR (1)

- 4) Marilag District
Marilag, Surigao del Sur

SURIGAO DEL NORTE (1)

- 5) Sison District
Sison, Surigao del Norte

BUTUAN CITY (1)

- 6) Butuan City Central
Butuan City

SURIGAO CITY

- 7) Cagwait District
Cagwait, Surigao City

SIARGAO (1)

- 8) Dapa District
Dapa, Surigao del Norte, Siargao

NATIONAL CAPITAL REGION (20 Districts in 14 Divisions)

MAKATI CITY (2)

- 1) District I
Gen. Luna St., Poblacion
Makati City
- 2) District II
Fort Bonifacio, Makati City

MANILA (2)

- 3) District IV
Legarda, Sampaloc, Manila
- 4) District III
Alvarez-Ipil, Sta. Cruz, Manila

CALCUTAN CITY (2)

- 5) Pob. Mahilas District
Sangandaan, Calcutan City
- 6) Poblacion District
10th Ave., Calcutan City

QUEZON CITY (2)

- 7) District II
Fairview, Quezon City
- 8) District IV
Jasmin St., Brgy. Roxas
District, Quezon City

PASAY CITY (1)

- 9) Pasay City East District
Apetu Cruz, Malibay, Pasay C.

VALMANA (3)

- 10) Valenzuela South District
Merulas, Valenzuela, M.M.

- 11) Malabon I District
Malabon, M.M.
- 12) Navotas II District
Tanza, Navotas, M.M.

MANDALUYONG CITY (2)

- 13) District I
Cava Sanchez St., Mandaluyong City
- 14) District I
Mandaluyong City District I

PARLAS (2)

- 15) Las Pinas District I
c/o: Las Pinas Elem. Sch. Central
Pulang Lupa, Las Pinas
- 16) Paranaque I District
Kabilanhan St., San Dionisio
Paranaque

TAGUIG-PATEROS (1)

- 17) Taguig-II District
Western, Bicutan Taguig

MUNTINLUPA CITY (1)

- 18) Muntinlupa I District
Muntinlupa, M.M.

PAMARISAN (2)

- 19) Pasig IV
Rosario, Pasig City
- 20) San Juan District I
Pob. San Juan, M.M.