



Republic of the Philippines  
**Department of Education**  
REGION III – CENTRAL LUZON  
SCHOOLS DIVISION OFFICE - SCIENCE CITY OF MUÑOZ

July 15, 2021

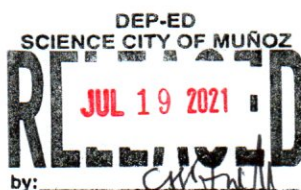
**DIVISION MEMORANDUM**

No. 266, s. 2021

**WEBINAR ON AWARENESS WALK ON MENTAL HEALTH**

To: Public Secondary School Heads/Principals  
Guidance Counselors/Advocates  
All Public and Interested Private School Teachers

1. Recognizing the impact of COVID-19 pandemic on a person's mental health, the Schools Division Office of Science City of Muñoz through the Curriculum Implementation Division will be conducting a Webinar on Awareness Walk on Mental Health on July 22-23, 2021 at 8:00 a.m. to 5:00 P.M. via MS Teams and FB Live.
2. The objectives of the said activity are the following:
  - a. address issues and concerns on the psychological state of the teachers;
  - b. continuously provides psychosocial support services for teachers; and
  - c. raise the awareness of teachers on the importance of taking care of their mental and psychological health.
3. Participants to this activity are all public and interested private school teachers in all levels. The guidance counselors/advocates, technical working group, resource speakers, moderators, faculty president in each school and those personnel who have parts in the program shall join through MS Teams, while the rest of the teachers shall join through FB Live Stream.
4. The links for the said activity are provided below:  
Pre - registration: <https://tinyurl.com/PreregWalkonMentalHealth>  
Webinar Link: <https://tinyurl.com/AwarenessWalkonMentalHealth>  
FB Live: Shall be played in the Division of Science City of Muñoz FB Page
5. The participants are advised to register on July 21, 2021 on the given link.
6. Enclosed are the Matrix of Activities and the Program Management Team.
7. Immediate and wide dissemination of this Memorandum is enjoined.



by:

**DANTE G. PARUNGAO, CESO VI**

Officer-In-Charge

Office of the Schools Division Superintendent



*Loyal, Excellent, Accountable and Dedicated to Service*

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DSCM-QMS-QMR-QSF-008 Rev.04 (01.31.20)



Certificate No. 50500731 QM15



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Enclosure No. 1 to the Division Memorandum No. 266, s. 2021

**MATRIX OF ACTIVITIES**

July 22-23, 2021

Time	Day1	Day 2
8:00 - 8:30 a.m.	Opening Program	
8:30 - 9:00 a.m.	Overview  Mercedita D. Saldero EPS-I	MOL
9:30 - 11:00 a.m.	Topic: Promoting Teacher's Well-Being in the New Normal  Speaker: Dr. Hiyasmin M. Delos Santos, Member, PGCA-Nueva Ecija-Chapter	Topic: Teaching Adjustments in a Digitized Learning Environment  Speakers: Crisanto D. De Jesus Ferlyn F. Reyes-Colar Members , PGCA-Nueva Ecija-Chapter
11:00 -11:15 a.m.	Bio/Screen Break	
11:15 a.m. - 12:00 p.m.	Q. & A. and Synthesis	
12:00-1:00 p.m.	Lunch Break	
	Afternoon Session	
1:00-1:30 p.m.	Energizer	
1:30 - 3:30 p.m.	Building Resilience and Maintaining Positivity in the New Normal  Speakers: Dr. Linofe A. Guillen Rochelle Ann V. Pararuan  Members , PGCA-Nueva Ecija-Chapter	Dealing with Challenges in Working with Learners and their Parents  Speakers: Jocelyn V. Balcos Dr. Henry Cocoy DR. Nacpil  Members , PGCA-Nueva Ecija-Chapter
3:30 - 3:45 p.m.	Bio/Screen Break	
3:45 - 4:30 p.m.	Q. & A. and Synthesis	
4:30 - 5:00 p.m.	Virtual Awarding of the Certificate of Recognition to the Resource Speakers	Virtual Awarding of the Certificate of Recognition to the Resource Speakers



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Enclosure No. 2 to the Division Memorandum No. 266, s. 2021

**PROGRAM MANAGEMENT TEAM (PMT)**

Chairman: LARRY B. ESPIRITU, PhD  
Chief ES-CID

Co-Chair: MERCEDITA D. SALDERO  
EPS-EsP

Members:

ALVIN B. RAMIREZ  
Administrative Assistant III

JAMES P. BARIAS  
Teacher-I, Pandalla ES

RONA MAY ESPERANZATE  
Teacher I, Palusapis IS

PRINCESS MEA P. MADAYAG  
Admin Assistant II, SGOD

DIVINA D. VILORIA  
Administrative Assistant II



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