



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

March 10, 2022

DIVISION MEMORANDUM

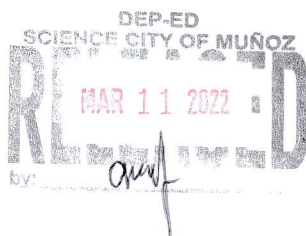
No. 164, s. 2021

**WEBINAR ON MENTAL HEALTH WELLNESS FOR ALTERNATIVE LEARNING
SYSTEM (ALS) TEACHERS AND LEARNERS**

To: Assistant Schools Division Superintendent

CID Chief and SGOD Chief
Education Program Supervisors
ALS Mobile Teachers
All Others Concerned

1. Relative to DepEd Memorandum No. 074, s. 2021, entitled Inclusion and Promotion of Mental Health in all DepEd Events and Programs, a Webinar on Mental Health Wellness for Alternative Learning System (ALS) Teachers and Learners shall be conducted on March 25, 2022 via MS Teams.
2. The activity aims to:
 - a. help the learners in handling stress, relate to others and make choices; and
 - b. prevent the onset of other mental health issues like anxiety and depression.
3. The participants of this activity are the 9 ALS Mobile Teachers and 600 ALS learners in the division.
4. Enclosed are the Matrix of the Activity and the Technical Working Group for reference and guidance.
5. Wide dissemination of this memorandum is desired.




DANTE G. PARUNGAO, CESO VI
Schools Division Superintendent

CID2022



Loyal, Excellent, Accountable and Dedicated to Service

Address: Brgy. Rizal, Science City of Muñoz, 3119

Telephone No.: (044) 806 -2192; Email Address: munozscience.city@deped.gov.ph

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



Certificate No. 50500731 QM15



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SCHOOLS DIVISION OFFICE - SCIENCE CITY OF MUÑOZ

Enclosure No. 1 to Division Memorandum No. 164, s. 2022

**WEBINAR ON MENTAL HEALTH WELLNESS FOR ALTERNATIVE
LEARNING SYSTEM (ALS) LEARNERS**

March 25, 2022

M A T R I X

TIME	ACTIVITY	PERSONS INVOLVED
8:30 – 9:00 AM	Opening Program	TWG
	Prayer	AVR
	National Anthem	AVR
	Roll Call	Abigail B. Aquino Mobile Teacher III
	House Rules	Roisa C. Solano Mobile Teacher III
	Welcome Address	Melody E. Galingan EPS-ALS
	Messages	Zurex T. Bacay, PhD Asst. Schools Division Superintendent
		Dante G. Parungao, CESO VI Schools Division Superintendent
	Statement of Purpose	Larry B. Espiritu, PhD Chief ES-CID
9:00-9:15 AM	HEALTH BREAK	
9:15- 11:30 AM	Lecture Proper	
	Stress Management	Princess Mea P. Madayag Administrative Assistant 3
11:30-12:00 NN	Awarding of Certificate	

MARK JOHN SAMPAGA
Master of Ceremony



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Enclosure No. 2 to Division Memorandum No. 144, s.2022

TECHNICAL WORKING GROUP (TWG)

Consultants: LARRY B. ESPIRITU, PhD
Chief Education Program Supervisor-CID

MELODY E. GALINGAN
Education Program Supervisor-ALS

Chair: MIRIAM V. DAVID
Mobile Teacher II

Members: REA S. SANTIAGO
Mobile Teacher III

ABIGAIL B. AQUINO
Mobile Teacher III

Documentation: MARK JOHN C. SAMPAGA
Mobile Teacher I

Online Platform: JOMAR L. ALPIO
Mobile Teacher I

JEFRY DC. SUDARIO
Mobile Teacher I

Attendance: ROISA C. SOLANO
Mobile Teacher III

JERRY MAY R. ROSETE
Mobile Teacher I

Activity Completion Report: ROLLY A. VALDEZ
Mobile Teacher I



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