



Republic of the Philippines  
**Department of Education**  
REGION I  
SCHOOLS DIVISION OF THE CITY OF BATAC

DIVISION MEMORANDUM  
No. 905, s. 2024

28 NOV 2024

**PROJECT SMILE: STRESS MANAGEMENT IN LEARNING ENVIRONMENTS 2024**

To: Assistant Schools Division Superintendent  
Chief Education Supervisors  
Unit and Section Heads  
Public Secondary School Heads  
All Others Concerned

1. The Schools Division of the City of Batac (SDCB) through the School Governance and Operations Division (SGOD) – Learner Formation Division (LFD) will spearhead the implementation and conduct of the Project SMILE: Stress Management in Learning Environments 2024, on December 17-18, 2024, at the SDO Conference Hall.
2. The key topics of the activity align with the theme, “Breathe, Balance, and Bloom: Creating a Stress-free Space for Success,” which encompasses the following focal areas:
  - Time to BREATHE: Bringing Resilience, Empowerment, and Awareness Through Healing Environment
  - Striking the Right BALANCE: Building A Learner’s Ability to Navigate Challenges Effectively
  - Grow and BLOOM: Building Learners’ Optimism and Overcoming Mental Strain
3. The conduct of the Project SMILE 2024 seeks to provide a springboard to advocate mental health awareness among learner-leaders and teacher-advisers. Specifically, it aims to:
  - a. equip learners with tools and practices to build resilience and empowerment in a supportive environment;
  - b. guide learners in building a balanced approach to managing academic and personal challenges;
  - c. inspire learners to adopt a positive mindset and reduce mental strain;
  - d. cultivate a supportive peer network among learner-leaders to create a school culture where students feel comfortable sharing challenges and supporting each other in handling stress; and
  - e. provide teacher-advisers with resources and knowledge to act as effective mental health advocates within their schools, ensuring sustained support for stress management practices among learners.
4. The participants in this two-day activity are the identified teacher-advisers and learner-leaders of the seven public secondary schools of the Schools Division of the City of Batac (see enclosures for reference).
5. Participation in the activity shall be voluntary and not hamper instructional time pursuant to the provisions set in DO 003, s. 2024 and DO 022, s. 2023 titled Implementing Guidelines on the School Calendar and Activities.
6. Parental consent and waiver are required for participating learners and must be submitted at the registration (copy attached).



SDCB RECORDS UNIT

24-17527



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7. Expenses in the conduct of the activity shall be charged against the 2024 Learner Support Program Fund (Sub-ARO ROI-24-0859), subject to the usual accounting and auditing rules and regulations.
8. Attached are the following enclosures for reference:
  - Enclosure 1: Details of the Activity (Training Matrix)
  - Enclosure 2: List of Participants
  - Enclosure 3: Parental Consent and Waiver Form.
9. For information and guidance.

  
**ANSELMO R. ALUDINO**  
Schools Division Superintendent

Encl.: as stated  
Reference: n/a  
To be included in the Perpetual Index  
Under the following subject:  
ORIENTATION SEMINAR

SGOD/amb/Project SMILE  
0035/ November 27, 2024

## Enclosure 1: Details of the Activity

### TRAINING MATRIX/DESIGNS AND INDICATIVE PROGRAM

DAY 1 (December 17, 2024)	
Time	Activities
7:30 a.m. – 8:00 a.m.	Registration of Participants
8:01 a.m. – 8:30 a.m.	<p><u>Opening Program</u></p> <ul style="list-style-type: none"> <li>* Philippine National Anthem (AVP)</li> <li>* Prayer (AVP)</li> <li>* Welcome Remarks and Presentation of Participants by The Chief Education Supervisor, SGOD</li> <li>* Message of the Schools Division Superintendent</li> <li>* House Rules by the Youth Formation Coordinator/Project Development Officer I</li> </ul>
8:31 a.m. – 9:00 a.m.	<b>Getting to Know You</b>
9:01 a.m. – 10:00 a.m.	<b>Move to Improve:</b> <i>Energizing the Body, Calming the Mind</i>
Break 10:01 a.m.-10:15 a.m.	Break
10:16 a.m. – 11:45 a.m.	<p><b>Session 1</b></p> <p><b>Time to BREATHE:</b> <i>Bringing Resilience, Empowerment, and Awareness Through Healing Environment</i></p> <p><b>Speaker: Maritess D. Diego, MD</b> Medical Officer III, SDCB</p>
11:46 a.m.- 12:00 p.m.	Open Forum
12:01 p.m. – 1:00 p.m.	Lunch
1:01 p.m. – 3:00 p.m.	<p><b>Session 2</b></p> <p><b>Striking the Right BALANCE:</b> <i>Building A Learner's Ability to Navigate Challenges Effectively</i></p> <p><b>Facilitator: Adelaida P. Manglal-ian, RGC</b> Guidance Counselor II</p> <p><b>Angelo M. Bangcud</b> Project Development Officer I</p>
3:01 p.m. – 3:15 p.m.	Break
3:16 p.m. – 4:45 p.m.	<b>Topic 1:</b> <b>Stress Management In Learning Environments</b>
4:46 p.m. – 5:00 p.m.	Announcements
DAY 2 (December 18, 2024)	
Time	Activities
8:00 a.m. – 8:30 a.m.	Management of Learning/ Preliminaries
8:31 a.m. – 10:00 a.m.	<p><b>Session 3</b></p> <p><b>Grow and BLOOM:</b> <i>Building Learners' Optimism and Overcoming Mental Strain</i></p> <p><b>Facilitator: Adelaida P. Manglal-ian, RGC</b> Guidance Counselor II</p> <p><b>Angelo M. Bangcud</b> Project Development Officer I</p>

10:01 a.m-10:15 a.m.	Break
10:16 a.m. – 11:45 a.m.	<b>Topic 2:</b> <b><i>Creating a Stress-free Space for Success</i></b>
11:46 a.m.- 12:00 p.m	Open Forum
12:01 p.m. – 1:00 p.m.	Lunch
1:01 p.m - 1:30 p.m.	Management of Learning/ Preliminaries
1:31 p.m. – 4:30 p.m.	<b>Session 4:</b> <b><i>Crafting of SMILE Action Plan</i></b>
4:31 p.m. – 5:00 p.m.	<u>Closing Program</u> * Makabayan Song * Impressions * Distribution of Certificates * Challenge and Closing Remarks

## Enclosure 2: List of Participants

NO.	NAME	SCHOOL/OFFICE
1	Elisha D. Alcaide	<b>Batac National High School</b>
2	Althea Nicole A. Pascua	
3	Trixelle Mae B. Bumatay	
4	Maricris Jandey G. Aguinaldo	
5	Asia Shayne G. Putia	
6	Mark Lorenz T. Gappi	
7	Clarise Janelle A. Daradar	
8	Muhammad Hassim A. Tantos	
9	Jenna Mae M. Pungtilan	
10	Christine Richzen S. Batuac	
11	Haleigna Jam P. Adina	
12	Marthena Angelie C. Juan	
13	Jyanne Lourhen Z. Pascua	
14	Sophia Eloise Fontanilla	
15	Leanna Renjie Catindig	
16	Czyriel Jenica S. Aguinaldo	
17	Aiysha Q. Ramos	
18	Keziah Monique Fontanilla	
19	Norman R. Battulayan	<b>City of Batac National High School Payao</b>
20	Shaila Nicole T. Calderon	
21	Andy O. Gabuat	
22	Keith Nicole Agno	
23	Mjhay T. Guetteng	
24	Godfrey M. Daga	
25	Faith Ester Angela S. Lozano	
26	Miecaella Kyla A. Gutlay	
27	Angel Zia A. Putulan	
28	Jenalyn Vanessa R. Pangat	
29	Stephanie Moreen G Yate	
30	Athen Greece G. Gaoat	
31	Suzzette Ashley M. Sebastian	
32	Shelby Sam O. Rigonan	
33	Almica Mae L. Galapon	
34	Mark Louie F. Gatcho	
35	Prince Charles I. Pucan	
36	Dave Lawrence R. Manibo	
37	Mariele Mae Ambrocio	<b>Crispina-Marcos Valdez National High School</b>
38	Hanah Jane S. Galacgac	
39	Angel Eunice Q. Guira	
40	Jhames Paul S. Mendez	
41	Zianne Mariz M. Arconado	
42	Ma. Venice Jeline A. Gabbac	
43	Jenny Rose G. Maduli	
44	Mary Daisy Mae S. Abiog	
45	Janz Reiver A. Gabbac	
46	Elite Kim R. Longboy	

<b>47</b>	Jeny Vee B. Culannay	<b>Ferdinand E Marcos Senior High School</b>
<b>48</b>	Justine Kaine C. Madrid	
<b>49</b>	Niña Ynez M. Molina	
<b>50</b>	Prince Jervic Jerard C. Daga	
<b>51</b>	Fujiko Keith A. Mori	
<b>52</b>	Marie Allysa Mae P. Palmes	
<b>53</b>	Zyronne Wein R. Antonio	
<b>54</b>	Rommel Vann Angelo O. Miguel	
<b>55</b>	Mark Janree L. Valencia	
<b>56</b>	Thirdee Edgardo T. Baclig	
<b>57</b>	Sophia Christle L. Dela Cruz	
<b>58</b>	Althea Coleen P. Cabanes	
<b>59</b>	Ashley Mharie G. Simisim	
<b>60</b>	Jhee Elle Maica A. Malunao	
<b>61</b>	Alvin John D. Bonaobra	
<b>62</b>	Trish Abigail B. Pangat	
<b>63</b>	Athena Frances D. Furigay	
<b>64</b>	Rick Xyvender C. Purisima	
<b>65</b>	Joe Jayson Caletena	<b>Schools Division Office</b>
<b>66</b>	Anselmo R. Aludino	
<b>67</b>	Arnel S. Bandiola	
<b>68</b>	Nemalyn M. Ulep	
<b>69</b>	Angelo M. Bangcud	
<b>70</b>	Maritess D. Diego, MD	
<b>71</b>	Rhaian A. Gamet	
<b>72</b>	Dolores A. Ubiña	
<b>73</b>	Chrisse Julianne R. Pugat	
<b>74</b>	<b>Speaker 1</b>	
<b>75</b>	<b>Speaker 2</b>	

**Enclosure 3:**

**PARENTAL CONSENT AND WAIVER FORM**

I hereby freely and voluntarily give my consent to my child/ren's participation in the LEADERSHIP CAMP CUM DIVISION LEARNERS' CONVERGENCE at the Schools Division of the City of Batac – Conference Hall. I also attest that I had sought the views of my child/ren and he/she has expressed willingness to participate in the activity.

I have considered the benefits that my child/ren will derive from participating in this activity provided that due care and precautions will be observed and ensure the comfort and safety of my child/ren.

To the extent allowed by law and rules, I hereby agree to waive, release, and discharge any and all claims, causes of action, damages, and rights against the school and its personnel as well as officials and personnel of the Department of Education relative to the conduct of the activity.

**CONTACT DETAILS FOR QUESTIONS OR PROBLEMS**

For any concerns or clarifications, you may contact Mr. Angelo M. Bangcud, Project Development Officer I- Youth Development Coordinator, through phone number 09152754434.

_____ Signature of Parent/Guardian over Printed Name	_____ Contact Number
_____ Name of Learner	_____ Date



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