

Republic of the Philippines

Department of Education

REGION I SCHOOLS DIVISION OF THE CITY OF BATAC

DIVISION MEMORANDUM No. 905, s. 2024

2 8 NOV 2024

PROJECT SMILE: STRESS MANAGEMENT IN LEARNING ENVIRONMENTS 2024

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.
- 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

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.

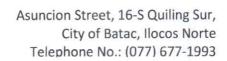
- The participants in this two-day activity are the identified teacher-advisers and learner-leaders of the seven public secondary schools of the Schools Division of the City of Batac (see enclosures for reference).
- Participation in the activity shall be voluntary and not hamper instructional time pursuant to the provisions set in DO 003, s. 2024 and DO 022, s. 2023 titled Implementing Guidelines on the School Calendar and Activities.
- Parental consent and waiver are required for participating learners and must be submitted at the registration (copy attached). SDCB RECORDS UNIT

















- 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.

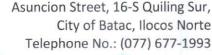
> ANSELMO R. ALUDINO Schools Division Superintendent,

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

Time	Activities	
7:30 a.m. – 8:00 a.m.	Registration of Participants	
8:01 a.m 8:30 a.m.	Opening Program * Philippine National Anthem (AVP) * Prayer (AVP) * Welcome Remarks and Presentation of Participants by The Chief Education Supervisor, SGOD * Message of the Schools Division Superintendent * House Rules by the Youth Formation Coordinator/Project Development Officer I	
8:31 a.m 9:00 a.m.	Getting to Know You	
9:01 a.m. – 10:00 a.m.	Move to Improve: Energizing the Body, Calming the Mind	
Break 10:01 a.m-	Break	
10:15 a.m.	Session 1	
10:16 a.m. – 11:45 a.m.	Time to BREATHE: Bringing Resilience, Empowerment, and Awareness Through Healing Environment Speaker: Maritess D. Diego, MD Medical Officer III, SDCB	
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.	Session 2 Striking the Right BALANCE: Building A Learner's Ability to Navigate Challenges Effectively Facilitator: Adelaida P. Manglal-lan, RGC Guidance Counselor II Angelo M. Bangcud Project Development Officer I	
3:01 p.m. – 3:15 p.m.	Break	
3:16 p.m. – 4:45 p.m.	Topic 1: Stress Management In Learning Environments	
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.	Session 3 Grow and BLOOM: Building Learners' Optimism and Overcoming Mental Strain Facilitator: Adelaida P. Manglal-lan. RGC	
	Angelo M. Bangcud	









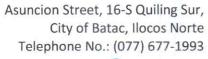
10:01 a.m-10:15 a.m.	Break	
10:16 a.m. – 11:45 a.m.	Topic 2: Creating a Stress-free Space for Success	
11:46 a.m 12:00 p.m	Open Forum	
12:01 p.m. – 1:00 p.m.	Lunch	
1:01 p.m - 1:30 p.m.	Management of Learning/ Preliminaries	
1:31 p.m. – 4:30 p.m.	Session 4: Crafting of SMILE Action Plan	
4:31 p.m. –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











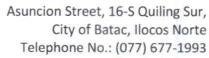
Enclosure 2: List of Participants

NAME	SCHOOL/OFFICE	
Elisha D. Alcaide	, , , , , , , , , , , , , , , , , , , ,	
Althea Nicole A. Pascua		
Trixelle Mae B. Bumatay		
2	Batac National High	
-	School	
Clarise Janelle A. Daradar		
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	_	
	City of Batac National	
*	High School Poblacion	
	-	
	-	
•	_	
	City of Batac National High School Payao	
	-	
•	-	
	-	
· ·	City of Batac National High School Rayuray	
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	-	
	Crispina-Marcos Valdez National High School	
Mary Daisy Mae S. Abiog Janz Reiver A. Gabbac		
	Althea Nicole A. Pascua Trixelle Mae B. Bumatay Maricris Jandey G. Aguinaldo Asia Shayne G. Putia Mark Lorenz T. Gappi	













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















Asuncion Street, 16-S Quiling Sur,

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







