



Republic of the Philippines
Department of Education

REGION I
SCHOOLS DIVISION OF THE CITY OF BATAC

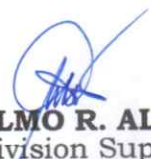
DIVISION MEMORANDUM
No. 725 , s. 2024

03 DEC 2024

NURTURING MENTAL WELLNESS: BUILDING RESILIENCE IN EDUCATION

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

1. Pursuant to Republic Act No. 11036 also known as the Mental Health Act which mandates the Department of Education to pursue strategies for mental health promotion in educational institutions, the workplace and the community, the Schools Division of the City of Batac shall conduct a Capacity Building Activity on Mental Health titled Nurturing Mental Wellness: Building Resilience in Education on December 7 and 13, 2024, and January 4, 2025, 8:00 AM at Treasure Trove Resort, City of Batac.
2. The activity aims to raise awareness about the importance of reducing the mental health stigma and encouraging open conversations to prevent suicide. Specifically, it aims to:
 - a. present to the participants the early signs of suicidal tendencies among learners;
 - b. highlight the importance of addressing mental health and wellbeing in educational institutions and the workplace;
 - c. discuss positive social connectivity in the workplace; and
 - d. promote therapeutic activities that could be an avenue for learners and personnel to express their thoughts and emotions.
3. Participants to the said activity are identified secondary and grades four to six advisers of the public elementary and secondary schools of the Schools Division of the City of Batac. (See Enclosure 2 for reference)
4. Teaching and non-teaching personnel shall be entitled to service credit/compensatory time-off on applicable days, subject to the provision of DepEd Order No. 53, s. 2023 and CSC-DBM Joint Circular No. 2, s. 2004 on Non-Monetary Remuneration for Overtime Service Rendered.
5. This Memorandum serves as Official Authority of Travel of identified participants.
6. Enclosed are the following for reference:
 - a. Enclosure 1. Program of Activities
 - b. Enclosure 2. List of Participants
7. For information and guidance.


ANSELMO R. ALUDINO
Schools Division Superintendent



DepEd Batac City



batac.city@deped.gov.ph



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Asuncion Street, 16-S Quiling Sur,
City of Batac, Ilocos Norte
Telephone No.: (077) 677-1993

Encl.: As stated
Reference: n/a
To be indicated in the Perpetual Index
under the following subjects:

PROGRAMS NUTRITION EDUCATION SEMINAR

SGOD/jirm/Mental Health
December 2, 2024



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Enclosure 1. Program of Activities

**NURTURING MENTAL WELLNESS: BUILDING RESILIENCE IN EDUCATION
(ADVISERS)**

December 7, 2024 and January 4, 2025
8AM

Time	Activities	Speaker/In-Charge
7:30 – 8:00 AM	Registration of Participants	SHU
8:00 – 8:30 PM	Opening Program - Prayer (AVP) - Presentation of Participants - Opening Remarks & Rationale of the Program - Message	JUDITH IVY R. MANGOBA Nurse II NEMALYN M. ULEP Chief Education Supervisor - SGOD ANSELMO R. ALUDINO Schools Division Superintendent
8:30 – 9:30 AM	Introduction of the Mental Health Act	MARITESS D. DIEGO, MD Medical Officer III
9:30 – 10:00 AM	H E A L T H B R E A K	
10:00-10:05 AM	Introduction of the Resource Speaker	MIRASOL V. MANGASEP Nurse II
10:05- 12:00 NN	Topic 1: Early Detection of Mental Health Issues	ADELAIDA P. MANGLAL-LAN Guidance Counselor II
12:00– 1:00 PM	L U N C H B R E A K	
1:00-3:00 PM	Topic 2: Positive Social Connectivity in the Workplace	ADELAIDA P. MANGLAL-LAN Guidance Counselor II
3:00-3:15 PM	H E A L T H B R E A K	
3:15-4:45 PM	Talk your Heart Out: Practicing Social Connectivity with Workmates	MARITESS D. DIEGO, MD Medical Officer III
4:45-5:00 PM	Ways Forward	ARNEL S. BANDIOLA Assistant Schools Division Superintendent

Emcee : Mark Louie Duldulao



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**NURTURING MENTAL WELLNESS: BUILDING RESILIENCE IN EDUCATION
(SDO PERSONNEL)**

December 13, 2024, 8AM

Time	Activities	Speaker/In-Charge
7:30 – 8:00 AM	Registration of Participants	SHU
8:00 – 8:30 PM	Opening Program - Prayer (AVP) - Presentation of Participants - Opening Remarks & Rationale of the Program - Message	JUDITH IVY R. MANGOBA Nurse II NEMALYN M. ULEP Chief Education Supervisor - SGOD ANSELMO R. ALUDINO Schools Division Superintendent
8:30-9:00 AM	Introduction of the Mental Health Act	JUDITH IVY R. MANGOBA Nurse II
9:00 – 9:30 AM	H E A L T H B R E A K	
9:30-9:35 AM	Introduction of the Resource Speaker	MIRASOL V. MANGASEP Nurse II
9:35-10:30 AM	Topic 1: Early Detection of Mental Health Issues	ADELAIDA P. MANGLAL-LAN Guidance Counselor II
10:30 –12:00 NN	Topic 2: Positive Social Connectivity in the Workplace	ADELAIDA P. MANGLAL-LAN Guidance Counselor II
12:00– 1:00 PM	L U N C H B R E A K	
1:00 – 1:30 PM	Introduction to Paint Therapy	MARITNESS D. DIEGO, MD Medical Officer III
1:30-3:00 PM	Uninterrupted Painting Session	
3:00-3:15 PM	H E A L T H B R E A K	
3:15-4:45 PM	Talk your Heart Out: Practicing Social Connectivity with Workmates	MARITNESS D. DIEGO, MD Medical Officer III
4:45-5:00 PM	Ways Forward	ARNEL S. BANDIOLA Assistant Schools Division Superintendent

Emcee : Angelo M. Bangcud



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Enclosure 2. List of Participants

Date: December 7, 2024		
School	Name	Name
Baay ES	Julie Ann D. Tagaban	Nelva O. Garcia
	Mayla B. Villaflor	
Baligat ES	Jerome A. Lopez	Wilfredo E. Bonagua
	Rachel Ann C. Roldan	
Biningan ES	Brendalee C. Peralta	Oliveth M. Jerez
BMMES	Mary Jane P. Ruiz	Maria Theresa Brenda B. Tagudin
	Lea T. Camangege	
Camandingan ES	Girlye M. Ucol	Lovelyn A. Ratuaita
	Ruby Ann P. Constantino	
CAMES	Aileen M. Fabro	Lory Grace S. Dela Cruz
	Rowena B. Fiesta	Cherry A. Ulita
	Jose B Fadrilan, Jr.	
Dariwdiw ES	Josie O. Bactin	Marybeth D. Agustin
	Jennifer A. Delos Reyes	
HVMES	Marites A. Sagun	Lourence M. Ranga
	Mary Grace R. Parchamento	
Magnuang ES	Glenys P. Domingo	Roma Berna T. Rubio
	Krihs Ann Joy P. Pagala	
MMMES	Eliza S. Agcaoili	Filipinas F. Sibucan
	Cherry Ann B. Gabion	Rosalina D. Culangen
	Imelda C. Adalem	
MQES	Violeta C. Rodriguez	Melody V. Aguinaldo
	Renato R. Quiocho Jr.	
Nagbacalan ES	Roger L. Ibe	Karen Kay D. Garcia
	Isabel M. Agunat	
NCES	Harlean C. Arellano	Noralyn I. Franco
	Jonalyn C. Ulit	
PQ Pimentel	Laila Gail R. Icuspit	Zhorien Jane C. Cacas
	Roxanne P. Cariaga	
San Mateo ES	Judith B. Parbo	Maria Eloisa I. Maborang
	Sheila D. Dela Cruz	
BNHS	Marianne S. Basamot	Peter G. Manglal-lan
	Janeth T. Rabanal	Anne Kathria Bernadette S. Gabriel
	Roselyn B. Villanueva	Ryan Roldan
CBNHS Payao	Jenalyn Vanessa R. Pangat	Christopher A. Tambogon
	Von Lei D. Umbao	
CBNHS Poblacion	Steve John R. Bautista	Marlee Samantha Mae M. Cocson
	Micha Joy B. Gabriel	Edzencion P. Yate
	Geza I. Reyes	John Paul L. Pagdilao
	Noralyn C. Tangonan	Clifford John F. Sapaden
	Angel Gabriel C. Lerios	Alice Ann C. Longboy
	Kernnel Q. Aguinaldo	Lexie Ann Sablot
CBNHS Rayuray	Chrystelle Jade C. dela Cruz	Renita M. Fiesta
	Elizabeth U. Blas	
CMVNHS	Castor M. Laeno	Lovely Jane L. Durante
	Elite Kim R. Longboy	Jayson C. dela Cruz
FEMSHS	Queeny Joyce F. Sebastian	Jacel Riz Q. Macugay
	Joy Marie T. Sagnep	Mark Janree L. Valencia

GARSHS	Arven John V. Tolentino Jessica R. Cadang	Queenie Rose A. Salaan Joe Jayson Caletena
Date: January 4, 2025		
School	Name	Name
Baay ES	Revelyn O. Tesora Abegayle P. Layaeon	Jeff P. Pungtilan
Baoa ES	Girly Cecille A. Esteban Emely M. Padulip	Bernadette B. Sereno
Baoa East ES	Liza Lynda B. Tagudin Estella Mariez T. Tuquib	Regie P. Lizardo
Bil-loca ES	Bernadette M. Morella Joel S. Aribuabo	Ian Joy C. Agtina
CAMES	Gelienah Joy J. Agassid Leenieh Jane O. Aquino	Marimar P. Cruz Mary Jane B. Silao
Colo-Mabaleng ES	Flordeliza C. Cacayan Lady Celerina M. Caluya	Ilyn M. Ventura
CuMaPit ES	Rochelle C. Dulig Jesah Marizz E. Bal	Zyreen Joy G. Servanes
HVMES	Eddiefel M. Ruiz Sarah Jane L. Gajelonia Kenneth Rodel R. Gamet	Chris Madel D. Mendoza Angelito C. Tapaoan
MMMES	Jonabel R. Quilit Mark Nathaniel M. Cabansag Christie C. Patricio	Lerma G. Matias Visitacion S. Agres
Parangopong ES	Jhamileen Joy O. Sagsagat	Hazel B. dela Cruz
Payao ES	Maricon P. Gapas Tanya Faye B. Calacal	Lorna C. Abad
Quiling ES	Jim Cesar G. Baylon Anastacia D. Peralta	Glen Jayson L. Franco
Rayuray ES	Marjorie R. Gabuten Zoe L. Puyot	Maria Angelica R. Laurio
Sumader ES	Shirley Marilou A. Bodino Genedine T. Dutdut	Mark Anthony D. Diculen
Tabug ES	Evelyn A. Morales Nollan M. Guillermo	Rommel S. Villanueva
BNHS	Darlo P. Reyes Maria Love Doreen Tajon Norelyn R. dela Cruz	Janice F. Sibucan Jenna Mae M. Pungtilan Fricilla Joy Lorenzo
CBNHS Payao	Marc Elvan U. Aranas Jezlyn P. Ugot	Krystel Ann T. Misay
CBNHS Poblacion	Jewel Ruth A. Labasan Jennylyn T. Pascual Honeylet A. Siazon Leilanie A. Barangan Rocelynne B. Puyaoan Aikuh P. Battulayan	Gillian Karl B. Sinang Noel M. Padron Shielalee P. Mariano Clarafina P. Verzosa Esmeralda F. Pitpit
CBNHS Rayuray	Karen Mae A. Mangallay	Clyds Deo A. Damaso
CMVNHS	Lolijane D. Rivera	Claudeth A. Quiaoit
FEMSHS	Maricon A. Seggay Lorie Mae O. Benigno	Janette M. Oducayen Gualberto C. Tampol, Jr.
GARSHS	Myka B. Villafranca Liza M. Posadas Razell Rose G. Ramos	Roger G. Dancel Marc Joseph Pascua

December 13, 2024			
Office	Name	Name	
OSDS	Flordeliza D. Agcaoili	Madeleine G. Ancheta	
	Andrew Joel C. Aninon	Reyna Monique L. Lanuza	
	Florante Z. Bagaoisan, Jr.	Pauline Joyce F. Lopez	
	Mark Anthony R. Bensan	Joel P. Malunao	
	Gideon B. Bonifacio	Jaquelyn P. Mendoza	
	Jennifer C. Bungubung	Janinah Grace C. Morota	
	Ma. Veronica A. Cabangisan	Deejay R. Opelac	
	Gerwin V. Dela Rosa	Jodhel L. Penera	
	Mark Lester Domingo	Kristel Faye B. Pijera	
	Kristine Joy B. Galasinao	Matson Jun T. Piniera	
	Renalyn A. Rodrigo	Jadley Mel P. Piso	
	Jhen Abigail O. Ruadap	Marinel T. Saguiguit	
	Maribel A. Tutaan	Aileen T. Tolentino	
	Maylene D. Yasay	Claire Jasmine P. Cacatian	
	SGOD	Nemalyn M. Ulep	Jacqueline Abiño
		Jocelyn L. Aribuabo	Angelo M. Bangcud
		Lorlyn R. Calautit	Maritess D. Diego
		Mark Louie P. Duldulao	Rhaian A. Gamet
		Gilbert P. Isla	Jedidiah B. Jagto
Mirasol V. Mangasep		Judith Ivy R. Mangoba	
Chrisse Julianne R. Pugat		Edwin V. Tangonan	
Dolores A. Ubiña		Gladys B. Lampitoc	
Adelaida P. Manglal-lan			
CID	Marilou B. Sales	Blesilda B. Antiporda	
	Allan B. Garcia	Opresinia Z. Castillo	
	Aileen V. Joaquin	Geraldine O. Lao-at	
	Divelyn P. Maddela	Eldefonso B. Natividad, Jr.	
	Aubrhey Marie R. Oasay	Marilou P. Omotoy	
	Jhon Rey D. Ortal	Zorayda S. Paguyo	
	Joycelyn P. Perdido	Dale Justine S. Rabena	
Drivers/Utility	Maricel N. Sonico		
	Fernald Aribuabo	Reinier Macaspac	
	Joy B. Claro	Delia Espiritu	
	Wilfredo Agustin, Jr.		

Division Technical Working Group		
No.	Name	Position
1	Anselmo R. Aludino	Schools Division Superintendent
2	Arnel S. Bandiola	Assistant Schools Division Superintendent
3	Marilou B. Sales, EdD	Chief Education Supervisor, CID
4	Joel P. Malunao	Administrative Officer V
5	Jennifer C. Bungubung	Administrative Officer V
6	Mark Louie P. Duldulao	EPS II
7	Jedidiah B. Jagto	Nurse II
8	Mirasol V. Mangasep	Nurse II
9	Judith Ivy R. Mangoba	Nurse II
10	Gilbert P. Isla	EPS II
11	Jaqueline G. Abiño	Division Engineer
12	Edwin V. Tangonan	SEPS
13	Lorlyn R. Calautit	Administrative Support-SBFP
14	Angelo M. Bangcud	PDO I

Program Management Team		
Role	Name	Position
Program Manager	Nemalyn M. Ulep	Chief Education Supervisor, SGOD
Learning Manager	Maritess D. Diego, MD	Medical Officer III
Resource Speaker	Adelaida P. Manglal-lan	Guidance Counselor II
M and E Coordinator	Jocelyn L. Aribuabo	EPS
Documenter/Logistic Officer	Rhaian A. Gamet Dolores A. Ubiña	PDO II Planning Officer III
Secretariat	Chrisse Julianne R. Pugat Deejay R. Opelac	Administrative Assistant III Administrative Officer IV
Welfare Officer	Jedidiah B. Jagto	Nurse II
Finance Officer	Jennifer C. Bungubung Jaquelyn P. Mendoza	Accountant III Administrative Officer V



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