



Republic of the Philippines  
**Department of Education**

REGION I

SCHOOLS DIVISION OF THE CITY OF BATAC

29 JUL 2025

DIVISION MEMORANDUM

No. **490**, s. 2025

**FOCUS GROUP DISCUSSION (FGD): Calm, Care & Connect (Psychological First Aid for School Setting)**

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

1. The Schools Division of the City of Batac announces the conduct of a Focus Group Discussion (FGD) titled "Calm, Care & Connect (Psychological First Aid of School Setting ) on August 1, 2025, at the SDO Conference Hall.
2. The activity aims to equip guidance designates with the basic knowledge and practical skills of Psychological First Aid (PFA) so they can effectively support learners experiencing stress, trauma, or emotional distress in a school setting.

Specifically, the activity aims to:

- a. understand the principles of Psychological First Aid (PFA) and why it is important in schools;
  - b. learn and apply the "Calm, Care & Connect" approach to support students in moments of emotional distress;
  - c. practice active listening and basic supportive communication skills to help students feel heard and safe; and
  - d. identify when and how to refer students to school counselors or mental health professionals for further support.
3. Participants in this activity include all guidance designates of the public elementary schools.
  4. Attached is the specific schedule per school for reference.
  5. For information and guidance.

**ANSELMO R. ALUDINO**  
Schools Division Superintendent

Encl.: Schedule of Focus Group Discussion

Reference: None

To be included in the Perpetual Index

Under the following subject:

CONDUCT OF FOCUS GROUP DISCUSSION  
FOR GUIDANCE DESIGNATES

25004/36G/apm

Guidance Designates/July 28, 2025



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**SCHEDULE OF FOCUS GROUP DISCUSSION (FGD)**

<b>School</b>	
<b>Morning Session</b>	<b>Afternoon Session</b>
<b>8:00 – 10:00 a.m.</b>	<b>3:00 – 5:00 p.m.</b>
Baay Elementary School	Magnuang Elementary School
Baligat Elementary School	Maipalig-Quiom Elementary School
Baoa East Elementary School	Mariano Marcos Mem. Elementary School
Baoa Elementary School	Nagbacalan Elementary School
Benigno Macadaeg Mem. Elementary School	Naguirangan-Capacuan Elementary School
Bil-loca Elementary School	P.Q. Pimentel Elementary School
Biningan Elementary School	Parangopong Elementary School
Camandingan Elementary School	Payao Elementary School
Catalino Acosta Mem. Elementary School	Quiling Elementary School
Colo-Mabaleng Elementary School	Rayuray Elementary School
Cumcumraas-Manggaddi-Pitpitac Elementary School	San Mateo Elementary School
Dariwdiw Elementary School	Sumader Elementary School
Hilario Valdez Mem. Elementary School	Tabug Elementary School



SDCB RECORDS UNIT

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