



Republic of the Philippines
Department of Education

REGION I
SCHOOLS DIVISION OF THE CITY OF BATAC

DIVISION MEMORANDUM

No. **654**, s. 2025

03 OCT 2025

RESET & RISE: WELLNESS AND PREVENTION FOR LEARNERS

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 announces the conduct of a Mental Health Seminar titled "Reset & Rise: Wellness and Prevention for Learners on October 9-10, 2025, at City of Batac National High School Poblacion.

2. The activity aims to promote holistic wellness by enhancing participants' physical health, mental resilience, emotional strength, and sense of purpose.

Specifically, the activity intends to:

- promote awareness of the importance of lifestyle choices in achieving overall well-being;
- equip individuals with real-life skills that support mental and emotional wellness; and
- empower individuals to turn adversity into personal transformation and growth.

3. Participants in the activity include all Grade 9 and Grade 11 learners. Concerned School Heads shall ensure the safety of all participating learners.

4. Participation in this activity shall be voluntary and shall follow the non-disruption of classes policy in DepEd Order No. 9 s. 2005 and the guidelines on off-campus activities in DepEd Order No. 66, s. 2017.

5. Parental consent form shall be duly signed by parents or guardians.

6. Attached are the specific schedule per school, matrix, and parental consent for reference.

7. For information and guidance.

ANSELMO R. ALUDINO
Schools Division Superintendent



DepEd Batac City



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www.csdbatac.com

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

Encl.: As Stated
Reference: None
To be included in the Perpetual Index
Under the following subject:

MENTAL HEALTH SEMINAR
LEARNERS TRAINING

SGOD/apm/Reset & Rise
006/September 27, 2025



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Enclosure 1

SCHEDULE OF MENTAL HEALTH SEMINAR

October 9, 2025

Grade 11

MORNING SESSION	AFTERNOON SESSION
General Artemio Ricarte Senior High School	Ferdinand E. Marcos Senior High School
City of Batac National High School Payao	Batac National High School
Crispina Marcos Valdez National High School	

October 10, 2025

Grade 9

MORNING SESSION	AFTERNOON SESSION
City of Batac National High School Rayuray	City of Batac National High School Payao Poblacion
City of Batac National High School Payao	
Batac National High School	
Crispina Marcos Valdez National High School	

PARENTAL CONSENT AND WAIVER FORM

I hereby freely and voluntarily give my consent to my child/ren's participation in the CAREER CONFERENCE at the Schools Division of the City of Batac, 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 Ms. Adelaida P. Manglalan, Registered Guidance Counselor II, through phone number 09491801724.

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