



Republic of the Philippines
Department of Education

REGION I
SCHOOLS DIVISION OF THE CITY OF BATAC

Advisory No. **054**, s. 2026
25 FEB 2026

In compliance with DepEd Order (DO) No. 8, s. 2013 this advisory is issued not for endorsement per DO 28, s. 2001, but only for the information of DepEd officials, personnel/staff, as well as the concerned public.
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STRESS MANAGEMENT AND MENTAL WELLNESS SEMINAR

The College of Allied Health Sciences of the Mariano Marcos State University will conduct a Stress Management and Mental Wellness Seminar on February 25, 2026 - March 3, 2026, as part of the requirements of the course NCM 117b under the Bachelor of Science in Nursing program.

The activity aims to equip senior high school learners with evidence-based strategies for recognizing stress and managing it effectively, while helping reduce the stigma surrounding mental health. Moreover, it will introduce mindfulness techniques, time management skills, and healthy lifestyle practices, as well as provide information on referral pathways to youth-friendly mental health services in the community.

School Heads are requested to extend the necessary support and coordination for the successful conduct of the activity and to encourage the participation of students.

Attached is the letter of invitation and proposed schedule for the conduct of the activity for reference.

For information.

SGOD//apm/Advisory-MMSU mental wellness seminar
26001/February 24, 2026



DepEd Batac City



batac.city@deped.gov.ph



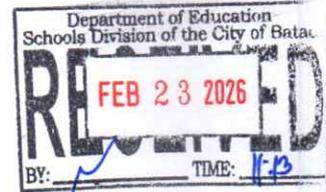
www.csdbatac.com

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



February 12, 2026

DR. ANSELMO R. ALUDINO, CESO VI
Schools Division Superintendent
Schools Division of City of Batac



Dear Sir:

Warm greetings!

We are writing to formally request permission to conduct a "Stress Management and Mental Wellness Seminar" for your Senior High School learners as part of the requirements of the course NCM 117b under the Bachelor of Science in Nursing program of Mariano Marcos State University – College of Health Sciences.

As adolescent learners navigate academic pressures, social transitions, and future uncertainties. This seminar aims to:

- Equip learners with evidence-based stress recognition and coping strategies
- Introduce mindfulness techniques, time management, and healthy lifestyle practices
- Reduce stigma around mental health concerns through psychoeducation
- Provide referral pathways to youth-friendly mental health services in Batac City

Proposed Seminar Details:

Duration: 2 hrs – 2 and 30 minutes

Target Participants: Grades 11 and 12 learners (by strand or batch)

Facilitators: MMSU nursing students under the direct supervision of licensed faculty members / clinical preceptors

Materials: All learning resources and evaluation tools will be provided by our team

Cost: No financial cost will be incurred by your institution or learners

Attached herewith, is the proposed Institution and corresponding Schedules.

Thank you and God bless.

Sincerely,

[Signature]
MARIANNE HAZEL B. ABAD - 091662744645 / mbabad@mmsu.edu.ph
Clinical Coordinator

[Signature]
ROEL M. BELJAMIN
Chair, Department of Nursing

Approved:

[Signature]
CHERYLL DIDI NELLIE N. OBRA
Dean, CHS

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**Proposed Schedule for the Conduct of Stress Management
among Senior High School Learners of the City of Batac**

Date	Institution	Needed Classes	Scheduled Time	MMSU Section and Group
March 2, 2026 (Monday)	Gen. Artemio Ricarte Senior High School	2 Classes	10:00AM– 12:00NN	Section A – Groups 1 and 2
	Batac National High School	2 Classes	10:00AM– 12:00NN	Section A – Groups 3 and 4
March 3, 2026 (Tuesday)	Immaculate Concepcion Academy	2 Classes	10:00AM– 12:00NN	Section B Groups 1 – 4
		2 Classes	1:00PM – 3:00PM	
February 25, 2026 (Wednesday)	Batac Junior College Inc	2 Classes	10:00AM– 12:00NN	Section C Groups 1 – 4
		2 Classes	1:00PM – 3:00PM	
February 26, 2026 (Thursday)	City of Batac National High School	2 Classes	10:00AM– 12:00NN	Section D Groups 1 – 4
		2 Classes	1:00PM – 3:00PM	
February 27, 2026 (Friday)	Ferdinand E. Marcos Senior Highschool	2 Classes	10:00AM– 12:00NN	Section E – Groups 1 and 2
	City of Batac National High School	2 Classes	1:00PM – 3:00PM	Section E – Groups 3 and 4

Prepared by:

MARIANNE HAZEL B. ABAD

Clinical Coordinator

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