



Republic of the Philippines
Department of Education

REGION I
SCHOOLS DIVISION OF THE CITY OF BATAC

DIVISION MEMORANDUM
No. **163**, s. 2026

27 FEB 2026

PSYCHOEDUCATION ACTIVITY: "Strong Feelings, Smart Decisions"

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

1. Pursuant to DepEd Order No. 14, s. 2020, which provides guidance on the provision of Mental Health and Psychosocial Support Services (MHPSS) in schools, the Schools Division of the City of Batac announces the conduct of psychoeducation activity titled "Strong Feelings, Smart Decisions" on March 3-4, 2026.

2. The activity aims to help learners manage strong emotions, make smart decisions, and build respectful relationships.

Specifically, the activity aims to:

- a. define emotions and its types;
 - b. differentiate healthy and unhealthy emotional responses in relationships;
 - c. explain the importance of respect, boundaries, and self-control in forming healthy relationships; and
 - d. discuss the importance of sound decision-making in challenging times.
3. Participants in this activity include all Grade 9 learners.
4. Attached is the specific schedule per school for reference.
5. For information and guidance.

ANSELMO R. ALUDINO
Schools Division Superintendent

Encl.: Schedule of Psychoeducation
Reference: None
To be included in the Perpetual Index
Under the following subject:

CONDUCT OF PSYCHOEDUCATION
FOR GRADE 9 LEARNERS

SGOD/apm/Strong Emotions
26001/February 20, 2026

By the Authority of the SDS:


ARNEL S. BANDIOLA
Assistant Schools Division Superintendent



SDCB RECORDS UNIT

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Enclosure 1

SCHEDULE OF PSYCHOEDUCATION

DATE	TIME	SCHOOL
March 3, 2026	8:00 a.m - 9:30 a.m	City of Batac National High School Rayuray
	1:00 p.m - 2:30 p.m.	Cripina Marcos-Valdez National High School
March 4, 2026	8:00 a.m - 9:30 a.m	City of Batac National High School Payao
	1:00 p.m - 2:30 p.m.	Batac National High School
	3:00 p.m. - 4:30 p.m.	City of Batac National High School Poblacion



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