



Republic of the Philippines  
**Department of Education**  
REGION X - NORTHERN MINDANAO  
SCHOOLS DIVISION OF MISAMIS ORIENTAL

Office of the Schools Division Superintendent

15 June 2022

**DIVISION MEMORANDUM**

No. **335** s. 2022

**ESSENTIALS OF MENTAL HEALTH, WELLNESS AND WELLBEING**

To: **Division Executive Committee**  
**Public Schools District Supervisors/ Districts-in-Charge**  
**Secondary and Elementary School Heads**  
**Secondary and Elementary Teachers**  
This Division

1. The Department of Education, as a government agency is committed to the employees continuing professional development for personal and professional growth along with employee welfare and wellness. Hence, the DepEd Division of Misamis Oriental through the SGOD-Human Resource Training and Development (HRTD) Unit will be conducting a training program entitled **Essentials of Mental Health, Wellness and Wellbeing** to be implemented on August 9-19, 2022 covering 8 Synchronous training hours, to be delivered in 4 batches.

2. Participants of this training program are the members of the Division Executive Committee, Public Schools District Supervisors/ Districts-in-Charge, School Heads and Teachers. The specific schedule and groupings are stipulated below:

- **Batch 1 (August 9-10, 2022)** Lugait, Manticao, Naawan, Initao North, Initao South, Libertad, Gitagum, Laguindingan, Alubijid East, Alubijid West
- **Batch 2 (August 11-12, 2022)** Opol East, Opol West, MOGCHS, Tagoloan, Villanueva North, Villanueva South, Jasaan North, Jasaan South, Claveria Northeast, Claveria Central
- **Batch 3 (August 16-17, 2022)** Claveria West, Balingasag North, Balingasag South, Balingasag Central, Lagonglong, Salay, Sugbongcogon, Kinoguitan, Balingoan, Talisayan.
- **Batch 4 (August 18-19, 2022)** Medina North, Medina South, Magsaysay I, Magsaysay II, Division EXECOM



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3. The Public Schools District Supervisor/District-in-Charge shall determine their participants. Each District must send a team of 5 members, it may be a combination of PSDS/DIC, School Head, Headteacher, Masterteacher or Classroom Teacher. The team shall serve as resource Speakers during the District Rollout for INSET, or LAC. The list of participants shall be collected through this link <https://bit.ly/MentalHealthWellnessWellbeing>
4. A course fee of Php 2,500 per participant shall be charged to the 2022 Human Resource Development for Teaching, Teaching-Related and Non-Teaching Personnel subject to the usual accounting and auditing rules and regulation.
6. For more details, interested participants may coordinate with Irish Karylle D. Monte (SEPS- HRD) through via [irishkarylle.monte@deped.gov.ph](mailto:irishkarylle.monte@deped.gov.ph) or Eman A. Lachica (EPS II-HRD) via [eman.lachica@deped.gov.ph](mailto:eman.lachica@deped.gov.ph).
7. Wide dissemination of this Memorandum is hereby enjoined.

  
**JONATHAN S. DELA PEÑA, PhD, CESO V**  
Schools Division Superintendent

Encls.: As stated

References: *None*

To be indicated in the Perpetual Index  
under the following subjects:  
PROFESSIONAL DEVELOPMENT  
ONLINE TRAINING  
EMPLOYEE WELFARE  
WELLNESS  
MENTAL HEALTH

SGOD, HRD-i.monte



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