



Republic of the Philippines  
**Department of Education**  
Region III  
**SCHOOLS DIVISION OF PAMPANGA**

---

February 11, 2025

DIVISION MEMORANDUM  
No. 118, s. 2025

**SDO PAMPANGA PARTICIPANTS ON THE REGIONAL MENTAL HEALTH  
AND WELLNESS TRAINING FOR LEARNERS**

To: Assistant Schools Division Superintendents  
Chief Education Supervisors  
Education Program Supervisors  
Public Schools District Supervisors  
Public Secondary School Heads  
All Others Concerned

1. Relative to Regional Memorandum No. 035, s. 2025 titled "*Mental Health and Wellness Training for Learners*," this Office, through the School Governance and Operations Division – Learner Formation Unit announces the list of SDO Pampanga Participants for the **Regional Mental Health and Wellness Training for Learners** on **February 17-20, 2025** at **Hacienda Gracia Resort and Hotel, Lubao, Pampanga**.
2. Student delegates must submit a signed copy of their parent consent and waiver form to their respective PDO in school or chaperone. The PDO in school or chaperone shall then upload the consolidated forms through the following link:  

<https://tinyurl.com/ParentConsent-MH>
3. Additionally, all student delegates, in collaboration with their respective teacher or PDO-in-charge, are required to set up two (2) "entrep booths" for SDO Pampanga, each measuring 2 meters by 2 meters.
4. Furthermore, all student delegates are requested to bring the following materials for the art session:
  - a. 1 canvas (30 cm x 40 cm)
  - b. 2 pencils
  - c. 1 sharpener
  - d. 2 paint brushes
  - e. 12 different poster paints
5. An online coordination meeting in preparation for the said activity will be held on February 13, 2025 at 11:00 AM via MS Teams through the link below.



---

**Address:** High School Blvd., Brgy. Lourdes, City of San Fernando (P)  
**Telephone No.:** (045) 435-2728; (045) 435-7404  
**Email Address:** pampanga@deped.gov.ph  
**Website:** www.depedpampanga.ph



Republic of the Philippines  
**Department of Education**  
Region III  
**SCHOOLS DIVISION OF PAMPANGA**

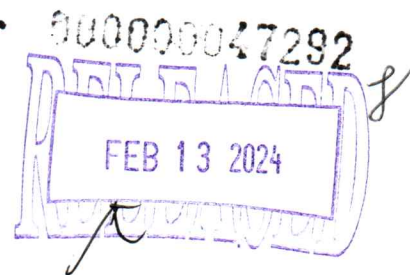
---

Expected participants are the School Chaperones, Division Learner Formation Coordinators and Division Mental Health Focal Person.

<https://tinyurl.com/DivisionMeeting-MHWTL>

6. Board and lodging shall be provided by the organizer; however, the travel and other incidental expenses of the participants shall be charged to available local funds / school MOOE subject to the existing government accounting and auditing rules and regulations.
7. This Memorandum shall serve as the Permission to Travel of the Learners and Travel Authority of the DepEd Personnel.
8. Attached herewith are the List of Participants and the Regional Memorandum for reference.
9. For more information or any concerns, please contact Chesca Marie M. Soliman, Division Learner Formation Coordinator, via email at [chescamarie.soliman@deped.gov.ph](mailto:chescamarie.soliman@deped.gov.ph) or by phone at (045) 961 5262.
10. Wide and immediate dissemination of this Memorandum is earnestly desired.

  
**ROMEO M. ALIP, PhD, CESO V**  
*Schools Division Superintendent*



**Address:** High School Blvd., Brgy. Lourdes, City of San Fernando (P)  
**Telephone No.:** (045) 435-2728; (045) 435-7404  
**Email Address:** [pampanga@deped.gov.ph](mailto:pampanga@deped.gov.ph)  
**Website:** [www.depedpampanga.ph](http://www.depedpampanga.ph)





Republic of the Philippines  
**Department of Education**  
Region III  
**SCHOOLS DIVISION OF PAMPANGA**

Enclosure No. 1 to Division Memorandum No. \_\_\_\_, s. 2025

**Mental Health and Wellness Training for Learners**  
*"Building Resilience: Nurturing Mind, Body, and Spirit"*  
February 17-20, 2025 (batch1)  
Hacienda Gracia Resort and Hotel, Lubao, Pampanga

**LIST OF PARTICIPANTS**

Division: **SDO PAMPANGA**

NO.	REPRESENTATION	NAME OF THE PARTICIPANT	SCHOOL/STATION
01	DIVISION LEARNER FORMATION COORDINATOR	RACHEL CAMILLE L. DELGADO	SDO PAMPANGA - SGOD
02	DIVISION LEARNER FORMATION COORDINATOR	CHESCA MARIE M. SOLIMAN	SDO PAMPANGA - SGOD
03	DIVISION LEARNER FORMATION COORDINATOR	SHAINE M. REYES	SDO PAMPANGA - SGOD
04	DIVISION MENTAL HEALTH COORDINATOR	KRISTINE ILONYL D. DE LEON	SDO PAMPANGA - SGOD SHS
05	PDO IN SCHOOL / CHAPERONE	ESPERANZA L. VILLEGAS, RGC	SAN VICENTE SAN FRANCISCO HIGH SCHOOL
06	SHS LEARNER	JAN BRIELLE ANTONIO	SAN VICENTE SAN FRANCISCO HIGH SCHOOL
07	SHS LEARNER	DIMPLES FERNANDEZ	SAN VICENTE SAN FRANCISCO HIGH SCHOOL
08	SHS LEARNER	JOSH AREN TALAVERA	SAN VICENTE SAN FRANCISCO HIGH SCHOOL
09	SHS LEARNER	CLYDE JEREMY CLARIN	SAN VICENTE SAN FRANCISCO HIGH SCHOOL
10	SHS LEARNER	LOVELEE TUBIG	SAN VICENTE SAN FRANCISCO HIGH SCHOOL



Address: High School Blvd., Brgy. Lourdes, City of San Fernando (P)  
Telephone No.: (045) 435-2728; (045) 435-7404  
Email Address: pampanga@deped.gov.ph  
Website: www.depedpampanga.ph



Republic of the Philippines  
**Department of Education**  
Region III  
**SCHOOLS DIVISION OF PAMPANGA**

11	SHS LEARNER	PRECIOUS EUNICE CLARIN	SAN VICENTE SAN FRANCISCO HIGH SCHOOL
12	SHS LEARNER	LEMUEL DANGA	SAN VICENTE SAN FRANCISCO HIGH SCHOOL
13	SHS LEARNER	DIANE SICAT	SAN VICENTE SAN FRANCISCO HIGH SCHOOL
14	SHS LEARNER	FIONA KATE DUPLON	SAN VICENTE SAN FRANCISCO HIGH SCHOOL
15	SHS LEARNER	JERIC LACAP	SAN VICENTE SAN FRANCISCO HIGH SCHOOL
16	SHS LEARNER	JASPER GIAN AUSTRIA	SAN VICENTE SAN FRANCISCO HIGH SCHOOL
17	SHS LEARNER	PHIONA DENISE ANGELES	SAN VICENTE SAN FRANCISCO HIGH SCHOOL
18	SHS LEARNER	RHYZA CHARISE REYES	SAN VICENTE SAN FRANCISCO HIGH SCHOOL
19	SHS LEARNER	AINA MARIE PANGILINAN	SAN VICENTE SAN FRANCISCO HIGH SCHOOL
20	SHS LEARNER	JERSY MAE CALARA	SAN VICENTE SAN FRANCISCO HIGH SCHOOL
21	PDO IN SCHOOL / CHAPERONE	AYONA CAMILLE B. ISIP	BECURAN NATIONAL HIGH SCHOOL
22	SHS LEARNER	OWVRIE MIA B. MENA	BECURAN NATIONAL HIGH SCHOOL
23	SHS LEARNER	NEYDELYN Z. LAMADILLA	BECURAN NATIONAL HIGH SCHOOL
24	SHS LEARNER	MARCELO JR. N. MENDOZA	BECURAN NATIONAL HIGH SCHOOL
25	SHS LEARNER	TRICIA MAE S. DIMAANO	BECURAN NATIONAL HIGH SCHOOL
26	SHS LEARNER	MA. SHANNEL ANN B. MAÑALAC	BECURAN NATIONAL HIGH SCHOOL
27	SHS LEARNER	RAIZA R. LUSUNG	BECURAN NATIONAL HIGH SCHOOL
28	SHS LEARNER	JEAN ALLYSON S. SANTOS	BECURAN NATIONAL HIGH SCHOOL



**Address:** High School Blvd., Brgy. Lourdes, City of San Fernando (P)  
**Telephone No.:** (045) 435-2728; (045) 435-7404  
**Email Address:** pampanga@deped.gov.ph  
**Website:** www.depedpampanga.ph





Republic of the Philippines  
**Department of Education**  
Region III  
**SCHOOLS DIVISION OF PAMPANGA**

29	SHS LEARNER	RENZHEL B. BIE	BECURAN NATIONAL HIGH SCHOOL
30	SHS LEARNER	AVIGAIL A. ZAPANTA	BECURAN NATIONAL HIGH SCHOOL
31	SHS LEARNER	MC CAILA SHIVON M. ROQUE	BECURAN NATIONAL HIGH SCHOOL
32	SHS LEARNER	SAMUEL P. URBINO	BECURAN NATIONAL HIGH SCHOOL
33	SHS LEARNER	ANA MICAELA B. ISIP	BECURAN NATIONAL HIGH SCHOOL
34	SHS LEARNER	KATE N. ROBEA	BECURAN NATIONAL HIGH SCHOOL
35	SHS LEARNER	SHARMAINE C. SANTOS	BECURAN NATIONAL HIGH SCHOOL
36	SHS LEARNER	PRINCESS CHELSEA P. GATBONTON	BECURAN NATIONAL HIGH SCHOOL
37	PDO IN SCHOOL / CHAPERONE	KIM D. GALANG	STO. ROSARIO NATIONAL HIGH SCHOOL- MINALIN
38	SHS LEARNER	KLEIN KURBY L. NIEVA	STO. ROSARIO NATIONAL HIGH SCHOOL- MINALIN
39	SHS LEARNER	SEAN KELLY B. MERCADO	STO. ROSARIO NATIONAL HIGH SCHOOL- MINALIN
40	SHS LEARNER	THIRDY C. LOZANO	STO. ROSARIO NATIONAL HIGH SCHOOL- MINALIN
41	SHS LEARNER	RAVEN KYLE DENDEN	STO. ROSARIO NATIONAL HIGH SCHOOL- MINALIN
42	SHS LEARNER	JAMES NICO MUNOZ	STO. ROSARIO NATIONAL HIGH SCHOOL- MINALIN
43	SHS LEARNER	GILLIANE CUNANAN	STO. ROSARIO NATIONAL HIGH SCHOOL- MINALIN
44	SHS LEARNER	AUSTINE JAMES ROBLE	STO. ROSARIO NATIONAL HIGH SCHOOL- MINALIN
45	SHS LEARNER	JOHN KIRBY MAGAT	STO. ROSARIO NATIONAL HIGH SCHOOL- MINALIN
46	SHS LEARNER	JILLIANNE AVRIL PANGILINAN	STO. ROSARIO NATIONAL HIGH SCHOOL- MINALIN



**Address:** High School Blvd., Brgy. Lourdes, City of San Fernando (P)  
**Telephone No.:** (045) 435-2728; (045) 435-7404  
**Email Address:** pampanga@deped.gov.ph  
**Website:** www.depedpampanga.ph



Republic of the Philippines  
**Department of Education**  
Region III  
**SCHOOLS DIVISION OF PAMPANGA**

47	SHS LEARNER	R-VIN LOUIE MAGAT	STO. ROSARIO NATIONAL HIGH SCHOOL- MINALIN
48	SHS LEARNER	CLARISSA LOPEZ	STO. ROSARIO NATIONAL HIGH SCHOOL- MINALIN
49	SHS LEARNER	MARIECRIS GALANG	STO. ROSARIO NATIONAL HIGH SCHOOL- MINALIN
50	SHS LEARNER	NICOLE T. LOPEZ	STO. ROSARIO NATIONAL HIGH SCHOOL- MINALIN
51	SHS LEARNER	SARAH B. TAGLE	STO. ROSARIO NATIONAL HIGH SCHOOL- MINALIN
52	SHS LEARNER	JAMILA M. MANDAP	STO. ROSARIO NATIONAL HIGH SCHOOL- MINALIN
53	RGC IN SCHOOL / CHAPERONE	LEONORA DS. MANGINSAY, RGC	EMIGDIO A. BONDOC HIGH SCHOOL
54	SHS LEARNER	ANGELICA T. SHWE	EMIGDIO A. BONDOC HIGH SCHOOL
55	SHS LEARNER	JENICA MEI T. DAYAO	EMIGDIO A. BONDOC HIGH SCHOOL
56	SHS LEARNER	LAICEL JOY A. CALMA	EMIGDIO A. BONDOC HIGH SCHOOL
57	SHS LEARNER	LANCE JULIAN L. ADRIANO	EMIGDIO A. BONDOC HIGH SCHOOL
58	SHS LEARNER	MARY CLAIRE G. GAMUS	EMIGDIO A. BONDOC HIGH SCHOOL
59	SHS LEARNER	ALWINA A. SANGCAP	EMIGDIO A. BONDOC HIGH SCHOOL
60	SHS LEARNER	CHRIS KYLE D. SAGAD	EMIGDIO A. BONDOC HIGH SCHOOL
61	SHS LEARNER	MITCH I. CARLOS	EMIGDIO A. BONDOC HIGH SCHOOL



**Address:** High School Blvd., Brgy. Lourdes, City of San Fernando (P)  
**Telephone No.:** (045) 435-2728; (045) 435-7404  
**Email Address:** pampanga@deped.gov.ph  
**Website:** www.depedpampanga.ph





Republic of the Philippines  
**Department of Education**  
Region III  
**SCHOOLS DIVISION OF PAMPANGA**

62	SHS LEARNER	KENNETH B. FLORES	EMIGDIO A. BONDOC HIGH SCHOOL
63	SHS LEARNER	ANGELA MAY S. CARLOS	EMIGDIO A. BONDOC HIGH SCHOOL
64	SHS LEARNER	NOEMIE G.SALUNGA	EMIGDIO A. BONDOC HIGH SCHOOL
65	SHS LEARNER	SHANNEL FAYE S. COS	EMIGDIO A. BONDOC HIGH SCHOOL
66	SHS LEARNER	VANESSA JHADE M. SALAS	EMIGDIO A. BONDOC HIGH SCHOOL
67	SHS LEARNER	AUBREY JANE B. PUNO	EMIGDIO A. BONDOC HIGH SCHOOL
68	SHS LEARNER	MARIO M. MANALILI II	EMIGDIO A. BONDOC HIGH SCHOOL



**Address:** High School Blvd., Brgy. Lourdes, City of San Fernando (P)  
**Telephone No.:** (045) 435-2728; (045) 435-7404  
**Email Address:** pampanga@deped.gov.ph  
**Website:** www.depedpampanga.ph







Republic of the Philippines  
**Department of Education**  
REGION III-CENTRAL LUZON

3.3 Provide strategies and techniques for coping with difficult emotions, managing stress, and overcoming challenges in healthy ways; and

3.4 Create a supportive culture where mental health is prioritized and learners can seek support without fear of judgment enabling them to lead more balanced and fulfilling lives.

4. The participants in this activity are the following. In addition, the Division Learner Formation Coordinators in collaboration with Division Mental Health Coordinators are requested to submit the list of participants from their respective division using the attached template through this link: <https://tinyurl.com/mental-healthbatch1> on or before February 12, 2025.

4.4 SHS Learners;

4.5 Division Youth Formation Coordinators;

4.5 Division Mental Health Coordinators;

4.7 PDOs/AOs or non-teaching personnel assigned in school handling mental health PPAs

5. Similarly, enclosed is the allotted number of participants per School Division Office for reference. The Division Learner Formation Coordinators in collaboration with Division Mental Health Coordinators are requested to secure the Parent Consent and Waiver Form of all learner participants and submit using the attached template via this link: <https://tinyurl.com/mental-healthbatch1> on or before February 12, 2025.

6. In addition, to showcase the entrepreneurial skills of the learners, each SDO under the Pampanga province is requested to set up two (2) "entrep booths" (size 2 meters x 2 meters), while the SDOs under the province of Tarlac are requested to set up three (3) "entrep booths" and for the art session learner-participants are requested to bring the following.

- Canvas size, 30 cm x 40 cm
- 2 pencils
- 1 sharpener
- 2 paint brush
- 12 different poster colors paint

7. Board and Lodging shall be provided by the organizer; however, the travel and other incidental expenses of the participants shall be charged to downloaded program support funds of learner formation/mental health program if available and/or available local funds/School MOOE subject to the existing government accounting and auditing rules and regulations.

To send feedback regarding any of our services, kindly scan the QR Code.



**Address:** Matalino St. D.M. Government Center, Maimpis, City of San Fernando (P)

**Telephone Number:** (045) 598-8580 to 89

**Email Address:** region3@deped.gov.ph

**Website:** <https://region3.deped.gov.ph/>



Certificate No. PHP QMS 24 93 0181



Republic of the Philippines  
**Department of Education**  
REGION III-CENTRAL LUZON

8. For inquiries and clarifications, you may directly communicate to Dr. Ginno Jhep A. Pacquing, Project Development Officer IV at [ginnojhep.pacquing@deped.gov.ph](mailto:ginnojhep.pacquing@deped.gov.ph)
9. For information and compliance.

**RONNIE S. MALLARI, PhD, CESO V**  
Regional Director

Encl.: As stated  
References: Memorandum from the Office  
of the Secretary  
To be indicated in the Perpetual Index  
under the following subjects:

MENTAL HEALTH  
LEARNERS

ESSD 1/spp1  
February 03, 2025

To send feedback  
regarding any of  
our services,  
kindly scan the  
QR Code.



**Address:** Matalino St. D.M. Government Center, Maimpis,  
City of San Fernando (P)

**Telephone Number:** (045) 598-8580 to 89

**Email Address:** [region3@deped.gov.ph](mailto:region3@deped.gov.ph)

**Website:** <https://region3.deped.gov.ph/>



Certificate No. PNP QMS  
24 83 0181





Republic of the Philippines  
**Department of Education**  
REGION III-CENTRAL LUZON

**Number of participants per School Division Office**

Division	SHS Learners	Youth Formation (PDO in School and Division)	Division Mental Health Coordinators	Total
<b>Batch 1: February 17-20, 2025</b>				
Pampanga	60	7	1	<b>68</b>
Angeles City	60	7	1	<b>68</b>
City of San Fernando	60	7	1	<b>68</b>
Mabalacat City	60	7	1	<b>68</b>
<b>Batch 2: March 3-6, 2025</b>				
Tarlac Province	124	10	1	<b>135</b>
Tarlac City	124	10	1	<b>135</b>

To send feedback regarding any of our services, kindly scan the QR Code.



Address: Matalino St. D.M. Government Center, Maimpis, City of San Fernando (P)  
Telephone Number: (045) 598-8580 to 89  
Email Address: [region3@deped.gov.ph](mailto:region3@deped.gov.ph)  
Website: <https://region3.deped.gov.ph/>



Certificate No. PNP QMS  
24 83 0181



Republic of the Philippines  
**Department of Education**  
REGION III-CENTRAL LUZON

**PARENTAL CONSENT AND WAIVER FORM**

I, \_\_\_\_\_, as the parent or guardian of \_\_\_\_\_.  
Hereby acknowledge that I have been informed of the details of the conduct of the Mental Health and Wellness Training for Learners with the theme "Building Resilience: Nurturing Mind, Body, and Spirit" on February 17-20, 2025 (batch 1) March 3-6, 2025 (batch 2) at 9:00 o'clock in the morning at Hacienda Gracia Resort and Hotel, Lubao, Pampanga.

I understand that the Department of Education (DepEd) Regional Office III through the Education Support Services Division (ESSD) shall implement the minimum public health standards set by the government to minimize the risk of the spread of contagious diseases, but it cannot guarantee that my son/daughter will not become infected with highly contagious disease.

**Voluntary Participation**

I acknowledge that my son/daughter participation in this activity is completely voluntary. My son/daughter may decline to participate or withdraw from the participation at any time for any reason. Declining or withdrawal of participation will not result in any penalty or loss of benefits or reduction of any basic right to which my son/daughter is entitled.

**Documentation**

I confirm that I give full permission in any recording or picture taken of my child during the conduct of this event and to use some or all of my child's images/contribution/performance in any publication (including electronic publications such as film or website) created by or for DepEd Regional Office III and to release this material to DepEd R3 official platforms.

**Confidentiality**

I am aware that any information that will be given during the activity will be kept strictly confidential, and personal information will be treated in accordance with the Data Privacy Act of 2012. I am assured that the information about my child will not be shared outside of the implementation team. My child's name will not be used when data from this activity is analyzed.

I hereby confirm that I agree and understand the commitment of my child as a participant. I also understand and will support my child's endeavor to meet the expectations, guidelines and responsibilities to his/her fellow participants and to the DepEd Regional Office III.

To send feedback regarding any of our services, kindly scan the QR Code.



Address: Matalino St. D.M. Government Center, Maimpis,  
City of San Fernando (P)  
Telephone Number: (045) 598-8580 to 89  
Email Address: region3@deped.gov.ph  
Website: <https://region3.deped.gov.ph/>







Republic of the Philippines  
**Department of Education**  
 REGION III-CENTRAL LUZON

To the extent allowed by law and rules, I hereby agree to waive, release and discharge all claims, causes of action, damages, and rights against the school/division/regional office and its personnel as well as officials and personnel of the DepEd Regional Office III relative to the conduct of the activity.

With full understanding, I- on behalf of myself, my household members, and my child/ren-hereby freely and voluntarily give my consent to my child's participation in the activity on the Mental Health and Wellness Training for Learners with the theme "Building Resilience: Nurturing Mind, Body, and Spirit" on February 17-20, 2025 (batch 1) and March 3-6, 2025 (batch 2) at 9:00 o'clock in the morning at Hacienda Gracia Resort and Hotel, Lubao, Pampanga.


I also attest that I had sought the views of my child and he/she has expressed a willingness to participate in the activity.

**Contact details for questions or concerns**

For any concerns and clarifications, you may contact the DepEd Regional Office III- Education Support Services Division (ESSD) through the telephone Number: (045) 598-8580 to 89 and email address at [region3@deped.gov.ph](mailto:region3@deped.gov.ph).

Signature of Parent/Guardian over Printed Name	Contact number
Name of the Learner/s	Date

To send feedback regarding any of our services, kindly scan the QR Code.




**Address:** Matalino St. D.M. Government Center, Maimpis, City of San Fernando (P)  
**Telephone Number:** (045) 598-8580 to 89  
**Email Address:** [region3@deped.gov.ph](mailto:region3@deped.gov.ph)  
**Website:** <https://region3.deped.gov.ph/>



Certificate No. PHP QMS 24 93 0181



Republic of the Philippines  
**Department of Education**  
 REGION III-CENTRAL LUZON

**Mental Health and Wellness Training for Learners**

*"Building Resilience: Nurturing Mind, Body, and Spirit"*

February 17-20, 2025 (batch 1)/ March 3-6, 2025 (batch 2) at 9:00 am  
 Hacienda Gracia Resort and Hotel, Lubao, Pampanga.

**CONFIRMATION FORM**

Division: \_\_\_\_\_

No	Name of the participant	School/Station	Contact Person	Parent/Guardian Contact number
	Division Learner Formation / PDO in School			
	Division Mental Health Coordinator			
	SHS Learners			

Prepared by;

\_\_\_\_\_  
 Division Learner Formation Coordinator

Recommending Approval:

\_\_\_\_\_  
 Chief, SGOD

Approved:

\_\_\_\_\_  
 Schools Division Superintendent

To send feedback regarding any of our services, kindly scan the QR Code.



**Address:** Matalino St. D.M. Government Center, Maimpis, City of San Fernando (P)

**Telephone Number:** (045) 598-8580 to 89

**Email Address:** region3@deped.gov.ph

**Website:** <https://region3.deped.gov.ph/>



Certificate No. PMP QMS 24 93 0181





Republic of the Philippines  
**Department of Education**  
 REGION III-CENTRAL LUZON

**Mental Health and Wellness Training for Learners**  
*“Building Resilience: Nurturing Mind, Body, and Spirit”*

February 17-20, 2025/March 3-6, 2025 at 9:00 am

Hacienda Gracia Resort and Hotel, Lubao, Pampanga.

<b>Day 1: February 17, 2025/March 3, 2025</b>		
Time	Activity	In charge
8:00 AM-9:00 AM	Arrival of Guests and Participants ✓ Attendance and Verification of Participants ✓ Room Assignment ✓ Distribution of Kits	Program Management Team
9:00 AM- 9:15 AM	Opening Salvo	Select Learners
9:16 AM- 9:20 AM	Acknowledgment of Participants	Program Management Team
9:20 AM- 9:25 AM	National Anthem Prayer DepEd RO III March Awit ng Rehiyon Tatlo	Audio Visual Presentation
9:25 AM- 9:30 AM	Welcome Message	<b>SAMMY P. SAMPANG</b> Chief Education Supervisor Education Support Services Division
9:30 AM – 9:35 AM	Words of Inspiration	<b>RONNIE S. MALLAR, PhD, CESO V</b> Regional Director DepEd Central Luzon
9:35 AM – 9:45 AM	Message of Support Audio Visual Presentation	<b>DR. MIGUEL ANGELO S. MANTARING</b> Director IV Bureau of Learner Support Services (BLSS)



**Address:** Matalino St. D.M. Government Center, Maimpis, City of San Fernando (P)  
**Telephone Number:** (045) 598-8580 to 89  
**Email Address:** region3@deped.gov.ph  
**Website:** <https://region3.deped.gov.ph/>



Certificate No. PHP QMS 24 93 0181



Republic of the Philippines  
**Department of Education**  
 REGION III-CENTRAL LUZON

9:45 AM-12:00 NN	<b>Wellness through MAD</b> (Music, Arts and Dance)	
9:45 AM-10:40 AM	Music	<b>LIZA MARIE NERY</b> OIC- Education Program Supervisor Curriculum Learning and Management Division
10:40 AM-11:20 AM	Arts	<b>RANIELL T. LOPEZ</b> Teacher I Tarlac National High School
11:20 AM-12:00 NN	Dance	<b>IAN CARLO L. PANZO</b> Teacher I Corazon C. Aquino High School
<b>Health Break</b>		
1:00 PM- 5:00 PM	<b>Learning Set-up:</b> <b>Coping Mechanisms for Senior High Learners</b>	
1:00 PM- 2:30 PM	Psychological First Aid (PFA)	<b>DR. MAILA S. ROSTRATA, DPCOM, MPH</b> Medical Officer IV Department of Health Region III
2:30 PM- 3:30 PM	Talking with Learners about Human Immunodeficiency Virus (HIV) and Acquired Immune Deficiency Syndrome (AIDS)	To be determined by DOH R3
3:30 PM- 4:30 PM	Youth Resilience and Prevention on Teenage Pregnancy	To be determined by DOH R3
<b>Day 2: February 18, 2025/ March 4, 2025</b>		
8:00 AM- 9:00 AM	Preliminaries	Program Management Team
9:00 AM-9:10 AM	Wellness Activity	<b>MA. JOSEPH PATRICK ENRIQUEZ, RGC</b> Education Program Supervisor-Values Education Curriculum Learning and Management Division



**Address:** Matalino St. D.M. Government Center, Maimpis, City of San Fernando (P)  
**Telephone Number:** (045) 598-8580 to 89  
**Email Address:** region3@deped.gov.ph  
**Website:** <https://region3.deped.gov.ph/>



Certificate No. PHP QMS 24 93 0191





Republic of the Philippines  
**Department of Education**  
 REGION III-CENTRAL LUZON

9:00 AM-5:00 PM	Kalyenegosyo Entrep Clinic	<b>DEAN HENRY FRANCISCO S. TENEDERO</b> Dean, Life Skills Program St. Clare College  <b>MR. JORGE WEINEKE</b> Co-Founder of Potato Corner
9:00 AM-10:00AM	<b>Entrep Mindset Doctor</b> Understanding the entrepreneurial mindset and overcoming fears.	<b>DEAN HENRY FRANCISCO S. TENEDERO</b> Dean, Life Skills Program St. Clare College  <b>MR. JORGE WEINEKE</b> Co-Founder of Potato Corner
10:00 AM-11:00 AM	<b>Product Development Doctor</b> Refining business concepts and developing viable products	<b>DEAN HENRY FRANCISCO S. TENEDERO</b> Dean, Life Skills Program St. Clare College  <b>MR. JORGE WEINEKE</b> Co-Founder of Potato Corner
11:00 AM-12:00 NN	<b>Business Finance Doctor</b> Learning about funding sources, cost management, and financial strategies.	<b>DEAN HENRY FRANCISCO S. TENEDERO</b> Dean, Life Skills Program St. Clare College  <b>MR. JORGE WEINEKE</b> Co-Founder of Potato Corner
<b>Health Break</b>		
1:00 PM- 1:10 PM	Management of Learning	Program Management Team
1:10 PM- 2:10 PM	<b>Marketing Doctor</b> Guidance on branding, promotions, and reaching the right audience	<b>DEAN HENRY FRANCISCO S. TENEDERO</b> Dean, Life Skills Program St. Clare College  <b>MR. JORGE WEINEKE</b>



**Address:** Matalino St. D.M. Government Center, Maimpis, City of San Fernando (P)  
**Telephone Number:** (045) 598-8580 to 89  
**Email Address:** region3@deped.gov.ph  
**Website:** <https://region3.deped.gov.ph/>



Certificate No. PHP QMS 24 93 0181



Republic of the Philippines  
**Department of Education**  
 REGION III-CENTRAL LUZON

		Co-Founder of Potato Corner
2:10 PM- 3:40 PM	<b>Panel Discussion with Real-Life Entrepreneurs</b> Successful business owners will share their personal journeys, insights, and lessons learned in building their careers.	<b>DEAN HENRY FRANCISCO S. TENEDERO</b> Dean, Life Skills Program St. Clare College  <b>MR. JORGE WEINEKE</b> Co-Founder of Potato Corner
3:40 P- 5:00 PM	<b>Entrepreneurship Lecture Sessions</b> Students will have the opportunity to visit different Business Doctors throughout the day to deepen their understanding of various business aspects.	<b>DEAN HENRY FRANCISCO S. TENEDERO</b> Dean, Life Skills Program St. Clare College  <b>MR. JORGE WEINEKE</b> Co-Founder of Potato Corner
<b>Day 3: February 19, 2025/March 5, 2025</b>		
8:00 AM- 9:00 AM	Management of Learning	Program Management Team
9:00 AM- 9:10 AM	Wellness Activity	<b>MA. JOSEPH PATRICK ENRIQUEZ, RGC</b> Education Program Supervisor-Values Education Curriculum Learning and Management Division
9:10- AM- 5:00 PM	<b>Mental Health and Wellness Sessions</b> <i>(Simultaneous Activity)</i>	
	<b>MODULE 1</b> Perception of Mental Illness	<b>KEVIN RUSSEL D. BATARA, RGC</b> Guidance Counselor III SDO Pampanga Floridablanca National Agricultural School



Address: Matalino St. D.M. Government Center, Maimpis,  
 City of San Fernando (P)  
 Telephone Number: (045) 598-8580 to 89  
 Email Address: region3@deped.gov.ph  
 Website: <https://region3.deped.gov.ph/>



Certificate No. PHP QMS  
 24 93 0181





Republic of the Philippines  
**Department of Education**  
 REGION III-CENTRAL LUZON

	<p>Activity 1. Perception of Mental Health</p> <p>Activity 2. Stigma</p> <p>Activity 3. Famous People with Mental Illness</p>	<p><b>MAY C. CRUZ, RGC</b> Head Teacher II SDO Tarlac City Maliwalo Nationa High School</p> <p><b>MARSHA F. MOJICA, RGC</b> Division Guidance Coordinator SDO Olongapo City</p> <p><b>AIRENE P. DAYRIT PHD.,RGC,RPM LPT</b> Senior Education Program Specialist Division Guidance Coordinator Child Protection Specialist SDO City of San Fernando</p>
	<p><b>MODULE 2</b> What Is Mental Illness? Activity 1. Fact or Fiction?</p> <p>Activity 2. Prevalence of Mental Illness</p> <p>Activity 3. Stress Reaction</p>	<p><b>KEVIN RUSSEL D. BATARA, RGC</b> Guidance Counselor III SDO Pampanga Floridablanca National Agricultural School</p> <p><b>MAY C. CRUZ, RGC</b> Head Teacher II SDO Tarlac City Maliwalo Nationa High School</p> <p><b>MARSHA F. MOJICA, RGC</b> Division Guidance Coordinator SDO Olongapo City</p> <p><b>AIRENE P. DAYRIT PHD.,RGC,RPM LPT</b> Senior Education Program Specialist Division Guidance Coordinator Child Protection Specialist SDO City of San Fernando</p>
	<p><b>MODULE 3</b> Mental Health Continuum</p> <p>Activity 1. What to Notice</p> <p>Activity 2. When To Be Concerned</p>	<p><b>KEVIN RUSSEL D. BATARA, RGC</b> Guidance Counselor III SDO Pampanga Floridablanca National Agricultural School</p> <p><b>MAY C. CRUZ, RGC</b> Head Teacher II SDO Tarlac City Maliwalo Nationa High School</p> <p><b>MARSHA F. MOJICA, RGC</b></p>



Address: Matalino St. D.M. Government Center, Maimpis,  
 City of San Fernando (P)  
 Telephone Number: (045) 598-8580 to 89  
 Email Address: region3@deped.gov.ph  
 Website: <https://region3.deped.gov.ph/>



Certificate No. PHP QMS  
 24 93 0101



Republic of the Philippines  
**Department of Education**  
 REGION III-CENTRAL LUZON

	Activity 3. What to Do?	<p>Division Guidance Coordinator          SDO Olongapo City</p> <p><b>AIRENE P. DAYRIT PHD.,RGC,RPM LPT</b>          Senior Education Program Specialist          Division Guidance Coordinator          Child Protection Specialist          SDO City of San Fernando</p>
	<p><b>MODULE 4</b>          Special Concerns</p> <p>Activity 1.          Discussing          Suicide</p> <p>Activity 2.          Psychological First          Aid</p>	<p><b>KEVIN RUSSEL D. BATARA, RGC</b>          Guidance Counselor III          SDO Pampanga          Floridablanca National Agricultural School</p> <p><b>MAY C. CRUZ, RGC</b>          Head Teacher II          SDO Tarlac City          Maliwalo Nationa High School</p> <p><b>MARSHA F. MOJICA, RGC</b>          Division Guidance Coordinator          SDO Olongapo City</p> <p><b>AIRENE P. DAYRIT PHD.,RGC,RPM LPT</b>          Senior Education Program Specialist          Division Guidance Coordinator          Child Protection Specialist          SDO City of San Fernando</p>
<b>Day 4: February 20, 2025/ March 6, 2025</b>		
8:00 AM- 9:00 AM	Management of Learning	Program Management Team
9:00 AM- 10:00 AM	Awarding of Certificate and Words of Gratitude	<p><b>JESSIE L. AMIN, EdD, CESO V</b>          Assistant Regional Director          DepEd Central Luzon</p>
Photo Opportunity		



Address: Matalino St. D.M. Government Center, Maimpis, City of San Fernando (P)  
 Telephone Number: (045) 598-8580 to 89  
 Email Address: region3@deped.gov.ph  
 Website: <https://region3.deped.gov.ph/>



Certificate No. PHP QMS 24 93 0181