



Republic of the Philippines
Department of Education
REGION VII - CENTRAL VISAYAS
SCHOOLS DIVISION OF NEGROS ORIENTAL

**Office of the Schools Division
Superintendent**

11 MAY 2021

DIVISION MEMORANDUM

No. 319, s. 2021

**"DISSEMINATION OF DEPED TASK FORCE COVID-19 MEMORANDUM ENTITLED
"INVITATION TO ENJOIN PERSONNEL IN THE ONLINE MENTAL HEALTH AND
PSYCHOSOCIAL SUPPORT SERVICE (MHPSS) ACTIVITY"**

To: Assistant Schools Division Superintendents
Chiefs, CID and SGOD
Public Schools District Supervisors / District-In-Charge
All Others Concerned

1. Attached is RM No. 0321, s. 2021, dated May 6, 2021, entitled, "**DISSEMINATION OF DEPED TASK FORCE COVID-19 MEMORANDUM ENTITLED "INVITATION TO ENJOIN PERSONNEL IN THE ONLINE MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT SERVICE (MHPSS) ACTIVITY"** for the information and guidance of all concerned.
2. For questions and clarifications, please contact Mr. Ranilo L. Edar of DepEd R7, ESSD through 09287941159/09062978498 or you may directly communicate to Mr. Joseph R. Gemina through 09279651919 or email joseph.gemina@deped.gov.ph.
3. Immediate and wide dissemination of this Memorandum to all concerned is desired.


SENEN PRISCILLO P. PAULIN, CESO V
Schools Division Superintendent

5/10/2021

SPP/APA-FCL-NLR /SGOD /RBP/jrg
May 10, 2021



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Republic of the Philippines
Department of Education
REGION VII - CENTRAL VISAYAS

Office of the Regional Director


REGIONAL MEMORANDUM

No. _____, s. 2021

**DISSEMINATION OF DEPED TASK FORCE COVID-19 MEMORANDUM ENTITLED
"INVITATION TO ENJOIN PERSONNEL IN THE ONLINE MENTAL HEALTH AND
PSYCHOSOCIAL SUPPORT SERVICE (MHPSS) ACTIVITY"**

To: Schools Division Superintendents
Assistant Schools Division Superintendents
All Others Concerned

1. Enclosed is a copy of DepEd Task Force-19 Memorandum No. 385 s. 2021 entitled "**Invitation to Enjoin Personnel in the Online Mental Health and Psychosocial Support Service (MHPSS) Activity**" for dissemination.
2. For more information, you may contact Mr. Ranilo L. Edar through his mobile phone nos. 09287041159/09062978498.
3. Immediate and wide dissemination of this Memorandum to all concerned is desired.

for: 
SALUSTIANO T. JIMENEZ JD, EdD, CESO V
Director IV
Regional Director

STJ/CAE/ESSD/TTP/rle



Address: Doña M. Gaisano St., Sudlon, Lahug, Cebu City
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Republika ng Pilipinas
Kagawaran ng Edukasyon
Tanggapan ng Pangalawang Kalihim

DepEd Task Force COVID-19
MEMORANDUM No. 385
03 May 2021

For: Regional Directors
Schools Division Superintendent
All DepEd Personnel

Subject: INVITATION TO ENJOIN PERSONNEL IN THE ONLINE
MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT SERVICE
(MHPSS) ACTIVITY

As part of its response to the COVID-19 pandemic last 2020, the Office of the Undersecretary for Administration (OUA), through the Disaster Risk Reduction and Management Service (DRRMS) in partnership with the Psychological Association of the Philippines (PAP), has conducted online learning activities to provide Mental Health and Psychosocial Support to learners, personnel and parents. This includes the Wellness Check Series for DepEd Personnel which feature discussions on various topics related to positive coping mechanisms to combat stress and other challenges to a person's mental health brought upon by the COVID-19 pandemic.

A year after, the country has experienced another unprecedented surge of cases, causing heightened fear and anxiety to many. The Department of Education (DepEd) personnel are not exempted from this. While the number of cases are rising, the Department's mandate towards learning continuity remains. In these challenging times when aside from the physical threat, the mental health of the people are also affected, the Disaster Risk Reduction and Management Service (DRRMS) will conduct an online Mental Health and Psychosocial Support Service (MHPSS) activities for DepEd personnel.

As the pandemic continues to challenge the populace, DRRMS will continue its MHPSS program for Personnel. The program is renamed **TAYO NAMAN! Tulong, Alaga, Yakap at Oras para sa mga Tagapagtaguyod ng Edukasyon** in partnership with Globe Telecom, MAGIS Creative Spaces, Philippine Mental Health Association (PMHA), and Unilab Foundation.

TAYO Naman! will include:



Office of the Undersecretary for Administration (OUA)

Office of the Undersecretary for Administration (OUA)
Department of Education - Central Office
Meralco Avenue, Pasig City

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Rm 519, Mabini Bldg; Mobile: +639260320762; Tel: (+632) 86337203, (+632) 86376207
Email: usec.admin@deped.gov.ph; Facebook/Twitter @depedtayo

1. **Online In-depth Session Support Group** which will be conducted **every Wednesday, after work hours from 5:30 to 8:00 PM** (tentative) with selected personnel to facilitate the deepening of the discussion on mental wellness (please see Annex A for more information on the online support group).
2. **Live Sessions** on the discussion of various topics on mental health which will be conducted **every Friday at 8:30 to 10:00 AM** via **DepEd Philippines Facebook** page livestream (please see Annex B for the tentative topics of the TAYO Naman! live sessions and Annex C for the tentative program).

Personnel are invited to join in the online in-depth sessions which will commence on May 19, 2021 and the live sessions which will start on May 21, 2021. Moreover, everyone is invited to join the TAYO Naman! Facebook Group (<http://bit.ly/TAYONamanFB>) for regular updates on the activities and self-care contents.

For further information, please contact Ms. Joan Grace Llamado of the DRRMS at 09700406953 and email at joan.llamadna@deped.gov.ph.

For appropriate action.

ALAIN DEL B. PASCUA

Undersecretary
Chairperson, DepEd Task Force COVID-19



ANNEX A. Online In-Depth Sessions

The Online In-depth Sessions will be conducted every Wednesday at 5:30 PM to 8:00 PM starting on May 19, 2021. DepEd Personnel, either teaching or non-teaching who possess the following qualifications are encouraged to join:

- a. With Interest in advocating for Mental Health
- b. Willing to be part of a small group
- c. Have a quiet space in the house to participate in live sessions
- d. Have enough bandwidth to participate in online video calls
- e. Willing to attend two and a half -hour sessions every Wednesday

Interested participants are requested to register through this link:

<http://bit.ly/TAYONamanSG1>

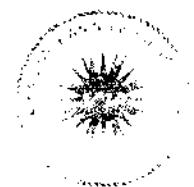
Please note that only a limited slot will be provided. Thus, selection would be on a first come, first served basis. The sign up sheet will be opened every session to give opportunity to more personnel to be part of the small group discussion. Sign-up for the first session will be open from **04 May 2021** to **10 May 2021**. The schedule for sign up for the next episodes will be posted online through the **TAYO Naman! Facebook Group (<http://bit.ly/TAYONamanFB>)**, which is open to all DepEd personnel.

The small breakout sessions will be conducted via Zoom and will remain private. DepEd DRRMS will create a safe space where personnel will be free to share their thoughts and emotions while deepening the discussion on mental wellness topics.



ANNEX B. TAYO Naman! Live Sessions Tentative List of Topics

Episode Number	Theme	Topics
1	Understanding My Well-Being	Increasing Self-Awareness to Thrive and Excel in the New Normal
2		Understanding the Psychology of Emotions
3	Examining My Inner Struggles in the Midst of Pandemic	Dealing with Grief and Loss
4		Understanding and Managing Common Mental Disorders and other Psychosocial Concerns
5		Healing from Past Hurts and Traumas
6	Enhancing my Well-Being	Resilience through Positive Psychology: Emerging and Keeping up from Adversities
7		Practicing Mindfulness to Manage Stress
8		Promoting Digital Well-being
9	Enriching my Relationship with Others	Strengthening Family Relationships amidst the COVID-19 Pandemic
10		Connecting and Building Healthy Relationships with Co-Workers
11		Providing Empathy and Support in the Time of Physical Distancing
12	Exploring My Spirituality	Being One with the Nature
13		Nurturing Spirituality
14		Solace and Prayer



ANNEX C. TAYO NAMAN! Live Sessions Tentative Program

Schedule	Activity	Speaker
Every Friday, 8:30-10:00 AM	Introduction	Host
	Physical Activity/Exercise	Host Division
	Foreword	DepEd Officials and Partners' Representatives
	Speaker Discussion	Expert Speaker
	Panel Discussion	Panelist and Facilitator *
	Synthesis	Speaker
	Final Remarks	DepEd Officials and Partners' Representatives

*From host division



DEPARTMENT OF EDUCATION
 DIVISION OFFICE
 CALABARZON





Republic of the Philippines
Department of Education
REGION VII – CENTRAL VISAYAS

Office of the Regional Director

REGIONAL MEMORANDUM

No. _____, s. 2021

**VIRTUAL CONFERENCE OF MAPEH SUPERVISORS AND MONITORING AND
EVALUATION ON THE CONTEXTUALIZATION OF MAPEH CURRICULUM**

To: Schools Division Superintendents
Assistant Schools Division Superintendents
All Others Concerned

1. This Office, through the Curriculum and Learning Management Division, will conduct a Virtual Conference of MAPEH Supervisors and Monitoring and Evaluation on the Contextualization of MAPEH Curriculum on May 14, 2021 at 8:00 AM to 5:00 PM via R7-Division MAPEH Supervisors MS Teams/Google Meet.
2. The conference aims to:
 - a. discuss the challenges in the effective implementation and delivery of the contextualized MAPEH curriculum;
 - b. provide technical assistance and updates on MAPEH activities; and
 - c. strengthen collaboration and coordination with field implementers.
3. Participants to this conference are the CLMD personnel and Division MAPEH Supervisors. They are advised to prepare a PowerPoint presentation of their M&E report, submit schedule of activities in the celebration of the National Heritage Month and the list of Professional Learning Community in MAPEH. SDOs who fail to submit the list of PLCs will not be included in the subsequent MAPEH PLCs related activities.
4. Lunch for the participants reporting onsite, which shall be served by DepEd Applied Nutrition Center, shall be charged against Regional Funds while communication expenses of the participants shall be charged against Regional/Division/local funds, all subject to the usual government accounting and auditing rules and regulations.
5. Immediate dissemination of, and compliance with this Memorandum is directed.

SALUSTIANO T. JIMENEZ, JD, EdD, CESO V
Director IV
Regional Director

SRJ/c AI/CLMD/MACD/JPO/21



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