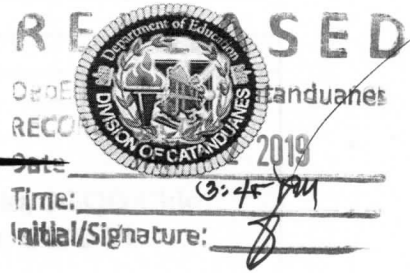




Republic of the Philippines
Department of Education
Region V (Bicol)
DIVISION OF CATANDUANES
Virac, Catanduanes



MEMORANDUM

TO : School Governance and Operation Division Chief
Public School District Supervisors
Elementary and Secondary Guidance Counsellors/Designates
School Health and Nutrition Personnel

FROM : **SOCORRO V. DELA ROSA, CESO VI** /
Schools Division Superintendent

SUBJECT : **DIVISION SEMINAR WORKSHOP ON STRESS
MANAGEMENT FOR TEACHERS: "HOW TO AVOID AND FIGHT
DEPRESSION"**

DATE : January 22, 2019

1. The DepEd Division of Catanduanes, School Health and Nutrition Personnel will have an Innovative Division Seminar Workshop on Stress Management for Teachers on **January 29, 2018, Tuesday at 8am to 5pm at the DepEd SDO Hall A.**
2. The objectives of this activity is to identify and recognize the participants' sources of stress, to provide strategies on how to accept and manage one's Stressors, especially work-related stress that are appropriate in each workplace and situation and to promote Self-Care.
3. The participants of this Seminar are the **20 Elementary District Guidance Counsellors/Designates and 42 Secondary Guidance Counsellors/Designates.**
4. Also attached is the list of participants & activities for your reference.
5. Participants are expected to be in their **most comfortable sports outfit.**
6. Travel and other incidental expenses will be chargeable against school funds subject to the usual accounting and auditing rules and regulation.
7. For immediate dissemination and strict compliance.

Orientation Matrix:

Activity Design/Program of Activities – **Stress Management for Teachers: "How to Avoid and Fight against Depression"** January 29, 2019, Department of Education, School Division Auditorium, Virac, Catanduanes

Time	Activity/Topic
8:00 – 8:30 am	Registration
8:30 - 9:00 am	Opening Program: Philippine National Anthem Doxology and Prayer Welcome Remarks: Mike Ogalinola, SGOD Chief Message: Madam Socorro Dela Rosa, CESO VI
9:00 – 10:30 am	<i>Stress Management and Self Care:</i> Kristine Gimena-Santelices, MD, Medical Officer III
10:30 – 11:00 am	Snacks
11:30 – 12:00 pm	Implementation: Breathing and Exercises Therapy
12:00 – 1:00 pm	Lunch
1:00 – 2:00 pm	Music Therapy
2:00 – 3:00 pm	Yoga
3:00 - 4:00 pm	Spiritual Self-Care
4:00 – 5:00 pm	Closing Program

List of Guidance Designates for Secondary Schools

MUNICIPALITY	Name
<i>Bagamanoc</i>	
BAGAMANOC RDHS	Jennifer Peralta
BUGAO HNS	Danny Panti
SAN VICENTE NHS	Analyn Anggulo
<i>Baras</i>	
AGBAN NHS	Rolly Subion
BARAS RDHS	Liza Panti
<i>BATO</i>	
BATO RDHS	Salvador Flores
BOTE INTEGRATED SCHOOL	Dante Icardaloza
CABUGAO INTEGRATED SCHOOL	Jaqueline Tayo
<i>Caramoran</i>	
CARAMORAN RDHS	Eva Bien
CARAMORAN SCHOOL OF FISHERIES	Edna Rubia
DARIAO NHS	Mary Ann Siroma
MILAVIGA INTEGRATED SCHOOL	Dennis Brusola
PALUMBANES INTEGRATED SCHOOL	Rustan Villaranda
SUPANG-DATAG NHS	Deo Belmonte
TUBLI NHS	Jobelle Gianan
<i>Gigmoto</i>	
DORORIAN NHS	Mercy Trasmano
GIGMOTO RDHS	Dante Aldea
SICMIL INTEGRATED HS	Lucy Ogalesco
<i>Pandan</i>	
PANDAN SCHOOL OF ARTS AND TRADES	
TABUGOC NHS	Ivy Barrameda
COBO INTEGRATED SCHOOL	Crestine Pagal

Panganiban	
PANGANIBAN NHS (CAIC COMPOUND)	Glenn Valledor
PANGANIBAN NHS	Salve Aquino
San Andres	
CABCAB NHS	Edgar Magtangob
CODON NHS	Rachel Laurente
LICTIN INTEGRATED SCHOOL	Shirley Villarando
MANAMBRAG NHS	Romeda Tesorero
MAYNGAWAY NHS	Orlando Alejandro
SAN ANDRES VOCATIONAL SCHOOL	Juny Gianan
San Miguel	
SAN MIGUEL RDHS	Karen Tosoc
MABATO HS (Annex)	Ruby Taule
Viga	
SAN JOSE NHS	Kristine Tivar
TAMBONGON NHS	Ma. Filipina Liveta
TINAGO NHS	Jinky Rodulfo
VIGA RDHS	Christopher Villamartin
Virac	
ANTIPOLO NHS	Cielo Buendia
BUYO INTEGRATED SCHOOL	Jane Marche Jacobo
CATANDUANES NHS	Jonah Ann Valenzuela
CALATAGAN HIGH SCHOOL	
HAWAN NHS	Aurora Dasigan
MAGNESIA NHS	Araceli Magdarang
PALTA NHS	Erlinda Manlangit

List of District Elementary Schools

DISTRICT	Schools
BAGAMANOC NORTH	Bugao CES
BAGAMANOC SOUTH	Bagamanoc CES
BARAS NORTH	Agban CES
BARAS SOUTH	Baras CES
BATO EAST	Bato CES
BATO WEST	Cabugao IS
CARAMORAN NORTH	Caramoran CES
CARAMORAN SOUTH	Datag CES
GIGMOTO	Gigmoto CES
PANDAN EAST	Tabugoc CES
PANDAN WEST	Pandan CES
PANGANIBAN	Panganiban CES
SAN ANDRES EAST	San Andres CES
SAN ANDRES WEST	Cabcab CES
SAN MIGUEL NORTH	Mabato CES

SAN MIGUEL SOUTH	San Miguel CES
VIGA EAST	Tambongon CES
VIGA WEST	Viga CES
VIRAC NORTH	Virac Pilot ES
VIRAC SOUTH	Virac CES