



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

14 MAY 2020

**DIVISION MEMORANDUM**

No. 143 S. 2020

**TO:** Public School District Supervisors  
Private and Public Elementary School Heads  
Private and Public Secondary School Heads  
All Others Concerned

**SUBJECT: PARTICIPATION TO WELLNESS CHECK SERIES**

1. The *Disaster Risk Reduction and Management Service (DRRMS)* and the *Bureau of Human Resource and Organizational Development - Employee Welfare Division (BHROD-EWD)* aims to continually provide psychosocial support activities for all DepEd personnel in cognizance to the different types of support needed and the unique responses of individuals relative to the COVID-19 pandemic.
2. In light of this, all DepEd Personnel are encouraged to participate on the Mental Health and Psychosocial Support Services (MHPSS) Amidst COVID-19 Webinar Series for DepEd Personnel, **Wellness Check**, starting on **15 May 2020 until 11 September 2020**. This webinar series can be streamed through DepEd Philippines ([www.facebook.com/DepartmentOfEducation.PH](http://www.facebook.com/DepartmentOfEducation.PH)) **every Friday, 9:00 AM to 10:30 AM**.
3. The first session, **Kalma Lang, 'Ga!**, on **15 May 2020** shall cover the importance of establishing routines, identifying positive coping strategies, and maintaining work-life balance amidst the pandemic. All personnel are encouraged to ask questions related to the topics as a 40-minute Question and Answer portion will follow the discussion of our speakers. The **schedule of topics** can be viewed at <http://deped.in/WellnessCheckSeries>.
4. For more information or suggestions, please contact Ms. Francesca Louise T. Guzman of DRRMS at [drmmo@deped.gov.ph](mailto:drmmo@deped.gov.ph).
5. Wide dissemination of this Memorandum is hereby enjoined.

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



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Republika ng Pilipinas  
**Kagawaran ng Edukasyon**  
Tanggapan ng Pangalawang Kalihim

**DepEd Task Force COVID-19**  
**MEMORANDUM No. 43**  
12 May 2020

For: **Regional Directors and BARMM Education Minister**  
**Schools Division Superintendents**  
**All Others Concerned**

Subject: **PARTICIPATION TO WELLNESS CHECK SERIES**

The Disaster Risk Reduction and Management Service (DRRMS) and the Bureau of Human Resource and Organizational Development - Employee Welfare Division (BHROD-EWD) aim to continually provide psychosocial support activities for all DepEd personnel. This is in cognizance to the different types of support needed and the unique responses of individuals relative to the COVID-19 pandemic.

In light of this, all DepEd personnel are encouraged to participate on the Mental Health Psychosocial Support Service (MHPSS) Amidst COVID-19 Webinar Series for DepEd Personnel, **Wellness Check**, starting on **15 May 2020 until 11 September 2020**. This webinar series can be streamed through DepEd Philippines ([www.facebook.com/DepartmentOfEducation.PH](http://www.facebook.com/DepartmentOfEducation.PH)) every Friday, 9:00 A.M. to 10:30 A.M.

The first session, **Kalma Lang, 'Ga!**, on **15 May 2020** shall cover the importance of establishing routines, identifying positive coping strategies, and maintaining work-life balance amidst the pandemic. All personnel are encouraged to ask questions related to the topics as a 40-minute Questions and Answer portion will follow the discussion of our speakers. The schedule of topics can be viewed at <http://deped.in/WellnessCheckSeries>.

For more information or suggestions, please contact Ms. Francesca Louise T. Guzman of DRRMS at [drmo@deped.gov.ph](mailto:drmo@deped.gov.ph).

Thank you in anticipation for your active participation.



**ALAIN DEL B. PASCUA**  
Undersecretary  
Chairperson, DepEd Task Force COVID-19  
Member, IATF-MEID



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**Office of the Undersecretary for Administration (OUA)**

*[Administrative Service (AS), Information and Communications Technology Service (ICTS), Disaster Risk Reduction and Management Service (DRRMS), Bureau of Learner Support Services (BLSS), Baguio Teachers' Camp (BTC), Central Security & Safety Office (CSSO)]*

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