



Republic of the Philippines  
**Department of Education**  
REGION III – CENTRAL LUZON  
SCHOOLS DIVISION OF SAN JOSE DEL MONTECITY  
PARTIDA ELEMENTARY SCHOOL

**Office of the Principal**


October 25, 2021

**School- Based Memorandum**  
**No. 35, s. 2021**

**SCHOOL LEARNING ACTION CELL**

To: Teaching Personnel  
All Other Concerned

1. This office announces the forthcoming School Learning Action Cell for Teachers on entitled: **“The Importance of Mental Health Awareness and Stress Management”** on October 28, 2021 at 1:00pm via Microsoft Teams.
2. Objectives of the sessions will be:
  - a. Promote awareness about the mental health and stress management
  - b. Increase Self Awareness and recognize adaptive vs. maladaptive behaviors, identify triggers, etc.
  - c. Be proactive to implement stress management activities for health and well-being.
3. Participants to the SLAC session will be the school head, and teachers in all grade levels. (Kinder to Grade Six)
4. See enclosure 1, 2 and 3 for the Technical Working Committee, Training Matrix and the Program.
5. 100% attendance is enjoined for all participants.
6. Immediate and wide dissemination of this memorandum is earnestly desired.

  
**CAROLYN W. OLIVEROS**  
Principal I



**Address:** Sitio Partida Brgy. Muzon, City of San Jose del Monte Bulacan  
**Official Email Add:** [162507.sjdmc@deped.gov.ph](mailto:162507.sjdmc@deped.gov.ph)  
**Contact Number:** 0917-500-5966 (call only)



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**ACTIVITY DESIGN**

- I. **TITLE:** The Importance of Mental Health Awareness and Stress Management
- II. **OBJECTIVES:**
1. Promote awareness about the mental health and stress management
  2. Increase Self Awareness and recognize adaptive vs. maladaptive behaviors, identify triggers, etc.
  3. Be proactive to implement stress management activities for health and well-being.

III. **SETTING OF ACTIVITY:**

Date and Time: October 28,2021  
1:00pm – 5:00pm  
Venue: Microsoft Teams

I. **PARTICIPANTS:**

Teachers	43
School Head	1
Total	44

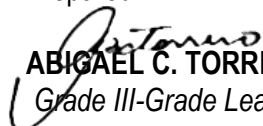
II. **BUDGETARY REQUIREMENTS**

None

VI. **SOURCE OF FUND**

None

Prepared:

  
**ABIGAEL C. TORRERO**  
Grade III-Grade Leader

Approved:

  
**CAROLYN W. OLIVEROS**  
Principal



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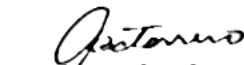
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(Enclosure 1 of School Memorandum 35 s. 2021)

**SCHOOL LEARNING ACTION CELL MATRIX**  
**“The Importance of Mental Health Awareness and Stress Management”**  
**October 28, 2021**

Time	Activities	Resource Person
1:00 – 2:30	<b>Part I - Opening Program</b> Registration National Anthem Prayer Opening Remarks Checking of Attendance	MOL for the Month of October – Grade 4
1:30 – 2:30	<b>Part II – Session Proper</b>  The Importance of Mental Health Awareness	Nurse Rahndell Ruzgal Nurse of Division
2:30 – 3:45	<b>Break Time</b>	
3:45 – 4:45	Stress Management amidst Covid-19	Mr. Nolan Ryan Vidayo
4:45 – 5:00	Awarding of Certificate Closing Remarks Closing Prayer	

Prepared:

  
**ABIGAE C. TORRERO**  
Grade III- Grade Leader

Approved:

  
**CAROLYN W. OLIVEROS**  
Principal I



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*(Enclosure 2 of School Memorandum 35 s. 2021)*

**PROGRAM**  
**The Importance of Mental Health and Stress Management**  
**October 28, 2021**

<b>Activities</b>	<b>Resource Person</b>
<b>Part I - Opening Program</b> Registration National Anthem Prayer Opening Remarks Checking of Attendance	MOL for the Month of October – Grade 4
<b>Part II – Session Proper</b>  The Importance of Mental Health Awareness  <b>Break Time</b>  Stress Management amidst Covid-19  Awarding of Certificate Closing Remarks Closing Prayer	Nurse Rahndell Ruzgal Nurse of Division    Mr. Nolan Ryan Vidayo



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*(Enclosure 3 of School Memorandum 35 s. 2021)*

**Technical Working Committee**

SLAC – October 28, 2021

**Chairman:** Abigael C. Torrero

**Members:**

Ma. Oliva DC. Gemao  
Maricel S. Tamondong  
Jenilyn T. Gojo Cruz  
Roan C. Mabazza  
Verhma I. Portento

**Management of Learning (MOL)**

SLAC – October 28, 2021

Registration	Jenny Lyn G. Royo
National Anthem	Joanne S. Santamena
CSJDM Hymn	Joanne S. Santamena
PES Hymn	Joanne S. Santamena
Prayer	Mariel G. Gojo Cruz
Checking Of Attendance	Pacita L. Lacsarum
Certificates	Luz M. Diamante
Master Of Ceremony	Marlyn M. Rodriguez

**Documentation**

Emily F. Cordero  
Ma. Teresa M. Macalino  
Violeta F. Tayaban  
Jackielyn D. Canoja  
Mariah Kristelle D. Ipio  
Liza M. Abelilla



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