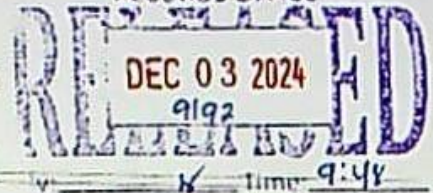




Republic of the Philippines
Department of Education
REGION I
SCHOOLS DIVISION OF DAGUPAN CITY

DepEd SDO Dagupan City
RECORDS OFFICE



Office of the Schools Division
Superintendent

Division Memorandum 509 s.2024

December 03, 2024

**Empowering Learners as School Mental Health Advocates:
Orientation on Mental Health Program for Learner Leaders**

To: Chief Education Supervisors-CID and SGOD
PSDSs of Junior and Senior High Schools
All Secondary School Heads
All others concerned

1. The Oplan Kalusugan sa DepEd (OKD) program in schools aimed to promote and provide all learners and DepEd personnel with a sustainable holistic approach towards healthier behaviours and better learning outcome.
2. In 2019, School Mental Health Program (SMHP) was added as the 6th flagship program of Oplan Kalusugan sa DepED (OK sa DepED). This focuses on the mandate of Department of Education under the recently passed Republic Act No. 11036, otherwise known as the Mental Health Act.
3. In line with this, the School Health and Nutrition Unit of the division will be conducting the **"EMPOWERING LEARNERS AS SCHOOL MENTAL HEALTH ADVOCATES: ORIENTATION ON MENTAL HEALTH PROGRAM FOR LEARNER LEADERS"** on December 14, 2024, Saturday at the 4th floor, SDO Building.
4. The 8 secondary schools shall send **5 JHS, 5 SHS learners and 1 teacher/adviser** to participate and pioneer the call to promote mental health and well-being in their respective institutions.
5. Attached is the parental consent to be signed by the parent or legal guardian of the selected learners and must be secured before the activity.
6. Attendance of the technical working groups and participants are entitled for service credits or compensatory time-off (CTO) per Civil Service Commission and Department of Budget Management Joint Circular No. 2, s.2004.
7. For your information, guidance and compliance.


ROWENA C. BANZON, EdD, CESO V
Schools Division Superintendent



Address: Burgos St., Poblacion Oeste, Dagupan City
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PARENTAL CONSENT

I/We hereby willingly and voluntarily give consent the participation of my/our son/daughter _____ in the division activity entitled, "EMPOWERING LEARNERS AS SCHOOL MENTAL HEALTH ADVOCATES: ORIENTATION ON MENTAL HEALTH PROGRAM FOR LEARNER LEADERS" on December 14, 2024, Saturday at the 4th floor, SDO Building.

I have considered the benefits that my son or daughter will derive from his/her participation in this activity provided that due care and precaution will be observed to ensure the comfort and safety of my son/daughter and that DepED employees and personnel may not be held responsible for any untoward incident that may happen beyond their control.

Signature of Father

Signature of Mother

Name of Father

Name of Mother

Signature of Guardian over Printed name

(Relationship with the Learner)

Verified by:

Teacher – Adviser

Principal/School Head



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**Empowering Learners as School Mental Health Advocates:
Orientation on Mental Health Program for Learner Leaders Advocates**
December 14, 2024
8:00AM-5:00PM

TIME	SESSION	FACILITATOR
8:00AM-8:30AM	REGISTRATION	GLORIA P. FLORES Dental Aide JEANELINE R. TRIGUE, DMD Dentist-In-Charge
8:30AM-9:00AM	NATIONAL ANTHEM	AVP
	PRAYER	JOZZANA PERALTA-BASTO Nurse II
	ROLL CALL OF PARTICIPANTS	NOREEN B. VIDAL Nurse II
	WELCOME REMARKS	THERESA P. PARAYNO, MD Medical Officer III
	MESSAGE	ROWENA C. BANZON, EdD, CESO V Schools Division Superintendent
9:00AM-10:30AM	OVERVIEW OF SCHOOL MENTAL HEALTH / WELL- BEING ASSESSMENT ACTIVITY	MARINA S. FESTEJO Nurse II
10:30AM-10:45PM	HEALTH BREAK	
10:45AM-12:00NN	COMMON MENTAL HEALTH ISSUES IN SCHOOLS (STRESS, ANXIETY, DEPRESSION)	ALJOHN PHILIP B. VIDAL, RPM Psychometrician



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12:00NN-1:00PM	LUNCH BREAK	
1:00PM-2:30PM	COMMON MENTAL HEALTH ISSUES IN SCHOOLS (SUICIDE, BULLYING)	ALJOHN PHILIP B. VIDAL, RPM Psychometrician
2:30PM-3:00PM	HEALTH BREAK	
3:00PM-4:30PM	INTRODUCTION OF SCHOOL MENTAL HEALTH REFERRAL SYSTEM	GLENN ERICKSON T. BASTO Nurse II
4:30PM-5:00PM	CLOSING REMARKS	EDILBERTO R. ABALOS, EdD CES-SGOD

NOREEN B. VIDAL & RICHARD S. BIASON
Masters of Ceremony



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