



Republic of the Philippines
Department of Education
REGION V - BICOL
SCHOOLS DIVISION OFFICE OF CATANDUANES

November 26, 2024

DIVISION MEMORANDUM
No: 616, s. 2024

CONDUCT OF GABAY- ALALAY - A PSYCHOSOCIAL ACTIVITIES FOR TEACHERS
(Keeping One's Biophysical, Social, Mental and Spiritual life Healthy)

To: Assistant Schools Division Superintendent
Chiefs, CID, and SGOD
Public Schools District Supervisors and In-Charge of the Districts
Elementary and Secondary School Heads
Concerned Teachers
All others concerned

1. Pursuant to Section 2 of Republic Act 11036 states that the state is committed to promoting mental health by ensuring its value, promotion, protection, treatment, prevention, and availability of mental health care in schools.
2. Likewise, DepEd Order No. 14 s. 2020, entitled "Guidance on Health Standards in Basic Education Officers and Schools," emphasizes the importance of mental health and psycho-social support services. The primary objective is to enhance the mental resilience of both students and personnel. Moreover, DepEd Memo No. 74 2021, the provision of mental health services in schools has been designated as a top priority.
3. Anchored on the legal bases, this office designed an innovation project for teachers in elementary and secondary titled: GABAY- ALALAY - A PSYCHOSOCIAL ACTIVITIES FOR TEACHERS (Keeping One's Biophysical, Social, Mental and Spiritual life Healthy) to be held on **December 11-12, 2024, from 7:30 a.m. to 5:00 p.m. at Victor Hall, Virac Town Center, Virac, Catanduanes.**
4. Since the activities are scheduled for Monday and Tuesday, teacher-participants are required to submit a substitution plan that must receive approval from the school principal.
5. The objectives of the activity are the following:
 - A. increase awareness regarding mental health and its significance in the workplace.
 - B. perform efficiently and effectively by making informed decisions and;
 - C. improve employee's morale through promotion of care and support.
6. The target participants in this activity are selected elementary and secondary teachers, Division Mental Health coordinators, invited resource persons, SEPS and EPS II in HRD and SocMobNet and Program Management Team. Attached to this memorandum are the enclosures for your references as follows:



San Roque, Virac, Catanduanes
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- Enclosure A- List of Teacher participants
- Enclosure B- List of Resource Persons, Division Mental Health Coordinators, SGOD personnel and program management team.

7. The venue of the training and meals of all the participants and learning facilitators shall be charged from the CY 2024 HRTD Fund. The travel expenses and other related expenses incurred by the participants shall be charged from their local funds/mooe subject to the usual accounting and auditing rules and regulations.

8. A progress report with the proponents, learning facilitators and PMT shall be held on **December 2, 2024, 9:00 at SGOD Office.**

9. For information, guidance, and compliance of all concerned.

By Authority of the OIC- Schools Division Superintendent:


ATTY. NORLITO JR. P. AGUNDAY
Attorney-III
Officer- In- Charge



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Enclosure A List of teacher Participants to the Gabay -Alalay for Teachers

1. Jessa F. Purcil
2. Dianne Fritz Manuel Zafe
3. Lani U. Masagca
4. Sheryl U. Lita
5. Nelvin D. Villamartin
6. Norway T. De Leon
7. Gelyn P. Parpan
8. Lucero, Leizl L.
9. Belen T. Lazaro
10. Glenda G. Salvador
11. Franklin S. Nazareno
12. Melody B. Climaco
13. Norilyn A. Tan
14. Rose Ghieness Romero Brusola
15. Ruby Anne S. Tabuzo
16. Ma.Cleofe B. Del Rosario
17. Doris L. Vargas
18. Maribel S. Torrestre
19. Vhego Mea Geromo Alberto
20. Zyrel G. Arcilla
21. Ian Fidel Lazaro
22. Eleanor P.Tarnate
23. Erika Mae A. Aldea
24. Sharlyn T. Taoc
25. Babelyn G.Vargas
26. Levy S. Primo
27. Marevic Z. Garcia
28. John Carlo T. Lucero
29. Ailyn A. Fernandez
30. Merly M. Piñera
31. Niña Rica Z. Parilla
32. Raquel T. Pajenago
33. Mary-Ann B. Siroma
34. Charibel P. Tapel
35. Glenda C. Subion
36. Shadel D. Eustaquio
37. Cecil L. Pavia
38. Fe G. Estor
39. Roda C. Borre
40. Alexander Yvan P. Fernandez
41. May Ann B. Tresvalles
42. Delix May L. Beraquit
43. Bernadette T. Tabor
44. Dyan Karen R. Fernandez
45. Christine Pearl C. Nimer
46. Judith Sales



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47. Ninadel S. Jimenez
48. Hazel B. Bongon
49. Joesette Ana U. Magtangob
50. Nessley T. Pant
51. Arlyn D. Cajuday
52. Jeaneper I. Tabor
53. Erly F. Teoxon
54. Myngel B. Magdaraog
55. Remy Brequillo Primo
56. Christophere S. Tapas
57. Rosemarie Buendia
58. Richelle V. Capistrano
59. Lina V. Fajardo
60. Francis Tomes
61. Rosie O. Balboa
62. Teresita T. Tiana
63. Liezl I. Manlangit
64. Teresita T. Tiana
65. Edlen T. Villamartin
66. Regine B. Trapago
67. Dindo C. Romero
68. Jonalaine V. Brillo
69. Sheila Luisa S. Arcilla
70. Melanie Matienzo Valencia
71. Ma Eva T. Abeto
72. Antonette C. Cenon
73. Jessica O. Tatad
74. Marjorie C. De Leon
75. Marites R. Villasana
76. Maritess T. Villanueva
77. Liza Alberto-Robles
78. Myrna P. Santos
79. Fe T. Balmaceda
80. Iene O. Loreca
81. Jemma R. Taroy
82. Jessel V. Vera
83. Jimmy Repatacodo
84. Marjorie C. Valenzuela
85. Grace J. Calderon
86. Eden F. Ceballo
87. Marilou V. Adona
88. Myrna Vitalicio
89. Princess Joy B. Pantaleon
90. Ronald Z. Yusores
91. Laarni G. Lara
92. Esteban V. Robles
93. Joyce Bernadeth A. Bermejo
94. Sharon Castilla



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- 95. Herchel B. Emerenciana
- 96. Mitsheline O. Surban
- 97. Mary Joy A. Taule
- 98. Rosalie T. Labrador
- 99. Marjorie Abundo
- 100. Lennie C. Tablizo



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