



Republic of the Philippines
Department of Education

NATIONAL CAPITAL REGION
SCHOOLS DIVISION OFFICE OF MUNTINLUPA CITY

Office of the Schools Division
Superintendent

MEMORANDUM

SERIES OF MENTAL HEALTH AWARENESS SEMINAR

To: OIC – Assistant Schools Division Superintendent
Chief Education Supervisor, Curriculum Implementation Division
Chief Education Supervisor, School Governance and Operations Division
Public Elementary and Secondary School Heads / OICs
All Others Concerned

1. Attached is a letter from Dr. Nicanor L. Echavez, Mental Health Coordinator, Muntinlupa City-CBMH, dated October 25, 2023, an invitation to participate on the above-mentioned title, contents of which are self-explanatory for the information and guidance of all concerned.
2. The participants to the said activity are **Grade 10 learners** identified by the school to participate in the Poster Making Contest activity, to be held on **November 9, 2023, 8:30am** onwards at the Ayala South Park activity center. To join the activity, each participant must bring a signed parent consent allowing their child to join the activity.
3. Participation of both public and private schools shall be subject to the no-disruption-of-classes policy stipulated in DepEd Order No. 9, s, 2005 entitled Instituting Measures to increase Engaged Time-on-Task and Ensuring Compliance Therewith.
4. Moreover, schools are reminded of the "No Collection and No Selling of Tickets Policy" stipulated in DepEd Order Nos. 19 and 40, s. 2008 and RA Nos. 4206 and 5546.
5. Immediate dissemination and compliance of this Memorandum is desired.


EVANGELINE P. LADINES CESO V
Schools Division Superintendent

Encl:

Reference: none

To be indicated in the Perpetual Index
under the following subjects:

MENTAL HEALT WELLNESS

GUIDANCE PROGRAM

LBP/ Series of Mental Health Wellness Seminar

363 / Oct. 17, 2023

UN-2023-363



Student Center for Life Skills Bldg., Centennial Ave, Brgy Tunasan,
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Republic of the Philippines
City Government of Muntinlupa
CITY HEALTH DEPARTMENT
COMMUNITY-BASED MENTAL HEALTH AND
WELLNESS PROGRAM



October 25, 2023

Dr. Evangeline Ladines
Superintendent
Schools Division Office- Muntinlupa City

Thru: Dr. Lilliosa Palce
Education Program Supervisor for SPED/Esp/ Guidance

Month of October is Mental Health Awareness Month with a theme "*Make Mental Health and Well-being for All, a Global Priority.*"

In lieu with the celebration, The City Government of Muntinlupa through its City Health Office – Community Based and Mental Health and Wellness Program will be holding a series of Mental Health Awareness seminar at different workplaces, schools, offices and communities.

As a highlight of the month long celebration the City Health Office- Community Based Mental Health and Wellness Program in partnership with Rotary Club of Alabang- Madrigal and 1 Munti Party will be holding a daylong mental health and wellness activities dubbed as **'BODY AND MIND WELLNESS FUNFAIR on November 9, 2023** which includes Mindfulness and Yoga, mediation session, psychological assessment (KAMUSTA NA, AYOS PA BA?), Zumba, massage and spa, including *FINANCIAL WEALTH-BEING*, among others.

As an addition in the event mentioned may we request your good office to invite selected Grade 10 pupils from different high schools in Muntinlupa to take part in the '*On the Spot Poster Making Contest* activity'.

The daylong funfair program will start at 9:00 am highlighted by the signing of Memorandum of Understanding with the City Government of Muntinlupa (CHO- CBMH), Rotary Club of Madrigal and 1 Munti Party. For information you may contact Ms. Eugenie Escutin at 09253798217.

Thank you very much and we are looking forward to have a successful and meaningful event with your office.

Respectfully yours,

Dr. Nicanor L. Echavez, MD, DPBP, FPPA
Mental Health Coordinator
Muntinlupa City-CBMH

Noted by:

Dr. Juancho H. Bunyi, MPH
Head of Office/ Department/ Unit

Venue: Ayala South Park Activity Center
Total: 20 participants, 1 Covid 10