



Republic of the Philippines
Department of Education
 NATIONAL CAPITAL REGION
 SCHOOLS DIVISION OFFICE OF MUNTINLUPA CITY

Office of the Schools Division
 Superintendent

SEP 10 2024

MEMORANDUM

CONDUCT OF WELLNESS WEDNESDAY

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

1. Attached is DepEd-NCR Memorandum No. 870 s. 2024, dated August 28, 2024, on the above-captioned title, the contents of which are self-explanatory, for the information and guidance of all concerned.
2. Particular attention is invited to paragraph 1 of the said Memorandum.
3. Immediate and wide dissemination of this Memorandum is desired.

Violeta M. Gonzales
VIOLETA M. GONZALES

Assistant Schools Division Superintendent
 Officer-In-Charge
 Office of the Schools Division Superintendent

Encl: As stated
 Reference:
 To be indicated in the Perpetual Index
 under the following subjects

/TRAININGS SCHOOLS TEACHERS ACTIVITY

320 E C E/ CONDUCT OF WELLNESS WEDNESDAY
 UN-2024-320 September 9, 2024

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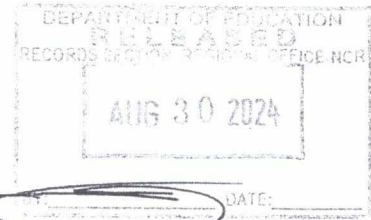


Student Center for Life Skills Bldg., Centennial Ave, Brgy Tunasan,
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 (02) 805-9935, (02) 805 - 9940
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Republic of the Philippines
Department of Education
 NATIONAL CAPITAL REGION



8600

REGIONAL MEMORANDUM

No. 870, s. 2024

To: Schools Division Superintendents
 Functional Division Chiefs
 Public Elementary and Secondary School Heads
 All Others Concerned

SDO - **SPACITY**
 August 28, 2024
RECEIVED
 9-4-24
 BY: *[Signature]*
 TIME: 8:30 am

CONDUCT OF WELLNESS WEDNESDAY

1. In reference to the attached Memorandum signed by the Undersecretary for Human Resource and Organizational Development, and Administration, the Employee Welfare Division of the Bureau of Human Resource and Organizational Development will be conducting a webinars series on different wellness dimensions from **September 5, 2024 to November 27, 2024**.
2. Interested DepEd personnel are enjoined to watch the live broadcast on DepEd Philippines Facebook page.
3. Other information and details relative to this issuance are stipulated in the attached memorandum.
4. Immediate dissemination and compliance with this Memorandum is desired.

JOCELYN DR ANDAYA
 Director IV



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Email Address: ncr@deped.gov.ph
 Website: <http://www.depedncr.com.ph>

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Republika ng Pilipinas

Department of Education

OFFICE OF THE UNDERSECRETARY

HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT

MEMORANDUM

OM-OUHROD-2024-1516

FOR : **Undersecretaries**
Assistant Secretaries
Bureau and Service Directors
Regional Directors
Schools Division Superintendents
All Others Concerned

FROM :  **WILFREDO E. CABRAL**
Regional Director
Officer-in-Charge, Office of the Undersecretary for
Human Resource and Organizational Development, and Administration

SUBJECT : **CONDUCT OF WELLNESS WEDNESDAY**

DATE : 08 August 2024

The Department of Education recognizes the integral role of its human resource as the driving force towards the achievement of quality basic education in the country. It is vital that its employees are healthy, motivated, and work under humane conditions to ensure productivity and quality of service delivery.

In order to promote a healthy lifestyle among the DepEd employees, the Bureau of Human Resource and Organizational Development (BHROD) – Employee Welfare Division (EWD) will be conducting the **Wellness Wednesday**, a webinar series on different wellness dimensions. Below is the indicative schedule of activities:

INDICATIVE DATE/TIME	PROPOSED TOPICS
September 5, 2024 8:00am – 12:00nn	Physical Well-being: “Obesity: Causes and Prevention” <i>(Proclamation No. 162, s. 1999, Declaring the first week of September as the Obesity Prevention Awareness Week)</i>
September 11, 2024 8:00am – 12:00nn	Mental Well-being: World Suicide Prevention Month: “Creating Hope Through Action” <i>(RA 11036 which mandates comprehensive suicide prevention services and a national response strategy)</i>

October 9, 2024 8:00am – 12:00nn	Mental Well-being: World Mental Health Day: “It is Time to Prioritize Mental Health in the Workplace” <i>(Proclamation No. 452, s. 1994, Declaring the Second Week of October as the National Mental Health Week)</i>
October 23, 2024 8:00am – 12:00nn	Financial Well-being: Financial Consumer Protection: Fraud and Scams prevention <i>(Proclamation No. 822, s. 1971, Declaring the last week of November as Consumers’ Protection Week)</i>
November 13, 2024 8:00am – 12:00nn	Financial Well-being: Personal Financial Management <i>(RA 10922, Declaring 2nd week of November as Economic and Financial Literacy Week)</i>
November 27, 2024 8:00am – 12:00nn	Physical Well-being: Taking Care of your Kidneys

This activity aims to:

- Raise awareness on the importance of holistic well-being by engaging personnel in different wellness activities;
- Promote a culture of well-being among DepEd employees, fostering a healthy and productive workforce; and
- Promote preventive and holistic care.

This webinar series will be live streamed on the Official DepEd Philippines Facebook page. Central Office (CO) Personnel interested in attending the webinars may pre-register through bit.ly/Reg_WellnessWednesdays or scan the QR code below:



Field Office personnel are invited to participate by watching the live broadcast on Facebook.

For more details, concerns and other clarifications, you may contact the Employee Welfare Division, at telephone number (02) 8633-7229 or email at bhrod.ewd@deped.gov.ph.

BHROD-EWD/A2M/solas