



Republic of the Philippines
Department of Education
NATIONAL CAPITAL REGION

SCHOOLS DIVISION OFFICE OF MUNTINLUPA CITY

Office of the Schools Division
Superintendent

SEP 15 2026

MEMORANDUM

OBSERVANCE OF THE TWO-DAY WELLNESS BREAK FOR TEACHERS

TO: 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. In accordance with **DepEd Order No. 009, s. 2026**, entitled *Guidelines on the Implementation of the Three-Term School Calendar in Basic Education*, a Wellness Break is provided for teachers after each term to allow them time to rest, recuperate, and attend to their personal well-being. For Term 1, the two-day Wellness Break shall be observed on September 14 to 15, 2026.
2. In this regard, all teaching personnel are reminded that the Wellness Break shall be treated as genuine period of rest. Accordingly, no meetings, training, Learning Action Cell (LAC) sessions, school activities, reporting, submissions, asynchronous deliverables, or other official work shall be required of teachers during these two days.
3. School officials and personnel are likewise encouraged to exercise care in scheduling activities immediately before and after the Wellness Break to ensure that its intended purpose is preserved.
4. For information, guidance, and strict compliance.

FOR:

VIOLETA M. GONZALES CESO VI
Schools Division Superintendent

By: **ATTY. ERNESS FAITH REGACHO-ESPANTO**
Attorney III
Officer-in-Charge

Encl.: as stated
References: as stated
To be indicated in the Perpetual Index
Under the following subjects:

WELLNESS BREAK TEACHERS OFFICIALS

ALLOASDS/WELLNESS BREAK FOR TEACHERS
373 /September 14, 2026


Re: [MEMORANDUM] Observance of the Two-Day Wellness Break for Teachers

From DEPED X NORTHERN MINDANAO <region10@depd.gov.ph>

Date Thu 9/10/2026 9:45 AM

To Publications Division <pas.pd@depd.gov.ph>; DEPED ILOCOS NORTE <ilocos.norte@depd.gov.ph>; DEPED ILOCOS SUR <ilocos.sur@depd.gov.ph>; DEPED La Union <la.union@depd.gov.ph>; DEPED PANGASINAN 1 <pangasinan1@depd.gov.ph>; DEPED PANGASINAN 2 <pangasinan2@depd.gov.ph>; DEPED ALAMINOS CITY <alaminos.city@depd.gov.ph>; DEPED BATAAC CITY <batac.city@depd.gov.ph>; DEPED CANDON CITY <candon.city@depd.gov.ph>; DEPED DAGUPAN CITY <dagupan.city@depd.gov.ph>; DEPED LAOAG CITY <laoag.city@depd.gov.ph>; sancarlos.city@depd.gov.ph <sancarlos.city@depd.gov.ph>; DEPED SAN FERNANDO CITY <sanfernando.city1@depd.gov.ph>; DEPED URDANETA CITY <urdaneta.city@depd.gov.ph>; DEPED VIGAN CITY <vigan.city@depd.gov.ph>; DEPED BATANES <batanes@depd.gov.ph>; SDO CAGAYAN <sdo.cagayan@depd.gov.ph>; DEPED ISABELA <isabela@depd.gov.ph>; NUEVA VIZCAYA <nuevavizcaya@depd.gov.ph>; quirino.depedro2@gmail.com <quirino.depedro2@gmail.com>

Cc Office of the Secretary <osec@depd.gov.ph>

Good day, This is to confirm receipt of your email. We will review its contents and respond to any concern as soon as possible.

Thank you for your patience and understanding.

Department of Education - Regional Office X

Zone 1, Upper Balulang

Cagayan de Oro City 9000

Main Line and Fax: (088) 881-3137

Payroll Section: (088) 856-1676

Learning Resources Management and Development System (LRMDS): (088) 881-3136

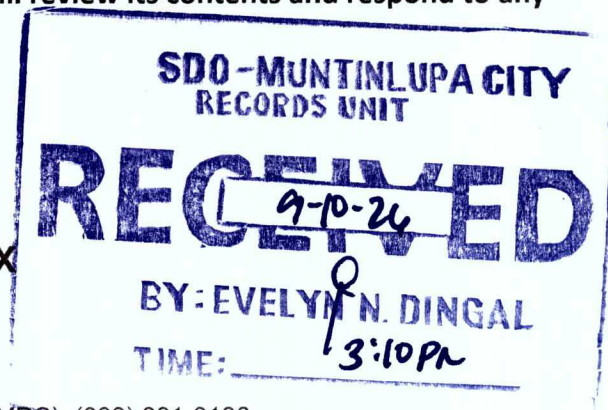
National Educators Academy of the Philippines Region X (NEAP X/Formerly RELC): (088) 880-3771

Website: r10.deped.gov.ph

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From: Publications Division <pas.pd@depd.gov.ph>

Sent: Wednesday, September 9, 2026 9:53 PM

To: DEPED ILOCOS NORTE <ilocos.norte@depd.gov.ph>; DEPED ILOCOS SUR <ilocos.sur@depd.gov.ph>; DEPED La Union <la.union@depd.gov.ph>; DEPED PANGASINAN 1 <pangasinan1@depd.gov.ph>; DEPED PANGASINAN 2 <pangasinan2@depd.gov.ph>; DEPED ALAMINOS CITY <alaminos.city@depd.gov.ph>; DEPED BATAAC CITY <batac.city@depd.gov.ph>; DEPED CANDON CITY <candon.city@depd.gov.ph>; DEPED DAGUPAN CITY <dagupan.city@depd.gov.ph>; DEPED LAOAG CITY <laoag.city@depd.gov.ph>; sancarlos.city@depd.gov.ph <sancarlos.city@depd.gov.ph>; DEPED SAN FERNANDO CITY <sanfernando.city1@depd.gov.ph>; DEPED URDANETA CITY <urdaneta.city@depd.gov.ph>; DEPED VIGAN CITY <vigan.city@depd.gov.ph>; DEPED BATANES <batanes@depd.gov.ph>; SDO CAGAYAN <sdo.cagayan@depd.gov.ph>; DEPED ISABELA <isabela@depd.gov.ph>; NUEVA VIZCAYA <nuevavizcaya@depd.gov.ph>; quirino.depedro2@gmail.com <quirino.depedro2@gmail.com>; DEPED QUIRINO <quirino@depd.gov.ph>; cauayan.depedro2@gmail.com <cauayan.depedro2@gmail.com>; CAUAYAN CITY DEPED <cauayancity@depd.gov.ph>; ilagan.depedro2@gmail.com <ilagan.depedro2@gmail.com>; DEPED CITY OF ILAGAN <ilagan@depd.gov.ph>; DEPED SANTIAGO CITY



Republic of the Philippines
Department of Education
OFFICE OF THE SECRETARY

SDO - MUNTINLUPA CITY
RECORDS UNIT

RECEIVED

9-10-26

BY: EVELYN N. DINGAL

TIME: 2:50PM

MEMORANDUM

TO : Regional Directors
Schools Division Superintendents
Public Elementary and Secondary School Heads
All Others Concerned

FROM :  **SONNY ANGARA**
Secretary

SUBJECT : Observance of the Two-Day Wellness Break for Teachers

DATE : September 8, 2026

In accordance with DepEd Order No. 009, s. 2026, titled Guidelines on the Implementation of the Three-Term School Calendar in Basic Education, a Wellness Break is provided for teachers after each term to allow them time to rest, recuperate, and attend to their personal well-being before the start of the succeeding term. For Term 1, the **two-day Wellness Break shall be observed on September 14–15, 2026.**

Regional offices, schools division offices, and schools are therefore urged to respect and protect these two days as a genuine break for teachers. **No meetings, trainings, Learning Action Cell sessions, school activities, reporting, submissions, asynchronous deliverables, or other official work shall be required of teachers during the Wellness Break.**

School heads and field officials are encouraged to exercise care in scheduling activities immediately before and after the break so that its intended purpose is preserved.

Immediate dissemination of and strict compliance with this Memorandum is directed.

JMC, M. Observance of the Two-Day Wellness Break for Teachers
0351 – September 8, 2026