



Republic of the Philippines
Department of Education
REGION III – CENTRAL LUZON
SCHOOLS DIVISION OF SAN JOSE DEL MONTE CITY
GRACEVILLE ELEMENTARY SCHOOL
BRGY. GRACEVILLE, SAN JOSE DEL MONTE CITY

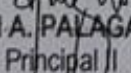
September 13, 2021

SCHOOL MEMORANDUM
No. **66** s. 2021

**Mental Health and Wellness amidst the Pandemic:
School Educator Edition Webinar**

To: Master Teachers
Grade Leaders
Teachers

1. This Office announces the conduct of Brigada Eskwela 2021 webinar entitled **Mental Health and Wellness amidst the Pandemic: School Educator Edition** on September 20, 2021, 1:00 PM-3:00 PM Via MS Teams.
2. The objectives of this webinar are the following:
 - Describe factors influencing mental health
 - list common types of mental health concerns
 - Identify steps to initiate a conversation about mental health.
3. The participants of this webinar are 1 School Head and 76 teachers of Graceville Elementary School.
4. To ensure the success of this webinar, all teachers are required to attend and fully participate in the activity.
5. Enclosed herewith are the Program Matrix and Activity Design.
6. For information and guidance of all concerned.


DIANALYN A. PALAGANAS PhD
Principal II



Brgy. Graceville, San Jose del Monte City,
(044) 307-0131
162503.sjdmc@deped.gov.ph



Republic of the Philippines
Department of Education
REGION III – CENTRAL LUZON
SCHOOLS DIVISION OF SAN JOSE DEL MONTE CITY
GRACEVILLE ELEMENTARY SCHOOL
BRGY. GRACEVILLE, SAN JOSE DEL MONTE CITY

September 13, 2021

DIANALYN A. PALAGANAS PhD
Principal II
Graceville Elementary School
Barangay Graceville, CSJDM, Bulacan

Madam:

Greetings!

This is to ask permission from your good office to allow us to conduct a Brigada Eskwela 2021 webinar entitled **Mental Health and Wellness amidst the Pandemic: School Educator Edition** to be held on the 20th day of September 2021 in our school.

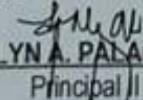
Your continuous support for the aforesaid endeavor is highly appreciated.

Thank you very much!

Very truly yours,


JOEMAR E. GALAN
FACILITATOR

Approved:


DIANALYN A. PALAGANAS PhD
Principal II



Brgy. Graceville, San Jose del Monte City
(044) 307-0131
162503.sjdmc@deped.gov.ph




Republic of the Philippines
Department of Education
REGION III – CENTRAL LUZON
SCHOOLS DIVISION OF SAN JOSE DEL MONTE CITY
GRACEVILLE ELEMENTARY SCHOOL
BRGY. GRACEVILLE, SAN JOSE DEL MONTE CITY

Mental Health and Wellness amidst the Pandemic: School Educator Edition
TRAINING MATRIX
September 20, 2021
1:00-3:00 P.M.

Time	Activity
12:30 – 1:00 pm	Opening Program Mary Grace C. Ongleo
1:00 – 1:05 pm	Introduction & ground rules Argie Rivera, DNP, MAN, RN, PMHNP-BC
1:05 – 1:30 pm	Mental Health Argie Rivera, DNP, MAN, RN, PMHNP-BC
1:30 – 2:00 pm	Self-care Assessment Exercise I Argie Rivera, DNP, MAN, RN, PMHNP-BC
2:00 – 2:30 pm	Mindfulness. Exercise II Argie Rivera, DNP, MAN, RN, PMHNP-BC
2:30 – 2:45 pm.	"Why I'm Grateful?" Exercise III Argie Rivera, DNP, MAN, RN, PMHNP-BC
2:45 – 3:00 pm.	Facts vs. Myth. Exercise IV Argie Rivera, DNP, MAN, RN, PMHNP-BC
3:00 pm.	Q & A. Evaluation Argie Rivera, DNP, MAN, RN, PMHNP-BC

Prepared:


JOEMAR E. GALAN
Teacher I/ LAC Facilitator

Approved:


DIANALYN A. PALAGANAS PhD
Principal II



Brgy. Graceville, San Jose del Monte City,
(044) 307-0131
162503.sjdmc@deped.gov.ph



Republic of the Philippines
Department of Education
REGION III – CENTRAL LUZON
SCHOOLS DIVISION OF SAN JOSE DEL MONTE CITY
GRACEVILLE ELEMENTARY SCHOOL
BRGY. GRACEVILLE, SAN JOSE DEL MONTE CITY

**Mental Health and Wellness amidst the Pandemic: School Educator Edition
Webinar**
September 20, 2021

PROGRAMME

I. Opening Program

Patriotic Song.....	Emel S. Escobido
Prayer	Leilani Armamento
Welcome Remarks.....	Dianalyn A. Palaganas PhD

II. Training Proper

Introduction & ground rules	Argie Rivera, DNP, MAN, RN, PMHNP-BC
Mental Health	Argie Rivera, DNP, MAN, RN, PMHNP-BC
Self-care Assessment Exercise I	Argie Rivera, DNP, MAN, RN, PMHNP-BC
Mindfulness. Exercise II	Argie Rivera, DNP, MAN, RN, PMHNP-BC
"Why I'm Grateful?" Exercise III	Argie Rivera, DNP, MAN, RN, PMHNP-BC
Facts vs. Myth. Exercise IV	Argie Rivera, DNP, MAN, RN, PMHNP-BC
Q & A. Evaluation	Argie Rivera, DNP, MAN, RN, PMHNP-BC

III. Closing Program and Awarding of Certificates..... Dianalyn A. Palaganas PhD

MARY GRACE C. ONGLEO

Master of Ceremony



Brgy. Graceville, San Jose del Monte City
(044) 307-0131
162503.sjdmc@deped.gov.ph



Republic of the Philippines
Department of Education
REGION III – CENTRAL LUZON
SCHOOLS DIVISION OF SAN JOSE DEL MONTE CITY
GRACEVILLE ELEMENTARY SCHOOL
BRGY. GRACEVILLE, SAN JOSE DEL MONTE CITY

ACTIVITY DESIGN

I. Title of the Activity

Mental Health and Wellness amidst the Pandemic: School Educator Edition Webinar

II. Objectives:

The objectives of this training-workshop are the following:

- Describe factors influencing mental health
- list common types of mental health concerns
- Identify steps to initiate a conversation about mental health.

III. Setting of the Activity:

a. Venue: Via MS Teams

b. School Date and Time: September 20, 2021 1:00 PM - 3:00 PM

c. Participants:

Teachers.....	76
Principal.....	1
Total.....	77

IV. Budgeting Requirements:

N/A

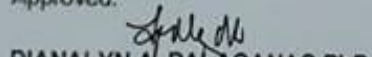
V. Budget Source:

N/A

Prepared by:


JOEMAR E. GALAN
Facilitator

Approved:


DIANALYN A. PALAGANAS PhD
Principal II



Brgy. Graceville, San Jose del Monte City
(044) 307-0131
162503.sjdmc@deped.gov.ph