



Republic of the Philippines
Department of Education
Region III
Schools Division of Angeles City



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January 25, 2024

In compliance with DepEd Order (DO) No. 8, s. 2018
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RAC 'N TALK

The Rotary Club of RCDM Scholars is a civic organization under the umbrella of Rotary International District 3810.

This year the Rotary Club of RCDM Scholars and the Rotary Club of Downtown Manila in partnership with #*Mental HealthPH* and other distinguished partners will have a project called "**RAC 'N TALK**" – a podcast series that aims to educate the minds of young Filipinos on enhancing their knowledge and improve resilience on professional growth and career development in the different platforms.

With this, the students from the Division of Angeles City, both public and private are invited to listen to the said podcast.

For any questions and concerns feel free to contact this email address: rcdmscholar@gmail.com/johnchristian.arrogante.gs@ust.edu.ph/ or message this Mobile/Viber/WhatsApp number; 09219603835.

Attached is the letter from the Project Head, RAC 'N Talk, and Hope Creating President for reference and guidance.

ELM/SGOD-Chief/January 25, 2024 *W*



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ROTARACT CLUB OF RCDM SCHOLARS

Rotary International District 3810

Sponsored by the Rotary Club of Downtown Manila

Address: 502--503 Malate Crown Plaza San Andres St, cor
Adriatico, Manila, Philippines

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Rotaract 
Club of RCDM Scholars

CREATE HOPE
in the WORLD

January 19, 2024

ENGR. EDGARD C. DOMINGO, PhD, CESO V

Schools Division Superintendent
Schools Division Office of Angeles City
Jesus St., Brgy. Pulungbulu, Angeles City

Greetings from Rotary!

The **Rotaract Club of RCDM Scholars** is a civic organization under the umbrella of **Rotary International District 3810** consisting of college students who graduated with honorable distinctions in high school in the National Capital Region (NCR). The organization has been an excellent avenue for youth to develop their professional and leadership skills. Along with the **Rotary Club of Downtown Manila**, it has been actively engaged in youth development and recognition with its programs, "Tribute to Valedictorians" and "Tribute to Highest Honors," which recognize the academic excellence of students from NCR. Also, the club organized the "RACJourn," which is a journalism competition of the campus journalists in NCR. Aside from the abovementioned activities, the clubs are connected in doing community projects for long-term developments and sustainable communities through the vision "**Fellowship Through Service**".

This year, the **Rotary Club of Downtown Manila**, and the **Rotaract Club of RCDM Scholars**, in partnership with **#MentalHealthPH** and other distinguished partners, will have a project called "**RAC 'N Talk**" which is a podcast series that aims to educate the minds of young Filipinos on enhancing their knowledge and improve resilience on professional growth and career development in different digital platforms. For this inaugural season of the project, our theme is "**Hope for Mental Health**," which caters to discussions on different aspects of mental health and mental well-being. It has been the response of the clubs on this year's Rotary theme, "**Create Hope in the World**," which calls on creating hope by working on the peace process and improving- mental health. This emphasizes the importance of mental health and increases awareness to the public, which shall give an integral view of one's overall health and make it more accessible to the public. It is also one action to prevent the increasing suicide rates among Filipinos, which ignited the news headlines recently.

We would like to invite and encourage the students from the Division of Angeles City, both public and private, to listen to our podcast, especially the episode about the mental health spaces on schools and workplaces. Other than that, the teachers, parents, administrators, and other stakeholders are encouraged as well to engage in our podcast series. This will aim to increase awareness on the stakeholders in making the workspaces in learning and professional world to be conducive on our mental health and mental wellbeing and take steps on mental wellness. It also prepares the students to be resilient in the upcoming challenges toward professional growth and development. Aside from the podcast, there are also surprising activities for participants that they enjoy.

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We are requesting your good office to disseminate our invitation to the schools under your jurisdiction to spread awareness of the stakeholders in championing the cause of mental health. This podcast is free and now readily available through Facebook, YouTube, Spotify and other leading platforms. Right now, the first episode of our platform is currently streaming on our platforms. To stream with our platforms, it can be viewed on the following links:

- Facebook: <https://www.facebook.com/RACRCDMScholars/videos/374440098532272>
- Youtube: <https://youtu.be/PSIOcTD3FgM?si=j1SJSoytNGwaGH1H>
- Spotify: <https://open.spotify.com/episode/6rLYsNvADWWhrHk4Vhq3gog...>

For more updates about the podcast and upcoming club activities, we encourage you to follow us on our social media pages:

- Facebook: www.facebook.com/RACRCDMScholars
- Youtube: RCDM Scholars
- Instagram: [rcdmscholar](https://www.instagram.com/rcdmscholar)
- Spotify: RCDM Scholars

Attached hereby is the sample publicity materials for this project and brief details of the upcoming episode of the podcast.

For any questions and concerns, feel free to contact us on our email: rcdmscholar@gmail.com /johnchristian.arrogante.gs@ust.edu.ph/ or call or message us through Mobile/Viber/WhatsApp number: 09219603835/John Christian Arrogante or 09682236637/Kailah Kristianne P. Rosario.

We look forward for your positive response on our request. Thank you and God bless!

Yours in Rotary Service,


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RAC 'N Talk Presents Hope for Mental Health Podcast Series

Ep.	Tentative Topic	Brief Description	Prospective Speaker	Target Date Release
1	Mental Health in Overall Health and #MentalHealthPH Advocacies and Programs	Discussion about the general aspects of mental health, how and why it is important in taking care of overall care and wellness, correction of some misconceptions on mental health. This also discusses the programs and advocacies of MentalHealthPH championing the cause of Mental Health in the Philippines.	Roy O. Dahildahil, Executive Director, #MentalHealthPH	Released
2	Help by Non-Professionals to Struggling	Discuss on how one's ordinary person can help a struggling individual on mental illness avoiding the possible harm.	Azie Marie Libanan, Deputy Director for Community and Organizational Development, #MentalHealthPH	January 31, 2024
3	Mental Health in Educational Institutions	Discussion on making the schools to be conducive in caring and maintaining space for mental wellness. Also, helping students in coping up with different challenges faced on schools to maintain mental health and wellness	Azie Marie Libanan, Deputy Director for Community and Organizational Development, #MentalHealthPH Janice T. Ocray, Director, Counseling and Career Center, University of Santo Tomas	February 14, 2024

*Other upcoming episodes are to be determined and undergoing study process. Announcements will be done through the social media pages above.

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Sample Publicity Materials

Rotary 
Club of Downtown Manila

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RAC 'N
TALK 

RAC 'N TALK *presents* HOPE FOR *Mental Health*



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PARTNERSHIP

Message us:

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HOPE FOR

Mental Health

Episode 1: Mental Health in Overall Health and
#MentalHealthPH Advocacies and Programs



ROY O. DAHILDAHIL

Executive Director

#MentalHealthPH

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#MentalHealthPH

