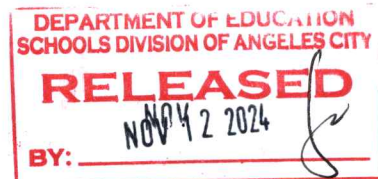




Republic of the Philippines
Department of Education
REGION III
SCHOOLS DIVISION OFFICE OF ANGELES CITY



11 November 2024

DIVISION MEMORANDUM

No. 423, s.2024

MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT (MHPS) SUMMIT

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Public Schools District Supervisors
Heads of Public Secondary Schools
All Other Concerned

1. Please be informed of the attached Regional Memorandum No. 754, s. 2024 entitled "MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT (MHPS) SUMMIT".
2. For reference, guidance, and compliance.

ENGR. EDGARD C. DOMINGO PhD, CESO V
Schools Division Superintendent

Encl.: As stated

Reference:

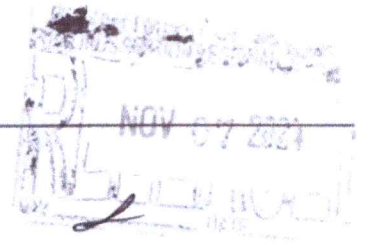
To be indicated in the Perpetual Index
under the following subjects:

MENTAL HEALTH LEARNERS
PSYCHOSOCIAL SUPPORT

CSM/YFU/November 08, 2024



Republic of the Philippines
Department of Education
REGION III-CENTRAL LUZON



MEMORANDUM

No. 473, s. 2024

MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT (MHPS) SUMMIT

To: Schools Division Superintendents) Division of Angeles City
) Division of City of San Fernando
) Division of Mabalacat city
) Division of Pampanga
Chiefs, School Governance and Operations Division (SGOD)
Division Learner Formation Coordinators
Public and Private Secondary School Heads
All Others Concerned

1. Pursuant to DepEd Memorandum No. 074 s, 2021 titled "Inclusion and Promotion of Mental Health in all DepEd Events and Programs", DepEd is mandated to prioritize the promotion and protection of the mental health resilience and general welfare of all its learners.
2. The Department of Education (DepEd) Regional Office III is committed raise awareness on mental health issues, identify and provide support and services for individuals at risk including referral mechanisms of individual with metal health conditions to treatment and psychosocial support.
3. The DepEd Region III through the Education Support Services Division (ESSD) shall conduct the Mental Health and Psychosocial Support (MHPS) Summit with the theme "Mind Matters: Embracing Self-Care in Everyday Life" on December 05, 2024 in University of Assumption, City of San Fernando, Pampanga.
4. The activity aims the following.
 - 4.1 Educate learners about mental health issues including prevalence, signs, and the importance of early intervention;
 - 4.2 Facilitate open discussions to destigmatize mental health and encourage sharing of personal experiences and coping strategies;
 - 4.3 Strengthen networks among mental health professionals, community organizations, and stakeholders to foster collaborative support systems;
 - 4.4 Provide psychosocial activities, practical techniques and resources that learners can use to manage their mental health and support others; and
 - 5.5 Collaborate to create specific, measurable action plans that learners can implement in their schools and communities.
5. Relative to this activity, the Schools Division Offices (SDOs) in the province of Pampanga through the Division Learner Formation Coordinators shall identify 350 JHS/SHS learners and 40 chaperones (DLFCs/Non-Teaching) to represent their



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respective SDO. In addition, allotted learner participants per SDO shall include the learner-performers in Himigsayawitan.

6. To add excitement to this activity, as a form of psychosocial support there will be a Himigsayawitan Contest. The DLFCs are requested to submit the Himigsayawitan Entry Form on or before November 15, 2024 using the attached template via this link: <https://tinyurl.com/MHPS-Himigsayawitan-entry>. Enclosed is the guidelines and mechanics for reference.

7. Travel expenses, other incidental expenses and material expenses relative to this activity shall be charged against local funds and/or school MOOE subject to the usual government accounting and auditing rules and regulations.

8. For clarifications and inquiries, you may directly coordinate with Dr. Ginno Jhep A. Pacquing, Project Development Officer IV via email address at ginnojhep.pacquing@deped.gov.ph

9. For information and compliance.



RONNIE S. MALLARI, PhD, CESO V
OIC-Regional Director

Encl.: As stated
References: None
To be indicated in the Perpetual Index
under the following subjects:
MHPS SUMMIT
HIMIGSAYAWITAN
ESSD 1/spp1
November 04, 2024

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To send feedback
regarding any of
our services,
kindly scan the
QR Code.



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Guidelines and Mechanics

MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT (MHPS) THROUGH HIMIGSAYAWITAN

The Himigsayawitan is a form of psychosocial support and a pioneering initiative that aims not only to enhance learners' dancing and musical skills but also support their mental health, overall well-being, and holistic development. Recognizing their innate talents and abilities in dancing and music that transcend cultural appreciation. Thus, this activity aspires to create a deep emotional resonance and forge connections and interactions among learners across the region that go beyond mere words.

Theme: Sama-Samang Himig, Saya at Awit sa Diwa ng Pasko para sa Matatag na Mag-aaral”

Target Participants: Junior High School or Senior High School or Combination of both

Target Date: December 05, 2024

Venue: University of Assumption, City of San Fernando, Pampanga

Guidelines and Mechanics

1. Participants are bona-fide learners of DepEd Public/Private Schools in the Province of Pampanga: (SDO Pampanga, SDO City of Angeles, SDO Mabalacat City and City of San Fernando City).

- 1.1 Each SDO in the province of Pampanga shall submit three (3) entries.
- 1.2 Each group/entry shall not exceed 40 members and minimum of 25 members.
2. The performance must be an original work of the participants and all rights including copy rights of the entry must be exclusively owned by the participants.
3. The lyrics must be in Filipino or English or a combination of both. Vulgar words are not allowed.
4. Performance shall not exceed five (5.0) minutes, including intro and extro.
5. The Board of Judges shall be in complete control of the competition; their decision shall be final and irrevocable.



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Criteria

Criteria	Percentage
Relevance to the theme <i>The all aspects of the performance significantly relate to the theme</i>	5%
Clarity of Lyrics, Music and Tune Lyrics are syntactically and grammatically correct, while allowing for colloquial expressions and artistic language use. Performer(s) makes the song their own and present a strong stylistic interpretation, incorporating dynamics & expressive musical feeling. Good articulation, rhythm accuracy, audibility, and voice projection.	25%
Originality and Creativity The performance is unique, unconventional and engage the audience in the (story) performance in a creative manner.	25%
Choreography and Timing The performance executed surprising, authenticity of choreography, synchronization, stage presence, engage audience with showmanship and protection.	25%
Props and Costume The materials/ equipment used and attire of the performers must be appropriate to the theme of the routine/performance.	20%
Total	100%

Cash Prize

The winner shall receive the following.

- 1st place winner – Php. 30,000.00 and plaque
- 2nd place winner – Php. 25,000.00 and plaque
- 3rd place winner – Php. 20, 000.00 and plaque
- 4th place winner- Php. 15,000.00 and plaque
- 5th place winner- Php. 10, 000.00 and plaque

(7) Consolation prize Php. 5,000.00 each group



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Department of Education
 REGION III-CENTRAL LUZON

ENTRY FORM

HIMIGSAYAWITAN

“Sama-Samang Himig, Saya at Awit sa Diwa ng Pasko para sa Matatag na Mag-aaral”

Division: _____

School Head: _____

Coaches/Trainers: _____

School: _____

Name	Grade Level
1	
2	
3	
4	
5	
6	
n	

Prepared by:

 Division Learner Formation Coordinator

Recommending Approval:

 Chief, SGOD

Approved:

 Schools Division Superintendent



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