



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

21 OCT 2025

DIVISION MEMORANDUM

No. 358 , s. 2025

MENTAL HEALTH WELLNESS ACTIVITIES FOR DIVISION PERSONNEL

To: Assistant Schools Division Superintendent
Chief Education Supervisors
All Division Personnels

1. In line with the Department of Education's commitment to promote mental health and wellness among its personnel, and in observance of the World Mental Health Awareness Month, the Schools Division Office of Angeles City, through the School Governance and Operations Division – School Health and Nutrition Unit (SHNU), will conduct **Mental Health Wellness Activities** on **October 27–29, 2025**.

2. The observance aims to:

- 2.1 Strengthen awareness and understanding of mental health among division personnel
- 2.2 Encourage self-care and psychosocial support practices in the workplace
- 2.3 Foster a mentally healthy and supportive office environment

3. The schedule activities are as follows:

Day 1 – October 27, 2025

Activity: “Draw Your Emotions”

Description: A creative and reflective activity that allows division personnel to express their emotions through art, promoting emotional awareness, self-expression, and relaxation.

Day 2 – October 28, 2025

Activity: “Gratitude Day”

Description: Division personnel will express appreciation through written messages or notes, fostering a positive mindset and promoting a culture of gratitude, kindness, and connection in the workplace.

Day 3 – October 29, 2025

Activity: “Picture It: Mentally Healthy Office”

Description: Each unit or office will present a photo showcasing their advocacy for a mentally healthy and supportive work environment, highlighting teamwork, creativity, and wellness initiatives.



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4. All division personnel are encouraged to actively participate in the scheduled activities that will be facilitated by the School Health & Nutrition Unit.
5. Immediate and wide dissemination of and strict compliance with this Memorandum are earnestly desired.

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

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

MENTAL HEALTH DIVISION PERSONNEL

NURSE/JDungca/Oct 21,2025