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

12 Oct 2026

DIVISION MEMORANDUM
No. 387 **, s. 2026**

To: Assistant Schools Division Superintendent
Chief, CID and SGOD
School Heads (Public Elementary and Secondary)
All Others Concerned

DIVISION TRAINING ON PROMOTING MENTAL HEALTH AND WELL-BEING AMONG EDUCATORS

1. The Schools Division Office of Angeles City is committed to creating a workplace where the **mental health, well-being, and welfare of personnel are valued and supported**. Through responsive programs and initiatives, the Division aims to strengthen resilience, promote a culture of care, and provide a safe and supportive environment where personnel can thrive and effectively fulfill their roles.

2. In line with this commitment, the SDO Angeles City, through the Human Resource Development Unit (HRDU) of the School Governance and Operations Division (SGOD**)**, shall conduct the **Division Training on Promoting Mental Health and Well-Being Among Educators** on October 14-16,2026; 8:00 a.m. -5:00 p.m. at the Gabaldon Bldg. Pulungbulu Angeles City.

3. Specifically, the training aims to:

a. deepen participants' understanding of mental health and mental wellness and their importance in sustaining personal and professional well-being;
b. recognize the signs and indicators of stress, burnout, and compassion fatigue and understand their possible effects on educators' well-being, relationships, and work performance;
c. equip participants with practical strategies for managing stress, strengthening emotional resilience, and maintaining healthy work-life practices;
d. promote a culture of care, empathy, respect, psychological safety, and mutual support within the school and workplace; and
e. develop practical individual and workplace-based wellness actions that can help sustain the mental health and well-being of educators.

4. The participants to this training shall include all **school heads, school councilor associates, public schools district supervisors, school based PDO I, PDO I- Youth Formation Unit, EPS- in charge of ALS, EPS II- ALS and ALS teachers.** In case of replacement, the identified participants shall inform the **SGOD-HRD Unit** before the scheduled training. Also, they are required to submit a letter of intent on or before **October 12, 2026.**

5. Expenses relative to the conduct of the activity shall be charged against **2026 HRTD Funds**, subject to the usual accounting and auditing rules and regulations.

6. Immediate and wide dissemination of this Memorandum is earnestly desired.

[redacted]
Digitally signed by Edgard C. Domingo
Date: 2026.10.12 09:49:14 +08'00'

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

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

PERSONNEL TRAINING
MENTAL HEALTH PROGRAM

AGG/SEPS/Oct.12, 2026

Republic of the Philippines

Department of Education

REGION III

SCHOOLS DIVISION OFFICE OF ANGELES CITY

NO	NAME	FUNCTIONAL DIVISION UNITS
1	DINCOL, ARNEL R.	OSDS
2	DE LUNA, JOSHUA P.	OSDS
3	GONZALES, RAYMOND I.	OSDS
4	CHIN, ROSALIE G.	OSDS
5	MONTES, CAROLINE L.	OSDS
6	DELA CRUZ, LOVELY JOY B.	OSDS
7	DAVID, DELMA CHRISTLE C.	OSDS
8	ARONCE, SHERWIN C.	OSDS
9	TORRES, JAYSON S.	CID
10	BATUL DONNA MAE S.	SGOD