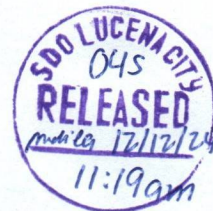




Republic of the Philippines
Department of Education
REGION IV-A CALABARZON
SCHOOLS DIVISION OF LUCENA CITY



11 December 2024


DIVISION MEMORANDUM

No. 340, s. 2024

CORRIGENDUM TO DM 325, s. 2024 TITLED POSTER MAKING CONTEST ON MENTAL HEALTH 2024

TO: OIC – Asst. Schools Division Superintendent
Chief Education Supervisors – SGOD & CID
Unit Heads
EPSs and PSDSs
Public Elementary and Secondary School Heads
All Others Concerned

1. Relative to Division Memorandum No. 325 s. 2024 dated November 28, 2024, this office announces the extension of submission of entry for **POSTER MAKING CONTEST ON MENTAL HEALTH 2024** is **on or before December 13, 2024, until 3:00 pm.**
2. All others provisions of the said memorandum shall remain in effect.
3. For queries, clarification, and other related concerns, you may contact **Carlo Joseph V. Castillo**, School Mental Health focal person and **Julie Carmel U. La Rosa**, Alternate School Mental Health focal person, Nurse II at SGOD – School Health and Nutrition Section, at DepEd Lucena Direct Lines (042) 660-4471/ (042)421-4161/421-4162/421-5137 local 252.
4. Immediate dissemination of this Memorandum is desired.


SUSAN DL. ORIBIANA
Schools Division Superintendent



Encl: As stated

Reference: Division Memorandum No. 325, s. 2024

SGOD/SH / CJVC /
170 / 12/11/2024

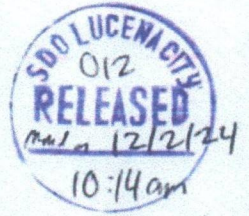
DM – CORRIGENDUM TO DM 325 s. 2024 TITLED POSTER MAKING CONTEST ON MENTAL HEALTH 2024



Address: Lucena West I ES Compound, M.L. Tagarao St. Brgy. Ilayang. Iyam, Lucena City
Contact Nos.: (042) 421-4161/421-4162/421-5137
Email Address: lucena.city@deped.gov.ph
Website: depedlucena.com



Republic of the Philippines
Department of Education
REGION IV-A CALABARZON
SCHOOLS DIVISION OF LUCENA CITY



28 November 2024

DIVISION MEMORANDUM

No. 32-S, s. 2024

POSTER MAKING CONTEST ON MENTAL HEALTH 2024

TO: OIC – Asst. Schools Division Superintendent
Chief Education Supervisors – SGOD & CID
Unit Heads
EPSs and PSDSs
Public Elementary and Secondary School Heads
All Others Concerned

1. Relative to Division Memorandum No. 214, s. 2024 titled, *MENTAL HEALTH OBSERVANCES 2024*, the School Division Office of Lucena City announces the **POSTER MAKING CONTEST ON MENTAL HEALTH 2024** to showcase the talent and creativity of the learners. Deadline of submission of entries is **on or before December 11, 2024, until 3:00 pm.**

2. The theme for the commemoration is *"It is time to Prioritize Mental Health in the Workplace."* By joining the observances, DepEd brings together stakeholders and enjoins them to take part in ensuring the mental health and wellbeing of all personnel, learners and others concerned both in schools and physical/online workplace.

3. Target participants of the aforementioned activity are the 45 public elementary and 14 secondary students.

4. Attached are the Mechanics of the contest as well as the criteria for judging.

5. For queries, clarification, and other related concerns, you may contact **Carlo Joseph V. Castillo**, School Mental Health focal person and **Julie Carmel U. La Rosa**, Alternate School Mental Health focal person, Nurse II at SGOD – School Health and Nutrition Section, at DepEd Lucena Direct Lines (042) 660-4471/(042) 421-4161/421-4162/421-5137 local 252.

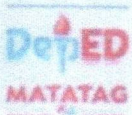
6. Immediate dissemination of this Memorandum is desired.

SUSAN D. ORIBIANA
Schools Division Superintendent

Encl: As stated

Reference: Division Memorandum No. 214, s. 2024

SGOD/SH / CJVC / DM – Poster Making Contest on Mental Health 2024
133 / 11/28/2024



Address: Lucena West I ES Compound, M.L. Tagarao St. Brgy. Ilayang. Iyam, Lucena City
Contact Nos.: (042) 421-4161/421-4162/421-5137
Email Address: lucena.city@deped.gov.ph
Website: depedlucena.com

Mechanics for Poster Making Contest

**Note: All entries must be aligned with theme of the celebration of Mental Health
"It is time to Prioritize Mental Health in the Workplace."**

1. The contest is open to 45 public elementary and 14 secondary schools of DepEd SDO Lucena City. Strictly one (1) participant per school.
2. Poster should be in 1/4 sized illustration board; the piece shall be illustrated in freehand. (traditional)
3. Any medium is allowed (regular/colored/graphite pencils, crayons, sketch pens, oil pastels, watercolor, etc.)
4. Moreover, information details of the participants shall be at the back of the illustration board with the following format:

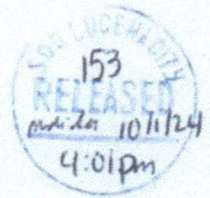
Name of Contestant: _____
Grade/Year Level: _____
Name of School: _____
School Mental Health Coordinator: _____

5. All entries shall be submitted through Online Document Management System (ODMS) to the Records Section before submitting to the SGOD office. Deadline for submission of entries is on or before December 11, 2024, until 3:00pm and look for Ms. Maurine Villanueva, COS – SBFP.
7. Announcement of winners will be posted to DepEd Tayo Lucena City Facebook Page. Winners will be given certificates, tumblers, and cash prizes while all the participants shall be given certificates of recognition and tumblers.

CRITERIA FOR JUDGING:	
RELEVANCE TO THE THEME	25%
ORIGINALITY	25%
CREATIVITY	20%
COLOR HARMONY	15%
VISUAL IMPACT	15%
TOTAL	100%



Republic of the Philippines
Department of Education
REGION IV-A CALABARZON
SCHOOLS DIVISION OF LUCENA CITY



DIVISION MEMORANDUM

No. 214, s. 2024

30 September 2024

MENTAL HEALTH OBSERVANCES 2024

TO: OIC – Asst. Schools Division Superintendent
Chief Education Supervisors – SGOD & CID
Unit Heads
EPSs and PSDSs
Public Elementary and Secondary School Heads
All Others Concerned

1. Pursuant to Memorandum OM-OUOPS-2024-09-06964, *Mental Health Observances 2024*, Republic Act 11036, also known as the Mental Health Act, mandates the Department of Education (DepEd) to pursue strategies for mental health promotion in basic education. Through the Bureau of Learner Support Services - School Health Division (BLSS - SHD), offices and schools are encouraged to commemorate the following observances:

a. **World Mental Health Day (WMHD) on October 10, 2024**

- As announced by the World Federation for Mental Health (WFMH), this year's theme is "It is time to Prioritize Mental Health in the Workplace".

b. **National Mental Health Week (NMHW) on the 2nd Week of October**

- Exact theme TBA.

2. By joining the observances, DepEd brings together stakeholders and enjoins them to take part in ensuring the mental health and wellbeing of all personnel, learners, and others concerned both in schools and physical/online workplace.

3. References and materials to be used for the observances will be uploaded and may be accessed at <https://www.deped.gov.ph/2024/09/30/mental-health-observances-2024/>. Recommended activities for the observances are:

- a. **Promotion initiatives during flag ceremonies and other activities.** In flag ceremonies and other activities, as applicable, offices and schools are invited to include simple initiatives to increase awareness about the observances. These initiatives may be prayers for mental health, community singing, and promotion of mental health hotlines, as appropriate.
- i. Personnel and learners are invited to sing and dance to the **mental health song**, available in the provided link.
 - ii. **Mental health prayers** will also provide in the link.
 - iii. The Bureau of Human Resource and Organizational Development - Employee Welfare Division (BHROD - EWD) will be releasing an



Address: Lucena West | ES Compound, M.L. Tagarao St. Brgy. Ilayang, Iyam, Lucena City
Contact Nos.: (042) 421-4161/421-4162/421-5137
Email Address: lucena.city@deped.gov.ph
Website: depedlucena.com

- updated directory of Mental Health Support/Hotlines which may also be shared during activities.
- b. **Social Media initiatives.** Offices and schools are invited to maximize their respective social media platforms in promoting messages about mental health.
 - i. **Informative cards** for the observances will be uploaded in the link. These will be shared in official DepEd Philippines Facebook page. Schools are encouraged to share this with their respective Facebook pages for wider reach.
 - c. **Display of physical information materials.** Offices and schools are invited to print and display the collaterals related to the observances.
 - d. **Activities for socialization during breaks.** Teachers are encouraged to facilitate activities that promote socialization or positive behavior among learners during classroom breaks or before classes. These may be as simple as giving learners encouraging notes, journaling or encouraging random act of kindness.
 - e. **Learning session for personnel**
 - i. The BHRD-EWD has organized the **Wellness Wednesday, a webinar series** that tackles different wellness dimensions. Personnel are encouraged to watch the Facebook live broadcast which will be streamed on the Official DepEd Philippines Facebook Page.
 - f. Folders accessible through the provided link above will be updated by the School Division Office/ services as resources become available.
 - g. Those posting online about the observances are strongly encouraged to use the hashtags:

General:	#MentallyHealthyDepEd #OplanKalusuganSaDepEd #OKSaDepEd
WSPD specific:	#StartTheConvention #WorldSuicidePreventionDay #WSPD2024
WMHD specific:	#WHMD2024 #WorldMentalHealthDay
NMHW specific:	#NMHW2024 #NationalMentalHealth

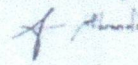
Reports on the conduct of activities will be submitted thru google drive

Subsequent announcements related to the observances shall be made through separate issuances or correspondences from the BLSS.

4. For queries, clarification, and other related concerns, you may contact **Carlo Joseph V. Castillo**, School Mental Health focal person and **Julie Carmel U. La Rosa**, Alternate School Mental Health focal person, Nurse II at SGOD – School Health and Nutrition Section, at DepEd Lucena Direct Lines (042) 660-4471. 421-4161 local 252.

5. Immediate dissemination of this Memorandum is desired.

SUSAN DL. ORIBIANA
Schools Division Superintendent



Enclosure: As stated

Reference: Memorandum OM-OUOPS-2024-09-06964

SGOD/SH / CJVC / DM - Mental Health Observances 2024
133 / 09/30/2024



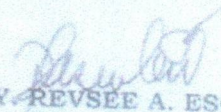
Republika ng Pilipinas
Department of Education

OFFICE OF THE UNDERSECRETARY FOR OPERATIONS

MEMORANDUM

OM-OUOPS-2024-04-06-04

TO : Undersecretaries
Assistant Secretaries
Minister, Basic, Higher, and Technical Education, BARMM
Bureau and Service Directors
Regional Directors
Schools Division Superintendents
Public and Private Elementary and Secondary School Heads
All Others Concerned

FROM :  **ATTY. REVSEE A. ESCOBEDO**
Undersecretary for Operations

SUBJECT : **MENTAL HEALTH OBSERVANCES 2024**

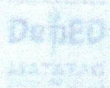
DATE : August 27, 2024

Republic Act 11036, also known as the Mental Health Act, mandates the Department of Education (DepEd) to pursue strategies for mental health promotion in basic education. Through the Bureau of Learner Support Services - School Health Division (BLSS SHD), offices and schools are encouraged to commemorate the following observances:

1. **World Suicide Prevention Day (WSPD) on September 10, 2024**
 - a. The International Association for Suicide Prevention (IASP) has provided "Changing the Narrative on Suicide" as the triennial WSPD theme for 2024-2026
2. **World Mental Health Day (WMHD) on October 10, 2024**
 - a. As announced by the World Federation for Mental Health (WFMH), this year's theme is "It is Time to Prioritize Mental Health in the Workplace"
3. **National Mental Health Week (NMHW) on the 2nd week of October**
 - a. Exact theme TBA.

By joining the observances, DepEd brings together stakeholders and enjoins them to take part in ensuring the mental health and wellbeing of all personnel, learners, and others concerned both in schools and physical/online workspaces.

References and materials to be used for the observances will be uploaded and may be accessed at https://bit.ly/DepEd-SMHP_2024MHObservances. Recommended activities for the observances are:



Room 101, Main Building, DepEd Complex, Alabang, Muntinlupa City 1520
Telephone Nos.: (02) 8611-4213; (02) 8631-8402
Email Address: ouops@deped.gov.ph | Website: www.deped.gov.ph

Doc. Ref. Code	OM-OUOPS	Rev.	01
Effectivity	2024-08-27	Page	1 of 1



1. **Promotion initiatives during flag ceremonies and other activities.** In flag ceremonies and other activities, as applicable, offices and schools are invited to include simple initiatives to increase awareness about the observances. These initiatives may be prayers for mental health, community singing, and promotion of mental health hotlines, as appropriate.
 - a. Personnel and learners are invited to sing and dance to the **mental health song**. The video, audio, and the lyrics of the song can be found in the provided link.
 - b. **Mental health prayers** will also be in the provided link.
 - c. The Bureau of Human Resource and Organizational Development – Employee Welfare Division (BHROD-EWD) will be releasing an **updated directory of Mental Health Support / Helplines** which may also be shared during activities. The Memorandum will be provided in the link once approved and released.
2. **Social media initiatives.** Offices and schools are invited to maximize their respective social media platforms in promoting messages about mental health.
 - a. **Informative cards** for the observances will be uploaded in the provided link. These will also be shared in the Official DepEd Philippines Facebook page. Offices and schools are encouraged to share these to their respective Facebook pages for wider reach.
3. **Display of physical information materials.** Offices and schools are invited to print and display the collaterals related to the observances.
4. **Activities for socialization during breaks.** Teachers are encouraged to facilitate activities that promote socialization or positive behavior among learners during classroom breaks or before or after classes. These may be as simple as giving learners encouraging notes, journaling, or encouraging random acts of kindness.
5. **Learning sessions for personnel**
 - a. The BHROD-EWD has organized the **Wellness Wednesdays**, a **webinar series** that tackles different wellness dimensions. Personnel are encouraged to watch the **Facebook live broadcast** which will be streamed on the Official DepEd Philippines Facebook page. Schedule, proposed topics, and further details are included in **OM-OUHROD-2024-1516** and **Advisory on the Conduct of Wellness Wednesdays..**
6. Folders accessible through the provided link above will be updated by the Central Office (CO) bureaus / services concerned as resources become available.
7. Those posting online about the observances are strongly encouraged to use the hashtags:

General:	#MentallyHealthyDepEd #OplanKalusuganSaDepEd #OKSaDepEd
WSPD specific:	#StartTheConversation #WorldSuicidePreventionDay #WSPD2024
WMHD specific:	#WMHD2024 #WorldMentalHealthDay
NMHW specific:	#NMHW2024 #NationalMentalHealthWeek

Expenses for the activities related to the observances may be charged to PSF funds. Regional Offices and Schools Division Offices are requested to augment funds in cases of deficiencies and shortages. These shall be subject to the usual accounting and auditing rules and regulations.

The following mechanisms are set to monitor participation in the observances:

1. Detailed Lesson Plans (DLPs) developed by teachers integrating mental health concepts may be submitted to their respective Education Program Supervisors (EPS) (e.g., EPS for English for DLPs developed for English) upon the recommendation of their school heads. The SDS shall designate personnel to consolidate the DLPs who shall email the same to schoolmentalhealth@deped.gov.ph
2. Reports on the conduct of activities for personnel may be reported to the BHROD-EWD through email at bhrod.ewd@deped.gov.ph
3. Learner support activities may be captured in the existing reporting mechanisms for BLSS-SHD's School Mental Health Program and/or OK sa DepEd, and/or the DRRMS-MHPSS Program, as appropriate.
4. Ideas, initiatives, or insights related to the observance (e.g., activities to promote positive school climate) may also be submitted through email at schoolmentalhealth@deped.gov.ph

Subsequent announcements related to the observances shall be made through separate issuances or correspondences from the BLSS.

For more information, please contact **Jonna Feliz Roldan**, Technical Assistant II of the BLSS-SHD, through email at schoolmentalhealth@deped.gov.ph cc: blss.shd@deped.gov.ph, or at telephone number (02) 8632-1368 / 8633-7213.

[BLSS-SHD/JFCR]