



89850

Republic of the Philippines
Department of Education
DIGOS CITY DIVISION

Office of the Schools Division Superintendent

August 19, 2022

DIVISION MEMORANDUM

No. 55, s. 2022

2022 PSYCHOSOCIAL SUPPORT SERVICES ACTIVITY TO ALL SCHOOL LEARNERS

To : Public Schools District Supervisors
Elementary School Administrators
Junior and Senior High Schools Administrators
School Clinic Teachers
School DRRM Coordinators
School Guidance Coordinators/Counselors

1. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence up to adulthood.
2. All Public Elementary and Secondary Schools are hereby informed to conduct a one-hour Psychosocial Support Services Activity on Grounding Cloud Relaxation during the opening of Classes on August 22, 2022.
3. Furthermore, the field is encouraged to give psychosocial support services activities during their weekly lessons.
4. The psychosocial support activity materials/hand-outs will be uploaded in a google drive and will be shared to the group chat of School Clinic Teachers, School DRRM Coordinators and School Guidance Coordinators who will be the lead team in the conduct of said activity in schools.
5. For more details relative to this activity you may contact the Division Coordinators: Ma'am Daissy Jane Peñas for the Clinic, Rofelia De Mesa for the Guidance and Sir. Jayzon T. Cardines for the DRRM.
7. For your information, guidance and compliance.

DepEd Schools Division of Digos City
RECORDS SECTION

RELEASED
72-89850
DATE: AUG 23 2022 TIME: 1:27 PM

CRISTY C. EPE
Schools Division Superintendent

Enclosed: AS Stated.



Address: Roxas cor. Lopez Jaena Street, Zone II, Digos City (8002)
Telephone Nos.: (082) 553-8375; (082) 553-8396



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Reference:

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

PSYCHOSOCIAL SUPPORT SERVICES

CID/ Guidance/rdm
SGOD/HNU/djp
SGOD/DRRM/jtc



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