



Republic of the Philippines  
 Department of Education  
 Cordillera Administrative Region  
**SCHOOLS DIVISION OF MOUNTAIN PROVINCE**  
 Bontoc, Mountain Province



Division/Memorandum

No.: *180* S. 2019

TO: **Elementary and Secondary School Heads**  
**All others concerned**

FROM: *S* **SALLY B. ULLALIM, CESO V**  
**Schools Division Superintendent**

SUBJECT: **TRAINING ON PRACTICING SELF-CARE: MENTAL HEALTH FOR SCHOOL HEADS**

DATE: **July 22, 2019**

DEP-ED Mt. Province  
 OFFICE OF THE SCHOOLS DIVISION  
 SUPERINTENDENT

**RELEASED**

by: **JUL 22 2019**

Date: \_\_\_\_\_

- To promote mental health and psychosocial well-being, a training on Practicing Self Care: Mental Health for School Heads will be conducted in two (2) batches with the following schedule at Bontoc, Mountain Province.

AUGUST 19– 20, 2019		AUGUST 21 – 22, 2019	
BAUKO II	21	BARLIG	14
BONTOC	20	BAUKO I	22
PARACELIS	37	BESAO	17
SABANGIAN	14	NATONIN	17
SAGADA	16	SADANGA	12
TADIAN II	10	TADIAN I	23
<b>118 participants</b>		<b>105 participants</b>	

- The activity aims to equip the participants with basic knowledge, skills and attitudes necessary for rendering mental and psychosocial support to learners, personnel and most especially to themselves.
- A registration of Php 2,500.00 will be collected per participant to cover, lodging, meals, training materials, honorarium of speakers and other expenses. Registration and travelling expenses shall be charged against school MOOE subject to the usual accounting and auditing rules and regulations.
- As part of the activity through fortifying your inner being, all participants are required to check-in at the specified date to have ample time to rest. Schedule is as follows:

Batch	Check -In	Check - Out
1	August 18, 2019 - 2:00 pm onwards	August 20, 2019 – after lunch
2	August 20, 2019 – 2:00 pm onwards	August 22, 2019 – after lunch

- All school heads are required to attend on the scheduled date. No proxy allowed.
- Immediate and widest dissemination of this memorandum to all concerned is desired.

esb/ADDP/SBU