



Republic of the Philippines
Department of Education
 REGION XIII – CARAGA
 SCHOOLS DIVISION OFFICE OF SURIGAO CITY



December 15, 2020

DIVISION MEMORANDUM
 NO 232 s. 2020

IT'S OKAY NOT TO BE OKAY – NEW APPROACH TO MENTAL HEALTH AWARENESS WEBINAR

TO: Assistant Schools Division Superintendent
 Chief, Curriculum Implementation Division
 Chief, Schools Governance & Operation Division
 Public Schools District Supervisors
 Elementary and Secondary School Heads
 SPG/SSG Advisers
 Guidance Support Staff
 Mental Health Coordinators
 This Division

1. Please be informed that there will be a webinar entitled **“It’s Okay Not To Be Okay – New Approach To Mental Health Awareness”**, to be conducted on **December 17-18, 2020** via **Google Meet**.
2. Below is the table that shows the Date, Time, Participants, No. of Slots, and Google Meet Link:

	DATE	TIME	PARTICIPANTS	NO. OF SLOTS	GOOGLE MEET LINK
DAY 1	December 17, 2020	1:00pm-5:00pm	a. Mental Health Coordinators – 2 representatives per District b. SSG/SPG Advisers - 2 representatives per District c. SSG/SPG Presidents – 1 SSG President and 1 SPG President per District d. Guidance Support Staff – 1 representative per school (Both Elementary and Secondary)	154	https://meet.google.com/cnm-wtjn-owj
DAY 2	December 18, 2020	8:00am-5:00pm	e. 1 Division Guidance Coordinator,		





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			f. 2 YF Coordinators, g. 1 Division Guidance Staff h. 1 PDO –Division DRR Coordinator i. 1 Division Nurse (in charge of Mental Health) j. 2 ICT Staff		
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3. Participants are required to register online before the scheduled date of the webinar at: <https://bit.ly/ITSOKAYNOTTOBEOKAYREG>.
4. Attached is the Activity Matrix.
5. Wide and immediate dissemination of this memorandum is highly recommended.
6. For your information, guidance and compliance.


KAREN L. GALANIDA, PhD, CESO VI
Schools Division Superintendent





Republic of the Philippines
 DEPARTMENT OF EDUCATION
 Region XIII
 Caraga Administrative Region



SCHOOLS DIVISION OFFICE OF SURIGAO CITY

Roxas Street, C.V. Diez Memorial Central Elementary Schools Compound, Barangay Washington, Surigao City, Surigao Del Norte Province
 Telefax: (086) 826-3075; Tel Nos. (086) 826-8931, 826-1268

ACTIVITY MATRIX

DAY 1

TIME			DATE	PARTICULARS	RESOURCE PERSON
START	END	DURATION (hours:minutes)			
			17/12/2020	Plenary Session	
1:00	1:05	0:05		Preliminaries:	AVP
1:05	1:10	0:05		Opening Prayer	
1:10	1:15	0:05		National anthem	
1:15	1:20	0:05		Welcome Remarks	Elizabeth S. Larase, MAEd Chief-SGOD
1:20	1:25	0:05		Message	Karen L. Galanida, CESO V SDS
1:25	1:40	0:15		Acknowledgement of Participants and Statement of Purpose	Dr. Rowena L. Salas Division Guidance Coordinator
1:40	4:40	3:00		Unfreezing	
				Class 1 - Out of Isolation	Raxiey G. Adolfo
					Monreynard P. Cortes
					Meryann L. Hinautan
					Marie Christy B. Arcamo
			Myrna H. Conol		
4:40	5:00	0:20	Heart Talk Discussion (Breakout Session)		
5:00PM Onwards			End of Day 1-Homebound		

ACTIVITY MATRIX

DAY 2

TIME			DATE	PARTICULARS	RESOURCE PERSON
START	END	DURATION (hours:minutes)			
			18/12/2020	Plenary Session	
				Preliminaries:	AVP
8:00	8:05	0:05		Opening Prayer	
8:05	8:10	0:05		National anthem	
8:10	12:00	3:50		Class 2 - Connection	Daniel T. Bagtaso
					Arnez Paul P. Dotillos
					Marejoy M. Elape
					Meric A. Guyano
12:00	13:00	1:00		LUNCH BREAK	
13:00	16:30	3:30		Class 3 - Happiness	Perez
					Cherrilyn C. Paquio
					Emgen L. Sadsad
					Marife B. Beberino
			Grace L. Rojo		
16:30	16:55	0:25	Heart Talk Discussion (Breakout Session)		
16:55	17:00	0:05	Closing Prayer	AVP	
5:00PM onwards			End of Day 2 - HOMEBOUND		

***** Nothing follows *****