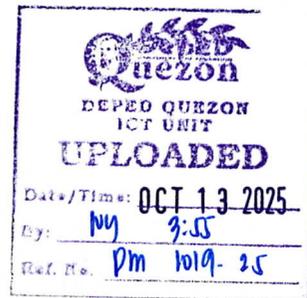




Republic of the Philippines  
**Department of Education**  
Region IV-A  
SCHOOLS DIVISION OF QUEZON PROVINCE



10 October 2025

**DIVISION MEMORANDUM**

DM No. 1019, s. 2025

**MIND MATTERS: A WELLNESS BREAK IN THE WORKPLACE**

**To:** Assistant Schools Division Superintendents  
Division Chiefs  
Section/Unit Heads  
Education Program Supervisors  
Public Schools District Supervisors  
SDO Personnel  
School Health Section  
All Others Concerned

1. Reference to **OM-OUGOPS-2025-03-05776** titled "Commemoration of School-Based Mental Health Observances 2025", Schools Division Office (SDO), Division of Quezon, through the School Governance and Operations Division-School Health Section, will conduct a wellness activity for SDO personnel on October 14, 2025, 8:00 a.m., at M.I. Sevilla Farm and Resort titled "**Mind Matters: A wellness Break for the Workplace**".
2. The theme for National Mental Health Month is "**Access to Services – Mental Health in Catastrophes and Emergencies**".
3. The said activity aims to create a brief yet impactful wellness intervention that helps employees recharge, reduce stress and boost productivity.
4. The list of participants can be viewed through the following link or QR code:

<https://tinyurl.com/SMHPParticipantsOct14>



DEPEDQUEZON-TM-SDS-04-009-003



Address: Sitio Fori, Brgy. Talipan, Pagbilao, Quezon  
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(042) 784-0391, (042) 784-0321



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5. Travel expenses shall be charged against Division MOOE/School MOOE/local funds and other source of funds depending on the availability of funds, subject to the usual accounting and auditing rules and regulations.
6. For inquiries, you may contact Nurse May Ann Gail C. Candelaria - Focal Person of School Mental Health Program at 09171400886.
7. Immediate dissemination of this Memorandum is desired.

  
**ROMMEL C. BAUTISTA, CESO V**  
Schools Division Superintendent

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