



DepEd – DIVISION OF QUEZON

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Registration Number:
QAC/R63/0216

UNNUMBERED MEMORANDUM

TO: Assistant Schools Division Superintendents, Division Chiefs, Section/Unit Heads, Education Program Supervisors, SDO Personnel and All Others Concerned

FROM: CATHERINE P. TALAVERA, CESO V
Schools Division Superintendent

SUBJECT: Mental Health and Psychosocial Support Services Amidst COVID-19 for SDO Personnel

DATE : July 13, 2020

DepEd Quezon through the initiative of SGOD- School Health Section and in coordination with the Disaster Risk Reduction and Management Service and Information and Communication Technology organized an activities to promote self-care and positive attitudes amidst COVID-19 pandemic while in the workplace.

All personnel are encouraged to join the listed below activities daily starting July 20, 2020 :

Time	Activities
7:45 – 8:15 am	Online Zumba
12:00 nn	Ecumenical Prayer – Oratio Imperata for COVID-19

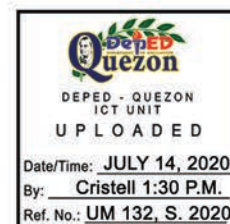
Online Zumba link will be posted everyday at 7:30 in the morning. Ecumenical Prayer (Oratio Imperata) for COVID-19 is encouraged to be done per office but will also be heard in our sound system in the Training Center.

All Section Head or Representative shall monitor their colleague participation and advised to send a picture to messenger account of Aim Villamiel Santander for documentation purposes.

Immediate and widest dissemination of this Memorandum is earnestly desired.

shsmtma07/13/2020

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