



Republic of the Philippines  
Department of Education  
Region VII, Central Visayas



## DIVISION OF CEBU PROVINCE

Sudlon, Lahug, Cebu City

September 3, 2015



### DIVISION MEMORANDUM

No. 557 s. 2015

#### SEMINAR FORUM ON EMOTIONAL WELLNESS AND RESILIENCY FOR PHILIPPINE SCHOOLS IN THE DIGITAL GENERATION AGE

**TO: Assistant Superintendent  
Division Supervisors/Coordinators  
District Supervisors/OICs  
Elementary and Secondary School Heads**

1. Attached is Regional Memorandum No. 521 s. 2015 informing the field on the conduct of **"Seminar Forum On Emotional Wellness And Resiliency For Philippine Schools In The Digital Generation Age "** on September 10, 2015 from 8:00 a.m. to 12:00 p.m. at the University of the Philippines Cebu Performing Arts Hall, Lahug, Cebu City.
2. Participants to this seminar forum are school heads, guidance coordinators/ school guidance counselors, guidance teacher designates and teacher advisers of the Supreme Student/Pupil Government (SSG)/ (SPG) and Yes-O.
3. This seminar is free as favorably endorsed by the Central Office.
4. For more details, please see the attached communication from the organizer.
5. This Memorandum shall serve as Authority to Travel of participants.
6. Immediate and wide dissemination of this Memorandum is desired.

  
ROSELLER N. GELAO  
ASDS  
 ARDEN D. MONISIT, Ed. D.  
Schools Division Superintendent



REPUBLIKA NG PILIPINAS  
REPUBLIC OF THE PHILIPPINES  
**KAGAWARAN NG EDUKASYON**  
DEPARTMENT OF EDUCATION  
**REHIYON VII, GITNANG VISAYAS**  
REGION VII, CENTRAL VISAYAS  
Sudlon, Lahug, Cebu City



August 26, 2015

**REGIONAL MEMORANDUM**  
**NO. 521, S. 2015**

**EMOTIONAL WELLNESS AND RESILIENCY FOR PHILIPPINE  
SCHOOLS IN THE DIGITAL GENERATION AGE**

**To: All Schools Division Superintendents**  
**Assistant Schools Division Superintendents**  
**Guidance Counselors/Advocates/Designates**  
**Public Schools District Supervisors and Educ. Program Supervisors**  
**Secondary School Heads**

Our partner in education "Coalition for Better Education", Natasha Goulbourn Foundation (NGF) with Philippine Guidance Counselors Association, Philippine Mental Health Association and UP Cebu will conduct a Seminar-Forum on "Emotional Wellness and Resiliency in the Philippine Schools in the Digital Generation Age" on September 10, 2015 from 8:00a.m. to 12:00p.m. at the University of the Philippines Cebu Performing Arts Hall, Lahug, Cebu City.

Since Region 7 is embarking on programs which will strengthen guidance programs in schools by offering capability building activities for guidance counselors, advocates and designates to combat pressing mental health and emotional issues that plague the high school students, this seminar forum is highly recommended. The Regional Office wants also teachers who are engage in advisorships of students' clubs like SSG, Yes-O, etc. to be included as participants to this event.

The seminar is free and had been indorsed favorably by the Central Office thru a telephone call to the undersigned. The fact that Region 7 was beset by disasters/natural calamities and many of the areas are now engage in psycho-social interventions, this seminar is a welcome development for this social awareness and response pursuits.

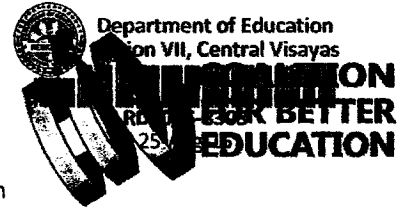
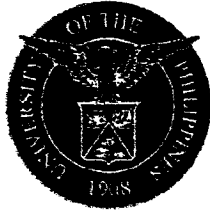
Attached is the letter of the organizers and the schedule of the activities on September 10, 2015.

For compliance.

*Juliet A. Jeruta*  
**JULIET A. JERUTA**  
Director III  
Officer-in-Charge

Office of the Director (ORDir), Tel. Nos.: (032) 231-1433; 231-1309; 414-7399; 414-7325; Office of the Assistant Director, Tel. No.: (032) 255-4542  
Field Technical Assistance Division (FTAD), Tel. Nos.: (032) 414-7324 Curriculum Learning Management Division (CLMD), Tel. Nos.: (032) 414-7323  
JAI/jbr Quality Assurance Division (QAD), Tel. Nos.: (032) 231-1071 Human Resource Development Division (HRDD), Tel. No.: (032) 255-5239  
Education Support Services Division (ESSD), Tel. No.: (032) 254-7062 Planning, Policy and Research Division (PPRD), Tel. Nos.: (032) 233-9030;  
414-7065 Administrative Division, Tel. Nos.: (032) 414-7326; 414-4367; 414-7366; 414-7322; 414-4367  
Finance Division, Tel. Nos.: (032) 256-2375; 253-8061; 414-7321

**"EFA 2015: Karapatan ng Lahat, Pananagutan ng Lahat"**



August 20, 2015

**DR. JULIETA JERUTA**  
Regional Director  
Dept of Education (DepEd)-Region VII

Dear Dr. Jeruta:

Warm greetings!

In order to continue our commitment to raise more awareness to the most pressing mental health issues that plague our youth and even the adults, a consortium of organizations led by the Univ. of the Philippines Cebu, Department of Health-Region 7, the Coalition for Better Education and the Natasha Goulbourn Foundation, a Manila-based organization whose main advocacy is to promote an enhanced and better understanding of mental health and emotional wellness, with the support of the Phil. Guidance Counselors' Association, Phil. Mental Health Association, and other participants, are set to stage, ***"The SUPRE Celebration: Emotional Wellness and Resiliency in Philippine Schools in the Digital Generation Age"***, a seminar-forum which will feature lectures on Parenting in the Digital Age, Discipline in the Contemporary Filipino Family and Developing Emotional Wellness and Resiliency. The event will be held on September 10, 2015 at 8:00 AM to 12:00 PM, at the Univ. of the Philippines Cebu Performing Arts Hall, Lahug, Cebu City.

For the event to be successful, we need the support of the Dept. of Education (DepEd)-Region 7 who we believe will be able to help us spread our advocacy of an emotionally and mentally resilient population. We therefore request the regional office to share this information and extend the invitation to your officials, as well as the public schools, particularly the principals, guidance counselors and/or department heads to the above-mentioned forum. We would appreciate if you could endorse this event by issuing a memorandum order that will urge the participation of our public schools. We are happy to announce that this seminar is for free. Snacks will be served.


Please also find attached a copy of the program for your reference and guidance.




We are hopeful that the DepEd will be able to partner with us in this worthwhile campaign. Your unqualified support will mean so much in eradicating the stigma associated with mental health and involving as many partners and stakeholders that we can work with to raise the much-needed awareness on mental and emotional wellness and resiliency.

Thank you and we truly look forward to seeing you all on September 10.

Sincerely yours,

  
**DR. JAIME S. BERNADAS**  
*Regional Director*  
*Dept. of Health (DOH)-Region VII*

  
**ATTY. LIZA D. CORRO**  
*Dean*  
*Univ. of the Philippines Cebu*

  
**JEAN MARGARET L. GOULBOURN**  
*President*  
*Natasha Goulbourn Foundation*

  
**MARILOU C. FLORES**  
*Exec. Director*  
*Coalition for Better Education*

Tentative Program of Activities  
September 10, 2015  
Up Cebu Performing Arts Hall, Lahug, Cebu City  
SUPRE Celebration Day

**Theme: "Emotional Wellness and Resiliency for Phil. Schools  
in the Digital Generation Age"**

<b>Time</b>	<b>Activities</b>	<b>Responsible Person</b>
7:30am - 8:00am	Registration	Secretariat
8:00am – 8:20am	Doxology/Prayer Singing of National Anthem Opening & Welcome Remarks	c/o UP & NGF
8:20pm –8:25am	Introduction of Guest Speaker	Ms. Rowena Mendez
8:25am – 9:10am	TOPIC1: <b><i>"Parenting in the Digital Age"</i></b>	Dr.Honey Carandang
9:10am – 9:15am	Introduction of Speaker	Dr. Glenda Basubas
9:15am- 10:05am	TOPIC2: <b><i>"Discipline in the Contemporary Filipino Family"</i></b>	Dr. Cornelio Banaag Jr.
10:05am –10:30am	BREAK-SNACKS	
10:30am –10:35am	Introduction of Speaker	Dr. Jackie Sy
10:35am -11:20pm	TOPIC3: <b><i>"Developing Emotional Wellness and Resilience"</i></b>	Dr. Romy Enriquez
11:20am – 11:50am	Question & Answer	Moderator
11:50am – 12:00noon	Closing Remarks	

Emcee/Moderator: \_\_\_\_\_