



Republic of the Philippines
Department of Education
Region XII
Schools Division Office of Tacurong City

DIVISION ADVISORY No. 021, s. 2024
August 21, 2024

In Compliance with Memorandum OM-OUHROD-2024-1516 issued for the information of DeEd Officials, personnel/staff, and concerned public.

CONDUCT OF WELLNESS WEDNESDAY

Attached is Region Memorandum HRDD-2024-061 inviting everyone for a Wellness Wednesday webinar series beginning September 5, 2024 - November 27, 2024. Various wellness dimensions will be discussed during the series of webinar which will also be streamed via Official DepEd Philippines Facebook page.

Anent, all DepEd employees of this Division are encouraged to participate in the webinar series through Facebook livestreaming every Wednesday at 8:00 am-12:00 nn. It is also reiterated to observe DepEd Order No. 09, s. 2005 or the Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith.

Please refer to the attached Memorandum and Indicative Schedule of Activities.

For more information and concerns, contact Ma. Dianne Joy R. dela Fuente, SEPS-HRDS at tacurong.sgod@deped.gov.ph .

For information and immediate dissemination.



Address: Alunan Highway, Poblacion, Tacurong City 9800

Telephone Numbers: (064)-562-4880; 0919-065-6425

Email: tacurong.city@deped.gov.ph

Website: depedtacurong.org



Republic of the Philippines
Department of Education
 SOCCSKSARGEN REGION



19 Aug 2024

REGIONAL MEMORANDUM
 HRDD-2024-061

CONDUCT OF WELLNESS WEDNESDAY

To: Schools Division Superintendents

1. In reference to Memorandum OM-OUHROD-2024-1516, the **Bureau of Human Resource and Organizational Development (BHROD) – Employee Welfare Division** will be conducting **Wellness Wednesday**, a webinar series covering various wellness dimensions. The sessions will be live streamed on the Official DepEd Philippines Facebook page.
2. The activity aims to:
 - a. raise awareness on the importance of holistic well-being by engaging personnel in different wellness activities;
 - b. promote a culture of well-being among DepEd employees, fostering a healthy and productive workforce; and
 - c. promote preventive and holistic care.
3. Below is the indicative schedule of activities:

INDICATIVE DATE/TIME	PROPOSED TOPICS
September 5, 2024 8:00 am – 12:00nn	Physical Well-being: “Obesity: Causes and Prevention” <i>(Proclamation No. 162, s. 1999, Declaring the first week of September as the Obesity Prevention Awareness Week)</i>
September 11, 2024 8:00 am – 12:00nn	Mental Well-being: World Suicide Prevention Month: “Creating Hope Through Action” <i>(RA 11036 which mandates comprehensive suicide prevention services and a national response strategy)</i>
October 9, 2024 8:00 am – 12:00nn	Mental Well-being: World Mental Health Day: “It is Time to Prioritize Mental Health in the Workplace” <i>(Proclamation No. 452, s. 1994, Declaring the Second Week of October as the National Mental Health Week)</i>
October 23, 2024 8:00 am – 12:00nn	Financial Well-being: Financial Consumer Protect: Fraud and Scams Prevention



Prime Regional Government Center, Brgy. Carpenter Hill, City of Koronadal
 Telephone Nos.: (083) 2288825/ (083) 2281893
 Email Address: region12@deped.gov.ph
 Website: depedroxii.org

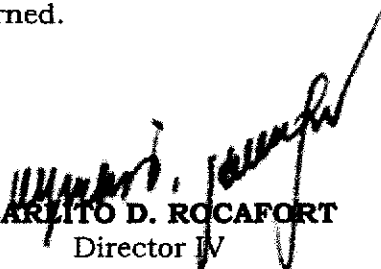




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	(Proclamation No. 822, s. 1971, Declaring the last week of November as Consumers' Protection Week)
November 13, 2024 8:00 am – 12:00nn	Financial Well-being: Personal Financial Management (RA 10922, Declaring 2 nd week of November as Economic and Financial Literacy Week)
November 27, 2024 8:00 am – 12:00nn	Physical Well-being: Taking Care of your Kidneys

4. **Anent, RO, SDOs, and school personnel are encouraged to participate by watching the live broadcast on the Official DepEd Facebook page.**
5. For concerns and other clarifications, contact the Employee Welfare Division, at telephone number (02) 8633-7229 or email at bhrod.ewd@deped.gov.ph.
6. For the information and compliance of all concerned.


CARLITO D. ROCAFORT
 Director IV

Encl.: None
 Reference: Memorandum OM-OUHROD-2024-1516
 Allotment: None
 To be indicated in the Perpetual Index
 under the following Subjects:

EMPLOYEES
 SEMINARS

RVS/HRDD/RM- CONDUCT OF WELLNESS WEDNESDAY
 064/August 19, 2024



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