



Republic of the Philippines
Department of Education
SOCCSKSARGEN REGION
SCHOOLS DIVISION OF SARANGANI

August 10, 2026

DIVISION MEMORANDUM
SGOD-2026-198

**CONDUCT OF MENTAL HEALTH ACTIVITY TO PROMOTE LEARNERS'
WELL-BEING AND RESILIENCE**

To: Assistant Schools Division Superintendent
Public School District Supervisors
Public Elementary and Secondary Schools
School Health Section Personnel
All Others Concerned
This Division

1. The Schools Division Office of Sarangani, Through the School Governance and Operation Division (SGOD)-School Health and Nutrition Section (SHNS), shall conduct a Mental Health Activity to Promote Learners' Well-Being and Resilience on August 12, 2026 at Malalag National High School, Maitum Sarangani Province.
2. The activity aims to provide selected learners with a safe and supportive space to enhance their mental well-being, develop positive coping strategies, strengthen resilience, and promote healthy emotional and social functioning.
3. The participants shall be composed of 116 selected learners from Grades 11 and 12 of Malalag National High School and 19 members of the Division Technical Working Group, including the identified district nurses. The list of TWG members and Program Matrix is attached as Enclosure No. 1 for reference.
4. The Division and Identified Nurses TWG shall facilitate and assist in the implementation of the activity and ensure the smooth and meaningful participation of the identified learners.
5. The School Head of Malalag National High School is requested to coordinate with the TWG and ensure the availability and attendance of the identified learners and the necessary venue and logistical arrangements.





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6. Traveling expenses and other incidental expenses of the TWG shall be charged against local funds, subject to the usual accounting and auditing rules and regulations. Expenses of participants shall be charged against their respective school funds or other appropriate sources, subject to the availability of funds and existing policies.
7. For inquiries, you may contact Lyn Frances Dominique P. Gumban, MD, Medical Officer III, at 0918-227-6157 or Renz Louie Bautista, RN, Mental Health Focal at 09098243043.
8. For your information and immediate dissemination.

RUTH L. ESTACIO, PhD, CESO V
Schools Division Superintendent

Encl.: As stated

Reference: None

To be indicated in the Perpetual Index
under the following subjects:

PROGRAMS

Adriano A. Daligdig/SGOD/MLA – CONDUCT OF MENTAL HEALTH ACTIVITY TO PROMOTE LEARNERS' WELL-BEING AND RESILIENCE
0588/August 10, 2026



Address: Capitol Compound, Maribulan, Alabel, Sarangani Province
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ENCLOSURE NO.1

NO	NAME	DESIGNATION OF TARGET PARTICIPANT
1	RUTH L. ESTACIO, PhD, CESO V	Schools Division Superintendent
2	Atty. NELYN B. FRINAL, CESO VI	Assistant Schools Division Superintendent
3	MA. SHIRLEY M. CARDINAL	SGOD Chief
4	ARACELI J. DINOPOL	Division M & E
5	DR. LYN FRANCES DOMINIQUE P. GUMBAN	Medical Officer III
6	ESTYLINDA G. TUDAYAN, RN	Division Nurse In-Charge
7	RENTZ LOUIS R. BAUTISTA, RN	Nurse II - Maasim 3 District
8	CRISELDA P. DUATIN, RN	Nurse II - Maasim 1 District
9	LONIE KARL CEASAR M. NEIRRA	Nurse II - Maasim 2 District
10	PDO MALALAG	Cesar Ryan B. Peralta PDO I
11	GENEVIEVE C. ERIGBUAGAS	Nurse II - Malungon District
12	JOHN MYLE SIBAYAN	Nurse II - Kiamba 3 District
13	SUZETTE P. SUFICIENCIA, RN	Nurse II - Malungon 1 District
14	SUZETTE B. LUBONTING, RN	Nurse II - Maitum 1 District
15	NACIGENES R. MATEO, RN	Nurse II - Maitum 2 District
16	ANNIE D. BALANAG, RN	Nurse II - Kiamba 1 District
17	MARIA LUZ M. SACEDA, RN	Nurse II - Kiamba 2 District
18	ELLEN C, WAHANI	RGC COLON NATIONAL HIGH SCHOOL
19	DYNAH CZARINA E. TABULA	MIDWIFE RURAL HEALTH UNIT OF MAITUM LGU
20	MONETTE P. MACAMAY	Dentist 11





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ACTIVITY MATRIX

TIME	ACTIVITY	PERSON IN-CHARGE
AUGUST 12, 2026 @ MALALAG NHS		
8:00 - 8:30am	Arrival	
8:30 - 9:00am	Preliminaries	
	*Phil. National Anthem	AVP
	*Prayer	AVP
	*Regional Hymn	AVP
	*Sarangani Hymn	AVP
	*Checking of Attendance	Emcee
	*Welcome Message	Karen Joy V. Betonio P III
	*Statement of Purpose	Lyn Frances Dominique P. Gumban M.D
	*Message	Ruth L. Estacio , PhD,CESO V --SDS
		Atty. Neley B. Frinal ,CESO 1V--ASDS
		Suzette Suficiencia, RN ---Mental Health Focal
9:00 - 11am	Lecture/Orientation on Mental Health and Resilience	Resource Speaker
11:00 - 12:00nn	Spoken Poetry	Nurses
	Poster Making Contest	Nurses
12:00 - 1:00pm	Lunck Break	
1:00 - 2:00pm	CLOSING PROGRAM	Nurses
	Announcement of Winners	
	Reflection sharing by selected students	Selected students
	Distribution of Certificates	SMHP Coor, MO, SH, NIC
2:30 - 5:00pm	GOING HOME	

