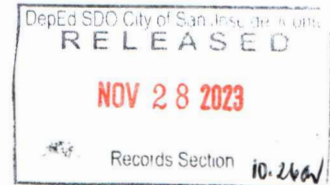




Republic of the Philippines
Department of Education
REGION III

SCHOOLS DIVISION OF CITY OF SAN JOSE DEL MONTE



November 20, 2023

SCHOOLS DIVISION MEMORANDUM

No. 456 s. 2023

'NOT A MINUTE' MENTAL HEALTH TRAINING FOR BARKADA KONTRA DROGA LEARNER-OFFICERS

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Education Program Supervisors
Public Secondary School Heads
All Others Concerned

1. Supported by DepEd Memorandum No. 74 s. 2021, this Office informs the field of the 'Not a Minute' Mental Health Training for Barkada Kontra Droga Learner-Officers on Dec. 15, 2023 from 8AM-5PM at Hall of Integrity, SDO Building, Eco Park, City of San Jose Del Monte.
2. The activity aims to strengthen awareness of learners on the importance of one's health and support system in times of challenges and intensify drug education.
3. Participants to this activity are the two learner -officers of Barkada Kontra Droga in the 21 public secondary schools, their teacher-advisers and 15 ALS learner-representatives.
4. Expenses relative to the conduct of the activity shall be charged against learner formation downloaded funds while transportation of the participants shall be taken from school's local funds.
4. Enclosure No.1 is the Matrix of the Activity.
5. Immediate dissemination of this Memorandum is hereby enjoined.

ERICSON S. SABACAN, EdD, CESO V
Schools Division Superintendent

Encl: As stated
Reference: As stated.
To be included in the Perpetual Index
under the following subjects:

sgod/ces/edc/Learners Formation Programs
100/November 21,2023



DepEd Tayo City of San Jose Del Monte ☎ (044) 307-3614 📧 sanjosedelmonte.city@deped.gov.ph 🌐 depedcsjdm.weebly.com

"MATATAG: Bansang Makabata, Batang Makabansa"



Address: Eco Park, Brgy. Muzon, City of San Jose Del Monte, Bulacan, 3023

Telephone No. (044) 307-3614

Website: depedcsjdm.weebly.com

Email: sanjosedelmonte.city@deped.gov.ph

Day/ Time	Activity	Resource Person/ Facilitators
December 15 , 2023	National Drug Education Program (NDEP) Barkada Kontra Droga (BKD)-Learner Youth Program	
8:00AM-8:30AM	Registration Preliminaries	SGOD HRD EPS II Noel, PDOs Margie M. Duro, Marife Arandela
8:30AM-9:00AM	Opening Remarks	Jaime T. Tugade PhD, CESE OIC – Assistant Schools Division Superintendent
	Inspirational Message	Ericson S. Sabacan EdD, CESO V Schools Division Superintendent
9:00AM- 10:15AM	Mental Health and Drugs: Bakit Mas Madaling Malulong sa Droga ang may mahinang Mental Health?	Manuel N. Payumo Jr., RN NDEP Division Coordinator
10:15-10:30AM	Health Break/AM Snack	
10:30AM- 1200PM	Life is Beautiful: Paano Mapangangalagaan ang aking Mental Health sa aming Paaralan	Melsan R. Daza, RN, MAN Mental Health Division Coordinator
12:00-1:00	Lunch	
1:00-3:00	Life is What We Make It: Kaya Kong Maging Healthy, Physically and Mentally	Mary Ann L. Soriano, MD Medical Officer III
3:00-3:15	Health Break/PM Snack	
3:15-5:00	Discussion and Q&A Closing Program	