



Republic of the Philippines
Department of Education
REGION VII - CENTRAL VISAYAS
Schools Division of Bohol

**Office of the Schools Division
Superintendent**

DIVISION MEMORANDUM

No. **402**, s. 2023

August 27, 2024

CONDUCT OF WELLNESS WEDNESDAY

To: Assistant Schools Division Superintendent
Chief CID/ SGOD
PSDS/ Acting PSDS
School Heads
All Others Concerned

1. Attached is the Regional Memorandum 722, s. 2024 dated August 14, 2024, titled Conduct of Wellness Wednesday, which is self-explanatory.
2. For further details, see attached Regional Memorandum.
3. Immediate dissemination of, and compliance with this memorandum is desired.


CASIANA P CABERTE PhD CESO VI
Schools Division Superintendent 

EML/ASDS/OFFICE/INITIALS OF THE CHIEF/initials of the encoder



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Republic of the Philippines
Department of Education
REGION VII - CENTRAL VISAYAS

Office of the Regional Director

REGIONAL MEMORANDUM

No. **722**, s. 2024

14 AUG 2024

CONDUCT OF WELLNESS WEDNESDAY

To: Schools Division Superintendents
Assistant Schools Division Superintendents
All Others Concerned

1. Attached is the Memorandum OM-OUHROD-2024-1516 dated August 8, 2024 from the Office of the Undersecretary for Human Resource and Organizational Development (BHROD), titled **Conduct of Wellness Wednesday**, which is self-explanatory.
2. For details, refer to the enclosed communication.
3. For information and dissemination.


SALUSTIANO T. JIMENEZ JD, EdD, CESO III
Director IV
Regional Director

ST-1/FYA/HRDD/MGB/rda



PS 2024-19867

Republika ng Pilipinas

Department of Education

OFFICE OF THE UNDERSECRETARY

HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT

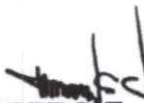
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MEMORANDUM

OM-OUHROD-2024-1516

FOR : Undersecretaries
Assistant Secretaries
Bureau and Service Directors
Regional Directors
Schools Division Superintendents
All Others Concerned

FROM :  **WILFREDO E. CABRAL**
Regional Director
Officer-in-Charge, Office of the Undersecretary for
Human Resource and Organizational Development, and Administration

SUBJECT : **CONDUCT OF WELLNESS WEDNESDAY**

DATE : 08 August 2024

The Department of Education recognizes the integral role of its human resource as the driving force towards the achievement of quality basic education in the country. It is vital that its employees are healthy, motivated, and work under humane conditions to ensure productivity and quality of service delivery.

In order to promote a healthy lifestyle among the DepEd employees, the Bureau of Human Resource and Organizational Development (BHROD) – Employee Welfare Division (EWD) will be conducting the **Wellness Wednesday**, a webinar series on different wellness dimensions. Below is the indicative schedule of activities:

INDICATIVE DATE/TIME	PROPOSED TOPICS
September 5, 2024 8:00am – 12:00nn	Physical Well-being: "Obesity: Causes and Prevention" (Proclamation No. 162, s. 1999, Declaring the first week of September as the Obesity Prevention Awareness Week)
September 11, 2024 8:00am – 12:00nn	Mental Well-being: World Suicide Prevention Month: "Creating Hope Through Action" (RA 11036 which mandates comprehensive suicide prevention services and a national response strategy)



October 9, 2024 8:00am – 12:00nn	Mental Well-being: World Mental Health Day: “It is Time to Prioritize Mental Health in the Workplace” (Proclamation No. 452, s. 1994, Declaring the Second Week of October as the National Mental Health Week)
October 23, 2024 8:00am – 12:00nn	Financial Well-being: Financial Consumer Protection: Fraud and Scams prevention (Proclamation No. 822, s. 1971, Declaring the last week of November as Consumers’ Protection Week)
November 13, 2024 8:00am – 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 8:00am – 12:00nn	Physical Well-being: Taking Care of your Kidneys

This activity aims to:

- Raise awareness on the importance of holistic well-being by engaging personnel in different wellness activities;
- Promote a culture of well-being among DepEd employees, fostering a healthy and productive workforce; and
- Promote preventive and holistic care.

This webinar series will be live streamed on the Official DepEd Philippines Facebook page. Central Office (CO) Personnel interested in attending the webinars may pre-register through bit.ly/Reg_WellnessWednesdays or scan the QR code below:



Field Office personnel are invited to participate by watching the live broadcast on Facebook.

For more details, concerns and other clarifications, you may contact the Employee Welfare Division, at telephone number (02) 8633-7229 or email at bhrod.ewd@deped.gov.ph.