



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

**Office of the Schools Division
Superintendent**

May 21, 2025

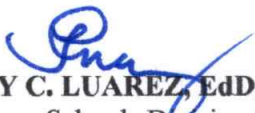
DIVISION MEMORANDUM

No. **313**, s. 2025

SEMINAR IN BUILDING RESILIENCE AND MANAGING STRESS FOR LEARNERS

To: Public Schools District Supervisors/OIC-PSDS/APSDS
Secondary School Administrators
Health Section Personnel
Youth Formation Division Coordinators
All others concerned

1. The Department of Education through the Bureau of Learner Support Services (BLSS), School Health Division (SHD) implements School Mental Health Program for learners, teaching and non-teaching personnel.
2. In line with that, this office announces the conduct of Seminar in Building Resilience and Managing Stress for Learners. The First Batch (Batch 1) shall be on May 30-31, 2025 at JJ's Seafood Village, Tagbilaran City.
3. The date and venue for the Second Batch (Batch 2) shall be announced at a latter date.
4. Attached herewith is the List of Participants. For those who will not be able to attend, you are being advised to send an authorized representative.
5. This memorandum will serve as a travel order. Traveling and incidental expenses incurred by the person may be charged to the division funds or the school MOOE as applicable subject to the usual accounting and auditing rules and regulations.
6. For the dissemination and compliance of all concerned.


FAY C. LUAREZ, EdD, PhD, TM, CESO VI
Schools Division Superintendent

SGOD/SHS/madl



Deped Tayo Bohol Division

Address: 0050 Lino Chatto Barangay Cogon,
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Seminar in Building Resilience and Managing Stress for Learners
JJ's Seafood Village, Tagbilaran City
May 30-31, 2025

BATCH 1
LIST OF PARTICIPANTS

DISTRICT	(1) SECONDARY SCHOOL ADMINISTRATOR (1) SSG OFFICER OF THE FOLLOWING SCHOOLS:
ALBURQUERQUE	SAN ROQUE NHS
ALICIA	ALICIA TVHS
ANDA	CANDABONG NHS
BATUAN	BATUAN NHS
BIEN UNIDO	PRES. CPG TVSFA
BILAR	BILAR NHS
BUENAVISTA I	LUBANG NHS
BUENAVISTA II	CANGAWA NHS
CLARIN	CLARIN NSF
CANDIJAY	CANDIJAY NHS
CARMEN I	POLICRONIO S. DANO SR. HS
CARMEN II	FRANCISCO ADLAON HS
CARMEN III	KATIPUNAN NHS
DAGOHOY	DAGOHOY NHS
DANAO	DANAO NHS
DAUIS	TABALONG NHS
DIMIAO	DIMIAO NHS
GETAFE 1	CAMPAO ORIENTAL HS
GETAFE 2	TULANG NHS
GUINDULMAN	MAYUGA NHS
INABANGA NORTH	INABANGA HS-NABUAD



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INABANGA SOUTH	SOUTHERN INABANGA HS
LILA	LILA NHS
LOAY	HINAWANAN NHS
LOBOC	CAMAYA-AN NHS
LOON NORTH	GOV. JACINTO BORJA NHS
MABINI	SAN ROQUE NHS
MARIBOJOC	BUSAO NHS
PANGLAO	LOURDES NHS
PRES. CPG	AGUINING HS
PILAR	SAN ISIDRO TVHS
SAGBAYAN	SAN AGUSTIN NHS
SAN ISIDRO	SAN ISIDRO NHS
SIERRA BULLONES	SIERRA BULLONES NHS
TALIBON 1	PRES. CPG MEMORIAL HS
TALIBON 2	SAN JOSE NHS
TUBIGON EAST	CAWAYANAN NHS
TRINIDAD 1	TAGUM SUR NHS
TRINIDAD 2	HINLAYAGAN NHS
UBAY I	UBAY NATIONAL SCIENCE HS
SDO - HEALTH PERSONNEL	
	MERRY CATHERINE S. ALMIÑE, RN
	MARIA LEONIDA B. AVENTURADO, RN
	JOEYLENE B. BATINGAL, RN
	FREDSIL A. BOLOTAULO, RN
	IRNIL P. BUQUE, RN, MAN
	CLINIO L. GALVISO, RN, MAN, MN, PhD
	AURA KRISTEL P. MAYUMAN, RN
SDO - YFD COORDINATORS	
	ANGELETTE A. REMOLADOR
	AIAN B. DOLAUTA
	MARINA H. BERNASOR



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RESOURCE PERSONS AND FACILITATORS	MILDRED T. LADERA, PhD, RGC
	SHERYL JOY M. RUBILLAR, RN, MAN
	MERRY MELODY R. TADLE, RN
	ALBERTO NOEL Z. ARCALES, RN, LLB, JD
	VENICE LYRA T. CUTAMORA, RN
	CORA G. GEMENTIZA, RN
	JANINE A. MAGALLONES, RN
	ROSEMARIE R. REÑOS, RN
	REX MICHAEL D. SANIEL, RN
	SALVE REGINA G. VIGONTE, RN



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SEMINAR IN BUILDING RESILIENCE AND MANAGING STRESS FOR LEARNERS

PROGRAM

TIME	ACTIVITY	PERSONS INVOLVED
DAY 1		
8:00 AM - 9:00 AM	Registration	Rex Michael Sanie, RN/ Salve Regina Vigonte, RN
9:00 AM -10:30 AM	Opening Program ➤ National Anthem & Bohol Hymn ➤ Prayer ➤ House rules ➤ Introduction of Facilitators and Participants ➤ Welcome Address and Opening Remarks ➤ Statement of Purpose	Irnil Pamis- Buque, RN, MAN Cora G. Gementiza, RN Fay C. Luarez, PhD TM, CESO VI Wilfreda O. Flor PhD
10:30 AM -12:00 PM	Session 1: Building Resilience	Mildred T. Ladera, PhD, RGC
12:00 PM - 1:00 PM	Lunch Break	
1:00 PM - 1:15 PM	Ice Breaker	
1:15 PM - 2:45 PM	Session 2: What is Stress?	Venice Lyra T. Cutamora, RN
2:45 PM - 4:00 PM	Session 3: Practical Tips on How to Manage Stress	Mery Melody R. Tadle, RN
4:00 PM - 4:30 PM	Group Dynamics	
4:30 PM - 5:00 PM	Open Forum	
	End of Day 1	
	Dinner	
DAY 2		
6:00 AM - 8:00 AM	Breakfast	
8:00 AM - 9:00 AM	Recapitulation of Day 1	Irnil Pamis- Buque, RN, MAN
9:00 AM - 10:30 AM	Action Plan	
10:30 AM - 11:30 AM	Presentation of Action Plan	
11:30 AM - 12:00 PM	Closing Program ➤ Giving of Certificates ➤ Closing Remarks ➤ Pictorials	Sheryl Joy M. Rubillar RN, MAN