



Republic of the Philippines
Department of Education
REGION VIII
SCHOOLS DIVISION OF NORTHERN SAMAR

July 28, 2025

DIVISION MEMORANDUM

No. 244, s. 2025

**CONDUCT OF THE SCHOOL MENTAL HEALTH ADVENTURE CAMP:
“ADOLESCENT LEARNERS SUMMIT ON WELLNESS, STRENGTH, AND
RESILIENCE”**

To: Assistant Schools Division Superintendent
Chief, Schools Governance & Operations Division
All School Health Section Personnel
All Public Schools District Supervisors/ Principals In-Charge
All Public Elementary & Secondary Principals/ School Heads
All Others Concerned


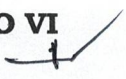
1. In line with the Department of Education’s commitment to promoting the holistic well-being of learners, the Schools Division Office of Northern Samar, through the School Health Section, will conduct the **School Mental Health Adventure Camp: “Adolescent Learners Summit on Wellness, Strength, and Resilience.”** This learner-centered initiative aims to raise mental health awareness, foster emotional resilience, and empower students to actively care for their well-being in a safe and supportive environment.
2. The activity will be conducted in three separate batches on the following dates and venues:
 - a. **Batch 1:** August 23, 2025 – Catarman I Central School
 - b. **Batch 2:** September 13, 2025 – San Isidro Agro-Industrial School
 - c. **Batch 3:** September 20, 2025 – Sumoroy Agro-Industrial School
3. The camp will feature interactive sessions designed to develop self-awareness, emotional regulation, and peer connection among learners. It will also provide capacity-building opportunities for guidance designates to strengthen their competencies in supporting students’ mental health and well-being.
4. Each batch will be attended by selected student representatives and guidance designates from public elementary and secondary schools across the Division. **Each school shall send one (1) learner and one (1) guidance designate** as participants. The participants are as follows:
 - a. **Learners** – preferably student leaders or officers of recognized student organizations:
 - **Grades 5–6** for elementary schools
 - **Grades 7–11** for secondary schools



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Division Official Website: <https://northersamar.deped.gov.ph>

- b. **Guidance Designate** – the designated school guidance teacher or mental health coordinator assigned to accompany the learner.
5. For the detailed number of expected participating schools per district—along with the corresponding number of learners and guidance designates, as well as their assigned batch and schedule—please refer to the attached documents.
6. **All participating learners and guidance designates must register online via bit.ly/onlineregSMHSummit2025 on or before August 15, 2025** to ensure proper documentation and logistics.
7. The **School Health Section** is directed to lead the activity in close coordination with the **Social Mobilization and Networking Section** to ensure effective planning and implementation across all identified venues. Please refer to the attached list for the assigned roles, responsibilities, and designated personnel.
8. School heads are enjoined to ensure the readiness and participation of their designated learners and personnel, including the completion of necessary preparations such as parent consent and pre-departure coordination.
9. In line with the existing rules on Learner Rights and Protection, each participating learner is required to secure a **Learner Consent, Waiver, Indemnity and Release Form** duly signed by their parent or guardian. **This form must be presented or submitted upon registration on the day of the event.** The designated guidance personnel shall assist the learner in accomplishing and securing the form. A copy of the template is attached for reference and duplication.
10. Each batch will commence with a **Parade of Wellness, Strength, and Resilience** at the designated venue. Assembly time is at **5:30 AM**, and the parade will begin promptly at **6:00 AM**. To champion mental health awareness and promote advocacy, each participating learner is encouraged to wear a unique, self-crafted headdress made from recycled or readily available materials. The headdress should prominently display a short **mental health slogan or message**—such as “*It’s Okay Not to Be Okay*,” “*Stronger Every Day*,” or “*Mind Matters*”—as a personal statement of support for mental well-being. The message may be written in **English, Tagalog, or Waray**.
11. **All participants are advised to wear comfortable clothing suitable for physical activities and outdoor movement.** They are also reminded to bring essential personal items such as water bottles, maintenance medications (if any), personal hygiene items (e.g., alcohol, hand towel, face mask), a notebook and pen for note-taking, an umbrella or raincoat in case of rain, and an extra shirt or change of clothes. These preparations will help ensure that participants remain comfortable, safe, and fully engaged throughout the activity.

12. Please note that **breakfast will not be provided**; hence, participants are advised to take their breakfast prior to the activity or bring light snacks as needed. Meals to be provided during the activity include morning snacks, lunch, and afternoon snacks.
13. In view of the activity being scheduled on a weekend, the following provisions shall apply to eligible attendees."
- Teaching personnel who will serve as participants, trainers/facilitators, or key support staff shall be entitled to **Service Credits** in accordance with **DepEd Order No. 53, s. 2003**, titled "*Updated Guidelines on the Grant of Vacation Service Credits to Teachers.*"
 - Non-teaching personnel who will serve in similar capacities shall be entitled to **Compensatory Time Off (CTO)**, pursuant to **CSC-DBM Joint Circular No. 2, s. 2004**, on "*Non-Monetary Remuneration for Overtime Service Rendered.*"
14. All expenses directly related to the conduct of the activity—such as meals, venue, and materials—shall be charged against the **2024 Disaster Risk Reduction and Management Fund**. Meanwhile, the expenses of participants, facilitators, and members of the program management team shall be covered as follows:
- The travel and other necessary expenses of **participating learners and guidance designates** shall be charged to **School MOOE, local funds, or other available sources**, subject to the usual accounting and auditing rules and regulations.
 - The travel expenses, including day-before accommodation and other incidental costs, of **facilitators and members of the program management team** shall be charged to the **Schools Governance and Operations Division (SGOD) Fund**, in accordance with existing accounting and auditing procedures.
15. For further inquiries, you may contact **Ms. Pinky Acebuche-Detera, RN**, Division Focal Person for School Mental Health at 09274040607, or visit the School Health Section at the Schools Division Office.
16. This Memorandum shall serve as **Official Travel Authority** of all involved.
17. Immediate dissemination of and compliance with this Memorandum are desired.


GAUDENCIO C. ALJIBE JR., PhD, CESO VI
Schools Division Superintendent 
DepEd Northern Samar
RELEASED



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Enclosure No. 1 to DM 244, s. 2025

**TOTAL NUMBER OF PARTICIPATING SCHOOLS PER DISTRICT
 WITH CORRESPONDING BATCH ASSIGNMENTS
 (Elementary & Secondary Schools Combined)**

BATCH 1		BATCH 2		BATCH 3	
CATARMAN I	5	ALLEN I	7	LAPINIG	15
CATARMAN II	10	ALLEN II	10	GAMAY I	11
CATARMAN III	3	BIRI	13	GAMAY II	15
CATARMAN IV	9	BOBON	19	MAPANAS	16
CATARMAN V	15	CAPUL	14	PALAPAG I	10
CATARMAN VI	13	LAVEZARES I	15	PALAPAG II	12
LOPE DE VEGA	26	LAVEZARES II	13	PALAPAG III	12
MONDRAGON I	10	ROSARIO	13	LAOANG I	14
MONDRAGON II	14	SAN ANTONIO	10	LAOANGII	13
MONDRAGON III	6	SAN ISIDRO I	6	LAOANG III	15
SAN ROQUE	17	SAN ISIDRO II	13	LAOANG IV	9
PAMBUJAN II	9	SAN JOSE	13	LAOANG V	16
PAMBUJAN II	16	SAN VICENTE	7	LAS NAVAS I	17
CATUBIG I	12	VICTORIA	18	LAS NAVAS II	23
CATUBIGII	12			LAS NAVAS III	22
CATUBIG III	19				
SILVINO LOBOS	22				
TOTAL NO. OF SCHOOLS	218		171		220

NO. OF LEARNERS	218		171		220
NO. OF GUIDANCE DESIGNATE	218		171		220
TOTAL NO. OF PARTICIPANTS (PER BATCH)	436		342		440

TOTAL NO. OF LEARNERS	609
TOTAL NO. OF GUIDANCE DESIGNATES	609
TOTAL NO. OF PAX	1218



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SCHOOLS DIVISION OF NORTHERN SAMAR

Enclosure No. 02 to DM_____, s. 2025

**SCHOOL MENTAL HEALTH ADVENTURE CAMP: “Adolescent Learners
Summit on Wellness, Strength, and Resilience”**

PROGRAM MANAGEMENT TEAM

Activity Manager	GAUDENCIO C. ALJIBE JR., PhD, CESO VI Schools Division Superintendent
Co-Activity Manager	REY F. BULAWAN, Ed.D. Asst. Schools Division Superintendent
On-Site Manager	NOE M. HERMOSILLA Chief, Schools Governance & Operations Division
Co-Onsite Managers	Warren L. Otadoy, MD Medical Officer IV – Section Head, School Health Section Rudel C. Lutao Senior Education Program Specialist – Social Mobilization and Networking Section Pinky A. Detera, RN, MAN Nurse II – Division Focal Person for School Mental Health
Social Mobilization and Networking	Davy T. Aplan Education Program Specialist Medardo D. Bailon Project Development Officer II – Disaster Risk Reduction and Management Mark Manalo Project Development Officer I – Youth Formation Development
SGOD-Human Resource Development	Elna D. Enano Education Program Supervisor Peter R. Bobiles Senior Education Program Specialist
Monitoring & Evaluation	Merlita B. Fajardo Senior Education Program Specialist Reynel M. Ignacio

	Education Program Specialist II
Learners Rights & Protection Desk	Laarni Concordia A. Mantilla Registered Guidance Counselor Andrew S. Montejo Project Development Officer
Resource Persons	<i>Please see the list below</i>
Documentation	Eugene Enano

PERSONNEL ASSIGNMENT MATRIX

MAIN STATION/ ASSEMBLY AREA TEAM

Welcome and Registration Team	<ol style="list-style-type: none"> 1. Maricar Figueroa 2. Femmy Alcera 3. Renne Rose P. Delizon
Set-Off and Touchdown Programs	<ol style="list-style-type: none"> 1. Dr. Pauline Myra Tan 2. Christy A. Ador 3. Pinky A. Detera 4. Alma M. Cuanico 5. Marvin D. Socorro 6. Medardo D. Bailon 7. Richelle Paz Delizon
Crowd Management Team/ Movement Facilitators	<ol style="list-style-type: none"> 1. Dr. Guillermo Cesista 2. Dr. Percival Megenio 3. Edwin Lovina 4. Eddie Gomba 5. Joel Sumayop
Troop Guide	<ol style="list-style-type: none"> 1. Karla Antonette P. Herreras 2. Hershelyn M. Loberio 3. Janette M. Atencio 4. Ryan S. Cardenas 5. Jerwen D. Gorgonia 6. Jethro A. Pdamato 7. Mary Joy V. Cadot 8. Ma. Lyra Hernandez 9. Nova T. Rarela 10. Paul B. Loberiano

STATION MASTERS

Station	Goal & Objectives	Station Masters/ Task Leads
1. Gallery Hill — Hope Gallery	<p>Goal: Inspire hope and positivity through art.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Recognize sources of hope and resilience. • Reflect on personal strengths. 	<ol style="list-style-type: none"> 1. Rosalie Rojero 2. Nilma Regulacion 3. Camelia Nemil 4. Melchora Dones
2. Story Cove — Stories of Hope	<p>Goal: Normalize mental health struggles via shared stories.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Promote empathy through storytelling. • Inspire hope by sharing real experiences. 	<ol style="list-style-type: none"> 1. Katrina Tafalla 2. Llyra Ursula Camposano 3. Amyleen Baluyot 4. Lanny Espina
3. Kindness Forest — Free Hugs (handshakes or pat on the back)	<p>Goal: Foster kindness and social connection.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Experience positive social touch. • Build community through kindness. 	<ol style="list-style-type: none"> 1. Duvena Obeda 2. Tellie Pajes 3. Jeniffer Pajes 4. Venjenette Lugo
4. Cookie Cove — Affirmation Cookies	<p>Goal: Encourage positive self-talk through affirmations.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Introduce empowering questions. • Boost self-esteem via positive inquiry. 	<ol style="list-style-type: none"> 1. Ma. Asuncion Muncada 2. Christy Ador 3. Gladys Ibanez 4. Richel Ibanez
5. Scent Springs — Aromatherapy	<p>Goal: Promote relaxation through scent.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Introduce aromatherapy as stress relief. • Enhance mindfulness via sensory experience. 	<ol style="list-style-type: none"> 1. Gay Ty 2. Carmela Indino 3. Jema Soriano 4. Precious Politan
6. TikTok Terrace — TikTok Corner	<p>Goal: Use social media to spread mental health awareness.</p>	<ol style="list-style-type: none"> 1. Chenita Tenedero 2. Eileen Belicena 3. Rovi Karla Caparosso

	Objectives: <ul style="list-style-type: none"> • Encourage creative self-expression. • Build confidence sharing positive messages. 	
7. Movement Meadow — Mindful Movement	Goal: <i>Promote body awareness and stress relief.</i> Objectives: <ul style="list-style-type: none"> • Connect mind and body through movement. • Reduce physical tension and promote calm. 	1. Pamela Celestina Tan 2. Myra Santos 3. Melody Cabales 4. Cheryl Catucod
8. Emotions Cliff — Feelings & Emotions Wall	Goal: <i>Support emotional expression and awareness.</i> Objectives: <ul style="list-style-type: none"> • Help identify and name emotions. • Normalize sharing feelings to reduce stigma. 	1. Jackelyn Morales 2. Sheila Aguilando 3. Emma Gapol 4. Wevina Vicencio
9. Myth Maze — Mental Health Myth Busters	Goal: <i>Correct misconceptions about mental health.</i> Objectives: <ul style="list-style-type: none"> • Educate about common myths. • Encourage critical thinking. 	1. Ma. Iris Tan 2. Glenda Tan 3. Nimfa Magdaraog 4. Morita Pestano
10. Gratitude Grove — Kindness Notes & Gratitude Tree	Goal: <i>Cultivate gratitude and kindness.</i> Objectives: <ul style="list-style-type: none"> • Encourage reflection on positives. • Foster kindness culture. 	1. Maria Elena Taldo 2. Kier B. Taldo 3. Precy M. Ereno 4. Gladys Phine Caimoy



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Enclosure No. 03 to DM_____, s. 2025

LEARNER CONSENT, WAIVER, INDEMNITY and RELEASE
(To be completed by the Learner)

I, _____, agreed to participate with the consent of my parents and/or legal guardian in the **Conduct of the School Mental Health Adventure Camp: "Adolescent Learners Summit on Wellness, Strength, and Resilience"** on _____ at _____.
(Date) (Venue)

I agree to give permission to the **Department of Education (DepEd)** and its representatives to make recordings of my voice and to take photographs and/or videos in which I appear in at the event and location stated above, to be used for the communications and various public campaigns of the Department be it in print, broadcast and/or electronic media.

I have read and understood the accompanying letter and division memorandum relevant to the conduct of the activities. For things I do not understand. I will ask my Parent/Guardian to clarify the objective of the activity for me.

I understand the purpose of the project/activity and the role I will be playing in it. I know that DepEd and its representative are not allowed to use the information about me in any form that might harm my rights and well-being.

SIGNATURE OVER PRINTED NAME
(Learner)

SIGNATURE OVER PRINTED NAME
(Parent/Guardian)



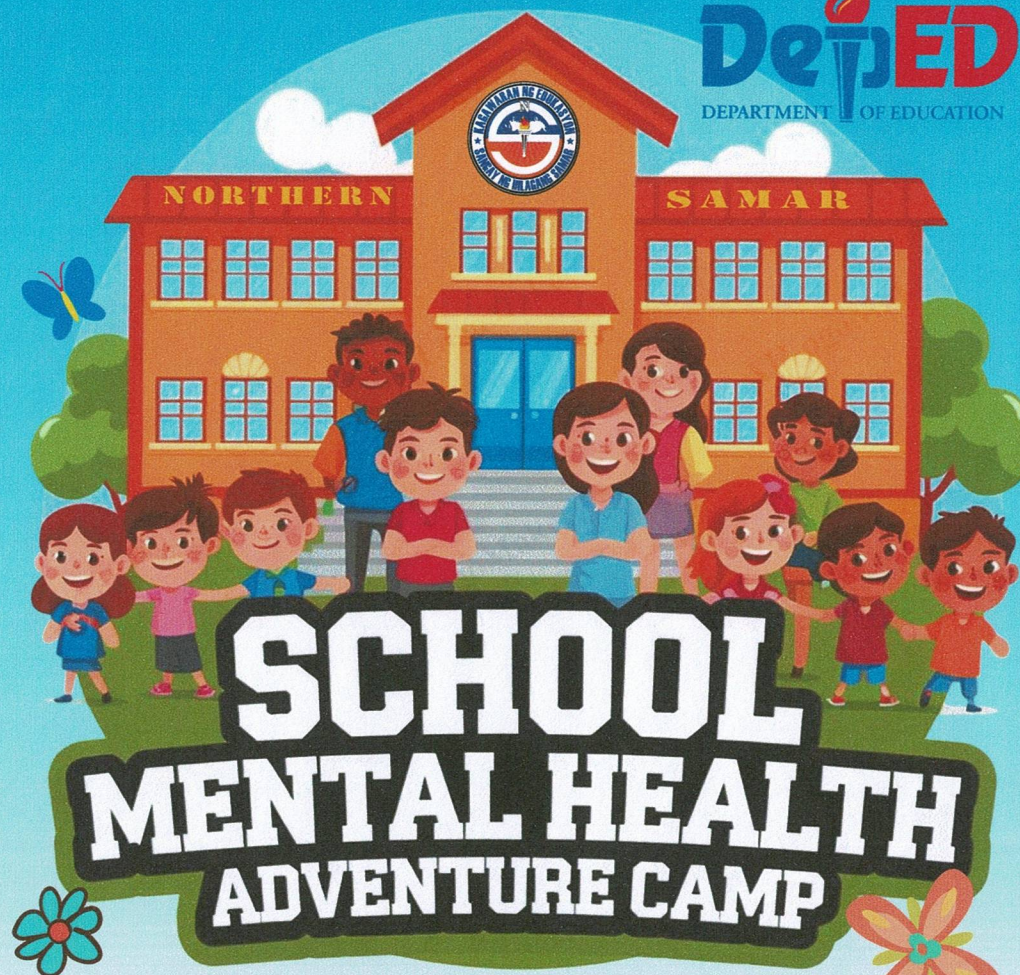
Mabini St., Brgy. Acacia, Catarman, 6400, Northern Samar
Telefax: (055) 500 1020
Email: northersamar@deped.gov.ph
Division Official Website: <https://northersamar.deped.gov.ph>

TIME	Duration	TOPIC	SPEAKER(S)/ FACILITATOR(S)
12:00NN – 1:00PM	1 hour	LUNCH BREAK	
AFTERNOON SESSIONS			
1:00PM – 3:00PM	2 hours	Continuation of Station Visits	Troop Mentors and Station Coaches
3:00PM- 4:00PM	1 hour	“Reflection & Resilience Circle”: Processing of the Activity. Launching of Mental Health Helpline	PINKY A. DETERA, RN, MAN <i>Division School Mental Health Focal Person</i> ALMA M. CUANICO, RN <i>Division Alternate Focal Person for School Men- tal Health</i>
4:00PM- 5:00PM	1 hour	Nurturing the Spirit: A Reflection on Faith and Well-Being	GAUDENCIO C. ALJIBE JR, PHD, CESO VI <i>Schools Division Superintendent</i>
5:00PM- 6:00PM	1 hour	CLOSING CEREMONY WARREN L. OTADOY, MD <i>Medical Officer IV – Section Head, School Health Section</i> Special Awards & Prizes Pledge of Commitment and Community Song	Secretariat

Batch 1: August 23, 2025
Catarman I Central School

Batch 2: September 13, 2025
San Isidro Agro-Industrial School

Batch 3: September 20, 2025
Sumoroy Agro-Industrial School



**“ADOLESCENT LEARNERS SUMMIT
ON WELLNESS, STRENGTH, AND
RESILIENCE”**

This serves as an Invitation

SCHOOL MENTAL HEALTH ADVENTURE CAMP:

"Adolescent Learners Summit on Wellness, Strength, and Resilience"

Program of Activities

TIME	Dura- tion	TOPIC	SPEAKER(S)/ FACILITATOR(S)
MORNING SESSIONS			
5:30AM-6:00AM	30 mins	ASSEMBLY	
6:00AM-7:00AM	1 hour	Parade of Wellness, Strength, and Resilience	Secretariat
7:00AM-8:00AM	1 hour	REGISTRATION	
8:00AM-9:00AM	1 hour	OPENING PROGRAM Philippine National Anthem Invocation DepEd Division Hymn DepEd Quality Policy Statement Welcome Remarks: NOE M. HERMOSILLA Chief, Schools Governance & Operations Division Message of Support: GAUDENCIO C. ALJIBE JR, PHD, CESO VI Schools Division Superintendent REY F. BULAWAN, EdD Asst. Schools Division Superintendent	Masters of Ceremony: Richelle Paz Delizon Admin. Support II & Renne Rose P. Delizon Technical Assistant I
9:00AM-9:10AM	10 mins	Acknowledgement of Participants	ALMA M. CUANICO, RN Division Alternate Focal Person for School Mental Health
9:10AM-9:25AM	15 mins	CONTEXT SETTING – RISE, SHINE & THRIVE: "Adolescent Learners Summit on Health, Wellness, and Resilience"	PINKY A. DEITERA, RN Nurse II – Division Focal Person for School Mental Health

9:25AM-9:35AM	15 mins	"Know the Way, Enjoy the Day!" Mapping-Out Our Mental Health Journey and House Rules.	MARVIN D. SOCORRO, RN, MAN Nurse II
9:30AM-9:45AM	15 mins	Introduction to the Referral System, Process and Mechanism of School Mental Health for DepEd Division of Northern Samar CEREMONIAL KICK-OFF & FLASH MOB	WARREN L. OTADOY, MD Medical Officer IV – Section Head, School Health Section
9:45AM – 10:00AM	15 mins	UNITY ASSEMBLY	Designated Troop Mentors (School Health Personnel)
10:00AM-12:00AM	2 hours	"STATION VISITS START NOW! — EXPLORE, LEARN, AND REFLECT." (20 mins per station) STATION 1: Gallery Hill – Hope Gallery Goal: Inspire hope and positivity through art. STATION 2: Story Cove – Stories of Hope Goal: Normalize mental health struggles via shared stories. STATION 3: Kindness Forest – Forest Hugs Goal: Foster kindness and social connection. Station 4: Cookie Cove – Affirmation Cookies Goal: Encourage positive self-talk through affirmations. Station 5: Scent Springs – Aromatherapy Goal: Promote relaxation through scent. Station 6: Tiktok Terrace – TikTok Corner Goal: Use social media to spread mental health awareness. Station 7: Movement Meadow – Mindful Movement Goal: Promote body awareness and stress relief. Station 8: Emotional Cliff – Feelings and Emotions Wall Goal: Support emotional expression and awareness. Station 9: Myth Maze – Mental Health Myth Busters Goal: Correct misconceptions about mental health. Station 10: Gratitude Garden – Kindness Notes and Gratitude Tree Goal: Cultivate gratitude and kindness.	Troop Mentors and Station Managers