



Republic of the Philippines  
**Department of Education**  
REGION X – NORTHERN MINDANAO  
**SCHOOLS DIVISION OF EL SALVADOR CITY**

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October 28, 2020

DIVISION MEMORANDUM  
No. 275, s. 2020

**Building Resilience and Preventing Burn-out In Times of Covid-19  
- A Seminar on Mental Health And Psychosocial Support Services  
Interventions Cum Enhancement of Division Contingency Plan**

To: **Elementary and Secondary School Heads**  
**School DRRM Coordinators**  
**Guidance Advocates**  
**All Others Concerned**  
This Division

1. The changes brought about by the new normal have impacted our day to day living. The restrictions in mobility and the modifications of our daily routines have drove us to many challenges, anxiety and eventually being burned-out.
2. In line with the interventions undertaken by the Department to address these psychosocial issues, the field is hereby informed that the office will conduct A seminar On Mental Health and Psychosocial Support Services Interventions Entitled: Buiding Resilience and Preventing Burn-out in Times of Covid-19 cum Enhancement of Division Contingency Plan on October 30, 2020 at McDonalds, El Salvador City.
2. Participants to the aforesaid seminar are the **School Heads, School DRRM Coordinators and Guidance Advocates**. The table below is the breakdown of participants per school and its corresponding schedule:



Address: Zone 3, Poblacion, El Salvador City | Website: [www.depedelsalvadorcity.net](http://www.depedelsalvadorcity.net)  
Tel. No. (088) 555-0475 | Email: [elsalvador.city@deped.gov.ph](mailto:elsalvador.city@deped.gov.ph)



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Date	Cluster I – AM Session 8:00 AM – 12:00 NN	# of Pax/ School	Cluster II – PM Session 1:00 PM – 5:00 PM	# of Pax/ School
	1. El Salvador CCS	3	1. Molugan CS	3
	2. El Salvador City NHS	3	2. Molugan NHS	3
10/30/2020	3. Cogon ES	3	3. Amoros ES	3
	4. Cogon NHS	3	4. Sambulawan ES	3
	5. Kibonbon ES	3	5. Sambulawan NHS	3
	6. Bolisong NHS	3	6. Taytay ES	3
	7. Kalabaylabay IS	3	7. Himaya ES	3
	8. Hinigdaan ES	3	8. Himaya NHS	3
	9. Hinigdaan NHS	3	9. Ulaliman ES	3
	10. San Francisco de Asis ES	3	10. PSB ES	3
	11. San Francisco de Asis NHS	3	11. Sinaloc ES	3
			12. Sinaloc NHS	3
	Total:	33		36

3. For information, guidance and compliance.

**OLGA C. ALONSABE, PhD, CESE**  
Assistant Schools Division Superintendent  
OIC, Office of the Schools Division Superintendent

ADMIN/DRRM



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