



Republic of the Philippines
Department of Education
REGION IV-A CALABARZON
CITY SCHOOLS DIVISION OF DASMARIÑAS
FRANCISCO E. BARZAGA INTEGRATED HIGH SCHOOL
BRGY. SAN JOSE, CITY OF DASMARIÑAS, CAVITE

13 Oct 2026

SCHOOL MEMORANDUM

No. **289**, s. 2026

MENTAL HEALTH SYMPOSIUM

To: OIC - Assistant Principal for Academics - SHS
All Teaching/Non-teaching personnel
All Others Concerned

1. The **Department of Education (DepEd)** observes the **National Mental Health Week and Month** every October. Pursuant to **Republic Act No. 11036 (Mental Health Act)** and **Republic Act No. 12080 (Basic Education Mental Health and Well-Being Promotion Act)**, the Department implements the **School-Based Mental Health Program (SMHP)** to promote and support mental health and well-being among learners in basic education.
2. In line the celebration of Mental Health Month this October, this office announces that the **SOKSAY Society** will be conducting a **Mental Health Symposium** with the theme **"Mind Matters: Understanding Stress, Coping, and Help-Seeking."** The activity will be held on **October 19–20, 2026**, at the **Banyuhay ng Kakayahan**, as scheduled below:

Date	Participants	Time	Resource Speaker
October 19, 2026	11- Banzon, 11- Del Mundo, 11- Del Rosario, 11- Almario 11- Obusan	12:30 PM – 3:00 PM	Ms. Jhoanna Rose M. Moreno, RGC
October 20, 2026	Grade 12 HUMSS	9:00 AM – 11:00 AM	Ms. Isabel Victoria C. Mapalad, RPsy
October 20, 2026	11 – Delos Reyes 11 – Escoda 11 – Sy 11 – Tan	12:30 PM – 3:00 PM	Ms. Jhoanna Rose M. Moreno, RGC

3. This activity aims to provide students with relevant information and practical strategies to better understand and manage stress and emotional challenges.
4. All concerned class advisers and subject teachers in Mabisang Komunikasyon are requested to facilitate and monitor the participation of their respective

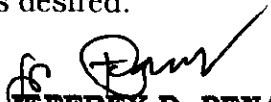


Address: Lagmay Compound, Medina Ville, Brgy. San Jose, City of Dasmariñas, Cavite
Telephone No: (046) 230-9622
Email Address: 328201@deped.gov.ph
Facebook Page: DepEd Francisco E. Barzaga IHS - Dasmariñas City
Website: <https://www.febihs.com>

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students and ensure that students are properly informed of the schedule and other necessary arrangements.

5. **Parental Consent Forms** will be provided to each student prior to the activity. This is to ensure that parents/guardians are properly informed and have given consent for their child's participation, considering that the symposium will cover topics related to stress, emotional challenges, coping, and help-seeking.
6. The cooperation of all concerned teachers, advisers, and students is requested to ensure the orderly and meaningful conduct of the activity.
7. Widest dissemination of this Memorandum is desired.


JEFFREY D. PENALES
School Principal I

PROGRAMME
MENTAL HEALTH SYMPOSIUM

October 19-20, 2026, 12:30 PM – 3:00 PM, AM Shift
 Banyuhay ng Kakayahan

TIME	DAY 1 <i>(11- Banzon, 11 – del Mundo, 11 – del Rosario, 11- Almario, 11- Obusan)</i>	DAY 2 <i>(11- delos Reyes, 11- Escoda, 11- Sy, 11- Tan)</i>
12:00 NN – 12:30 PM	Registration	Registration
12:30 PM – 12:40 PM	Preliminaries National Anthem Opening Prayer <i>Kristel Jiel Dimapilis</i> <i>11 - Banzon</i> Dasmarinas Hymn FEBIHS Hymn	Preliminaries National Anthem Opening Prayer <i>Carmina Grace Macina</i> <i>II - Escoda</i> Dasmarinas Hymn FEBIHS Hymn
12:40 PM – 12:45 PM	Welcome Remarks <i>Ms. Ruby Ann V. Saron</i> OIC, Asst Principal for Academics	Welcome Remarks <i>Ms. Ruby Ann V. Saron</i> OIC, Asst Principal for Academics
12:45 PM – 12:50 PM	Message <i>Mr. Jeffrey D. Penales</i> School Principal I	Message <i>Mr. Jeffrey D. Penales</i> School Principal I
12:50 PM – 12:55 PM	Statement of the Purpose <i>Mary Angeline V. Bugayong</i> SOKSAY Society, Co- Adviser	Statement of the Purpose <i>Mary Angeline V. Bugayong</i> SOKSAY Society, Co- Adviser
12:55 PM – 1:05 PM	Acknowledgement of Participants	Acknowledgement of Participants
1:05 PM – 1:10 PM	Introduction to the Resource Speaker <i>Jeselle Anne Claire Sarito</i> Guro II	Introduction to the Resource Speaker <i>Elisea R. Buenaobra</i> Guro III
1:10 PM – 2:00 PM	Talk Proper <i>Ms. Jhoanna Rose M. Moreno, RGC</i>	Talk Proper <i>Ms. Jhoanna Rose M. Moreno, RGC</i>
2:00 PM – 2:10 PM	Q & A	Q & A
2:10 PM – 2:20 PM	Awarding of Certificate to the Resource Speaker	Awarding of Certificate to the Resource Speaker
2:20 PM – 2:25 PM	Closing Remarks <i>Maricris L. Albarillo</i> SOKSAY Society, Adviser	Closing Remarks <i>Maricris L. Albarillo</i> SOKSAY Society, Adviser
2:25 PM – 2:30 PM	Closing Prayer <i>Alliah Crishey Rentoria</i> <i>11- Almario</i>	Closing Prayer <i>Athena Sanchez</i> <i>11- Tan</i>
2:30 PM 2:40 PM	Photo Opportunity	Phot Opportunity

PROGRAMME
MENTAL HEALTH SYMPOSIUM

October 19-20, 2026, 9:00 AM – 11:00 AM, PM Shift
 Banyuhay ng Kakayahan

TIME	DAY 1 <i>(Grade 12 Humanities and Social Sciences Students)</i>
8:30 – 9:00 AM	Registration
9:00 AM – 9:10 AM	Preliminaries National Anthem Opening Prayer <i>Karylle Breta</i> 12- Quezon Dasmarinas Hymn FEBIHS Hymn
9:10 AM – 9:15 AM	Welcome Remarks <i>Ms. Ruby Ann V. Saron</i> OIC, Asst Principal for Academics
9:15 AM – 9:20 AM	Message <i>Mr. Jeffrey D. Penales</i> School Principal I
9:20 AM – 9:25 AM	Statement of the Purpose <i>Mary Angeline V. Bugayong</i> SOKSAY Society, Co- Adviser
9:25 AM – 9:35 AM	Acknowledgement of Participants
9:35 AM – 9:40 AM	Introduction to the Resource Speaker <i>Maricris L. Albarillo</i> SOKSAY Society, Adviser
9:40 AM – 10:30 AM	Talk Proper <i>Ms. Isabel Victoria C. Mapalad, RPsy</i>
10:30 AM – 10:40 AM	Q & A
10:40 AM – 10:45 AM	Awarding of Certificate to the Resource Speaker
10:45 AM – 10: 50 AM	Closing Remarks <i>Maricris L. Albarillo</i> SOKSAY Society, Adviser
10:50 AM – 10:55 AM	Closing Prayer <i>Arrah Sumalpong</i> 12- Enriquez
10:55 AM – 11:00 AM	Photo Opportunity

TECHNICAL WORKING COMMITTEE

October 19-20, 2026

Banyuhay ng Kakayahan

PROGRAM MANAGERS

Maricris L. Albarillo, SOKSAY Society - Adviser
Mary Angeline V. Bugayong, SOKSAY Society – Co-Adviser
Elisha Cabanatan, SOKSAY Society - President

Elisea R. Buenaobra
Jeselle Anne Claire Sarito
Guro, Mabisang Komunikasyon

REGISTRATION

Jhella Mae Almazan
Jomel Aniban
Curt Jayson Dela Cruz
Deanmark Carlos
Donica Replente
Xianne Agustin
Zyrus Zapanta
Mhelody Peal Pabilonia
Mohammed Saara

TECHNICAL

Vic Gino Latagan
Von Eriarte
Nicole Hembra
Zaijan Dimaranan
Vic Gino Latagan
Emmanuel Castro
Prince Avery Villena
Kim De Guzman
Lanz Justin Sabacco

DOCUMENTATION

Fiona Caragdong
Carlo John Bolanes
Justine Gallido
Brandon Nodalo
Aldwin Maligson
Nick Enolva
Khaycee Julongbayan
Hassel Domero

PEACE AND ORDER

Ella Beatrice Cabanatan
Shawn Arkin Bautista
Gherlene Lahoy
Ester Gabrielle Gagasa
Rhona Angela Arevalo
Paul Mercado
Athaleyha Raenne Cruz
Darichelle Camacho

Aira Eramil

EMCEES

Maria Yumi Shane Tampus

Ali Rivera

Rowella Mariano

Justin Aviso

Yhioana Chineyl Angeles

Rod Oscar Escobarte