



DepEd Regional Office No. 02  
 DOCS ID No. 080924127  
 Created by Records  
 Date Created 08/09/2024

Republika ng Pilipinas  
**Department of Education**  
 OFFICE OF THE UNDERSECRETARY  
 HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT



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

**MEMORANDUM** Date: 8/21/24 Released (Records): [Signature]

To:  PSDS/DICs  Elem/Sec School Heads  
 Private Schools  Others:

For:  Information  Dissemination  
 Guidance  Strict Compliance

**ORLANDO E. MANUEL PhD., CESO V**  
 Office of the Schools Division Superintendent  
 Signature: [Signature]

By:  ASDS  CID Chief  SGOD Chief  AO  Atty

RA 11036 which mandates comprehensive suicide prevention services and a national response strategy)

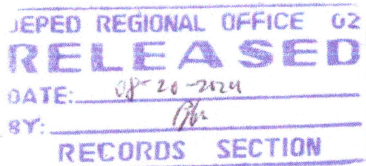
August 13, 2024

To: **Schools Division Superintendents**  
 This Region

For information and appropriate action.

**BENJAMIN D. PARAGAS PhD, CESO III**  
 Director IV/ Regional Director

\*hrdd/RBC/mcc





Republika ng Pilipinas

# Department of Education

OFFICE OF THE UNDERSECRETARY

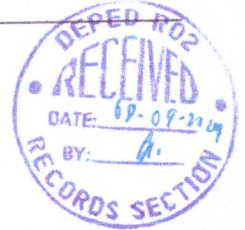
HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT

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## MEMORANDUM OM-OUHROD-2024-1516

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**Assistant Secretaries**  
**Bureau and Service Directors**  
**Regional Directors**  
**Schools Division Superintendents**  
**All Others Concerned**

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*Regional Director*  
*Officer-in-Charge, Office of the Undersecretary for*  
*Human Resource and Organizational Development, and Administration*

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<b>October 9, 2024</b> 8:00am – 12:00nn	<b>Mental Well-being:</b> <b>World Mental Health Day: “It is Time to Prioritize Mental Health in the Workplace”</b>  <i>(Proclamation No. 452, s. 1994, Declaring the Second Week of October as the National Mental Health Week)</i>
<b>October 23, 2024</b> 8:00am – 12:00nn	<b>Financial Well-being:</b> <b>Financial Consumer Protection: Fraud and Scams prevention</b>  <i>(Proclamation No. 822, s. 1971, Declaring the last week of November as Consumers’ Protection Week)</i>
<b>November 13, 2024</b> 8:00am – 12:00nn	<b>Financial Well-being:</b> <b>Personal Financial Management</b>  <i>(RA 10922, Declaring 2<sup>nd</sup> week of November as Economic and Financial Literacy Week)</i>
<b>November 27, 2024</b> 8:00am – 12:00nn	<b>Physical Well-being:</b> <b>Taking Care of your Kidneys</b>

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](https://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](mailto:bhrod.ewd@deped.gov.ph).

[BHRD-EWD/ KZM/solus]