



Republic of the Philippines  
**Department of Education**  
OFFICE OF THE SECRETARY

**MEMORANDUM**

**TO :** Regional Directors  
Schools Division Superintendents  
Public Elementary and Secondary School Heads  
All Others Concerned

**FROM :**   
Secretary

**SUBJECT :** Observance of the Two-Day Wellness Break for Teachers

**DATE :** September 8, 2026



In accordance with DepEd Order No. 009, s. 2026, titled Guidelines on the Implementation of the Three-Term School Calendar in Basic Education, a Wellness Break is provided for teachers after each term to allow them time to rest, recuperate, and attend to their personal well-being before the start of the succeeding term. For Term 1, the **two-day Wellness Break shall be observed on September 14–15, 2026.**

Regional offices, schools division offices, and schools are therefore urged to respect and protect these two days as a genuine break for teachers. **No meetings, trainings, Learning Action Cell sessions, school activities, reporting, submissions, asynchronous deliverables, or other official work shall be required of teachers during the Wellness Break.**

School heads and field officials are encouraged to exercise care in scheduling activities immediately before and after the break so that its intended purpose is preserved.

Immediate dissemination of and strict compliance with this Memorandum is directed.

JMC, M Observance of the Two-Day Wellness Break for Teachers  
0351 – September 8, 2026

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|--------------------------------------------------------------------------|-------------------------------------------------|-----------------------------------------------------------|-------------------------------------|
| <b>MEMORANDUM</b>                                                        |                                                 | Date: 9/10/2026                                           | Released (Records): <i>Queer</i>    |
| To:                                                                      | <input checked="" type="checkbox"/> PSDS/DICs   | <input checked="" type="checkbox"/> Elem/Sec School Heads |                                     |
|                                                                          | <input type="checkbox"/> Private Schools        | <input checked="" type="checkbox"/> Others:               |                                     |
| For:                                                                     | <input checked="" type="checkbox"/> Information | <input checked="" type="checkbox"/> Dissemination         |                                     |
|                                                                          | <input checked="" type="checkbox"/> Guidance    | <input checked="" type="checkbox"/> Strict Compliance     |                                     |
| <b>ORLANDO E. MANUEL PhD., CESO V</b><br>Schools Division Superintendent |                                                 |                                                           |                                     |
| By:                                                                      | <input type="checkbox"/> ASDS                   | <input type="checkbox"/> CID Chief                        | <input type="checkbox"/> SGOD Chief |
|                                                                          | <input type="checkbox"/> AO                     | <input type="checkbox"/> City                             | Signature: <i>[Signature]</i>       |