



Republic of the Philippines
Department of Education
Region III – Central Luzon
Schools Division of Bulacan
SAN ILDEFONSO NORTH DISTRICT

Office of the District Supervisor

To: All School Heads
All Other Concerned

Subject: **DISTRICT ONLINE CASCADING ON MENTAL HEALTH SEMINAR ENTITLED "FROM BURNOUT TO BALANCE: STRESS MANAGEMENT FOR TEACHERS"**

Date: October 1, 2026

1. In line with the Department of Education's commitment to promoting the mental health and well-being of its personnel and Division Memorandum No.351, s. 2026, "MENTAL HEALTH SEMINAR ENTITLED "FROM BURNOUT TO BALANCE: STRESS MANAGEMENT FOR TEACHERS", this office will conduct district online cascading on October 9, 2026 at 3:00 PM
2. The online cascading aims to equip teachers with practical strategies for managing stress, preventing burnout, strengthening resilience, and promoting work-life balance to enhance both personal well-being and professional effectiveness.
3. Participants in this online cascading are 20 School Heads and all teachers of San Ildefonso North.
4. Enclosure No. 1 Matrix of Activity.
5. Immediate and wide dissemination of this letter is earnestly desired

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Public Schools District Supervisor

District Letter no. 035, s. 2026



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Matrix of Activity

3:00-3:10	Opening Program (Prayer, Checking of Attendance, Message)
3:10-3:40	Protecting Your Peace: The Power of Work – Life Balance and Healthy Boundaries Resource Speaker: Jannelle P. Dela Cruz (SIES)
3:40 – 4:10	Calm in the Storm: Building Resilience Through Spiritually Resource Speaker: Mhedee B. Bueno (AES)
4:10 – 4:50	Coping with Stress: Tools for a Happier and Healthier You Resource Speaker: Deodar G. Sta. Ana (SIES)
4:50-5:00	Closing Program