



Republic of the Philippines
Department of Education
Region V
SCHOOLS DIVISION OF SORSOGON

October 5, 2025

DIVISION MEMORANDUM

No. 292, s. 2025

RECHARGE & REACH OUT: THE SCHOOL WELLNESS TOOLKIT DROP – TWO DAYS OF GROWTH, GRIT & GUIDANCE FOR COUNSELORS, NURSES, AND GUIDANCE DESIGNATES

TO: Assistant Schools Division Superintendent
CID and SGOD Chiefs
Public Schools District Supervisors/OIC-PSDSs
Public Secondary School Heads
School Health Section Personnel
All Others Concerned

1. Pursuant to **Republic Act No. 12080** or also known as the Basic Education Mental Health and Well-being Promotion Act, this Office informs the concerned personnel on the conduct of learning and development activity entitled **RECHARGE & REACH OUT: The School Wellness Toolkit Drop – Two Days of Growth, Grit & Guidance for Counselors, Nurses, and Guidance Designates** on October 13-14, 2025, at Villa Isabel, Sorsogon City.
2. This activity aims to strengthen the promotions and delivery of mental health services in basic education by developing school-based mental health programs and establish Schools Division mental health and well-being offices and care centers.
3. The Indicative Program of Activities and List of Participants are hereto enclosed as Enclosure No. 1 and 2 respectively in this Memorandum:
4. This Memorandum serves as the **Approved Travel Order of the identified participants**. Travelling and other incidental expenses incurred are chargeable against School MOOE/local funds subject to the usual accounting and auditing rules and regulations.
5. For information and guidance of all concerned.

JOSE L. DONCILLO, CESO V
Schools Division Superintendent



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Enclosure No. 1 of the Division Memorandum No. **292**, s. 2025

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 2 DAYS OF GROWTH, GRIT & GUIDANCE FOR COUNSELORS, NURSES,
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INDICATIVE PROGRAM OF ACTIVITIES

TIME	DAY 1 (October 13, 2025)	RESOURCE PERSON
8:00am – 8:30am	Arrival/Registration	
8:30am- 9:00am	Preliminaries • Invocation • Welcome Remarks • Introduction of participants	
9:00am- 9:30am	Expectation and Training overview	
9:30am –10:00am	Working Health Break	
10:00am – 11:00 am	Session 1: Wellness Wins: What RA 12080 Means for Our Mental Health and School Life Inputs: Understanding RA 12080 Key Provisions What changes can students expect?	Agnes L. Dominguiniao, RGC Guidance Counselor II Gallanosa National High School
11:00 am – 12:00nn	Session 2: Generational Care: Understanding and Supporting Z and Gen Alpha Mental Health in Digital Age Inputs: Quick overview of Gen Z (born ~1997-2012) and Gen Alpha (born ~2013-present) — who they are and what shapes their worldview What Makes Mental Health Support Different for Gen Z & Alpha? Practical Counseling/Support approaches for Gen Z and Gen Alpha	Mark Kevin N. Lustan, LPT A-One Youth Program Training Specialist
12:00 nn – 1:00 pm	Health Break/Lunch	
1:00pm – 3:00pm	Session 3: Handling Common Concerns – Bullying in Schools: Awareness, Action, and Support Input: Types, causes, and impacts of bullying—particularly for Gen Z and Gen Alpha Early warning signs of bullying (in-person and online)	Jodie Marie R. Jadie, RGC Guidance Counselor II Sorsogon National High School



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	Intervention strategies and school-wide approaches Ways to empower bystanders and support both victims and perpetrators	
3:15pm – 3:30 pm	Working Health Break	
3:30pm – 4:50 pm	Continuation of Session 3: Handling Common Concerns – Bullying in Schools: Awareness, Action, and Support	Jodie Marie R. Jadie, RGC Guidance Counselor II Sorsogon National High School
4:50pm – 5:00pm	Debriefing/End of day Evaluation	
TIME	DAY 2 (October 14, 2025)	
8:00am – 8:30am	Arrival/Registration	
8:30am - 9:00am	Management of Learning	
8:30am – 10:00am	Session 4: Creative Expressions in healing and support: Art, Music, and Storytelling Inputs: The neuroscience of creativity and emotional processing Why Gen Z & Gen Alpha gravitate toward creative platforms (e.g., TikTok, digital art, fan fiction) Benefits of non-verbal communication for trauma, anxiety, and emotional regulation	Dr. Marylendra A. Penetrante Executive Director Children and Youth Wellness Technical and Advocacy Center (CYWTAC) Inc.
10:00 am –10:15 am	Working Health Break	
10:15am – 12:00nn	Continuation of Session 4: Creative Expressions in healing and support: Art, Music, and Storytelling	Dr. Marylendra A. Penetrante Executive Director Children and Youth Wellness Technical and Advocacy Center (CYWTAC) Inc.
12:00nn – 1:00pm	Lunch Break	
1:00pm -3:30pm	Session 5: School-Based Mental Health Assessment, Case conceptualization, Documentation, and Referral Inputs: Why comprehensive mental health response systems matter in school settings Case conceptualizations using evidence-informed models Best practices for documentation in educational	Jhonlery D. Recome, RGC, RM, LPT Guidance Counselor II Bulan National High School



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	settings When, how, and to whom to refer students for additional support.	
3:30pm - 3:45pm	Working Health Break/snacks	
3:45pm – 4:30pm	Session 6: Workshop – Practicing School-Based Mental Health Assessment, Case Conceptualization, Documentation, and Referral Activities: Apply assessment strategies using mock student profiles. Develop full case conceptualizations using structured models. Practice writing clear, professional documentation. Plan referral pathways and follow-up support strategies.	Jhonlery D. Recome, RGC, RM, LPT Guidance Counselor II Bulan National High School
4:30pm – 5:00pm	Debriefing, Ways forward & Awarding of Certificates to facilitators & participants	



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**RECHARGE & REACH OUT: THE SCHOOL WELLNESS TOOLKIT DROP -
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LIST OF PARTICIPANTS

	NAME	SCHOOL	POSITION
1	Deborah Klin S. Ativo	Alegria Integrated School (Barcelona)	GC Designate
2	Charito P. Bagares	Barcelona National Comprehensive HS	GC I
3	Angela S. Azore	Celso F. Falcotelo NHS (Barcelona)	GC Designate
4	Erma A. Altavano	San Antonio NHS (Barcelona)	GC Designate
5	Genalyn C. Oseo	Beguín NHS (Bulan)	GC Designate
6	Meilen D. Labalan	Bulan National High School	GC Designate
7	Eustaquia G. Espedido	Butag National High School (Bulan)	GC Designate
8	Joey Golpeo	Cadandanan NHS (Bulan)	GC Designate
9	Manelene G. Handig	Calpi Integrated School (Bulan)	GC Designate
10	Gemes Ryan L. Co	Danao National High School (Bulan)	GC Designate
11	Naomi Gicaro	Faustino G. Glua High School (Bulan)	GC Designate
12	Nancy G. Ginete	Gate National High School (Bulan)	GC Designate
13	Jean T. Masujer	J.P. Laurel High School (Bulan)	GC Designate
14	Flor Socorro	Quezon National High School (Bulan)	GC Designate
15	Mary Jane G. Funa	San Francisco National HS (Bulan)	GC Designate
16	Lovely jane G. Panganiban	San Isidro National HS (Bulan)	GC Designate
17	Joseph O. Gelio	San Juan Bago High School (Bulan)	GC Designate
18	Nida Fuaso	Buhang National High School (Bulusan)	GC Designate
19	Sharon Bandola	Bulusan National High School	GC Designate
20	Jenell P. Paghubasan	San Roque National HS (Bulusan)	GC Designate
21	Ma. Irene E. Pura	Bagacay National HS (Gubat)	GC Designate
22	Elizabeth Besid	Bentuco NHS (Gubat)	GC Designate
23	Ernest Renan Sarmiento	Bulacao National High School (Gubat)	GC Designate
24	Angelo M. Bongon	Gubat National High School	GC Designate





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	NAME	SCHOOL	POSITION
25	Roel Del Rosario	Jupi National High School (Gubat)	GC Designate
26	Ma. Judy Estavillo	Rizal National High School (Gubat)	GC Designate
27	Ma. Teresa G. Navarro	Batang Integrated School (Irosin)	GC Designate
28	Frederick G. Hagos	Gabao National HS (Irosin)	GC Designate
29	Ma. Theresa G. Pancho	Gallanosa National HS (Irosin)	GC III
30	Elmer Gamba	Irosin north NHS (Irosin)	GC Designate
31	Eljoy Mae B. Crebillo	Patag Integrated School (Irosin)	GC Designate
32	Randy G. Doctor	Biriran National HS (Juban)	GC Designate
33	Nadia M. Mella	Calateo Integrated School (Juban)	GC Designate
34	Karen H. Nanoz	Guruyan High School (Juban)	GC Designate
35	Marissa Galvan	Juban High School	GC Designate
36	Cyril Victoria	Lajong National HS (Juban)	GC Designate
37	Marilou Caballera	Olimpio A. Guarin Jr. NHS (Juban)	GC Designate
38	Jimson Candelaria	Sablayan High School (Juban)	GC Designate
39	Yolanda G. Macildo	Calintaan Integrated School (Matnog)	GC Designate
40	Malou Ferrer	Culasi National HS (Matnog)	GC Designate
41	Frev E. Barberan	Matnog National High School	GC I
42	Catherine B. Lucillo	Sisigon Integrated School (Matnog)	GC Designate
43	Cristina G. Nares	Sua National High School (Matnog)	GC Designate
44	Julie-Ann S. Legaspi	Tiong Hen So Memorial HS (Matnog)	GC Designate
45	Edna D. Domasig	Calao National HS (Pto Diaz)	GC Designate
46	Bernard D. Feolino	Manlabong National HS (Pto. Diaz)	GC Designate
47	Maricel Domalaon	Pto. Diaz National High School	GC Designate
48	Arlene Huerto	San Rafael Integrated HS (Pto. Diaz)	GC Designate
49	Flordeliz F. Fulgar	Sta. Magdalena National HS	GC Designate
50	Ceres F. Furio	Talaonga National HS (Sta. Magdalena)	GC III
51	Mary Rose B. Fabrigar	Casiguran TVS	GC I
52	Desiree P. Llaneta	Del Carmen Memorial HS (Casiguran)	GC Designate
53	Eva E. Sibonga	San Juan National HS (Casiguran)	GC Designate
54	Alona Azueta	Bagong Sirang HS (Castilla)	GC Designate
55	Abigael G. Almin	Buenavista NHS (Castilla)	GC Designate
56	Evangeline L. Laroga	Castilla NHS	GC Designate
57	Elvira Lachica	Cumadcad NHS (Castilla)	GC I
58	Christine M. Adivino	Dinapa National HS (Castilla)	GC Designate
59	Merla Z. Torres	Macalaya National HS (Castilla)	GC Designate



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	NAME	SCHOOL	POSITION
60	Divina Torno	Mayon National HS (Castilla)	GC Designate
61	Ronalyn M. Lesano	Milagrosa National HS (Castilla)	GC Designate
62	Janet C. Lesano	Oras National HS (Castilla)	GC Designate
63	Jovencio F. Gatón Jr	Pandan High School (Castilla)	GC Designate
64	Cherry N. Lagunsin	Quirapi Integrated School (Castilla)	GC Designate
65	Rona B. Molina	San Rafael High School (Castilla)	GC Designate
66	Cora Tolosa	Banuang Gurang National HS (Donsol)	GC Designate
67	Ma. Sandy E. Encinares	Cabugao National HS (Donsol)	GC Designate
68	Ma. Luisa De Leon	DNCHS- Sta Cruz Extension HS (Donsol)	GC Designate
69	Catherine L. Ativo	Donsol National Comprehensive HS	GC I
70	Cherry Briones	Donsol Vocational High School	GC Designate
71	Nica Avisado	Donsol VHS – Gimagaan	GC Designate
72	Danica Herrea	Donsol VHS- Gogon Annex (Donsol)	GC Designate
73	Agnes A . Mortega	Bagatao National HS (Magallanes)	GC Designate
74	Jeselyn H. Detecio	Bartolome G. Lee Sr. IS (Magallanes)	GC Designate
75	Jamel John B. Villa	Biton High School (Magallanes)	GC Designate
76	Cindy G. Listana	Caditaan NHS (Magallanes)	GC Designate
77	Alita H. Banadera	Cagbolo NVHS (Magallanes)	GC Designate
78	Marlon A. Manago	Magallanes National High School	GC Designate
79	Rowena V. Golpo	Magallanes NVHS	GC Designate
80	Agape G. Huidem	Pawik Integrated School (Magallanes)	GC Designate
81	Aila Joy H. Arevalo	Pili National High School (Magallanes)	GC Designate
82	Regina Cornelio	Siuton NHS (Magallanes)	GC Designate
83	Dan Jorge Losito	Abucay NHS (Pilar)	GC Designate
84	Iziel S. Milagrosa	Bantayan National HS (Pilar)	GC Designate
85	Irish Barasi	Bayasong National HS (Pilar)	GC Designate
86	Geneva G. Bermas	Lungib National HS (Pilar)	GC Designate
87	Marilyn M. Acbo	Manuel T. Sia Memorial School (Pilar)	GC Designate
88	Keisha Marie C. Chavez	Palanas National HS	GC Designate
89	Salve D. Alcantara	Pilar National Comprehensive HS	GC Designate
90	Julie A. Listana	Salvacion National High School (Pilar)	GC Designate
91	Joseph L. Magalona	San Rafael High School (Pilar)	GC Designate
92	Joyce E. Jazareno	Tingco National HS (Pilar)	GC Designate
93	Agnes L. Dominguiano	Gallanosa National High School	GC II





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	NAME	SCHOOL	POSITION
94	ALMODIEL, Armando E. Jr.	SDO-Sorsogon	Nurse II
95	ANGELES, Teresa Pamela P.	SDO-Sorsogon	Nurse II
96	ARDALES, Mary Jocylene G.	SDO-Sorsogon	Nurse II
97	CADAG, Marifi A.	SDO-Sorsogon	Nurse II
98	DENIEGA, Christine V.	SDO-Sorsogon	Nurse II
99	DETERA, Marie Cecille H.	SDO-Sorsogon	Nurse II
100	DIGO, Carlo A.	SDO-Sorsogon	Nurse II
101	GESTIADA, Cherry G.	SDO-Sorsogon	Nurse II
102	INDIONGCO, Jose C. Jr.	SDO-Sorsogon	Nurse II
103	GALIT, Liezl C.	SDO-Sorsogon	Nurse II
104	INZON, Gemma S.	SDO-Sorsogon	Nurse II
105	MORADA, Shiela Maria G.	SDO-Sorsogon	Nurse II
106	SALVATIERRA, Girlie J.	SDO-Sorsogon	Nurse II
107	TABUENA, Elizabeth C.	SDO-Sorsogon	Nurse II
108	CAHILIG, Pauline Angelie Y.	SDO-Sorsogon	Nurse II
109	ESCANDOR, Aristotlie Abbie B.	SDO-Sorsogon	Nurse II
110	ERMINO, Evelyn T.	SDO-Sorsogon	Nurse II
111	LATOSA, Eleanor C.	SDO-Sorsogon	Nurse II
112	RAVANILLA, Glenn L.	SDO-Sorsogon	Nurse II
113	BAULA, Rhea M.	SDO-Sorsogon	Nurse II
114	Vanessa D. Escobedo	SDO-Sorsogon	Nurse II
115	Eleanor G. Franche	SDO-Sorsogon	Nurse II
116	Michael Angelo H. Nanoz	SDO-Sorsogon	Nurse II
117	Vic Catherine G. Nebria	SDO-Sorsogon	Nurse II
118	Monica N. Zacarias	SDO-Sorsogon	Nurse II
119	Marie Karla T. Anonuevo	SDO-Sorsogon	Nurse II
120	CADAG, Gerard Rodel Z.	SDO-Sorsogon	Nurse II
121	LUMASAC, Saskia U.	SDO-Sorsogon	Nurse II
122	Johnlery D. Recome	Bulan NHS	GC II
123	Jaina Marie Desiree G, Gina	Danao National High School	AO II
124	ABITRIA, Maria Alyanna B.	SDO-Sorsogon	Dentist II
125	CLEMENTE, Manuel C.	SDO-Sorsogon	Dentist II
126	DELLOSA, Ma. Cecilia D.	SDO-Sorsogon	Dentist II
127	GERANCO, Ma. Kristina A.	SDO-Sorsogon	Dentist II
128	VELASQUEZ, Juliet D.	SDO-Sorsogon	Dentist II
129	ACORDA, Sandra L.	SDO-Sorsogon	Dentist II