

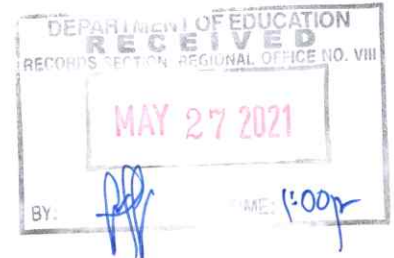


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Republika ng Pilipinas
Kagawaran ng Edukasyon
 Tanggapan ng Pangalawang Kalihim

003927



DepEd Task Force COVID-19
MEMORANDUM No. 403
 21 May 2021

For: **Regional Directors**
 (I, II, III, IV-A, V, VI, VII, VIII IX, XI, XII, and NCR)
Schools Division Superintendents
 (Schools Divisions of Cagayan, Camarines Sur, Cavite City, Cotabato, Davao del Sur, Lapu-Lapu City, Negros Occidental, Nueva Ecija, Pangasinan II, Pasig City, Tacloban City, and Zamboanga del Norte)
Regional and Division DRRM Coordinators

Subject: **SCHOOLS DIVISION OFFICES AS HOSTS OF TAYO NAMAN! LIVE WEBINAR**

A year after the COVID-19 pandemic was declared, the country has experienced another unprecedented surge of cases, causing heightened fear and anxiety to many. The Department of Education (DepEd) personnel are not exempted from this. While the number of cases is rising, the Department's mandate towards learning continuity remains. As a response to the existing threats to mental health, the Disaster Risk Reduction and Management Service (DRRMS) launched **TAYO NAMAN! Tulong, Alaga, Yakap at Oras para sa mga Tagapagtaguyod ng Edukasyon** on 21 May 2021. This is to ensure that the mental health of DepEd personnel is protected.

The program aims to equip DepEd personnel with ways to protect their mental health in the midst of the COVID-19 pandemic. Further, it aims to promote inclusivity among the different governance levels of the Department. This program will feature live discussions on mental well-being every Friday at 8:30-10:00 a.m. via the official Facebook page of DepEd Philippines.

In this regard, the DRRMS invites the following Schools Division Offices (SDOs) to host the TAYO Naman! Live Webinar:

Region	Division	Tentative Schedule
I	Pangasinan II	30 July 2021
II	Cagayan	23 July 2021
III	Nueva Ecija	25 June 2021



Office of the Undersecretary for Administration (OUA)

[Administrative Service (AS), Information and Communications Technology Service (ICTS), Disaster Risk Reduction and Management Service (DRRMS), Bureau of Learner Support Services (BLSS), Baguio Teachers Camp (BTC), Central Security & Safety Office (CSSO)]

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IV-A	Cavite City	02 July 2021
V	Camarines Sur	16 July 2021
VI	Negros Occidental	18 June 2021
VII	Lapu-Lapu City	06 August 2021
VIII	Tacloban City	09 July 2021
IX	Zamboanga del Norte	11 June 2021
XI	Davao del Sur	20 August 2021
XII	Cotabato	13 August 2021
NCR	Pasig City	04 June 2021

As host divisions, they will facilitate the flow of the TAYO Naman! Live Webinar, which includes opening the program, leading the physical activity, hosting the webinar, and facilitating the panel discussion. Further, the host divisions are expected to designate their respective DRRM Coordinator to serve as the focal person for this activity.



In this connection, the above-mentioned SDOs are directed to submit to the DRRMS the details of their selected representative through email at drmo+mhps@deped.gov.ph with the subject: **TAYO Naman Host Division Representative**. Kindly use the attached template (Annex A) for this purpose.

Attached in this Memorandum are the following:

- Annex A:** Representative Details Template
- Annex B:** Qualifications for Host Division Representatives
- Annex C:** List of Topics for Each Episode
- Annex D:** Program Flow

For further information, queries and concerns, please contact Ms. Joan Grace Llamado of the DRRMS through 0977 277 5126 or email at joan.llamado@deped.gov.ph.

For immediate and appropriate action.



ALAIN DEL B. PASCUA
 Undersecretary
 Chairperson, DepEd Task Force COVID-19



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Annex A

Representative Details Template

Confirmation of Participation in TAYO Naman! (Tulong, Alaga, Yakap at Oras para sa mga Tagapagtaguyod ng Edukasyon) Live Webinar	
Name	
Position	
Schools Division Office	
School (if applicable)	
Email Address	
Contact Number	
Role in the Webinar (host, facilitator, etc.)	
E-signature	

Annex B

Qualifications for Host Division Representatives

To ensure that the quality of its online activities on Mental Health Psychosocial Support Services (MHPSS) remains intact despite the growing number of program holders/facilitators, the DRRMS requires the following qualifications for the selection of the divisions' representatives as hosts, facilitators and panelists:

1. must have experience in facilitating online activities;
2. must demonstrate skill in facilitating online events;
3. must have active and lively personality;
4. must have good command in Filipino and English;
5. must have the confidence to speak in front of a live online audience;
6. must have a quiet space at home to participate in live sessions;
7. must have enough bandwidth to participate in online video calls;
8. must be willing to commit to the following:
 - a. attend dry run session two days prior to the actual episode
 - b. provide sample video of the selected host/facilitator
 - c. enjoin all personnel in the division to participate in the activity



Annex C

List of Topics for Each Episode and Tentative Schedule

Theme	Topics	Tentative Schedule
Understanding My Well-Being	Increasing Self-Awareness to Thrive and Excel in the New Normal	21 May 2021
	Understanding the Psychology of Emotions	28 May 2021
Examining My Inner Struggles in the Midst of Pandemic	Dealing with Grief and Loss	04 June 2021
	Understanding and Managing Common Mental Disorders and other Psychosocial Concerns	11 June 2021
	Healing from Past Hurts and Traumas	18 June 2021
Enhancing my Well-Being	Resilience through Positive Psychology: Emerging and Keeping up from Adversities	25 June 2021
	Practicing Mindfulness to Manage Stress	02 July 2021
	Promoting Digital Well-being	09 July 2021
Enriching my Relationship with Others	Strengthening Family Relationships amidst the COVID-19 Pandemic	16 July 2021
	Connecting and Building Healthy Relationships with Co- Workers	23 July 2021
	Providing Empathy and Support in the Time of Physical Distancing	30 July 2021
Exploring My Spirituality	Being One with Nature	06 August 2021
	Nurturing Spirituality	13 August 2021
	Solace and Prayer	20 August 2021



Annex D

Program Flow

Schedule	Activity	Speaker
Every Friday, 8:30-10:00 a.m.	Introduction	Host
	Physical Activity	Host Division
	Foreword	DepEd Officials (Regional Director and Schools Division Superintendent)
	Introduction of Expert Speaker	Host
	Speaker Discussion	Expert Speaker
	Introduction of Panelists	Host
	Panel Discussion	Panelist and Facilitator
	Synthesis	Speaker
	Final Remarks	Ronilda R. Co Director IV DRRMS
	Closing	Host

