

DepEd-Division Office - Catanduanes
RECORDS SECTION**RELEASED**BY: *ck* No. 600
DATE: 25 MAY 2026 TIME: 1:37Republika ng Pilipinas
Kagawaran ng Edukasyon
REHIYON V - (Bikol)**TANGGAPANG PANSANGAY NG MGA PAARALAN NG CATANDUANES**

May 25, 2026

DIVISION MEMORANDUM

No: 600, s. 2026

DIVISION CONDUCT OF GABAY-ALALAY FOR TEACHERS :*(Keeping One's Biophysical, Mental, Emotional, Social And Spiritual Life Healthy)*To: Assistant Schools Division Superintendent
Chiefs, CID, and SGOD
Public Schools District Supervisors
Elementary and Secondary School Heads
Concerned Teachers
All others concerned

1. Anchored on Republic Act 11036 (Mental Health Act) mandates the State to ensure that mental health is valued, promoted, protected, conditions are treated and prevented, care is timely, affordable, high quality, and culturally appropriate and accessible to all. Likewise, DepEd Order No. 14, s. 2020 and DepEd Memorandum No. 74, s. 2021 respectively, support said Republic Act which emphasize mental health provisions in schools for both learners and personnel.

2. In connection with this, the Schools Division Office, innovates the Program: **GABAY - ALALAY Program for Teachers : Keeping One's Biophysical, Social, Mental, and Spiritual Life Healthy** which aims to create a safe, supportive, and mentally healthy school environment. Through early intervention, awareness campaigns, and targeted support systems, the program seeks to reduce the incidence of mental health issues, enhance teacher and student well-being, and ultimately improve the quality of education.

3. At the end of the training, participants are expected to:

- Increase awareness on mental health and its significance in the workplace;
- Perform efficiently and effectively by making informed decisions and;
- Improve employee's morale through promotion of care and support leading to job satisfaction and motivation.

4. The GABAY- ALALAY Program is scheduled on **May 28-30, 2026 at Rakdel, Virac, Catanduanes from 8:00-5:00 in the afternoon**. Attached are the lists of the expected participants and the program management team members for your reference.

5. Considering that May 30, 2026 falls on a Saturday, the participants and Program Management Team shall be given a (1.5) day service credit/CTO pursuant to existing rules and regulations.

5. The meals of the participants and the venue of the training shall be charged from the HRTD fund while travel and other incidental expenses shall be charged from the mooc/local funds subject to the usual accounting and auditing rules and regulations.

6. For the information, guidance, and compliance of all concerned.

By the authority of the OIC- SDS:

EVA S. TOLENTINO
Administrative Officer
Officer- In Charge- Office of the SDS



San Roque, Virac, Catanduanes

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Enclosure A- List of the Program Management Team Members

- Chief SGOD Mary Jean S. Romero - Chief, SGOD
- EPS Aroline T. Borja - Program Manager / Proponent
- SP I Cecille S. Alvea - Learning Facilitator / Resource Person
- SH Eddie T. Cadag - Learning Facilitator / Resource Person
- TVI- Nelvin D. Villamartin - Learning Facilitator / Resource Person
- Nurse Anthony B. Aguirre - Learning Facilitator / Resource Person
- Nurse Ahdel D. Idanan - Learning Facilitator / Resource Person
- Nurse Rosa Aurea T. Vargas - Learning Facilitator / Resource Person
- MOIII- John Paul V. Villamartin- Learning Facilitator
- Rev. Fr. Mark Anthony Tasarra- Invited RP/Learning Facilitator
- Ms. Amelia Pagdanganan- Invited RP
- SEPS Carol P. Gil - HRD SEPS
- EPS II Elizabeth Urbano - HRD Documenter
- SEPS Maria Rita SR. Tablate - SEPS Monitoring and Evaluation
- Ma. Eliza M. Icaranom - AA Secretariat
- Dr. Hidelita Posada - Wellness Officer

LIST OF PARTICIPANTS**GABAY-ALALAY FOR TEACHERS 3.0**

(KEEPING ONE'S BIOPHYSICAL, MENTAL, Emotional SOCIAL, SPIRITUAL LIFE HEALTHY)

May 28-30, 2026

NAME	POSITION	SCHOOL
1. MERCY V. TRASMAÑO	TEACHER VI	DORORIAN NATIONAL HIGH SCHOOL
2. CYNTHIA C. CUEVA	TEACHER III	PANGANIBAN CENTRAL ELEM. SCHOOL
3. ISABEL T. CONCEPCION	TEACHER VI	DORORIAN NATIONAL HIGH SCHOOL
4. FATIMA B. SANTOS	TEACHER III	SAN ISIDRO ELEMENTARY SCHOOL
5. MARLENE G. MARINO	TEACHER III	CAPILIHAN ELEMENTARY SCH.
6. CHARLENE A. GIANAN	TEACHER III	SAN ISIDRO ELEMENTARY SCHOOL
7. DOLORES R. ALCANTARA	TEACHER II	CAPILIHAN ELEMENTARY SCH.
8. IRMA T. PANTI	TEACHER II	CAPILIHAN ELEMENTARY SCH.
9. DAISY S. CAMPOS	TEACHER II	CAPILIHAN ELEMENTARY SCH.
10. MARY ROSE R. AGUILAR	TEACHER I	CAPILIHAN ELEMENTARY SCH.
11. SONNY O. PANTALEON	TEACHER III	DORORIAN NATIONAL HIGH SCHOOL
11. JESSICA F. MELGAR	TEACHER III	SAN ISIDRO ELEMENTARY SCHOOL
12. MELBA G. OLIDO	TEACHER I	SAN ISIDRO ELEMENTARY SCHOOL
13. GINALYN F. DYANGCO	TEACHER III	SAN ISIDRO ELEMENTARY SCHOOL
14. JESAMIE P. DE LOS REYES	TEACHER VI	DORORIAN NATIONAL HIGH SCHOOL
15. MELJANE F. GIANAN	TEACHER II	SAN ISIDRO ELEMENTARY SCHOOL
16. BERNADETH A. REYES	TEACHER II	CAPILIHAN ELEMENTARY SCH.
17. GINA R. BERCES	TEACHER II	CAPILIHAN ELEMENTARY SCH.
18. EVANGELINE T. TOLLEDO	TEACHER III	PATAGAN ELEMENTARY SCHOOL
19. MA. CRISTINA T. TANAEL	MASTER TEACHER II	PATAGAN ELEMENTARY SCHOOL
20. EIZEL T. BODOTA	TEACHER III	SAN MIGUEL ELEM. SCHOOL
21. JONNA MARIE T. TERNIDA	TEACHER III	SUMMIT ELEM. SCHOOL
22. FRENLYN E. VALENZUELA	TEACHER III	BENTICAYAN ELEM. SCH.
23. HANELYN R. PASUENGOS	TEACHER III	PANGANIBAN NHS, CAIC COMPOUND
24. EDCEL A. BARRAMEDA	TEACHER III	BENTICAYAN ELEM. SCH.
25. MARY JEANE V. SORIA	MASTER TEACHER I	BENTICAYAN ELEM. SCH.
26. EDITHA T. TAPIA	TEACHER VI	AGBAN CENTRAL ELEM. SCH.
27. VIRGINIA T. TORRENA	TEACHER III	PATAGAN ELEMENTARY SCHOOL
28. GINA R. BERCES	TEACHER II	CAPILIHAN ELEMENTARY SCH.
29. EVANGELINE T. TOLLEDO	TEACHER III	PATAGAN ELEMENTARY SCHOOL
30. MA. CRISTINA T. TANAEL	MASTER TEACHER II	PATAGAN ELEMENTARY SCHOOL
31. LINA T. PUBLICO	TEACHER III	PATAGAN ELEMENTARY SCHOOL
32. EIZEL T. BODOTA	TEACHER III	SAN MIGUEL ELEM. SCHOOL
33. GLORIA V. ALCANTARA	TEACHER III	BAGAMANOC CES
33. LYCA S. PRESENTACION	TEACHER II	ALMA ELEMENTARY SCHOOL
34. MARILYN B. TAPIA	TEACHER III	ALMA ELEMENTARY SCHOOL
35. MYRA T. DE LOS SANTOS	TEACHER III	ALMA ELEMENTARY SCHOOL
36. MA. TERESA T. BELCHEZ	TEACHER I	ALMA ELEMENTARY SCHOOL
37. HELEN C. TAPIA	TEACHER I	GIGMOTO RDHS
38. ILENE R. SALVIDAR	TEACHER III	VALENCIA ELEM SCHOOL
39. RAZEN MAE B. TIVAR	TEACHER III	JOSE RIZAL ELEM. SCHOOL
40. PERLA T. SALES	TEACHER III	JOSE RIZAL ELEM. SCHOOL
41. LEIZL T. SAMONTE	TEACHER III	JOSE RIZAL ELEM. SCHOOL
42. LIANNE L. TORRECAMPO	TEACHER III	JOSE RIZAL ELEM. SCHOOL
43. NENITA T. JABONETE	MASTER TEACHER I	JOSE RIZAL ELEM. SCHOOL

44. HAZEL EVONNE SUMULAT	TEACHER I	SIAY ELEMENTARY SCHOOL
45. GENNY B. SARMIENTO	TEACHER III	JOSE RIZAL ELEM. SCHOOL
46. SARAH MARIE T. TINDUGAN	TEACHER III	PARAISO A ELEM. SCHOOL
47. LORAINI I. TUAZON	TEACHER III	ALMA ELEMENTARY SCHOOL
48. GLADYS L. BAGADIONG	MASTER TEACHER I	ALMA ELEMENTARY SCHOOL
49. ANALIZA E. SABENIANO	TEACHER III	MARILIMA ELEM. SCHOOL
50. JONHSON P. AUSANA	TEACHER I	MARILIMA ELEM. SCHOOL
51. ELVIRA C. RODULFO	TEACHER III	ALMA ELEMENTARY SCHOOL
52. LAINA B. LOPEZ	TEACHER III	BALOGNONAN ELEM. SCH.
53. PAMELA I. BUHAYO	TEACHER II	SAN ANDRES VOCATIONAL SCHOOL
54. ANA A. BARDON	TEACHER III	SAN ANDRES VOCATIONAL SCHOOL
55. EMMA LYNN D. GIANAN	MASTER TEACHER I	OGA ELEMENTARY SCHOOL
56. ELEANOR P. TAPIA	TEACHER III	SAN ROQUE ELEMENTARY SCHOOL
57. RUBY T. TOLLEDO	SPECIAL EDUC TEACHER II	SAN ROQUE ELEMENTARY SCHOOL
58. MARICAR T. VARGAS	TEACHER III	SAN ROQUE ELEMENTARY SCHOOL
59. GENIEVIEVE T. ABUNDANCIA	TEACHER III	SAN ROQUE ELEMENTARY SCHOOL
60. JULIEBE T. TRABALLO	TEACHER III	SAN ROQUE ELEMENTARY SCHOOL
61. MARY ANN B. TALAN	TEACHER II	STO. NINO ELEMENTARY SCHOOL
62. RODILYN T. AVILA	TEACHER III	SAN ROQUE ELEMENTARY SCHOOL
63. MARYNOR T. TORZAR	TEACHER III	SAN ROQUE ELEMENTARY SCHOOL
64. RESTY M. FRANCISCO	MASTER TEACHER I	SAN VICENTE ELEM. SCHOOL
65. EMMA T. VARGAS	TEACHER II	SAN ROQUE ELEMENTARY SCHOOL
66. EDWIN T. TOMES	TEACHER III	SAN ANDRES VOCATIONAL SCHOOL
67. DEO M. BELMONTE	TEACHER VI	SAN ANDRES VOCATIONAL SCHOOL
68. JENNY B. SOLMIANO	TEACHER I	SAN ANDRES VOCATIONAL SCHOOL
69. JEMBIE M. CERVANTES	MASTER TEACHER I	SAN ANDRES VOCATIONAL SCHOOL
70. JAYSON B. GIANAN	TEACHER VI	SAN ANDRES VOCATIONAL SCHOOL
71. JESSICA T. IBAYAN	TEACHER VI	SAN ANDRES VOCATIONAL SCHOOL
72. CATHERINE V. TOLENTINO	TEACHER III	SAN ANDRES VOCATIONAL SCHOOL
73. MYRNA D. DE QUIROZ	TEACHER III	OGA ELEMENTARY SCHOOL
74. JANE CAMILLE S. CAJUDAY	TEACHER VI	SAN ANDRES VOCATIONAL SCHOOL
75. LORAINI D. TAULE	MASTER TEACHER II	SAN ANDRES VOCATIONAL SCHOOL