



REPUBLIC OF THE PHILIPPINES  
**DEPARTMENT OF EDUCATION**  
NATIONAL CAPITAL REGION  
**SCHOOLS DIVISION OFFICE – MARIKINA CITY**

Shoe Ave., Sta. Elena, Marikina City  
+63 (02) 682-2472 / 682-3989 (CID) / 508-6113 (SGOD)  
<https://depedmarikina.ph> / (email) [sdo.marikina@deped.gov.ph](mailto:sdo.marikina@deped.gov.ph)



January 24, 2022

**MEMORANDUM TO:**

OIC, Office of the Assistant Schools Division Superintendent  
Chief Education Supervisors, CID and SGOD  
Elementary and Secondary School Principals/Officers-In-Charge  
Public Schools only

**SPED WEBINAR ON MENTAL HEALTH AND PSYCHOLOGICAL  
SUPPORT SYSTEM AMIDST THE COVID-19 PANDEMIC**

The field is hereby informed of the **SPED Webinar on Mental Health and Psychological Support System Amidst Covid-19 Pandemic** on **February 14-16, 2022** (for Secondary Teachers) and on **February 21-23, 2022** (for Elementary Teachers) at **8:00 a.m.– 5:00 p.m., via Google Meet**. The link shall be forwarded to the participants a day before the webinar.

Please refer to the following inclosures for the other details of the activity:

- Inclosure 1: List of Participants
- Inclosure 2: Matrix of Activities
- Inclosure 3: Working Committee

All participants shall register on or before February 1, 2022 using the following link:

**Secondary: <https://bit.ly/SPED-WEBINAR-SECONDARY>**  
**Elementary: <https://bit.ly/SPED-WEBINAR-ELEMENTARY>**

Immediate and wide dissemination of this Memorandum is desired.

**SHERYLL T. GAYOLA**  
Assistant Schools Division Superintendent  
Officer-In-Charge  
Office of the Schools Division Superintendent



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**Inclosure 1**

**LIST OF PARTICIPANTS**  
**SPED WEBINAR ON MENTAL HEALTH AND PSYCHOLOGICAL**  
**SUPPORT SYSTEM AMIDST THE COVID-19 PANDEMIC**

Elementary: FEBRUARY 21-23, 2022, Monday-Wednesday

SCHOOL	NO. OF PARTICIPANTS	NAME OF TEACHER-PARTICIPANT
Marikina Elementary School	5	<b>JESSICA A. BELTRAN</b>
		MARY GRACE BERNADAS
		DAISY ALIE LOPEZ
		JEANY VIE CRUSIS
		RITCHEL ODRON
San Roque Elementary School	5	<b>ADORACION A. VALDERRAMA</b>
		ARLENE LIBUTON
		AMYLENE FLORES
		ESTER REGALARIO
		JOYCELYN CUSI
Kalumpang Elementary School	5	<b>MILA M. CASILAO</b>
		VANESTA ROSE O. ESTANISLAO
		LIEZEL O. BALDOSANO
		EDNA M. CRISPONDE
		HASMIN R. CRUZ
Sto. Niño Elementary School	5	<b>ANALIZA M. PAZ</b>
		JENNIFER C. MILLENA
		MARIA FE C. MONTALLANA
		JEAN-JEAN C. TOTANES
		LENIE A. TIAMZON
Leodegario Victorino Elementary School	5	<b>DEMETRIA R. CABALONA</b>
		MA. CARMILLE BERNADETTE U. TAMANG
		JOAN B. AGUILAR
		MARIEL R. FALCON
		MORENA S. VELASCO

Barangka Elementary School	5	<b>JEAN DA. CASTILLO</b>
		CHARMAINE B. TRINIDAD
		FLORENCE S. GONZALES
		CHERRY S. AGBISIT
		ODYLANE NORMA V. UY
Industrial Valley Elementary School	5	<b>AMABELLE SANTIAGO</b>
		JEMERLYN DC. TANO
		MA. INES E. MACAWILE
		CONCHITA C. YALUNG
		FLORDELIZA S. AZUCENA
Malanday Elementary School	5	<b>AIZALEEN M. GARCHITORENA</b>
		MELINDA S. SALUYA
		MIKAELA GONDRA
		JOANNA LYN V. CANUA
		JOESALYN M. TUAÑO
Parang Elementary School	5	<b>ANNALLI B. SALAZAR</b>
		JUDITH A. ABELLA
		MARYGRACE U. BASQUINAS
		MARIBELLE P. ORPILLA
		LUDINA D. PURISIMA
Concepcion Integrated School-EL	5	<b>DANIEL ESTRELLA</b>
		CARINA M. REALISTA
		GIDGET G. DELA CRUZ
		EMMANUEL F. BRUTAS
		MINAFLOD D. ILAGAN
SSS Village Elementary School	5	<b>MARITONI B. CABACUNGAN</b>
		THELMA S. VERGARA
		JADE B. BUFETE
		JINNI M. PLACIDO
		STEPHANIE ANNE A. KATIGBAK

Nangka Elementary School	5	<b>WILFREDO C. PADUA</b>
		MICHELLE R. DOROMAL
		MA. CHANDA L. MEDINA
		GLORIA L. DE VILLA
		DOLORES J. CATALAN
Fortune Elementary School	5	<b>SHERLY ANN D. HERNANDEZ</b>
		RUSSEL B. MONTERON
		MA. JENNET C. CELESTIAL
		ARLENE D. CARRILLO
		KAREN C. SALMO
H. Bautista Elementary School	5	<b>HILDA F. TARDECILLA</b>
		MARICEL R. MANALON
		ANGELYN R. CONDES
		JULINETH C. ARTIEDA
		MAYANNE B. DELA PEÑA
Concepcion Elementary School	5	<b>JENNIFER B. DAVID</b>
		AILA V. GEOGRAFO
		JENELYN P. BANAAG
		WENDY N. RECTO
		PALMELA CLARE B. CORPUZ
St. Mary Elementary School	5	<b>ALOHA E. VETO</b>
		ANAFE T. SARENTAS
		MARIA CECILIA M SANTOS
		MIRIAN C. ANDRES
		PRISCILLA IDA C. GAYGAY
Kapitan Moy Elementary School	5	<b>REINGELYN P. DONATO</b>
		MARY JANE F. ALAMPAYAN
		MADONNA M. DELA CRUZ
		BERNADETTE A. ADRES
		MARY GRACE C. PAGATPAT

Secondary: FEBRUARY 14-16, 2021, Monday-Wednesday

SCHOOL	NO. OF PARTICIPANTS	NAME OF TEACHER-PARTICIPANT
Sta. Elena High School	5	<b>JEFFREY C. TRINIDAD</b>
		JEAN JOCELYN ODONES
		CELESTE TEODORO
		ABIGAIL ADRANEDA
		MONALISA SANTOS
Marikina Science High School	5	<b>MARIA A. NICOLAS</b>
		CATHERINE C. MARCELLA
		NENET M. FERNANDEZ
		MARY GLENN D. NAS
		HAZEL M. CASTRO
SSS National High School	5	<b>MARINA G. MINGOY</b>
		ALJHON TAMANG
		GRACE SANTOS
		ALMIRA ESCORPISO
		RHED ROSALES
Parang High School	5	<b>MITA A. ABERGOS</b>
		BERNADETH MADRIAGA
		MARISA DAVID
		DAISY HUMAMOY
		VANDON BORELA
Malanday National High School	5	<b>NERISSA S. ESTRELLA</b>
		MARY ANN B. IJARES
		MAY ADANO
		MADONNA F. AMBAO
		TEODORA T. PAULINO
Jesus Dela Peña High School	5	<b>SHEILA G. MILA</b>
		SALVACION J. ADONA
		MARY GRACE J. MASONGSONG
		RAYMOND C. MAGADIA
		JOHN PAUL A. MORPE

Kalumpang National High School	5	<b>CLAY A. BALGUA</b>
		ADRIAN P. LEANDER
		JONATHAN A. OCAMPO
		CATHERINE S. BAGUIO
		JUVI P. ESPAÑOLA
Concepcion Integrated School-SL	5	<b>GLENDAM. TRINIDAD</b>
		GITELL Q. ROSALES
		KENNETH R. ARRIMADO
		CHRISTIAN PAUL I. CAMPOSANO
		ANNA LOU B. BARCELONA
Sto. Niño National High School	5	<b>JEANETTE J. COROZA</b>
		SARAH M. FLORES
		KATHERINE JOY GARCIA
		NICOFLOR S. RODRIGUEZ
		ARRIANE JOY ISORENA
Barangka National High School	5	<b>GEMO A. PARAJAS</b>
		STEFFI JUMAWAN
		MARY ANN CASTRO
		JOANNE GUYA
		KIMBERLY NICOL VICENTE
Tañong High School	5	<b>ANTONIO ANDRES</b>
		RUBY ROSE E. RAMOS
		CECIL C. SAMSON
		ROSE P. SALINAS
		JENNIFER V. MENDOZA
Nangka High School	5	<b>HADJI TEJADA</b>
		JANELYN DOMILON
		RUTH RARO
		LORENA MALIWAT
		ROSANA G. ESTURCO
San Roque National High School	5	<b>MA. LOURDES A. OREZA</b>
		EHDLYNE ENGUERO
		JUSTINE TORZAR

		JOANNE BORJA
		MARY JOY DEFENSOR
Marikina High School	5	<b>MARIBETH C. ROSARIO</b>
		JULIETH V. LEANDER
		DOROTHY ENA A. TUMLOS
		JESSICA M. MILITANTE
		CELERINA MENDOZA-CRUZ
Marikina Heights High School	5	<b>URIEL B. TEODORO</b>
		KRISTEL TOLENTINO
		NECITAS SIMON
		DAISY NEPOMUCENO
		CHRISTINE GRACE ANTONIO
Fortune High School	5	<b>TIBURCIO A. APLACADOR</b>
		MICHELLE PODADERA
		FLOREFE MUNAR
		PATRICK LACONSAY
		ALFREDO E. LADESMA



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## Inclosure 2

### TRAINING MATRIX

#### Webinar on Mental Health and Psychological Support System Amidst the Covid-19 Pandemic and Updates on SPED Program

Secondary: February 14-16, 2022

Elementary: February 21-23, 2022

8:00 a.m. to 5:00 p.m., Via Google Meet

#### Day 1

Time	Activity	Person-in-charge / Presenter
8:00 am to 9:00 am	<b>Preliminaries</b> <ul style="list-style-type: none"><li>National Anthem</li><li>Prayer</li><li>Presentation of Webinar Norms</li><li>Energizer</li></ul>	Facilitator: <b>Ms. Dia Almonte</b> T-1, Parang Elementary School Video presentation c/o <b>Ms. Veronica Fe dL. Gigantone</b> T-1, San Roque National High School
	Acknowledgement of Participants	<b>Mr. Dennis Laderas</b> T-1, Concepcion Elementary School
	Welcome Remarks	<b>Ms. Remia L. Ricabar</b> Public Schools District Supervisor OIC-Office of the Chief Education Supervisor, CID
	Message	<b>Dr. Elisa O. Cerveza</b> OIC, Office of the Assistant Schools Division Superintendent
		<b>Ms. Sheryll T. Gayola</b> Assistant Schools Division Superintendent OIC, Office of the Schools Division Superintendent
9:00 am to 10:30 am	SPED Updates	<b>Dr. Roland D. Montes</b> SPED Regional Supervisor, NCR
10:30 am to 12:00 nn	DepEd Order no. 44, s. 2021	<b>Ms. Jane A. Fariñas</b> MT-1, San Roque Elementary School
12:00 nn to 1:00 pm	Lunch Break	
1:00 pm	Acknowledgement and Introduction of Resource Speaker	<b>Ms. ZENAIDA S. MUNAR</b> Public Schools District Supervisor Division SPED Coordinator
1:00 pm to 5:00 pm	Work Life Balance During Pandemic	<b>Ms. Mariflor Gatchalian RPsy</b> Associate Professor University of Perpetual Help System-Delta PAP – Calabarzon - MiMaRoPa Chapter



## Day 2

Time	Activity	Person-in-charge / Presenter
8:00 am to 9:00 am	<b>Preliminaries</b> <ul style="list-style-type: none"> <li>• Nationalistic Song</li> <li>• Prayer</li> <li>• Energizer</li> </ul>	Facilitator: <b>Lilo J. Tubay</b> T-1, Barangka National High School Video Presentation c/o <b>Ms. Veronica Fe dL. Gigantone</b> T-1, San Roque National High School
	Recap	<b>Ms. Dia Almonte</b> T-1, Parang Elementary School
9:00 am to 10:30 am	Educational Practices and Issues in Basic Education for Filipino Children with Intellectual Disabilities	<b>Ms. Sharra Mae D. Estigo</b> T-1, Parang Elementary School
10:30 am to 10:40 am	Health Break	
10:40 am to 12:00 nn	Mindfulness	<b>Ms. Jane A. Fariñas</b> MT-1, San Roque Elementary School
12:00 nn to 1:00 pm	Lunch Break	
1:00 pm	Acknowledgement and Introduction of Resource Speaker	<b>Ms. ZENaida S. MUNAR</b> Public Schools District Supervisor Division SPED Coordinator
1:00 pm to 5:00 pm	Physical Wellness Exercise	<b>Ms. Carissa Adea</b> Dance Artist Teacher Choreographer

## Day 3

Time	Activity	Person-in-charge / Presenter
8:00 am to 9:00 am	<b>Preliminaries</b> <ul style="list-style-type: none"> <li>• Nationalistic Song</li> <li>• Prayer</li> <li>• Energizer</li> </ul>	Facilitator: <b>Ms. Melanie Parcio</b> T-1, Barangka Elementary School Video Presentation c/o <b>Ms. Veronica Fe dL. Gigantone</b> T-1, San Roque National High School
	Recap	<b>Ms. Lilo J. Tubay</b> T-1, Barangka National High School
9:00 am to 10:30 am	Mental Health	<b>Ms. Sharra Mae D. Estigo</b> T-1, Parang Elementary School
10:30 am to 10:40 am	Health Break	
10:40 am to 12:00 nn	Educational Practices and Issues in Basic Education for Filipino Deaf and Hard of Hearing Learners	<b>Ms. Veronica Fe dL. Gigantone</b> T-1, San Roque National High School
12:00 nn to 1:00 pm	Lunch Break	
<b>Closing Ceremony</b>		
1:00 pm onwards	Impression	<b>Participant</b>
	Evaluation	<b>Ms. Doris Jasme</b> Senior Education Program Specialist, SGOD School Management, Monitoring and Evaluation
	Closing Remarks	<b>Dr. Elizalde Q. Cena</b> Chief Education Supervisor



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Inclosure 3

## **WORKING COMMITTEE**

### **Executive Committee**

Ms. SHERYLL T. GAYOLA, ASDS/ OIC-SDS  
Dr. ELISA O. CERVEZA, OIC-ASDS  
Dr. ELIZALDE Q. CENA, SGOD Chief  
Ms. REMIA L. RICABAR, PSDS/ OIC-CID Chief

### **Over-All Chairperson**

Ms. ZENAIDA S. MUNAR, PSDS

### **Technical Support**

Dr. Noemi A. Velario, SEPS  
Ms. Doris Jasme, M&E SEPS  
Mr. Ryan Lee Regencia, IT Officer

### **Technical Working Group**

#### **Co-Chairperson:**

Ms. Jane A. Fariñas  
Ms. Veronica Fe DL. Gigantone

#### **Members:**

Ms. Sharra Mae D. Estigo  
Ms. Melanie Parcio  
Mr. Dennis Laderas  
Ms. Lilo Tubay  
Ms. Imelda Santos  
Ms. Mellojane Canaya  
Ms. Dia Almonte  
Ms. Maria Conchita Lopez  
Ms. Donna C. Tenorio