
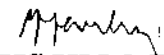




Republic of the Philippines  
Department of Education

RELEASED  
022-2574  
20 SEP 2021  
SECTION

<b><u>AUTHORITY TO TRAVEL</u></b>		<u>CONTROL NO.</u>
<b>REGION:</b> 7 – Central Visayas <b>BUREAU/DIVISION/SCHOOL:</b> Negros Oriental		1137
<b>Date of Filing</b>	20 SEPTEMBER 2022	
<b>NAME &amp; Designation</b>	<b>MS. IRYLL MAE S. MACAHIG, SEPS</b> <b>DR. GERALDINE OLMILLO, ESPS II</b>  <b>DR. SUSANA AUSTER, SP, ZAMBOANGUITA CES</b> <b>(Through the PSDS)</b>	
<b>Permanent Station</b>	SDO Negros Oriental	
<b>Purpose of Travel</b>	To Attend the conduct of a face-to-face mental wellness program	
<b>Activity Organized/ Sponsored by</b>	DepEd-Regional Office VII	
<b>Period Covered</b> <i>(Inclusive of Travel Time)</i>	SEPTEMBER 23, 2022	
<b>Please Check</b>	<input checked="" type="checkbox"/> Official Business <input type="checkbox"/> Official Time	
<b>Venue/Destination</b>	Executive Dining Hall, DepEd Ecotech Center, Lahug, Cebu City	
<b>Expenses Covered</b>	Travel and other incidental expenses	
<b>Fund Source</b> <b>(Pap Code/...)</b>	School/Division Funds	
<b>Recommending Approval:</b>		<b>APPROVED:</b>
 <b>RACHEL B. PICARDAL, EdD</b> Chief, SGOD SEP 21 2022 Date: _____		 <b>SENEN PRISCILLO P. PAULIN, CESO V</b> Schools Division Superintendent Date: _____



Republic of the Philippines  
**Department of Education**  
 REGION VII - CENTRAL VISAYAS

**Office of the Regional Director**

REGIONAL MEMORANDUM

No. \_\_\_\_\_, s. 2022

**PROJECT #BETTER ME: A MENTAL WELLNESS PROGRAM**

To: Schools Division/City Superintendents  
 Officers-in-Charge of Regular/Interim Divisions  
 All Others Concerned

- This Office scheduled a series of activities in celebration of the National Teachers' Month for ensuring the health and well-being and enhancing the resiliency of our Teaching and Non-Teaching Personnel.
- One of these activities is the conduct of a face-to-face mental wellness program dubbed by our partner provider, the City Savings Bank, as **Project #Better Me on September 23, 2022, Friday from 10:00AM to 12:00NN** at Executive Dining Hall, DepEd Ecotech Center, Lahug, Cebu City.
- Participants to this activity are Division Office Non-Teaching Personnel (preferably the Youth Formation Coordinators / SocMob Focal Persons) and School Heads (elementary and secondary) representatives with SDOs' slots as follows:

Office	NTP	SH	Office	NTP	SH
Bais City	1	2	Dumaguete City	1	2
Bayawan City	1	2	Guihulngan City	1	2
Bogo City	2	4	Lapulapu City	3	4
Bnhol	2	2	Mandaue City	4	4
Canlaon City	1	2	Negros Oriental	1	2
Carcar City	4	4	Siquijor	1	2
Cebu City	3	4	Tagbilaran City	1	2
Cebu Province	4	4	Talisay City	3	4
City of Naga	2	4	Tanjay City	1	2
Danao City	2	2	Toledo City	4	4
Total:	22	30		20	28
Grand Total:	100 participants				

- Travel and other incidental expenses of participants shall be charged to the respective local (school/division) funds while A.M. snacks and lunch shall be borne by City Savings Bank.
- For your support and compliance.

  
**SALUSTIANO T. JIMENEZ EdD, JD, CESO V**  
 Director IV  
 Regional Director

ST/CA/ESSO/7P/01/22



Address: Doña M. Gaisano St., Sudlon, Lahug, Cebu City  
 Telephone Nos.: (032) 231-1433; (032) 414-7399  
 Email Address: region7@deped.gov.ph

September 2, 2022

**Dr. Salustiano T. Jimenez**  
Regional Director  
DepEd Region VII  
Sudion, Lahug  
Cebu City, Cebu

Corporate Office  
1000 Soledad Road, 10th Floor  
Makati City, 1200 Metro Manila  
Philippines

1000 Soledad Road, 10th Floor  
Makati City, 1200 Metro Manila

Telephone: (632) 886 8888  
www.citysavings.com.ph

Dear Dr. Jimenez,

Greetings!

Education has always been at the forefront of City Savings Bank's Corporate Social Responsibility (CSR) programs. It is integral to what we do, not just as bankers, but as members of the communities where our businesses operate.

As we continue to strengthen our stakeholder engagement to ensure the health and well-being of teachers and non-teaching personnel, we would like to celebrate the **National Teachers' Month** by conducting a **mental wellness program** dubbed as **Project #BetterMe on September 23, 2022 (Friday) at 10:00AM - 12:00NN.**

The session aims to raise awareness on the importance of mental health by promoting good mental health practices, encouraging healthy and supportive relationships, correcting the stigma, and creating a positive and accessible working environment.

In line with this, we would like to partner with DepEd Region 7 for the conduct of the face-to-face Project #BetterMe session for educators. We are looking at a maximum of 100 pax for this run.

CitySavings will take charge of the resource speaker for the event as well as meals for the attendees. Meanwhile, we will be requesting your office if there is a training venue in DepEd that we can use for the said session.

Should you have any questions and/or clarification, please do not hesitate to contact me via my mobile at 0917 524 1560 or email me at [ryan.bascug@citysavings.com.ph](mailto:ryan.bascug@citysavings.com.ph).

We are looking forward to your positive response and support on this mental wellness advocacy.

Very Truly Yours,



**RYAN S. BASCUG**  
Regional Business Head  
Region 7