



Republic of the Philippines  
Department of Education  
Region IX, Zamboanga Peninsula  
**SCHOOLS DIVISION OF ZAMBOANGA DEL NORTE**



Division Memorandum  
No. 194, S. 2021

To: Public Schools District Supervisors/ Principal In-charge of the District  
Private and Public Elementary and Secondary School Heads  
All Others Concerned  
This division

From:  **MA. LIZA R. TABILON EdD, CESO V**  
Schools Division Superintendent

Subject: **TAYO NAMAN! Live Webinar**

Date: June 1, 2021

1. The department, in its response to the challenges brought by COVID 19 pandemic and to address the existing threats to our mental health will conduct a live webinar through the Disaster Risk Reduction and Management Service (DRRMS) dubbed as **TAYO NAMAN! Tulong, Alaga, Yakap at Oras para sa mga Tagapagtaguyod ng Edukasyon** which is hosted by selected Divisions starting June 4, 2021, until August 20, 2021.
2. The Schools Division of Zamboanga del Norte has been chosen as one of the hosts of the live discussion on June 11, 2021 at 8:30 -10:00 am. As such, **ALL Non- Teaching personnel of schools/district hubs and SDO** are invited to watch the program streaming live at the DepEd Philippines Facebook Page.
3. To ensure strict compliance to the Local IATF health protocols, concerned participants are encouraged to join and watch at their respective stations or wherever maybe possible. **GATHERINGS** at district offices is highly discouraged to help curb the surge of COVID 19 cases.
4. Please see the attached **DepEd Task Force COVID 19 Memorandum No. 403 dated May 21, 2021**, for the indicative topic and details of the Activity.
5. Widest dissemination is mandated.

Encl: As stated

SGODDRMedj/TAYO NAMAN!Live Webinar/ DM 014-2021/01062021

N-avigating  
O-pportunities to  
R-eengineer for  
T-ransformation &  
E-mpowerment



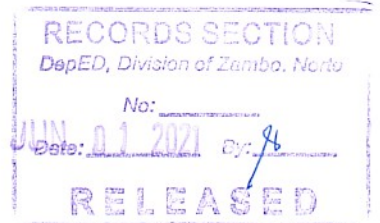
Capitol Drive, Estaka, Dipolog City, 7100  
Tel No.: (065) 212-5843  
e-mail address: zn.division@deped.gov.ph



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Sense of Urgency"



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Republika ng Pilipinas  
**Kagawaran ng Edukasyon**  
Tanggapan ng Pangalawang Kalihim

**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



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**Office of the Undersecretary for Administration (OUA)**

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

Department of Education, Central Office, Meralco Avenue, Pasig City  
Rm 519, Mabini Bldg; Mobile: +639260320762; Tel: (+632) 86337203, (+632) 86376207  
Email: usec.admin@deped.gov.ph; Facebook/Twitter @depedtayo

**Annex A**

**Representative Details Template**

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

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](mailto: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.llumado@deped.gov.ph](mailto:joan.llumado@deped.gov.ph) .

For immediate and appropriate action.




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



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## **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
<b>Understanding My Well-Being</b>	Increasing Self-Awareness to Thrive and Excel in the New Normal	21 May 2021
	Understanding the Psychology of Emotions	28 May 2021
<b>Examining My Inner Struggles in the Midst of Pandemic</b>	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
<b>Enhancing my Well-Being</b>	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
<b>Enriching my Relationship with Others</b>	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
<b>Exploring My Spirituality</b>	Being One with Nature	06 August 2021
	Nurturing Spirituality	13 August 2021
	Solace and Prayer	20 August 2021



**Annex D****Program Flow**

<b>Schedule</b>	<b>Activity</b>	<b>Speaker</b>
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	<b>Ronilda R. Co</b> Director IV DRRMS
	Closing	Host

