
	<p align="center"><b>Republic of the Philippines</b>  <b>Department of Education</b>  <b>Region III</b>  <b>SCHOOLS DIVISION OFFICE OF PAMPANGA</b>  High School Blvd., Brgy. Lourdes, City of San Fernando</p>		Document Code: SDOPAMP-QF- OSDS-ACC-
	<p align="center"><b>DIVISION MEMO NO. <u>605</u> s. 2018</b></p>		Revision:  Effectivity Date Name of Office: Schools Division Superintendent

TO: ALL SECONDARY SCHOOL HEADS

SUBJECT: **DIVISION STRESS MANAGEMENT ACTIVITY FOR SECONDARY SCHOOL HEADS**

DATE: November 28, 2018

1. The Department, in its desire to help School Heads cope with the stress due to the bulk of work and responsibilities that may impede their work because of too much worrying and anxiety, the Division Stress Management for Secondary School Heads activity is organized.
2. This activity was made to ease, unwind and use stress as a driving force to go on and increase focus that give energy to complete a pending task and even supplies body with the extra ordinary activity to handle emergency situations.
3. The event aims to:
  - a. help School Heads recognize problems
  - b. take control of a demanding circumstances
  - c. convert/realize negative connotations of stress into a positive one
  - d. fight and handle uncertainties to continue the task worry and stress free and
  - e. employ/adapt strategies for coping with pressure and all the objectives will be undertaken through scouting activities
4. The activity will be held on **December 6, 2018 at the Villa Alfredo's Resort**, Baliti, City of San Fernando.
5. The registration Fee will be **One Thousand Two Hundred Pesos (1,200.00)** to be charged in the school canteen following the usual auditing rules and regulations.
6. All School Heads are required to attend. No proxies are allowed.
7. Immediate disseminations of this memorandum to all concerned is highly desired.

LEONARDO D. ZAPANTA, Ed. D., CESO V  
Schools Division Superintendent

