



Republic of the Philippines
Department of Education
REGION XI
SCHOOLS DIVISION OF DAVAO DEL NORTE

Office of the Schools Division Superintendent

DIVISION MEMORANDUM

CID-2025-0505

To: Janette G. Veloso CESO VI- Assistant Schools Division Superintendent
Eduard C. Amoguis, EdD- Chief, Curriculum Implementation Division
Dominic M. Dizon – Public Schools District Supervisor - Langilan District
All Elementary and Secondary School Heads - Langilan District
All Teaching and Non-Teaching Personnel – Langilan District

Subject: **LANGILAN DISTRICT SPORTS FEST 2025**

Date: May 19, 2025

1. In relation to DepEd Order No. 14, s, 2020, titled "*Guidance on the Required Health Standards in Basic Education Offices and Schools*" wherein it has been highlighted to prioritize the provision of Mental Health and Psychosocial Support Services (MHPSS) to improve and strengthen the mental resilience of all learners and DepEd personnel.
2. In this, as part of the district's commitment to promoting a healthy and active lifestyle, the field is hereby informed of the **Langilan District Sportsfest 2025** on **May 28-30, 2025**, at **Davao del Norte Sports and Tourism Complex, Mankilam, Tagum City**.
3. This activity aims to:
 - a. showcase teachers' athletic abilities;
 - b. develops sportsmanship and fosters friendly competition among teachers;
 - c. brings the entire district community together and creates a sense of belonging and unity by enhancing the spirit, camaraderie, and pride among teachers;
 - d. promotes overall development among teachers by encouraging physical fitness and character building;
 - e. scout possible trainers and coaches for different sports events; and
 - f. improve the teacher's mental health.
4. All teaching and non-teaching personnel are encouraged to actively participate in different sports events to enhance their athletic abilities. Thus, proper security and safety measures will be in place to avoid any mishaps during the conduct of the activity.
5. Attached herewith is the Matrix of Activities and Activity Design.
6. All participants are expected to be present for the said activity, and those who render their time and services in the said event shall be given service credit and compensatory overtime credit (COC) as stipulated in DO No. 53, s. 2023, and CSC and DBM Joint Circular No. 2 s. 2004 respectively.
7. Travel, meals, and other incidental expenses of the onsite participants shall be charged against local funds, all subject to the usual accounting and auditing rules and regulations.



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8. Furthermore, the Equal Opportunities Principle (EOP) shall always be observed in participating in this activity, where all individuals are fully recognized regardless of gender, religion, ethnicity, and political affiliation.
9. Immediate dissemination of this memorandum is desired.

REYNALDO B. MELLORIDA, CESO V
Schools Division Superintendent

For the Schools Division Superintendent



ROSALINDA N. DIONIO
Administrative Officer

CID - dmd
Fr: Langilan District Sports Fest 2025



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Enclosure to Division Memorandum CID 2025-0505

MATRIX OF ACTIVITIES

DATE	ACTIVITY	VENUE
May 17-18, 2025	Practice (All Teams)	Patel Gymnasium
May 22-25, 2025	Practice (All Teams)	Patel Gymnasium
May 26-27, 2025	Final Rehearsal (All Teams)	Patel Gymnasium
May 28-29, 2025	Sports Fest Proper	Davao del Norte Sports and Tourism Complex, Tagum City
May 30, 2025 (AM)	Sports Fest Proper	Davao del Norte Sports and Tourism Complex, Tagum City
May 30, 2025 (PM)	Sports Fest Proper	Kapalong Town Square



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REGION XI
SCHOOLS DIVISION OF DAVAO DEL NORTE
LANGILAN DISTRICT
Sitio Patel, Gupitan, Kapalong, Davao del Norte

DepEd Division of Davao del Norte
RECEIVED
RECORDS SECTION

16 MAY 2025

Sig: 25-22678

ACTIVITY DESIGN

Activity Title: Langilan District: Mindful Motion – A Celebration of Mental and Physical Health

Date of Activity: May 28-30, 2025

Venue: Davao del Norte Sports and Tourism Complex

KRA: Governance

SIP page #:

APP Item #:



I. Background Information																																								
Title:	Langilan District: Mindful Motion – A Celebration of Mental & Physical Health																																							
Participants	<table border="1"> <thead> <tr> <th>Position Title</th> <th>Male</th> <th>Female</th> <th>Total</th> </tr> </thead> <tbody> <tr><td>TI</td><td></td><td></td><td></td></tr> <tr><td>TII</td><td></td><td></td><td></td></tr> <tr><td>TIII</td><td></td><td></td><td></td></tr> <tr><td>SPET I-III</td><td></td><td></td><td></td></tr> <tr><td>MT I-IV</td><td></td><td></td><td></td></tr> <tr><td>Head Teacher I-VI</td><td></td><td></td><td></td></tr> <tr><td>Principal I-IV</td><td></td><td></td><td></td></tr> <tr><td>Others (please specify)</td><td></td><td></td><td></td></tr> </tbody> </table>				Position Title	Male	Female	Total	TI				TII				TIII				SPET I-III				MT I-IV				Head Teacher I-VI				Principal I-IV				Others (please specify)			
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(attach the names of participants as annex 1)																																								
Competency																																								
Rationale and Description	<p>D.O. No. 14, s. 2020 states in the order that highlights the priority of Mental Health and Psychosocial Support (MHPSS) in basic education, focusing on improving the mental resilience of the DepEd personnel and R.A. 11036 Mental Health Act to develop and implement mental health policies and programs in educational institutions, including promoting mental health awareness, providing support services, and establishing linkages with other agencies.</p> <p>The Langilan District's 2024 needs assessment revealed a critical need for programs that address the mental health and well-being of teachers, particularly in the areas of stress management, emotional resilience, and work-life balance. One key recommendation emerging from the assessment is the integration of wellness-focused initiatives that also support the development of personal and professional competencies among teachers.</p> <p>Under the MATATAG Agenda which is to Give support for teachers to teach better.</p> <p>The activity shall ensure the implementation of necessary health and safety protocols as topmost priority which includes the required health standards, social distancing measures and practicing proper hygiene and other relevant protocols.</p> <p>The Equal Opportunities Principle (EOP) shall also be always observed in the process where all individuals are fully recognized regardless of gender, religion, ethnicity, and political affiliations.</p>																																							
Management Level	District Level																																							
II. Terminal and Enabling Objectives	<p>Terminal Objective :</p> <ul style="list-style-type: none"> Engage in structured physical and recreational activities that promote stress relief, emotional balance, and mental rejuvenation. <p>Enabling Objective/s:</p>																																							



	<ul style="list-style-type: none">• Provide opportunities for teachers to engage in physical activities that help alleviate stress and promote emotional well-being during the duration of the sports fest.• Raise awareness among teachers about the importance of mental health and self-care through guided activities and wellness discussions integrated into the program.• Create a safe and inclusive environment where teachers can freely express themselves, unwind, and reconnect with their peers in a non-competitive and supportive setting.																																													
III. Methodologies and Delivery Modes	In Person/Face-to-Face Interaction																																													
IV. Assessment of Learning/Activity	QATAME assessment form in relation to the activity and the venue																																													
V. Budget Requirements	N/A																																													
VI. Matrix of Activity	<table><tr><th>Day</th><th>Time</th><th>Duration</th><th>Topic/Activity</th><th>Facilitator</th></tr><tr><td>May 19-23, 2025</td><td>8:00 a.m. – 5:00 p.m.</td><td>540 mins.</td><td>Different Events Practice</td><td>Team Leader</td></tr><tr><td>May 26-28, 2025</td><td>8:00 a.m. – 5:00 p.m.</td><td>540 mins.</td><td>Final Rehearsal</td><td>Team Leader</td></tr><tr><td>May 29, 2025</td><td>8:00 a.m. – 12:00 nn</td><td>240 mins.</td><td>Opening Ceremony</td><td>Event Facilitator</td></tr><tr><td></td><td>12:01 p.m. – 1:00 p.m.</td><td>60 mins.</td><td>Lunch Break</td><td></td></tr><tr><td></td><td>1:01 p.m. – 4:00 p.m.</td><td>180 mins.</td><td>Mental Health Seminar</td><td>Mary Kristine Sagot</td></tr><tr><td></td><td>4:01 p.m. – 4:15 p.m.</td><td>15 mins.</td><td>Mental Health Break</td><td></td></tr><tr><td></td><td>4:16 p.m. – 4:45 p.m.</td><td>30 mins.</td><td>Closing Program</td><td>TWG</td></tr><tr><td>May 30, 2025</td><td>8:00 a.m. – 5:00 p.m.</td><td>540 mins.</td><td>Start of the Different Events (Literary, Sports)</td><td>TWG</td></tr></table>	Day	Time	Duration	Topic/Activity	Facilitator	May 19-23, 2025	8:00 a.m. – 5:00 p.m.	540 mins.	Different Events Practice	Team Leader	May 26-28, 2025	8:00 a.m. – 5:00 p.m.	540 mins.	Final Rehearsal	Team Leader	May 29, 2025	8:00 a.m. – 12:00 nn	240 mins.	Opening Ceremony	Event Facilitator		12:01 p.m. – 1:00 p.m.	60 mins.	Lunch Break			1:01 p.m. – 4:00 p.m.	180 mins.	Mental Health Seminar	Mary Kristine Sagot		4:01 p.m. – 4:15 p.m.	15 mins.	Mental Health Break			4:16 p.m. – 4:45 p.m.	30 mins.	Closing Program	TWG	May 30, 2025	8:00 a.m. – 5:00 p.m.	540 mins.	Start of the Different Events (Literary, Sports)	TWG
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Address: Mankilam, Tagum City, Davao del Norte

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	May 31, 2025	8:00 a.m. – 5:00 p.m.	540 mins.	Continuation of Games and Awarding Ceremony	TWG
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Approval Sheet for the *Langilan District: Mindful Motion – A Celebration of Mental & Physical Health*

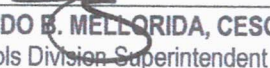
Prepared by:


DOMINIC M. DIZON
Program Owner

Recommending Approval:


JANETTE G. VELOSO, CESO VI
Assistant Schools Division Superintendent

Approved by:


REYNALDO B. MELLORIDA, CESO V
Schools Division Superintendent



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