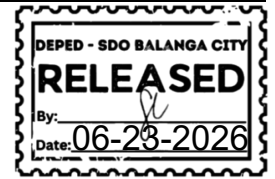




Republic of the Philippines
Department of Education
REGION III – CENTRAL LUZON
SCHOOLS DIVISION OF CITY OF BALANGA

**Office of the Schools Division
Superintendent**



DIVISION MEMORANDUM

No. 321, s. 2026

**PARTICIPATION OF NEWLY HIRED TEACHERS IN THE SPARKS ONLINE TRAINING
ON MENTAL STRESS: UNDERSTANDING STRESS AND SELF-CARE**

To: Chief Education Supervisors
Education Program Supervisors
Elementary and Secondary School Heads
Teaching, Related Teaching, and Non-Teaching Personnel
All Others Concerned

1. In support of the Department of Education's commitment to promoting the mental health, resilience, and emotional well-being of newly hired teachers, this Office hereby announces the **Participation of Newly Hired Teachers in the SPARKS Online Training on Mental Stress: Understanding Stress and Self-Care** via Zoom Virtual Meeting on **June 27-28, 2026**, from 7:00 PM to 10:00 PM, with the link to be sent to participants through communication channels.
2. The objectives of this activity are as follows:
 - a. Identify stress triggers at an early stage;
 - b. Reduce stress and prevent burnout;
 - c. Strengthen mental and emotional wellness; and
 - d. Develop a sustainable self-care routine.
3. The target participants of this activity shall be the newly hired teachers in the Schools Division Office of Balanga City (*see Enclosure No. 1*).
4. The registration fee of Three Hundred Pesos (₱300.00) per participant shall be charged against the Division Human Resource Training and Development (HRTD) Fund, subject to the usual accounting and auditing rules and regulations.
5. Immediate dissemination and compliance to the Memorandum is desired.


ROLAND M. FRONDA, EdD, CESO V
Schools Division Superintendent

To be indicated in the Perpetual Index under the following subjects:
Online Training Mental Stress
Newly Hired Teachers Understanding Stress

Ref. No. SGOD-PAR-2026-0___
S1/S13 June 19, 2026



Address: DFS Phase III, Talisay, Balanga City
Email Address: balanga.city@deped.gov.ph
Telephone No: (047) 612-0013



(Enclosure No. 1 to Division Memorandum No. _____, s 2026)

**PARTICIPATION OF NEWLY HIRED TEACHERS IN THE SPARKS ONLINE TRAINING
ON MENTAL STRESS: UNDERSTANDING STRESS AND SELF-CARE**

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