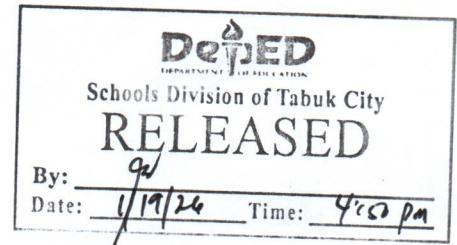




Republic of the Philippines  
Department of Education  
Cordillera Administrative Region  
**Schools Division of Tabuk City**



Office of the Schools Division Superintendent

January 19, 2026

**DIVISION MEMORANDUM**

**NO. 4 S., 2026**

To: Assistant Schools Division Superintendent  
SGOD Chief  
All SGOD Personnel

**ATTENDANCE TO “THE SGOD RESET: Mindful Growth and Team Synergy”**

1. Pursuant to DepEd Order No. 49, s. 2022 – DepEd Mental Health and Psychosocial Support Policy, which underscores the promotion of mental health, well-being, and psychosocial support in the workplace, the Schools Division of Tabuk City through the School Governance and Operations Division shall conduct a personality development, mental health, and team- building activity titled “*THE SGOD RESET: Mindful Growth and Team Synergy*” for SGOD personnel on January 21, 2026 at Kub-ao Integrated Farm at Sitio Nampitpitan, Bulo, Tabuk City, Kalinga.
2. The one-day activity aims to:
  - a. develop greater self-awareness by recognizing their personality traits and personal strengths that influence their work and relationships.
  - b. enhance mental well-being by identifying stress factors and practicing healthy coping strategies for emotional balance.
  - c. strengthen teamwork and collaboration through activities that build trust, communication, and shared responsibility among SGOD personnel; and
  - d. foster unity and shared commitment by aligning individual goals with the SGOD vision and service mission.
3. Please see attached matrix for reference purposes.
4. Attendance of all SGOD personnel is enjoined. Immediate and wide dissemination of this Memorandum is directed for the information, guidance, and compliance of all concerned.

  
**BENEDICTA B. GAMATERO PhD, CESO V**  
Schools Division Superintendent



Address: BCS Compound, Purok 2, Bulanao Norte, Tabuk City, Kalinga  
Email: [tabuk.city@deped.gov.ph](mailto:tabuk.city@deped.gov.ph)  
Website: <https://www.depedtabukcity.com>