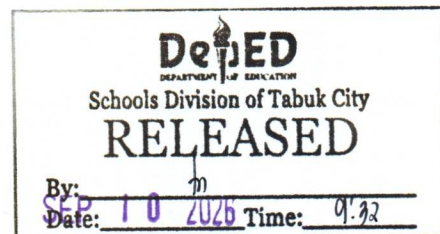




Republic of the Philippines
Department of Education
CORDILLERA ADMINISTRATIVE REGION
Schools Division of Tabuk City



Office of the Schools Division Superintendent

September 10, 2026

DIVISION MEMORANDUM

No. **407** s, 2026

OBSERVANCE OF THE TWO-DAY WELLNESS BREAK FOR TEACHERS

To: Assistant Schools Division Superintendent
Chiefs, CID and SGOD
Public Schools District Supervisors
Public Elementary and Secondary School Heads
All Teaching Personnel All Others Concerned

1. In accordance with DepEd Order No. 009, s. 2026, entitled Guidelines on the Implementation of the Three-Term School Calendar in Basic Education, and the Memorandum from the Office of the Secretary dated September 8, 2026, the two-day Wellness Break for teachers shall be observed on September 14–15, 2026.
2. The Wellness Break is intended to provide teachers with meaningful time to rest, recuperate, and attend to their personal well-being before the start of the succeeding term. It shall, therefore, be respected and protected as a genuine break for teachers.
3. Accordingly, no meetings, trainings, Learning Action Cell (LAC) sessions, school activities, reporting requirements, submissions, asynchronous deliverables, or other official work shall be required of teachers during the Wellness Break.
4. All school heads, district supervisors, division personnel, and other field officials are hereby directed to ensure that no teacher shall be tasked with official activities or work-related deliverables on September 14–15, 2026. Necessary reports, submissions, meetings, and other activities requiring teacher participation shall be appropriately scheduled before or after the Wellness Break.
5. School heads and concerned officials are likewise enjoined to exercise care and prudence in scheduling activities immediately before and after the Wellness Break so that its intended purpose is fully preserved.
6. The Schools Division Office of Tabuk City recognizes that teacher well-being is fundamental to sustaining quality teaching, learning, and public service. All personnel are, therefore, enjoined to contribute to an organizational culture that values rest, well-being, compassion, and respect for the professional and personal needs of our teachers.



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DepEd Tayo Tabuk City



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7. Let us collectively ensure that these two days provide our teachers with genuine opportunities to pause, recharge, spend meaningful time with their families and loved ones, and attend to their personal well-being.

8. Immediate dissemination of and strict compliance with this Memorandum are directed.


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