



Republic of the Philippines  
**Department of Education**  
REGION IV-A CALABARZON  
SCHOOLS DIVISION OF IMUS CITY

09, Mar 2026

**DIVISION MEMORANDUM**

No. 146, s. 2026

**INTERESTED PARTICIPANTS FOR RECALIBRATING THE HEART:  
A SESSION ON EMOTIONAL PROCESSING AND PERSPECTIVES**

To: OIC - Asst. Schools Division Superintendent  
OIC - CID Chief  
OIC – SGOD Chief  
Education Program Supervisors  
School Heads/TICs/OICs (Public and Private Schools)  
All Others Concerned

1. Pursuant to **Regional Memorandum No. 156, s. 2026**, the Department of Education, Region 4A CALABARZON, through the Curriculum and Learning Management Division, will conduct a session entitled “*Recalibrating the Heart: A Session on Emotional Processing and Perspectives*” on **March 11, 2026** at the **Regional Director’s Conference Room, DepEd CALABARZON, Gate 2, Karangalan Village, Cainta, Rizal**.
2. Interested participants are requested to accomplish the registration form through this link: <https://forms.office.com/r/Z5281ew5tV> on or before **March 9, 2026, 5:00 PM**.
3. See attached Regional Memorandum for the details of the activity.
4. For questions and clarifications, you may contact Mr. Ricardo R. David III and/or Dr. Marilou P. Bronzi, Education Program Supervisors In-Charge of Campus Journalism, at (046) 419-8450 local 221.
5. For immediate dissemination

Digitally signed by  
Mendoza Homer  
Napenas  
Date: 2026.03.09  
13:08:54 +08:00

**HOMER N. MENDOZA**

Assistant Schools Division Superintendent  
Officer-in-Charge  
Office of the Schools Division Superintendent

Encl.: As stated  
Reference: As stated  
To be indicated in the Perpetual Index  
Under the following subjects:  
TRAINING CONTESTS  
LEARNERS

cid/rrd/03-6-2026



**Address:** Toclong I-C, Imus City, Cavite  
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Republic of the Philippines  
**Department of Education**  
REGION IV-A CALABARZON



3 March 2026

**Regional Memorandum**  
No. 156, s. 2026

## **RECALIBRATING THE HEART: A SESSION ON EMOTIONAL PROCESSING AND PERSPECTIVES**

To **Schools Division Superintendents**

1. In relation to the recently concluded R4A CALABARZON 2026 Reconfigured Regional Schools Press Conference (RRSPC), this Office, through the Curriculum and Learning Management Division, will conduct the Recalibrating the Heart: A Session on Emotional Processing and Perspectives on March 11, 2026 at the Regional Director's Conference Room at DepEd CALABARZON, Gate 2, Karangalan Village, Cainta, Rizal.

<b>Batch</b>	<b>Time</b>
First	9:00-12:00
Second	1:00-4:00

2. This initiative aims to provide emotional support and guided processing for our learner-participants and school paper advisers as they navigate the demands and experiences of the conference. Specifically, this activity will enable participants to:
  - a. identify and express emotions experienced during the conference and recognize common stress triggers related to competition and performance;
  - b. demonstrate healthy coping strategies (e.g., breathing techniques, positive self-talk, reflection) to manage pressure and emotional challenges; and
  - c. develop a personal support and growth plan by reflecting on their experiences and identifying concrete steps and trusted individuals for future emotional support.
3. All participants, whether teachers or learners, are requested to fill out the registration link <https://forms.office.com/r/Z5Z81ew5tV> until Monday, March 9, 2026 at 5:00 in the afternoon. Indicative program of activities will be released through a separate issuance.
4. For those who wish to attend but are unable to make it to the Regional Office, SDOs are advised to have the same activity utilizing their RGCs to ensure participation and guided processing.



**Address:** Gate 2, Karangalan Village, Cainta, Rizal  
**Telephone No.:** 02-8682-2114  
**Email Address:** region4a@deped.gov.ph  
**Website:** depedcalabarzon.ph



Certificate No. PHP QMS  
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5. Food and transportation expenses of the participants and other personnel who will be involved in this activity may be charged against MOOE, Local Funds, and other sources whichever is available, subject to the usual accounting and auditing rules and regulations
6. For questions, clarifications, and concerns, you may contact **EUGENE RAY F. SANTOS**, Education Program Supervisor In-Charge of Campus Journalism via e-mail at [eugenerav.santos@deped.gov.ph](mailto:eugenerav.santos@deped.gov.ph).
7. Immediate dissemination of this Memorandum is desired.



**ATTY. ALBERTO T. ESCOBARTE, CESO II**  
Regional Director

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