



Republic of the Philippines
Department of Education
REGION II - CAGAYAN VALLEY
SCHOOLS DIVISION OF BATANES

03 October 2025

DIVISION MEMORANDUM

No. **277**, s. 2025

**SCHOOL YEAR 2025-2026 MID-SCHOOL YEAR WELLNESS BREAK OF
LEARNERS AND TEACHERS**

To: Assistant Schools Division Superintendent
Chief Education Supervisors
SDO Section/Unit Heads
Elementary and Secondary School Heads
This Schools Division

1. Pursuant to DepEd Order No. 12, s. 2025 titled "*School Calendar and Activities for the School Year 2025-2026*", this Office informs all concerned of the Mid-School Year Wellness Break scheduled for the **last week of October 2025**, to ensure the holistic development and well-being of both learners and teachers, to wit:

- **For Learners**

The mid-school year break shall provide learners with the opportunity to recharge and engage in non-academic activities. This period aims to allow them to bond with their families, participate in sports and hobbies, and foster creativity and well-being.

- **For Teachers**

The mid-school year break shall serve as a period for:

- a. Performance review and reflection;
- b. Refinement of professional development plans; and
- c. Participation in targeted activities to enhance professional practice.

Further, teachers should reflect on their progress, adjust their development plans as needed, and engage in professional development sessions as may be scheduled.

2. In support of the abovementioned issuance, this Office suggests that all schools organize a school-based INSET activity during the weeklong break, which may be a combination of the following activities:

- a. Cascading sessions from division, regional, or national trainings/conferences attended by teachers/personnel (e.g., integrating topics from approved 5-month LAC plans) in support of approved Application of Education/ Application of Learning and Development/Workplace Application Plan activities;
- b. Completion of online courses offered by the Department of Education through the National Educators Academy of the Philippines (NEAP) and other approved scholarship programs; and



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- c. Home-school collaboration activities such as parent-teacher conferences, parenting seminars, or workshops on supporting learners' study habits, digital citizenship, or psychosocial wellness.
- d. Gender and Development (GAD)-related activities, which may include orientations, workshops, or advocacy sessions on gender sensitivity, child protection, safe spaces, and promotion of inclusive education.
- e. Other related activities supportive of teachers' continuous professional growth and school improvement, which may include but are not limited to:
 - Performance review and reflection sessions to assess progress in teaching practices and learner outcomes;
 - Refinement of Individual Professional Development Plans to align with current needs, priorities, and performance evaluation results; and
 - Participation in targeted professional practice enhancement activities, such as peer mentoring, collaborative lesson planning, or research-based classroom innovations.

3. For monitoring purposes, all school heads are directed to furnish the Curriculum Implementation Division (CID) and the Schools Governance and Operations Division (SGOD) through the HRD & SMME Sections with a copy of the week-long activity design/plan to ensure alignment with the objectives of this provision.

4. For immediate dissemination, appropriate action and strict compliance.


DANTE J. MARCELO, PhD, CESO VI
 Assistant Schools Division Superintendent
 OIC-Office of the Schools Division Superintendent

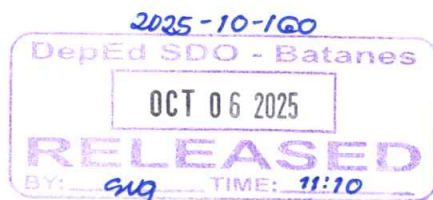
Encl: as stated

Reference: DO 12, s. 2025

To be indicated in the Perpetual Index
Under the following subjects:

LEARNERS
PRIVILEGE
TRAINING PROGRAMS

SGOD/myn/kchm/Learning&Development
October 03, 2025



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