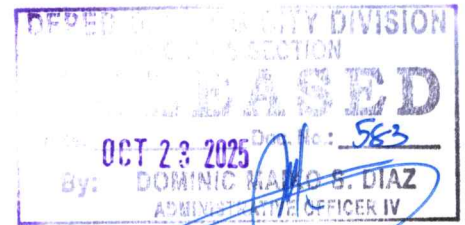




Republic of the Philippines
Department of Education
REGION IX – ZAMBOANGA PENINSULA
SCHOOLS DIVISION OF DIPOLOG CITY



October 23, 2025

DIVISION MEMORANDUM
No. DEB, s. 2025

**DECLARATION OF MIDYEAR BREAK AS WELLNESS BREAK AND GUIDELINES
FOR PROFESSIONAL DEVELOPMENT ACTIVITIES**

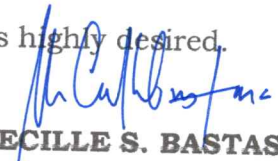
To: ASST. SCHOOLS DIVISION SUPERINTENDENT
CHIEF, CURRICULUM IMPLEMENTATION DIVISION (CID)
CHIEF, SCHOOLS GOVERNANCE AND OPERATIONS DIVISION (SGOD)
PUBLIC SCHOOLS DISTRICT SUPERVISOR
ALL ELEMETARY AND SECONDARY SCHOOL HEADS
All Others Concerned
This Division

1. Pursuant to DepEd Memorandum dated October 22, 2025 from the Office of the Secretary and in line with DepEd Order No. 012, s. 2025, the Midyear Break scheduled on October 27–30, 2025 shall be observed as a Wellness Break for teachers and learners. This initiative recognizes the need to support the overall well-being of our teaching personnel and students.
2. The declaration of the Wellness Break was also announced through the official DepEd Press Release dated October 22, 2025, which emphasized that the break aims to provide time for rest and recovery following recent challenges and health concerns (source: <https://www.deped.gov.ph/2025/10/22/deped-magpapatupad-ng-wellness-break-para-sa-mga-guro-at-mag-aaral/>).
3. While the Midyear Break is declared as a Wellness Break, Schools must still ensure the conduct of In-Service Training (INSET) and other professional development activities within the School Year 2025–2026. These activities are intended to enhance teaching competencies and functional effectiveness aligned with the Department's reform agenda.
4. For schools that have already scheduled professional development programs during the Midyear Break:
 - a. Change of date may be requested based on prevailing procurement and auditing rules.
 - b. If rescheduling is not feasible due to pre-booked venues or meals, activities may proceed voluntarily.
 - c. Teachers who voluntarily participate shall be exempt from similar activities on the same topic within the school year.
5. Submission of Plans:
 - a. School Heads shall submit their INSET and professional development plans to the SDO.



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- b. Division-level plans shall be submitted to the Human Resource Development Division (HRDD)/NEAP-R.
- c. SGOD, through the HRD, shall ensure that all activities are completed by the end of the school year.
6. For inquiries and clarifications, please coordinate directly with your respective Public Schools District Supervisor.
7. Immediate dissemination of this Memorandum is highly desired.


ATTY. MA. CECILLE S. BASTASA-TANAGA
Attorney IIII
Officer-In-Charge

For:

MA. LIZA R. TABILON, EdD., CESO V
Schools Division Superintendent

Encl.: As stated
Reference: As stated
To be indicated in the Perpetual Index
under the following subjects:

Wellness Break
Professional Development

Midyear Break
Teacher Welfare

In-Service Training (INSET)

ADC/20251023-DM-Wellness-Break
October 23, 2025