



Republic of the Philippines
Department of Education
REGION IV- A CALABARZON
CITY SCHOOLS DIVISION OF THE CITY OF TAYABAS

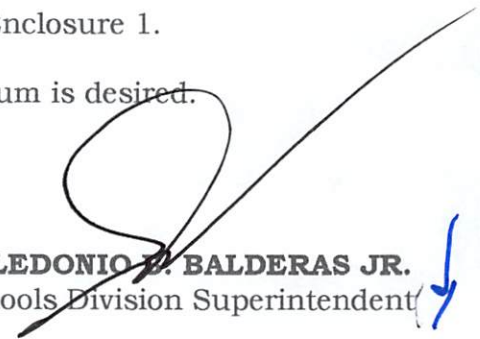
15 September 2026

DIVISION MEMORANDUM
No. **612** s. 2026

OBSERVANCE OF THE TWO-DAY WELLNESS BREAK FOR TEACHERS

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Heads, Public Elementary and Secondary Schools
Heads, Unit/Section
All Others Concerned

1. In reference to the Unnumbered Memorandum from the Office of the Secretary, this Office reiterates the observance of the **two-day Wellness Break for Teachers** on **September 14-15, 2026**.
2. Schools are urged to respect and protect these two days as a genuine wellness break for teachers.
3. Schools Heads are encouraged to exercise care in scheduling activities immediately before and after the break to ensure that its intended purpose is preserved.
4. A copy of the Memorandum is attached in Enclosure 1.
5. Immediate dissemination of this Memorandum is desired.


CELEDONIO B. BALDERAS JR.
Schools Division Superintendent

Encl.: As stated
Reference: Unnumbered Memorandum from the Office of the Secretary
To be indicated in the Perpetual Index
under the following subjects:

TEACHERS
WELLNESS

SGOD- observance of the two-day wellness break for teachers
RECLSR4E-010404/September 15, 2026



Republic of the Philippines
Department of Education
OFFICE OF THE SECRETARY

MEMORANDUM

TO : Regional Directors
Schools Division Superintendents
Public Elementary and Secondary School Heads
All Others Concerned

FROM : 
SONNY ANGARA
Secretary

SUBJECT : Observance of the Two-Day Wellness Break for Teachers

DATE : September 8, 2026

In accordance with DepEd Order No. 009, s. 2026, titled Guidelines on the Implementation of the Three-Term School Calendar in Basic Education, a Wellness Break is provided for teachers after each term to allow them time to rest, recuperate, and attend to their personal well-being before the start of the succeeding term. For Term 1, the **two-day Wellness Break shall be observed on September 14–15, 2026.**

Regional offices, schools division offices, and schools are therefore urged to respect and protect these two days as a genuine break for teachers. **No meetings, trainings, Learning Action Cell sessions, school activities, reporting, submissions, asynchronous deliverables, or other official work shall be required of teachers during the Wellness Break.**

School heads and field officials are encouraged to exercise care in scheduling activities immediately before and after the break so that its intended purpose is preserved.

Immediate dissemination of and strict compliance with this Memorandum is directed.

JMC, M Observance of the Two-Day Wellness Break for Teachers
0351 – September 8, 2026