



Republic of the Philippines
Department of Education
Region IV-A CALABARZON
Province of Quezon
CITY SCHOOLS DIVISION OF THE CITY OF TAYABAS
Brgy. Pitol, Tayabas City



DEPED-TAY-DM-SGOD-19- 410

**TO : CHIEF EDUCATION SUPERVISORS
HEADS, PUBLIC AND PRIVATE ELEMENTARY AND
SECONDARY SCHOOLS
HEADS, UNIT/SECTION
ALL OTHERS CONCERNED**

FOR : ANIANO M. OGAYON, CESO V
Schools Division Superintendent

BY : MAYLANI L. GALICIA
OIC-Assistant Schools Division Superintendent

**SUBJECT : TRAINING ON STRESS MANAGEMENT AT THE
WORKPLACE**

DATE : NOVEMBER 11, 2019

1. In line with the World Mental Health Day which is observed yearly, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health, the School Division of Tayabas will be having a **STRESS MANAGEMENT AT THE WORKPLACE** Training. This will be held on **November 18,19 and 20,2019** at the **Queen Margarette Hotel, Domoit Lucena City** from **8:00am -5:00pm**
2. This training will be attended by the following:
 - a. All SDO Personnel (November 18, 2019)
 - b. All School Heads (November 19, 2019)
 - c. School Health and Nutrition Coordinators (November 20, 2019)
3. Wide dissemination and 100% attendance of all concerned are highly desired.



List of Participants
SDO Personnel (November 18, 2019)

No.	NAME	DESIGNATION/SCHOOL
1	Aniano M. Ogayon	SDS
2	Maylani L. Galicia	ASDS
3	Edwin R. Rodriguez	Chief-SGOD
4	Imelda C. Raymundo	Chief-CID
5	Conrado C. Gabarda	Administrative Officer V
6	Josefina R. Oabel	Administrative Officer IV/HRMO II
7	Pelegia L. Manalang	EPS
8	Ritchelle F. Quintero	EPS
9	Teofila A. Ocumin	EPS II
10	Marife R. Lagar	Planning Office III
11	Luzviminda E. Saldares	EPS II
12	Fideliza V. Lucas	SEPS
13	Lailani T. Omlas	Nurse II
14	Eufrangel Erick E. Cuarto	ADA II (JO)
15	Jeanette M. Buera	Admin Assistant III
16	Sherelyn F. Oroyo	
17	Armeen Krystel F. Zubieta	Admin Aide VI
18	Ronnie M. Rosales	Administrative Assistant II
19	Grasiela L. Hernandez	Administrative Assistant III
20	Jennelyn M. Mirandilla	Administrative Assistant III
21	Joy Liwayway O. Aguila	Administrative Assistant III
22	Joy Albos	ADA II (JO)
23	Kevin Ramilo	ADA II (JO)
24	Francheska Zagala	ADA II (JO)
25	Reivson Ocumen	ADA III (JO)
26	Mark Collantes	ADA II (JO)
27	Sariah Ambas	ADA II (JO)
28	Camille Bargo	ADA II (JO)
29	Mark Paul Bombani	ADA II (JO)
30	Jayson Dalmacia	ADA II (JO)
31	Exequiel Esquinas	ADA II (JO)
32	Maria Angelika Villalba	ADA II (JO)
33	Beatrice Salazar	ADA VI
34	Micahel Banez	Stand Alone SHS
35	Kim Jerald Mendoza	Stand Alone SHS
36	Cecilia Pingol	Stand Alone SHS
37	Joyce Anne Limbo	ADAS III
38	Ferex O. Zafranco	Admin Assistant III
39	Tristan Ladines	ADA II (JO)
40	Princess Sheindy D. Oabel	ADA II (JO)
41	Johnny N. Zafranco	ADA II (JO)
42	Natalio A. Panganiban	Admin Assistant I
43	Joselito C. Racelis	Utility Worker I
44	Carmelo S. Salazar	Utility Worker I
45	Juslyn Rose F. Sanchez	ADAS II



46	Warren Cablaida	Stand Alone SHS
47	Virgilio Jao Jr	Stand Alone SHS
48	Wenson Cambia	Stand Alone SHS
49	Cleotilde L. Cabriga	Admin Assistant III
50	Charlene R. Rago	ADAS III
51	Rosemarie E. Morales	Admin Assistant III
52	Frances Thea T. Javal	Admin Assistant III
53	Jeda Amreica	WPNHS
54	Jerwin Talisic	
55	Simplicio Rato	
56	Raymund Hugo	LPIHS
57	Jemimah Gonzales	
58	Ma. Teresa Palma	
59	Maricon Moreno	Resource Speakers
60	Fides Joyce O. Llegado	
61	Ma. Elena Cosejo	
62	Jayron Baer	ADA II (JO)
63	Arjoy Demandante	ADA II (JO)
64	Jerome Javin	ADA II (JO)
65	Alelie Padillo	Nurse II

This serves as travel order.



List of Participants
School Heads (November 19, 2019)

No.	NAME	SCHOOL
1	Melinda A. Buncayo	Alsam ES
2	Larvin O. Labrada	Eugenio Francia ES
3	Adrian N. Naynes	Busal ES
4	Cherry G. Hugo	Dapdap Integrated School
5	Ingrid A. Palad	Domoit ES
6	Corazon M. Oabel	East Palale ES
7	Girlye A. Abaricia	Froilan E. Lopez ES
8	Alona C. Crisanto	Gibanga ES
9	Teresa E. Andaya	Ilasan ES
10	Leonora L. De Rama	Ipilan-Alitao ES
11	Waldymar E. Pasacsac	Kalumpang Elementary School
12	Arlene D. Pagana	Katigan-Alupay ES
13	Natalia A. Andaya	Lakawan ES
14	Luz A. Pacaigue	Lalo ES
15	Rowena O. Sabiduria	Lawigue ES
16	Gener C. Delos Reyes	Luis Palad Integrated High School
17	Myrna B. Tabernilla	Malao-A / Calantas ES
18	Roderick O. Hugo	Masin Elementary School
19	Jeffrey D. Dimailig	Mate ES
20	Elpidia C. Palayan	North Palale Elementary School
21	Wenefredo B. Baylongo	Pandakake ES
22	Sancho Calatrava	Potol ES
23	Michael M. Safred	Rosario Quesada Mem. NHS
24	Julieta M. Labita	South Palale ES
25	Ferdinand T. Glor	Tayabas City Division Stand Alone SHS
26	Joy B. Go	Tayabas East CS I
		Tayabas East CS II
		Tayabas East CS III
27	Ronan R. Ranillo	Tayabas West CS I
28	Lea A. Cosico	Tayabas West CS II
29	Dennis O. Labita	Tayabas West CS III
30	Leah C. Clado	Tayabas West CS IV
31	Aldwin V. Capistrano	Valencia ES
32	Patria O. Cabriga	Wakas ES
33	Honesto A. Caagbay, Jr.	West Palale ES
34	Evelyn R. Palambiano	WPNHS
35	Mary Joy Karen S. Obciana	ADA II (JO)
36	Kathleen J. Dazo	Administrative Assistant III
37	Ana Josefa Sabiduria	ADA II (JO)
38	Maria Elizabeth S. Pastrana	Admin Assistant III
39	Pazzyla Lydda A. Cabalsa	ADA VI
40	Dianah G. Tan	Administrative Officer IV/Cashier III
41	Frederick M. Bulandos	Administrative Aide VI



42	Joritz Philip L. Cabriga	Admin Aide VI
43	Dexter C. Cabuyao	Administrative Aide IV
44	Juanito D. Dominez	Admin Assistant II
45	Jobelle L. Maningas	ADAS III
46	Claribel C. Rada	Admin Assistant II
47	Maria Jobelle M. Malijan	Admin Assistant III
48	Marinelle Jamilano	Administrative Assistant II
49	Marilou C. Cuaterno	Admin Assistant III
50	Jerick Reyes	Admin Assitant III
51	Sherwin C. Quesea	EPS
52	Sancho C. Calatrava	EPS
53	Mildred Z. Galleno	EPS
54	Venus Yagyagan	Stand Alone SHS
55	Kristel Cabuyao	
56	Kathleen Fedelino	
57	Sharmaine Avilla	
58	Mary Grace Cabile	
59	Connie S. Sia	Medical Officer III
60	Alelie A. Padillo	Nurse II
61	Fides Joyce O. Llegado	Resource Speakers
62	Ma. Elena Cosejo	
63	Jayron J. Baer	ADA II (JO)
64	Jerome A. Javin	ADA II (JO)
65	Arjoy Demandante	ADA II (JO)

This serves as travel order.

List of Participants
School Health and Nutrition Coordinators (November 20, 2019)

No.	NAME	SCHOOL
1	Aizel Ann Cabriga	EPES
2	Jecel Degran	Masin ES
3	Shiela May Balamban	Pandakaki ES
4	Catherine Telebrico	Potol ES
5	Elaine Borines	Dapdap IS
6	Jollie Ann Morta	Ipilan Alitao ES
7	Laurice De Asis	TECS I
8	Marilet Berena	TECS II
9	Grace Quintua	TECS III
10	Jocelyn Zagala	TWCS IV
11	Roschelle Moreno	Ilasan ES
12	Mary Ann Penana	Mate ES
13	Marry Joi Las	Valencia ES
14	Erika Roschelle Ursolino	West Palale ES
15	Megan Zoleta	TWCS III
16	Socorro Delloro	TWCS I
17	Glenda Dillar	FELES
18	Glenda Castillo	Lakawan ES
19	Severina De Castro	Wakas ES
20	Gina Samonte	Domoit ES
21	Rachel Alvarez	Eugenio Francia ES
22	April May Ramilo	Katigan Alupay ES
23	Maricel Cabuyao	South Palale ES
24	Luzvminda Cabile	Gibanga ES
25	Vivian Castillo	Kalumpang ES
26	Maria Jhoanna Reyes	TWCS II
27	Camille Dionisio	Alsam ES
28	Cecille Villoria	Lalo ES
29	Cristita Cabalsa	NPES
30	Sharlene Baer	LPIHS
31	Ann Endencia	WPNHS
32	Meryann Flores	RQMNHS
33	Ramona Gata	TCDSASHS
34	Janedel Caban	Malaoa-Calantas ES
35	Anicee Rodillo	Lawigue ES
36	Jandel Z. Caban	Busal ES
37	Marinesa Abordo	LPIHS
38	Christian Obispo	ADA II (JO) - SDO
39	Nicole May Lagar	PDO I – SDO
40	Maria Corazon A. Borbon	SEPS/M&E – SDO
41	Georgia P. Talabong	EPS – SDO
42	Mildred Z. Galleno	EPS – SDO
43	Joan Kathleen T. Brizuela	EPS II/Socmob – SDO
44	Rosalie Rivera	Stand Alone SHS
45	Donabelle Caagbay	



46	Joselito Anaceta	
47	Loveday Oabel	
48	Ana Vina Daelo	
49	Marites Oabel	RQMNHS
50	Susan Abuel	LPIHS
51	Marivic Talavera	
52	Aleli Grace Sabio	
53	Jeanette Evangelista	
54	Rhea Mariz Ocado	Ilasan ES
55	Connie S. Sia	Medical Officer III – SDO
56	Jedd P. Aguilar	Dentist II – SDO
57	Lailani Omlas	Nurse II - SDO
58	Mariles F. Contreras	Nurse II – SDO
59	Joel E. Zarsadias	Security Aide (JO)
60	Alelie Padillo	Nurse II – SDO
61	Fides Joyce O. Llegado	Resource Speakers
62	Ma. Elena Cosejo	
63	Jayron J. Baer	ADA II (JO) - SDO
64	Jerome A. Javin	ADA II (JO) – SDO
65	Arjoy A. Demandante	ADA II (JO) – SDO

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