



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.

Batch	Time
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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