



Republic of the Philippines
Department of Education
REGION VII - CENTRAL VISAYAS
DIVISION OF CITY SCHOOLS - TAGBILARAN CITY

**Office of the Schools Division
Superintendent**

September 10, 2026

DIVISION MEMORANDUM
No. 746 , s. 2026

OBSERVANCE OF THE TWO-DAY WELLNESS BREAK FOR TEACHERS

To: Assistant Schools Division Superintendent
Chief, CID and SGOD
Public Elementary and Secondary School Principals
All Others Concerned

1. This Office, through the School Governance and Operations Division (SGOD), hereby disseminates the Memorandum from the Office of the Secretary titled "**OBSERVANCE OF THE TWO-DAY WELLNESS BREAK FOR TEACHERS.**" In this regard, the Division shall conduct its Wellness Break on September 10-11, 2026, while September 14-15, 2026 has been designated for the In-Service Training (INSET) for Teachers in preparation for the completion of the first-term block.
2. Attached is the communication for your reference.
3. Immediate dissemination of and strict compliance with this Memorandum are hereby directed.

WILFREDA D. BONGALOS PhD, CESO V
Schools Division Superintendent

WDB/JAAL/SGOD/MCC/rdo



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