



Republic of the Philippines
Department of Education
NEGROS ISLAND REGION

REGIONAL MEMORANDUM
No. 528, s. 2025

OCT 23 2025

To: Schools Division
Superintendents All
Others Concerned

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

1. Attached is the unnumbered Memorandum from Atty. Fatima Lipp D. Panontongan, Undersecretary and Chief of Staff, Office of the Secretary, and Carmela C. Oracion, Assistant Secretary and Officer-in-Charge, Office of the Undersecretary for Learning Systems, dated October 22, 2025, regarding the Declaration of Midyear Break as Wellness Break and Guidelines for Professional Development Activities, which is self-explanatory.
2. Immediate dissemination of and compliance with this Memorandum are desired.

RAMIR B. UYTICO EdD, CESO III
Regional Director

Encl.: As Stated
Reference: None
To be indicated in the Perpetual
Index under the following subjects:

COMMUNICATIONS
LEARNERS
PUBLICATIONS
TEACHERS
TRAINING PROGRAMS
WORKSHOPS

ACVD-PAU-RM-MIDYEARWELNNES BREAK
DepEdNIR-PAU-Com-2025-006/October 23, 2025



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Republic of the Philippines
Department of Education
OFFICE OF THE SECRETARY

DEPARTMENT OF EDUCATION
Records Section, Negros Island Region



MEMORANDUM

FOR : REGIONAL DIRECTORS
SCHOOLS DIVISION SUPERINTENDENTS
SCHOOL HEADS
ALL OTHERS CONCERNED

FROM : [REDACTED]
ATTY. FATIMA LIPID, PANONTONGAN
Undersecretary and Chief of Staff
Office of the Secretary

[REDACTED]
CARMELA C. ORACION
Assistant Secretary
Officer-in-Charge
Office of the Undersecretary for Learning Systems

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

DATE : October 22, 2025

This is to inform all concerned that the Midyear Break scheduled this year from October 27 to 30, 2025 shall be declared a Wellness Break for teachers, in light of DepEd Order No. 012, s. 2025.

This Midyear Break is a recognition of the need to support the overall well-being of our teaching personnel, which is a critical foundation of education quality, as stated in the Secretary's five-point reform agenda.

Schools and divisions must still conduct In-Service Training (INSET) and professional development programs on any other preferred dates within the remaining days of School Year 2025-2026 since these activities are intended to enhance teaching competencies and instructional effectiveness and to align the core programs and strategic initiatives of this Department.

The conduct of activities must not interfere with classes and may be integrated through school-based training and utilization of learning action cells. These activities may still be funded through existing Human Resource Training and Development (HRTD) funds that have been directly released to the Schools Division Offices (SDOs).

In view of the foregoing, for schools and divisions that have prepared and scheduled professional development programs for teachers during the Midyear Break period, procured venues and meals may be requested for a change of date based on prevailing procurement and auditing rules. If change of date is unfeasible, since the procured venues and meals can no longer be rescheduled, activities may still be conducted voluntarily. Teachers who participate voluntarily shall be exempt from subsequent activities on the same topic within the school year.

To ensure proper coordination and monitoring, school heads are required to submit their plans for professional development activities to their respective SDO through the School Governance and Operations Division (SGOD), while division plans for the conduct of INSET activities must be submitted to the Human Resource Development Division/National Educators Academy of the Philippines in the Region (HRDD/NEAP-R). The SGOD and HRDD/NEAP-R shall ensure activities are still conducted by the end of the school year.

This Memorandum modifies inconsistent provisions of DM-OULS-2025-095 in view of the declaration of the Wellness Break.

For your guidance and compliance.