



Republic of the Philippines
Department of Education
NEGROS ISLAND REGION
SCHOOLS DIVISION OF ESCALANTE CITY



September 10, 2026

DIVISION MEMORANDUM

No. 398, s. 2026

OBSERVANCE OF THE TWO-DAY WELLNESS BREAK FOR TEACHERS

To: Assistant Schools Division Superintendent
Division Chiefs
Education Program Supervisors/Cluster Heads
Elementary/Secondary School Heads/TIC's/OIC's
Division Section Heads
All others concerned

1. Pursuant to Department Memorandum released by the office the Secretary, dated September 8, 2026, this office informs the field of the **Observance of the Two-Day Wellness Break for Teachers on September 14-15, 2026.**
2. This is 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 to rest, recuperate, and attend to their personal well-being before the start of the succeeding term.
3. Schools are therefore advised to respect and protect these two days as a genuine break for teachers. **No meetings, training, Learning Action Cell sessions, school activities, reporting, submissions, asynchronous deliverable, or other official work shall be required of teachers during the Wellness Break.**
4. It is further emphasized in the memorandum that 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.
5. Immediate and wide dissemination of this Memorandum are desired.


PETER J. GALIMBA
OIC - Schools Division Superintendent



Escalante City, Negros Occidental, Philippines
Tel. Nos – (034) 724-5720, (034) 454- 0746
escalante.city001@deped.gov.ph
depedescalantecity.weebly.com



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.