



Republic of the Philippines
Department of Education
REGION III
SCHOOLS DIVISION OFFICE OF BATAAN

DIVISION MEMORANDUM
No. 353, s. 2025

AUG 28 2025

"USAPANG KALUSUGAN PARA SA KABATAAN"
SIMULTANEOUS HEALTH AND WELLNESS ON-LINE VIDEO LECTURES
FOR SENIOR HIGH SCHOOL STUDENTS

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Education Program Supervisors
Public Schools District Supervisors
Public Elementary and Secondary School Heads
All Others Concerned

1. Relative to Regional Memorandum no. 260, s. 2025, the Department of Education Regional Office III, through the collaborative efforts of the Health and Medical Unit and Public Affairs Unit, launched the Usapang Kalusugan para sa Kabataan (UKK), a series of simultaneous health and wellness lectures for Senior High School (SHS) learners that will stream every Monday at 10:00 am via the official Facebook page of DepEd RO III.
2. All SHS learners are required to participate in the simultaneous viewing of the lectures within their respective classrooms.
3. School heads are directed to adjust class schedules as necessary to ensure that no subject area or class program is compromised during the implementation of lecture series.
4. For schools without internet access in the classrooms, a downloadable link to each episode will be provided to Division SHS Focal Persons and Medical Officers prior to the scheduled airing. If schools need assistance in downloading or accessing the video, they may contact this email add: pau.ro3@depd.com.ph and /or (045) 5988580 local 121.
5. Attached herewith is the weekly schedule of topics for the UKK Simultaneous Health and Wellness Video Lectures.
6. Immediate dissemination of this memorandum is desired.

Encl. as stated
Reference: as stated
To be indicated in the Perpetual Index
Under the following subjects
Health
Learner
School

SO9/WJDS
August 22, 2025


CAROLINA S. VIOLETA, EdD, CESO V
Schools Division Superintendent



PED SDO BATAAN

Republic of the Philippines

RECEIVED

Department of Education
REGION III-CENTRAL LUZON

DATE: 8/18/25

BY: 9

REGIONAL MEMORANDUM

No. 260, s. 2025

"USAPANG KALUSUGAN PARA SA KABATAAN" SIMULTANEOUS HEALTH AND WELLNESS ONLINE VIDEO LECTURES FOR SENIOR HIGH SCHOOL STUDENTS

To : Assistant Regional Director
Schools Division Superintendents
Public Elementary and Secondary School Heads
Regional and Division Senior High School Focal Persons
Regional and Division Medical Officers
All Others Concerned

1. The Department of Education Regional Office III, through the collaborative efforts of the Health and Medical Unit and the Public Affairs Unit, will launch the "*Usapang Kalusugan para sa Kabataan*" (UKK), a series of simultaneous health and wellness online video lectures for Senior High School (SHS) learners, beginning August 18, 2025.
2. The online lecture series will be livestreamed every Monday at 10:00 a.m. via the official Facebook page of DepEd RO III.
3. All SHS learners are required to participate in the simultaneous viewing of the lectures within their respective classrooms.
4. SHS school heads are directed to adjust class schedules as necessary to ensure that no subject area or class program is compromised during the implementation of the lecture series.
5. For schools without internet access in classrooms, a downloadable link to each episode will be provided to Division SHS Focal Persons and Medical Officers prior to the scheduled airing. This will enable SHS advisers to facilitate simultaneous viewing offline.
6. Schools needing support in downloading or accessing the video lectures may contact the Medical Unit or the Public Affairs Unit for guidance and technical assistance through the official email address pau.ro3@deped.gov.ph and/or (045) 5988580 local 121.
7. The weekly schedule of topics for the UKK Simultaneous Health and Wellness Video Lectures is attached as Enclosure 1.



Republic of the Philippines
Department of Education
REGION III-CENTRAL LUZON

8. For information and compliance of all concerned.

RONNIE S. MALLARI, PhD, CESO V
Regional Director

Enclosure: As stated

References: None

To be indicated in the Perpetual Index
under the following subjects:

HEALTH & WELLNESS	LEARNERS' WELFARE
PUBLIC AFFAIRS	HEALTH AND MEDICAL

ORD1/pau1

R03_ORD_PAU-MEMO-2025-00013/August 8, 2025



Republic of the Philippines
Department of Education
REGION III-CENTRAL LUZON

Enclosure 1

Date	Topic
August 18, 2025	HIV 101: Facts, myths, and prevention
August 26, 2025	HIV 101: Safe practices and access to testing and support groups
September 1, 2025	HIV 101: Role of peer educators and school-based interventions
September 8, 2025	Mental health: Suicide prevention and early intervention strategies
September 15, 2025	Mental health: Coping with academic pressure and social isolation
September 22, 2025	Mental health: Digital mental wellness tools and AI-powered support
September 29, 2025	Mental health: Building resilience and emotional intelligence
October 6, 2025	ARH 101: Teenage pregnancy prevention and support programs
October 13, 2025	ARH 101: Comprehensive sexuality education (CSE)
October 20, 2025	ARH 101: Consent, boundaries, and healthy relationships
October 27, 2025	ARH 101: Gender identity and inclusive health education
November 3, 2025	Nutrition and Physical Health: Physical activity and movement breaks in the classroom
November 10, 2025	Nutrition and Physical Health: School feeding programs and combating undernutrition
November 17, 2025	Nutrition and Physical Health: Oral health, vision screening, and hygiene habits
November 24, 2025	Nutrition and Physical Health: Preventing common illnesses (ILI, dengue, etc.)