



Republic of the Philippines  
**Department of Education**  
SCHOOLS DIVISION OF MARINDUQUE

Department of Education  
Division of Marinduque  
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Office of the Schools Division Superintendent

**MEMORANDUM**

SGOD-2025-051

TO: Asst. Schools Division Superintendent  
Chief Education Supervisors  
Public Schools District Supervisors  
Public Elementary and Secondary School Heads  
All Others Concerned

FROM:   
**LYNN G. MENDOZA, EdD**  
OIC, Schools Division Superintendent

SUBJECT: **ANNUAL MEDICAL CHECK-UP WITH PSYCHOSOCIAL AND DENTAL SERVICES OF ELEMENTARY AND SECONDARY TEACHING AND NON-TEACHING PERSONNEL IN SCHOOLS**

DATE: April 30, 2025

1. The Schools Governance and Operations Division, through the School Health and Nutrition Section, will conduct the Annual Medical Check-up with Psychosocial and Dental Services of Elementary and Secondary Teaching and Non-teaching Personnel in Schools.
2. The activity aims to:
  - a. assess the overall medical and dental health status to maintain wellness among the target populace; and
  - b. promote health awareness and encourage proactive health-seeking behaviors through education and early intervention.
3. Attendance of teaching and non-teaching personnel to the annual health examination is highly encouraged.
4. Attached as Enclosures are the following:
  - a. Enclosure No. 1 Schedule and Venue; and
  - b. Enclosure No. 2 Guidelines on Availing of Psychosocial and Dental Services
5. Immediate dissemination of the contents of this Memorandum is highly desired.

/SGOD-RMOL



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**SCHEDULE AND VENUE**

<b>DATE</b>	<b>DISTRICT</b>	<b>VENUE</b>
May 20, 2025	Mogpog	Mogpog CS
May 22, 2025	Santa Cruz North	Santa Cruz North CS
May 23, 2025	Boac North	Don Luis Hidalgo MS
May 27, 2025	Torrijos	Torrijos CS
May 29, 2025	Santa Cruz East	Santa Cruz East CS
May 30, 2025	Boac South	Boac South CS
June 3, 2025	Santa Cruz South	Gabaldon ES
June 5, 2025	Gasán	Bangbang ES
June 6, 2025	Buenavista	Buenavista CS

## **GUIDELINES ON AVAILING OF PYSCHOSOCIAL AND DENTAL SERVICES**

### **PYSCHOSOCIAL SERVICES**

- Measuring the risk for anxiety and depression can be done with the use of the following forms:
  - Generalized Anxiety Disorder (GAD) – 7 for Anxiety
  - Patient Health Questionnaire (PHQ) – 9 for Depression
- Personnel may answer the aforementioned forms prior to the health check-up by downloading them from the link: **<https://bit.ly/MentalHealthTools2025>**
- There will be a designated station for those who want to seek consult regarding their result. Those who are at high risk for depression or anxiety may avail a brief counseling.

### **DENTAL SERVICES**

- Tooth Extraction and Oral Prophylaxis will be offered to **25 personnel per district**. Each personnel may avail only one of the two procedures by pre-registering to the link: **<https://bit.ly/AnnualDental2025>**
- Teaching and non-teaching personnel who already received dental services during the Teacher's Month Celebration are kindly advised not to register again, to give others the opportunity to benefit from the services.
- Personnel who were unable to secure a slot may still avail of a dental check-up, if preferred.



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