

THE MASAWA PULSE

THE OFFICIAL PUBLICATION OF
DEPED BUTUAN CITY DIVISION

February 2025 Special Issue

CARAGA REGION
Regional
MANCOM
MEETINGFEBRUARY
4-6, 2025AMARA
HOTEL
BUTUAN

Maria Ines C. Asuncion

RD IN ACTION. Regional Director Asuncion urges SDOs' Top Management to drive and foster educational progress.

Narven G. Samblasinio

FROM THE RD'S DESK
Updates on Advancing Education in Caraga Region

by Mark Joseph T. Delima

BUTUAN CITY – The 1st Regional Management Committee (Mancom) Meeting for 2025, hosted by the Butuan City Division, convened top education leaders from the Caraga Region for a crucial discussion on educational innovation, leadership, and regional development.

Regional Director Maria Ines C. Asuncion urged the different Schools Division Superintendents (SDS) and Assistant Schools Division Superintendents (ASDS) to embrace continuous improvement and forward-thinking approaches in education management, upscaling the landscape of education in Caraga within the national and international perspective.

She commended their dedication and acknowledged the positive feedback from division leaders, emphasizing the need to expand best practices across all divisions.

"I encourage you to sustain these best practices because many who couldn't attend wished they had the same experience," she stated, highlighting the value of these initiatives in strengthening organizational skills, management expertise, and leadership in education.

Addressing key challenges, particularly those faced by schools in remote areas, Director Asuncion underscored the importance of strategic investments in professional development and fostering stronger collaboration among divisions. She reiterated the necessity of ensuring that quality education reaches every learner, regardless of location.

Championing technological advancements, she encouraged division leaders to harness data analytics and implement tech-driven solutions to enhance learning outcomes. She emphasized the urgency of improving internet connectivity in schools and called for

strengthened partnerships with technology providers to support digital learning initiatives.

The Mancom also covered major upcoming events, including the Caraga Athletic Meet, Regional Schools Press Conference and Regional Festival of Talents, and other updates from the different division offices of the region.

She continued to express her profound appreciation for the commitment of educational leaders to educational excellence. "Let's move forward with innovation and unwavering dedication to ensure that our learners receive the best education possible," she affirmed.

This 1st Regional Mancom of 2025 set the stage for a year of transformative initiatives, strengthened collaboration, and a steadfast commitment to elevating education across Caraga Region.



SDO Butuan hosts 1st Regional MANCOM for CY 2025, welcomes DepEd Caraga leaders

by Jessie H. Daug

To address issues and concerns in school operations and management and provide relevant updates on DepEd's plans, projects, and activities, the Schools Division Office (SDO) of Butuan City hosted the First Regional Management Committee

(RMANCOM) meeting for CY 2025 at Amarah Hotel on February 4-6.

During the monthly meeting of the Department of Education-Caraga's leaders and innovators, Dr. Minerva Albis, Schools Division Superintendent of Butuan City, warmly welcomed each participant with the genuine hospitality of a true Butuanon.

As provided in the Regional Memorandum No. 0084, s. 2025, the First Regional MANCOM focused on updates from the regional office's functional divisions and the regional director's report from the National MANCOM meeting.

Another key feature of this month's RMANCOM is the discussion on workplace health and wellness (Synchropathy) by distinguished resource speakers.

With the conduct of the RMANCOM, the twelve Schools Division Offices (SDOs) of Caraga Region were expected to provide timely and relevant services while promoting health and wellness in the workplace and community.

“*To the esteemed Regional Mancom Family
As we gather to strengthen our commitment
to quality education, let us take a moment to celebrate
the values that bind us, and love for service.
Just as Valentine's Day remind us the power of love.*”
-Minmin

feature

Heartfelt Harmony in the Hearth of Butuan

by Vanessa R. Natulla

The foundation of education isn't built of brick and mortar, but of something far more resilient: the unwavering love and commitment of its educators. In Caraga region, this truth resonates deeply. These educational leaders form the bedrock of learning, ensuring that every Caraganon learner develops holistically. This commitment was palpable at this year's 1st Regional Management Committee (RMANCOM) meeting.

Hosted by the Division of Butuan City, the event welcomed participants from across the 12 divisions of Caraga with tokens of warmth and affection—chocolates and plushies—not merely as romantic gestures, but as symbols of the genuine Butuanon spirit. These thoughtful gifts helped create a welcoming and relaxed atmosphere for the gathering of educational leaders.

"Welcome to the home of the balanghais. I hope you feel at home here," affirmed Dr. Minerva T. Albis, Schools Division Superintendent of Butuan City. She warmly acknowledged the 12 divisions, highlighting their unique strengths, from their rich natural resources and thriving industries to their vibrant cultures and resilient people, painting a vivid picture of the region's bountiful beauty.

Kindling the Flame: A Harmonious Year Starter

The RMANCOM began with a focus on wellness and mental health, incorporating lighthearted singing, including love songs, into the program. This thoughtful initiative served as a reminder that our educational primemovers, the pacemaker of the education system, also need to feel valued and appreciated. It underscored the importance of supporting their emotional and professional growth, recognizing that their well-being is essential to the success of their constituents.

Despite the challenges inherent in working across a geographically diverse region, Caraga's leaders remain steadfast in their dedication. They are fueled by a deep passion for their work and a genuine belief in the potential of every child. Their leadership and dedication are the enduring flame, illuminating the hearth to quality education and a brighter future for all Caraganon learners.



HONORABLE LEADERSHIP IN EDUCATION

Bridging Gaps and Achieving Global Competitiveness

Education is the foundation of a nation's success, and the ability of students to compete globally depends on the strength of its educational leadership. As the *1st Regional Management Committee (MANCOM) for year 2025 of the Caraga Region* convenes to discuss pressing educational matters, it is crucial that leaders approach this responsibility with integrity, service, and a commitment to excellence.

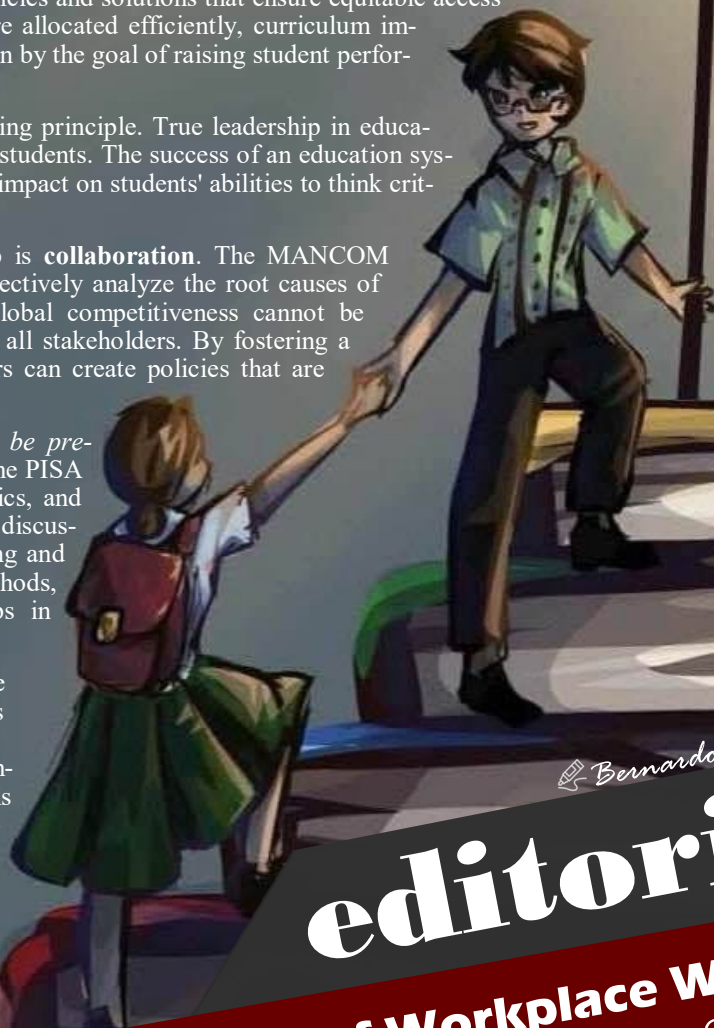
At the heart of honorable leadership is integrity—a commitment to making decisions that truly benefit students, teachers, and schools. This year's MANCOM meeting provides an opportunity to assess educational challenges in the Caraga Region and create policies and solutions that ensure equitable access to quality learning. Leaders must ensure that resources are allocated efficiently, curriculum improvements are research-based, and every initiative is driven by the goal of raising student performance.

Beyond integrity, **selfless service** must be a guiding principle. True leadership in education is not about authority but about uplifting teachers and students. The success of an education system is measured not by policies on paper but by the actual impact on students' abilities to think critically, solve problems, and compete on a global scale.

Another crucial element of honorable leadership is **collaboration**. The MANCOM gathering serve as a platform for open discussions to collectively analyze the root causes of underperformance and implement effective solutions. Global competitiveness cannot be achieved in isolation—it requires a concerted effort from all stakeholders. By fostering a culture of transparency and teamwork, educational leaders can create policies that are responsive to the real needs of learners in the region.

The challenge is clear: *Caraga's students must be prepared to meet international academic standards.* To cite, the PISA results highlight the need for stronger literacy, mathematics, and science competencies. The MANCOM meeting go beyond discussions and lead to concrete actions that enhance the teaching and learning process. Investing in innovative teaching methods, strengthening assessment strategies, and addressing gaps in educational resources must be a priority.

The future of Caraga's education system lies in the hands of its leaders. With honorable leadership—one that is rooted in integrity, selfless service, and collaboration—our students can rise to the challenge of becoming globally competitive individuals. The *1st Regional MANCOM for 2025* is not just a meeting; it is a defining moment for shaping policies that will leave a lasting impact on the region's learners. It is time to lead with purpose, act with integrity, and commit to a future where Caraga's students are at par with global standards.



by Bernardo V. Vergara Jr.

editorial

Building a Culture of Workplace Wellness

by Narven G. Samblasinio



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In a time when the demands of life and work are continually increasing, it is essential to promote a comprehensive approach to employee well-being.

Prioritizing wellness in the workplace is not just an option but a necessity for organizations striving for long-term success. By implementing comprehensive wellness programs, organizations show their dedication to employee well-being, creating a workplace culture centered on support, engagement, and productivity. Prioritizing wellness reduces workplace risks and absenteeism, ensuring that offices function smoothly and efficiently.

Educators and staff play a vital role in shaping the future of students, health and wellness in the workplace must be a top priority. A positive work culture within DepEd ensures that teachers, administrators, and support staff can perform their duties effectively while maintaining their well-being. Implementing wellness programs not only

boosts employee satisfaction but also enhances engagement, productivity, and overall morale. When educators feel valued and supported, they become more passionate about their work, leading to better teaching outcomes and a more positive learning environment for students.

Beyond physical well-being, mental health support is crucial in combating stress and burnout, which are common challenges in the education sector. The pressures of lesson planning, student performance, and administrative tasks can take a toll on educators' mental health. By fostering a culture that prioritizes emotional resilience and self-care, DepEd can create a healthier, more motivated workforce.

According to Global Wellness Institute, workplace wellness expenditures are a cornerstone of foster-

healthier lifestyles among employees, addressing critical health risk factors such as lack of exercise, poor eating habits, stress, obesity, and smoking. These initiatives encompass a diverse range of services, including health screening assessments, diagnostic tests, wearable devices, counseling services, and incentive programs.

A well-rounded workplace wellness program is crucial in promoting a healthy, engaged, and productive workforce. By incorporating physical wellness initiatives, preventive health measures, and mental health support, organizations can enhance employee well-being while reducing absences and healthcare costs. Financial wellness programs also play a significant role in alleviating stress, allowing employees to focus on their professional growth.

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NUGGETS OF WORKPLACE WELLNESS:

It's Time to Groove with Synchrotherapy!

by Candy Claire B. Ramos

Ever heard of synchrotherapy? It's a cool approach that taps into the power of natural rhythms to boost well-being. And guess what? It can totally rock your workplace, even at the Department of Education! Think of it as getting in sync with nature's beat for a happier, healthier you at work. Here's the lowdown:

Supercharged Focus & Productivity: Imagine your brain humming along in perfect harmony with the day's natural energy flow. That's synchrotherapy in action! Aligning work schedules with our natural circadian rhythms can seriously amp up focus and productivity.

Stress? Buh-bye!: Goodbye stress! When we work in sync with daylight patterns, we can chill out and improve our overall well-being. Think less tension, more Zen.

Teamwork that Rocks: Imagine your team working together seamlessly, like a well-oiled machine. Coordinating team activities with natural cycles can boost collaboration and communication.

Hello, Health!: Catching enough sleep and feeling fantastic? Aligning work routines with natural rhythms can lead to better sleep and overall health, meaning fewer sick days and more vibrant you.

Eco-Warriors Unite!: Becoming more aware of natural cycles can inspire us to adopt more sustainable practices at work. Let's be kind to ourselves *and* the planet!



FOSTERING LOVE IN THE WORKPLACE.
DepEd Caraga's educational primemovers cultivate a culture of care, support, and well-being for a healthier, more productive environment.

 Narven G. Samblasinio & DepEd Caraga



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