



Republic of the Philippines
Department of Education
REGION III
SCHOOLS DIVISION OF BULACAN

February 25, 2025

DIVISION MEMORANDUM

No. 168 s. 2025

**PROJECT DREAMS (DEVELOPING RESILIENCE FOR EDUCATION'S
ACHIEVEMENT AND MEANINGFUL SUCCESS), A MENTAL
HEALTH AND WELL-BEING ACTIVITY FOR LEARNERS
OF KHAN ACADEMY AND FRONTLEARNERS)**

To: Assistant Schools Superintendent
CID/SGOD Chiefs
Education Program Supervisors
School Heads of Dr. Felipe de Jesus HS and Virginia Ramirez NHS
All Others Concerned

1. Good mental health and well-being are essential for all of us to lead fulfilling lives, to realize our full potential, to participate productively in our communities, and to demonstrate resilience in the face of stress and adversity. To realize this, Project DREAMS (Developing Resilience for Education's Achievement and Meaningful Success), a mental health and well-being activity for learners of Khan Academy and Frontlearners) shall be conducted on February 28, 2025, at 7:30 am at Dr. Felipe De Jesus National High School, Plaridel, and Virginia Ramirez Cruz Memorial National High School, Pandi, Bulacan.
2. The goal is to provide and facilitate comprehensive, friendly, psychosocial activities that support the positive well-being of the learners in the project such activities are the following: Safety, self-awareness and self-expression activities; Relaxation, problem-solving, and self-regulation activities; Self-confidence, empathy, and self-compassion activities; Arts and crafts activities; and Dancing, singing, and playing different musical instruments activities.
3. This activity aims:
 - ensure the immediate safety and overall wellness of the mental health of all learners during the preparation of an standardized assessment;
 - provide learners with a venue by which they can discuss their fears, feelings, and anxieties;
 - enable learners to manage their feelings and thoughts regarding their preparation for an international/standardized assessment; and



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- develop healthy relationships with peers.
4. Participants in this activity are selected forty-two (42) learners of Khan Academy and Frontlearners, with the select (8) school personnel who will facilitate the said activity.
 5. Expenses to be incurred in this activity, such as meal expenses, shall be charged against Division MOOE, while other expenses can be charged against school funds subject to the usual accounting and auditing rules and regulations.
 6. Immediate and wide dissemination of this Memorandum is desired.


NORMA P. ESTEBAN, EdD, CESO V
Schools Division Superintendent

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