



Republic of the Philippines  
**Department of Education**  
REGION IV-A CALABARZON  
**SCHOOLS DIVISION OF BATANGAS**

July 31, 2025

**DIVISION MEMORANDUM**  
**No. 380, s. 2025**

**A MINUTE OF SILENCE, A LIFETIME OF REFLECTION: IMPLEMENTATION OF  
RETROSPECT BATANG BATANGUEÑO FOR SY 2025–2026**

TO: Assistant Schools Division Superintendent  
Chief – Curriculum Implementation Division (CID)  
Chief – School Governance and Operations Division (SGOD)  
Education Program Supervisors  
Public Schools District Supervisors  
School heads/Head Teachers/ Subgroup heads/coordinators  
EsP Area and District Coordinators  
EsP teachers  
All Others Concerned

1. Since School Year 2020–2021, Retrospect Batang Batangueño (RBB) has served as a character-based program aimed at deepening learners' moral and ethical foundations, aligned with the core values of truth, freedom, justice, and love. Supporting the goals of Edukasyon sa Pagpapakatao (EsP), RBB promotes functional literacy, responsible decision-making, and ethical behavior in line with RA 10533. With the implementation of the MATATAG Curriculum and RA 11476, it now integrates GMRC and Values Education, expanding the original five EsP macro skills understanding, reflecting, consulting, deciding, and acting, to include a sixth—living out—to further enhance values formation and moral personhood.
2. The term **“Retrospect”** goes beyond mere reflection—it is a profound moral exercise that awakens conscience, cultivates discernment, and strengthens one's inner compass. It invites learners to pause, look back, and critically examine their experiences, not simply to remember but to draw meaning, realize responsibility, and commit to personal growth. As a foundational process in values formation, retrospect empowers students to recognize both their strengths and shortcomings, nurturing humility, accountability, and a renewed commitment to ethical living. When united with the identity of a **“Batang Batangueño”**—a youth shaped by Batangas' legacy of courage, integrity, and faith—this program becomes a powerful force for character transformation. *Retrospect Batang Batangueño* is thus more than a curriculum; it is a reflective journey of becoming: honoring the past, shaping the present, and building a future anchored on truth, justice, love, and moral responsibility.
3. Good Manners and Right Conduct (GMRC) is taught from Kindergarten to Grade 6, while Values Education (VE) is a core subject in Grades 7 to 10, both reinforcing values formation across grade levels. In School Year 2024–2025, Retrospect Batang Batangueño (RBB) aligned with the MATATAG Curriculum's





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whole-school approach, promoting shared responsibility for values education among schools, families, communities, and stakeholders. RBB directly supports the goals of GMRC and VE by fostering responsible decision-making, proper conduct, and love for God, others, and the nation. Its activities are integrated into academic performance, reinforcing values formation as an essential and graded component of student learning.

4. This School Year 2025–2026, Retrospect Batang Batangueño (RBB) will undergo a significant evolution in its implementation to further institutionalize values education across all learning environments. RBB will be firmly anchored in the guiding principles of **REFLECT, BUILD, BECOME**. These three pillars represent the program's evolution while preserving its foundational purpose. *Reflect* calls for intentional self-awareness and moral discernment. *Build* emphasizes the continuous development of character, values, and responsible citizenship. *Become* envisions the transformation of every learner into a future-ready individual rooted in integrity and compassion. *The strengthened RBB does not replace the original—it intensifies it, ensuring that the legacy continues with deeper meaning and greater impact.*
5. This aligns with the directive of Secretary of Education Juan Edgardo "Sonny" Angara, who emphasized that the K to 10 curriculum will intensify values formation by integrating critical life lessons—such as anti-bullying—into GMRC, Values Education, and Edukasyon sa Pagpapakatao (EsP). This directive will be reinforced with the long-standing goals of DECS Memorandum No. 174, s. 1995, also known as the Revitalized Values Education Program (RVEP), which calls for a holistic, integrated, and community-based approach to values education. **Through this alignment, RBB will serve as a dynamic and responsive platform to deliver relevant, performance-based values learning tasks that shape learners' character within and beyond the classroom.**
6. RBB will utilize the ethical themes designated for each month (Attachment 1), which will be integrated into the weekly RBB Challenges, following the format and structure established in memoranda released since 2020. These monthly themes provide a focused, values-driven framework that ensures consistency, relevance, and developmental progression in learners' moral formation. By aligning weekly tasks with these themes, RBB not only reinforces key ethical principles but also supports the spiral progression of values education, making each learning experience timely, contextualized, and deeply rooted in real-life applications.
7. Further, to support the mental and emotional well-being of both learners and teachers with all the non-teaching personnel, **RBB will institutionalize a one-minute moment of silence before the start of each class; and any time of the day and occasion.** This practice provides a brief yet meaningful pause to calm the mind, foster mindfulness, and create a space for inner reflection. This initiative is







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aligned with the Division's aspiration to become one community—fostering a culture of peace, compassion, and spiritual grounding within the school environment.

8. Also this year, the Division shall reiterate and actively encourage all stakeholders—including parents, local government units, partner institutions, and community organizations—to unite with the schools in the full implementation of Retrospect Batang Batangueño (RBB) and its weekly challenges. Their engagement is vital in strengthening the whole-school and whole-community approach to values formation, ensuring that learners experience consistent support and reinforcement of ethical behavior both inside and outside the classroom. To formalize their participation and shared responsibilities, a Memorandum of Agreement (MOA) may be executed between the school and partner stakeholders, reinforcing sustained commitment and collaborative ownership of the program's goals.
9. Hence, all existing components of Retrospect Batang Batangueño (RBB) will continue to be implemented for School Year 2025–2026. This includes the strengthened monitoring of values formation alongside literacy and numeracy, utilizing all existing monitoring tools such as reflection journals, observation checklists, formative feedback instruments, and digital platforms—including *ClassDojo*—as part of the MATATAG RBB system. Teachers and parents are encouraged to consistently use *EsPMATICapsule* for real-time e-monitoring of learners' behavioral and values development. The conduct of regular parent-teacher conferences focused solely on learners' values formation shall also be sustained—every first Friday of the month for Grades K–6 and 2–3 hours before card-giving for Grades 7–12.
10. Furthermore, the program will continuously uphold its recognition of outstanding character and values through the year-end **Dangal EsP culminating activity**, with updated guidelines to follow in a separate memorandum.
11. For information, guidance and strict compliance.

  
**MARITES A. IBANEZ, CESO V**  
Schools Division Superintendent 



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Encl.: As stated

Reference: RA 10533 and RA 114476

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

Issuance -Division Memorandum

MLJCB/A MINUTE OF SILENCE, A LIFETIME OF REFLECTION: IMPLEMENTATION OF RETROSPECT BATANG  
BATANGUEÑO FOR SY 2025-2026/R20144992/07/31/2025





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**Attachment 1**

MONTH	ETHICAL THEMES	CORE/RELATED VALUES
January	Self – Reliance	Trustworthiness, Independence, Industry, Resourcefulness, Creativity
February	Love	Service, Kindness, Friendliness, Selflessness, Brotherhood
March	Excellence	Productivity, Quality, Perseverance
April	Spirituality	Humility, Realization of Oneness with Other People and Beings, Purity, Sensitivity to Religious Values
May	Harmony	Beauty and Simplicity
June	Self-Discipline	Cleanliness, Orderliness, Fitness, Health, Ecological Harmony, Orderly Conduct of Self-Control
July	Integrity	Being True to Oneself, Truthfulness, Trustworthiness, Sincerity, Honesty
August	Courage	Assertiveness, Positive Attitude, Spiritual Strength
September	Respect	Care, Concern, Tolerance, Consideration
October	Responsibility	Commitment, Accountability, Reliability
November	Nationalism	Loyalty, Patriotism, Appreciation of Cultural Heritage, Pride in One's Country
December	Peace	Justice, Serenity, Fairness, Harmony, Prudence

Source: DECS Memorandum 174, s. 1995



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Narito ang pagsasalin sa Filipino ng nilalaman ng **DECS Memorandum 174, s. 1995:**

<b>Buwan</b>	<b>Temang Etikal</b>	<b>Pangunahing/Ugnay na Halaga</b>
Enero	Pagtitiwala sa sarili	sa Pagkakatiwalaan, Kalayaan, Kasipagan, Pagkamalikhain
Pebrero	Pag-ibig	Paglilingkod, Kabutihan, Pagkakaibigan, Pagkakapatiran
Marso	Kahusayan	Kalidad, Pagpupunyagi
Abril	Espiritwalidad	Kababaang-loob, Pagkakaisa sa Kapwa at Kalikasan, Kalinisan, Pagkamaka-Diyos
Mayo	Pagkakaisa	Kagandahan at Kapayakan
Hunyo	Disiplinang Pansarili	Kalinisan, Kaayusan, Kalusugan, Maayos na Pag-uugali, Pagsunod sa Alituntunin
Hulyo	Integridad	Katapatan, Katotohanan
Agosto	Katapangan	Kakayahang Magsabi ng Totoo, Positibong Pananaw, Lakas ng Loob,
Setyembre	Paggalang	Pagmamalasakit, Pag-unawa, Pagpaparaya, Pagsasaalang-alang
Oktubre	Pananagutan	Paninindigan, Katapatan sa Tungkulin
Nobyembre	Nasyonalismo	Pagmamahal sa Bayan, Pagpapahalaga sa Pamanang Kultura, Pagmamalaki sa Bansa
Disyembre	Kapayapaan	Katarungan, Kapayapaan ng Isipan, Pagkakapantay-pantay, Pagkakaisa





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**Attachment 2: Suggested One Minute of Silence Activities**

**Grades 1–3**

**Focus:** Calmness, simple routines, emotional recognition

1. **Silent Prayer** – Learners may be guided to pray silently for themselves, family, or someone they love.
2. **Deep Breathing with Eyes Closed** – 3–4 slow breaths to calm the body.
3. **“Thank You” Thought Time** – Think of one thing or person they are thankful for that day.
4. **Heart Touch Exercise** – Place hands on chest and feel their heartbeat to reconnect with their body.
5. **Smile in Silence** – Smile quietly and think of a happy memory to promote positive thinking.

**Grades 4–6**

**Focus:** Self-regulation, gratitude, empathy

1. **Silent Prayer** – For personal growth, classmates, or school.
2. **Gratitude Reflection** – Mentally list 3 things they are thankful for.
3. **Kindness Visualization** – Imagine themselves doing one act of kindness.
4. **Nature Focus** – Look outside or imagine a calming natural setting (tree, sky, sea).
5. **Emotion Check-in** – Internally ask: “How am I feeling today?” without judgment.

**Grades 7–10**

**Focus:** Self-awareness, stress management, inner values

1. **Silent Prayer** – For clarity, strength, and peace of mind.
2. **Mindful Breathing** – Count to 4 while breathing in and 4 while breathing out.
3. **“Reset Thought” Practice** – Mentally let go of worries from earlier and start fresh.
4. **Personal Value Recall** – Think of a value they want to live by that day (e.g., honesty, respect).
5. **Peaceful Memory Recall** – Recall a moment they felt peaceful and safe.



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**Grades 11–12 (Senior High)**

**Focus:** Purpose, inner dialogue, emotional grounding

1. **Silent Prayer** – For guidance, wisdom, and inner peace.
2. **Intention Setting** – Mentally commit to one positive action or attitude for the day.
3. **Stress Release Visualization** – Imagine releasing stress like air from a balloon.
4. **Reflective Question** – Ask oneself: “What matters most to me today?”
5. **Silent Affirmation** – Repeat silently: “I am capable,” “I choose peace,” or a self-affirming phrase.





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**Attachment 3**

**The Retrospect Batang Batangueño Universal Prayer**

(To be recited one minute before each class and at any time of the day)

"God of all wisdom, love, and compassion,  
We begin this moment with gratitude—for the gift of life, for the strength to learn,  
and for the people who walk with us each day.  
We pause in silence to calm our minds and rest our hearts.  
In moments of stress or worry, grant us peace. In times of doubt, give us courage.  
Help us to face each day with patience, balance, and resilience.  
Teach us to learn with open hearts, to act with kindness,  
To listen with empathy, and to care for ourselves and for one another.  
Guide our thoughts, words, and actions as students, teachers, and members of this  
community.  
May this moment renew our strength, restore our hope, and remind us we are  
never alone—  
As one family, one community, and one praying Division.  
Amen."

**Leader:** Lord, make us instruments of truth, love, and healing—

**All:** United as one praying Division, Batangueño in heart, Filipino in spirit.