Republic of the Philippines

Pangasinan State University

Lingayen, Pangasinan

OFFICE OF THE UNIVERSITY PRESIDENT

**Memorandum Order No. 097**

**Series of 2022**

**November 24, 2022**

To:

**All Vice Presidents**

**All Campus Executive Directors**

**All College Deans/ Department Chairpersons/ Unit Heads**

**All Teaching and Non-teaching Employees**

**All PSU Students**

Subjects: **Suspension of Office Works and Classes in view of the Health Break**

In consideration of the collective request from the students, faculty and non-teaching associations and to give all of our employees and students their much-needed break after the conduct of various and simultaneous activities such as accreditations, SCUAA preparations and events, and preparation for administrative and academic programs and reports, the Board of Regents, through the BOR Referendum No. 19, s. 2022, has approved the declaration of a two-day health break from November 28 to 29, 2022.

In line with this, office works and classes are hereby suspended from November 28 (Monday) to November 29 (Tuesday) to give all PSU employees and students ample time to refocus and prioritize their mental health and well-being. Consequently, considering that November 30 (Wednesday) is declared a holiday in commemoration of Bonifacio Day; hence, November 25 (Saturday) to November 30 (Wednesday) is considered a long weekend for all PSUnians.

Furthermore, the said health break aims to give all PSUnians the opportunity to temporarily distance themselves from their office works and classes, and to rest and tend better to their families and selves in pursuit of a balanced and sound holistic health and wellness.

Moreover, the declaration of a health break and consequently the suspension of office works and classes is consistent with the health and wellness program of the University and is part of our liP initiatives to consistently protect and promote the holistic health of all our employees and students.

With this, all University and Campus Officials are hereby requested to give their full support towards the health break initiative by ensuring that all employees and students are free from their office and class obligations throughout the said break. This is to ensure that we as one PSU community can better look after our mental health and well-being together.

For widest dissemination.

DEXTER R. BUTED

University President