



Republic of the Philippines
Department of Education
 Cordillera Administrative Region
Schools Division of Benguet

July 19, 2021

DIVISION MEMORANDUM

No. 279, S2021



TO: Chief SGOD and CID
PSDSs and School heads
All School Health Personnel
All others concerned

PHYSICAL FITNESS IN THE WORKPLACE

- The physical wellbeing of employees has a significant impact on the efficiency and effectiveness of public service delivery. i.e. the loss of productivity caused by both absenteeism and by the staff functioning at reduced capacity even after they have returned to work.
- Several activities of the 2021 Nutrition Month Celebration promote physical activity and healthy lifestyle namely:
 - Galaw galaw o'clock daily at 10am & 3pm for 5mins.
 - Division Zumba sessions weekly every Thursdays, 3:00-4:00pm, will be held at Adivay Hall, SDO and shall be livestreamed in our official FB page. School Personnel and learners are invited to join virtually.
- In relation to this, Guest Zumba instructor/s and the following School Health Personnel, implementing all health standards to fight the spread of COVID-19 are called to lead following the Weekly Zumba sessions every Thursdays held at Adival Hall, SDO, wangal, La Trinidad, Benguet.

Health personnel				Date
Dr. Mary Grace Matias, Dr. Abraham Ulep, Dr. Joanne Bumanghat, Dr. Marcelino Samonte, Paz Killase, Fernando Perez	Lubuat, Irene Pulig, Cathleah Gam-ad, Florence F. Gaqui, Karren	Tabdi Lloyd Mae Fatima Cobaldez	Sacyat, Remedios Meris, Nimia	July 22
Dr. Mary Grace Matias, Dr. Abraham Ulep, Dr. Joanne Bumanghat, Dr. Marcelino Samonte, Paz Killase, Fernando Perez	Garriga, Zhimar Paciteng, Mila Advincula, Araceli Cayamdas, Joyce Kidkid, Roselle	Jovaner Bela-o Guzman, Estrella Gu, Ricarda		July 29
Dr. Mary Grace Matias, Dr. Abraham Ulep, Dr. Joanne Bumanghat, Dr. Marcelino	Fernandez, Jennifer Tulaban, Rhenilda Masweng, Ermalyn	Reina Gaea B. Duyao Jeremie Teofilo	Rose Virginie Killip Rollen Guivac	August 5



Address: Wangal, La Trinidad, Benguet
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Samonte, Paz Killase, Fernando Perez	Capan, Marijoan		Roselle Kristine Waguis	
Dr. Mary Grace Matias, Dr. Abraham Ulep, Dr. Joanne Bumanghat, Dr. Marcelino Samonte, Paz Killase, Fernando Perez	Colas, Teresita Sangao, Shelby	Calasan, Saturnino Kito, Juliet Zareen Binay-an	Rollen Guivac Roselle Kristine Waguis Reina Gaea B. Duyao	August 12
Dr. Mary Grace Matias, Dr. Abraham Ulep, Dr. Joanne Bumanghat, Dr. Marcelino Samonte, Paz Killase, Fernando Perez	Bastian, Genevieve Compelio, Johnny Carol Igualdo	Agayo, Lorraine Molitas, Josephine Namoro, Robert Jay	Rollen Guivac Roselle Kristine Waguis Reina Gaea B. Duyao	August 19
Dr. Mary Grace Matias, Dr. Abraham Ulep, Dr. Joanne Bumanghat, Dr. Marcelino Samonte, Paz Killase, Fernando Perez	Diwas, Loma Dimbanan, Liza Acbayaan, Fe Belen Akilith, Dolores Fagyan, Japhet Denver	Anguintay, Ma. Victoria Oidi, Brenda		September 2
Dr. Mary Grace Matias, Dr. Abraham Ulep, Dr. Joanne Bumanghat, Dr. Marcelino Samonte, Paz Killase, Fernando Perez	Lubuat, Irene Pulig, Cathleah Gam-ad, Florence F. Gaqui, Karren	Tabdi Lloyd Mae Fatima Cobakdez	Sacyat, Remedios Meris, Nimia	September 9
Dr. Mary Grace Matias, Dr. Abraham Ulep, Dr. Joanne Bumanghat, Dr. Marcelino Samonte, Paz Killase, Fernando Perez	Garriga, Zhimar Paciteng, Mila Advincula, Araceli Cayamdas, Joyce Kidkid, Roselle	Jovaner Bela-o Guzman, Estrella Gu, Ricarda		September 16
Dr. Mary Grace Matias, Dr. Abraham Ulep, Dr. Joanne Bumanghat, Dr. Marcelino Samonte, Paz Killase, Fernando Perez	Fernandez, Jennifer Tulaban, Rhenilda Masweng, Ermalyn Capan, Marijoan	Reina Gaea B. Duyao Jeremie Teofilo	Rose Virginie Killip Rollen Guivac Roselle Kristine Waguis	September 23
Dr. Mary Grace Matias, Dr. Abraham Ulep, Dr. Joanne Bumanghat, Dr. Marcelino Samonte, Paz Killase, Fernando Perez	Colas, Teresita Sangao, Shelby	Calasan, Saturnino Kito, Juliet Zareen Binay-an	Rollen Guivac Roselle Kristine Waguis Reina Gaea B. Duyao	September 30
Dr. Mary Grace Matias, Dr. Abraham Ulep, Dr. Joanne Bumanghat, Dr. Marcelino Samonte, Paz Killase, Fernando Perez	Bastian, Genevieve Compelio, Johnny Carol Igualdo	Agayo, Lorraine Molitas, Josephine Namoro, Robert Jay	Rollen Guivac Roselle Kristine Waguis Reina Gaea B. Duyao	October 7
Dr. Mary Grace Matias, Dr. Abraham Ulep, Dr. Joanne Bumanghat, Dr. Marcelino	Diwas, Loma Dimbanan, Liza Acbayaan, Fe Belen Akilith, Dolores	Anguintay, Ma. Victoria Oidi, Brenda		October 14



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Samonte, Paz Killase, Fernando Perez	Fagyan, Japhet Denver			
Dr. Mary Grace Matias, Dr. Abraham Ulep, Dr. Joanne Bumanghat, Dr. Marcelino Samonte, Paz Killase, Fernando Perez	Lubuat, Irene Pulig, Cathleah Gam-ad, Florence F. Gaqui, Karren	Tabdi Lloyd Mae Fatima Cobaldez	Sacyat, Remedios Meris, Nimia	October 21
Dr. Mary Grace Matias, Dr. Abraham Ulep, Dr. Joanne Bumanghat, Dr. Marcelino Samonte, Paz Killase, Fernando Perez	Garriga, Zhimar Paciteng, Mila Advincula, Araceli Cayamdas, Joyce Kidkid, Roselle	Jovaner Bela-o Guzman, Estrella Gu, Ricarda		October 28
Dr. Mary Grace Matias, Dr. Abraham Ulep, Dr. Joanne Bumanghat, Dr. Marcelino Samonte, Paz Killase, Fernando Perez	Fernandez, Jennifer Tulaban, Rhenilda Masweng, Ermalyn Capan, Marijoan	Reina Gaea B. Duyao Jeremie Teofilo	Rose Virginie Killip Rollen Guivac Roselle Kristine Waguis	November 4
Dr. Mary Grace Matias, Dr. Abraham Ulep, Dr. Joanne Bumanghat, Dr. Marcelino Samonte, Paz Killase, Fernando Perez	Colas, Teresita Sangao, Shelby	Calasan, Satumino Kito, Juliet Zareen Binay-an	Rollen Guivac Roselle Kristine Waguis Reina Gaea B. Duyao	November 11
Dr. Mary Grace Matias, Dr. Abraham Ulep, Dr. Joanne Bumanghat, Dr. Marcelino Samonte, Paz Killase, Fernando Perez	Bastian, Genevieve Compelio, Johnny Carol Igualdo	Agayo, Lorraine Molitas, Josephine Namoro, Robert Jay	Rollen Guivac Roselle Kristine Waguis Reina Gaea B. Duyao	November 18
Dr. Mary Grace Matias, Dr. Abraham Ulep, Dr. Joanne Bumanghat, Dr. Marcelino Samonte, Paz Killase, Fernando Perez	Diwas, Loma Dimbanan, Liza Acbayaan, Fe Belen Akilith, Dolores Fagyan, Japhet Denver	Anguintay, Ma. Victoria Oidi, Brenda		November 25
Dr. Mary Grace Matias, Dr. Abraham Ulep, Dr. Joanne Bumanghat, Dr. Marcelino Samonte, Paz Killase, Fernando Perez	Lubuat, Irene Pulig, Cathleah Gam-ad, Florence F. Gaqui, Karren	Tabdi Lloyd Mae Fatima Cobaldez Colas, Teresita Sangao, Shelby	Sacyat, Remedios Meris, Nimia	December 2



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Dr. Mary Grace Matias, Dr. Abraham Ulep, Dr. Joanne Bumanghat, Dr. Marcelino Samonte, Paz Killase, Fernando Perez	Garriga, Zhimar Paciteng, Mila Advincula, Araceli Cayamdas, Joyce Kidkid, Roselle	Jovaner Bela-o Guzman, Estrella Gu, Ricarda Agayo, Lorraine Molitas, Josephine	Bastian, Genevieve Compelio, Johnny Carol Igueldo Namoro, Robert Jay Roselle Kristine Waguis	December 9
Dr. Mary Grace Matias, Dr. Abraham Ulep, Dr. Joanne Bumanghat, Dr. Marcelino Samonte, Paz Killase, Fernando Perez	Diwas, Loma Dimbanan, Liza Acayaan, Fe Belen Akilith, Dolores Fagyan, Japhet Denver Calasan, Saturnino	Reina Gaea B. Duyao Jeremie Teofilo Rollen Guivac Kito, Juliet Zareen Binay-an Oidi, Brenda	Fernandez, Jennifer Tulaban, Rhenilda Masweng, Ermalyn Capan, Marjoan Rose Virginie Killip Anguintay, Ma. Victoria	December 16

- Travel expenses of the participants shall be charged against local funds subject to usual accounting and auditing rules and regulations.
- Immediate dissemination of this memorandum to all is desired.

GLORIA B. BUYA-AO
Schools Division Superintendent



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