



**GIRL SCOUTS OF THE PHILIPPINES**  
Northern Luzon Regional  
Baguio City Council



**CHQ CIRCULAR No. 19**  
**Series of 2025**

**TO : DISTRICT SUPERVISORS, PRINCIPALS, HEAD EACHERS,  
GSP DISTRICT FIELD ADVISERS, GSP SCHOOL COORDINATORS  
AND TROOP LEADERS**

**RE : NUTRITION MONTH CELEBRATION 2025**

**DATE: June 24, 2025**

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In celebration of the **Nutrition Month, the Girl Scouts of the Philippines – Baguio Council will be conducting a special activity on June 28, 2025 (Saturday) at 9:00am-12nn at the Bayan Park, Aurora Hill, Baguio City.**

This year's observance will center on the importance of healthy eating habits through the "Girl-Powered Nutrition" learning module of the World Association of Girl Guides and Girl Scouts (WAGGGS). The program aims to empower girls and young women to understand the value of nutrition and to make informed choices about their daily food intake.

**Objectives:**

Promote the benefits of eating a well-balanced meal every day for energy, growth, and overall well-being.

Introduce Girl-Powered Nutrition as a Scouting learning resource to encourage healthy lifestyles.

Provide a platform for Girl Scouts to share personal experiences and insights about healthy eating.

**Highlights of the Activity:**

Brief orientation on Girl-Powered Nutrition

Interactive discussion on balanced meals

Sharing of healthy food plate samples

Commitment signing to promote good nutrition in families and communities

We encourage all participants to bring a sample of a healthy meal or snack to share and discuss during the program.

Let us continue to inspire each other in building a healthier generation of Girl Scouts who are strong in body and empowered in mind.

In this connection, may we ask Cadet and Senior girl scouts to attend the said event. Details as follows:

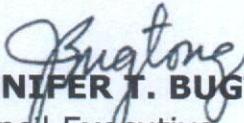
Date : June 28, 2025  
Meeting Place : GSP Baguio City Council  
Call Time : 8:00am  
Departure : 8:20am  
Program Proper : 9:00am – 12:00nn  
Event Place : Bayan Park, Aurora Hill, Baguio City  
Attire : GSP Active Uniform (GSP Cap, GSP Jogging Pants/maong pants, GSP Logo shirt, Age level scarf) or Complete Official Uniform (Cap, Skirt and Blouse, age level scarfs, pins, GSP Black belt, black shoes)

Things to bring : Nutritious snack or meal to share

Kindly confirmation your attendance until Thursday, June 26, 2025, 12nn. For your inquiries, please contact the Council Office or message at the GSP Baguio Council FB messenger. Should you have further queries, you may contact at GSP Baguio Council telephone/mobile nos. (074) 442-20296 and 09278234795 / 09625199591. The Council is open on weekdays from 8:00a.m. to 5:00 p.m. or send email to [gspbaguio.2096@gmail.com](mailto:gspbaguio.2096@gmail.com).

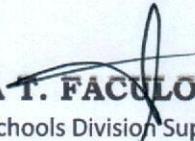
Together, let's be Girl-Powered and Nutrition-Wise!

Transmitted by

  
**JENNIFER T. BUGTONG**  
Council Executive

Public Elementary and Secondary School Heads  
Private Elementary and Secondary Schools  
Heads/Administrators  
GSP District Field Advisers  
GSP School Coordinators and Troop Leaders

For information and guidance.

  
**SORAYA T. FACULO, PhD., CESO VI**  
Schools Division Superintendent/  
Council Commissioner on Admin

## PROGRAMME

TIME	PARTICULAR
7:45am – 8:10am	Meeting Place – Pamana Restaurant Parking Area, GSP Baguio Council Compound
8:10am – 8:30am	Arrival at Bayan Park
8:30am – 8:35am	Formation for the Nutrition Orientation and Discussion
8:35am – 9:00am	Preliminaries: <div style="display: flex; justify-content: space-between; padding: 0 20px;"> <div style="text-align: right;">                     Prayer National Anthem Panunumpa GSP Rededication Welcome Address                 </div> <div style="text-align: left;"> <b>Sr. Sct. Adrienne D. Bad-ay</b>  <b>Sr. Sct. Gwynette Candido</b>  <b>Cdt. Sct. Mydan Rose Terte</b>  <b>Cdt. Sct. Melody Gumeng-ad</b>  <b>Atty. Betty Lourdes F. Tabanda,</b>                      GSP Council President                 </div> </div>
9:00am – 10:30am	Nutrition Orientation and Sharing
10:30am – 1:30am	Fruit Bearing Trees Planting
11:30am – 1:40am	Giving of Certificate and Badge
11:40am – 2:00nn	Closing, Acknowledgement and Announcement
12:00nn – 1:00pm	Free Time
1:00pm – 1:30pm	Back to the City Proper



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Northern Luzon Region  
Baguio Girl Scout Council

**NUTRITION MONTH CELEBRATION 2025  
PARENT’S CONSENT FORM**

**To whom it may concern:**

This is to allow my daughter, \_\_\_\_\_  
of \_\_\_\_\_ to participate in the  
**NUTRITION MONTH CELEBRATION 2025 at Bayan Park on Saturday,  
June 28, 2025, details as follows:**

- Meeting Place:** Pamana Restaurant Park
- Call Time:** 8:00am
- Departure Time:** 8:20am
- Program Proper:** 9:00am-12:00nn
- Attire:** GSP Active Uniform/  
GSP Complete Official Uniform
- Things to Bring:** Nutritious Snack/Meal to share

We will not hold the Girl Scouts of the Philippines responsible for any untoward incident that may happen beyond its control.

\_\_\_\_\_  
Name & Signature of Parents/ Guardian

\_\_\_\_\_  
Address

\_\_\_\_\_  
Contact Nos.

Recommended by:

\_\_\_\_\_  
Troop Leader