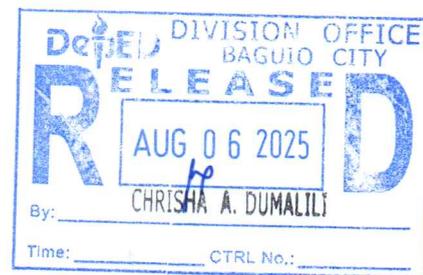




Republic of the Philippines
Department of Education
Cordillera Administrative Region
SCHOOLS DIVISION OF BAGUIO CITY



August 5, 2025

Division Memorandum

No. 459-2025

IMPLEMENTATION OF “BANTAY KO, KALUSUGAN KO” HEALTH AND WELLNESS INITIATIVE

TO: All Public Schools District Supervisors
Public and Private Elementary and Secondary School Heads
School Health and Nutrition Personnel
Others Concerned

1. In line with our continuous commitment to promoting the health and well-being of all employees, and in response to the increasing prevalence of Non-Communicable Diseases (NCDs) such as hypertension, diabetes, and cardiovascular-related conditions, the Department of Education, Schools Division Office of Baguio City is launching the **“Bantay Ko, Kalusugan Ko”** initiative.

2. This program aims to encourage healthier lifestyle habits and proactive wellness practices among all personnel. As such, the following regular wellness activities will be implemented starting August 6, 2025:

A. Zumba Fitness Session

- **When:** Every Friday, 3:00 PM onwards
- **Where:** Third Floor, SDO Training Hall
- All employees are encouraged to participate in this fun and energizing group activity to improve cardiovascular fitness and reduce stress.

B. Daily Stretching and Hydration Breaks

- **When:** Every day at **10:00 AM** and **3:00 PM**
- A short break for **stretching** and **hydration** will be observed. This is to help prevent sedentary-related fatigue, improve blood circulation, and promote better concentration throughout the day.

3. All employees are enjoined to take these initiatives seriously as part of our collective responsibility to prioritize health, prevent disease, and foster a supportive and active work environment.



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4. For concern and clarifications, please contact Dr. Arlene Awing, Medical Officer III, through her mobile number 09054775638.
5. Immediate and wide dissemination of this memorandum is directed.

SORAYA T. FACULO PhD, CESO VI
Schools Division Superintendent

For the Schools Division Superintendent:


CARMEL F. MERIS
OIC- Assistant Schools Division Superintendent