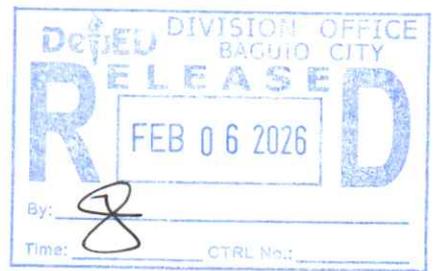




Republic of the Philippines
Department of Education
Cordillera Administrative Region
SCHOOLS DIVISION OF BAGUIO CITY



February 6, 2026

OFFICE MEMORANDUM

No. **009, 2026**

**“BANTAY KO, KALUSUGAN MO”
CARING TOGETHER, GROWING HEALTHIER: SDO BAGUIO CITY PERSONNEL
WELLNESS PROGRAM**

To: Assistant Schools Division Superintendent
Chief Education Supervisors
OSDS Section Heads
Public Schools Division Supervisors
Education Program Supervisors
Others Concerned

1. In line with the commitment of the Schools Division Office of Baguio City to promote a healthy, productive, and resilient workforce, and considering the increasing cases of modifiable/non-communicable diseases (NCDs) among employees, this Office hereby implements a Wellness Program for SDO Baguio City Personnel anchored on the principle that “Health is Wealth.”
2. This initiative aims to encourage regular physical activity, foster camaraderie, and improve the overall physical and mental well-being of personnel.
3. Program Details:
 - a. Schedule and Venue
Every Friday, 2:00 PM to 4:00 PM
PFVR Gym
 - b. Wellness Activities
The attached schedule of activities and groupings shall be followed throughout the year. Activities include, but are not limited to zumba, dances, badminton, basketball, volleyball, yoga, and other fitness-related sessions.
 - c. Focal Persons per Activity
Zumba: Maria Michelle Tauli and Juliet Ursabia
Dances and Badminton: Lolita Manzano and Rosiebeel Marzo
Volleyball: Augie Pearl Simangan and Cliftone Bangse-il
Basketball: Christorey Simangan
Yoga and Bowling: Arlene Awing
 - d. BMI Monitoring
Baseline Body Mass Index (BMI) shall be taken prior to participation in the wellness activities. It shall be monitored according to the scheduled periods during the year, with the final monitoring to be conducted during the Year-End Program.



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- e. Performance and Participation Monitoring
Groups shall be assessed based on:
- Highest cumulative weight loss and the highest number of members who were able to maintain a normal BMI and
- Most complete or highest number of attendees in the scheduled activities throughout the year.
- f. Recognition shall be given during the Year-End Program.
4. All personnel are highly encouraged to actively participate in this wellness initiative as part of a holistic approach to personal health, disease prevention, and workplace well-being.
 5. For concern and clarifications, please contact Dr. Arlene Awing, Medical Officer III, through her messenger Arlene Awing or mobile number 09054775638.
 6. Immediate and wide dissemination of this memorandum is hereby directed.

Digitally signed by Soraya T. Faculo
Date: 2026.02.06 12:51:54 +08'00'

SORAYA T. FACULO PhD, CESO V
Schools Division Superintendent

“BANTAY KO, KALUSUGAN MO”
CARING TOGETHER, GROWING HEALTHIER: SDO BAGUIO CITY PERSONNEL WELLNESS PROGRAM
SDO WELLNESS ACTIVITIES

	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
1st Friday	Zumba	Basketball	Tango	Cha-Cha	Waltz	Basketball	Zumba	Volleyball	Tango	Badminton	Volleyball
2nd Friday	Volleyball	Badminton	Badminton	Volleyball	Volleyball	Volleyball	Badminton	Zumba	Badminton	Volleyball	Basketball
3rd Friday	Badminton	Basketball	Zumba	Basketball	Bowling	Latin	Volleyball	Basketball	Zumba	Bowling	Zumba
4th Friday	Volleyball	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
5th Friday				Zumba		Walking			Zumba		

“BANTAY KO, KALUSUGAN MO”
CARING TOGETHER, GROWING HEALTHIER: SDO BAGUIO CITY PERSONNEL WELLNESS PROGRAM
TEAM LOVE

NAME	BASELINE BMI (February 2026)			SECOND MONITORING (May 2026)		THIRD MONITORING (September 2026)		FINAL WEIGH IN (DECEMBER 2026)		REMARKS
	WEIGHT	HEIGHT	BMI	WEIGHT	BMI	WEIGHT	BMI	WEIGHT	BMI	
1. SORAYA T. FACULO										
2. RAYMARK VALENTINO										
3. JERIC MANGMANGON										
4. DANA RAELLA DAWAYEN										
5. MARY ANN KIDWAS										
6. JIMMY SANTOS										
7. MARIA MICHELLE A. TAULI										
8. MARY JANE MALIHOD										
9. ROSIE BEEL A. MARZO										
10. BRENDALEE C. AWINGAN										
11. BRENDA LOUISE ALACYANG-BALANTAN										
12. REY GAPASIN										
13. SANTIAGO BUGTONG										
14. VINCENT LUIS										
15. BELEN TOMIN										
16. LOLITA MANZANO										
17. HELEN PONDALES										
18. JOCELYN COLDEG										
19. KIMBERLY YAP										
20. LESTER LIBANGEN										
21. SHANEA JANE MOYAMOY										
22. JOSEF ERIK OLIVEROS										
23. AMIL FLAMIANO										
24. JOJIT DE VERA										
25. BRIGITTE PALASI										
26. DENNIS GAZMEN										
27. DEVINA BANGGAWAN										

28. KHRISTHYNE LIWAN