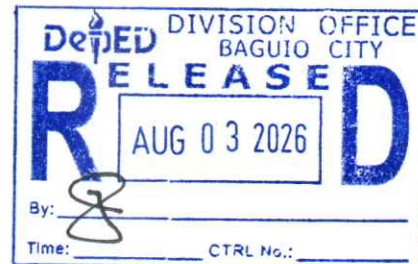




Republic of the Philippines
Department of Education
Cordillera Administrative Region
SCHOOLS DIVISION OF BAGUIO CITY



July 29, 2026

OFFICE MEMORANDUM

No. **062,2026**

**ADDENDUM AND CORREGENDUM TO OFFICE MEMORANDUM NO. 009
s.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. Relative to office Memorandum No. 009 s.2026, re: "Bantay Ko, Kalusugan Mo" Caring Together, Growing Healthier: SDO Baguio City Personnel Wellness Program, the following changes are hereby made:

Original Schedule	New Schedule
Every Friday, 2:00 PM to 4:00 PM	Every Thursday 1:00 PM to 5:00 PM Note: All personnel are hereby directed to allot at least two (2) hours of their time to participate in the scheduled wellness activities by choosing either the 1:00 p.m. – 3:00 p.m. or 3:00 p.m. – 5:00 p.m. session. In selecting their preferred schedule, each office/unit shall ensure that sufficient personnel remain on duty to maintain the continuity of office operations and the uninterrupted delivery of public services. All personnel are requested to register their preferred schedule through the link below by entering their names and selecting their chosen time slot: https://11nk.dev/2qvcv5y
Original Activities	New Activities
August 1 st Friday: Zumba 2 nd Friday: Badminton 3 rd Friday: Volleyball	August 1 st Thursday: Pickleball and Badminton 2 nd Thursday: Yoga/Pickleball and Badminton



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4 th Friday: Yoga	3 rd Thursday: Pickleball and Badminton 4 th Thursday: Pickleball and Badminton
September 1 st Friday: Volleyball 2 nd Friday: Zumba 3 rd Friday: Basketball 4 th Friday: Yoga	September 1 st Thursday: Pickleball and Badminton 2 nd Thursday: Pickleball and Badminton 3 rd Thursday: Pickleball and Badminton 4 th Thursday: Yoga/Pickleball and Badminton
October 1 st Friday: Tango 2 nd Friday: Badminton 3 rd Friday: Zumba 4 th Friday: Yoga	October 1 st Thursday: Pickleball and Badminton 2 nd Thursday: Yoga/Pickleball and Badminton 3 rd Thursday: Pickleball and Badminton 4 th Thursday: Bowling/ Pickleball and Badminton
November 1 st Friday: Badminton 2 nd Friday: Volleyball 3 rd Friday: Bowling 4 th Friday: Yoga	November 1 st Thursday: Pickleball and Badminton 2 nd Thursday: Bowling/Pickleball and Badminton 3 rd Thursday: Pickleball and Badminton 4 th Thursday: Yoga/Pickleball and Badminton
December 1 st Friday: Volleyball 2 nd Friday: Basketball 3 rd Friday: Zumba 4 th Friday: Yoga	December 1 st Thursday: Pickleball and Badminton 2 nd Thursday: Pickleball and Badminton 3 rd Thursday: Pickleball and Badminton 4 th Thursday: Yoga/Pickleball and Badminton

2. The Information and Communications Technology (ICT) Unit shall implement a reminder system by ringing the bell or making announcements through the office building's public address (PA) system every 10:00 A.M. and 3:00 P.M., reminding all personnel to hydrate and take a brief standing and stretching break from their workstations as part of the Division's employee wellness initiative.
3. All other provisions of Office Memorandum No. 009, s.2026 shall remain in order.
4. Immediate dissemination of this memorandum is hereby directed.

SORAYA T. FACULO PhD, CESO V
 Schools Division Superintendent