



Republic of the Philippines
Department of Education
REGION III – CENTRAL LUZON
SCHOOLS DIVISION OFFICE-SCIENCE CITY OF MUNOZ

March 29, 2022

DIVISION MEMORANDUM

No. 211, s. 2022

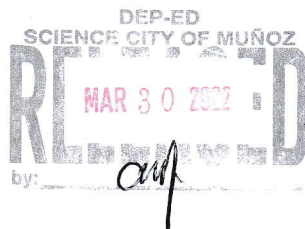
WEEKLY ZUMBA SESSION AND GALAW PILIPINAS: THE DEPED NATIONAL CALISTHENICS PROGRAM AT THE SCHOOLS DIVISION OFFICE

To: Assistant Schools Division Superintendent
CID and SGOD Chiefs
Unit/ Section Heads
Education Program Supervisors
All Others Concerned

1. Health promoting activities enable us to increase, have control over and improve our overall well-being by engaging in physical activities, with healthy lifestyle and proper stress management. The enjoyment of highest attainable standard of health is one of the fundamental rights of every human being.
2. In connection with this, the SDO Science City of Muñoz encourages all employees in different unit to engage in the weekly Zumba Session and Galaw Pilipinas: The DepEd National Calisthenics Exercise Program to be conducted at the SDO Gymnasium every 4:30 to 5:00 PM in the afternoon starting on April 4, 2022. The activity aims to promote wellness and active lifestyle, inculcate positive values, and counter sedentary living among its constituents.
3. All participants are reminded to strictly adhere to the minimum required health standards and protocols during the session.
4. Attached is the schedule by unit.
5. Immediate dissemination and strict compliance to this Memorandum is earnestly desired.


DANTE G. PARUNGAO, CESO V
Schools Division Superintendent

SGOD/SHNS/MOII





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Attachment No. 1

Zumba Schedule

Date and Time	Unit
Monday 4:30 to 5:00 PM	Office of the Schools Division Superintendent
Wednesday 4:30 to 5:00 PM	Curriculum and Instruction Division
Friday 4:30 to 5:00 PM	Schools Governance and Operations Division

