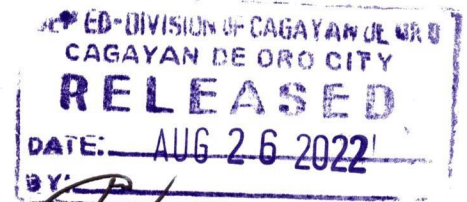




Republic of the Philippines
Department of Education
Region X – Northern Mindanao
Schools Division of Cagayan de Oro City



Office of the Schools Division Superintendent

August 25, 2022

Division Memorandum 338, s. 2022

HEALTH AND WELLNESS PROGRAM IN SCHOOL

To:

All Elementary Secondary and School Heads
This Division

1. In Reference to Regional Memorandum No. 513 S. 2022, all Elementary and Secondary Schools are directed to adhere to strict public health protocols in the implementation of policies that ensure the delivery of quality basic education.
2. To maintain good health and wellness, the following health activities are recommended to be implemented as part of the Health and Wellness Program in Schools:
 - a. **GALAW PILIPINAS** : The DepEd National Calisthenics Exercise (DepEd Order No. 60, s.2021)
 - b. **Seven Healthy Habits of Nestle Philippines, Inc.** (MOU) and
 - c. **Milo Champion Habits** : Physical Education at Home (MOU)
3. The promotional videos of these practices can be accessed through the following links:

<https://tinyurl.com/DepEd-Galaw-Pilipinas>

<https://www.youtube.com/watch?v=-XKdQT2S85E>

4. For strict compliance.


CHERRY MAE L. LIMBACO-REYES
Schools Division Superintendent

Encl. As stated

Ref.

To be indicated in the Perpetual Index

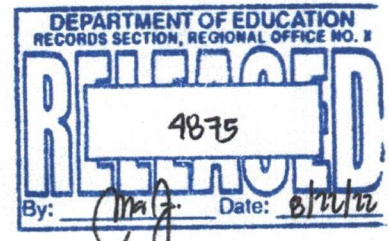
Under the following subjects

Wellness program

CID/JHE



Republic of the Philippines
Department of Education
REGION X - NORTHERN MINDANAO



August 19, 2022

REGIONAL MEMORANDUM
No. 513, s. 2022

HEALTH AND WELLNESS PROGRAMS IN SCHOOL

To: Schools Division Superintendents
Assistant Schools Division Superintendents
All Others Concerned

1. Regarding the opening of classes on August 22, 2022, this Office directs all schools to adhere strictly to public health protocols while implementing policies that ensure the delivery of quality, relevant, accessible, and liberating basic education throughout this health crisis.
2. To maintain good health and wellness, the following health activities are recommended:
 - a. *Galaw Pilipinas*: The DepEd National Calisthenics Exercise (DepEd Order No. 60, s. 2021);
 - b. Seven Healthy Habits of Nestle Philippines, Inc. (MOU); and
 - c. Milo Champion Habits: Physical Education at Home (MOU).
3. The promotional videos of these practices can be accessed through the following:
<https://tinyurl.com/DepED-Galaw-Pilipinas>,
<https://www.youtube.com/watch?v=-XKdQT2S85E>
4. This Office directs the immediate and wide dissemination of this Memorandum.


DR. ARTURO B. BAYOCOT, CESO III
Regional Director

ATCH.: As stated

To be indicated in the Perpetual Index
under the following subject:

WELLNESS PROGRAM

CLMD/Benz



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