



DIVISION OF TANGUB CITY
CITY OF TANGUB
RELEASED
February 21, 2020

DATE: 2-21-2020 9:17 a.m.

OFFICE MEMORANDUM
No. 62 , s. 2020

YEAR-ROUND WELLNESS PROGRAM IMPLEMENTATION - STAR ALERT

To : **Office of School Division Superintendent (OSDS)**
Curriculum Implementation Division (CID)
School Governance Operating Division (SGOD)
This Division

1. In consonance with the CSC-MC No.8.s 2011 which reiterates CSC-MC No.38, s.1992 on Physical and Mental Fitness Program for Government Personnel and CSC-MC No.6, s.1995, that requires the adoption of The Great Filipino Workout, this Division embarks on a Year-Round Wellness Program Implementation through Star ALERT at the Division Offices.
2. Relative thereto, all Division Personnel are allotted one (1) hour of daily physical fitness exercises from Monday to Friday. Vital sign taken before the wellness to ensure fitness of the personnel by the School Health and Nutrition Section. Appropriate workout attire is advised.
3. Attached are the following:
 - 3.1 SCHEDULE OF WELLNES (3:30-4:30 in the afternoon.)
 - 3.2 Division Personnel may choose various wellness activities:

*BODY-BUILDING/TONING	-	Gym
*VOLLEYBALL GAME	-	Division Ground
*YOGA	-	Conference Hall
*ZUMBA	-	Division Lobby
 - 3.3 Bell will ring to signal the start of warming up & cooling down.
4. Checking of attendance will be led by Division Health and Nutrition Section.
5. Immediate and wide dissemination of this memorandum is desired.

AGUSTINES E. CEPE, CESO V
Schools Division Superintendent

AEC/wtm/02-21-2020

