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Republic of the Philippines
Department of Education
DIGOS CITY DIVISION

Office of the Schools Division Superintendent

DIVISION MEMORANDUM

SGOD-2024-470

To : SDO Personnel
Public School District Supervisors
Health and Nutrition Unit Personnel
Secondary Nurse
School Heads (Elementary and Secondary Schools)

Subject : **HEALTH AND WELLNESS PROGRAM**

Date : August 8, 2024

Health as defined by the World Health Organization is the state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity (illness). Wellness is also defined as the optimal state of health of individuals and groups; it is expressed as "a positive approach to living".

It is, then, vital to guarantee the health and wellness of the SDO and School (Non-teaching and Teaching) personnel as health which encompasses physical, mental, and social health has a major influence in the employees' performances and provision of services in the office and schools.

Under **CSC Resolution No. 1901265 or the Guidelines on the Development of Mental Health Program (MHP) in the Public Sector promulgated on 23 October 2019, and circularized via CSC Memorandum Circular (MC) No. 4, s. 2020**, government agencies are directed to implement Mental Health Program to promote the overall mental wellness and provide an inclusive, conducive, and supportive work environment for public officials and employees.

In connection to this, the Office informs the field that the Health and Nutrition Unit will be conducting the following Wellness Program activities in the Division Office for the SDO personnel:

1. A Zumba activity will be conducted **every Friday, 4 PM at the SDO Grounds.**
2. Taking of blood pressures will be conducted every Monday after the Flag Ceremony and Convocation at the SDO Grounds. For those personnel who will not be able to have their blood pressures taken during Mondays, there will be taking of Blood Pressures again on Fridays before the start of the Zumba activity.

Also, all **Schools** shall facilitate and conduct their wellness activities such as Zumba, sports activities, etc. for the Teaching and Non-Teaching Personnel **every Friday, 4 PM.**

Immediate and wide dissemination of this memorandum is desired.

Schools Division of Digos City
RECORDS SECTION

RECEIVED
DATE: AUG 09 2024 TIME: 2:00 PM

BY: _____

MELANIE R. ESTACIO, PhD, CESO VI
Schools Division Superintendent
Office-in-charge

Enclosed: As stated.
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