



Republic of the Philippines
Department of Education
REGION III
SCHOOLS DIVISION OFFICE OF BATAAN

OFFICE MEMORANDUM

No. 07 s. 2025

FROM : OFFICE OF THE SCHOOLS DIVISION SUPERINTENDENT
TO : ALL SDO-BATAAN PERSONNEL
SUBJECT : SDO-BATAAN PHYSICAL AND MENTAL HEALTH ACTIVITIES
DATE : JANUARY 30, 2025

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In support of the Department of Education's thrust to promote health and wellness among its personnel, the Schools Division Office of Bataan will implement the **Physical and Mental Health Activities** starting on **March 03,2025 until September 2,2025**. Four (4) exciting wellness activities are designed to encourage healthy weight management, physical activity, and a lively work environment which includes:

- 1. Fit to Win (Weight Management Contest)** – it is a friendly competition where the participant who achieves the **biggest weight loss** at the end of the program will be declared as winner.

Mechanics:

- a. Open to all SDO Bataan Personnel.
- b. Interested participants shall register at the School Health and Nutrition (SHNU) on February 17-24,2025.
- c. Initial and final weigh-ins will be administered by the SHN Unit. Likewise, SHN Unit shall monitor the weight of the participants every two (2) weeks.
- d. The participant who recorded the **highest weight loss** and **maintained the normal BMI** from March 3,2025 to September 2,2025 shall be declared as winner.
- e. All participants will undergo physical and health examination with the SDO Medical Officer.



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- f. The following winners shall receive cash prizes and certificates, to wit
- 1st Php 3,000.00 + certificate
 - 2nd Php 2,000.00 + certificate
 - 3rd Php 1,000.00 + certificate
2. **Zumba Fitness Sessions** - Zumba sessions will be held at **4:30-5:00 PM every Monday** for 30 minutes to promote physical activity, relieve stress, and encourage camaraderie.
3. **Happy Quotes Box** - Every **Tuesday and Thursday**, let's fill our day with positivity and motivation! A **Happy Quotes Box** will be placed in the lobby, containing uplifting and inspiring quotes. Everyone is invited to pick a quote and let it bring joy, inspiration, and encouragement to their day.
4. **3 O'clock Habit** - To lighten the mood and uplift everyone's spirits, upbeat music will be played every **Wednesday and Friday** at 3 O'clock in the afternoon.

Heads of offices are expected to support the participation of their staff in these activities while ensuring the continuity of essential office functions.

For information and guidance.


CAROLINA S. VIOLETA, EdD, CESO V
Schools Division Superintendent

SO 15/LDJ
JAN.30,2025