



Republic of the Philippines
Department of Education
 Cordillera Administrative Region
Schools Division of Tabuk City

RELEASED
 JUN 22 2023
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Office of the Schools Division Superintendent

OFFICE MEMORANDUM
 No. 17 s. 2023

JUNE 22, 2023

HEALTH AND WELLNESS CULMINATING ACTIVITY FOR JUNE 2023

TO: SCHOOLS DIVISION INSULAR PERSONNEL

1. Pursuant to CSC MC 38 s 1992 entitled "Physical and Mental Fitness Program for Government Personnel", the Schools Division Personnel of Tabuk City launched the Health and Wellness Program of the Division on May 26, 2023.
2. Relative to this, the Schools Division Office personnel will be conducting a Health and Wellness Culminating activity with the theme "Indulging In A Healthy And Wellness Lifestyle" on June 27, 2023 at the BCS gymnasium.
3. Participants to this activity are the Division Office insular personnel.
4. As part of the program, **Healthy Food Choice Day** for the eating together to strengthen relationships, sense of emotional well-being and a way to improve communication.

Assignment per Functional Division	
Functional Division	Assigned Menu
CID	Pinikpikan, boiled pechay and kamote tops
SGOD	Dinakdakang langka, tahong, boiled okra and talong
OSDS	Fish, squash, string beans, kamatis, bagoong fish

4. Attached are Enclosure 1 and 2 for the order of activities, and Larong lahi grouping, respectively
5. Immediate dissemination of this memorandum is desired.

Bv
BENEDICTA B. GAMATERO PhD, CESO V
 Schools Division Superintendent *f*



Address: BCS compound, Purok 2, Bulanao Norte, Tabuk City, Kalinga
Email: tabuk.city@deped.gov.ph
Website: https://www.depedtabukcity.com

Health & Wellness Programme

8:00 Arrival & Attendance----- Health & Wellness Secretariat

PART I

8:00-9:30 1. Mass-----REV. FR. JOKER MOAMAR GAMATERO

2. Welcome Remarks----- Dr. Guia Grace P. Dagadag
MO III

3. Intermission Number 1----- c/o OSDS Personnel

4. Message ----- RAMONCHITO A. SORIANO
CID Chief

5. Intermission Number 2----- c/o CID Personnel

6. Message ----- SALLY P. FEKEN
SGOD Chief

7. Intermission Number 3----- c/o SGOD Personnel

8. Message ----- JAN NOWEL E. PEÑA
OIC- ASDS

9. Message ----- BENEDICTA B. GAMATERO PHD, CESO V

10. Toast of Goodwill----- c/o SDS and ASDS

11. Photo Opportunities
c/o H & W Documenter

----- JULIE ANN M. MASUBAY
ADAS III

12. Cook fest----- c/o Per functional division

*OSDS-fish,squash,otong, karnatis, bagoong sauce

*CID-pinikpikan, boiled pechay and camote tops

*SGOD-langka dinakdakan,tahong, boiled talong and okra

Boodle Fight Lunch Boodle Fight Lunch(Eating together)

PART II

1:00- 3:30 1. Larong Lahi----- c/o Health & Nutrition

3:31- 4:30 2. Zumba Dance----- c/o JOSEFINA B. BALISONG, EPS
ADELAIDA C. IGNACIO, OIC EPS

4:31- 5:00 3. Closing Remarks----- ATTY. RINGGO SUMEDCA
Legal Officer

4. Closing Prayer----- ALLAN R. GALANZA, SGOD PDO

Emcees: RUSELLE NGAO-I & CLAIRE ROSE DAMIAN

ENCLOSURE 2

GROUPINGS FOR THE LARONG LAHI ON JUNE 27, 2023

GROUP 1	GROUP 2	GROUP 3
Gamatero, Benedicta B.	Peña, Jan Nowel E.	Soriano, Ramonchito
Adong, Rene S.	Agsaoay, Feliciano Jr. L.	Amoga, Claire Ann L.
Badong, Catherine M.	Atiwag, Kenneth A.	Agsunod, Teofila P.
Baliao, Ruben M.	Bagayao, Deewaii B.	Balahoy, Jay-Ar B.
Mukay, Lovelyn L.	Baliling, Virginia B.	Balisong, Josefina B.
Benito, Micah D.	Bawagan, Lynette May S.	Reyes, Joan A.
Palliso, Paul N.	Lozano, Delilah C.	Bongngat, Anacita G.
Bucao, Daisy May M.	Bravo, Maribel M.	Bucahan, Ana Marie B.
Buslig, Welda Liezl P.	Bulosan, Norwin O.	Buslig, Harriet C.
Sumarita, Nicasio Jr. C.	Lawagan, Marjuline L.	Danag, Efren Y.
Dela Cruz, Gilbert E.	Dayao, Eva Joy M.	Dayao, James Ceasar A.
Dumalsin, Allan S.	Dela Cruz, Joey E.	Dooma, Marionette C.
Flores, Federico Jr. D.	Duclan, Doddie L.	Orap, Helen B.
Galicia, Thelma B.	Lang-Ay, Sixto Jr D.	Fannot, Lorenza D.
Reyes, Jonel T.	Gacuya, Frances D.	Galanza, Allan R.
Guiya-An, Leslie T.	Gallamaso, Thimoty V.	Galpao, Johnpaul
Iyadan, Loriet L.	Dubla, Haydee	Gayamos, Ronald S.
Martinez, Maureen D.	Sumedca, Ringgo G.	Ignacio, Adelaida C.
Mendoza, Roland E.	Mejia, Femmalyn S.	Mendoza, Nilda T.
Lugao, Lenie T.	Miranda, Rosalia L.	Lingbawan, Julie Ann M.
Vallejo, Ma. Medea C.	Na-Oy, Cresencia M.	Manaol, Alkane D.
Binhaon, Robert	Lomeng, Agustina	Peralta, Cornelia
Langkit, Emily	Tabanganay, Karen	Ranjo, Joan
Bravo, Corazon	Malagyab, Ferdinand	Ubuan, Emmanuel
Alunday, Henry	Loton, Agustina	