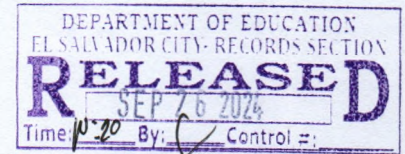




Republic of the Philippines  
Department of Education  
REGION X – NORTHERN MINDANAO  
SCHOOLS DIVISION OF EL SALVADOR CITY



Office of the Schools Division Superintendent

September 25, 2024


DIVISION MEMORANDUM

No. 374 s. 2024

**PHYSICAL FITNESS PROGRAM THROUGH ZUMBA FITNESS DANCE FOR  
DIVISION OFFICE PERSONNEL**

To: **Assistant Schools Division Superintendent**  
**Chief, Schools Governance and Operations Division**  
**Chief, Curriculum Implementation Division**  
**All SDO Personnel**  
This Division

1. The School Governance and Operations Division (SGOD), through the School Health and Nutrition Unit (SHNU) shall conduct Physical Wellness Program through Zumba Fitness Dance starting October 1, 2024 to December 2024.
2. The activity aims to improve work performance, increase efficiency and productivity and promotion of positive mental health to personnel by achieving physical health and wellness.
3. All Division Office Personnel are requested to attend Zumba sessions every tuesday of the week at 4:00 PM at the Division Office Courtyard. Personnel are further enjoined to wear comfortable clothes/Zumba attire every session. (note that there are weeks when a zumba session will be held twice)
4. This office shall adhere to Equal Opportunity Principle (EOP) in the conduct of this activity. Hence, all decisions and actions shall be based solely on the guidelines set forth, with no discrimination on the account of age, ethnicity, gender, marital status, religion and political affiliation.
5. Immediate dissemination of this Memorandum is desired.

  
**RANDOLPH B. TORTOLA**  
Schools Division Superintendent

To be indicated in the Perpetual index

Under the following subject:  
**SGOD/VPLT**



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