



Republic of the Philippines
Department of Education
SOCCSKSARGEN REGION
SCHOOLS DIVISION OF SARANGANI

01 Aug 2025

DIVISION MEMORANDUM

SGOD-2025-125

DIVISION EMPLOYEE WELLNESS PROGRAM

To: Assistant Schools Division Superintendent
Functional Division Chiefs
All Others Concerned

1. In line with Civil Service Commission Memorandum Circular No. 8, s. 2011 titled Reiteration of the Physical Fitness Program "Great Filipino Workout", the SGOD-School Health Section, in collaboration with the Human Resource Development Section, is pleased to announce the conduct of a weekly wellness activity to be held every Friday from 3:30 PM to 4:30 PM within the Division Office premises.
2. The activities will include Zumba, walking, basketball and volleyball.
3. To officially commence this initiative, a wellness program launching activity will be held on August 4, 2025 (Monday), 3:30 PM at the Old Building Lobby. All personnel are encouraged to attend and actively participate the said activity and must wear the GAD pink polo activity shirt.
4. This activity serves not only to comply with government mandates but, more importantly, to promote physical wellness, boost morale, and foster camaraderie among employees.
5. For more information, please contact Dr. Lyn Frances Dominique Gumban at 09182276157.
6. Immediate dissemination of this Memorandum is desired.

RUTH L. ESTACIO PhD, CESO V
Schools Division Superintendent

Encl.: N o n e

Reference: As stated

To be indicated in the Perpetual Index
under the following subjects:



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PROGRAMS

AAD/SGOD/MLA – division employee wellness program
0690/August 1, 2025



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