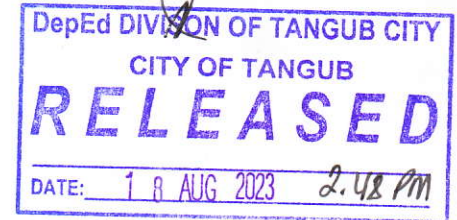




Republic of the Philippines
Department of Education
Region X
SCHOOLS DIVISION OF TANGUB CITY



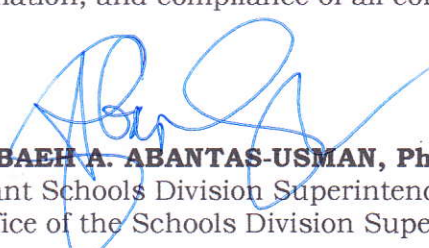
August 17, 2023

DIVISION MEMORANDUM
No. 245, s. 2023

HEALTH AND WELLNESS PROGRAM TO DepEd OFFICES AND PUBLIC SCHOOLS THROUGH STAR ALERT PROGRAM

To : Assistant Schools Division Superintendent
Chief Education Supervisors (CID & SGOD)
Education Program Supervisors
Public Schools District In-Charge
School Heads
Section Heads
All Others Concerned
This Division

1. Pursuant to DepEd Order No. 60, s. 2021 (Guidelines on "Galaw Pilipinas"), the DepEd National Calisthenics Exercise Program, and CSC-MC No.6, s. 1995 require all agencies adopts "the Great Filipino Workout" as integral part of the National Physical Fitness and Development Program and CSC-MC No. 8, s. 2011 reiterated the Physical Fitness Program "Great Filipino Workout". Memorandum Circular No. 38, s. 1992, directed the implementation of Physical and Mental Fitness Program of Government Personnel and Division Memorandum No. 173, s. 2022 (Year-Round Wellness Program Implementation -STAR ALERT), to develop a healthy and alert workforce.
2. The health and wellness program aims to:
 1. promote active lifestyle among DepEd employee that will benefit both of them physical and socio-emotional well-being.
 2. improve strength, flexibility, and cardio-vascular endurance.
3. This Office adopts Health and Wellness Program implementation through Star ALERT, it will be a 3-minute daily exercise routine every 10:00 o'clock in the morning and 3:00 o'clock in the afternoon using the "Galaw Pilipinas" exercise.
4. Further, every school/section shall assign an in-charge / focal person to facilitate the said program.
5. For the information, wide dissemination, and compliance of all concerned


SHAMBAEH A. ABANTAS-USMAN, PhD, CESE
Assistant Schools Division Superintendent
OIC-Office of the Schools Division Superintendent



Address: Anecito Siete St. Mantic, Tangub City
Telephone: (088) 530 - 5988