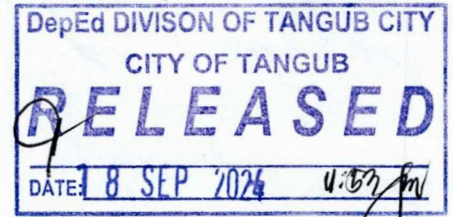




Republic of the Philippines  
**Department of Education**  
 Region X  
**SCHOOLS DIVISION OF TANGUB CITY**



12 September 2024

DIVISION MEMORANDUM  
 No. 311, s. 2024

DepEd Star ALERT PROGRAM: PARA SA KALUSUGAN AT KAGALINGAN SA MGA  
 MATATAG NA EMPLEYADO

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

1. In consonance with the CSC-MC No.6, s. 1995 requires all agencies to adopt “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” Also, Memorandum Circular No. 38, s. 1992, directed the implementation of Physical and Mental Fitness Program of Government Personnel. It stipulated in Division Memorandum No. 173, s. 2022 (Year-Round Wellness Program Implementation -Star ALERT – Active, Lifestyle through Essential Recreational Task and Division Memorandum No. 265, s. 2023 (Health and Wellness to DepEd Offices and Public Schools Through Star ALERT Program), to develop a healthy and alert workforce.

2. The health and wellness program aims to:  
 a. promotes active lifestyle among DepEd employee that will benefit both physical and socio-emotional well-being; and  
 b. improves strength, flexibility and cardio-vascular endurance.

3. This Office adopts Health and Wellness implementation every 3:30 – 4:30 in the afternoon, effective on the 1<sup>st</sup> week of October 2024. Appropriate workout attire is advised.

4. Attached are the section/ offices assign to take the lead and check the attendance of said activity.

- Monday - CID
- Tuesday - HR and Receiving
- Wednesday- Accounting and Cashier
- Thursday - AO, Budget, IT & Supply
- Friday - SGOD

5. The lead Office may choose various wellness activities like DepEd Tangub Signature Dance, Sing and Dance, Zumba, Yoga and Body- Building/ Toning at Division Conference Hall/Mini Gym.



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7. Immediate dissemination of this Memorandum is desired.

**SHAMBAEH A. ABANTAS-USMAN, PhD, CESO VI**  
Schools Division Superintendent *Shambaeh A. Abantas-USman*

Reference: None  
To be indicated in the Perpetual Index  
under the following subjects:

HEALTH WELLNESS PROGRAM EMPLOYEE

SAU/SGOD/WTM – Health and Wellness Program to DepEd Offices Through STAR ALERT PROGRAM

September 12, 2024



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