



Republic of the Philippines
Department of Education
Cordillera Administrative Region
SCHOOLS DIVISION OFFICE OF ABRA

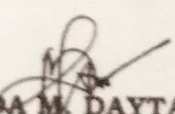
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DIVISION MEMORANDUM
No. 124 s.2021

April 07, 2021

Schedule of Zumba Exercise

1. The Office informs that the division in-charge in the flag raising ceremony will ring the bell at 8:00 AM and 5:00 PM and will lead the Zumba exercise every 4 PM, Tuesdays and Thursdays. Please refer to Annex A for the specific person in-charge.
2. The Zumba/Exercise aims to:
 - improve cardiovascular fitness
 - improve blood pressure
 - build endurance and
 - manage stress levels
3. All personnel are instructed to participate in their respective areas:
 - CID 3rd floor Conference Hall
 - SGOD in front of their building
 - OSDS in front of the main building
4. Stringent health protocols should be observed during the conduct of the activity.
5. Dissemination of this memorandum is deemed necessary.


BENILDA M. DAYTACA, EdD, CESO VI
Assistant Schools Division Superintendent
OIC-Office of the Schools Division Superintendent

OSDS/personnel/gbc

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Annex A

| APRIL 2021 | | Tuesday | Thursday |
|-------------|---|--------------------------|------------------------|
| First Week | School Governance and Operations Division | | |
| Second Week | Budget and Finance | Rolly Joy "RJ" C. Barril | Elmer V. Batondo |
| Third Week | Curriculum Implementation Division | Mary Anne Grace B. Agoot | Catherine E. Lang-ayan |
| Fourth Week | Administrative Services Unit | Rea C. Bargas | Gemma B. Cabutaje |

| MAY 2021 | | Tuesday | Thursday |
|-------------|---|---------------------------|-------------------------|
| First Week | School Governance and Operations Division | Karen Marie Paganao | Janssen Basil Damian |
| Second Week | Budget and Finance | Maria Fe B. Alcos | Jona A. Balubar |
| Third Week | Curriculum Implementation Division | Narciso B. Cannaoay | Riza E. Peralta |
| Fourth Week | Administrative Services Unit | Jahrell B. Balubar | Merty B. Bargas |
| Fifth Week | Office of the SDS and ASDS | Shelyn Grace B. Balderama | Franz Kevin RJ A. Palos |

| JUNE 2021 | | Tuesday | Thursday |
|-------------|---|-----------------------------|---------------------------|
| First Week | School Governance and Operations Division | Criselda Palos | Darren Cariño |
| Second Week | Budget and Finance | Christopher Ian C. Cabutaje | Rizanne C. Collado |
| Third Week | Curriculum Implementation Division | Guillermo L. Ortega | Julio B. Lazaro |
| Fourth Week | Administrative Services Unit | Garnette Mayer P. Ton | Janine Erika B. Belisario |

| JULY 2021 | | Tuesday | Thursday |
|-------------|---|-------------------------|-----------------------|
| First Week | School Governance and Operations Division | Edlaine Castillo | Jestoni Balneg |
| Second Week | Budget and Finance | Angelica P. Bemudez | Julius B. Blaza |
| Third Week | Curriculum Implementation Division | Jun P. Aguyos | Mijurodel B. Rifareal |
| Fourth Week | Administrative Services Unit | Jesren Rona B. Ballesta | Lovely Kris C. Uy |

| AUGUST 2021 | | Tuesday | Thursday |
|-------------|---|---------------------------|-------------------------|
| First Week | School Governance and Operations Division | Rhoda Asencio | Jan Nowel Peña |
| Second Week | Budget and Finance | Marlowe R. Gallardo | Gerex B. Pabillano |
| Third Week | Curriculum Implementation Division | Bhenjo P. Agaloos | Marlene C. Abacag |
| Fourth Week | Administrative Services Unit | Agneda T. Princer | Abner B. Dimaandal |
| Fifth Week | Office of the SDS and ASDS | Shelyn Grace B. Balderama | Franz Kevin RJ A. Palos |

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| SEPTEMBER 2021 | | Tuesday | Thursday |
|----------------|---|------------------------|-------------------------|
| First Week | School Governance and Operations Division | Kathleene Ainna Galban | Dante Barbero |
| Second Week | Budget and Finance | Celia S. Bolante | Norvhee Joy B. Gallardo |
| Third Week | Curriculum Implementation Division | Adelaida A. Bogayao | Emmanuel B. Bugtong |
| Fourth Week | Administrative Services Unit | Florgale B. Panelo | Angelita A. Bunang |

| OCTOBER 2021 | | Tuesday | Thursday |
|--------------|---|-----------------------|------------------------------|
| First Week | School Governance and Operations Division | Jaeriel bersamina | Generoso Palope |
| Second Week | Budget and Finance | Jumar T. Princer | Mary Monette Noelle A. Reyes |
| Third Week | Curriculum Implementation Division | Analyn F. Atmosfera | Perfecto A. Lataoan |
| Fourth Week | Administrative Services Unit | Jam Rally B. Ballesta | Milagros P. Acelador |

| NOVEMBER 2021 | | Tuesday | Thursday |
|---------------|---|---------------------------|-------------------------|
| First Week | School Governance and Operations Division | Estrelita Seares | Hazel Magnolia Rosal |
| Second Week | Budget and Finance | Maybel Aiza P. Pacleba | Liwliwa R. Salazar |
| Third Week | Curriculum Implementation Division | Reynaldo B. Calinap | Noe B. Magayam |
| Fourth Week | Administrative Services Unit | Leo B. Guzman | Jahrell B. Balubar |
| Fifth Week | Office of the SDS and ASDS | Shelyn Grace B. Balderama | Franz Kevin RJ A. Palos |

| DECEMBER 2021 | | Tuesday | Thursday |
|---------------|---|--------------------|-------------------------|
| First Week | School Governance and Operations Division | Deo Ramos | Eden T. Adriatico |
| Second Week | Budget and Finance | Esther R. Tamayo | Sonny Boy A. Valera |
| Third Week | Curriculum Implementation Division | Rynwalter A. Paa | Cedric Red B. Balmaceda |
| Fourth Week | Administrative Services Unit | Lourdes S. Centeno | Racquel B. Aldaca |



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