



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

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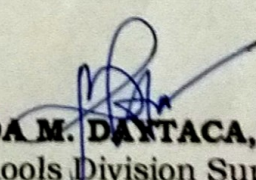
February 10, 2022

DIVISION MEMORANDUM
 No. 082, s. 2022

CORRIGENDUM TO DIVISION MEMORANDUM NO. 249 s. 2021 AS TO THE TIME IN THE CONDUCT OF PHYSICAL EXERCISE/ZUMBA DANCE AND OTHER FITNESS ACTIVITIES

TO: All Schools Division Office Personnel

1. There are other avenues for us to release our emotional and physical tensions brought about by our daily stressful routinary works which will result to physical and mental balance in a more positive attitude in the workplace during this pandemic. Being busy doesn't have to get in the way of good health.
2. Parallel to this, physical fitness exercise/zumba dance along with other net games like badminton, volleyball and table tennis, speed-walking, jogging and a few of our traditional Filipino games like "Patintero", "Tumbang Preso" and "Piko" are among our recommended activities. You can participate in the activity you enjoy and **shall be conducted every Tuesday and Friday at 4:30-5:00 PM.**
3. Refer to Division Memorandum No. 124 s.2021 for personnel in-charge of the activity. It is also their responsibility to take the attendance of every functional division to be submitted to the School Health Section every end of the activity.
4. Adherence to minimum health protocol in the conduct of this activity shall be strictly observed.
5. Immediate dissemination and compliance to this memorandum is desired.


BENILDA M. DANTACA, EdD, CESO VI
 Schools Division Superintendent

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