



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

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DIVISION MEMORANDUM

No. 150, s. 2022

CORRIGENDUM TO DIVISION MEMORANDUM NO. 249 s. 2021 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. Personnel in-charge of the Flag Raising Ceremony from the three (3) functional divisions shall take the lead in the Zumba activity for the month. It is also their responsibility to take the **attendance of every functional division with the Attendance Sheet provided to be submitted to the School Health Section every end of the month.**
4. The venue for the said activity shall be conducted at the 2nd or 3rd floor Conference Hall for CID, SGOD Office ground for SGOD, ground near the flagpole for OSDS and Bangued West Central School covered court for the net games and other traditional games.
5. Adherence to minimum health protocol in the conduct of this activity shall be strictly observed.
6. Immediate dissemination and compliance to this memorandum is desired.

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