



Republic of the Philippines
Department of Education
Region XII
Schools Division Office of Tacurong City

November 26, 2025

DIVISION MEMORANDUM

SGOD No. 208 s. 2025

**2025 SDO TACURONG CITY PHYSICAL FITNESS AND MENTAL HEALTH
WELLNESS PROGRAM**

TO: Assistant Schools Division Superintendent
Chiefs, Curriculum Implementation and
Schools Governance and Operations Divisions
Cluster Heads
Elementary and Secondary School Heads
This Division

1. In line with the observance of promoting overall health and well-being among employees of this division, and consistent with the civil service/ government's advocacy on employee wellness and workplace mental health, this division, through School Health & Nutrition Section and in collaboration with the Gender and Development team, will conduct the activity entitled **"2025 SDO TACURONG CITY PHYSICAL FITNESS AND MENTAL HEALTH WELLNESS PROGRAM"** on December 4, 12 and 18, 2025 at SDO Conference Hall, Tacurong City.
2. The activity will be conducted among all SDO personnel to enhance their motivation and focus, boosting their work performance, resiliency and engagement, promote overall health and wellness and encourage work-life balance and stress management thereby enhancing efficiency, morale, and productivity in the Division Office
3. The schedule of activities and the participants are as follows:

Date and Venue	Activities	Participants
December 4, 2025 (Wednesday) SDO Conference Hall & SDO Parking lot	• Zumba activities w/ raffle prizes • Self-care activities, nutritious food display and bazaar • Sports games and cheering competition per functional division • Distribution of hydration bottle	All SDO Office Personnel including JOs, COS and security guards.
December 12, 2025 (Friday) SDO Parking lot	Zumba activities w/ raffle prizes and nutritious food display	

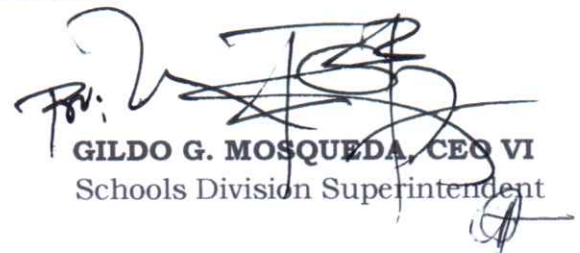


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December 18, 2025 (Thursday)	Zumba activities w/ raffle prizes and nutritious food display	
SDO Parking lot		

4. For queries and clarification, please contact **Akifa H. Guindo, MD, Medical Officer III**, at mobile phone No. +63968-854-1253 or e-mail at akifa.guindo@deped.gov.ph or **April Jane Duadua, RN**, Nurse II at mobile phone No. 0929-5443707 or email at apriljane.duadua@deped.gov.ph
5. For the information and guidance of all concerned.


GILDO G. MOSQUEDA, CEO VI
Schools Division Superintendent

AHG/SGOD-SHS/DM/ "2025 SDO TACURONG CITY PHYSICAL FITNESS AND MENTAL HEALTH WELLNESS PROGRAM"/November 26, 2025