



Republic of the Philippines
Department of Education
REGION X

SCHOOLS DIVISION OF MISAMIS ORIENTAL

Office of the Schools Division
Superintendent

24 August 2022

Division Memorandum

No. 485, s. 2022

HEALTH AND WELLNESS PROGRAMS IN SCHOOL

**To: Public Schools District Supervisors
Elementary / Secondary School Principals
School Health Personnel
All others concerned**

1. Opening of classes on August 22, 2022, this office advise all schools to adhere strictly to public health protocols while implementing policies that ensure the delivery of quality, relevant, accessible, and liberating basic education throughout this health crisis.
2. To maintain good health and wellness, the following health activities are recommended:
 - a. *Galaw Pilipinas*: The DepEd National Calisthenics Exercise (DepEd Order No. 60, s. 2021)
 - b. Seven Healthy Habits of Nestle Philippines, Inc. (MOU); and
 - c. Milo Champion Habits; Physical Education at Home (MOU)
3. The promotional videos of these practices can be accessed through the following:
<https://tinyurl.com/DepED-Galaw-Pilipinas>
<https://www.youtube.com/watch?v=-XKdQT2S85E>
4. For information and guidance


JONATHAN S. DELA PEÑA, PhD, CESO V
Schools Division Superintendent

To be indicated in the Perpetual Index
under the following subjects:

COMMUNICATIONS HEALTH PROGRAMS

SGOD/ SHS -vcs



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