



Republic of the Philippines
Department of Education
 REGION X - NORTHERN MINDANAO
 DIVISION OF MALAYBALAY CITY

DM-2022-10-560
 DEPED MALAYBALAY CITY DIVISION
RELEASED
 OBTAINED 0.2022
 BY: _____
 Date: _____

DIVISION MEMORANDUM

No. 560, s. 2022

TO: Assistant Schools Division Superintendent
 Chief Education Supervisors, OSDS, SGOD, CID and Staff
 This Division

FROM: *V* **VICTORIA V. GAZO, PhD, CESO V**
 Schools Division Superintendent *VG*

DATE: October 19, 2022

SUBJECT: **Division Wellness and Development Day**

1. Relative to Regional Memorandum No. 479, s. 2022 re: The Nestle Wellness Campus Program 2022, this division will conduct Wellness and Development Day on November 4, 2022, Division Office.
2. This activity aims to provide realistic experiences that empower individuals to contribute to common goals; help employees better understand each other's strengths, weaknesses, and interests, increase job satisfaction, efficiency and productivity; and strengthen sense of teamwork and camaraderie among co-employees.
3. The participants to this activity are the Division Office Personnel coming from the OSDS, SGOD and CID. Each team will prepare a five to seven-minute presentation (songs and yells).
4. Attached in this memorandum are the Activity Matrix and List of Team members.
5. Queries related to this can be relayed to Sharon Mae A. Bongocan, Education Program Supervisor in MAPEH at 09359357158.

Copy furnished:
 Records Unit
 Planning & Research Section

To be posted in the website.

CID/sha



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Republic of the Philippines
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REGION X - NORTHERN MINDANAO
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ACTIVITY MATRIX
on WELLNESS AND DEVELOPMENT DAY
November 4, 2022, Division Office

ACTIVITY	TIME	PERSONS INVOLVED
A. MASS	8:00-9:00 am	ROSIE A. SALUPADO
B. PHYSICAL AND MENTAL HEALTH ACTIVITIES	9:15-11:00 am	SHARON MAE A. BONGOCAN
1. Opening Program	9:15-10:00 am	
2. Laro ng Lahi	10:00-11:00 am	RACHEL R. VALDE EDELINA M. EBORA RHYSA CYLE C. ROSALEOS
C. LUNCH TIME	11:00 am-12:00 noon	ETHYL JANE LIGANDO/ GRETCHEN CATANE
D. 1. Continuation of Laro ng Lahi	1:00-4:00 pm	ANALY A. OCIER SIBYL L. MAPUTI GHUIA MA G. VILLAHERMOSA BRAYAN GARCES/ JOERIL LABITA IRISH CAGATCAGAT/ JAY LOUIE TITO
2. Closing Program	4:00-5:00 pm	SHARON MAE A. BONGOCAN

Prepared by:


SHARON MAE A. BONGOCAN
EPS-MAPEH

A. OPENING PROGRAM

- I. a. National Anthem ----- **Audio Presentation**
b. Prayer ----- **ROSIE A. SALUPADO**
- II. Welcome Remarks ----- **ALIENA S. DAJAY, PhD, CESE**
Assistant Schools Division Superintendent
- III. Presentation of Participants (Songs and Yells)
- a. RED TEAM ----- **MANUEL A. DINLAYAN**
b. BLUE TEAM ----- **RALPH T. QUIROG**
c. WHITE TEAM ----- **LORENZO O. CAPACIO**
- IV. Inspirational Message ----- **VICTORIA V. GAZO, PhD, CESO V**
Schools Division Superintendent
- V. Intermission Number ----- **J. O. B Dancers**

B. LARO NG LAHI

1. Game 1 --- "MARI-TEST" (Rachel R. Valde)
2. Game 2 --- Edelina M. Eborra
3. Game 3 --- Rhysa Cyle C. Rosalejos
4. Game 4 --- "BARDO" (Analy L. Ocier)
5. Game 5 --- Sibyl L. Maputi
6. Game 6 --- Ghuia Ma G. Villahermosa
7. Game 7 --- Brayan Garces/ Joeril Labita
8. Game 8 --- Irish Cagatcagat/ Jay Louie Tito

C. CLOSING PROGRAM

- A. Awarding of Prizes ----- **Procurement Section**
- B. Challenge ----- **VICTORIA V. GAZO, PhD, CESO V**
Schools Division Superintendent
- C. Prayer ----- **VICENTE G. SAN MIGUEL**
Public Schools District Supervisor



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WELLNESS DAY- November 4, 2022

RED TEAM

Team Leader: **MANUEL A. DINLAYAN**

Asst. Team Leader: **WINCERBOGNE L. PESISANO**

NO.	NAME	OFFICE
1	RHYSA CYLE C. ROSALEJOS	OSDS
2	KHESANDRA LOU M. ASTUDILLO	OSDS
3	EARL DE LOS SANTOS MAQUIDO	OSDS
4	JAYSON T. MONTESEVEN	OSDS
5	HENRY M. CIPRIANO	OSDS
6	LOURENIL M. LIM	OSDS
7	JAYSON E. BUTAL	OSDS
8	AMORELLE F. GO	OSDS
9	DAVE M. FELICIANO	OSDS
10	ELAINE JOY B. BAULA	OSDS
11	GUIA MA G. VILLAHERMOSA	OSDS
12	RUFELIA J. LIMBENGCO	OSDS
13	MARCELA S. PANGANIBAN	SGOD
14	RIO G. ARBUTANTE	SGOD
15	ETHYL JANE B. LIGANDO	CID
16	ANALY L. OCIER	CID
17	SHARON MAE A. BONGOCAN	CID
18	PURISIMA J. YAP	CID
19	EMELYN R. TOGONON	CID
20	ALMA B. MOLINA	SGOD
21	NOVEM A. SESCON	SGOD
22	ROMIL T. JABONERO	CID
23	MANNY B. PIMENTEL	CID
24	FERDINAND V. MORTERA	CID
25	LIZA G. BALINTONGOG	CID
26	KEZIAH FATIMA UN	SGOD
27	JANINE L. ESOY	J.O
28	SHELLY FAITH L. SARIGUMBA	J.O
29	AIRA MAE G. BAYANBAN	J.O

BLUE TEAMTeam Leader: **RALPH T. QUIROG**Asst. Team Leader: **ROSIE A. SALUPADO**

NO.	NAME	OFFICE
1	JERSON A. DAYOC	OSDS
2	FILIPINA T. TARAY	OSDS
3	GLAIVE MAY J. DUBLAS	OSDS
4	IRISH J. CAGATCAGAT	OSDS
5	LOUIE JAY G. TITO	OSDS
6	EDGAR B. BLASE	OSDS
7	JOERIL LABITA	OSDS
8	ARIEL D. GARCIA	OSDS
9	SUNSHINE C. GAMBOA	OSDS
10	EVELYN JOY V. DON	OSDS
11	SIBYL L. MAPUTI	OSDS
12	BRAYAN B. GARCES	OSDS
13	REX C. DACANAY	SGOD
14	GRETCHEN V. CATANE	CID
15	MA. CONCEPCION S. REYES	CID
16	VIRGILIN R. PIZARRO	CID
17	JASMIN J. ADRIATICO	CID
18	LESLIE T. FONTANILLA	SGOD
19	MARY LARCY B. POJAS	SGOD
20	JIMDANDY S. LUCINE	SGOD
21	EVERNOLD C. BERAL	CID
22	PERLITA B. WALES	CID
23	NOEL A. TAN NERY	CID
24	EDELINA M. EBORA	SGOD
25	RIA K. ALQUIZAR	SGOD
26	APPLE JANE C. TABUCO	J.O
27	NATHANIEL C. HERIA	J.O
28	JAVE ART LIBUHAN	J.O
29	JASEL M. LINCASAN	J.O

WHITE TEAMTeam Leader: **LORENZO O. CAPACIO**Asst. Team Leader: **ROSALIO P. ARANGCO**

NO.	NAME	OFFICE
1	JOHN F. DAGUINOTAS	OSDS
2	KING JAMES T. BRANZUELA	OSDS
3	FLORA MAE D. CAVAN	OSDS
4	DARRY D. TUMINAO	OSDS
5	FLORABELLE R. PORRAS	OSDS
6	CHERRY FAYE T. PELIGRINO	OSDS
7	MAYELA LOU A. MELLOMIDA	OSDS
8	JANICE M. BAUTISTA	OSDS
9	NOVILYN G. PALMA	OSDS
10	DARVY C. DAGUIMOL	OSDS
11	MARCOS JULITA K. FULGENCIO	SGOD
12	MARY GLADYS J. DUBLAS	SGOD
13	RACHEL R. VALDE	CID
14	DINDO M. GABALES	CID
15	IMELDA S. BENTILLO	CID
16	PAUL JOHN P. ARIAS	OSDS
17	MARIE CRIS V. OBENITA	SGOD
18	JENNIFER L. MADELO	SGOD
19	PATERNO T. PADUA JR	CID
20	VICENTE G. SAN MIGUEL	CID
21	ABA Q. ALLABA	CID
22	JOVY G. MOLINA	CID
23	WOODROW WILSON B. MERIDA	SGOD
24	LUCILYN CAHUCOM	SGOD
25	CARL PAGARAN	SGOD
26	JAY-R S. VILLAMOR	J.O
27	ICEL ANN D. LOMONGO	J.O
28	ANAVELLA RIVERA	J.O
29	SOFIA ANTONIETTE R. VALDERAMA	J.O