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Republic of the Philippines
Department of Education
Region 1

SCHOOLS DIVISION OF CITY OF SAN FERNANDO (LA UNION)

DIVISION MEMORANDUM

DM No. 013, s. 2025

JAN 07 2025

TO: Assistant Schools Division Superintendent
Chief Education Supervisors
Education Program Supervisors
Public School Heads
All Others Concerned

FROM: OFFICE OF THE SCHOOLS DIVISION SUPERINTENDENT

SUBJECT: IMPLEMENTATION OF HYDRATION BREAK

Date: January 6, 2025

PARTICULARS

1. The Schools Division Office of City of San Fernando announces the implementation of Hydration Break Program in schools.
2. The program aims to:
 - a. promote the health and well-being of the learners and personnel through regular water intake at designated times;
 - b. prevent dehydration-related health issues;
 - c. instill good hydration practices among learners and personnel; and
 - d. foster and maintain a healthy school environment.
3. The designated schedule of water break are as follows:
 - **9:00 AM**
 - **11:00 AM**
 - **1:00 PM**
 - **3:00 PM**
4. School heads are directed to ensure the adequacy and potability of water resources within their respective schools to support the successful implementation of this program.
5. Compliance and widest dissemination of this Memorandum is desired.


SHEILA MARIE A. PRIMICIAS, CESO VI
OIC- Schools Division Superintendent



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"Sa Matatag na Panuntunan, Serbisyong Tapat Maaasahan"

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