



Republic of the Philippines  
**Department of Education**  
 Region 1

**SCHOOLS DIVISION OF CITY OF SAN FERNANDO (LA UNION)**

**DIVISION MEMORANDUM**

DM No. 09, s. 2025

JAN 28 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: **DIVISION EMPLOYEE WELLNESS PROGRAM**

Date: January 27, 2025

**PARTICULARS**

1. Pursuant to Civil Service Commission (CSC) Memorandum Circular No. 8, s. 2011 (Reiteration of the Physical Fitness Program "Great Filipino Workout"), the CSC reiterates the implementation of the program particularly on the adoption of plans for a continuing physical fitness and sports activities.
2. A Nutritional Status Assessment will be conducted for all teaching and non-teaching personnel to be facilitated by School Physical Fitness Test Coordinators.
3. Enclosed is the template for the Consolidated Nutritional Status Report to be submitted to Marie Camille S. Hufana via email [mariecamille.hufana@deped.gov.ph](mailto:mariecamille.hufana@deped.gov.ph) on or before February 22, 2025.
4. Compliance and dissemination of this Memorandum is desired.

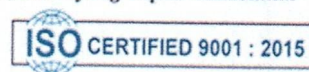
**SHEILA MARIE A. PRIMICIAS, CESO VI**  
 OIC- Schools Division Superintendent



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*"Sa Matatag na Panuntunan, Serbisyong Tapat Maaasahan"*

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**SCHOOLS DIVISION OF CITY OF SAN FERNANDO (LA UNION)**

**Consolidated Nutritional Status Report**  
 as of \_\_\_\_\_  
 (date)

**School :** \_\_\_\_\_

**District:** \_\_\_\_\_

Personnel	BODY MASS INDEX										
	Severely Wasted		Wasted		Normal		Overweight		Obese		
	M	F	M	F	M	F	M	F	M	F	
<b>Teaching</b>											
<b>Non-Teaching</b>											
<b>TOTAL</b>											

