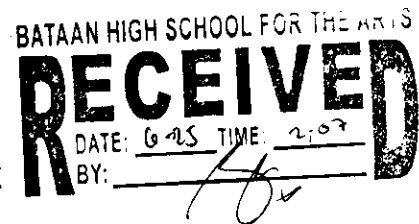




Republic of the Philippines
Department of Education
REGION III

BATAAN HIGH SCHOOL FOR THE ARTS



SCHOOL MEMORANDUM

No. 100 , s. 2025

JUN 25 2025

To: Chief Administrative Officers
Chief Education Program Specialist
School Office Personnel
All Others Concerned

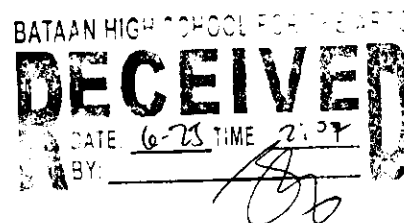
MOVE FOR HEALTH FOR BHSA PERSONNEL

1. This office announces the conduct of the **MOVE FOR HEALTH** for BHSA personnel as part of its show for employee wellness and response to the recent findings regarding the increased prevalence of overweight and obesity among school personnel.
2. This program aims to:
 - Reduce the risk of lifestyle-related diseases among personnel;
 - Provide structured opportunities for physical activity during the work week;
 - Promote a healthy and active lifestyle among school staff; and
 - Foster camaraderie and improve mental well-being through shared activities.
3. Based on BMI assessment conducted as of March 30, 2025, **23.81% of school personnel were classified as obese and 46.03% as overweight.** The primary contributing factor identified was physical inactivity due to work-related demands. Teaching personnel are encouraged to join.
4. Health Break activities will be conducted **every Tuesday, Wednesday, Thursday, and Friday from 4:30 PM to 5:00 PM** at the BHSA Lobby or BHSA School grounds, starting **July 2, 2025**. Below are the following activities and facilitators for the said program:



Republic of the Philippines
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JUN 25 2025

FACILITATOR	DAY	ACTIVITY
Admin Division	Tuesday	Stretching/ Walking Exercise/ Zumba
Academic Affairs Division	Wednesday	Stretching/ Walking Exercise/ Zumba
Finance Divison	Thursday	Stretching/ Walking Exercise/ Zumba
Student Affairs Division	Friday	Stretching/ Walking Exercise/ Zumba

5. For queries/clarifications, kindly get in touch with **Louisa Dawn de Guzman, Nutritionist I**, at +63 921-524 3536 or thru email at louisadawn.deguzman@deped.gov.ph.
6. For information and compliance.

MIA ARIANA P. ANCIONGCO, PhD
Director III
School Director

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

EXERCISE
HEALTH
NUTRITION

SA10/June 20, 2025



"Bayan ng Bayani, Bayani ng Sining"

Brgy. Ibaba, Bagac, Bataan

(047) 244-6321 / 0918-965-5281

facebook.com/bhsa2021

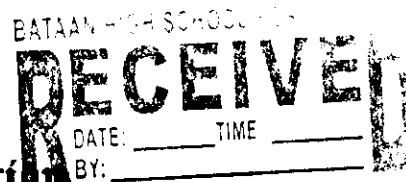
bhsa@deped.gov.ph



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JUN 25 2025

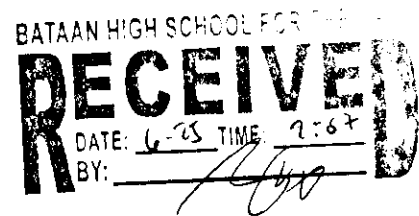
PARTICIPANTS

NO.	NAME		DESIGNATION
1	ADELINO	NIEVA	AO V - CASHIER
2	ALONZO	MARGIOLEH	PDO III
3	ARELLANO	PATRISSE SHAYNE	ADAS 2 - ADMIN
4	AREVALO	OLIVER	SAO - ADMIN
5	BANTUGAN	LYDA	SAO - FINANCE
6	BANTUGAN	MIKE JAYVEE	ADAS 2 - FINANCE
7	BANTUGAN	RONALD	CEPS - ACAD
8	BANZON	ANGELA MATHILDA	PDO II
9	BARROMETRO	JOSHUA	ADAS 2 - ACAD
10	BASILIO	ROSIE	SEPS
11	BONAGUA	FRANCE JOY	DENTIST I
12	CALING	RAYMOND	PLANNING OFFICER II
13	CLAVEL	RENNOR	INF. SYSTEM ANALYST II
14	CUNANAN	MARISOL	AO III - CASHIER
15	DE GUZMAN	LOUISA DAWN	NUTRITIONIST
16	DELA CRUZ	BERNADETTE	CAO - FINANCE
17	DELA CRUZ	JOMAR	AO IV - ADMIN
18	DELA FUENTE	MA. GLENDA	EPS II
19	FERIA	ELEANOR	AO IV - FINANCE
20	GAOR	MARK JENO	ACCOUNTANT III
21	GARCIA	ALMA	CAO - STUDENT AFFAIRS
22	GERALDEZ	MAYETH	AO II - FINANCE
23	GUEVARRA	MARILYN	AO I - CASHIER
24	HERNANDEZ	CESIAH FAITH	AO IV - BUDGET
25	LABANDILO	TIMI	NURSE I
26	MACALINAO	JOSEPH AARON	AO III - GEN. SERVICES



Republic of the Philippines
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BATAAN HIGH SCHOOL FOR THE ARTS



NO.	NAME		DESIGNATION
27	MACALINAO	KAREN	AO V - BUDGET
28	MANGALINDAN	CHRISTIAN	ADAS II - STUDENT AFFAIRS
29	OLIVERA	JERELINE	DORM MANAGER II
30	PEDROCILLO	HANNAH GRACE	PLANNING OFFICER I
31	QUIROZ	SAMUEL	SVEPS - ACAD
32	RODRIGUEZ	CHRISTIAN	AO I - GEN. SERVICES
33	SALONGA	MELBOURNE	INF. TECH OFFICER I
34	SAMONTE	PERLIE ANN	SAO - STUDENT AFFAIRS
35	SARTIGA	JOYCE ANN	DORM MANAGER I
36	TANCIONGCO	MIA ARIANA	DIRECTOR III
37	VELASCO	ROMINA	AO V - ADMIN
38	VICENTE	AVEGAIL	AO V - GEN. SERVICES
39	VILLANUEVA	IMELDA	AO IV - STUDENT AFFAIRS
40	BENLIRO	MALOU	AO II - ADMIN
41	HULIPAS	ALVIN	CAO - ADMIN
42	FELICIDA	EMMANUEL	AO II - BUDGET
43	BANTUGAN	NORIELYN	UTILITY
44	CADAY	CRISTI	DORMITORY ASSISTANT
45	PANTALEON	NIEL JONATAHN	DRIVER - CLERK
46	REYES	RAYMOND	WATHMAN
47	SARTIGA	TEOFILO	WATCHMAN
48	SALAZAR	KRISTEL	CLERK
49	YUMUL	LORNA	DORMITORY ASSISTANT
50	GASPAR	JUN	UTILITY
51	RODRIGUEZ	CARLOS	UTILITY
52	RODRIGUEZ	CLARISSA	UTILITY