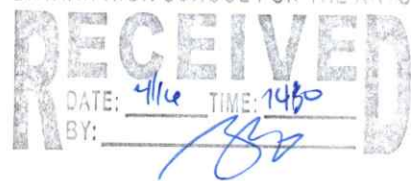




Republic of the Philippines
Department of Education
 REGION III

BATAAN HIGH SCHOOL FOR THE ARTS



BATAAN HIGH SCHOOL FOR THE ARTS

SCHOOL MEMORANDUM

No. 0014, s. 2026

APR 16 2026

**IMPLEMENTATION OF WEEKLY PHYSICAL AND MENTAL FITNESS PROGRAM
 (ZUMBA ACTIVITY)**

To: Deputy Directors
 All Functional Division Chiefs
 All Others Concerned

1. In accordance with Civil Service Commission (CSC) Memorandum Circular No. 38, s. 1992 -**PHYSICAL AND MENTAL FITNESS PROGRAM FOR GOVERNMENT PERSONNEL**, which enjoins all government agencies to institutionalize regular physical fitness activities among their personnel, the Bataan High School for the Arts (BHSA) hereby adopts a structured wellness initiative to promote the health and well-being of its employees.

2. The objectives of this program are as follows:
 a. Promote physical fitness and mental well-being among BHSA personnel;
 b. Reduce work-related stress and improve morale;
 c. Enhance productivity and foster a healthy work environment; and
 d. Institutionalize wellness as part of organizational culture.

3. In line with this, the Administrative Division in collaboration with the Health and Nutrition Unit, a weekly Zumba activity shall be conducted every Tuesday and Thursday from 4:00 p.m. to 4:30 p.m. at the BHSA lobby.

4. All personnel are encouraged to actively participate in the activity. Division Chiefs shall ensure that a skeletal workforce is maintained to sustain essential office operations.

5. Participants are advised to wear appropriate fitness attire. Strict adherence to health and safety protocols shall be always observed.

6. Below is the Wellness Program Committee:

Designation	Name	Position
Chairperson	Dr. Alvin P. Hulipas	Chief Administrative Officer
Co-Chairperson	Oliver V. Arevalo	Supervising Administrative Officer
Wellness Coordinator	Marisol Cunanan	Administrative Officer III
Attendance	Romina Velasco	Administrative Officer V
Documentation	Nieva Adelino	Administrative Officer V
	Jomar D. Dela Cruz	Administrative Officer IV



"Bayan ng Bayani, Bayani ng Sining"

Brgy. Ibaba, Bagac, Bataan

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

facebook.com/bhsa2021

bhsa@deped.gov.ph



Republic of the Philippines
Department of Education
REGION III
BATAAN HIGH SCHOOL FOR THE ARTS

APR 16 2026

Technical Working Group	Timi T. Labandilo	Nurse I
	Christian A. Rodriguez	Administrative Officer I
	Patrisse Shayne Arellano	Administrative Assistant II

7. Immediate dissemination of and strict compliance with this Memorandum is directed.


MIA ARIANA P. TANCIONGCO, PhD
Director III
School Director

Encl.: none
Reference: As stated
To be indicated in the Perpetua Index under the following subjects

OSD01/AD01 April 15, 2026

