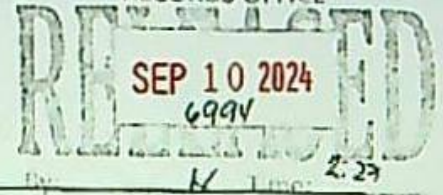




Republic of the Philippines
Department of Education
 REGION I
 SCHOOLS DIVISION OF DAGUPAN CITY

DepEd SDO Dagupan City
 RECORDS OFFICE



Office of the Schools Division
 Superintendent

September 10, 2024

DIVISION MEMORANDUM

No. 343 s. 2024

EDUFIT FEST: SKILLS AND WELLNESS DAY

To: All DepEd Teaching, Teaching-related, and Non-teaching Personnel
 All Private Schools

- In reference to Division Memorandum No. 339 s. 2024 titled *National Teachers' Month Celebration 2024*, this Office announces the conduct of **EDUFIT FEST: Skills and Wellness Day** on **September 13, 2024**.
- Anent this, the following activities shall be conducted:

Activity	Time	Venue	Participants
Eucharistic Mass	7:00-8:00	St. John Cathedral	All DepEd teaching, teaching-related, and non-teaching personnel
Zumba	8:00-5:00	LNU Gym	
Laro ng Lahi (Tug of War, Sack race, Patintero)			
Exhibition Games (Basketball Men 5x5/Women 3x3)			All Private Schools
Volleyball Women	1:00-5:00	DCNHS Covered Court	
Wellness Services (Haircut, Massage, Nail Care, Physical Therapist)	9:00-4:00	DCNHS SPA and Security Bank Building	
Product Exhibits Sponsored by: TLE-TVL Learners from Lucao ES, DCNHS, BBNHS, ECIS, CNHS, JJDVSTVSS, SNHS, FNCIS, PIS	9:00-4:00	DCNHS	

- All are participants are encouraged to wear their **designated color T-shirt** to show district/school spirit, *to wit*:



Address: Burgos St., Poblacion Oeste, Dagupan City
 Telephone: (075) 653-4101
 Website: depeddagupan.com
 email: dagupan.city@deped.gov.ph

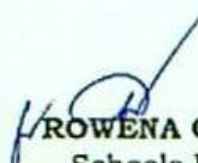



Republic of the Philippines
Department of Education
REGION I
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**Office of the Schools Division
Superintendent**

- District 1- Yellow Gold
- District 2-Red
- District 3-White with Green
- District 4-White
- District 5-Blue
- SDO-Pink
- Private Schools-Mocha Brown

4. Attached are the List of Technical Officials (*Enclosure 1*), and Laro ng Lahi and Exhibition Games Guidelines. (*Enclosure 2*).
5. All other provisions of the Division Memorandum No. 339 s. 2024 dated August 30, 2024, are still in effect.
6. Strict adherence to DepEd Order No. 9, s. 2005 titled, "*Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith*" is advised.
7. The attendance of all T/TR/NTP in these activities shall be strictly monitored and checked. Attendance sheets (with names and signature) shall be consolidated by the Registration Committee, and to be submitted at the office of the Administrative Officer V, for documentation.
8. Immediate and widest dissemination of this memorandum is desired.


ROWENA C. BANZON EdD, CESO V
Schools Division Superintendent 

Reference: Division Memo No. 339 s. 2024
Encl: none
To be indicated in the Perpetual Index
under the following subjects:
#HRDS #L&D #PRAISE
HRDS/is/DM_NTM2024
September 10, 2024



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Republic of the Philippines
Department of Education

REGION I
SCHOOLS DIVISION OFFICE DAGUPAN CITY

Office of the Chief Education Supervisor-SGOD

National Teachers Day Celebration

Venue: LNU Gymnasium

Date: 13 September 2024

EXHIBITION GAMES:

- **BASKETBALL MEN (5x5)/(3x3 WOMEN) and VOLLEYBALL WOMEN**- The SDO - Dagupan City team composed of Teachers and personnel will play against the team of SDO - San Carlos City

LARO NG LAHI

GENERAL GUIDELINES:

- Each Elem. District (4-Old) may organize a team and the Sec. Schools (3-IUs) will also form their own team. The Integrated Schools will join in their district and Private Schools shall form their own team.

A. TUG-OF-WAR

- Each Elem. District (4-Old) may organize a team and the Sec. Schools (3-IUs) will also form their own team. The Integrated Schools will join in their districts.
- Private Schools shall form their own team.
- Team Composition - 4-men + 4-women (Teachers only) and with a combined weight of a maximum of 600kgs.
- Format: Single Eliminations

B. SACK RACE

- Each Elem. District (4-Old) may organize a team and the Sec. Schools (3-IUs) will also form their own team. The Integrated Schools will join in their districts.
- Private Schools shall form their own team.
- Team Composition - 4-men + 4-women (Teachers only).
- Format: Two (2) heats with the winners to fight it out for the championship race.

C. PATINTERO

- Each Elem. District (4-Old) may organize a team and the Sec. Schools (3-IUs) will also form their own team. The Integrated Schools will join in their districts.
- Private Schools shall form their own team.
- Team Composition - 2-men + 2-women (Teachers only).
- Format: Single Eliminations

EDILBERTO R. ABALOS
Chief Education Supervisor



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Republic of the Philippines
Department of Education

REGION I
SCHOOLS DIVISION OFFICE OF DAGUPAN CITY

NATIONAL TEACHERS MONTH CELEBRATION 2024
"EDUfit FEST"
September 13, 2024 @ LNU Gymnasium

LIST OF TECHNICAL OFFICIALS

	NAME	SCHOOL/OFFICE
BASKETBALL 5X5/3X3(men/beke)-Exhibition vs. SDO-SCC		
1	REY BUGARIN	MAMALINGLING ES
2	JEHTRU YAO	JJDVSTVSS
3	EDDIE CLORES	PANTAL ES
4	PETER MARK TULUD	PANTAL ES
5	JEROME VIARE	ECIS
6	JUNJUN SORIANO	DCNHS
7	JANIS IVAN PALAGANAS	DCNHS
8	JEFFREY GATCHALIAN	DCNHS
9	ERWIN FESTEJO	VQZES
10	EMILIO ZABALA	PHYSICAL THERAPIST
VOLLEYBALL (women) - Exhibition vs. SDO-SCC		
1	MICHAEL HENRY BALTAZAR	DCNHS
2	MARK ANTHONY DAVID	DCNHS
3	PAULINO BALOLONG	DCNHS
4	GLENDA CORONIA	CARAEI NHS
5	EDUARDO GUIEB	BBNHS
6	CECILLE ESTRADA	BBNHS
7	HAZEL JOY ESTRADA	SALAPINGAO NHS
8	JAZMIN ESTRADA	PUGARO IS
LARO NG LAHI by District		
1	FRED BALMORES	RETIRED
2	SALOMI CANCINO	LUCAO ES
3	JOAQUIN REYES	LFMES
4	RUSSEL PINEDA	FNCIS
5	FIDEL TULIAO	WCES 2
6	RODRIGO AGUADO	TARES
7	JUN AGAS	ECIS
8	ARIEL FERRERIA	LUCAO ES
9	DANTE CASTRO	SABANGAN ES
MEDICAL/RESPONSE TEAM		
	DR. THERESA PARAYNO and all Medical personnel	
	CDRMMC	
	Philippine Red Cross	