



Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY



Office of the Schools Division Superintendent

January 20, 2025

DIVISION MEMORANDUM

No. 44, s. 2025

To: CONCERNED SECONDARY SCHOOL HEADS
CONCERNED SCHOOL HEALTH PERSONNEL
This Division

**PARTICIPATION TO THE SAYAW-GALAW PARA SA HEALTHY PILIPINAS ZUMBA
DANCE CONTEST IN CELEBRATION CANCER AND HEART AWARENESS**

1. Per letter of invitation by the office of the Department of Health- Center for Health Development Northern Mindanao(CHDNM) will jointly conduct the advocacy on the celebration Cancer and Heart Awareness Month this February 24, 2025 (Monday) 11:30AM at the Ground Floor Activity Center, Ayala Centrio Mall, you are hereby advised to participate the said activity observing the no class disruption policy in the following schools:

- Angeles Sisters National High School
- Balulang National High School
- Bugo National High School
- Lapasan National High School
- Lumbia National High School

2. Attached are the communication letter and contest mechanics from DOH10-CHDNM for your reference.

3. For any clarification and concern please contact DOH10 program In-charge, Ms. Karen Kaye D. Alcesto at 09778204705 or Dr. Vaniza E. Bagolbol at 09951831847 and Mr. Nichol V. Salido at 09173249060.

4. In adherence to Equal Opportunity Principle (EOP), inclusive and treatment are accorded to all personnel regardless of disability, sexual orientation, gender, religion and ethnicity.

5. Compliance to this memorandum is desired.

ROY ANGELO E. GAZO
Schools Division Superintendent

Encl. As stated

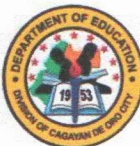
To be Indicated I in the perpetual index

Under the following subjects:

OKD-NDEP

HEALTH EDUCATION

January 21, 2025



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DEPARTMENT OF HEALTH
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J. V. Serifa Street, Carmen, Cagayan de Oro City
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January 14, 2025

DR. ROY ANGELO E. GAZO

Schools Division Superintendent
Department of Education – Division of Cagayan de Oro City
Dr. William F. Masterson Avenue
Upper Balulang, Cagayan de Oro City, 9000
cagayandoro.city@deped.gov.ph

CHD-CHD-NORTHERN MINDANAO
Carmen, Cagayan de Oro City
RELEASED
from Records Section
No.: 600-80
Date: 01/17/2025

Dear **Dr. Gazo**,

The Philippine Statistics Authority (PSA) reports a significant public health concern, with 77,173 deaths from cancer and 42,497 from ischemic heart disease in 2022 alone. These alarming figures underscore the urgent need for public awareness, prevention, and access to timely healthcare interventions. In response to this growing crisis, the Department of Health Center for Health Development – Northern Mindanao (CHD-NM), in collaboration with its partner agencies, will celebrate **Cancer and Heart Awareness Month** this **February 2025**. The celebration aims to raise awareness, educate the public on preventive measures, and highlight the importance of early detection and treatment.

In line with this, we respectfully seek the partnership of the Department of Education – Division of Cagayan de Oro City to engage students in this advocacy through the "Sayaw-Galaw Para sa Healthy Pilipinas Zumba Dance Contest." We are inviting the following schools to participate:

- Angeles Sisters National High School
- Balulang National High School
- Bugo National High School
- Lapasan National High School
- Lumbia National High School

The event is scheduled on **February 24, 2025 (Monday), 11:30 AM** at the Ground Floor Activity Center of Centrio Ayala Mall. Attached to this letter is the contest mechanics for your reference.

Should you have any questions or require further details, please do not hesitate to contact Ms. Karen Kaye D. Alcesto at 09778204705 or Dr. Vaniza E. Bagolbol at 09951831847.

We look forward to your favorable response and active participation in this meaningful initiative for a healthier Pilipinas!

Very truly yours,

SULPICIO HENRY M. LEGASPI, JR., MD, MPH, FPSMS, CESO IV
Director IV

B4 NCDC/Kk2

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Sa Bagong Pilipinas, Bawat Buhay Mahalaga!



DEPARTMENT OF HEALTH
CENTER FOR HEALTH DEVELOPMENT- NORTHERN MINDANAO
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PABX (+63) 917-148-3298
Email address: health@cdh.gov.ph
Website: www.cdh.gov.ph

Sayaw - Galaw, para sa Healthy Pilipinas Zumba Dance Contest Mechanics

The Department of Health Center for Health Development – Northern Mindanao, through the Non-Communicable Diseases Cluster, invites you to the "Sayaw-Galaw Para sa Healthy Pilipinas Zumba Challenge" in celebration of Heart Month and Cancer Awareness. This exciting event encourages junior and senior high school students in public schools to embrace regular exercise and an active lifestyle for better health and wellness. Participants will discover the benefits of physical activity and its vital role in preventing non-communicable diseases.

The Zumba Challenge also promotes the 7 Healthy Habits for a Healthy Community, inspiring everyone to take charge of their health. Join us for a fun, energetic event that fosters fitness, empowers the youth, and builds a healthier, more active Pilipinas!

Mechanics:

1. The competition is open to five (5) selected public junior and senior high schools in Cagayan de Oro City.
2. Schools were randomly chosen by the Department of Education District of Cagayan de Oro City.
3. Each dance crew must consist of a minimum of ten (10) and a maximum of fifteen (15) members.
4. The Zumba dance duration must be between three (3) to five (5) minutes, including entrance and exit.
5. Participants are free to choose any music that aligns with the theme and purpose of the event.
6. Please observe **Proper Zumba Attire**. Avoid clothing that is overly revealing, see-through, or too short/skimpy. Lastly, using of confetti is discouraged.
7. The Zumba Challenge and awarding ceremony will take place on **Monday, February 24, 2025, at 1:00 PM**, in the **Activity Area of Centrio Ayala Mall, Cagayan de Oro City**.

JUDGING CRITERIA

8. The judges will score the crews according to the judging criteria on a 100-point system.

• Overall Effect	10%
• Street Presence/Attire	20%
• Choreography/ Creativity	40%
• Technique Execution/Clarity of Movement	30%

TOTAL: 100%

9. The winners will be awarded plaques and corresponding cash prizes.

First Place	Php 10,000.00
Second Place	Php 7,500.00
Third Place	Php 5,500.00
Consolation Prizes	Php 3,500.00

Prepared by:

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Noted by:

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Chief, Local Health Support Division

Approved by:

Sulpicio Henry M. Legaspi, JR., MD, MPH, FPSMS, CESO IV
Director IV

Sa Bagong Pilipinas, Bawat Buhay Mahalaga!

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