



Republika ng Pilipinas  
**Kagawaran ng Edukasyon**  
REHIYON V (BIKOL)

**TANGGAPANG PANSANGAY NG MGA PAARALAN NG CATANDUANES**

April 23, 2026

DIVISION MEMORANDUM  
No. 573 s. 2026

**IMPLEMENTATION OF "FEEL-GOOD FRIDAY" WELLNESS ACTIVITIES  
DURING WORK-FROM-HOME (WFH) ARRANGEMENT**

To: Asst. Schools Division Superintendent  
Chief Education Supervisors  
Public Schools District Supervisors  
Public School Heads  
All Others Concerned

1. In line with the Department of Education's commitment to promoting the physical, mental, and emotional well-being of its personnel, and pursuant to Division Memorandum No. 461, s. 2026 authorizing the Work-From-Home (WFH) arrangement every Friday, this Office shall implement a regular wellness initiative entitled: "Feel-Good Fridays @ Home: Moving, Learning, and Thriving While Working from Home." This initiative, spearheaded by the School Health and Nutrition Unit, shall officially commence on Friday, April 24, 2026, and shall be conducted every Friday during the WFH arrangement. Wellness sessions shall start at 3:00 PM.

2. The program aims to foster a culture of holistic wellness while ensuring sustained productivity by addressing health concerns associated with remote work, such as physical inactivity, lifestyle-related diseases, stress, and mental health challenges. The "Feel-Good Friday" activities (alternate) shall include, but are not limited to:

- *Online Zumba and Home-Based Exercise Sessions*  
– Guided physical activities to promote regular movement and reduce sedentary behavior.
- *Health and Wellness Webinar Series*  
– Sessions focusing on disease prevention, proper nutrition, and healthy daily routines.
- *Mental Health and Psychosocial Wellness Talks*  
– Discussions on stress management, emotional well-being, and work-life balance.
- *Wellness Advocacy and Simple Health Challenges*  
– Weekly wellness reminders and challenges encouraging healthy lifestyle habits.



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3. All teaching (invitational and optional), teaching-related, and non-teaching personnel under the WFH arrangement are encouraged to participate. Participation shall form part of the WFH workday and shall not compromise the completion of official duties and deliverables.
4. To facilitate participation, all "Feel-Good Friday" wellness sessions shall be conducted virtually via Microsoft Teams. Participants may join the session using the official meeting link: <https://tinyurl.com/WellnessSessionsMeeting>. Participants are encouraged to log in a few minutes before 3:00 PM to ensure a smooth start of the session.
5. To monitor participation, all attendees are requested to accomplish the attendance form through the link below during each session: <https://tinyurl.com/FridayWellnessAttendance>.
6. A standard medical disclaimer shall be presented before every physical activity session, advising participants to exercise within their limits, listen to their bodies, and refrain from participating if they have pre-existing medical conditions without prior medical clearance.
7. School and office heads are hereby enjoined to support, promote, and encourage participation in this initiative to ensure that WFH Fridays are not only productive but also purposeful in safeguarding employee well-being.
8. Immediate dissemination of and compliance with this Memorandum are hereby directed.

*By the authority of the OIC-Schools Division Superintendent*

**DELFIN A. BONDAD**  
Assistant Schools Division Superintendent  
Officer-In-Charge  
Office of the Schools Division Superintendent



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