



Republic of the Philippines
Department of Education
Region II – Cagayan Valley
SCHOOLS DIVISION OF NUEVA VIZCAYA

July 15, 2024

DIVISION MEMORANDUM

No. 277 s. 2024

**BIGGEST LOSER 3.0 FOR TEACHING AND
NON-TEACHING PERSONNEL OF SDO NUEVA VIZCAYA**

- TO :** Assistant Schools Division Superintendent
Chief, School Governance and Operations Division
Chief, Curriculum Implementation Division
Public Schools District Supervisors/District In-Charge
All Others Concerned
1. The Schools Division Office of Nueva Vizcaya through the School Governance and Operations Division- Health and Nutrition Unit will be conducting the **Biggest Loser 3.0 for Teaching and Non-Teaching Personnel of SDO Nueva Vizcaya** which will commence on July 22, 2024, and will end in December 2024 during the SDO's Foundation Day.
 2. The activity aims to promote healthy living by encouraging our employees to develop and maintain healthier lifestyle habits, foster a supportive and encouraging environment, and ensure weight loss methods that are safe, sustainable, and beneficial in the long term.
 3. To join, participants must sign up individually through a designated SDO organizer, providing their contact information and agreeing to the game rules that includes a participation fee of PHP 300.00 each. For SDO employees, the initial weigh-in will be on July 22 to 26, 2024, from 8 AM to 5 PM at the SDO Office, and for Teaching and Non-teaching personnel in the field, it may be done during the Workshop of the MATATAG Curriculum from July 22-26, 2024, in their respective districts with district nurses or any health personnel in-charge of the weigh-in activity.
 4. The mechanics of the program include every other week submission of weigh-ins which will be submitted to messenger group chat which consists of a photo of the participant with their corresponding weight. A leaderboard or progress tracker will be updated every other week to show participants' standings based on percentage of weight loss, and



Address: Quezon St., Don Domingo Maddela, Bayombong, Nueva Vizcaya
Telephone Nos.: (078)392-0381, (078)392-0351, 09171589946
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participants will receive feedback and support through online health sessions.

5. Points will be awarded based on weight loss achievements, with different categories for male and female participants. The scoring system awards 5 points for losing 5% of weight, 7 points for losing 8%, and 10 points for losing 10%. Bonus points are available for complete and timely submission of weigh-ins and for joining online health sessions, while penalties include a deduction of 1 point for gaining weight and for not submitting timely weigh-in data.
6. The awards and prizes are based on the highest percentage of weight loss relative to the initial weight for both male and female categories. Prizes for the Biggest Loser Male Category include PHP 10,000.00 for the winner, PHP 3,000.00 for the first runner-up, and PHP 1,000.00 for 2nd to 10th place. The same prizes apply to the Biggest Loser Female Category. Additional prizes for raffle and fitness challenge rewards include monetary rewards, fitness equipment (e.g., dumbbells, yoga mats), memberships to gyms or fitness classes and health-related gadgets (e.g., fitness trackers).
7. The program also includes additional elements such as offering online sessions on nutrition, exercise, and mental health, providing online access to fitness trainers, dietitians, or wellness coaches, introducing weekly fitness challenges with rewards for completing them, and encouraging healthy eating habits by sharing meal plans, recipes, and nutrition tips.
8. The timeline for the program is as follows:
 - a. **July 22-26, 2024**, for official registration and initial weigh-in of all participants;
 - b. **August 30, 2024**, for submission of updated weigh-ins, online nutrition talk and health consultation, and posting of the leaderboard or progress tracker by code names for confidentiality;
 - c. **September 27, 2024**, for submission of updated weigh-ins, online nutrition talk and health consultation;
 - d. **October 25, 2024**, for submission of updated weigh-ins, online nutrition talk and health consultation;
 - e. **November 29, 2024**, for submission of updated weigh-ins, online nutrition talk and health consultation; and
 - f. **December 2024**, for the final weigh-in and calculations, followed by the awarding ceremony and celebration of achievements during the SDO's Foundation Day.



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9. For further queries, kindly contact **Ryan Christopher A. Buccat, MD, Medical Officer III** at **09275463220** and **Nurses in charge of the following Districts:**

NURSE ON DUTY	DISTRICT	PHONE NUMBER
RUDY AGUSTIN	Sta. Fe /A.Castaneda	09614915458
MARILOU RODEROS	Solano 1 & 2	09273212447
SHIELA ZAPATA	Bagabag 2 / Diadi	09287145667
HAZEL ARREO	Dupax del Sur/ Aritao 1	09162841264
TRICIA PASCUA	Bagabag 1/Villaverde	09356839353
JENNIFER SANO	Bambang 1&2	09666429474
JULIUS MICHAEL PANGANIBAN	Bayombong 1 / Quezon	09064706556
WILSON HINDAC	Dupax del Norte 1&2 / Aritao 2	09756053448
ICARUS CANAM	Kayapa East/Kayapa West	09092022087
LOVELYN CAMBALIZA	Bayombong 2/Ambaguio/Quezon	09274164334
BEN CLARION LLANTADA	Kasibu West/Aritao East/ SDO Employees	09065525444

10. For information, dissemination, guidance and strict compliance.

ORLANDO E. MANUEL PhD., CESO V
Schools Division Superintendent



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