



**Republic of the Philippines**  
**Department of Education**  
**REGION VIII - EASTERN VISAYAS**

February 7, 2024

**OFFICE MEMORANDUM**  
 HRDD-2024- **86**

**SCHEDULE OF HEIGHT AND WEIGHT TAKING OF  
 DEPED REGIONAL OFFICE VIII PERSONNEL**

To: Assistant Regional Director  
 Functional Division Chiefs  
 All Others Concerned

1. With reference to the Office Memorandum No. 79, s. 2024 titled "Weekly Schedule of Zumba/Dance Exercise of DepEd RO VIII Employees," this Office, through the Human Resource Development Division (HRDD) in coordination with the Health and Nutrition Unit (HNU) will be spearheading the taking of height and weight of all DepEd RO VIII Personnel prior to the conduct of the Zumba/Dance Exercise.
2. The activity aims to determine the Body Mass Index (BMI) of all personnel and to identify individuals who have made notable progress at the end of the year, including those who transitioned from underweight to a normal BMI and those who maintained a healthy BMI.
3. All personnel must submit for height and weight taking at HNU office following the schedule listed below.

Schedule Date and Time	Functional Division
February 8, 2024 AM	ORD/OARD & PPRD
February 8, 2024 PM	QAD & AD
February 12, 2024 AM	CLMD & ESSD
February 12, 2024 PM	Finance & FTAD
February 13, 2024 AM	HRDD

4. Immediate dissemination of and compliance with this Memorandum are desired.

**EVELYN R. FETALVERO CESO IV**  
 Regional Director

DEPARTMENT OF EDUCATION  
 REGIONAL OFFICE NO. VIII

**RECEIVED**  
**86**

By: *[Signature]* Date: *2/8/24*

HRDD-RTV



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