



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

DIVISION MEMORANDUM
No. **195**, s. 2026

6 MAR 2026

**OBSERVANCE OF WATER HYDRATION IN SCHOOLS AND THE SCHOOLS
DIVISION OFFICE**

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Unit and Section Heads
Public Elementary and Secondary School Heads
All Others Concerned

1. In response to Resolution No. 6SP 2024-29 titled *A Resolution Requesting the City Schools Division of Batac, Headed by Mr. Anselmo Aludino, to Actively Promote Hydration Across All Schools*, the Schools Division of the City of Batac reiterates the observance of water hydration among schools and the division office.
2. This initiative is essential in regulating body temperature, supporting vital body functions, improving brain function and maintaining the over-all well-being of learners and personnel.
3. In view of this initiative, all learners and personnel are encouraged to take a short break and drink 250 ml or one (1) glass of water every hour. This time may also be used to stretch and minimize prolonged sedentary activities. Personnel and learners with kidney diseases must follow water requirements from their attending physician/health care provider.
4. For information and guidance.


ANSELMO R. ALUDINO
Schools Division Superintendent

Encl.: None
Reference: As Stated
To be included in the Perpetual Index
Under the following subject:

NUTRITION EMPLOYEES
TEACHERS

SGOD/jirm/Hydration
26011/March 9, 2026

 SDCB RECORDS UNIT
2604328



DepEd Batac City



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Republic of the Philippines
Province of Ilocos Norte
CITY OF BATAAC

OFFICE OF THE SANGGUNIANG PANLUNGSOD

**EXCERPTS FROM THE MINUTES OF THE 6TH SANGGUNIANG PANLUNGSOD
OF THE CITY OF BATAAC, ILOCOS NORTE ON ITS 66TH REGULAR SESSION DULY
HELD ON JANUARY 29, 2024 AT 2:00 O'CLOCK IN THE AFTERNOON
AT THE SANGGUNIANG PANLUNGSOD SESSION HALL**

Members Present:

Hon. Windell D. Chua	City Vice Mayor/Presiding Officer
Hon. Bismark Angelo A. Quidang	Sangguniang Panlungsod Member
Hon. Mark Christian R. Chua	-do-
Hon. Kichel Jomarie G. Pungtilan	-do-
Hon. Violeta Eugenia Daradar-Nalupta	-do-
Hon. Lucky Rene G. Bunye	-do-
Hon. John Gabrielle Dominique M. Daguio	-do-
Hon. Joel R. Garcia	-do-
Hon. Jaime S. Tanagon, Sr.	-do-
Hon. Avelard Ibarra F. Crisostomo	-do-
Hon. Gilbert O. Medina, ABC Representative	-do-
Hon. Reign Gwendia T. Mirasol, SK Representative	-do-

Absent:

Hon. Christopher B. Lagmay	-do- [On Sick Leave]
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RESOLUTION NO. 6SP 2024 – 29

**A RESOLUTION REQUESTING THE CITY SCHOOLS DIVISION OF BATAAC,
HEADED BY MR. ANSELMO ALUDINO, TO ACTIVELY PROMOTE HYDRATION
ACROSS ALL SCHOOLS**

WHEREAS, the health and well-being of students are of utmost importance to the City of Bataac;

WHEREAS, adequate hydration is essential for maintaining good health, cognitive function, and overall well-being;

WHEREAS, teachers play a vital role in promoting healthy habits among students;

WHEREAS, instilling the practice of regularly drinking water is a simple yet effective way to improve overall health;

NOW, THEREFORE,

BE IT RESOLVED, as it is hereby resolved, by the Sangguniang Panlungsod of the City of Bataac, Ilocos Norte, in session duly assembled to request the City Schools Division of Bataac, headed by Mr. Anselmo Aludino, to Actively Promote Hydration Across All Schools;

RESOLVE FURTHER, that this Resolution be transmitted to all concerned parties for their information, guidance and appropriate action.

ADOPTED THIS 29th day of January 2024 on motion of Honorable Bismark Angelo A. Quidang, Chairman, Committee on Education.



Republic of the Philippines
Province of Ilocos Norte
CITY OF BATAC

OFFICE OF THE SANGGUNIANG PANLUNGSOD

Resolution No. 6SP 2024 - 29 cont'd.
6th Sangguniang Panlungsod of Batac
66th Regular Session, January 29, 2024
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SPONSORED BY: VM Windell D. Chua, SP Members Bismark Angelo A. Quidang, John Gabrielle Dominique M. Daguio, Mark Christian R. Chua, Kichel Jomarie G. Pungtilan, Violeta Eugenia Daradar-Nalupta, Lucky Rene G. Bunye, Christopher B. Lagmay, Joel R. Garcia, Jaime S. Tanagon, Sr., Avelard Ibarra F. Crisostomo, Joseph P. Ulit and James G. Sacalayan

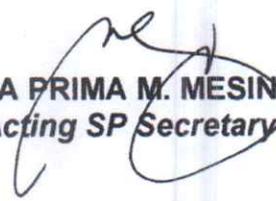
VOTING PROFILE:

AYES : HONS. QUIDANG, CHUA, PUNGTILAN, DARADAR-NALUPTA, BUNYE, DAGUIO, GARCIA, TANAGON, CRISOSTOMO, MEDINA & MIRASOL

NAYS : N O N E

ABSTENTION : N O N E

I **HEREBY CERTIFY** that this Resolution was approved on Second and Final Reading by the Sangguniang Panlungsod of Batac, Ilocos Norte on its 66th Regular Session dated January 29, 2024.


MIA PRIMA M. MESINA
Acting SP Secretary

ATTESTED:


ATTY. WINDELL D. CHUA
Vice Mayor/Presiding Officer

APPROVED:


HON. ALBERT D. CHUA
City Mayor

Approved on 01. 29. 2024