



Republic of the Philippines
Department of Education
REGION III
SCHOOLS DIVISION OF BULACAN

October 8, 2025

To: Assistant Schools Division Superintendent
Division Chiefs
Unit Heads
SDO Personnel
All Others Concerned

From: CECILIA E. VALDERAMA, PhD
Schools Division Superintendent

Subject: REQUIREMENT FOR SDO NURSE TO CHECK BLOOD PRESSURE OF PERSONNEL

In line with the Department of Education's advocacy on promoting health and wellness among its personnel, this Office directs the Schools Division Office (SDO) Nurse to conduct regular blood pressure (BP) monitoring of all SDO personnel starting November 3, 2025.

The activity aims to ensure the early detection and management of hypertension and related health conditions, thereby promoting a safe and healthy work environment. The BP check-up shall be conducted every day by the nurse on duty at the Division Office. All personnel are required to cooperate and have their blood pressure checked as scheduled. The SDO Nurse shall maintain a record of the BP readings and provide necessary advice or referrals as needed.

For information and strict compliance.



CECILIA E. VALDERAMA, PhD

Assistant Schools Division Superintendent
Officer-in-Charge
Office of the Schools Division Superintendent

DIVISION LETTER
No. 114 , s. 2025



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