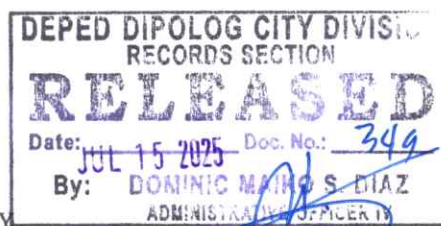




Republic of the Philippines  
Department of Education  
Region IX – Zamboanga Peninsula  
SCHOOLS DIVISION OF DIPOLOG CITY



July 15, 2025

**DIVISION MEMORANDUM**

No. 349, s. 2025

**CONDUCT OF LECTURE-DEMONSTRATION ON CARDIOPULMONARY RESUSCITATION (CPR) BY THE PHILIPPINE RED CROSS – ZAMBOANGA DEL NORTE CHAPTER**


To: Assistant Schools Division Superintendent  
Chief Education Supervisor, SGOD  
Chief Education Supervisor, CID  
Public Schools District Supervisors  
Selected Secondary School Heads  
Division DRRM Team and Coordinators  
School DRRM Team and Coordinators  
Red Cross Youth Focals  
This Division  
All Other Concerned

1. In support of the observance of the **37<sup>th</sup> National Disaster Resilience Month (NDRM) 2025**, with the theme “**KUMIKILOS para sa Kahandaan, Kaligtasan at Katatagan**”, the Schools Division of Dipolog City hereby informs the School Heads and Red Cross Youth Focals of the following schools that the **Philippine Red Cross – Zamboanga del Norte Chapter** will conduct a **Lecture-Demonstration on Cardiopulmonary Resuscitation (CPR)** with the following schedules:
  - A. Zamboanga del Norte National High School – Turno (July 24)
  - B. Zamboanga del Norte National High School – Main (July 31)
  - C. Miputak National High School (August 7)
  - D. Cogon National High School (August 14)
  - E. Sicayab National High School (August 22)
  - F. Upper Dicapayas Integrated School (August 28)
  - G. Tubod Integrated School (September 4)
  - H. Dipolog City National High School (September 11)
  - I. Punta National High School (September 18)
  - J. AQUMATSHS (September 25)
  - K. Galas National High School (October 2)
2. These lecture demonstrations will be facilitated by certified instructors and trained volunteers from the Philippine Red Cross – Zamboanga del Norte Chapter.
3. This initiative is part of the Division’s proactive efforts to build a culture of safety and preparedness among learners and personnel. The CPR sessions aim to equip participants with basic lifesaving skills that are vital during emergencies and disasters.
4. To ensure its smooth implementation without disruption to regular academic schedules, coordination shall be made by the Philippine Red Cross with the respective school heads of the identified schools. The schedule and mechanics of the demonstration shall be

mutually agreed upon to allow maximum participation while respecting academic priorities.

5. For queries or further coordination, please contact the Division DRRM Coordinator, CHRISTIAN JAMES S. PACO, at 0956-591-1473 or email [drmm.dipolog@deped.gov.ph](mailto:drmm.dipolog@deped.gov.ph)

Immediate and wide dissemination of this Memorandum is highly desired.

  
**MA. LIZA R. TABILON, EdD., CESO V**  
Schools Division Superintendent  
Office of the Schools Division Superintendent

Encl.: As stated

Reference: As stated

To be indicated in the Perpetual Index  
under the following subjects:

SGOD, DRRM  
Schools  
NDRM

SDRRM  
CSS  
CPR

Philippine Red Cross  
Red Cross Youth

CJSP/ 20250715-DM-PRC-CPR2025  
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