

Republic of the Philippines
DEPARTMENT OF EDUCATION
Negros Island Region

SCHOOLS DIVISION OF NEGROS ORIENTAL
Office of the School Governance and Operations Division
Capitol Area, Dumaguete City

www.depednegor.net

negros.oriental@deped.gov.ph

SGOD Office (035) 225 - 6180

October 7, 2016


DIVISION MEMORANDUM

No. 611 s. 2016

2ND DUGO KO, GASA KO FUN RUN

TO : Division Office Personnel
District Supervisors/District In-Charge
Public and Private Elementary and Secondary School Heads
All Others Concerned

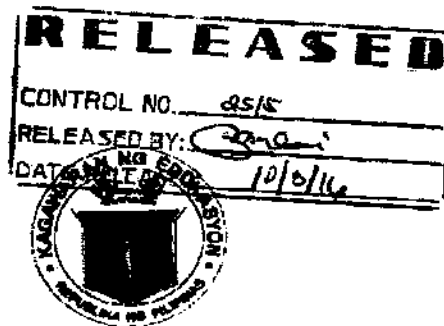
1. Attached is **DepEd Regional Memorandum** dated **October 3, 2016** disseminating the basic communication from **Atty, Mercedes VPE Enriquez**, Manager, Government Service Insurance System and President of Government Agencies Association of Negros Oriental (**GAANO**), inviting everyone to join the **2nd Dugo Ko, Gasa Ko Fun Run** on October 16, 2016 at 6:00 in the morning, which will start at the Benigno Aquino Freedom Park.
2. For details on the Fun Run and Blood Donation, please refer to the attached communication and enclosure.
3. For the information and guidance of all concerned.


LELANIE T. CABRERA, CESE
Assistant Schools Division Superintendent
Officer In-Charge
10/7/16

11 0 OCT 2016




REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF EDUCATION
NEGROS ISLAND REGION



MEMORANDUM

TO : THE SCHOOLS DIVISION SUPERINTENDENTS OF
Division of Dumaguete City
Division of Negros Oriental

FROM :  GILBERT T. SADSAD, CESO V
Director III
OIC- Regional Director

SUBJECT : 2nd DUGO KO, GASA KO FUN RUN

DATE : October 3, 2016

12:10/4/16
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Attached is a basic communication from Atty. Mercedes VPE Enriquez, Manager, Government Service Insurance System, inviting everyone to join the **2nd Dugo Ko, Gasa Ko Fun Run** on October 16, 2016 at 6:00 In the morning which will start and finish at the Benigna Aquino Freedom Park.

The event aims to spread awareness against Dengue and to inspire people to donate blood.

Division personnel and other DepEd employees are enjoined to participate in the activity.

For further details on the Fun Run and Blood Donation, please refer to the attached letter and enclosures.

For information, widest dissemination, and compliance.

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and appropriate

FUN RUN

A BLOODLETTING & DENGUE CAMPAIGN



28 September 2016

Dr. SALUSTIANO JIMENEZ
Assistant Regional Director
Department of Education
NIR, Dumaguete City

RECEIVED	
CONTROL NO.	247
RECEIVED BY:	CW
DATE RECEIVED:	9/29/16

Dear ARD Jimenez:

Greetings!

Part of our CSR-Corporate Social Responsibility, the Government Agencies' Association of Negros Oriental (GAANO) in cooperation with the Dumaguete Federated Parents - Teachers Association and "Live Again" is organizing the 2nd "Dugo Ko, Gasa Ko Fun Run" on October 16, 2016 at 6:00 in the morning, with the start and finish area at the Benigno Aquino Freedom Park. The event is intended to spread awareness against Dengue and to inspire people to donate blood regularly. Registration Fee is Php150 pesos, to cover race bib number, finishers' certificate, meals after the race,

The proceeds of this event including the collected blood will be given to the indigent patients of Negros Oriental Provincial Hospital through the "Dugo Ko, Kinabuhì Ko" Program of Rev. Fr. Antonio "Tonton" Arnaiz, Chaplain, NOPH.

For the blood donation, we respectfully request for a DepEd Memo, for teaching and non-teaching personnel of the Division of Dumaguete City, NIR Personnel, and Negros Oriental High School (NOHS), to participate on this activity, and if qualified based on information below, to **DONATE** blood. Donation starts at 6:30 AM and blood donors must NOT have taken a meal, at least 2 hours before donation.

Kindly refer on the attached Basic Information - on WHO are QUALIFIED to Donate Blood and Health Benefits to Donors, as reference. Copies can be reproduced.

It is requested that the List of possible Blood Donors be submitted to the undersigned thru fax number (035) 422-4032 or email at this address: mypeenriquez@gsis.gov.ph, and Fun Run Entries with the PHp150 fee, shall be submitted to GSIS c/o Risty A. Villahermosa on or before Oct. 11, 2016, Tuesday.

Your cooperation is deeply appreciated.

Cordially yours,

Atty. Mercedes VPE Enriquez
President
GAANO-Government Agencies Association of Negros Oriental

Copy furnished:
SDS L. Cabrera - Province
SDS E. Luminarias - City Division
NIR, Dumaguete City

BASIC INFORMATION

Who are qualified to donate BLOOD

- Age: 16- 65 years old
- Donors below 18 must submit Parental Consent.
- Weight: at least 50 kg (110 lb) or 50 kg up for 450 ml and 40 kg (88 lb) for 250 ml blood.
- Body Temperature: not more than 37.5 centigrade.
- Pulse Rate: 50-100 beats/minute regular rhythm. Athletes with PR of less than assessment 50 beats/per minute may donate depending on approval of attending physician.
- Blood Pressure: lowest normal – 100/60; highest normal: 160/100
- Hemoglobin: not less than 12.5 gm/dl (for not less than 38% hct).
- No history of anemia, diabetes, heart disease, TB, epilepsy, malaria, severe hypertension, hepatitis.

• NOTE:

There is Pre-health screening – before you give blood, a medical technician, doctor or nurse will check your blood pressure and conduct a pre-health screening.

Health Benefits to Donors

- Reduced risk of heart disease
- Decrease the risk of cardiovascular heart- problems.
- Blood donation cleanses body system and stimulates the body's vital organs, especially the bone marrow, to reproduce new blood cells- means active physic of health wellness.
- The joy of saving a life.
- Free health assessment.
- To know the status of your own blood type & hemoglobin status.

Note:

- **The donor must have not taken alcoholic drinks within the last 24 hours.**
- **Must NOT have taken a meal at least 2 hours before actual blood donation.**

"Dugo Ko, Gasa Ko" Fun Run

A Blood Donation & Anti-Dengue Campaign

"The Life you save maybe your own."

Control No.

BLOOD DONOR REGISTRATION FORM

Blood Donation will be done at the Stage Area, Freedom Park, Dumaguete City on **OCTOBER 16, 2016 (SUNDAY)** at 8:00 - 12:00 in the morning.

PLEASE WRITE LEGIBLY:

Name (FN, MN, LN): _____

Gender ☐ Male ☐ Female

Marital Status ☐ Single ☐ Married ☐ Widowed

Address: _____

Date of Birth: _____ Age: _____ Phone Number: _____

EMAIL Address: _____

School / Office / Group (Note: Dep. Ed. Employees, kindly indicate Division & School)

Signature over Printed Name

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