



Republic of the Philippines
Province of Surigao del Sur



MUNICIPALITY OF CANTILAN

OFFICE OF THE SANGGUNIANG BAYAN

14 July 2026

THE HONORABLE SANGGUNIANG PANLALAWIGAN MEMBERS

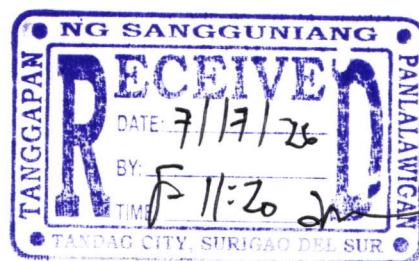
Tanggapan ng Sangguniang Panlalawigan
Tandag City

THRU: EDGAR G. PEREZ II, J.D.

Secretary to the Sangguniang Panlalawigan
Province of Surigao del Sur

Dear Hon. Members,

Greetings!

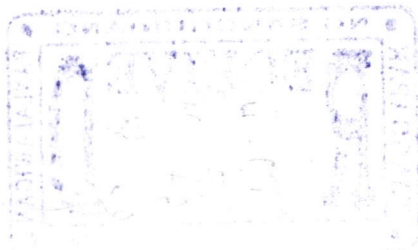


Submitting herewith are the copies of **ORDINANCE NO.23-2026** entitled: "AN ORDINANCE ESTABLISHING A DAILY DISTRICT-WIDE HYDRATION ACTIVITY ENTITLED 'SIP TOGETHER AT 9:00 A.M. AND 3:00 P.M. – HYDRATE, ENERGIZE, STAY FIT' ALL ELEMENTARY PUPILS OF THE DEPARTMENT OF EDUCATION (DEPED) CANTILAN DISTRICT, PROVINCE OF SURIGAO DEL SUR, AND FOR OTHER PURPOSES." for your review and confirmation.

Thank you and God Bless.

Respectfully yours,


ANDREW G. HUELMA, J.D.
Secretary to the Sanggunian



water consumption, and contribute to the development of a health-conscious school community;

WHEREAS, the proposed activity entitled “**Sip Together at 9:00 A.M. and 3:00 P.M – Hydrate, Energize, Stay Fit**” seeks to institutionalize a synchronized daily hydration break for all elementary pupils in the DepEd Cantilan District as part of its health and wellness initiatives;

NOW, THEREFORE, BE IT ORDAINED by the Sangguniang Bayan of Cantilan, Surigao del Sur, in session duly assembled, that:

Section 1. Short Title. This Ordinance shall be known and cited as the “Sip Together at 9:00 a.m. and 3:00 p.m. Ordinance of Cantilan”.

Section 2. Declaration of Policy. It is hereby declared the policy of the Local Government to prioritize the health and well-being of Elementary Pupils in the DepEd Cantilan District. Recognizing that proper hydration enhances cognitive function, physical energy, and overall fitness, the local government mandates a daily district-wide hydration activity to instill healthy habits among learners from an early age.

Section 3. Definition of Terms.

- DepEd Cantilan District - Refers to all public elementary schools under the jurisdiction of the Department of Education, Division of Surigao del Sur, Cantilan District.
- Hydration Activity - Refers to the synchronized 2-5 minutes daily break at 9:00 a.m. and 3:00 p.m. dedicated to drinking safe, clean water and promoting awareness on proper hydration.

Section 4. Implementation of the “SIP TOGETHER AT 9:00 A.M. AND 3:00 P.M.” ACTIVITY.

- 1) The activity shall include a brief (2-5 minutes) reminder on the importance of hydration, followed by supervised drinking of clean water brought by pupils in clean, reusable containers or clean water provided by the School.
- 2) All public elementary schools in DepEd Cantilan District shall conduct the hydration activity daily at 9:00 a.m. and 3:00 p.m. excluding weekends, school holidays, and days when classes are suspended.
- 3) Teachers and school personnel shall lead and supervise the activity to ensure participation and safety of all pupils.
- 4) This activity will start on July 2026.

Section 5. Responsibilities of Concerned Entities.

- **DepEd Cantilan District Office:** Shall issue guidelines for consistent implementation across all schools, monitor compliance, and coordinate with the local government for support.
- **Elementary School Administrators:** Shall oversee on- ground implementation, ensure availability of safe water, conduct orientation for teachers and pupils, and maintain records of participation

water consumption, and contribute to the development of a self-conscious school community.

WATERBURY: The purpose of this project is to provide a self-organized daily hydration break (Hydrate, Hooray, Hooey!) for all students in the Waterbury School District. The goal is to increase hydration levels and reduce the risk of dehydration-related illnesses.

Now, Waterbury is a proud member of the 2nd grade Bayan of Canada.

Waterbury is a proud member of the 2nd grade Bayan of Canada.

Section 1: School Title: 2nd Grade Bayan of Canada and other as the 2nd Grade.

at 8:00 a.m. and 3:00 p.m. on Wednesdays.

Section 2: Description of Project: The purpose of this project is to provide a self-organized daily hydration break (Hydrate, Hooray, Hooey!) for all students in the Waterbury School District. The goal is to increase hydration levels and reduce the risk of dehydration-related illnesses. The project will be implemented in the 2nd grade Bayan of Canada.

Section 3: Definition of Terms:

Hydrate, Hooray, Hooey! - A self-organized daily hydration break (Hydrate, Hooray, Hooey!) for all students in the Waterbury School District. The goal is to increase hydration levels and reduce the risk of dehydration-related illnesses.

Hydrate, Hooray, Hooey! - A self-organized daily hydration break (Hydrate, Hooray, Hooey!) for all students in the Waterbury School District. The goal is to increase hydration levels and reduce the risk of dehydration-related illnesses.

Section 4: Implementation of the SIP TOGETHER AT 8:00 A.M. AND 3:00 P.M.

1) The school will provide a self-organized daily hydration break (Hydrate, Hooray, Hooey!) for all students in the Waterbury School District. The goal is to increase hydration levels and reduce the risk of dehydration-related illnesses.

2) All public elementary schools in the Waterbury School District will conduct the hydration break (Hydrate, Hooray, Hooey!) for all students in the Waterbury School District. The goal is to increase hydration levels and reduce the risk of dehydration-related illnesses.

3) The school will provide a self-organized daily hydration break (Hydrate, Hooray, Hooey!) for all students in the Waterbury School District. The goal is to increase hydration levels and reduce the risk of dehydration-related illnesses.

4) The school will provide a self-organized daily hydration break (Hydrate, Hooray, Hooey!) for all students in the Waterbury School District. The goal is to increase hydration levels and reduce the risk of dehydration-related illnesses.

Section 5: Description of Continued Efforts

1) The school will provide a self-organized daily hydration break (Hydrate, Hooray, Hooey!) for all students in the Waterbury School District. The goal is to increase hydration levels and reduce the risk of dehydration-related illnesses.

2) The school will provide a self-organized daily hydration break (Hydrate, Hooray, Hooey!) for all students in the Waterbury School District. The goal is to increase hydration levels and reduce the risk of dehydration-related illnesses.



- **Local Government Unit (LGU) of Cantilan:** Shall provide technical and logistical support as needed.
- **Parents/Guardians:** Shall encourage their children to participate actively, provide clean reusable water containers, and reinforce hydration habits at home.

Section 6. Funds and Resources. Funds and resources for the implementation of this Ordinance shall be sourced out from the General Fund - MOOE under Mayor's Office Donation account with an amount of twenty-five thousand pesos (P25,000.00) per quarter, as well as from partnership with non-government organization, private sectors, and other stakeholders willing to support the activity.

Section 7. Monitoring and Evaluation. The DepEd Cantilan District Office, in coordination with the LGU's Health and Education Offices, shall conduct quarterly monitoring and evaluation to assess compliance and the impact of the activity on pupils' health and performance. A report shall be submitted to the local legislative body annually.

Section 8. Penalties for Non-Compliance. School failing to implement the activity without justifiable cause shall be issued a written warning. Persistent non-compliance may result in the withholding of LGU-provided support or resources, subject to due process.

Section 9. Separability Clause. If any provision of this Ordinance is declared unconstitutional or invalid, the remaining provisions shall continue to be in full force and effect.

Section 10. Repealing Clause. All ordinances, resolutions, or issuances inconsistent with the provisions of this Ordinance are hereby repealed or modified accordingly.

Section 11. Effectivity. This Ordinance shall take effect fifteen (15) days after its approval by the Local Chief Executive and its full publication or posting in at least three (3) conspicuous places in the Municipality of Cantilan, in accordance with law.

ENACTED this 22nd day of June 2026 at the Sangguniang Bayan Session Hall, Cantilan, Surigao del Sur.

I HEREBY ATTEST to the correctness of the foregoing ordinance that was duly enacted by the Sangguniang Bayan during its regular session held on the 22nd day of June 2026.

ANDREW G. HUELMA, J.D.
Secretary to the Sanggunian

**ATTESTED AND CERTIFIED
TO BE DULY ENACTED:**

RODRIGO L. ELEAZAR
Municipal Vice Mayor/ Presiding Officer

APPROVED: JULY 8, 2026

PHILIP A. PICHAY
Municipal Mayor



*Republic of the Philippines
Province of Surigao del Sur*

MUNICIPALITY OF CANTILAN



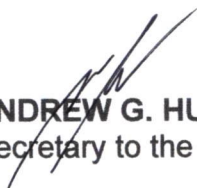
BAGONG PILIPINAS

OFFICE OF THE SANGGUNIANG BAYAN

CERTIFICATION

This is to certify that Ordinance No. 23-2026, entitled “AN ORDINANCE ESTABLISHING A DAILY DISTRICT-WIDE HYDRATION ACTIVITY ENTITLED ‘SIP TOGETHER AT 9:00 A.M. AND 3:00 P.M. – HYDRATE, ENERGIZE, STAY FIT’ ALL ELEMENTARY PUPILS OF THE DEPARTMENT OF EDUCATION (DEPED) CANTILAN DISTRICT, PROVINCE OF SURIGAO DEL SUR, AND FOR OTHER PURPOSES.” was duly posted on the bulletin board within the LGU premises on July 8, 2026, in accordance with applicable posting and publication requirements.

This certification was issued on the 15th day of July 2026.


ANDREW G. HUELMA, J.D.
Secretary to the Sanggunian



DEPARTMENT OF EDUCATION
REPUBLIC OF THE PHILIPPINES



REGIONAL OFFICE
BANGAL, ALABANG

REGIONAL DIRECTOR
OFFICE OF THE REGIONAL DIRECTOR

OFFICE OF THE REGIONAL DIRECTOR

MEMORANDUM FOR THE RECORD

This is to certify that the Ordinance No. 23-2024, entitled "AN ORDINANCE ESTABLISHING A DAILY DISTRICT-WIDE TRASH PICKUP ACTIVITY TO BE HELD TOGETHER AT 7:00 A.M. AND 1:00 P.M. THROUGHOUT THE DISTRICT OF ALL ELEMENTARY SCHOOLS OF THE DEPARTMENT OF EDUCATION (DepEd) CANTILAN DISTRICT PROVINCE OF SOUTHERN CEBU AND FOR OTHER PURPOSES" was duly passed and approved by the Board of Directors on May 20, 2024, in accordance with the provisions of the Local Government Code of 1991.

This memorandum was issued on the 13th day of May 2024.

ATTEST:
Regional Director

DOCUMENTATION OF POSTING


Republic of the Philippines
Province of Surigao del Sur
MUNICIPALITY OF CANTILAN

OFFICE OF THE SANGGUNIANG BAYAN

EXCERPT FROM THE MINUTES AND PROCEEDINGS OF THE 17th REGULAR SESSION
OF THE 19th SANGGUNIANG BAYAN OF CANTILAN, SURIGAO DEL SUR, HELD AT THE
MUNICIPAL OFFICE OF CANTILAN, SURIGAO DEL SUR, ON JUNE 20, 2024

PRESENT:

Hon. Rodrigo L. Eleazar	- Municipal Vice Mayor/Presiding Officer
Hon. Liberty G. Cale	- SB Member
Hon. Genito B. Guardo	- SB Member
Hon. Florena A. Uriarte	- SB Member
Hon. Charles P. Arreza	- SB Member
Hon. Lorna G. Almeda	- SB Member
Hon. John Elven G. Vega	- SB Member
Hon. Romeo Emmanuel D. Azarcon	- SB Member
Hon. Jimbo A. Luarez	- ABC President/Ex Officio
Hon. Escobal S. Angeles	- IPMR/Ex Officio
Hon. Mark Vincent M. Prado	- SK Federation President/Ex Officio

ON LEAVE:

Hon. Mario B. Arreza	- SB Member
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ORDINANCE NO. 23 – 2026

"AN ORDINANCE ESTABLISHING A DAILY DISTRICT-WIDE HYDRATION ACTIVITY ENTITLED 'SIP TOGETHER AT 9:00 A.M. AND 3:00 P.M. – HYDRATE, ENERGIZE, STAY FIT' ALL ELEMENTARY PUPILS OF THE DEPARTMENT OF EDUCATION (DEPED) CANTILAN DISTRICT, PROVINCE OF SURIGAO DEL SUR, AND FOR OTHER PURPOSES."

Sponsor: SBM Lorna G. Almeda,
Co-Sponsors: SBM Liberty G. Cale, SBM Genito B. Guardo, SBM Florena A. Uriarte, SBM Charles P. Arreza, SBM John Elven G. Vega, SBM Romeo Emmanuel D. Azarcon, ABC President/Ex Officio Jimbo A. Luarez, SK Federation President/ Ex Officio, Mark Vincent M. Prado and IPMR/Ex Officio Escobal S. Angeles

EXPLANATORY NOTE:

WHEREAS, Section 16 of the Local Government Code of 1991 mandates local government units to promote the general welfare and enhance the health and well-being of their constituents, particularly children and youth;

WHEREAS, proper hydration is essential to the physical health, mental alertness, concentration, and overall academic performance of school children;

WHEREAS, studies and health experts recognize that regular water intake helps prevent dehydration, fatigue, heat-related illnesses, and other health concerns that may affect the learning capacity and productivity of pupils;

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Ordinance No. 23-2026

DOCUMENTATION OF POSTING

1. NAME OF THE POSTING: _____

2. DATE OF POSTING: _____

3. LOCATION OF POSTING: _____

4. TYPE OF POSTING: _____

5. PURPOSE OF POSTING: _____

6. NAME OF THE POSTER: _____

7. SIGNATURE OF THE POSTER: _____

8. DATE OF SIGNATURE: _____

9. NAME OF THE POSTING OFFICE: _____

10. ADDRESS OF THE POSTING OFFICE: _____

11. PHONE NUMBER OF THE POSTING OFFICE: _____

12. FAX NUMBER OF THE POSTING OFFICE: _____

13. E-MAIL ADDRESS OF THE POSTING OFFICE: _____

14. WEBSITE ADDRESS OF THE POSTING OFFICE: _____

15. NAME OF THE POSTING OFFICE: _____

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19. E-MAIL ADDRESS OF THE POSTING OFFICE: _____

20. WEBSITE ADDRESS OF THE POSTING OFFICE: _____

