



Republic of the Philippines
Department of Education
REGION III – CENTRAL LUZON
SCHOOLS DIVISION OF SCIENCE CITY OF MUÑOZ

August 4, 2025

SCHOOLS DIVISION MEMORANDUM

No. 239, s. 2025

CONDUCT OF WATERBELL PROGRAM IN SCHOOLS

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

1. Water is vital for life. It is the main constituent of our body cells, tissues and organs (LANG and WALDINGER,1997). Water is involved in critical anatomical and physiological functioning such as providing body mass and form to human body, functioning as the medium and reagent for metabolic reactions, in lubrication of adjoining tissues, in transportation of substrates and metabolic waste and serve as the primary means for dissipating excess body heat.
2. Hydration or the process of drinking is integral to life. Euhydration is defined as the normal state of hydration needed to sustain normal physiological functions of the body. A healthy individual requires 3-4 Li of water per day depending on how vigorous one's activities and water loss from skin and sweat which would require increase in fluid intake.
3. In relation to this, the Department of Education is one of the government's agencies advocating drinking of safe potable water under the Water, Hygiene and Sanitation Program in Schools (WINS) under Deped Order No.10, s.2016 and Deped Order no.13, s.2017 known as Healthy Foods and Beverages Choices in all Public Elementary and Secondary Schools.
4. Therefore, all Public Elementary and Secondary Schools must ensure that all learners are provided with safe drinking water and be given sufficient time to hydrate during class hours. Learners spend almost 8 hours a day in schools and should always be in a state of euhydration to maintain optimum cognitive function, sharper focus and a high level of concentration during class discussion and other school activities. Schools are highly encouraged to include water break schedules in the Class Program.
5. For queries, please contact the School Health and Nutrition Unit thru marianne.coronel@deped.gov.ph.
6. Wide dissemination of this Memorandum is earnestly desired.

Encl: As stated
Reference: None
To be indicated in the Perpetual Index:
Under the following subjects:

WinS Program/ WaterBell Program / OK SA DEPED
SGOD/ MCC- SHNU- MO3
16/ August 4, 2025

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