



JUL 19 2016

**DIVISION MEMORANDUM**

No. 378, s. 2016

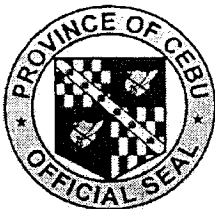
**DESSIMINATION OF RESOLUTION NO. 1147-2016 RE: "REQUESTING THE DEPARTMENT OF EDUCATION TO FIND WAYS AND IMPLEMENT MEASURES THAT COULD LIGHTEN THE LOAD THAT PUPILS BEAR ON THEIR SCHOOL BAGS, TO PREVENT WHAT MEDICAL STUDIES SHOW AS HARMFUL EFFECTS OF SUCH BURDEN ON THEIR SPINES"**

To: Assistant Superintendents  
Chief Education Program Supervisors  
Education Program Supervisors/Coordinators  
School Heads

1. Attached herewith is Sangguniang Panlalawigan ng Cebu Resolution No. 1147-2016, entitled, "Requesting The Department of Education to Find Ways and Implement Measures that could Lighten the Load that Pupils Bear on their School Bags, to Prevent What Medical Studies Show as Harmful Effects of Such Burden on their Spines", authored by Hon. Jude Thaddeus Durano Sybico, for the information of all concerned.
2. Immediate dissemination of this Memorandum is directed.

  
**RHEA MAR A. ANGTUD, ED.D., CESO VI**  
Schools Division Superintendent

RMAA/rng2016



Republic of the Philippines  
Province of Cebu  
**SANGGUNIANG PANLALAWIGAN**  
Cebu Capitol, Cebu City

13<sup>th</sup> SP

19<sup>th</sup>

Session

**EXCERPT FROM THE MINUTES OF THE 19<sup>TH</sup> REGULAR SESSION HELD BY THE SANGGUNIANG PANLALAWIGAN OF CEBU AT THE SESSION HALL, LEGISLATIVE BUILDING, CAPITOL COMPOUND, CEBU CITY ON JUNE 20, 2016.**

**PRESENT:**

Hon. Agnes A. Magpale	Vice Governor/Presiding Officer
Hon. Julian B. Daan	Presiding Officer Pro Tempore
Hon. Jude Thaddeus Durano Sybico	Majority Floor Leader
Hon. Peter John D. Calderon	Sanggunian Member
Hon. Christopher R. Baricuatro	Sanggunian Member
Hon. Alex S. Binghay	Sanggunian Member
Hon. Grecilda P. Sanchez	Sanggunian Member
Hon. Sun J. Shimura	Sanggunian Member
Hon. Miguel Antonio A. Magpale	Sanggunian Member
Hon. Carmen Remedios Durano-Meca	Sanggunian Member (PCL)
Hon. Celestino A. Martinez III	Sanggunian Member (FABC)

**ON LEAVE:**

Hon. Arleigh Jay C. Sitoy	Minority Floor Leader
Hon. Raul D. Alcosoba	Sanggunian Member
Hon. Joven J. Mondigo, Jr.	Sanggunian Member

**RESOLUTION NO. 1147-2016**

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**AUTHOR: HON. JUDE THADDEUS DURANO SYBICO**

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**REQUESTING THE DEPARTMENT OF EDUCATION (DepEd) TO FIND WAYS AND IMPLEMENT MEASURES THAT COULD LIGHTEN THE LOAD THAT PUPILS BEAR ON THEIR SCHOOL BAGS, TO PREVENT WHAT MEDICAL STUDIES SHOW AS HARMFUL EFFECTS OF SUCH BURDEN ON THEIR SPINES.**

**WHEREAS**, according to foreign scientific studies such as the one conducted by the Department of Occupational Therapy at the University of Free State, students spent an average of 30 minutes per day carrying their bags, where an average pre-teen school bag weighed 13.1 pounds compared to a teenager's bag which weighed 14.3 pounds;

**WHEREAS**, the same study revealed that deviation to the side and/or backwards of children's spines and additional pressure to the spine causing failure to maintain proper standing posture were among the consequences that the children suffered because of the said heavy school bags;

**WHEREAS**, another study conducted by the Hong Kong Society for Child Health Development disclosed that 4.54 percent of Grade 3 to Grade 6 students who carried heavy bags experienced back problems ranging from mild to serious spinal deformities, thus, health authorities suggest that students should not carry bags with loads exceeding 15% of their body weight to prevent long-term risks and ultimately permanent damage to the lumbar disc height or curvature;

**WHEREAS**, since the damage to spinal and lumbar health are country-neutral and can therefore affect the students regardless of their nationality, the results of these foreign studies can apply with equal validity to our pupils;

**NOW THEREFORE**, on motion of Majority Floor Leader/Author, **Hon. JUDE THADDEUS DURANO SYBICO**, duly seconded by Presiding Officer Pro Tempore, **Hon. JULIAN B. DAAN**, be it

**RESOLVED** as it is hereby **RESOLVED**, to request the Department of Education (DepEd) to find ways and implement measures that could lighten the load that pupils bear on their school bags, to prevent what medical studies show as harmful effects of such burden on their spines;

**RESOLVED FURTHER**, that a copy of this Resolution be furnished to the Department of Education-Cebu Province for its information.


**CARRIED UNANIMOUSLY.**

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I hereby certify to the correctness of the aforementioned resolution.

  
PULCHRA MARIE E. ACEVEDO  
Secretary to the Sangguniang Panlalawigan

**APPROVED:**

  
AGNES A. MAGPALE  
Vice Governor/Presiding Officer

Date Signed:     JUN 24 2016    

**COPY FOR:**

Department of Education-Cebu Province

**COPY FURNISHED:**

Hon. Agnes A. Magpale  
Hon. Jude Thaddeus Durano Sybico

PMEA/vna/cbj/jap/ccs