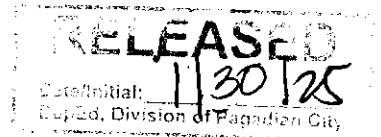




Republic of the Philippines
Department of Education
Region IX, Zamboanga Peninsula
Division of Pagadian City



Telephone: (062) 215-1716 | Telefax: (062) 214-4143

Address: San Jose Heights, Pagadian

January 28, 2025

DIVISION MEMORANDUM

No. LB, s.2025

**ONE HEALTH WEEK and OKD Launching Program cum
National Dental Health Month Mindanao-wide
Kick Off Ceremonies**

TO: Asst. Schools Division Superintendent
CID and SGOD Chiefs
Education Program Supervisors
Public Schools District Supervisors
School Heads- Elementary and Secondary
School Health Personnel
Select Learners
All Concerned
This Division

1. In line with the Department of Education's (DepEd) commitment to promote health and well-being among learners and personnel, you are hereby requested to attend the celebration of One Health Week with a theme "OK sa DepEd ang Eskwelahang Healthy.", as institutionalized by DepED Order (DO) No. 28, s. 2028 titled Policy and Guidelines on Oplan Kalusugan sa Department of Education.
2. The OK sa DepEd is a convergence of health and nutrition programs of the department for effective and efficient implementation at the school level in partnership with various stakeholders. It focuses on the 6 major flagship programs namely:
 - School-based Feeding Program (SBFP)
 - Water, Sanitation and Hygiene (WASH) in Schools (WinS) Program
 - National Drug Education Program (NDEP)
 - Adolescent Reproductive Health (ARH)
 - School Mental Health Program (SMHP)
 - Medical, Dental and Nursing Services
3. Attached herewith is the series of activities in a table presentation which will be conducted during the one-week long celebration including the guidelines, mechanics, and criteria of the different contests.





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Date	Time	Activities	Venue	Persons Involved
February 10, 2025	8:30 am to 10:00 am	<ul style="list-style-type: none">• OKD Launching cum National Dental Health Month Kick-off Ceremonies	Zamboanga del Sur National High School-Mega Gymnasium	<ul style="list-style-type: none">• Schools Division Superintendent• Asst. Schools Division Superintendent• CTD and SGOD Chiefs• Education Program Supervisors• Public Schools District Supervisors• School Heads-Elementary and Secondary• School Health Personnel, blood letting donors and volunteers• Select learners (100 from ZSNHS-JHS, 100 from ZSNHS-SHS)• 7 ZSNHS Learners (Photo Journalists) as Documenters
	10:00 am to 5:00 pm	<ul style="list-style-type: none">• Medical, Dental & Nursing Services		<ul style="list-style-type: none">• Medical Officer• Invited Physicians• Tooth Extraction (limited to 50 patients)• DEPED and PDA-Zamboanga del Sur dentists• Blood Letting Activity (School Administrators, Non-teaching Personnel & ZSNHS- SHS Learners)





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		<ul style="list-style-type: none"> • NDHM School-based Contests <ul style="list-style-type: none"> - Bench Cheering Contest - Tagline Contest - E-Poster Contest - Chant for Smiles Contest <p>(Please see attached guidelines, mechanics, and criteria)</p> <ul style="list-style-type: none"> • Supervised Toothbrushing Drill • Booth Display of the OKD 6 Flagship Programs 		<ul style="list-style-type: none"> • DEPED and PDA-Zamboanga del Sur dentists • Contestants from participating schools (ZSNHS JHS & SHS, PAGADIAN CITY SCIENCE HIGH SCHOOL, SAN PEDRO NATIONAL HIGH SCHOOL, STA. LUCIA NATIONAL HIGH SCHOOL, ZSSAT & PAGADIAN CITY NATIONAL COMPREHENSIVE HIGH SCHOOL), SCC-HS, & HOLY CHILD ACADEMY • Select Learners (20 SBFP beneficiaries from Ben Sagun Elementary School) • Select 50 learners from ZSNHS-JHS • DEPED and PDA-Zamboanga del Sur dentists • Division Nurses • DEPED-Zamboanga del Sur Division • Select 55 Learners of ZSNHS JHS
February 12, 2025		School Mental Health Symposium and Zumba	ZSSAT	<ul style="list-style-type: none"> • School Health Personnel • Resource Speaker • Select 100 Senior High School Learners






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February 13, 2025		Adolescent Reproductive Health Symposium	Co Tek Chun National Trade School	<ul style="list-style-type: none">• School Health Personnel• Resource Speaker• Select 100 Senior High School Learners of ZSSAT
February 14, 2025		National Drug Education Program Symposium	Napolan National High School	<ul style="list-style-type: none">• School Health Personnel• Resource Speaker• Select 40 Senior High School Learners

4. Along with this OKD kick-off, this office, joins the celebration and participation of the initiated programs and activities for the 21st National Dental Health Month pursuant to the Presidential Proclamation No. 559, s. 2004, declaring that month of February every year as the National Dental Health Month with a theme "Pamilya, Una Kong Dentista: #Ngiting 7020". This aims to promote oral health and good hygiene habits among learners and personnel of the Department of Education.
5. Immediate dissemination of this Memorandum is desired.


DANNY B. CORDOVA, EdD, CESO V
Schools Division Superintendent



"21st NDHM BENCH CHEERING CONTEST"

Objective:

- The contest aims to fosters school's spirit of creativity and teamwork among students enrolled in Junior and Senior High School by showcasing their bench cheering skills in a friendly competition.
- This contests further aims to spread awareness on oral health to the public and strengthen the advocacy of the Philippine Dental Association and mandated government institutions and non-government organizations to promote good oral health.

Guidelines and Mechanics:

- **Composition of the Team:**
Each participating school should consist of a minimum of **FIFTEEN (15)** and a maximum of **TWENTY-FIVE (25)** performers including **ONE (1) Cheer Captain** and **ONE (1) percussion instrumentalist**. Props Crew are encouraged but are limited to **THREE (3)** students only and they should not be counted as part of the required number of performers. All members of the team are required to be a Bonafide student of the school they are representing; a complete list of the team members bearing their LRN shall be certified by the school principal. The percussion instrumentalist may be a student or one of the teaching or non-teaching staff of the school.
- **Content and Presentation:**
Participating teams must create an original bench cheering routine which speaks about oral health awareness with emphasis on the theme of the 21st National Dental Health Month: "**Brushing ang Key sa Ngiting Healthy**". Inclusion of few words to highlight the corporate advocacies of Colgate-Palmolive Philippines is highly encourage as a gesture of appreciation being the sponsor of the contest. Language, actions/ performance acts must be decent, culturally and morally appropriate.
- **Cheering Duration:**
The bench cheering routine should not be less than **THREE (3) Minutes** and not to exceed **FOUR (4) Minutes** in length. Corresponding point will be deducted to the school's performance score should exceed the time limit.
- **Choreography and Props:**
Participants are expected to showcase their creativity and innovation in maximizing the designated space for their team performance. Routine should be safe for participants and should not involve any dangerous or risky maneuvers. Hand props are encouraged, provided they are relevant to the team's concept to promote originality and creativity.
- **Costume:**
Members of the participating teams may wear whatever they perceived to be best for them to execute their routine. Attire should be appropriate, cost-efficient and inoffensive.

Criteria for Judging:

Creativity and Originality	15%
Clarity, Mastery, Energy and Vocal Quality	25%
Composition of Yells, Cheers and Instruments	20%
Compelling Message	25%
Charisma and Impact to the Audience	15%
Total	100%

Prizes

Grand Winner	6,000.00+Certificate for the Student, Certificates for the School and Coach
1 st Runner-up	4,500.00 + Certificate for the Student, Certificates for the School and Coach
2 nd Runner-up	3,500.00 + Certificate for the Student, Certificates for the School and Coach

“21st NDHM CHANT FOR SMILES CONTEST”

Objective:

- The contest aims to develop a quick, catchy and easy to recall chant that will encourage the public to practice good oral health care.

Mechanics and Criteria:

- The competition is open to all Junior and Senior Highschool students of public and private schools in Pagadian City.
- Each participating team shall be composed of **TEN (10) to FIFTEEN (15)** Bonafide students whose names with corresponding LRN are encoded on the official stationery of the school they are representing and duly certified by the school principal or his/her designated representative.
- **One (1) minute to One and a half minutes** will be given to each team to recite their chant piece.
- Chant in Filipino, English or combination of both languages will be accepted.
- Participants are encouraged to wear their school uniforms during then contests.

Criteria for Judging:

Quality of Message Delivered	35%
Mastery of the Chant	20%
Choreography	15%
Voice projection and Clarity	15%
Charisma and Impact to the Audience	15%
Total	100%

Prizes

Grand Winner	4,000.00+Certificate for the Student, Certificates for the School and Coach
1 st Runner-up	2,500.00 + Certificate for the Student, Certificates for the School and Coach
2 nd Runner-up	1,000.00 + Certificate for the Student, Certificates for the School and Coach

“21st NDHM TAGLINE CONTEST”

Objective:

- To create awareness about oral health through tagline contest among our youth today.
- To be able to come up with a unique tagline that can be used as a dental health promotion material for learners in the public and private elementary and secondary schools in the Schools Division Office of Pagadian City and the entire Zamboanga Peninsula.
- To be able to instill the essence of oral health that would constantly remind its relevance to the daily lives of the young and future generation.

General Guidelines:

- It is open to all Grade 9 or 10 student.
- There should only be one (1)entry per school
- The submitted tagline must be original.
- It can be in Filipino, English or Taglish, not exceeding SIX (6) words.
- The Tagline entry must be submitted in google form on or before February 7,2025
- Judging will be on February 10,2025,10:00AM,atZamboanga del Sur National High School during the launching of One Health Week and Oplan Kalusugan sa DepED cum 21st National Dental Health Month Celebration

Guidelines for Students:

- Must be an enrolled student in either Grade 9 or 10 from any Public Secondary Schools in the Schools Division office of Pagadian City
- Tagline entry should describe “Oral Health at its Best”
- Tagline entry must be endorsed by the Class Adviser of the student contestant and the School Principal.
- Tagline must be original, and shall be presented in Filipino, English or Taglish, and must not be exceeding 6 words.
- Soft copy of the school's entry must be submitted to the Division Office through the School Health and Nutrition Section at alma.real002@deped.gov.ph with the following attachments:

1. Photocopy 1 of the student's school ID
2. Certificate of enrollment from the school principal for SY 2024-2025.

Criteria for Judging:

Relevance to the theme	35%
Originality	30%
Rhyming and organization of words	25%
Impact	10%
Total	100%

Prizes

Grand Winner	800.00+Certificate for the Student, Certificates for the School and Coach
1 st Runner-up	500.00 + Certificate for the Student, Certificates for the School and Coach
2 nd Runner-up	300.00 + Certificate for the Student, Certificates for the School and Coach

"21st NDHM E-Poster Contest"

Objective:

- To present a unique and informative E-POSTER design that can be used as campaign material for oral health promotion.
- To promote the importance of oral health awareness through E-POSTER designs.
- To promote the importance of Oral Health amongst Filipinos with designs that focuses on the advocacy of the Philippine Dental Association and School Health and Nutrition Unit of the department of Education for oral health awareness.

General Guidelines:

1. Designed concept should be based on the PDA provided tagline: "Dentista'y kaagapay, sa ngiting walang humpay"
2. Contestants are advised to refrain from using brand and advertisements, TV/ social media influencers and personalities.
3. All designs must be submitted in PDF format and PSD file with the following specifications:
 - a. 300 DPI resolution.
 - b. 16 inches X 24 inches (Standard Poster size)
4. E-Posters **MUST NOT** contain :
 - a. NDHM Logo
 - b. School Logo or any identifying mark or element.
5. It is requested that all entries be sent through email at alma.real002@deped.gov.ph

Contest Mechanics:

1. The contest is open to all enrolled student in either Grade11 or 12 from any Public or Private Secondary Schools in the Schools Division office of Pagadian City.
2. Contestants are required to attach picture of his/her school ID and a certificate of enrollment from the school principal for SY. 2024-2025
3. Contestants can use any editing material software in making their design.
4. Concepts or design of the poster must be original.
5. Contestants will be asked to write a brief description of their digital poster and send it in a separate WORD FILE to alma.real002@deped.gov.ph

Prizes

Grand winner – 2,000.00 +Certificate for the Student, Certificates for the School and Coach
1st Runner Up – 1,000.00 +Certificate for the Student, Certificates for the School and Coach
2nd Runner Up – 700.00 +Certificate for the Student, Certificates for the School and Coach