



Republic of the Philippines
Department of Education
REGION VII – CENTRAL VISAYAS
SCHOOLS DIVISION OF NEGROS ORIENTAL

**Office of the Schools Division
Superintendent**

DIVISION MEMORANDUM


No. 700, s. 2022

8 SEP 2022

**DIVISION WELLNESS CAMPUS PROGRAM IMPLEMENTATION
FOR SY 2022-2023 EDITION**

TO : Assistant Schools Division Superintendents
Division Chiefs
Division Education Program Supervisors/Division Coordinators
Public Schools District Supervisors/District-In-Charge
Public Elementary and Secondary School Principals
All Others Concerned

1. The Department of Education Region VII in Partnership with Nestle' Philippines Inc.(NPI) through Greatfil Team, Inc.(GTI) informs the field on the implementation of the Wellness Campus Program for SY 2022-2023 Edition.
2. Please be reminded that the implementation of the program will be in three parts namely:
 - a.Nutrition Education for elementary and secondary learners and adults (teachers and parents) in all public schools;
 - b.Nestle' Wellness Campus Dancercise; and
 - c.Nestle ' Wellness Campus Inter-School and Inter-Region Competition.
3. Please see attached detailed general mechanics of each contest category and program timeline.
4. For queries and clarifications, please contact Dr. Dan P. Alar- Education Program Supervisor for MAPEH through mobile number **09176757303**.
5. Immediate dissemination of and Compliance with this memorandum is directed.


SENEN PRISCILLO P. PAULIN, CESO V
Schools Division Superintendent

9/7/22

SPP/MKP-JMA-NLR/NLR/dpa
September 7, 2022



Address: Kagawasan Avenue, Capitol Area, Daro, Dumaguete City
Telephone Nos.: (035)225-2838 / 225-2376 / 422-7644
Email Address: negros.oriental@deped.gov.ph

**S.Y. 2022-2023 DEPARTMENT OF EDUCATION
NESTLÉ WELLNESS CAMPUS PROGRAM**

GENERAL MECHANICS

PROGRAM OBJECTIVES:

- To educate public school students ages 7-17 years old on how to live a healthy life through the Nestlé Wellness Campus Program with the use of the Nestlé for Healthier Kids modules.
- To encourage students to choose nutritious food, drink options and live healthy pursuant to the seven (7) healthy habits as follows:
 1. Choose Nutritious and Varied Options
 2. Manage Portions
 3. Choose to Drink Water and Milk
 4. Enjoy Meals Together
 5. Play Actively
 6. Care for the Planet
 7. Keep Good Hygiene
- To support public school teachers through the Nestlé Wellness Campus Facebook group, which serves as a platform where they can share, learn and apply the best practices to effectively promote the seven healthy habits among learners and parents.

COVERAGE:

Grades 1-10 in all public schools of the following regions:

- National Capital Region (NCR)
- Region 4-A (CALABARZON)
- Region 5 (Bicol)
- Region 6 (Western Visayas)
- Region 7 (Central Visayas)
- Region 10 (North Mindanao)
- Region 11 (Davao Region)

DURATION:

July 1, 2022 – April 30, 2023

MECHANICS:

The DepEd and Nestlé Wellness Campus Program (the “Program”) is a partnership between the Department of Education (DepEd) and Nestlé Philippines, Inc. (NPI) and will be implemented by Greatfil Team, Inc. (GTI).

The Program will be implemented through the participating DepEd Regional Offices who will appoint the Division Supervisors or other DepEd officials to ensure that the Program will be implemented in all schools in their respective divisions in both elementary and high school levels. Division Supervisors or those

appointed by the DepEd Regional Office will also be the contact persons in their respective divisions.

The S.Y. 2022-2023 Program implementation will give more emphasis on developing the students' and parents' healthier habits through nutrition education, physical activity, good personal hygiene and proper waste management for both elementary and high school students. An exclusive Nestlé Wellness Campus Facebook group for teachers and parents will also be utilized for the inter-school contest and to serve as a platform for sharing their wellness ideas and practices. Wellness-related events such as webinars, cooking demos and Nestlé-sponsored activities will also be conducted in this Facebook group.

The implementation of the Program will be in three (3) parts, as follows:

**Part 1: NUTRITION EDUCATION FOR ELEMENTARY AND HIGH SCHOOL STUDENTS AND ADULTS
(Teachers and Parents) IN ALL PUBLIC SCHOOLS IN THE SEVEN (7) PARTICIPATING REGIONS.**

1. NPI, through GTI, will provide nutrition, hygiene, SHS modules and solid waste management modules to students as well as adults when appropriate. The students' modules are encouraged to be integrated in the Elementary and High School MAPEH curriculum subject to DepEd rules and regulations. Adult modules will be distributed to parents for them to read and work at home. The adult modules will teach parents and teachers the importance of preparing healthy and balanced meals, proper waste management, good personal hygiene following the seven (7) healthy habits.
2. These modules are aligned with DepEd's MELCs and have been designed primarily for adult-assisted learning at home (Grades 1 to 3) or self-directed learning by the student (Grades 4 to 10).
3. Worksheets and activities are also given which the students and/or parents can read and work together at home or in the classrooms whenever possible.
4. To ensure smooth program implementation, NPI, through GTI, will provide soft copies of the following materials to both division supervisors and MAPEH school coordinators:
 1. Lesson guides
 2. PowerPoint presentation for student and adult modules
 3. Student worksheets
 4. Dancercise video
5. To facilitate faster distribution, they may also download the materials in Google Drive. The link will be provided by NPI through GTI.
6. The use of these materials is flexible. Teachers are encouraged to adapt these materials in whatever learning delivery mode is most appropriate for them.

Part 2: NESTLÉ WELLNESS CAMPUS DANCERCISE

1. NPI, through GTI, will provide a soft copy of the Nestle Wellness Campus dancercise music and choreography video to each Division Supervisor in charge of the Program. All schools are encouraged to get a copy of these materials from their respective supervisors.
2. Teachers are encouraged to use the dancercise during online synchronous sessions. If synchronous sessions are not possible, learners may do the dancercise on their own with their family. If face to face classes are allowed, dancercise may be used as warm up exercise after

the flag raising ceremonies and during PE classes.

3. For wider dissemination, the Nestlé Wellness Campus dance materials will be uploaded on the Nestlé Wellness Campus Facebook Group.

Part 3: NESTLÉ WELLNESS CAMPUS INTER-SCHOOL AND INTER-REGION COMPETITION

This year is the 10th year celebration of Nestlé Wellness Campus. NPI, through GTI, will make this year more exciting and fun through the different inter-school competitions applying what the students, teachers and parents learned from the Nestlé Wellness Campus Program. Due recognition will be given to the schools who will excel in competitions while delivering points that will help a region win.

The *Nestlé Wellness Campus Best Implementing Region* recognition will be awarded to regions that will implement the Program effectively following the seven (7) healthy habits.

The competition will have two categories, namely:

- A. Inter-school Category
- B. Inter-region Category

A. INTER-SCHOOL CATEGORY

1. The inter-school category is open only to all public schools in both elementary and high school in the seven (7) participating regions namely:
 - i. National Capital Region (NCR)
 - ii. Region 4-A – CALABARZON
 - iii. Region 5 – Bicol Region
 - iv. Region 6 – Western Visayas
 - v. Region 7 – Central Visayas
 - vi. Region 10 – Northern Mindanao
 - vii. Region 11 – Davao Region

2. Participation in all competitions is strongly encouraged. Interested schools must fill-up a registration and parent consent form to confirm their participation in the following inter-school competitions:

Note: Kindly refer to the separate attached sheets for the mechanics of each contest in the inter-school competitions as follows:

- i. Artwork for Wellness Contest
- ii. Virtual Dance Contest (Students and Teachers)
- iii. Virtual Cooking Contest
- iv. Healthy Habits Best Practices Contest

3. Schools may opt to select which from the four contests they wanted to join.

But only the school whose entries includes the Healthy Habits Best Practices Contest will qualify in the SY 2022-2023 NWCP Best Implementing School Competition.

B. INTER-REGION CATEGORY (SY 2022-2023 Nestlé Wellness Campus Best Implementing Region)

The SY 2022-2023 Nestlé Wellness Campus Best Implementing Region will showcase the best practices of a region in implementing the Program.

1. Aside from the best implementing schools, NPI through its organizer will also give an award to the best implementing region. The Inter-region competition is divided into two parts and will have the corresponding weights as follows:

Part 1: Program Implementation	50%
Part 2: Overall Score Gained by Schools representing the Region in the National Level Competition	<u>50%</u>
Total	100%

Part 1: (50%) PROGRAM IMPLEMENTATION Criteria for Judging

<i>Implementation of modules for students</i>	40%
<i>Implementation of modules for adults</i>	25%
<i>Implementation of Dancercise</i>	20%
<i>Submission of Certificate of completion</i>	<u>15%</u>
TOTAL	100%

Note: DepEd division supervisors assigned to the Program will ensure that students who will participate in the Program are those in grades 1-6 and grades 7-10 and legitimately enrolled.

In order for a region to achieve the maximum score per criteria, 100% of the schools in the region based on the list validated by the division supervisor in charge of the Program should be able to:

1. Implement the dancercise wherever possible
2. Implement the modules for students and adults.
3. Submit the duly signed certificate of completion.

GTI Wellness Ambassadors together with the duly assigned DepEd Division Supervisors will monitor the schools in their respective divisions to validate the school implementation via visit or online whichever is possible.

Validation period will be announced separately.

Part 2: (50%) OVERALL SCORE EARNED BY SCHOOLS REPRESENTING THE REGION

IN THE NATIONAL LEVEL COMPETITION

The overall score achieved by the schools in elementary and high school representing the region in the national level competition will be determined based on the ranking of the schools in the following activities with their corresponding weight as follows:

1. Art Work for Wellness Contest	10%
2. Virtual Cooking Contest	15%
3. Virtual Dancercise Contest	25%
4. Healthy Habits Best Practices Contest	50%
TOTAL	100%

To determine the inter-region winners, the computation will be based on the scores gained by the schools representing the region in the National Level competition. Scores gained in Part 1 and Part 2 will be averaged out. The region with the highest average score will be declared as the "SY 2022-2023 Nestlé Wellness Campus Best Region of the Year" and will receive items of their choice based on the list of items below. The total amount of items will be based on the total amount won. The prizes are as follows:

NESTLÉ WELLNESS CAMPUS BEST IMPLEMENTING REGION AWARD:

National Champion - Prize Package Worth Ps. 200,000.00 + trophy

First Runner-up - Prize Package Worth Ps. 150,000.00 + trophy

Second Runner-up - Prize Package Worth Ps. 100,000.00 + trophy

Prize Packages: The winners may select among the items listed below. The quantity of items will depend on the amount of the prize won as follows:

- a. 50" flat screen TV
- b. Sound System
- c. Laptop
- d. Projector
- e. Camera
- f. Other items that will promote nutrition, health and wellness in the regions

Announcement of winners will be via circular that will be sent to each regional office from NPI/GTI and signed by an FDA representative.

Awarding of prizes will be done in the campus of the winning schools or in the DepEd regional offices for the winning regions whenever possible.

NPI/GTI shall have the absolute right to change the mechanics to ensure the successful and orderly implementation of the Program upon prior notice to participants.

**SY 2022-2023 NESTLÉ WELLNESS CAMPUS
VIRTUAL DANCERCISE CONTEST**

DESCRIPTION

The Nestlé Wellness Campus Virtual Dancercise Contest aims to encourage students and teachers to engage in a fun and enjoyable dancercise using the SY 2022-2023 NWCP dancercise music.

DURATION

October 1, 2022 to January 31, 2023

QUALIFICATION

The contest is open only to teachers and students at public elementary schools and junior high schools in the seven participating regions, namely:

- a. National Capital Region
- b. Region IVA – Calabarzon
- c. Region V – Bicol
- d. Region VI – Western Visayas
- e. Region VII – Central Visayas
- f. Region X – Northern Mindanao
- g. Region XI – Davao Region

MECHANICS

1. All participating schools may get copies of the dancercise music from their respective Division Supervisor in-charge of the Program.
2. Interested schools shall fill out the registration form, signed by the official school representative, and waiver.
3. A school team will be composed of a total of 25 members (15 students and 10 teachers). Only the official SY 2022-2023 NWCP dancercise music will be used. Duration of performance must be the same with the duration of the NWCP dancercise music.
4. The competition will be composed of two categories as follows:
 - a. Elementary Category
 - b. Junior High School Category
5. The competition will have three levels:
 - i. Division level competition
 - ii. Regional level competition
 - iii. National level competition

6. Participating schools shall submit a video of their dance performance. The contest will have two continuing parts. For the first part, performers must dance using the original Wellness choreography. The second part, using the same Wellness music, the performers will dance showing their own interpretation/steps. Pyramid building, stunts, throwing and other dangerous movements are strictly prohibited and will be subject for disqualification. Choreographies that are presented/considered as lewd, sexually explicit, and/ or deemed inappropriate for students by the contest facilitators are also not allowed. Entrance and exit are optional but should be within the duration of the dancercise music. Any kind of Props is not allowed.

7. Video entries submitted must conform with the following requirements:

- a. Video must be taken in the school premises.
- b. Video must be shot horizontally (landscape mode)
- c. Video must be continuous and should not be edited (not splicing, no stitching and no application of visual effects)
- d. Video resolution must be 1080p (high definition or higher if possible)
- e. Video should cover the totality of the dance performance (performers movements, and routines, others, etc.)
- f. Camera to be used in the entire filming of the performance must be steady (it is encouraged that a tripod be used to make the camera stable during the shoot)
- g. Video recording must be done from the beginning up to the end of the performance
- h. No other individuals can be seen in the video except the performers
- i. Video file size should be kept at or under 100mb for quicker up load and encoding time
- j. No unnecessary or extraneous noises, comments and effects must be heard from the video except from the audio that is necessary for the performance.
- k. None compliance with the video and audio requirements will be subject to disqualification.

8. Criteria for judging :

a) Choreography & impact	25%
b) Creativity and interpretation	25%
c) Showmanship (Execution and Expression)	25%
d) Synchronization of Movements/Mastery	15%
e) Attire	<u>10%</u>
TOTAL	100%

9. There will be one winner in the division level. Winning entry in the division level will move up to the regional level of the competition and winning entry in the regional level competition will represent the region in the National level competition.

10. A panel of judges will be selected by the DepEd focal persons in coordination with Greatfil Team and Nestlé Philippines, Inc.

11. Prizes to be won:

- a. Elementary Category:
 - i. Division level competition- one winner Ps. 5,000.00 worth of prize package
 - ii. Regional level competition – one winner Ps.10,000 worth of prize package
 - iii. National Champion
 - a. Champion - 15,000.00
 - b. First Runner up - 10,000.00
 - c. Second runner up - 5,000.00

- b. Junior High School Category:
 - i. Division level competition- one winner Ps. 5,000.00 worth of prize package
 - ii. Regional level competition – one winner Ps.10,000 worth of prize package
 - iii. National Champion
 - a. Champion - 15,000.00
 - b. First Runner up - 10,000.00
 - c. Second runner up - 5,000.00

12. The decision of the judges is final and not subject to any protests or appeal.

13. NPI/GTI shall have the absolute right to change the mechanics to ensure the successful and orderly implementation of the Program upon prior notice to participants.