



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

**Office of the Schools
 Division Superintendent**

21 NOV 2022

DIVISION MEMORANDUM
 No. 899, s. 2022

#EVERYDAYHEALTHYATSCHOOL: A MENTAL HEALTH PROMOTION CAMPAIGN

To: Assistant Schools Division Superintendent
 Chiefs CID and SGOD
 Education Program Supervisors
 Senior Education Program Specialists/Education Program Specialists
 Public Schools Districts Supervisor/Districts-In-Charge
 Public and Private Elementary/Secondary School Heads
 All Others Concerned

1. The schools Division of Negros Oriental through the SGOD-Health and Nutrition Section initiates the “#EveryDayHealthyAtSchool: A Mental Health Promotion Campaign” for four weeks, from November 21 to December 16, 2022 to boost mental health and wellbeing of learners, and teaching and non-teaching personnel.
2. The initiative aims to:
 - a. provide platform where learners can redirect stressors through music, arts, dance, literary and other creative ways;
 - b. promote engagement between peers;
 - c. create a safe environment where learners can express how they feel without being judged; and
 - d. develop health-seeking behavior among learners.
3. The campaign is composed of different activities per day, varying activities that will be implemented daily. These activities with their corresponding guidelines and mechanics are as follows:

Name of Activity	Activity Description/Guidelines/Mechanics
MONDAY #MoveToTheGroove	<ul style="list-style-type: none"> • The Galaw Pilipinas Calisthenics Exercise shall be conducted every Monday immediately after the Flag Raising Ceremony. • The MAPEH Department, in cooperation with the Supreme Student/Pupil Government Officers, shall take lead in the dance exercise. • ALL learners, and teaching and non-teaching are required to participate in the activity.
TUESDAY #BTS – Bonding Through Singing	<ul style="list-style-type: none"> • This is a bonding activity between learners and teachers through music conducted every Tuesday • It can be done either through listening to songs or group/community singing. • The songs or music which will be used are those that are motivational and inspirational. The following are the suggested songs but not limited to:



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Email Address: negros.oriental@deped.gov.ph



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	<ul style="list-style-type: none"> - Hawak kamay - Yeng Constantino - Fight Song - Rachel Platten - Stronger - Kelly Clarkson - Titanium - David Guetta & Sia - Hakuna Matata- The Lion King movie - Here comes the sun, and I say it's all right- The Beatles - Don't worry be happy- Bobby McFerrin - We are the world- By Michael Jackson - Happy- Pharrell Williams <p>Please avoid using songs that promote violence, and/or that may trigger anxiety, negative feelings or depression.</p>
<p>WEDNESDAY #HeartInArt</p>	<ul style="list-style-type: none"> • Art has been considered as one of the platforms where one can express how they feel. Through it, one can better cope up with stress and challenges in life. • Every Wednesday is Art Day to all learners. This activity allows learners to express how they feel through any of the following: <ul style="list-style-type: none"> - Photography; - Drawing; - Spoken Word Poetry; - Poem Writing/Creative Writing - Or any form of art (visual, physical, literary). • Use of provocative photographs and drawings, violent, bold, or foul language is highly DISCOURAGED.
<p>THURSDAY #LetterForYou</p>	<ul style="list-style-type: none"> • Writing has long been considered to be a good ally for positive coping with stress and challenges. It helps manage thoughts and emotions for this governs feelings and has a significant positive effects on ones' mental health. • Hence, Thursdays are hereby intended for literary activities such as letter writing to express gratitude and love to a friend, a family member, or to dearly departed loved ones, and the like. • Learners are encouraged to write a letter to people who play a significant role in their life. This may be a classmate, friend, teacher, school personnel, parents and others. Further, they are encouraged to send or give the letter/s to their intended recipient/s. • However, if the learners opted not to send or give the letter to its recipient, this must be respected, and encouraged to give or send it when they are ready.
<p>FRIDAY #HashtagToBeHeard</p>	<ul style="list-style-type: none"> • Nowadays, people communicate and express how they feel through catchy statements or hashtags in social media, it is one of the ways to be heard. • Every Friday is #HashtagToBeHeard day. In this activity, all learners are asked to make their own hashtag that promotes hope, positivity, and inspiration. • Each student must bring a paper with his or her unique hashtag. The following are the sample hashtags that can be used:



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	<ul style="list-style-type: none"> - #BeKindToYourMind - #TomorrowNeedsYou - #AtYourOwnPace - #HeyYou!Don'tGiveUpOkay - #HelpIsAvailable - #ThereIsHope • The hashtag can be written in English, Filipino or Cebuano. • The school may designate a place or a freedom wall where the placards can be placed.
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4. The aforementioned activities shall be done during MAPEH classes except for the #MOveToTheGroove activity. The school MAPEH and Values Education Department shall coordinate with the school Guidance Counselor, Guidance Designate, Guidance Advocate, and District nurses in the conduct of the activity.
5. The principal or school head shall designate a focal person to oversee the implementation of the activities. Enclosed is the monitoring tool and template for reporting. The school focal person shall fill out the monitoring form and submit a report of accomplishment after the implementation of the campaign.
6. Weekly submission of monitoring report shall be done using the following link, <http://bit.ly/3Eh1Kyc> . Below is the schedule of the weekly monitoring.

Week Number	Date of Submission
Week 1	November 25, 2022
Week 2	December 2, 2022
Week 3	December 9, 2022
Week 4	December 16, 2022

7. Meanwhile, the accomplishment report shall be submitted by the school focal person on or before **December 19, 2022** to the District Office for consolidation.
8. The District Health Coordinator shall consolidate all reports and submit via email using this e-mail address, health@gmail.com.
9. Expenses relative to the conduct of the activities can be charged against the School MOOE, PTA, or other local fund subject to the usual accounting and auditing rules and regulations.
10. For queries and concerns about this initiative, you may reach Division School Mental Health Focal Person, Miss Amalia Barot, or the nurse assigned to your district or school.
11. Widest dissemination of and compliance with this Memorandum are desired.

Senen Priscillo P. Paulin
SENEN PRISCILLO P. PAULIN, CES 5 V
 Schools Division Superintendent

11/18/22

SPP/JMA-MKP/SGOD/HBM/KLBC/abarot
 November 15, 2022



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MONITORING

WEEK 1: (Date) _____

CIGPs	Action taken to address the CIGP	Remarks
Concerns		
Issues		
Gaps		
Problems		

WEEK 2: (Date) _____

CIGPs	Action taken to address the CIGP	Remarks
Concerns		
Issues		
Gaps		
Problems		

WEEK 3: (Date) _____

CIGPs	Action taken to address the CIGP	Remarks
Concerns		
Issues		
Gaps		
Problems		

WEEK 4: (Date) _____

CIGPs	Action taken to address the CIGP	Remarks
Concerns		
Issues		
Gaps		
Problems		

Prepared by:

Name and signature

Noted by:

Name and signature



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Accomplishment Report

1. Brief Narrative Report (no more than 250 words)

2. Matrix of Activities

Table 1. Week 1: (Date) _____

Name of Activity	Date of the Activity	Short Description	Highlights	Remarks

Table 2. Week 2: (Date) _____

Name of Activity	Date of the Activity	Short Description	Highlights	Remarks

Table 3. Week 3: (Date) _____

Name of Activity	Date of the Activity	Short Description	Highlights	Remarks

Table 4. Week 4: (Date) _____

Name of Activity	Date of the Activity	Short Description	Highlights	Remarks

3. Challenges Encountered

Enumerate the challenges encountered here:	Resolution

4. Best Practice

Enumerate the Best Practice here	Brief Description

