



Republic of the Philippines
Department of Education
Region I
SCHOOLS DIVISION OF ILOCOS SUR
Bantay, Ilocos Sur



July 16, 2019

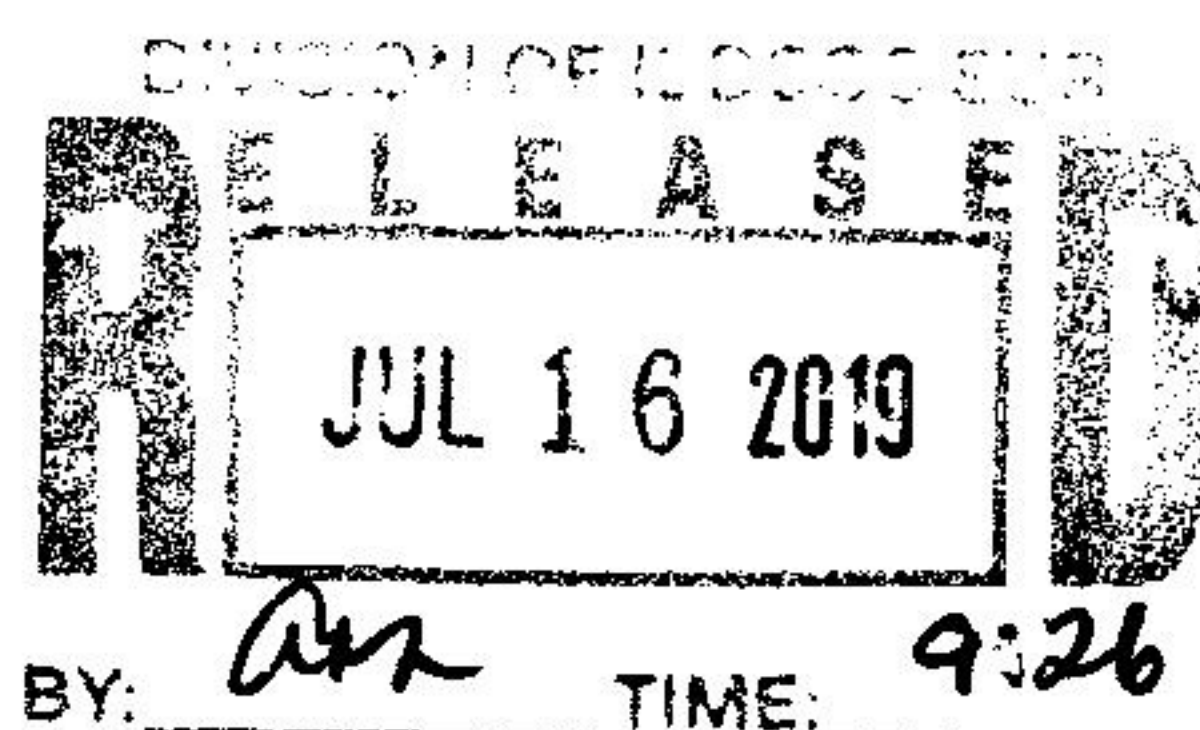
DIVISION MEMORANDUM
NO. 221 s, 2019

**OPLAN KALUSUGAN SA DEPED (OKD)
Poster Making and Essay Writing Contest**

To: OIC-Assistant Schools Division Superintendent
Chief Education Supervisors (CID and SGOD)
Education Program Supervisors
Public Schools District Supervisors
School Heads (Public & Private Elementary and Secondary Schools)
Teaching and Non-Teaching Personnel
All Others Concerned

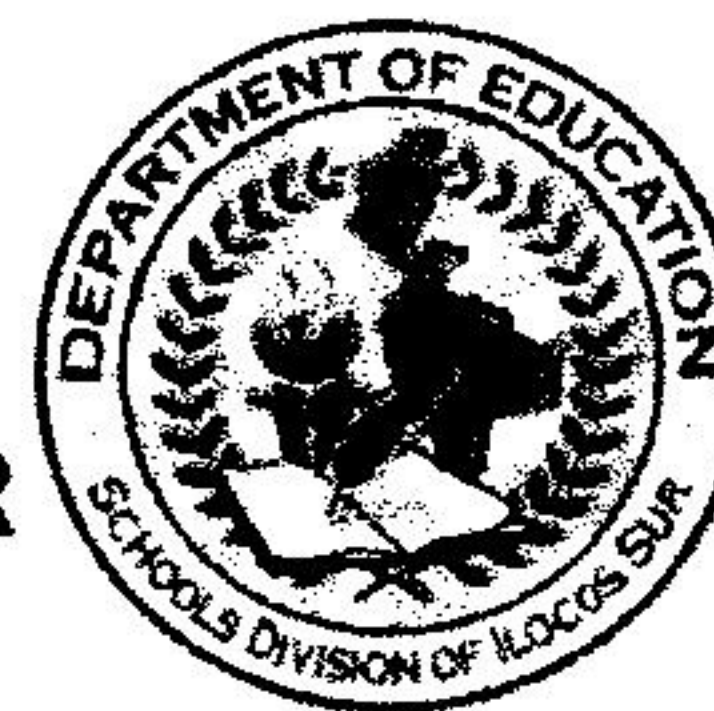
1. The Department of Education (DepEd) issues Policy and Guidelines on Oplan Kalusugan sa Department of Education (OK sa DepEd) as per DepEd Order No. 28, s. 2018, for the provision of basic primary medical and dental care to learners to allow them to attain their full educational potential. The policy and guidelines aim to promote and provide learners and DepEd Personnel with a sustainable holistic school health and nutrition program towards healthier behaviors and better learning outcomes.
2. The DepEd Regional Office will re-launched the said program comes August 2019. To highlight the re-launching the following activities/contests will be conducted:
 - a. Regional Contest on Poster Making and Essay Writing Contest. (Enclosures No. 1 and 2: Oplan Kalusugan Sa DepEd (OKD) 2019 Poster Making and Essay Writing Contest Mechanics)
 - b. Exhibits/Fora of best practices particularly school mental health.
3. In this regard, the Schools Division of Ilocos Sur will conduct Poster Making and Essay Writing Contest on July 22, 2019 at the SDO Conference Hall. Winning entries of the Poster Making Contest shall be displayed at the booth during the regional relaunching of the said program while the winning entries of the Essay Writing Contest shall be published in *The Messenger, the Official Publication of DepEd Region I*.
4. Travel expenses of the participants shall be charged against School MOOE subject to the usual accounting and auditing rules and regulations.
5. For information and guidance.

GEMMA Q. TACUY, CESO V
Schools Division Superintendent





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Enclosure No.1

**OPLAN KALUSUGAN SA DEPED (OKD)
2019 POSTER MAKING CONTEST MECHANICS**

- I. **THEME.** The theme for the observance of Oplan sa Kalusugan (OK) sa DepED 2019 shall be used during the contests with the core message: "Happy Minds for a Happy Schools".
- II. **PARTICIPANTS.** The Poster-Making Contest shall have two (2) categories- Senior High School and Junior High Schools. The participants shall present a certification from their respective schools as the official representative.
- III. **DATES.** The date for the contest shall be within July 22-26,2019 and winners shall be announced on the same date.

IV. CONTEST GUIDELINES

1. The participants are entitled to one (1) coach or chaperone.
2. The organizers shall provide the contestants with 10 inches x 15 inches illustration board which shall serve as canvass and basic drawing or coloring materials such as crayons, pencils and permanent markers.
3. Participants may opt to use other materials provided by the school being represented, but are limited only to the following: crayons, oil pastel, coloring pencils, water color, poster paints and markers.
4. Participants shall be given five (5) minutes to consult with the coaches after the orientation.
5. One (1) hour shall be allotted for the participants to work on their entries. No coach or chaperone interference is allowed during this period.
6. The artwork shall follow a PORTRAIT orientation. No text or mark identifying the participant shall appear on the artwork. The name and school of the participant shall be pasted at the back of the board.
7. The organizers shall display a wall or digital clock so that participants are guided on the time limitations. The organizers shall also announce the remaining time guided by the following intervals: last one hour, last thirty minutes, last fifteen minutes, last five minutes and last one minute.
8. All entries shall be submitted to the organizers after the contest work period.
9. The composition of Panel of Judges shall be determined by the Schools Division Office.
10. Entries shall be judged on the following criteria:

Overall presentation (including creativity, color, harmony etc.)-	50%
Relevance to the theme	40%
Originality	10%
TOTAL	100%

DOCUMENT CODE: SDO-ILS-SGOD-SHS

REVISION: 00

EFFECTIVITY DATE: 09-10-2018

Quirino Boulevard, Zone V, Bantay, 2727 Ilocos Sur



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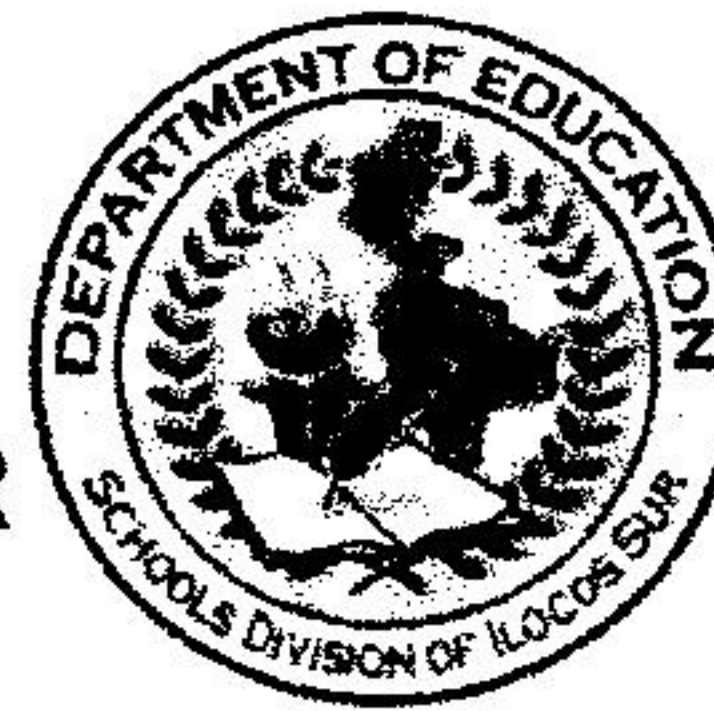


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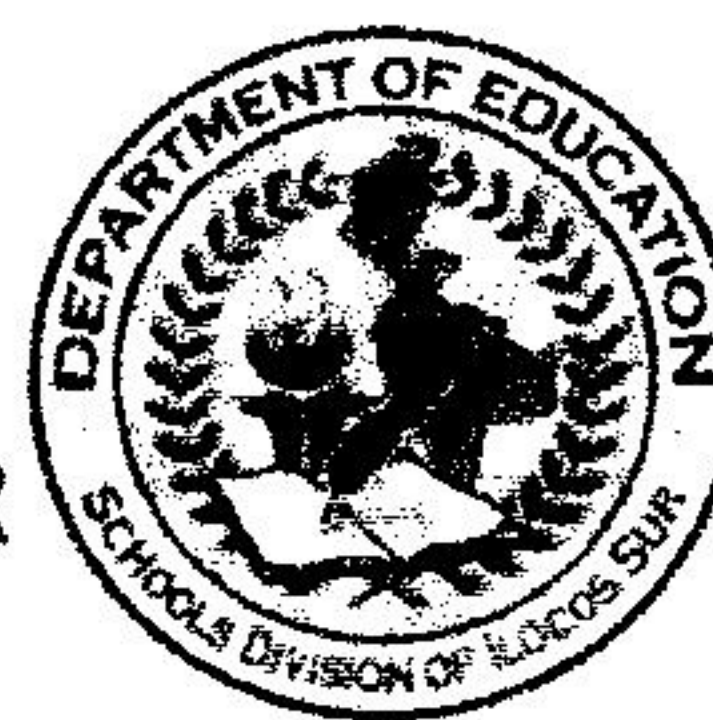


11. The Panel of Judges shall announce and award the winners of the contest after the adjudication and tabulation of results. There shall be only one winner per category. The decision of the Panel of Judges shall be final.
12. Winner per category shall receive cash and certificate.
13. Winning entries shall be displayed at the booth during the regional kick-off of Oplan Kalusugan sa DepED Program.





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Enclosure No.2

**OPLAN KALUSUGAN SA DEPED (OKD)
2019 ESSAY WRITING CONTEST MECHANICS**

- I. **THEME.** The theme for the observance of Oplan sa Kalusugan (OK) sa DepED 2019 shall be used during the contests with the core message: "Happy Minds for a Happy Schools".
- II. **PARTICIPANTS.** The Essay Writing Contest shall be open to Teaching and Non-Teaching Personnel. The participants shall present a certification from their respective schools as the official representative.
- III. **DATES.** The date for the contest shall be within July 22-26,2019 and winners shall be announced on the same date.

IV. CONTEST GUIDELINES

1. The participants are entitled to one coach or chaperone.
2. Laptops shall be used during the contest. Participants may bring their own laptops or use a laptop provided by the school being represented. Internet access of the laptop should be turned off throughout the duration of the contest. Designated personnel shall be monitoring the contestants during the work period.
3. The participants shall be given five (5) minutes to consult with the coaches after the orientation.
4. One (1) hour shall be allotted for the participants to work on their entries. No coach or chaperone interference is allowed during this period.
5. Work must follow the specifications below:

Paper size	:	A4
Font Style	:	Arial
Font Size	:	12
Alignment	:	Justified
Margin	:	1 inch all sides (Normal)
Spacing	:	Double space
6. Works must be in English. Maximum word count is Two Thousand (2,000) minimum word count is 750.
7. The name of the participant and school being represented shall not appear in any part of the work. Participants shall be given Reference Numbers which shall be used to identify the entries.

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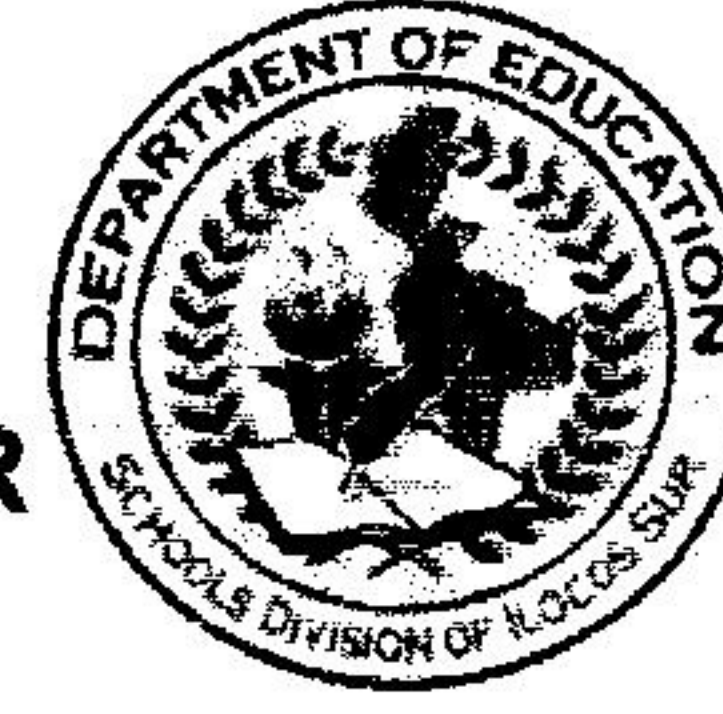


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8. The organizers shall display a wall or digital clock so that participants are guided on the time limitations. The organizers shall also announce the remaining time guided by the following intervals: last thirty minutes, last fifteen minutes, last five minutes and last one minute.
9. The composition of Panel of Judges shall be determined by the Schools Division Office.
10. Entries shall be judged on the following criteria:

Substance and content	:	40%
Relevance to the theme	:	30%
Originality	:	15%
Mastery of the English Language	:	15%
TOTAL	:	100%
11. The Panel of Judges shall announce and award the winner of the contest after the adjudication and tabulation of results. There shall be only one winner. The decision of the Panel of Judges shall be final.
12. Winner shall receive cash and certificate.
13. Winning entry shall be displayed at the booth during the regional kick-off of Oplan Kalusugan sa DepED Program.