



Republic of the Philippines
Department of Education
Region V (Bicol)
DIVISION OF CATANDUANES
Virac, Catanduanes



DIVISION MEMORANDUM
No. 148, s. 2018

RELEASED

Division Office of Education, Catanduanes
RECORDS SECTION
Date JUN 26, 2018
Time: 1:43 P.M.
Initial/Signature: [Signature]

TO : Schools District Supervisors
Elementary & Secondary School Heads

FROM : [Signature] SOCORRO V. DELA ROSA, CESO VI
Schools Division Superintendent [Signature]

SUBJECT: IMPLEMENTATION OF THE 2018 DIVISION NESTLE WELLNESS CAMPUS PROGRAM

Date : June 26, 2018

1. With the success of the 2017 Wellness Campus Program which declared Region V (Bicol) as the Best Campus Wellness Region in the National Level, the Department of Education Regional Office V in partnership with Nestle Philippines, Inc. (NPI) through Greatfill Team, Inc. (GTI), will again implement the above-mentioned program from June to February 2019.
2. The program has the following objectives:
 - Educate public school students, 7-17 years old on how to live a healthy life through the Wellness Campus Program with the use of the Nestle for Healthier Kids modules, as well as FNRI's Pinggang Pinoy;
 - Encourages students to choose healthier food and drink options; and
 - Involve and educate parents by providing them with nutrition modules that will guide them on how to raise healthier kids.
3. This year's Wellness Campus Program has three areas of concern as follows:
 - Part I- Nutrition Education for Elementary and High School Students and Adults (Teachers and Parents) in All Public Schools in the Division
 - Part II- The SY 2018-2019 Nestle Wellness Campus Dancercise for all schools in the Division
 - Part III- Wellness Campus Best Implementing School and Region Contest – A competition that encourages lifestyle change to students and parents.

4. A Division Wellness Campus Team shall be composed of the CID Chief, SGOD Chief, Division Education Program Supervisor in MAPEH, Division Health Personnel, School Coordinators for MAPEH, and the Division Wellness Ambassador for Catanduanes Mr. Erick B. Macaraig, who shall monitor, supervise and ensure the effective conduct of the program.
5. The Division launching of the program will be on July 9, 2018, 8:00 a.m. at Rajh Inn, Gogon, Virac, Catanduanes. Participants to this activity are District Wellness Coordinators and Secondary School MAPEH Coordinators.
6. Different Modules for the Wellness Program can be downloaded from the following websites: www.depedrovcatanduanes.com/elementary-3.html (for elementary), and www.depedrovcatanduanes.com/secondary--3html (for secondary)
7. All schools are enjoined to coordinate with Local Government Units and other stake holders for the quality implementation and sustainability of the program.
8. A registration fee of Three Hundred (P350.00) pesos shall be charged each participant to cover 2 snacks and 1 lunch which shall be automatically deducted from their school's MOOE. Participants from implementing unit school shall pay the registration fee in cash at the Cashier's Office or at the venue. Travel, registration fee and other incidental expenses shall be charged against school's MOOE/local funds subject to the usual accounting and auditing rules and regulations.
9. Attached is the 2018 Nestle Wellness Campus Program Mechanics.
10. Immediate dissemination and compliance to this Memorandum is hereby desired.

To be included in the Perpetual Index
Under the following subject:

SPECIAL EVENTS/SGOD TEACHERS SCHOOLS PUPILS/STUDENTS

**WELLNESS CAMPUS PROGRAM
BEST IMPLEMENTING SCHOOL COMPETITION
SY 2018-2019**

REGISTRATION FORM

REGION:		Division:	
SCHOOL INFORMATION:			
Name of School:			
Address:			
Category:		Student Population:	
<input type="checkbox"/> High School	<input type="checkbox"/> Elementary		
Contact No.:		Email:	
Principal:		Contact No.:	

By signing this registration form we hereby:

1. Confirm our participation in the SY 2018-2019 Wellness Campus Best Implementing School contest.
2. Understand the full mechanics and abide with the rules and regulation of the contest.
3. Agree to represent our school in the Division, Regional and National Level of the contest in case our school wins in the different level of the competition.
4. Certify that we have started the implementation of the Wellness Campus program and submitted the parent consent and waiver as pre-requisites in the contest.

(Kindly put the date when you started the activities and the date when you submitted the parent consent and waiver in the box provided below).

1. Baseline measurement of BMI of students

Date taken:	No. of students:
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2. Implementation of Wellness Campus Nutrition Module

Start date:	Module:
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3. Implementation of Wellness Campus Dancercise during Flag raising

Start date:	
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4. Implementation of Adult Nutrition Module

Start date:	Module:
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5. Submit 100% of duly signed parent consent and waiver

Date submitted:	Quantity:
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(Signature Over Printed Name)

Designation

Date: _____

S.Y. 2018-2019 DepEd NESTLE WELLNESS CAMPUS PROGRAM MECHANICS

PROGRAM OBJECTIVES:

- To educate public school students' ages 7-17 years old on how to live a healthy life through the Wellness Campus program with the use of the Nestle for Healthier Kids modules, as well as FNRI's *Pinggang Pinoy*.
- To encourage students to choose healthier food and drink options.
- To involve and educate parents by providing them with nutrition modules that will guide them on how to raise healthier kids.

COVERAGE:

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

- National Capital Region (NCR)
- Region 4-A (CALABARZON)
- Region 5 (BICOL)
- Region 7 (Central Visayas)

DURATION:

June 2018 – February 2019

MECHANICS:

The Program is a partnership with the Department of Education and Nestle Philippines, Inc (NPI), and will be implemented by Greatfil Team, Inc. (GTI), in close coordination with the DepEd Regional Office who will appoint the Division Supervisors or other DepEd officials who will ensure that the S.Y. 2018- 2019 DepEd and Nestle Wellness Campus Program will be implemented in all schools in their respective divisions in both elementary and high school levels. Division Supervisors and those appointed by the DepEd Regional Office will also be the contact persons in their respective divisions.

The S.Y. 2018-2019 DepEd and Nestle Wellness Campus Program implementation will give more emphasis on developing the students and parents' healthier habits through nutrition education and physical activity for both elementary and high school students. The implementation of the Program will be in three parts as follows:

Note: NPI, through GTI, will provide copies of the program mechanics to all covered DepEd regional offices, Division Superintendents and duly appointed Division Supervisors to implement the Program in their respective divisions. GTI together with NPI representatives will cascade the program mechanics per region to be attended by Division Supervisors and DepEd regional representatives who will ensure that the program mechanics will be cascaded to all school principals and MAPEH school coordinators in the region.

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

1. NPI, through GTI, will provide nutrition modules to students and adults. Students nutrition modules are encouraged to be integrated in Elementary and High School MAPEH curriculum-subject to DepEd rules and regulations. While adult's modules will be discussed during GPTA and other meetings. The adult modules will teach parents and teachers the importance of preparing healthy balance meals for their child following the principles of *Pinggang Pinoy*.
2. Every month, aside from the nutrition modules there are also worksheets with nutrition articles and activities that parents and students can read and work on together at home.
3. Parents need to sign and return a copy of these worksheets to the teacher once they have read and completed the suggested activity.
4. NPI through GTI, will also provide copies of the following materials to both Division Supervisors and MAPEH school coordinators to be used in the implementation of the program in schools:
 - a. Nutrition Videos
 - b. Nutrition Modules for students

- c. Nutrition Module for Adults
- d. Dance instructional video

Note: All Program materials but not limited to posters, streamers, registration forms, waivers, etc. will be delivered to the division offices in coordination with the Division Supervisors duly appointed to handle the Program, who will also take care of the distribution of these materials to different schools under his/her divisions.

Part 2: THE SY 2018-2019 NESTLE WELLNESS CAMPUS DANCERCISE FOR ALL PUBLIC SCHOOLS IN THE REGION.

1. Through GTI, NPI will also provide a soft copy of the music and instructional video to each Division Supervisors in-charge of the program. All schools are encouraged to get a copy of these materials from their respective supervisors.
2. The Nestle Wellness Campus Music and Dancercise routine will be the required music and exercise activity during flag ceremonies of all schools both elementary and high school. The teachers are encouraged to also used it as warm up exercise during MAPEH classes.

Part 3: "WELLNESS CAMPUS BEST IMPLEMENTING SCHOOL AND REGION CONTEST" - A competition that encourages lifestyle change to students, teachers and parents.

The contest aims to get best ideas, practices and approach to effectively educate and encourage students and parents to choose healthier food and drink in every meal occasion following the principle of *Pinggang Pinoy*.

This year, the contest (*Wellness Campus Best Implementing School Contest*) will award schools and regions that implement the program based on the mechanics provided, and created a sustainable activity that will answer the school/students concern on nutrition and health in which the school will monitor the results.

The contest will have two categories namely:

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

A. INTER-SCHOOL CATEGORY (Wellness Campus Best Implementing School)

1. The inter-school category is open only to all public schools in both elementary and high school in the four (4) participating regions namely:
 - i. National Capital Region (NCR)
 - ii. Region IVA – CALABARZON
 - iii. Region V – Bicol Region
 - iv. Region VII – Central Visayas
2. The participation of the contest is voluntary. Interested schools must fill up a registration form to confirm their participation.
3. To qualify in the contest the school must:
 - i. Started the implementation of the students and adult's nutrition modules.
 - ii. Submitted 100% of the duly signed parent's consent and waivers.
 - iii. Implemented the dancercise during the flag ceremony.

Note: The following materials will be provided in all schools in the participating regions for the implementation of the program through their DepEd Division Supervisors.

- a. Nutrition Module for Students and Adults
- b. Nutrition Module Guide for Teachers
- c. Dance Music (Health Goals Song)
- d. Dance Instructional Video for both elementary and HS
- e. Posters or streamers

4. The contest will have three levels and there will be school winners per level as follows:

- i. Division Level
 - a. Grade School category - one winner
 - b. High School category - one winner
- ii. Regional Level (*Winners will be chosen from the division winners*)
 - a. Grade School category - two winners
 - b. High School category - two winners
- iii. National Level (*Winners will be chosen from the regional winners*)
 - a. Grade School Level:
 - National Champion
 - First Runner-up
 - Second Runner-up
 - Third Runner-up
 - b. High School Level:
 - National Champion
 - First Runner-up
 - Second Runner-up
 - Third Runner-up

5. The criteria for judging for the division level, regional level and the national level of the contest will be as follows:

- i. Increase in nutrition knowledge of the students 30%
(Pre and posttest will be provided to measure the improvement)
- ii. Best practice that address current nutrition concern of the students inside the school. 70%
 - Measure end results** 30%
(With baseline and end line data that will show improvement)
 - Involvement of stakeholders** 20%
(School administration parents and student's involvement)
 - Sustainability** 10%
(Source of fund to sustain the program)
 - Replicability** 10%
(Adaptation and compliance to DepEd policies)

6. Winning schools in the division level of the contest should submit a program portfolio to their respective division supervisors. See Annex A for the content of the portfolio.
7. Deadline for the submission of the program portfolio for the division winners will be coordinated with the DepEd division supervisor and will be announced accordingly.

iii. National Winners:

School winners in the National Level of the competition will receive items of their choice. The total cost of items will be based on the total amount won. Prizes will be as follows:

A. Grade School Category:

- 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
- Third Runner-up - Prize Package Worth Ps. 50,000.00 + trophy

B. High School Category:

- 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
- Third Runner-up - Prize Package Worth Ps. 50,000.00 + trophy

B. INTER-REGION CATEGORY (SY 2018-2019 Wellness Campus Best Region)

The SY 2018-2019 Wellness Campus Best Implementing Region contest will showcase the best practices of the region in implementing the program.

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

A. Program Implementation	50%
B. Overall Program Results	50%
Total	100%

A. PROGRAM IMPLEMENTATION (50%)

Submission of parent consent and waiver	10%
implementation of dancercise	
30%	
Implementation of modules for students	30%
Implementation of modules for adults	15%
Submission of Certificate of completion	15%
TOTAL	100%

Note: DepEd division supervisor assigned to the program ensures that students who will participate in the program are those in grades 1-6 and grades 7-10 and have a consent of their parents or legal guardians as evidenced by signed consent and waiver.

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. Submit back the parent consent waiver.
2. Implement the dancercise during flag ceremonies.
3. Implement the nutrition modules for students and adults.
4. Submit the duly signed certificate of completion.

GTI Coordinators together with the duly assigned DepEd Division Supervisor will visit the schools in their respective divisions to evaluate the school implementation. Fifty percent of the total number of schools in the region based on the data approved by the division supervisor will be evaluated through an actual visit. The remaining fifty percent (50%) will submit certificate of full implementation duly signed by the school head or the duly authorized representative to the DepEd Division Supervisor in charge of the program.

Evaluation period will start from 1 October 2018 up to 15 January 2019.

B. PROGRAM OVERALL RESULTS (50%)

a. Score achieved from the inter-school contest

i. Grade school	50%
ii. High School	50%
Total	100%

2. To determine the winner in the inter-region competition, the score earned of each region will be added and average out to get the final percentage of the Region. The region with the highest percentage will be declared as the "SY 2018-2019 Wellness Campus Best Implementing Region" 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 follows:

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
Third Runner-up	- Prize Package Worth Ps. 50,000.00 + 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.

BMI Machine plus:

- a. 50" flat screen TV
- b. Sound System
- c. HP Laptop
- d. Projector
- e. SLR Camera

3. Announcement of winners will be via circular that will be sent to each regional office from the organizer and signed by an FDA representative.
4. Awarding of prizes will be done in school premises of the winning schools or in the DepEd regional offices for the winning regions.
5. Event organizer have the absolute right to change the mechanics to ensure the successful and orderly implementation of the Program upon prior notice to participants.