

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



**RELEASED**

DIVISION MEMORANDUM  
No. 226 s. 2019

DepEd, Division of Catanduanes

RECORDS SECTION

Date SEP 16 2019

Time: 8:20 AM

Initial/Signature: [Signature]

TO : Schools District Supervisors  
Elementary & Secondary School Heads

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

SUBJECT: IMPLEMENTATION OF THE 2019 DIVISION NESTLE WELLNESS  
CAMPUS PROGRAM

Date : September 16, 2019

1. With the success of the 2018 Wellness Campus Program which declared Region V (Bicol) as one of 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 July 2019 to March 31, 2020.

2. The program has the following objectives:

- Educate public school students ages 7-17 years old (Grades 1-10) on how to live a healthy life through the Wellness Campus Program with the use of the Nestle for Healthier Kids modules.
- Encourages students to choose healthier food and drink option pursuant to the five (5) healthy habits as follows:
  1. Choose Nutritious and Varied Options
  2. Manage Portions
  3. Choose to Drink Water
  4. Enjoy Meals Together
  5. Play Actively
- 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 2019-2020 Nestle Wellness Campus Dancercise for all public schools in the Division
  - Part III- "Nestle" Wellness Campus Best Implementing School and Region Contest – A competition that encourages students, teachers and parents to practice the five healthy habits
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 Miss. Arlene Montes from Naga City who shall monitor, supervise and ensure the effective conduct of the program.
5. The different modules were already downloaded by the District Wellness Coordinators (for elementary) and School Coordinators (for secondary) during the launching of the program last August 20, 2019 at Rajh Executive Inn, Gogon, Virac, Catanduanes.
6. **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 secondary. The teachers are encourage to also use it as warm up exercise during MAPEH classes.**
7. All schools are enjoined to coordinate with Local Government Units and other stakeholders for the quality implementation and sustainability of the program.
8. Attached is the Regional Memorandum dated September 9, 2019, WELLNESS CAMPUS PROGRAM TIMELINE OF ACTIVITIES SY2019-2020 and the 2019 Nestle Wellness Campus Program Mechanics.
9. 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

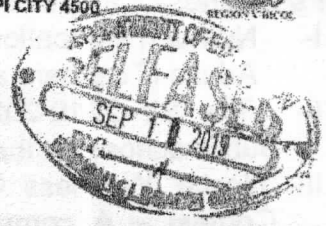


Republic of the Philippines  
**Department of Education**  
 REGION V  
 REGIONAL CENTER SITE, RAWIS, LEGAZPI CITY 4500



**MEMORANDUM**

TO: SCHOOLS DIVISION SUPERINTENDENTS  
 FROM: GILBERT T. SADSAD  
 Regional Director



SUBJECT: WELLNESS CAMPUS PROGRAM TIMELINE OF ACTIVITIES SY2019-2020

DATE: September 9, 2019

The Wellness Campus Program for SY 2019-2020 will have the following timeline of activities to be implemented, to wit:

ACTIVITY	START	END
Retrieval of waivers	September 1, 2019	October 4, 2019
Collection of Registration Forms for the Contest	September 2, 2019	October 4, 2019
Submission of Official Entry-regional Level	November 25, 2019	November 30, 2019
Regional Judging	December 2, 2019	December 6, 2019
School Visits and Monitoring of Program Implementation	November 2, 2019	February 15, 2020
Collection of Certificate of Completion	January 2, 2020	February 7, 2020
Regional Awarding and National Judging	February 2, 2020	February 7, 2020

Further, all schools are hereby enjoined to implement the wellness campus program even if they will not compete as this will greatly affect the regional standing for the national competition. The Schedule for Division Judging will be strictly followed:

DIVISIONS	DEADLINE SUBMISSION OF CD/FLASHDRIVE(USB)	DATES OF JUDGING
CATANDUANES	October 4, 2019	October 7, 2019
TABACO CITY	October 4, 2019	October 9, 2019
LEGAZPI CITY	October 8, 2019	October 10, 2019
ALBAY	October 8, 2019	October 11, 2019
LIGAO CITY	October 10, 2019	October 14, 2019
SORSOGON CITY	October 11, 2019	October 15, 2019
SORSOGON PROVINCE	October 14, 2019	October 16, 2019
CAMARINES NORTE	October 15, 2019	October 17, 2019
IRIGA CITY	October 17, 2019	October 21, 2019
NAGA CITY	October 18, 2019	October 22, 2019
CAMARINES SUR	October 21, 2019	October 23, 2019
MASBATE CITY	October 28, 2019	October 29, 2019
MASBATE PROVINCE	October 28, 2019	October 30, 2019

For information, guidance, and compliance.

Reference No. 014030

ESSD/erca/mrvpm09/09/19