



Republic of the Philippines  
Department of Education  
REGION V  
SCHOOLS DIVISION OFFICE OF CATANDUANES



July 7, 2022

DIVISION MEMORANDUM

No. 324 s. 2022

**SCHEDULE OF ACTIVITIES FOR THE NESTLE WELLNESS CAMPUS PROGRAM  
S.Y. 2022-2023**

To: School Heads  
Elementary and Secondary School Wellness Coordinators  
All Other Concerned

1. Relative to regional Memorandum No. 83 s. 2022, re Schedule of Activities for the Nestle Wellness Campus Programs for S.Y. 2022-2023, the Division Cascade of the NWCP Orientation will be conducted on July 21, 2022 thru livestreaming on the DepEd Regional V- Bicol Facebook page at 8:30am-10 a.m. The Regional ICT and PAU will assist in the broadcast. Participants in the said orientation are the school heads and teachers of all elementary and secondary schools including non-teaching personnel.
2. Minimum health standards should be observed during these activities. Participants must ensure that all necessary health protocol should be strictly adhered to ensure the health and safety of all.
3. Attached to this memorandum is the Nestle Wellness Campus Program guidelines, to wit:
  - a. Virtual Nestle Campus Dancercise Contest,
  - b. SY 2022-2023 NWCP Mechanics,
  - c. Best Implementing School Competition
  - d. Virtual Cook Off Competition and
  - e. Artwork for Wellness Contest.
4. For immediate dissemination and compliance.

  
**MA. LUISA T. DELA ROSA**

Assistant Schools Division Superintendent  
Officer In- Charge  
Office of the Schools Division Superintendent



## **SY 2022-2023 NESTLÉ WELLNESS CAMPUS ARTWORKS FOR WELLNESS CONTEST**

### **DESCRIPTION**

Artworks for Wellness is an inter-school competition that recognizes the creative artistry of DepEd learners and teachers while reinforcing the importance of the NWC seven (7) healthy habits. It consists of two categories:

1. The Recycled Art Contest aims to promote solid waste management, raise awareness about environmental sustainability, reinforce the “makakalikasan” core value, while recognizing the creativity of learners in the community among Elementary students.
2. The Poster-making contest aims to encourage Junior High School students to express their ideas and understanding on the NWC seven (7) healthy habits through the art of drawing.

### **QUALIFICATION**

The contests are open to all public elementary schools and high schools in the seven 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

### **GENERAL MECHANICS:**

1. The competition is divided into two categories, which are:
  - a. For Elementary Schools – Recycled Art Contest
  - b. For Junior High Schools – Poster Making Contest
2. Each contest will have three levels as follows:
  - a. Division Level competition
  - b. Regional Level competition
  - c. National level competition
3. Each team consists of one (1) learner and one (1) teacher-coach. Only one team per school is qualified to represent the school.

### **A. RECYCLED ART CONTEST**

1. Interested elementary schools must fill out the registration form, signed by the official school representative, and waiver duly signed by

the parents. All participants will provide their own materials in the division, regional, and national level competition.

2. Each participant shall compete by making use of clean, discarded materials, sachets and recyclable beverage cartons to come up with different art pieces. Each participant may only submit one entry per level of the competition.
3. There will be different themes per level of the contest:
  - a. Division Level – “For My Buddy” (Build an art piece or gift for your buddy)
  - b. Regional Level – “For My School” (Build something out of your recycled materials showing what environmental sustainability is for you and your school)
  - c. National Level – “For My Community” (Build something that can help increase the awareness of the importance of upcycling/ recycling in your community)
4. The criteria for judging of Division, Regional and National Level Entries will be as follows:
  - a. Originality – 30% (does the art piece show creative artistry?)
  - b. Craftmanship and Visual Impact– 30% (does the art piece show good quality workmanship? Does it capture attention?)
  - c. Sustainability – 30% (Does it show effective and imaginative use of materials of discarded, salvaged or collected waste materials? Is it made up of more than 50% Nestlé beverage cartons?)
  - d. Photo quality – 10% (Does the photo properly focus on the art piece? Does it show the true quality of the piece?)
5. The physical artworks need not be sent to Nestlé and/or GTI. Submission will be conducted online through (email) with the subject “Wellness Campus\_Region\_School\_Title of the Work”. The submission should contain the following:
  - a. A brief descriptive report on theme and inspiration behind the art piece and the materials used (1 page)
  - b. High-quality photos of the art piece; 2 photos each for front, back and top shots
  - c. Behind the scenes video clip of the learner at work (max of 3 mins)
6. The participants should only use discarded, salvaged or collected litter. They are also encouraged to use Nestlé products for their art

piece submission, especially sachets and ready-to-drink beverage cartons because they are made of recyclable materials. No competitors' products are allowed.

7. Art piece submissions must:
  - a. not infringe any third party rights;
  - b. not contain any illicit, inappropriate, and/or offensive content;
  - c. not contain any feature marks, logos or brand names other than Nestlé and its products;
  - d. be safe to handle (no hazards in its design);
  - e. comply with the guidelines/requirements of the Activity mechanics and terms and conditions

8. Winners and Prizes to be won:

Grade School Category:

Division Winner – one winner- Ps. 1,000 worth of prize package

Regional Winner – one winner- Ps. 2,500 worth of prize package

National Winner

Champion – Ps. 5,000 worth of prize package plus plaque

First Runner up – Ps. 3,000 worth of prize package plus plaque

Second Runner up – Ps.2,000 worth of prize package plus

Plaque

9. The decision of the judges is final and non-appealable.
10. Nestlé Philippines shall be allowed to use the winning materials for marketing collaterals and communication materials for television, print and/or web-based media, provided that consent of the individual/s involved were sought.

## **B. POSTER MAKING CONTEST**

11. Interested junior high schools must fill out the registration form, signed by the official school representative, and waiver duly signed by the parents. All participants will provide their own materials in the division, regional, and national level competition. The materials to be used are as follows:
  - a. 1/2 Illustration board
  - b. Pastel color crayons
  - c. Pencil and/or pen

12. There will be different themes per level of the contest which will be announced by the organizer before the start of the contest. Each participant will be given two (2) hours to draw their poster.
13. A panel of judges for each level of the contest will be identified by the organizer in coordination with Nestlé Philippines, Inc.
14. The schools/district shall determine their representative for the division level competition. Entries shall be submitted to the division office on the date set by the division focal person. The division office in coordination with Greatfil Team shall facilitate the judging of entries to determine the division winner and validate the original creation of the student.
15. There shall be one winner per division to compete in the regional level. Winning entries will be collected by the GTI Wellness Ambassador immediately after the competition and shall be submitted to the DepEd regional office Wellness focal person. The regional office in coordination with Greatfil Team shall conduct the judging of the winning entries to determine the regional champion which will represent the region to the national level competition.
16. The National level competition will be conducted via virtual platform. GTI Wellness Ambassador will be physically present in the contestant's location/school during virtual competition. The theme will be announced before the start of the contest. Each participant will be given two (2) hours to draw their poster. The GTI Wellness Ambassador will collect the finished artwork/poster and shall send it to the GTI national office for the national judging.
17. The criteria for judging for the division, regional and national level of the contest are as follows:

a. Relevance to the theme	50%
b. Originality/Creativity	30%
c. Visual Impact/Presentation	20%
Total	100%
18. Winners and Prizes to be won:  
High School Category:
  - Division Winner – one winner Ps. 1,000 worth of prize package
  - Regional Winner – one winner Ps. 2,500 worth of prize package
  - National Winner

Champion - Ps. 5,000 worth of prize package plus  
plaque

First Runner up – Ps. 3,000 worth of prize package  
plus plaque

Second Runner up – Ps. 2,000 worth of prize package  
plus

plaque

- 19.** The decision of the judges is final and non-appealable.
- 20.** Nestlé Philippines shall be allowed to use the winning designs for marketing collaterals and communication materials for television, print and/or web-based media, provided that consent of the individual/s involved were sought.
- 21.** 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 COOK OFF COMPETITION**

**DESCRIPTION**

The Activity is an inter-school virtual competition that advocates the goodness of homemade cooking and promotes the consumption of delicious and nutritious food.

**DURATION**

September 1, 2022 to February 2023

**QUALIFICATION**

The contest is open only to 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

A school team must be composed of one (1) student, parent of the said student, and one (1) teacher-coach from the school. Only the student shall prepare and cook the recipe dish with the guidance of the parent and teacher-coach.

**MECHANICS:**

1. The Activity will have two categories:
  - i. Elementary School Category
  - ii. Junior High School Category
2. The Activity will have three levels:
  - i. Division Level competition
  - ii. Regional Level competition
  - iii. National Level competition
3. To confirm participation in the Division Level competition, interested public schools must submit a registration form, signed by the official school representative, and waiver on the date that will be set in coordination with the DepEd Education Program Supervisor assigned as focal person in the Division. Only one team should represent the school.
4. In the division level of the competition qualified entries must have the following requirements:
  - One video featuring a dish with egg and vegetables as main ingredients.
  - Maximum cost of recipe is Ps.150.00 and good for 5 persons
  - Participants will shoulder the cost of their recipe.

- Video must not exceed the maximum of 6 minutes in .mp4 format with no visual effects
  - First 2 minutes of the video must be a testimonial of both student and parent, highlighting their learnings from the selected MAGGI videos available in Youtube through this link: <https://bit.ly/SarapSustansya>
  - The remaining four minutes must be allotted for the student to show the actual cooking. Submission of video in the division level will be based on the date set in coordination with the DepEd Education Program Supervisor assigned as NWCP focal person in the Division.
5. There will be one school team winner per division to represent the division to the regional level competition. The winning entry in the division level will automatically qualify in the regional level competition.
  6. There will be one regional winner who will represent the region in the National Level competition.
  7. The National level competition will be a virtual cook off via zoom platform. The Greatfil Team Wellness Ambassadors will be physically present in the contestant's school/location to help facilitate the contest. The preparation should not exceed the maximum of 6 minutes. The first 2 minutes must be a testimony of both student and parent, highlighting their learnings from the selected MAGGI videos available in Youtube through this link: <https://bit.ly/SarapSustansya>. The remaining four minutes must be allotted for the student to show the actual ingredient preparation and cooking with the guidance of the parent and teacher-coach.
  8. In the National level competition, the contestants will prepare a recipe that features one (1-Pinggang Pinoy Dish. The recipe shall be submitted on the specified date set by the DepEd regional focal persons in coordination with Greatfil Team. Maximum cost of the recipe is Php. 150.00 good for one serving only. Participants will shoulder the cost of the recipe.
  9. Participating Teams in the competition will be ranked based on their scores. Winners will receive the following prizes as follows:
    - i. Elementary School Category:
      1. Division Level - one winner of Ps. 2,500.00 worth of prize package
      2. Regional Level - one winner of Ps. 10,000.00 worth of prize package
      3. National Level
        - a. Champion - Ps. 15,000.00 worth of prize package plus Plaque
        - b. Second Place - Ps 10,000.00 worth of prize package plus Plaque
        - c. Third Place - Ps. 5,000.00 worth of prize package plus Plaque



- ii. Junior High School Category:
    - 1. Division Level - one winner of Ps.2,500.00 worth of prize package
    - 2. Regional Level – one winner of Ps. 10,000.00 worth of prize package
    - 3. National Level
      - a. Champion – Ps. 15,000.00 worth of prize package plus Plaque
      - b. Second Place – Ps 10,000.00 worth of prize package plus Plaque
      - c. Third Place – Ps. 5,000.00 worth of prize package plus Plaque
10. Entries for the Division Level competition, Regional Level competition and National Level competition must feature dishes using Nestlé products.
11. No substitution of Nestlé products shall be allowed. The Participating Team shall use at least 1 Nestlé product but they are not required to mention the specific Nestlé product used during actual food preparation.

**Criteria for Judging:**

1. The criteria for judging of Division Level Video Entries and Regional Level Video Entries will be as follows:
  - i. Sarap Sustansya – 40%  
(Is the dish appetizing to the taste buds? Do the ingredients complement each other? Is the dish healthy? Does it use healthier ingredients and cooking methods?)
  - ii. Appearance and Palatability- 20%  
(Does it entice the whole family especially the children to eat sarap-sustansya dish? Does it have a variety of colors? Does it look palatable?)
  - iii. Food Safety - 15%  
(Did they follow basic food safety procedures while preparing? Is the working area clean? Are tools and equipment properly used?)
  - iv. Affordability and Accessibility of Ingredients - 15%  
(Are the ingredients selected readily available? Is the final recipe affordable? Is the number of servings good enough to serve a family of 4-5? The cost must be within P100.00 to 150.00)
  - v. Video format and organization – 10%  
(Does the video have high-quality visuals? Clear narration and presentation? Does the video fall within the required time limit? Video format will apply only in Division and Regional competition.
2. Criteria for Judging in the National Level Competition

1. The criteria for judging of in the National Level competition will be as follows:
- vi. Sarap Sustansya – 40%  
(Is the dish appetizing to the taste buds? Do the ingredients complement each other? Is the dish healthy? Does it use healthier ingredients and cooking methods?)
  - vii. Appearance and Palatability- 20%  
(Does it entice the whole family especially the children to eat sarap-sustansya dish? Does it have a variety of colors? Does it look palatable?)
  - viii. Food Safety - 15%  
(Did they follow basic food safety procedures while preparing? Is the working area clean? Are tools and equipment properly used?)
  - ix. Affordability and Accessibility of Ingredients - 15%  
(Are the ingredients selected readily available? Is the final recipe affordable? Is the number of servings good enough to serve a family of 4-5? The cost must be within P100.00 to 150.00)
  - x. Virtual Appearance and Demonstration Skills-10%  
(Proper cooking attire, set up and mastery in the preparation an cooking process)
2. A panel of judges for each level of the contest will be identified by DepEd in coordination with Greatfil Team and Nestle Philippines, Inc. .
3. NPI reserves the right to publish and/or broadcast the winners' name, photo or likeness, and video submission/entry, for advertising and publicity purposes without further compensation to them.

**Prizes To Be Won:**

1. Winners will receive the following prizes:
  - Elementary School Category:
    - a. Division Level Winners – prize package worth P2,500
    - b. Regional Level Winners – prize package worth P10,000
    - c. National Level Winners
      - Champion - prize package worth P15,000 + plaque of recognition + recipe feature in MAGGI website
      - First Runner Up - prize package worth P10,000 + plaque of recognition + recipe feature in MAGGI website
      - Second Runner Up - prize package worth P5,000 + plaque of recognition + recipe feature in MAGGI website
  - High School Category:
    - d. Division Level Winners – prize package worth P2,500
    - e. Regional Level Winners – prize package worth P10,000
    - f. National Level Winners

- Champion - prize package worth P15,000 + plaque of recognition + recipe feature in MAGGI website
  - First Runner Up - prize package worth P10,000 + plaque of recognition + recipe feature in MAGGI website
  - Second Runner Up - prize package worth P5,000 + plaque of recognition + recipe feature in MAGGI website
2. For the prize package, the winners will select from among the items listed below. The quantity of items will depend on the value of the corresponding prize package won.
    - a. Cooking Range
    - b. Refrigerator
    - c. Food Processor
    - d. Mixer
    - e. Microwave Oven
    - f. Cooking tools/ equipment
  3. The Prize will be delivered to the winning schools' address as provided in the registration form. NPI, through its implementing agency, will shoulder the delivery costs of the Prize. It will be delivered to the school on a date scheduled and agreed upon with the implementing agency, or within 60 days from the end of promo period.
  4. By receiving the Prize, the Participant attests that they have read and understood the full Activity mechanics and agree to abide by the terms and conditions of the same.
  5. 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.

**S.Y. 2022-2023 NESTLÉ WELLNESS CAMPUS PROGRAM  
HEALTHY HABITS BEST PRACTICES CONTEST**

**DESCRIPTION**

The Healthy Habits Best Practices Contest will give due recognition to outstanding school-initiated activities that reinforce the seven healthy habits. Since the school year marks NWCP's 10<sup>th</sup> year celebration, the competition will give priority on taking care of the environment.

**COVERAGE**

The contest is open only to 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

**DURATION**

October 1, 2022 – February 28, 2023

**MECHANICS:**

1. The competition will have two categories, namely:
  - A. Elementary School Category
  - B. Junior High School Category
2. Participation is strongly encouraged. Interested schools must fill out a registration form to confirm their participation. There will be three (3) levels and there will be school winners per level as follows:
  - i. Division Level – *(The champion school in Elementary and the champion school in High School will represent the division to the regional level)*
    - a. Elementary School – one winner
    - b. Junior High School – one winner
  - ii. Regional Level *(Winners will be chosen from the division champions)*
    - a. Elementary School – one winner
    - b. Junior High School – one winner
  - iii. National Level *(Winners will be chosen from the regional winners)*
    - a. Elementary School:
      - National Champion
      - First Runner-up
      - Second Runner-up
    - b. Junior High School:
      - National Champion
      - First Runner-up

- Second Runner-up
3. The criteria for the selection of winners in the division level, regional level and the national level will be as follows:
 

i. Relevant best practice on the effective implementation of the 7 healthy Habits <i>(Only one best practice for all seven (7) healthy habits)</i>	30%
ii. Relevant best practice on Solid Waste Management	45%
<i>One best practice on Reducing waste</i>	15%
<i>One best practice on Reusing waste.</i>	15%
<i>One best practice on Recycling waste.</i>	15%
iii. Involvement of Stakeholders <i>Active involvement of stakeholders</i>	25%
TOTAL	100%
  4. At the division level, participating schools will submit a USB or upload via Google Drive the compilation of the school's best practices in Power point presentation maximum of 50 slides with photos, videos and narrative report of their implementation to the Division Supervisor/GTI Wellness Ambassador in charge of the Program. The division supervisor and GTI will agree on the deadline of the submission of the presentation and the date of judging. See "Annex A" for the guide content of the power point presentation.
  5. Based on the presentation submitted, the division supervisors in charge, together with the GTI representatives, will judge and select the division winners based on the criteria. Only the champion schools in elementary and high school will represent the division to the regional level.
  6. At the regional level, all division winners will submit an enhanced PowerPoint presentation of their best practices in maximum of 50 slides with photos, videos and narrative report of the implementation of their best practices to the ESSD chief or to his/her duly assigned representative. Deadline of submission and judging of entries will be announced accordingly.
  7. Based on the presentation submitted, the judges from DepEd Regional office and GTI/ NPI will determine the regional winners based on the set criteria. The regional winners will represent the region to the national level competition.
  8. On the national level, winners will be determined based on the enhanced presentation submitted via USB or Google Drive with the mode of verification via USB. The schools with the highest scores will be recognized as the "S.Y. 2022-2023 Nestlé Wellness Campus Best Implementing School of the Year."
  9. Winners will receive the following prizes:

**i. Division winners:**

*Each winner in elementary school and high school will receive a prize package of their choice based on the total amount won. Prizes will be as*

*follows:*

*A. Elementary School:*

*Champion- Prize Package worth Ps.5,000 + plaque*

*B. Junior High School:*

*Champion- Prize Package worth Ps.5,000 + plaque*

**ii. Regional Winners:**

*Winners in elementary and high school the region will receive a prize package of their choice worth Ps.25,000.00 each plus a plaque of recognition*

**iii. National Winners**

*School winners in the national level will receive a prize package of their choice. The total cost of items will be based on the total amount won. Prizes will be as follows:*

*A. Elementary School:*

- National Champion - Prize Package Worth Ps.50,000 + trophy*
- First Runner-up - Prize Package Worth Ps. 30,000 + trophy*
- Second Runner-up - Prize Package Worth Ps. 20,000 + trophy*

*B. Junior High School:*

- National Champion - Prize Package Worth Ps.50,000 + trophy*
- First Runner-up - Prize Package Worth Ps.30,000 + trophy*
- Second Runner-up - Prize Package Worth Ps.20,000 + 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

List of winners duly signed by FDA representative will be sent to DepEd Regional Offices by NPI/GTI representative for the issuance of a regional memorandum/bulletin.

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

NPI/GTI shall have the absolute right to modify or change the mechanics (as need arises) to ensure the successful and orderly implementation of the Program upon prior notice to participants.

**POWER POINT PRESENTATION GUIDE**

**SY 2022-2023 NESTLÉ WELLNESS CAMPUS  
DIGITAL PROGRAM PORTFOLIO**

**General Guidelines:**

1. The digital Program portfolio will be in a Power point presentation, saved in a .PPT and .PDF format
2. The presentation shall have a maximum of 50 slides only.
3. Total number of minutes for all video linkages should not exceed the allotted time of 20 minutes.
4. Files will be submitted via CD, USB or Google Drive.
5. Failure to comply with the general guidelines is grounds for disqualification from the competition. NPI/GTI reserves the right to disqualify any entry not conforming to the guidelines of the competition at any time.

**Outline of the Digital Program Portfolio:**

**Title Page**

**Acknowledgement**

**I. INTRODUCTION**

- School Background (Location, Student population, administrators and Wellness Campus school coordinators and their contact numbers and email addresses)
- Program Overview with key achievements

**II. TOTAL SCHOOL POPULATION (SEE SAMPLE TABLE BELOW)**

<b>GRADE LEVEL</b>	<b>STUDENT POPULATION</b>
<b>TOTAL</b>	

**III. SCHEDULE OF PROGRAM & ACTIVITY IMPLEMENTATION (GANTT CHART)**

**IV. NESTLÉ WELLNESS CAMPUS PROGRAM DOCUMENTATION**

(Include a brief explanation on how each activity was implemented. 1-2 slides per activity.)

- a. Nutrition module for students - Include sample lesson plans
- b. PE module for students - Include sample lesson plans
- c. Nutrition module for adults – implementation photos/FB Community Page
- d. Dancercise implementation

**V. NESTLÉ WELLNESS CAMPUS SCHOOLS RELEVANT BEST PRACTICES  
BASED ON THE FOLLOWING GUIDELINES:**

1. One relevant best practice on the effective implementation of the seven (7) healthy habits and adult modules.
2. Relevant best practice on Solid Waste Management
  - one best practice on reducing waste
  - one best practice on reusing waste
  - one best practice on recycling waste
4. Involvement of Stakeholders
  - a) How were you able to solicit or encourage support from Stakeholders such as LGUs, community, alumni, NGOs etc.?
  - b) What are the levels of involvement?

**VI. CONCLUSION AND OTHER RECOMMENDATION**

*Example: How were you able to assess the effectiveness of all your activities.*



**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 dancercise 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 10<sup>th</sup> 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 Dancercise 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	50%
<b>Total</b>	<b>100%</b>

**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>	15%
<b>TOTAL</b>	<b>100%</b>

*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%
<i>TOTAL</i>	<i>100%</i>

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 dance 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.