



Republic of the Philippines
Department of Education
Cordillera Administrative Region
Schools Division of Tabuk City

RELEASE
JUL 25 2023
[Signature]

Office of the Schools Division Superintendent

JULY 25, 2023

OFFICE MEMORANDUM
No. 286 s. 2023

**HEALTH AND WELLNESS CUM NUTRITION MONTH CULMINATING
ACTIVITY FOR JULY 2023**

TO: SCHOOLS DIVISION INSULAR PERSONNEL

1. Pursuant to CSC MC 38 s 1992 entitled "Physical and Mental Fitness Program for Government Personnel", the Schools Division Personnel of Tabuk City launched the Health and Wellness Program of the Division on May 26, 2023.
2. Pursuant to Presidential Decree No.491,s.1974,July was declared as Nutrition month and shall be celebrated every year to raise public awareness about the value of good nutrition. Relative thereto, the National Nutrition Council(NNC),announced the 2023 Nutrition Month Celebration(NMC)with the theme, *Healthy Diet Gawing Affordable for All!*

This year's nutrition month campaign calls for unity and strengthened food and nutrition security policies and programs that will enable Filipinos to have greater access to healthy, safe, and affordable food.

3. Relative to this, the Schools Division Office personnel will be conducting a Health and Wellness cum Nutrition Month Culminating Activity on July 28, 2023 at the KSPED-BCS gymnasium.
4. Participants to this activity are the Division Office insular personnel.
5. As part of the program, a cook fest and a nutri-jingle shall be prepared per functional division following the guidelines below.

Guidelines for NUTRI-JINGLE contest:

The Theme for the Nutri-jingle is **"HEALTHY DIET GAWING AFFORDABLE FOR ALL!!"**

1. The Nutri-jingle must be an original composition with the tune of BAHAY KUBO.
2. Participants must not be less than 5 and a maximum of 10 per functional division.
3. The content of the jingle must be lively, appealing, creative and must highlight the Nutrition Month Celebration 2023 theme: " Healthy Diet Gawing Affordable for All. !!!
4. The use of offensive and rude words is strictly prohibited!
5. Use of any musical instrument as an accompaniment and use of props is encouraged.



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6. The duration of the jingle entry must not be less than 3 minutes and a maximum of 5 minutes.

Criteria for Judging for the Nutri-jingle Contest:

1. Originality- 50%
2. Participation-10%
3. Content -20%
4. Musicality-15%
5. Time Limit- 5%

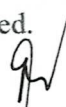
Guidelines for COOK FEST:

1. The use of ARTIFICIAL FLAVORINGS (e.g., Magic Sarap, Ginisa Flavor Mix. etc.) are discouraged.
2. Cooking time will start @ 10:00 am to 11:30 am.
3. Firewood will be used for cooking.
4. Display and eating area will be at the KSPED open gym.
5. Handwashing is required as we will not be using utensils in eating. Banana trunks for plates will be distributed to be used to promote indigenous eating and reduce environmental pollution.
6. Everybody is encouraged to finish all the dishes presented on the table.
7. Must at least try all kinds of dishes presented, except for those who have known allergies to certain dish.

Assignment per Functional Division:

1. CID - Vegetables and Rice
2. SGOD – Chicken or Pork with Soup and Rice
3. OSDS - Fish and Rice

6. Immediate dissemination of this memorandum is desired.


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Schools Division Superintendent 



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