



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



Office of the Schools Division Superintendent

01 July 2022

DIVISION MEMORANDUM

No. 177 s. 2022

**Participation to the contested activities during the Provincial Nutrition Month
Celebration 2022**

TO: All Division Personnel
All School Heads (Elementary and Secondary)
All Teaching and Non-Teaching Personnel
All concerns

1. The City and Provincial Nutrition Council shall conduct the following contested activities for this month of July with the theme: "New Normal na Nutrisyon, Sama-samang Gawan ng Solusyon!" through online flat form.
2. The contested activities shall focus on the theme with the following categories:
 - a. Nutri- Draw and Tell for Elementary levels Grade 1-3.
 - b. Nutri- Poem Making Contest for Junior High Schools of Tabuk City.
 - c. Digital Nutri Poster making contest for Senior High Schools of Tabuk City
 - d. F1K Contemporary Dance Contest for Grade 4-6 Elementary pupils. (3-4 members).
3. Participants shall submit entry at the Division Office on or before July 12, 2022 for screening. Best entry per district will be forwarded to City Nutrition Office on or before July 14, 2022 for judging.
4. Winners declared by the City Nutrition office will receive a cash incentive and will compete for the Provincial level on July 22,2022.
5. All entries should be saved in flash drive together with the accomplished entry forms that can be downloaded via <https://tinyurl.com/NTRN2022>.
6. Mechanics are attached herewith.
7. Immediate dissemination and active participation with this order is directed.


IRENE S. ANGWAY, PhD, CESO VI
Schools Division Superintendent





Republic of the Philippines
Department of Education
 Cordillera Administrative Region
DIVISION OF TABUK CITY
 BCS compound, Purok 2, Bulanao Norte, Tabuk City

48th Nutrition Month Celebration

July 2022

Theme: "New normal na Nutrisyon, Sama-samang Gawan ng Solusyon!"

Activity	Mechanics of the Contest	Criteria for Judging
1. Nutri- Draw and Tell (Creative Video Making Contest)	1. This will be contested by Elementary (Grade 1 to Grade 3) at one entry per school. 2. The following materials will be used in the contest (to be provided by the contestant): ¼ illustration board (white background & vertical format), pencil, broad pentel pen and coloring materials (crayons, pens, pastel and water color) 3. The draw and tell must illustrate, interpret and emphasize the theme of the 2022 Nutrition Month "New normal na nutrisyon, sama-samang gawan ng solusyon!". <u>Particularly on the Importance/Impact of a Good and Proper Eating Habits of a School Children</u> 4. For verification purposes, a time-lapse video recording of the participant creating the artwork/poster is also required. 5. TELLING: 1-3 minutes of telling, Video on telling must have subtitles. (4 Minutes maximum, included the time-lapse video) 6. A video of the performance shall be submitted in CD (MP4 format) or in USB.	BREVITY – 30% CLARITY OF MESSAGE – 25% RELEVANCE TO THE THEME – 25% IMPACT – 15% visual and message <u>No. of likes – 10%</u> Total Number of likes acquired from an entry

2. Nutri-Poem Making Contest	1. This is open to all public and private Junior High Schools of SDO Tabuk City. One (1) entry per school 2. Participant shall prepare a three-stanza poem consisting of 4 lines per stanza 3. The poem could be in English or Filipino 4. The topic of the poem should be about the 48th Nutrition Month Theme 5. The poem should be original. The artist will be held accountable to any issues that may arise with regards to the originality and authenticity of the poem 6. Poem will be encoded to the Entry Form provided then save in USB/flash drive.	<u>Relevance to the theme – 45%</u> The design should effectively communicate from the given theme <u>Originality – 45%</u> It must show the ability to be inventive and creative <u>No. of likes – 10%</u> Total Number of likes accounted from an entry
3. Digital Nutri-Poster Making Contest	1. This contest is open to all Senior High Schools of SDO Tabuk City. 2. The contest revolves around the 48th Nutrition Month Theme: “New Normal na Nutrisyon, Sama-samang Gawan ng Solusyon!” 3. Only one (1) entry per participant is allowed. Entries must be sent in A4 size (portrait or landscape) in PNG Format 4. For verification purposes, a time-lapse video recording of the participant creating the artwork/poster is also required. 5. Participants may use any Editing software (photoshop, paint, Canva, etc.) 6. Any artwork in the poster must be in original design. Poster designs containing clip-art will be considered for a minimum number only. The artist will be held accountable to any issues that may arise with regards to the originality and authenticity of the design. 7. A one-page explanation and description of the artwork (English or tagalog) limited to 100-200 words must be attached on a separate sheet upon submission of the entry. The composition must be encoded in an A4 size paper.	<u>Relevance to the theme – 35%</u> The design should effectively communicate from the given theme <u>Originality – 25%</u> It must show the ability to be inventive and creative <u>Aesthetic Appeal – 20%</u> The poster design must captivate the judges’ senses, taking into consideration the aesthetic principles of symmetry, focal point, pattern, perspective, dimensionality and proportion <u>No. of likes – 10%</u>