



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

Office of the Schools Division Superintendent

DIVISION MEMORANDUM
NO. 171 S., 2021


**TO: All Elementary and Secondary School Heads
(Public and Private Schools)
All Others Concerned**



DATE : June 25, 2021

**SUBJECT: Participation on the contested activities during the Provincial Nutrition
Month Celebration 2021**

1. The Provincial Nutrition Council shall conduct the following contested activities for this month of July with its theme: "Malnutrisyon Patuloy na Labanan, First 1000 Days Tutukan!"
2. The contested activities shall focus on its theme:
 - a. #Laking1000 -Jingle Video Interpretation for Junior HS with a maximum of four (4) members and shall interpret the jingle and can be accessed thru <https://you.tube/NvT1TsnRU>. Mechanics attached herewith.
 - b. #Laking1000 Spoken Word Poetry Contest for Senior HS with one (1); Mechanics attached herewith.
 - c. Tiktok modern Dance Contest for Elementary Learners by pair Male and Female. Mechanics attached herewith.
 - d. Laking1000-Poster Making Contest for ALS. Mechanics attached herewith
3. Participants shall submit entry at the Division Level on or Before July 10, 2021 for judging the winning finalist at the City Health Office on or before July 13, 2021 and entry will be forwarded on July 16, 2021 to the Provincial level.
4. Immediate dissemination and active participation with this order is directed.

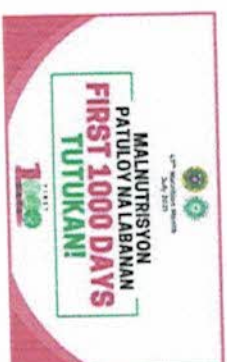

IRENE S. ANGWAY PhD, PhD., CESO VI
Assistant Schools Division Superintendent
Officer-in-Charge, Office of the Schools Division Superintendent



Address: BCS Compound, Purok 2, Bulanao Norte, Tabuk City, Kalinga
Email: tabuk.city@deped.gov.ph
Website: <https://www.depedtabukcity.com>

PROPOSED ACTIVITIES/CONTEST FOR NUTRITION MONTH 2021

Theme: "Malnutrisyon Patuloy na Labanan, First 1000 Days Tutukan!"



For Deped Participation:

Activity	Mechanics of the Contest	Criteria for Judging	Prize	Judges
1#Laking1000 Jingle Video Interpretation Contest	<p>The contest is open to all public and private junior high schools in <u>Kalinga (maximum four members)</u> and can only submit ONE entry.</p> <p>Each school may submit only one (1) entry, which should focus on the 2021 Nutrition Month theme:</p> <p>"Malnutrisyon Patuloy na Labanan, First 1000 Days Tutukan!" Each Contestant will interpret the #Laking1000 Jingle through video making contest. The jingle can be accessed thru https://youtu.be/NvT1TsnsnRU</p> <p>The jingle interpretation should run for a maximum of three (3) minutes only. Contestants may add a clip on their introduction at the beginning and end credits.</p> <p>Entry videos should be original</p> <p>Video resolution should be at least 720p</p>	<p>CRITERIA</p> <p>Qualified videos will be judged according to the following criteria:</p> <ol style="list-style-type: none"> 1) Relevance to the theme 40% 2) Creativity and originality 30% 3) Technical quality 20% 4) Social Media Engagement 10% 		

Signature

	<p>(1280x720), 25fps frame rate.</p> <p>Entries should not contain any offensive or inappropriate image and/or content. Animation films are strongly discouraged. The video should be appropriate for general viewership.</p> <p>Display of brands of foods/beverages/formula milk to be used in the video is discouraged.</p> <p>Each participant must submit their registration form together with the entry video in DVD or flash disk.</p> <p>All entries are subject to initial screening.</p> <p>Entries shall be uploaded to the 2021 Nutrition month Facebook Page</p> <p>Overall social media engagement shall be based on the total number of Facebook likes/reactions.</p> <p>All entries shall be considered property of the Provincial Nutrition Committee</p>			
<p>2.#Laking 1000 Spoken Word Poetry Contest</p>	<p>1. <u>SPOKEN POETRY</u> is a performance art that is word based. It is a writing that is meant to be spoken or delivered with emotions to an audience. It is an oral art that focuses on the art of word play, rhythm, improvisation, intonation and voice inflection.</p>	<p>Message/Content 40% The content of the spoken piece is relevant and related to the theme. The piece has a powerful and meaningful message to the audience.</p>	<p>Delivery and Performance 40% The</p>	

	<p>2. The contest is open to all Public/Private Senior HS students of Kalinga (one per municipality)</p> <p>3. The spoken word poetry piece must be an original composition. It could be written in Filipino or in English but not in Taglish</p> <p>4. The piece must be related to the theme and must not contain any malicious and offensive content</p> <p>5. Each contestant is given 3 minutes to recite or deliver his/her piece</p> <p>6. Sounds, instrumental or music background is allowed to complement the delivery. No deduction shall be made if the contestant opts not to have a musical background.</p>	<p>spoken piece as delivered from the heart. Connection to the audience was established from the start. Facial expression, hand and body gestures emphasized the different elements of the performance. Eye contact pulled the audience to the message of the spoken words. Audience's attention and interest were captured and sustained throughout the delivery. Enunciation is clear. Audience can understand what is being spoken. Words are pronounced distinctly and correctly. Does not stutter nor stammer.</p> <p>Originality 10% The piece must be an original composition by the contestant.</p> <p>Overall Impact 10% The student's physical presence, voice and articulation, dramatic appropriateness, and evidence of understanding all seem on target and unified to breathe life into the piece. Total success of the performance, the degree to which the recitation has become more than the sum of its parts. Did the student bring the audience to a better understanding of the theme</p>			
--	---	---	--	--	--

JK

<p><u>3. Tiktok modern Dance Contest</u></p>	<p>1. This shall be contested by <u>a pair of elementary pupils (male and female) per municipality in consideration to social distancing.</u></p> <p>2. Three points (3) are deducted if there are excess or deficient in number of participants.</p> <p>3. No Professional dancers or trainers be part of the group. There shall three points (3) deduction in the contest if the groups fail to follow.</p> <p>4. Use of props will be allowed.</p> <p>5. Appropriate clothing should be observed throughout the competition.</p> <p>Attire may include accessories such hats, caps, gloves, scarves, jewelries, etc.</p> <p>removing pieces of clothing during the performance is allowed provided that it is not offensive or out of the character.</p> <p>6. Health protocols should be observe, the performers should wear face mask or face shield throughout the entire video.</p> <p>7. Contestants will dance to the following Tiktok Music Banana Chacha by Momo land</p> <p>8. Contestants shall dance to the full minutes of the song (3 minutes maximum)</p> <p>9. Contestants may create their own</p>	<p>through the poetry piece?</p> <p>ORIGINALITY -20% (innovation, creativity and difficulty of steps)</p> <p>ARTISTRY AND STYLE-15% (variation of steps and movements)</p> <p>MASTERY, TIMING & COORDINATION- 20%</p> <p>PROJECTION AND EXPRESSION - 10% showmanship/ facial expression</p> <p>DELIVERY & APPROPRIATENESS OF STEPS- 25%</p> <p>Attire -10%</p>	
---	--	--	--

JS

	<p>choreography to the song, and may copy some of the original choreography of the song</p> <p>10. Any type of dance is allowed (Ballroom, modern, Contemporary, etc.)</p> <p>11. Contestants can include dance exercises to their choreography but not the full extent of the song</p> <p>12. A video of the performance shall be submitted in CD (MP4 format) or in USB at the PHO.</p> <p>The official page will post and share the video on social media for online voting.</p>			
4. Laking 1000 - Poster Making Contest	<p>1. This shall be contested by <u>ALS/OUT OF SCHOOL YOUTH STUDENTS</u></p> <p>2. The poster must illustrate, interpret and emphasize the theme of the 2021 Nutrition month, " <i>"Malnutrisyon Patuloy na Labanan, First 1000 Days Tutukan!"</i></p> <p>3. The following materials will be used in the contest (to be provided by the contestant):</p> <ul style="list-style-type: none"> - A ¼ illustration board (white background & vertical format) and a Mongol pencil - Coloring material: oil pastel/crayons markers, ink, mixed media, oil, acrylic and watercolour, spray paint 	<p>COMPOSITION 35% visual balance, static or dynamic of the various elements of the poster</p> <p>ORIGINALITY -25 % Newness and creativity of the poster and design</p> <p>RELEVANCE TO THE THEME -25% measures how well the poster makes its own theme clearer to the viewer and the connection to the Nutrition month theme</p> <p>IMPACT - 15% Overall impression, addresses the poster as a whole and based on the first</p>		

<p>4. Use of other materials not specified above is strictly prohibited.</p> <p>5. A video shall be submitted showing the whole process in making the poster (fast forward video) 3-5 minutes.</p> <p>6. The finished poster shall be submitted together with the video in CD/USB at the Provincial Health Office. The artist will be held accountable to any issues that may arise with regards to the originality and authenticity of the design.</p> <p>7. The winning poster and all other entries will automatically become official property of Provincial Nutrition Committee and will be exhibited in the Capitol Building and will be posted in the PNC Official FB page for online viewing and voting.</p>	<p>glimpse of the finished piece</p>
--	--------------------------------------

- Additional Guidelines: PLEASE READ:
1. All entries must be submitted on July 10, 2012 at the Division Level to Focal Jocelyn Dakiwag (09212834612) to be submitted to CHO on or before July 14 for the judging of One(1) finalist entry to Provincial level on or before July 19, 2021at the Provincial Health Office, not later than 12:00 nn
 2. Online voting will start on July 21, 2021 up to July 27, 2021.
 3. All photos/videos must be in full colour and taken in High Quality.
 4. No camera tricks and enhancement of photo and video entries. Images/ videos that have been significantly modified or appear unnatural shall be disqualified
 5. All contested activities will be judged by 80% judge's criteria and 20% online voting.
 6. Upon posting of the entries for the contested activities, sharing will be allowed and can be done by anyone.
 7. On online voting, viewers will first 'LIKE' the official page, then 'CLICK' the picture/video of the entry and 'REACT' according to the Emoji assigned for the entry.



	<p>4. Use of other materials not specified above is strictly prohibited.</p> <p>5. A video shall be submitted showing the whole process in making the poster (fast forward video) 3-5 minutes.</p> <p>6. The finished poster shall be submitted together with the video in CD/USB at the Provincial Health Office. The artist will be held accountable to any issues that may arise with regards to the originality and authenticity of the design.</p> <p>7. The winning poster and all other entries will automatically become official property of Provincial Nutrition Committee and will be exhibited in the Capitol Building and will be posted in the PNC Official FB page for online viewing and voting.</p>	glimpse of the finished piece		
--	--	-------------------------------	--	--

Additional Guidelines: PLEASE READ:

1. All entries must be submitted on July 10,2012 at the Division Level to Focal Jocelyn Dakiwag (09212834612) to be submitted to CHO on or before July 14 for the judging of One(1) finalist entry to Provincial level on or before July 19, 2021at the Provincial Health Office, not later than 12:00 nn
2. Online voting will start on July 21, 2021 up to July 27, 2021.
3. All photos/videos must be in full colour and taken in High Quality.
4. No camera tricks and enhancement of photo and video entries. Images/ videos that have been significantly modified or appear unnatural shall be disqualified
5. All contested activities will be judged by 80% judge's criteria and 20% online voting.
6. Upon posting of the entries for the contested activities, sharing will be allowed and can be done by anyone.
7. On online voting, viewers will first 'LIKE' the official page, then 'CLICK' the picture/video of the entry and 'REACT' according to the Emoji assigned for the entry.

Online Voting Computation: Total Number of Votes divided by highest number of votes multiplied to 50%