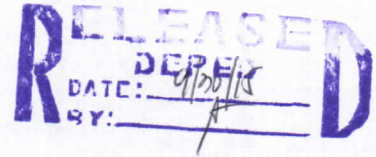


Republic of the Philippines  
Department of Education  
Region 1  
DIVISION OF CITY SCHOOLS  
Dagupan City



DIVISION MEMORANDUM  
No. 61, s. 2015

To: All School Heads  
(Public and Private)

From: FROSERFINA J. BRAVO  
OIC-Schools Division Superintendent

Subject: Annual On-the-Spot Making Contest and Mental Health Quiz Bee

Date: September 29, 2015

The Philippine Mental Health Association, Pangasinan-Dagupan City- San Carlos City Chapter will conduct the province wide Annual On-the-Spot Poster Making Contest and Mental Health Quiz Bee with this year's theme "Dignity in Mental Health" on the third week of October 2015. The On-the-Spot Poster Making Contest for Elementary and Secondary Level will be held on October 13, 2015 (Tuesday) from 12:00 nn to 5:00 pm at the PMHA Chapter building, Arellano – Bani, Dagupan City and the Mental Health Quiz Bee for secondary level will be held on October 16, 2015 (Friday) from 1:00-5:00 pm at the DepEd of Dagupan City Division Training Center.

In this regard, <sup>pls</sup> submit your poster entry on October 7, 2015 at PMHA to represent your school for the said on-the-spot competition on October 13, 2015.

Please be informed also that the High Schools with Lusog Isip ng Kabataan (LINK) Club shall also send its group of participants to represent their respective schools.

Attached herewith is the Contest Rules and Guidelines for your reference. Kindly accomplish the enclosed forms and return it to PMHA on or before October 7, 2015 for confirmation of your participation.

The school head will make a certification addressed to the superintendent that no class shall be disrupted while in attendance to this contest.

Your cooperation is highly valued.



# Philippine Mental Health Association

## PANGASINAN - DAGUPAN CITY - SAN CARLOS CITY CHAPTER

Arellano-Bani, Dagupan City ☎ (075) 523-5467

E-add: pmha\_mentalhealth@yahoo.com

September 21, 2015

**MRS. FROSERFINA BRAVO**  
Schools Division Superintendent  
DepEd Dagupan City Division  
Dagupan City, Pangasinan



21 SEP 2015

Dear Ma'am:

Greetings of Peace and Good Health from PMHA!

### 2015-2016 CHAPTER BOARD OF MANAGEMENT

**Dr. Benjamin O. Bautista**  
Chairman

**Judge Emma M. Torio**  
Vice-Chairman

**Mrs. Gilda G. Bello**  
Secretary

**Dr. Marijen B. Uy**  
Treasurer

**Mr. Jaime L. Nabua**  
Auditor

Board Members:

**Mrs. Elmina D. Fernandez**

**Mrs. Julita F. Perez**

**Mrs. Socorro G. Ramos**

**Mrs. Dolores A. Teng**  
Adviser

**Mr. Michael C. Romero**  
Executive Manager

In the observance of the World Mental Health Day and celebration of National Mental Health Week, the Philippine Mental Health Association, Pangasinan- Dagupan City- San Carlos City Chapter will conduct once again the province wide Annual On- the- Spot poster making contest and Annual Mental Health Quiz Bee with this year's theme 'Dignity in Mental Health'. The week-long celebration will be held on the third week of October, 2015. The On- the-Spot Poster Making Contest for Elementary and Secondary Level will be held on October 13, 2015 (Tuesday) from 12:00 nn to 5:00 pm at the PMHA Chapter building, Arellano - Bani, Dagupan City and the Mental Health Quiz Bee for secondary level will be held on October 16, 2015 (Friday) from 1:00-5:00 pm at the DepEd Dagupan City Division Training Center.

In this regard, we would like to ask for your support by sending participants to represent your Division for the said competitions. We would also want to inform you that aside from the participants that will represent your Division, the High Schools with Lusog Isip ng Kabataan (LINK) Club will also send participants to represent their respective schools.

As your reference, we have attached herewith the Contest Rules and Guidelines. Furthermore, kindly accomplish the enclosed forms and return it to PMHA on or before October 07, 2015 for confirmation of your participation. As much as we believe in this endeavor, we are rest assured that these activities would develop and enhance the student's skills and abilities.

Your cooperation on this matter is highly valued. Thank you and God Bless.

Respectfully yours,

**MR. MICHAEL C. ROMERO**  
Chapter Executive Manager

Noted by:

**DR. BENJAMIN O. BAUTISTA**  
PMHA - Chairman



**PROVINCE WIDE ANNUAL – ON – THE SPOT  
POSTER MAKING CONTEST**

**OBJECTIVES:**

1. To enhance the artistic potential, creativity and mental ability of the students on how they visualized the theme.
2. To increase building awareness regarding Dignity in Mental Health.

**DATE, TIME AND VENUE:**

October 13, 2015 (12:00 nn – 5: pm) Tuesday  
PMHA Chapter Bldg. Arellano – Bani, Dagupan City

**EXPECTED PARTICIPANTS:** All public and private elementary and secondary pupils/students from the different Schools Division of Pangasinan and secondary schools with LINK Club

**MECHANICS:**

1. Each division may send a maximum of two (2) participants to represent their division. And each Secondary school with LINK club may send a participant. Participating school should be a member of the association.
2. The Province Wide Annual – On – The Spot Poster Making Contest should carry the theme “Dignity in Mental Health.”
3. Any of the following may be used: crayons, craypass, pastel color, watercolor, pentel pen, pencil or charcoal and illustration board measuring 18 x 24 inches. Materials to be used will be provided by each participating division or participant.
4. All entries should be submitted within the prescribed time allotted of three (3) hours.
5. Criteria for judging:

Relevance to the theme	30%
Originality	15%
Creativity	15%
Workmanship	20%
Visual Impact	20%
<b>TOTAL</b>	<b>100 %</b>
6. Name, School and City/Province of the contestant must be written at the **BACK OF EACH ENTRY** so as not to disclose identity during the judging.
7. The decision of the judges is final.

**Cash Prizes:**

First Placer	-	P 1,500.00
Second Placer	-	P 1,000.00
Third Placer	-	P 750.00
Non – Winners	-	P 200.00

*Note:* The winning and non-winning poster will be the property of the Association.

# DEPED DIVISION

## PROVINCE WIDE ANNUAL MENTAL HEALTH QUIZ BEE (Secondary Level)

October 16, 2015

### ACCEPTANCE FORM

Please accomplished this form and return it to PMHA on or before  
October 07, 2015 for confirmation.  
Thank you!

Kindly check the appropriate box for your response.

☐ Yes, we accept the invitation to join the PMHA Province Wide Annual  
Mental Health Quiz Bee.

☐ Sorry, but we cannot accept the invitation to join the PMHA Province Wide  
Annual Mental Health Quiz Bee.

Schools Division Superintendent  
Division of \_\_\_\_\_

Note: If yes, please fill-up the attached Province Wide Annual Mental Health  
Quiz Bee Entry Form and return it to PMHA together with  
the acceptance form.

## PROVINCE WIDE ANNUAL MENTAL HEALTH QUIZ BEE (Secondary Level) ENTRY FORM

DIVISION OF \_\_\_\_\_

Name of Participant	Age	Year	School

Name of Participant	Age	Year	School

**DEPED DIVISION****PROVINCE WIDE ANNUAL ON - THE - SPOT POSTER  
MAKING CONTEST  
(Secondary Level)  
October 13, 2015  
ACCEPTANCE FORM**

\*\*\*

Please accomplished this form and return it to PMHA on or before  
October 07, 2015 for confirmation.  
Thank you!

Kindly check the appropriate box for your response.

☐ Yes, we accept the invitation to join the PMHA Province Wide Annual - On -  
The - Spot Poster Making Contest.

☐ Sorry, but we cannot accept the invitation to join the PMHA Province Wide  
Annual - On - The Spot Poster Making Contest.

\_\_\_\_\_  
Schools Division Superintendent  
Division of \_\_\_\_\_

Note: If yes, please fill-up the attached Province Wide Annual - On - The - Spot  
Poster Making Contest Entry Form and return it to PMHA together with  
the acceptance form.

**PROVINCE WIDE ANNUAL ON - THE - SPOT POSTER  
MAKING CONTEST  
(Secondary Level)  
ENTRY FORM**

DIVISION OF \_\_\_\_\_

Name of Participant	Age	Year	School



## MENTAL HEALTH QUIZ BEE

### OBJECTIVES:

1. To test the extent of the student's awareness regarding on the different issues on Mental Health.
2. To point out the importance of Mental Health topics on one's life.

### DATE AND VENUE:

October 16, 2015 (1:00 p.m.-5:00 p.m.) Friday  
DepEd Dagupan City Division Training Center

### EXPECTED PARTICIPANTS:

All public and private secondary students from the different Schools Division of Pangasinan and secondary schools with LINK Club

### MECHANICS:

1. Each Schools Division may send a maximum of two (2) teams consisting of three (3) participants to compete. Schools with LINK Clubs are also encouraged to send one (1) team consisting of three (3) participants to represent their school. Participating schools must be members of the association.
2. Mental Health Quiz Bee is classified into four different rounds: Easy, Average, Difficult and Clincher. The questions will be prepared by the association with source/s or reference/s.
3. All contestants shall answer the same set of questions by writing the appropriate answer/s on the flashcards provided by the association. Answers shall be written in capital letters with correct spelling.
4. Questions shall be read twice by the Quiz Master, after which he/she says "GO", only then will the contestants be allowed to write their answers. Contestants shall be given 10 seconds to answer for each question. The team leader shall raise the chalk before the Quiz Master reads a question and after the allotted time for answering. Then, the contestants will be asked by the Quiz Master to raise their board to show their answer/s to the audience with Proctors verifying them.
5. Points assigned for each question is:

Easy Round	-	1 point
Average Round	-	2 points
Difficult Round	-	3 points
Clincher Round	-	5 points
6. After the difficult round, the total number of points for every contestant shall be tabulated.
7. The Mental Health Quiz Bee will use the point system scale. The highest pointer will be declared first placer, the second will be the second placer, and the third will be the third placer.
8. In case of tie among the contestants getting the highest score, the concerned contestants shall proceed to the Clincher round to determine the winner. The first to get the correct answer will be declared as winner.
9. In case there will be doubts/complaints, only the duly registered teacher/coach is allowed to present his/her question/s before the next question will be read by the Quiz Master.
10. Prizes of winner/s will be forfeited if the contestant/s is/are not officially enrolled this SY 2015-2016 in the schools they represent, and if they are found not duly registered with their coaches in the List of Participants.
11. The Board of Judges will be in complete control of the Mental Health Quiz Bee. The decision of the judges is final.

Note: Trophy and certificates await the winners.

17

**DEPED DIVISION****PROVINCE WIDE ANNUAL ON - THE - SPOT POSTER  
MAKING CONTEST  
(Elementary Level)  
October 13, 2015  
ACCEPTANCE FORM**

\*\*\*

Please accomplished this form and return it to PMHA on or before  
October 07, 2015 for confirmation.  
Thank you!

*Kindly check the appropriate box for your response.*

☐

Yes, we accept the invitation to join the PMHA Province Wide Annual - On -  
The - Spot Poster Making Contest.

☐

Sorry, but we cannot accept the invitation to join the PMHA Province Wide  
Annual - On - The Spot Poster Making Contest.

\_\_\_\_\_  
Schools Division Superintendent  
Division of \_\_\_\_\_

Note: If yes, please fill-up the attached Province Wide Annual - On - The - Spot  
Poster Making Contest Entry Form and return it to PMHA together with  
the acceptance form.

---

**PROVINCE WIDE ANNUAL ON - THE - SPOT POSTER  
MAKING CONTEST  
(Elementary Level)  
ENTRY FORM**

DIVISION OF \_\_\_\_\_

Name of Participant	Age	Grade	School