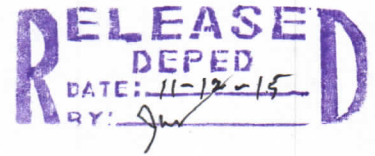


Republic of the Philippines



Region I  
**DIVISION OF CITY SCHOOLS**  
Dagupan City  
Telefax No. (075) 515-6009



DIVISION MEMORANDUM 85 s, 2015

To: **OIC – Assistant Schools Division Superintendent**  
**Chief Education Supervisor, SGOD/CID**  
**Public Schools District Supervisors**  
**Education Program Supervisors**  
**School Directors**  
**Principals (Public and Private)**  
**Teachers**

From: *FR*  
**FROSERFINA J. BRAVO**  
**OIC – Schools Division Superintendent**

TOPIC: **2<sup>nd</sup> SAD-Free Dagupan**

Date: **November 11, 2015**

1. Dagupan City will conduct the 2nd SAD-Free Dagupan Symposium and other Activities this November 2015. This is in line with the joint program of the Private School Principals League (PSPL), the Adventist Community Services (ACS), the Department of Education (DepEd) and Mayor Belen T. Fernandez.
2. The objectives of this program are:
  - (a) to create an intensive awareness on the ill effects of Smoking, Alcoholism and illegal Drugs among students and youth and in the public school;
  - (b) to manifest the seriousness in fighting Smoking, Alcoholism and illegal Drugs; and
  - (c) to make the City SAD-Free.
3. The following activities to be conducted are:
  - (a) Symposium/Seminar on SAD-Free (For details please coordinate with Atty. Lemuel Astadan)
    - a.1) November 16, 2015, 1:00 – 5:00 PM  
East Central Integrated School
    - a.2) November 23, 2015, 1:00 – 5:00 PM  
Federico Ceralde Integrated School
  - (b) November 20, 2015 at CSI Stadia
    - b.1) Declamation Contest for the Elementary (morning)
    - b.2) Oratorical Contest for Secondary (morning)
    - b.3) Katha – Kantahan ng Kabataan (OPM Song Writing and Exhibition)
    - b.4) Doodle Art Contest
  - (c) Fun Run along Judge Jose De Venecia Highway on November 20, 2015.

4. The competition is open to all public and private elementary and secondary students enrolled this SY: 2015-2016. This will be held on November 20, 2015 at CSI Stadia.
5. Guidelines/Criteria for the contests are attached to this memorandum.
6. For the Fun Run the starting and end point will be at the entrance of Stadia and the assembly area will be at the back of Stadia along Judge Jose Venecia Highway. The assembly time will be at 5:00 AM and it will start at 6:00 AM. There will be two categories: for the elementary 3K and for the High School 5K. The following achievers will be recognized: Top 10 Finishers for the elementary and also for the secondary; Top 3 biggest percentage of finisher from the elementary and secondary. Top 3 delegation for most creative flaglets. Each district is encouraged to send the following number of participants:  
District I – 2,000  
District II – 2,750  
District III – 3,350  
District IV – 1,000  
District V – 4,700
7. There will be a pre-registration to be submitted on or before November 17, 2015. Students who will participate in the Fun Run shall accomplish and submit Parental Consent and Waiver. All advisers shall accompany their students/pupils. The School Principal shall submit the number of the participants to the SGOD Office and look for Mr. Renato R. Santillan. No walk-in participants shall be allowed in all the events.
8. For the contest on Declamation, Oratorical, Katha-Likhaan Kantahan ng Kabataan (OPM Song Writing and Exhibition) and Doodle Art, a participant must submit an entry form, certification of enrollment and endorsement coming from the school principal prior to the contest.
9. However, activities should not disrupt classes as stipulated in DepED Order No. 9, s. 2005, on Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith.
10. For dissemination and compliance.



Guidelines/Rules and Criteria in Doodle Art Contest 2015

1. This is open to all public and private secondary schools in Dagupan City. Each school is given a maximum slot of 5 participants.
2. The doodle piece must be in line with the culture and industry of Dagupan.
3. All participants are given one hour to finish their doodle art.
4. The contestant must be presently enrolled this school year 2015-2016.
5. The materials like illustration board, oil pastel, pencil, sign pen, pentel pen and eraser will be provided by the committee. No one is allowed to use his/her own material except ruler.
6. There will be a pre- registration to be submitted on or before November 17, 2015 at DepEd Dagupan City Division, SGOD. (Please look for Mr. Renato R. Santillan)
7. No walk-in contestant shall be allowed during the contest proper.
8. There are 7 categories of the contest which will be announced during the contest proper.
9. There will be three winners for each category.
  - a) First Prize
  - b) Second Prize
  - c) Third Prize
10. The contestant should present his/her Student ID and a certificate of enrollment signed by the school principal in the contest proper.
11. The criteria for judging the doodle work are:

a) Thematic Relevance	-	25%
b) Creativity and Originality	-	25%
c) Clarity and quality of work	-	25%
d) Culture Integration	-	25%
Total	-	100%
12. The decision of the judges is final and irrevocable.

Guidelines/Rules and Criteria in Katha-Kantahan ng Kabataan  
(OPM Song Writing and Exhibition Contest 2015)

1. This is open to all public and secondary schools that are presently enrolled for this school year 2015-2016.
2. A maximum of 8 students-participants per group coming from grade 9 and 10 students
3. The OPM Song will be originally composed by the participants and it will be performed in the contest proper.
4. The theme of the song writing is on culture and industry of Balon Dagupan City
5. Song performance must not exceed 10 minutes including instruments and stage set up.
6. The song may be performed in solo, duet, group or band.
7. The song writer/s may choose the type of music genre (ballad, rock, etc.) for his/her composition.
8. Performers should bring their own musical instruments such as piano, key board, guitar, winds, strings or percussion instruments.
9. Bonifide participants should bring the following on the contest proper:
  - a) Certification that a student is presently enrolled for school year 2015-2016 in the grade 9 and 10.
  - b) Official list of the participants endorsed by the school principal.
  - c) Three (3) typewritten copies of the song lyrics with the title, name of the composer/s, and the name of the performer/s.
10. There will be pre-registration to be submitted in the SGOD Office c/o Mr. Renato R. Santillan.
11. Song must be written in English or Filipino.
10. There will be a three winners.
  - a) First Prize
  - d) Second Prize
  - e) Third Prize
12. The criteria for judging are as follows:

a) Lyrics	25%
b) Melody	25%
c) Originality	25%
d) Arrangement	15%
e) Performance	15%
f) Audience Impact	5%
13. The decision of the judges is final and irrevocable .



## 2<sup>ND</sup> SAD-FREE ENTRY/APPLICATION FORM

-CONTESTANT APPLICATION FORM -

Name of Contestant: \_\_\_\_\_

Address: \_\_\_\_\_

Name of School: \_\_\_\_\_

Year Level / Grade: \_\_\_\_\_

Address: \_\_\_\_\_

Tel.No. \_\_\_\_\_

Contestant's Signature: \_\_\_\_\_

Principal's Signature: \_\_\_\_\_



# S.A.D. FREE DAGUPAN





# SAD-FREE DAGUPAN FUN RUN 2015



Name of School: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Address: \_\_\_\_\_

Year Level / Grade: \_\_\_\_\_

Total Number of Participants: \_\_\_\_\_

Principal's Signature: \_\_\_\_\_

Name	Grade	Name	Grade	Name	Grade
1.		1.		1.	
2.		2.		2.	
3.		3.		3.	
4.		4.		4.	
5.		5.		5.	
6.		6.		6.	
7.		7.		7.	
8.		8.		8.	
9.		9.		9.	
10.		10.		10.	
11.		11.		11.	
12.		12.		12.	
13.		13.		13.	
14.		14.		14.	
15.		15.		15.	
16.		16.		16.	
17.		17.		17.	
18.		18.		18.	
19.		19.		19.	
20.		20.		20.	
21.		21.		21.	
22.		22.		22.	
23.		23.		23.	
24.		24.		24.	
25.		25.		25.	





# SAD-FREE DAGUPAN FUN RUN 2015



## PARENTAL CONSENT AND WAIVER

I/We hereby willingly and voluntarily give consent to the participation of my/our son/daughter \_\_\_\_\_ in the SAD-FREE DAGUPAN FUN RUN 2015.

I/We have considered the benefits that my son or daughter will derive from his/her participation in this activity provided that due care and precaution will be observed to ensure the comfort and safety of my son/daughter.

We further waive, release and agree not to sue the DepEd, PSPL, the school and or any officer from any and all rights, claims or losses sustained by our son/daughter while at, or participating in the SAD-FREE Dagupan FUN RUN 2015

And that I/We understand and agree to the terms of this waiver/contract and give full consent to it.

Signature over Printed Name

Father

Signature over Printed Name

Mother

Signature over Printed Name

Guardian



# SAD-FREE DAGUPAN FUN RUN 2015



## PARENTAL CONSENT AND WAIVER

I/We hereby willingly and voluntarily give consent to the participation of my/our son/daughter \_\_\_\_\_ in the SAD-FREE DAGUPAN FUN RUN 2015.

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And that I/We understand and agree to the terms of this waiver/contract and give full consent to it.

Signature over Printed Name

Father

Signature over Printed Name

Mother

Signature over Printed Name

Guardian





## 2<sup>nd</sup> SAD-FREE DAGUPAN DECLAMATION & ORATORICAL SPEECH CONTEST

WHEN: November 20, 2015 ((9:00 - 12:00pm -Oration) (1:00-5:00pm -Declamation)

WHERE: CSI Stadia

THEME: *"Preventing the Evil Vices of Smoking, Alcoholism, and Drugs to our society"*

PURPOSE: To develop a deeper knowledge on the negative effect of smoking, alcoholism, and drugs and to enhance leadership qualities of our young students on their ability to think and speak clearly.

### DECLAMATION CONTEST GUIDELINES

1. Each school in elementary (private and public) can send one (1) representative to participate in the second SAD-Free Dagupan Declamation Contest.
2. Contestant of the declamation contest must be bonafide student in Dagupan City.
3. There will be one common piece for declamation.
4. The definition of declamation as a recitation of a poem from memory shall be adopted. Hence, the delivery is marked by strong feelings but must be free from histrionics. The presentation lasts for a maximum length of 5 minutes. For every 10 sec. overtime, minus .5 point from the final average rating of the judges.
5. Background music is not allowed. Body props, chairs and tables as props are allowed. No special effects (sound, light, smoke, etc.)
6. Top 3 will be recognized as winners and each winner will be awarded with medals and certificates.
7. The decision of judges is final and irrevocable.

### THE CONTEST JUDGING

Relevance to the theme	-	30%
Content & Presentation (memorization/mastery, originality, poise, posture & eye contact)	-	35%
Eloquence & Delivery (overall intonation & rhythm, correct pronunciation & stress, proficiency in handling difficult structures voice quality and projection)	-	35%
Total:		100%

S.A.D. FREE DAGUPAN





MAYOR BELEN T. FERNANDEZ



DAGUPAN CITY



PSPL



ACS



## ORATORICAL SPEECH CONTEST GUIDELINES

1. Each secondary school can send one (1) representative to participate in the second SAD-Free Dagupan Oratorical Speech Contest. Contestant of the oratorical speech contest must be bonafide student in Dagupan City.
2. There will be one common piece for oration.
3. Appropriate gestures are allowed. The style and speech type should be appropriate to the message, but the speech must not be a dramatic presentation (i.e.) portrayal of a baby in the womb, short story, poem, etc.) Quotes are fine but should not dominate the speech and must not be appropriately attributed. Props are not permitted.
4. Speeches are to be 4-5 minutes long. Penalizing speeches outside the 4-5 minute range is left to the judges' discretion during the final tallying. Speeches under 4 or over 6 minutes will be disqualified.
5. The memorized speech must be delivered in English.
6. Top 3 will be recognized as winners and each winner will be awarded with medals and certificates.
7. The decision of judges is final and irrevocable.

## THE CONTEST JUDGING

### 1. Personal Qualities (20 points)

- Dresses appropriately for the occasion
- Displays self-confidence

### 2. Material Organization(30 points)

- The introduction is relevant to the body of the speech
- There are smooth transitions between the introduction and the body, the body and the conclusion
- The conclusion brings the speech to a logical end
- A unified theme on the topic is maintained throughout speech

### 3. Delivery and Presentation (30 points)

- Speaks clearly and distinctly
- Effectively modulates the voice
- Maintains eye contact with the audience
- Uses appropriate gestures

### 4. Overall Effectiveness (20 points)

- Maintains interest of audience
- Achieves the purposes of the speech

S.A.D. FREE DAGUPAN



## Declamation

I woke up with a bad dream. I'm not sure it comes down to the dreams that lie dormant in the depths of a childhood mind, or the times that is prepped in order to say just exactly how it feels, yet never being able to get the words farther than the very tip of the tongue. Someone is trying to whisper to me, it says problems can be solve in a quick time, then the voice added at any time and at my convenient time CAN SIMPLY SOLVE PROBLEMS, the voice reiterated I CAN SOLVE PROBLEMS. But solving problems as easy as 1, 2, 3 and A, B, C can only happen given that I'D PLAY GAMES with the masters. Masters, asked? Burn cigars, drink alcohol and go under the powerful drug influence. Who can ever say NO with this? VICES INDEED! A temporary source of happiness, a temporary solution for problems causing deterioration of the mind, a temporary influence moving away from humanity and a temporary still of a perfect portrait of life. TEMPORARY, TEMPORARY, TEMPORARY! SHORT and never lasts. It's the want which cannot be had, and having the unwanted fighting behind it all. The worst part is what's done is done. Using the excuse that 'no one understands', and yet others know better than the distraught speaker. They are completely unsure at that point; unsure of morals, the dreams imprinted in the mind, the way life was to be and how it's no longer. It all slips away just at the snap of the fingers. That one moment they thought they could handle, that they have never actually faced, but knew what to do, what to say, but fear, sin, and vice brought the pain that now forever lives within.

NEVER LET SMOKING, ALCOHOLISM AND DRUGS be the solution for your problems. NEVER let such vices be your friend and companion for times that you're down. And never let your life be ruined for an undefined temporary source of happiness. Continue living your life at its fullest. Be a child of God



## VIRTUES FOR VICES

As functioning human beings, it is basic knowledge that we all have needs to survive every single day of our lives. We have needs like food, shelter, clothing, and such. Your mind signals and tells your body that you must have to take in something—something to absorb to keep your sanity intact and to keep you healthy, physically and mentally. These needs are what make us live properly.

And there are also these things called “wants.” All of us have wants, that’s already a given. Our body and mind craves for a certain object or substance that we don’t necessarily have to acquire, but our tenacious minds convince us to take it anyway. Sometimes, these wants are referred to as “temptations.”

But then, most people sometimes confuse their wants with their needs. And this kind of misunderstanding may result to something harmful; to something that can be beyond anyone’s control, not even yourself.

Your wants and your needs are significant parts of your psyche. It is what your conscience tells you to get to make you happy and satisfied—to keep you going. These are your needs, but your mind tells you that it isn’t enough, is it? These needs aren’t enough to keep you pleased and content. And because of this, sometimes, your temptation overcomes you, and the “want” dominates over the need.

There are particular substances that categorize in a person’s “wants,” and one would be **drugs**. And another one would be **alcohol**. In other words, these are what you simply call as your **vices**.

Why do we even take these “vices”?

Let’s say, for example, you are having a big problem in your life, and you have no idea how to solve it, making you feel hopeless. And your circle of friends tell you to “grab a drink” from the local bar. But you tell them “no” because you know that alcohol is harmful to your body, except they happen to manage to convince you, anyway—saying that drinking alcohol helps you forget. And you join, and finally, you take your first shot. And another, and another, until you become a heap of drunken mess.

The situation is also the same with illegal drugs. Drugs like marijuana, nicotine, cocaine, ecstasy and others; they’re all the same—no more, no less. You see these things as problem-solvers, things that help you move on with your life, except that’s what you simply induced to yourself. You involve yourself with these substances so much; they give you enough satisfaction to make you feel like in a high—relaxed and problem-free. These vices tempt you to take them in because they make you feel good about yourself. But that is it. You don’t realize the harm it’s giving to your system, to your mind. You get so addicted, it’s already illegal—this is what you call as **drug abuse**.

And before you even know it, the constant intake of these harmful substances becomes a habit, a daily routine. It begins as a simple “want,” but the more you take in, the more you absorb of it, if you don’t try to stop yourself, this “want” automatically transforms into a “need.” So much that, your body would not be able to go through the day without having a single taste.

These abused drugs harm your body. It leaves an impact to your body that sometimes, the effect becomes permanent. Most abused drugs directly or indirectly target your brain’s reward system by flooding the circuit with “dopamine”—a neurotransmitter present in regions of the brain that regulate movement, emotion, cognition, motivation and feelings of pleasure. When drugs enter the brain, they can actually change how the brain performs its jobs. These changes are what lead to compulsive drug use, **the hallmark of addiction**.

Your immune system weakens, causes cardiovascular conditions (ranging from abnormal heart rate to heart attacks), damages your liver, collapsed veins, nausea, seizures, stroke, brain damage, and may produce global body changes. It also affects your behavior, problems like paranoia, impulsiveness and loss of self-control.

Open your eyes and see how dangerous these vices are. They can’t possibly be problem solvers if they end up giving you bigger problems in life, especially concerning your body—your temple, the vessel you control that makes you human.

However, this habit; these vices, they can be changed. If you have the moment of control over yourself under the haze of the vice, you must tell yourself that you must stop.

*Stop it this instance.*

Vices are not the only solutions to your problems in life or to anything at all. Vice, as it has been famously defined, is a habit that spoils one’s chances of achieving personal happiness. It may give you happiness, but only temporarily. You can never find true bliss once you realize that your health has been greatly damaged.

Be cautious of your choices. Before you do something, before you make a choice, think of the grave consequences that might happen afterwards. You don’t want to regret anything, not when it concerns your own health and welfare.

Take importance of your health; because if you don’t live healthy, you can’t enjoy the beautiful essence of life.