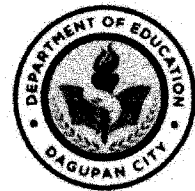


Republic of the Philippines  
DEPARTMENT OF EDUCATION  
Region I  
SCHOOLS DIVISION OFFICE  
DAGUPAN CITY

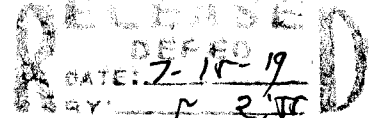


Division Memorandum No. 234s., 2019

TO: All Public Schools District Supervisors  
All Secondary Public Schools Heads

FROM: Schools Division Superintendent

SUBJECTS: A. OPLAN KALUSUGAN SA DEPED (OKD)  
2019 POSTER MAKING CONTEST  
B. OPLAN KALUSUGAN SA DEPED (OKD)  
2019 ESSAY WRITING CONTEST



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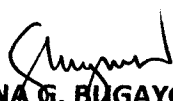

DATE: July 12, 2019

The Regional Oplan Kalusugan sa DepEd (OKD) Program implementation shall be having its relaunching this coming August 2019 to reach out for more stakeholders, gain support and to highlight the promotion of Mental Health Awareness through the inclusion of School Mental Health as the new flagship program of Oplan Kalusugan sa DepEd (OKD) for Cy 2019.

In relation to the above-mentioned objectives, the Schools Division Office of Dagupan City is extending its full support to all the activities formulated by the ESSD such as:

1. Oplan Kalusugan sa DepEd (OKD) 2019 Poster Making Contest
2. Oplan Kalusugan sa DepEd (OKD) 2019 Essay Writing Contest

Please see attached contest guidelines for your information, guidance and immediate compliance.

  
DR. LORNA G. BUGAYONG, CESO VI  
Schools Division Superintendent 



Republic of the Philippines  
**DEPARTMENT OF EDUCATION**  
**Region 1**  
City of San Fernando, La Union 2500



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**OPLAN KALUSUGAN SA DEPED (OKD)**  
**2019 POSTER MAKING CONTEST MECHANICS**

- I. **THEME.** The theme for the observance of Oplan sa Kalusugan (OK) sa DepED 2019 shall be used during the contests with the core message: "Happy Minds for a Happy Schools".
- II. **PARTICIPANTS.** The Poster-Making Contest shall have two (2) categories- Senior High School and Junior High Schools. The participants shall present a certification from their respective schools as the official representative.
- III. **DATES.** The date for the contest shall be within July 22-26, 2019 and winners shall be announced on the same date.

**IV. CONTEST GUIDELINES**

1. The participants are entitled to one (1) coach or chaperone.
2. The organizers shall provide the contestants with 10 inches x 15 inches illustration board which shall serve as canvass and basic drawing or coloring materials such as crayons, pencils and permanent markers.
3. Participants may opt to use other materials provided by the school being represented, but are limited only to the following: crayons, oil pastel, coloring pencils, water color, poster paints and markers.
4. Participants shall be given five (5) minutes to consult with the coaches after the orientation.
5. One (1) hour shall be allotted for the participants to work on their entries. No coach or chaperone interference is allowed during this period.
6. The artwork shall follow a PORTRAIT orientation. No text or mark identifying the participant shall appear on the artwork. The name and school of the participant shall be pasted at the back of the board.
7. The organizers shall display a wall or digital clock so that participants are guided on the time limitations. The organizers shall also announce the remaining time guided by the following intervals: last one hour, last thirty minutes, last fifteen minutes, last five minutes and last one minute.

8. All entries shall be submitted to the organizers after the contest work period.
9. The composition of Panel of Judges shall be determined by the Schools Division Office.
10. Entries shall be judged on the following criteria:

Overall presentation (including creativity, color, harmony etc.)-	50%
Relevance to the theme	40%
Originality	10%
<b>TOTAL</b>	<b>100%</b>
11. The Panel of Judges shall announce and award the winners of the contest after the adjudication and tabulation of results. There shall be only one winner per category. The decision of the Panel of Judges shall be final.
12. Winner per category shall receive Php3,000.00 only.
13. Winning entries shall be displayed at the booth during the regional kick-off of Oplan Kalusugan sa DepED Program.



Republic of the Philippines  
**DEPARTMENT OF EDUCATION**  
**Region 1**  
City of San Fernando, La Union 2500



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**OPLAN KALUSUGAN SA DEPED (OKD)**  
**2019 ESSAY WRITING CONTEST MECHANICS**

- I. **THEME.** The theme for the observance of Oplan sa Kalusugan (OK) sa DepED 2019 shall be used during the contests with the core message: “Happy Minds for a Happy Schools”.
- II. **PARTICIPANTS.** The Essay Writing Contest shall be open to Teaching and Non-Teaching Personnel. The participants shall present a certification from their respective schools as the official representative.
- III. **DATES.** The date for the contest shall be within July 22-26, 2019 and winners shall be announced on the same date.

**IV. CONTEST GUIDELINES**

1. The participants are entitled to one coach or chaperone.
2. Laptops shall be used during the contest. Participants may bring their own laptops or use a laptop provided by the school being represented. Internet access of the laptop should be turned off throughout the duration of the contest. Designated personnel shall be monitoring the contestants during the work period.
3. The participants shall be given five (5) minutes to consult with the coaches after the orientation.
4. One (1) hour shall be allotted for the participants to work on their entries. No coach or chaperone interference is allowed during this period.
5. Work must follow the specifications below:
  - Paper size : A4
  - Font Style : Arial
  - Font Size : 12
  - Alignment : Justified
  - Margin : 1 inch all sides (Normal)
  - Spacing : Double space

6. Works must be in English. Maximum word count is Two Thousand (2,000) minimum word count is 750.
7. The name of the participant and school being represented shall not appear in any part of the work. Participants shall be given Reference Numbers which shall be used to identify the entries.
8. The organizers shall display a wall or digital clock so that participants are guided on the time limitations. The organizers shall also announce the remaining time guided by the following intervals: last thirty minutes, last fifteen minutes, last five minutes and last one minute.
9. The composition of Panel of Judges shall be determined by the Schools Division Office.
10. Entries shall be judged on the following criteria:

Substance and content	:	40%
Relevance to the theme	:	30%
Originality	:	15%
Mastery of the English Language	:	15%
<b>TOTAL</b>	<b>:</b>	<b>100%</b>
11. The Panel of Judges shall announce and award the winner of the contest after the adjudication and tabulation of results. There shall be only one winner. The decision of the Panel of Judges shall be final.
12. Winner shall receive Php3,000.00 only.
13. Winning entry shall be displayed at the booth during the regional kick-off of Oplan Kalusugan sa DepED Program.