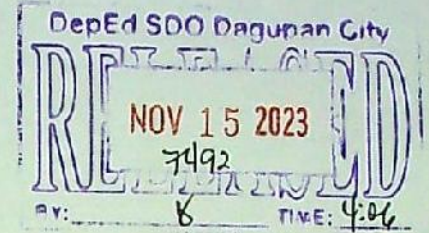




Republic of the Philippines  
**Department of Education**  
REGION I  
SCHOOLS DIVISION OF DAGUPAN CITY



DIVISION MEMORANDUM  
No. 425 s. 2023

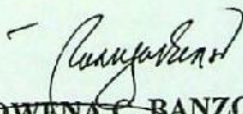
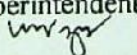
TO: Asst. Schools Division Superintendent  
Chiefs, CID & SGOD  
Education Program Supervisors  
Public Schools District Supervisors  
Public School Principals/SHs ( Sec)  
All others concerned

FROM: **ROWENA C. BANZON, CESO V**  
Schools Division Superintendent

DATE: November 15, 2023

SUBJECT: Paskuhan sa Barangay-Pinakabonggang Christmas Caroling Contest

1. The City Health Office and Department of Health in cooperation with DepEd SDO Dagupan City will hold the **Paskuhan sa Barangay-Pinakabonggang Christmas Caroling Contest**.
2. The mechanics, criteria, prizes and other details are herein attached.
3. Immediate and widest dissemination of this memorandum is desired.

  
**ROWENA C. BANZON, CESO V**  
Schools Division Superintendent  




Address: DepEd SDO, Burgos St., Dagupan City  
Telephone No.: (075)615-2645/(075)615-2641  
Email Address: dagupan.city@deped.gov.ph

SDO DAGUPAN CITY

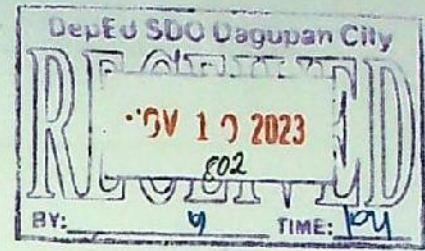


Republic of the Philippines  
**CITY HEALTH OFFICE**  
City of Dagupan



November 10, 2023

**Dr. Rowena Banzon**  
School Division Superintendent  
School Division Office  
Dagupan City



Dear Dr. Banzon

Greetings!

The singing of carols reminds us that God, in His love for us, sent his son to be one of us. Just as that first Christmas as marked by singing, so Christians through the centuries have celebrated and borne witness through song to the coming of Messiah. This activity is done to essentially spread the Christmas message and help the people to connect with their faith and to others.

To enjoin the community in practicing safe activities such as avoiding the use of firecrackers and other pyrotechnic devices to prevent firework-related injuries and instead focusing more on sustainable and safer recreation during the Christmas like joining the singing and Caroling contest in the barangay.

We, in partnership with the Department of Health will hold a “Paskuhan sa Barangay-Pinakabonggang Christmas Caroling” contest as we celebrate this year’s yuletide season!

May we request from your good office to extend an official endorsements to the school principals and make the proper coordination with their respective barangay captains for their entry for this activity.

The activity is open to all private and public elementary schools in all 31 Barangays. **There will only be 1 entry per barangay.**

Mechanics:

Each participating barangay will be:

1. Creating the most “bonggang” Christmas carols in line with the Seven Healthy Habits messages/theme.
2. Incorporating Seven Healthy Habits messages to the lyrics of the Christmas carols.
3. Each participant send their entry thru email at [ciodagupan@gmail.com](mailto:ciodagupan@gmail.com)
4. The City Government of Dagupan City Information Facebook Page will post the entry tagging DOH Healthy Pilipinas and using the hashtags: # HealthyPasko2023
5. Posting will be on November 28, 2023 until be on December 08, 2023.
6. Deadline for the submission of entries will be on **December 8, 2023.**
7. Pre-judging and announcement of final 5 will be on December 11, 2023 at the City Health Office Conference room.

8. Final performance and awarding of the top 5 participants will be on December 14, 2023 at the Dagupan City Plaza, Barangay 1, Dagupan City.
9. City Health Office and DOH (CHDO) shall be the rightful owner of the winning entries after the contest.
10. Any violations of the above rules and mechanics of the competition will lead to disqualification.

CATEGORIES FOR AWARDS

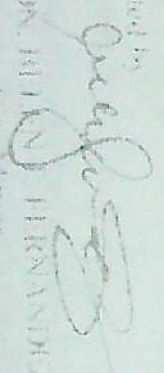
Criteria	Percentage
Voice quality	40%
Timing and Interpretation	20%
Originality and Creativity	20%
Best portrayal of the Health Status	10%
Total	100%

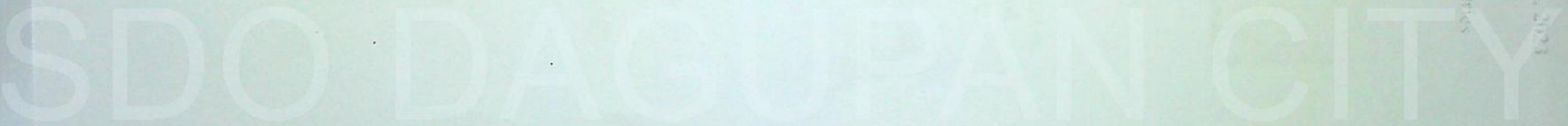
CASH PRIZES

Rank	No. of winners	PRIZE
CHAMPION	1	25,000.00
1 <sup>st</sup> Runner Up	1	20,000.00
2 <sup>nd</sup> Runner Up	1	15,000.00
3 <sup>rd</sup> Runner Up	1	8,000.00
Consolation prize	6	\$ 500.00 each
<u>Special Awards</u>		
Most Loved Division (and	1	5,000.00
Most Skilled Residents group	1	5,000.00

Sincerely yours,

OPHELIA T. RIVERA, MD, MPH  
 City Health Officer II

Noted by:  
  
 OPHELIA T. RIVERA, MD, MPH  
 City Health Officer II



# 7 Priority Areas

- 1 Diet and Exercise**  
Enabling improved nutrition and increased physical activity
- 2 Environmental Health**  
Minimizing environmental and climate impacts on health
- 3 Immunization**  
Reducing deaths and disabilities from vaccine-preventable diseases



- 4 Substance Use**  
Preventing tobacco, illicit drug use & binge drinking
- 5 Mental Health**  
Increasing psychosocial and mental well-being
- 6 Sexual and Reproductive Health**  
Promoting positive sexual and reproductive behavior
- 7 Violence and Injury Prevention**  
Fostering safe and inclusive communities

# 7 Healthy Habits Para sa Healthy Heart



Move More, Eat Right



Be Clean, Live Sustainably



Get Vaccinated



Don't Smoke, Lessen Alcohol, Say No to Drugs



Care for Yourself, Care for Others



Practice Safe Sex



Do No Harm, Put Safety First

