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

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Office of the Schools Division Superintendent

3 November 2026

DIVISION MEMORANDUM
No. 644 s.2026

MOVE FOR YOUR MIND: A MENTAL HEALTH DANCE CONTEST FOR ADOLESCENTS

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Education Program Supervisors
Secondary Public Schools District Supervisors
Secondary Public School Heads
All Others Concerned

1. The Department of Education (DepEd) Memoranda No. 077 s. 2025, otherwise known as the Basic Education Mental Health and Well-Being Promotion Act, driven by Republic Act 12080 (Basic Education Mental Health and Well-Being Promotion Act) paves the way for the implementation of the comprehensive mental health policies and provide emotional and psychosocial support within the communities.

2. This office, through the Project ONE: Dagupan program together with the City Health Office of Dagupan, hereby announces the conduct of **"MOVE FOR YOUR MIND: A Mental Health Dance Contest for Adolescents"** on **November 12, 2026, 1:00PM-5:00PM**, at the **Dagupan City Plaza**. (Participants are expected to be at the venue 30 minutes to 1 hour before the start of the activity).

3. Kindly see attached guidelines and mechanics from the City Health Office.

4. For technical assistance, please contact Mr. Glenn Erickson T. Basto, Division Mental Health Focal through email glennerickson.basto001@deped.gov.ph or cell phone number 09227022942.

5. For immediate dissemination, information and compliance.

MARCIANO U. SORIANO, JR., PhD, CESO VI
Assistant Schools Division Superintendent
Officer-In-Charge
Office of the Schools Division Superintendent

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Contest Guidelines and Mechanics:

Eligibility

1. Open to Public High School in Dagupan City
   - Caracel National High School
   - Pugaro Integrated School
   - Salapingao National High School
   - Bonuan Buquig National High School
   - Dagupan City National High School
   - Judge Jose De Venecia Technical Vocational Secondary School
   - East Central Integrated School
   - Federico N. Ceralde Integrated School
2. Participants must be:
   - Students at participating public high schools in Dagupan City (Junior/Senior)
3. Each school may register only one (1) team.

Team Composition

1. Each team must consist of 8–12 members.
2. One (1) coach or team leader may accompany the group.
3. Substitution of members is allowed only before the contest proper.

Performance Requirements

1. Performance must be 5–15 minutes only. Any dance genre is allowed (Zumba, hip-hop, folk, contemporary, street, mixed style, etc.) Teams must creatively demonstrate the following habits through movements, formations, gestures, props, or short visual cues:

- Move more, Eat right
- Be clean, live sustainably
- Get vaccinated
- Don't smoke, avoid alcohol, say no to drugs
- Care for yourself, care for others
- Practice safe sex
- Do no harm, put safety first

2. Music must be:
   - Appropriate and youth-friendly
   - Free from offensive or explicit lyrics
3. Each group must include a 30–60 second introduction or short message explaining:
   - How dance/exercise helps mental health
   - Their advocacy or wellness message
4. Choreography must reflect energy, positivity, and teamwork.
5. Dangerous stunts are prohibited.

Costume and Props

1. Costumes must be:
   - Decent and comfortable
   - Appropriate for school/community setting
2. Props are allowed but not required.
3. Dangerous, sharp, or messy materials are strictly prohibited.
4. Teams are responsible for setting up and removing their props within the time limit.

Criteria for Judging

Best Group Performer	Rating / Score
Mastery, Originality, and Creativity	20%
Choreography, theme integration	25%
Gracefulness and Synchronicity	15%
Level of Difficulty	25%
Costume	10%
Appeal to the audience	5%
TOTAL	100%

Prizes		
Champion	1	10,000.00
1st runner-up	1	7,000.00
2nd runner-up	1	5,000.00
Consolation prize	5	2,850.00