



**MEMORANDUM**

**TO** : Through the District Supervisor

**Mr. Allan A. Agor**, Principal I, Sumaliring NHS  
**Mrs. Rosalia J. Kitane** – Teacher III, Sumaliring NHS  
**Mrs. Elvie Gajo**, Head Teacher I, Tayak ES  
**Jacquelyn G. Quirit**, Pupil, Tayak ES  
**Daye Marie Esteral**, Student, Sumaliring HS  
**Gweneth Quimosquimos**, Student, Sumaliring HS  
**Jenery Joy Malahay**, Student, Sumaliring HS  
**Christopher Perocho**, Student, Sumaliring HS  
**Christian Paul Peralta**, Student, Sumaliring HS  
**Kyle Russel Waminal**, Student, Sumaliring HS  
**Dave Rubio**, Student, Sumaliring HS  
**Vincent Fernandez**, Student, Sumaliring HS  
**John Lee Francisco**, Student, Sumaliring HS  
**Ogie Gallego**, Student, Sumaliring HS

**FROM** : **WILFREDA D. BONGALOS, Ph.D. CESO V**  
Schools Division Superintendent *WB*  
7/30/19

**SUBJECT** : **2019 NUTRITION MONTH CULMINATION COMPETITIONS**

**DATE** : July 30, 2019

1. You are hereby informed of your participation in the Nutri-Jingle Singing Contest and Balak Competition in celebration of the 2019 Province Nutrition Month Culmination on July 31, 2019, 9:00 AM to 4:00 PM at the Lamberto L. Macias Sports and Cultural Center, Dumaguete City.
2. Please refer to the attached Criteria and Guidelines.
3. Traveling and other incidental expenses incurred during your participation in the activity shall be charged against school MOOE subject to the usual accounting and auditing rules and regulations.
4. This serves as your **Travel Order**.
5. For your guidance and compliance.

3 1 JUL 2019



Republic of the Philippines  
Province of Negros Oriental  
PROVINCIAL HEALTH OFFICE  
**PROVINCIAL NUTRITION COMMITTEE**  
Dumaguete City



July 30, 2019

**DR. WILFREDA D. BONGALOS, CESO V**  
Schools Division Superintendent  
Division of Negros Oriental

Dear *Dr. Bongalos*,

Happy Nutrition Month!

The Provincial Nutrition Committee of Negros Oriental will once again be celebrating the 45<sup>th</sup> Nutrition Month come July 2019. This year's observance is themed "**Kumain nang Wasto at Maging Aktibo . . . Push natin 'to!**" focuses on the importance of healthy diet and physical activity and is a call to action for Filipinos to practice healthy diet and engage in regular activity and reduce sedentary behaviors.

Relative to this, the Provincial Nutrition Committee has come up the following activities to go with the celebration, as follows:

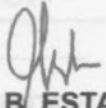
July 10, 2019 (Wed)	<ul style="list-style-type: none"> <li>• <i>Kapihan sa PIA @ 9:00 AM to 11:00 AM</i> (Bethel Guest House)</li> </ul>
July 31, 2019 (Wed)	<ul style="list-style-type: none"> <li>• <i>Culmination Activity</i></li> </ul> <p><u>Contest:</u> Municipal Level:  <ul style="list-style-type: none"> <li>✚ Draw and Tell (Day Care Children)</li> </ul> Dep. Ed Division level:  <ul style="list-style-type: none"> <li>✚ Balak Contest (Elem)</li> <li>✚ Nutri-Jingle Singing Contest (High School)</li> </ul> Note: Only one (1) entry per Dep. Ed. Division for the Balak and Nutri -Jingle Contest</p>

The winner of the contest in the Municipal and Dep. Ed Division level will serve as your entry in the provincial competition which is scheduled on **July 31, 2019 (Wednesday)** at the **Lamberto Macias Sports Complex, Dumaguete City** at **9:00 AM to 4:00 PM**. We encourage you to send participants on the said activities. Please see enclosed mechanics for judging.

You may download the 2019 NM talking points and streamer prototype at <http://www.nnc.gov.ph> and 2019 NM prayer and pledge at <http://www.nnc.gov.ph/regional-offices/region-vii>.

Thank you and we hope that you will have another meaningful and fruitful Nutrition Month celebration.

Very truly yours,

  
**LILAND ZOILA B. ESTACION, RN, M.D.**  
Assistant Provincial Health Officer &  
Provincial Nutrition Action Officer

**"Kumain nang Wasto at Maging Aktibo . . . Push natin 'to!"**

Tel No. (035) 225-2615/ TeleFax No. (035) 422- 3961 \*Email Address: [pho.nutritionprogram@gmail.com](mailto:pho.nutritionprogram@gmail.com)

Facebook page: Provincial Nutrition Committee of Negros Oriental

## NUTRI- JINGLE SINGING CONTEST

### CRITERIA AND GUIDELINES FOR JUDGING NUTRI JINGLE SINGING CONTEST

Criteria:

Originality (lyrics)	50%
Originality (melody)	30%
Choreography	10%
Audience Impact	5%
Costume	5%
<b>Total Score</b>	<b>100%</b>

Guidelines:

1. This contest is for High School Students.
2. Each Group will be composed of at least five (5) members but not more than ten (10) members. The content of jingle must showcase Nutrition Month theme "Kumain nang Wasto at Maging Aktibo... Push natin 'to!"
3. Lyrics should not contain vulgar and rude words. Violation for this guideline will result to disqualification.
4. The jingle must be in Cebuano and will not exceed 10 minutes play time.
5. Each entry must also submit the name of the Group and Representative.
6. Only one entry per Dep. Ed. Division will compete for the provincial contest.
7. All entries will become a property of Provincial Nutrition Committee of Negros Oriental.
8. The judge's decision is final.

GRADE LEVEL AND SECTION: \_\_\_\_\_

SCHOOL ADDRESS: \_\_\_\_\_

DISTRICT: \_\_\_\_\_

PROVINCE: NEGROS ORIENTAL

ENROLLMENT: \_\_\_\_\_ DATE: \_\_\_\_\_

NAME OF SCHOOL: \_\_\_\_\_

DIVISION: NEGROS ORIENTAL

CLASSROOM LEVEL  
DEMONSTRATION PROGRAM

Division of Negros Oriental  
Negros Island Region  
Department of Education  
Republic of the Philippines



## Balak Contest

### *Criteria for judging Balak Composition - 50%*

1. The composition must be in formal Cebuano language in line with the Nutrition Month 2019 theme “Kumain nang Wasto at Maging Aktibo... Push natin to!”
2. Minimum of ten (10), maximum of twelve (12) stanzas using four (4) verses or lines per stanza:
3. Hard copy must be provided.

Originality	40%
Relevance to the theme	20%
Rhyme	20%
Measurement	20%
<b>Total Score</b>	<b>100%</b>

### *Criteria for judging for Delivery - 50%*

Voice Projection	30%
Mastery of Piece	30%
Costume/props	20%
Stage presence	10%
Audience Impact	10%
<b>Total Score</b>	<b>100%</b>

### **Guidelines**

- a. This contest is for Elementary Pupils.
- b. Only one entry per Dep. Ed. Division will compete for the provincial contest.
- c. All entries will become a property of Provincial Nutrition Committee of Negros Oriental.
- d. The judge's decision is final.