



Republic of the Philippines
DEPARTMENT OF EDUCATION
Region VII, Central Visayas
SCHOOLS DIVISION OF NEGROS ORIENTAL
www.depednegor.net

July 1, 2019

DIVISION MEMORANDUM

No. 333, s. 2019

2019 NUTRITION MONTH CELEBRATION

To : Assistant Schools Division Superintendents
Chiefs, CID and SGOD
All Public Schools District Supervisors
All Public Elementary and Secondary School Heads
All Others Concerned

1. Attached is Regional Memorandum No. 333, s. 2019 entitled, "**2019 Nutrition Month Celebration**", this Office informs the field of the long-month celebration of the **2019 Nutrition Month** pursuant to Presidential Decree 491, with the theme, "**Kumain Nang Wasto at Maging Aktibo... Push Natin 'To!**"
2. All School Heads are enjoined to lead the celebration in their respective schools following the suggested activities enclosed.
3. A **Calendar of Activities** on the conduct of the long-month celebration shall be submitted to this Office on or before July 8, 2019 (Attn.: Mrs. Julie A. Sibul, RN – Nurse-In-Charge).
4. Accomplishment Report shall be submitted to this Office on or before August 1, 2019 (Attn.: Mrs. Julie A. Sibul, RN – Nurse-In-Charge).
5. Immediate dissemination and strict compliance of this Memorandum are desired.

WILFREDA D. BONGALOS, Ph. D., CESO V
Schools Division Superintendent
7/2/19

02 JUL 2019



REPUBLIKA NG PILIPINAS
 REPUBLIC OF THE PHILIPPINES
 KAGAWARAN NG EDUKASYON
 DEPARTMENT OF EDUCATION
REHIYON VII, GITNANG VISAYAS
 REGION VII, CENTRAL VISAYAS
 Sudlon, Lahug, Cebu City



REGIONAL MEMORANDUM
 No. 0333 s. 2019

July 26, 2019

2019 NUTRITION MONTH CELEBRATION

D: 6/26/19

To: Schools Division Superintendents
 Heads, Public and Private Elementary and Secondary Schools
 All Others Concerned

1. Pursuant to Presidential Decree 491, Nutrition Month is an annual campaign to raise the citizens' awareness of good nutrition in the Philippines. It is led by the National Nutrition Council and celebrated by the nutrition committee members, partners and stakeholders, at all levels. This year's 45th observance theme is, "**Kumain Nang Wasto at Maging Aktibo.. Push Natin Tin!**".
2. The Celebration aims to:
 - a. increase awareness in schools that focuses the importance on the healthy diet and engage in regular physical activity and reduce sedentary behaviors;
 - b. encourage schools / government agencies, non-government organizations, private sector, civil society organizations and communities to actively involve in the month-long observance such as:
 - allow few minutes a day for physical activity;
 - conduct seminars or distributing educational materials about the benefits of physical activity and how to incorporate it at the workplace;
 - encourage employees to use stairs instead elevators (for only those with no heart ailments or in good physical condition certified by the medical officer); and
 - organize regular physical activities before classes starts or after work such as dance classes
3. In support of this developmental endeavor of the nutrition community to be spearheaded by the National Nutrition Council (NNC), the Department of Education (DepEd) enjoins all schools to participate in this celebration by undertaking meaningful activities which will highlight the importance of good health and nutrition. Nutrition Month Talking Points and prototype streamer is available for download at the National Nutrition Council website.
4. However, it is emphasized, that the "Engaged Time-on-Task" policy of the DepEd should be observed as stipulated in DepED Order No. 9, s. 2005.
5. Each Schools Division Offices shall submit a **consolidated** narrative and pictorial reports on the highlights of the observance of Nutrition Month to be prepared by the Heads of the Division Health and Nutrition and to be submitted to the Regional Office on or before August 12, 2019 thru electronic mail at e-mail address: gracehu7@yahoo.com. Please see enclosure the recommended format for reporting.
6. Immediate dissemination of this Memorandum is desired.

Juliet A. Jeruta
JULIETA A. JERUTA, Ph.D. CESO IV
 Director IV

Office of the Director (ORD), Tel. Nos.: (052) 211-1433, 211-1509, 414-1399; 414-7125, Office of the Assistant Director, Tel. No.: (052) 251-4542
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 Quality Assurance Division (QAD), Tel. Nos.: (052) 231-0971, Human Resource Development Division (HRDD), Tel. Nos.: (052) 251-4219
 Education Support Services Division (ESSD), Tel. Nos.: (052) 254-7062, Planning, Policy and Research Division (PPRD), Tel. Nos.: (052) 251-9630
 2004 ARPSO ESHS/405 414-7065 Administrative Division, Tel. Nos.: (052) 414-7326, 414-4367, 414-7366, 414-7322, 414-4367
 2004 ARPSO ESHS/405 414-7065 Finance Division, Tel. Nos.: (052) 256-2573; 253-6061, 414-7321

"EFA 2015: Kapatagan ng Lahat, Pananagutan ng Lahat"

(Enclosure to 2019 Nutrition Month Celebration)

Suggested Preparations/Activities to Celebrate Nutrition Month

1. Putting up of streamer or advocacy poster at the bulletin boards.
2. On July, and every after flag raising ceremony in the schools, the School Head shall conduct advocacy regarding the theme.
3. Conduct different contests (cooking, slogan, jingle, poster, drama, pageant, dance and other related contest base from the theme).
4. Conduct health talks/ lectures related from the theme, and demonstrations on vegetable processing/cooking.
5. Organize vegetable trade fair to showcase various vegetable in the school.
6. For Kick-Off or Culminating Activity a mini-parade within the School only (optional)

**2019 NUTRITION MONTH
NARRATIVE AND PICTORIAL REPORT FORMAT**

Division: _____

- I. Introduction.
- II. Highlights of activities undertaken
- III. Summary reports submitted from schools to districts

Names of Divisions	No. of Districts per Division	No. of Schools per Districts	No. of schools conducted Nutrition Month Activities Reports	% submitted by District
1. Bogo City				
2. Bohol City				
3. Carcar City				
4. Cebu Province				
5. Cebu City				
6. Danao City				
7. LapuLapu City				
8. Mandaue City				
9. Naga City				
10. Siquijor				
11. Tagbilaran City				
12. Talisay City				
13. Toledo City				
14. Bais City				
15. Bayawan City				
16. Dumaguete City				
17. Guihulngan City				
18. Negros Oriental				
19. Tanjay City				

- IV. Best Practices of at least Top 3 Districts/Schools Implementer
- V. Six (6) Pictorials per division only with captions indicating name of district highlighting the name of schools