



Republic of the Philippines
Department of Education
Region VII, Central Visayas
DIVISION OF CITY SCHOOLS – TAGBILARAN
City of Tagbilaran



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June 26, 2019

DIVISION MEMORANDUM
NO. 244, s. 2019

2019 NUTRITION MONTH CELEBRATION

TO: **Division Health and Nutrition Personnel
Heads, Public and Private Elementary and Secondary Schools
All Others Concerned**

1. Pursuant to Presidential Decree 491 this Office hereby disseminates Regional Memorandum No. 0333, s. 2019 dated June 26, 2019 re: 2019 Nutrition Month Celebration with this year's 45th observance theme "**Kumain Nang Wasto at Maging Aktibo.. Push Natin To!**". This activity is led by the National Nutrition Council and celebrated by the nutrition committee members, partners and stakeholders, at all levels.
2. In support to this, 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.
3. 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: gracehnu7@yahoo.com. Please see enclosure the recommended format for reporting.
4. For further information, attached is Regional Memorandum and its enclosures about the preparations and format.
5. Wide and immediate dissemination of this Memorandum is enjoined.


NERI C. OJASTRO Ed D, CESE
Asst. Schools Division Superintendent
OIC- Office of the Schools Division Superintendent



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

JUN 26 2019

2019 NUTRITION MONTH CELEBRATION

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 To!**".
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 start 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: gracehnu7@yahoo.com. Please see enclosure the recommended format for reporting.
6. Immediate dissemination of this Memorandum is desired.


JULIET A. JERUTA, Ph.D. CESO IV
Director IV

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414-7065 Administrative Division, Tel. Nos.: (032) 414-7326; 414-4367; 414-7366; 414-7322; 414-4367
RDJA/ARDSTJ/ESSD/gbe
RM 2019 Nutrition Month
Finance Division, Tel. Nos.: (032) 256-2375; 253-8061; 414-7321

"EFA 2015: Karapatan 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