



Republic of the Philippines  
**Department of Education**  
REGION VII - CENTRAL VISAYAS  
DIVISION OF CITY SCHOOLS - TAGBILARAN CITY

**Office of the Schools Division  
Superintendent**

DIVISION MEMORANDUM  
No. 354, s. 2022

September 30, 2022

**DIVISION LAUNCHING AND CASCADING OF THE WELLNESS CAMPUS PROGRAM  
FOR SY 2022-2023**

To: Assistant Schools Division Superintendent  
Chief, CID and SGOD  
Public Elementary and Secondary School Heads  
Public Elementary and Secondary School Wellness Coordinators  
All Others Concerned

1. The Department of Education Region VII in partnership with Nestle Philippines, Inc. (NPI) through the Greatfil Team, Inc. (GTI) conducted a face-to-face regional launching and virtual cascading to Schools Divisions of the SY 2022-2023 edition of the Wellness Campus Program last July 25, 2022.
2. The Wellness Campus Program implementation has its emphasis on developing healthy habits of learners through nutrition education, physical activity, good personal hygiene and solid waste management with modified mechanics to fit the new normal. This program has been sustainably implemented in DepEd RO VII for almost ten (10) years with the strong support of schools division offices, capable teachers and learners.
3. Pursuant to Regional Memorandum Number 0802, s. 2022 titled: Wellness Campus Program Implementation for SY 2022-2023, this Office through the Curriculum Implementation Division in partnership with Nestle Philippines Inc. (NPI) with its implementing arm, the Greatfil Team Inc. (GTI) will conduct a division face-to-face Orientation and cascading of the SY 2022-2023 Wellness Campus Program and the modified contest mechanics for the Search of the Best Implementing Schools on Saturday, October 8, 2022 at 8:00 AM @ Tagbilaran City Central School Library.
4. Participants to this meeting are the School Wellness Coordinators. Incidental expenses of participants in relation to this activity shall be charged to local funds subject to accounting and auditing rules and regulations. Since this is a Non-School Days participants are given half day service credits pursuant to Dep Ed Order No. 53, s. 2003. Snacks will be provided during the activity.
4. Immediate dissemination of, and compliance with this Memorandum is desired.

  
**JOSEPH IRWIN A. LAGURA PhD**  
Schools Division Superintendent 



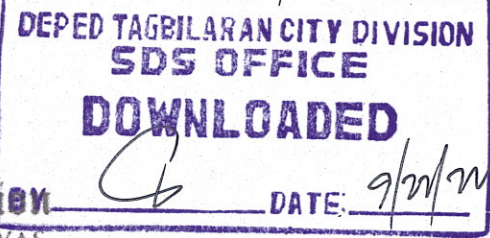
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A. Lacang  
for action

&



Republic of the Philippines  
Department of Education  
REGION VII - CENTRAL VISAYAS



Office of the Regional Director

REGIONAL MEMORANDUM

No. 0809, s. 2022

**WELLNESS CAMPUS PROGRAM IMPLEMENTATION FOR SY 2022-2023**

To: Schools Division/City Superintendents  
Officers-in-Charge of Regular/Interim Divisions  
All Others Concerned

1. The Department of Education Region VII in partnership with Nestle Philippines, Inc. (NPI) through its implementing arm, the Greatfil Team, Inc. (GTI), conducted the face-to face regional launching and virtual cascading to Schools Divisions of the **SY 2022-2023 edition of the Wellness Campus Program** last July 25, 2022 prior to the opening of classes for the school year, highlighting the signing of the Memorandum of Agreement.
2. The Wellness Campus Program implementation has its emphasis on developing healthy habits of learners through nutrition education, physical activity, good personal hygiene and solid waste management. This program has been sustainably implemented in DepEd Region VII for almost ten (10) years now with our very supportive Schools Divisions and capable teachers and learners garnering national awards with its inter-school and inter-region competitions.
3. With the opening and start of the School Year last August 22, this Office is calling out for the **active implementation of the Wellness Campus Program** which has additional learners-parents-teachers participation for the activity on the search for the Best Implementing Schools / Division / Region and modified contest mechanics to fit the new normal and the current DepEd Basic Education Learning Response and Continuity Plan (BELRCP).
4. For the detailed mechanics of the modified contest category and program timeline, please refer to the attachments of this Memorandum. Further, please be reminded that all activities shall be done after class hours so as not to interfere with academic instructions.
5. For inquiries you may contact CLMD Education Supervisor Dr. Juvelyn Otero or Dr. Berna J. Ysulan of ESSD at telephone nos. (032)-319-1873 or 0945-7623193 and Greatfil Team, Inc. Regional Operations Head for Central Visayas Ms. Lovely Priscilla G. Valentino at mobile no. 0917-5616313.
6. Immediate dissemination of this Memorandum is desired.

**SALUSTIANO T. JIMENEZ EdD, JD, CESO V**  
Director IV  
Regional Director

STJ/CAE/ESSD/PPP/IV/JY



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# INTER-SCHOOL COMPETITIONS

## INDIVIDUAL CONTESTS

1. *Recycled Arts*
2. *Poster Making*

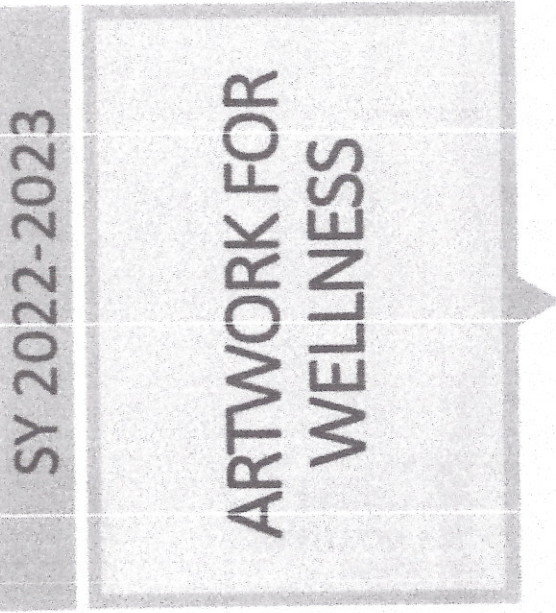
## TEAM CONTESTS

1. *Virtual Cook-Off*
2. *Dancercise Contest*

## SCHOOL CONTEST

1. *Health Habits Best Practices Contest*

# CONTESTS MECHANICS



## DESCRIPTION

Artworks for Wellness is an inter-school competition that recognizes the creative artistry of DepEd learners and teachers while reinforcing the importance of the NWC seven (7) healthy habits. It consists of two categories:

1. The Recycled Art Contest aims to promote solid waste management, raise awareness about environmental sustainability, reinforce the “makakalikasan” core value, while recognizing the creativity of learners in the community among Elementary students.
2. The Poster-making contest aims to encourage Junior High School students to express their ideas and understanding on the NWC seven (7) healthy habits through the art of drawing.

SY 2022-2023

## ARTWORK FOR WELLNESS

### QUALIFICATION

The contests are open to all public elementary schools and high schools in the seven participating regions namely:

- i. National Capital Region (NCR)
- ii. Region 4-A – CALABARZON
- iii. Region 5 – Bicol Region
- iv. Region 6 – Western Visayas
- v. Region 7 – Central Visayas
- vi. Region 10 – Northern Mindanao
- vii. Region 11 – Davao Region

### GENERAL MECHANICS:

1. The competition is divided into two categories, which are:
  - a. For Elementary Schools – Recycled Art Contest
  - b. For Junior High Schools – Poster Making Contest
2. Each contest will have three levels as follows:
  - a. Division Level competition
  - b. Regional Level competition
  - c. National level competition
3. Each team consists of one (1) learner and one (1) teacher-coach. Only one team per school is qualified to represent the school.

**SY 2022-2023**

**RECYCLED ART  
CONTEST**

**A. RECYCLED ART CONTEST**

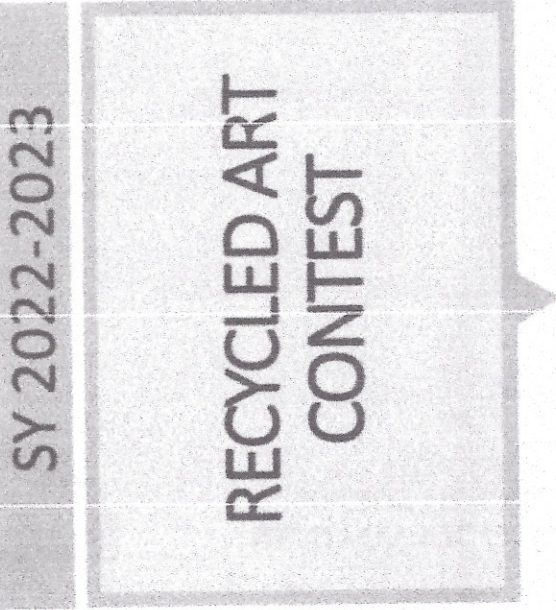
1. Interested elementary schools must fill out the registration form, signed by the official school representative, and waiver duly signed by the parents. All participants will provide their own materials in the division, regional, and national level competition.
2. Each participant shall compete by making use of clean, discarded materials, sachets and recyclable beverage cartons to come up with different art pieces. Each participant may only submit one entry per level of the competition.



3. There will be different themes per level of the contest:
  - a. Division Level – “For My Buddy” (Build an art piece or gift for your buddy)
  - b. Regional Level – “For My School” (Build something out of your recycled materials showing what environmental sustainability is for you and your school)
  - c. National Level – “For My Community” (Build something that can help increase the awareness of the importance of upcycling/ recycling in your community)
  
4. The criteria for judging of Division, Regional and National Level Entries will be as follows:
  - a. Originality – 30% (does the art piece show creative artistry?)
  - b. Craftmanship and Visual Impact– 30% (does the art piece show good quality workmanship? Does it capture attention?)
  - c. Sustainability – 30% (Does it show effective and imaginative use of materials of discarded, salvaged or collected waste materials? Is it made up of more than 50% Nestlé beverage cartons?)
  - d. Photo quality – 10% (Does the photo properly focus on the art piece? Does it show the true quality of the piece?)



5. The physical artworks need not be sent to Nestlé and/or GTI. Submission will be conducted online through (email) with the subject "Wellness Campus\_Region\_School\_Title of the Work". The submission should contain the following:
  - a. A brief descriptive report on theme and inspiration behind the art piece and the materials used (1 page)
  - b. High-quality photos of the art piece; 2 photos each for front, back and top shots
  - c. Behind the scenes video clip of the learner at work (max of 3 mins)
  
6. The participants should only use discarded, salvaged or collected litter. They are also encouraged to use Nestlé products for their art piece submission, especially sachets and ready-to-drink beverage cartons because they are made of recyclable materials. No competitors' products are allowed.



7. Art piece submissions must:
  - a. not infringe any third party rights;
  - b. not contain any illicit, inappropriate, and/or offensive content;
  - c. not contain any feature marks, logos or brand names other than Nestlé and its products;
  - d. be safe to handle (no hazards in its design);
  - e. comply with the guidelines/requirements of the Activity mechanics and terms and conditions
  
8. Winners and Prizes to be won:  

Grade School Category:

  - Division Winner – one winner- Ps. 1,000 worth of prize package
  - Regional Winner – one winner- Ps. 2,500 worth of prize package
  - National Winner
    - Champion – Ps. 5,000 worth of prize package plus plaque
    - First Runner up – Ps. 3,000 worth of prize package plus plaque
    - Second Runner up – Ps.2,000 worth of prize package plus Plaque
  
9. The decision of the judges is final and non-appealable.
  
10. Nestlé Philippines shall be allowed to use the winning materials for marketing collaterals and communication materials for television, print and/or web-based media, provided that consent of the individual/s involved were sought.

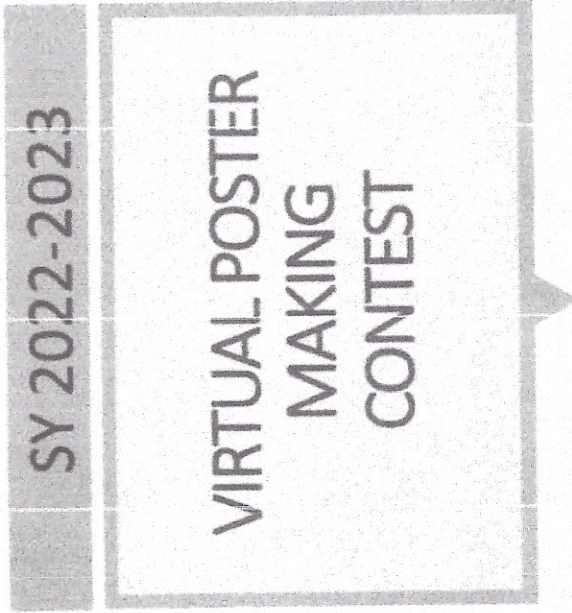
## A. POSTER MAKING CONTEST

11. Interested junior high schools must fill out the registration form, signed by the official school representative, and waiver duly signed by the parents. All participants will provide their own materials in the division, regional, and national level competition. The materials to be used are as follows:

- a. 1/2 Illustration board
- b. Pastel color crayons
- c. Pencil and/or pen

12. There will be different themes in Division and National levels of the contest which will be announced by the organizer before the start of the contest. Each participant will be given two (2) hours to draw their poster.

13. A panel of judges for each level of the contest will be identified by the organizer in coordination with Nestlé Philippines, Inc.



**SY 2022-2023**

**VIRTUAL POSTER  
MAKING  
CONTEST**

14. The schools/district shall determine their representative for the division level competition. Entries shall be submitted to the division office on the date set by the division focal person. The division office in coordination with Greatfil Team shall facilitate the judging of entries to determine the division winner and validate the original creation of the student.
  
15. There shall be one winner per division to compete in the regional level. Winning entries will be collected by the GTI Wellness Ambassador immediately after the competition and shall be submitted to the DepEd regional office Wellness focal person. The regional office in coordination with Greatfil Team shall conduct the judging of the winning entries to determine the regional champion which will represent the region to the national level competition.

**SY 2022-2023**

**VIRTUAL POSTER  
MAKING  
CONTEST**

16. The National level competition will be conducted via virtual platform. GT Wellness Ambassador will be physically present in the contestant's location/school during virtual competition. The theme will be announced before the start of the contest. Each participant will be given two (2) hours to draw their poster. The GTI Wellness Ambassador will collect the finished artwork/poster and shall send it to the GTI national office for the national judging.

17. The criteria for judging for the division, regional and national level of the contest are as follows:

a. Relevance to the theme	50%
b. Originality/Creativity	30%
c. Visual Impact/Presentation	20%
Total	100%

18. Winners and Prizes to be won:

High School Category:

- Division Winner – one winner Ps. 1,000 worth of prize package
- Regional Winner – one winner Ps. 2,500 worth of prize package

**National Winner**

- Champion - Ps. 5,000 worth of prize package plus plaque
- First Runner up – Ps. 3,000 worth of prize package plus plaque
- Second Runner up – Ps. 2,000 worth of prize package plus plaque



19. The decision of the judges is final and non-appealable.

20. Nestlé Philippines shall be allowed to use the winning designs for marketing collaterals and communication materials for television, print and/or web-based media, provided that consent of the individual/s involved were sought.

21. NPI/GTI shall have the absolute right to change the mechanics to ensure the successful and orderly implementation of the Program upon prior notice to participants.

# Nestlé wellness campus inter-school competition

**1**

**Artwork for  
Wellness  
contest**

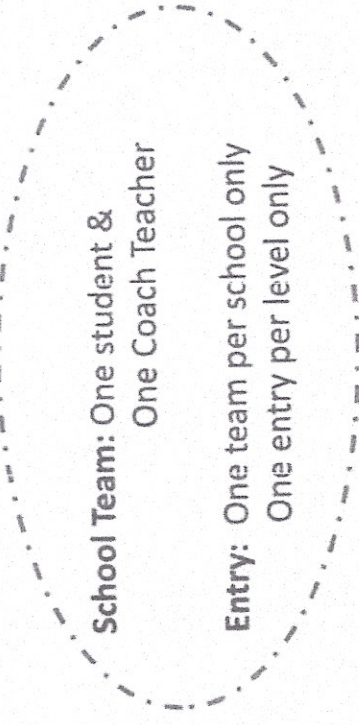
**a.**

**Recycled Art Contest for  
Grade School**

**b.**

**Virtual Poster Making  
Contest for High School**

## a. Recycled Art Contest (Grade School Only)



### Three Themes:

- National Level: "For My Community"  
(Importance of upcycling & recycling)
- Regional Level: "For My School"  
(Environmental Sustainability)
- Division Level: "For My Buddy"  
(An art piece or gift for your Buddy)

### Criteria for Judging

- a. Originality = 30%  
(does the art piece show creative artistry?)
- b. Craftmanship and Visual Impact = 30%  
(Does the art piece show good quality workmanship?  
Does it capture attention?)
- c. Sustainability = 30%  
(Does it show effective and imaginative use of materials of  
discarded, salvaged or collected waste materials? Is it made  
up of more than 50% Nestlé beverage cartons?)
- d. Photo Quality = 10%  
(Does the photo properly focus on the art piece? Does it show  
the true quality of the piece.)

## a. Recycled Art Contest (Grade School Only)

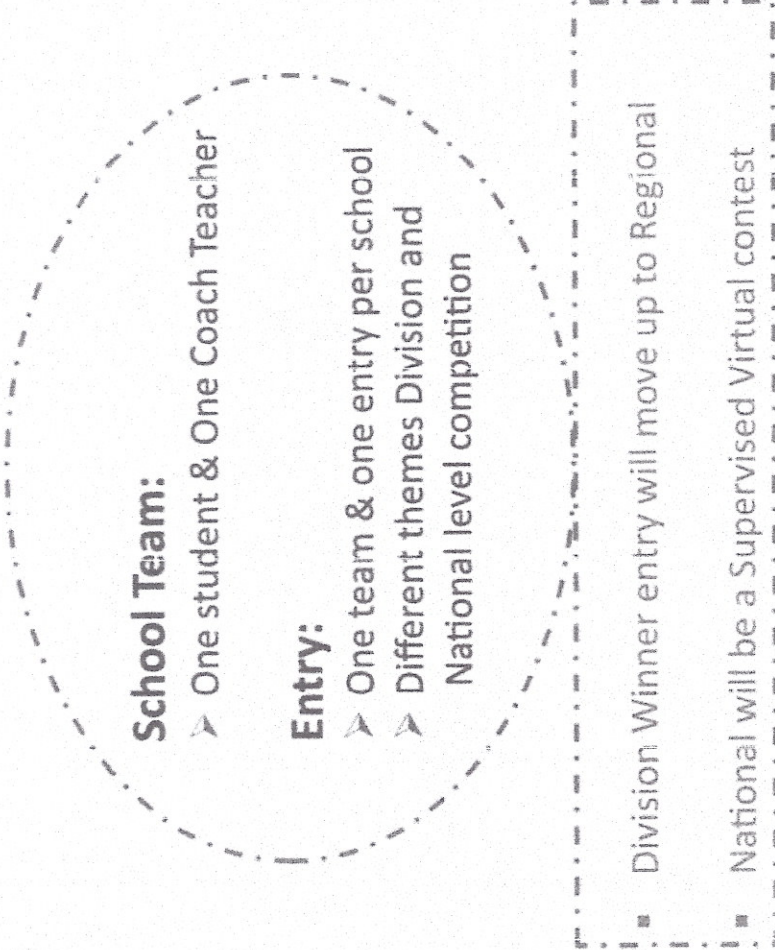
### Winners & Prizes

#### Grade School Category: (Prizes will be in Prize Package)

- Division Winner - one winner- Ps. 1,000
- Regional Winner - one winner- Ps. 2,500
- National Winner
  - Champion - Ps. 5,000 Prize Package + plaque
  - First Runner up - Ps. 3,000 Prize package + plaque
  - Second Runner up - Ps. 2,000 Prize package plaque

# 1. Artwork for Wellness contest

## b. Virtual Poster Making Contest *(High School Only)*



### ❖ Criteria for Judging ( Division, Regional and

#### National Level

- a. Relevance to the theme 50%
  - b. Originality/Creativity 30%
  - c. Visual Impact/Presentation 20%
- Total 100%

### ❖ Winners and Prize Packages

#### High School Category:

- Division Winner – one winner Ps. 1,000
- Regional Winner – one winner Ps. 2,500
- National Winner
  - Champion - Ps. 5,000 plus plaque
  - First Runner up – Ps. 3,000 plus plaque
  - Second Runner up – Ps. 2,000 plus plaque

SY 2022-2023

## VIRTUAL COOK- OFF COMPETITION

### DESCRIPTION

The Activity is an inter-school virtual competition that advocates the goodness of homemade cooking and promotes the consumption of delicious and nutritious food.

### DURATION

September 1, 2022 to February 2023

### QUALIFICATION

The contest is open only to public elementary schools and junior high schools in the seven participating regions, namely:

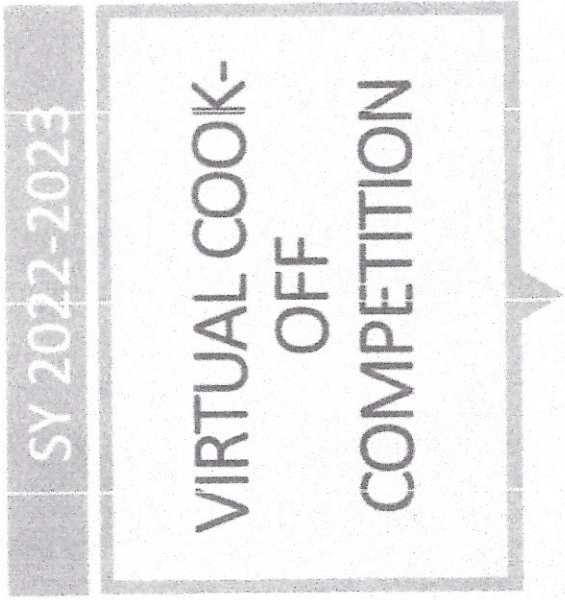
- a. National Capital Region
- b. Region IVA – Calabarzon
- c. Region V – Bicol
- d. Region VI – Western Visayas
- e. Region VII – Central Visayas
- f. Region X – Northern Mindanao
- g. Region XI – Davao Region

SY 2022-2023

VIRTUAL COOK-  
OFF  
COMPETITION

**MECHANICS:**

1. The Activity will have two categories:
  - i. Elementary School Category
  - ii. Junior High School Category
  
2. The Activity will have three levels:
  - i. Division Level competition
  - ii. Regional Level competition
  - iii. National Level competition
  
3. To confirm participation in the Division Level competition, interested public schools must submit a registration form, signed by the official school representative, and waiver on the date that will be set in coordination with the DepEd Education Program Supervisor assigned as focal person in the Division. Only one team should represent the school.



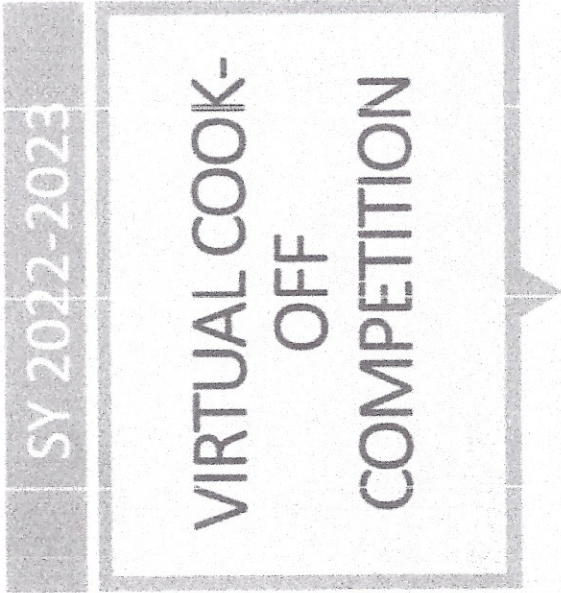
4. In the division level of the competition qualified entries must have the following requirements:

- One video featuring a dish with egg and vegetables as main ingredients.
- Maximum cost of recipe is Ps.150.00 and good for 5 persons
- Participants will shoulder the cost of their recipe.
- Video must not exceed the maximum of 6 minutes in .mp4 format with no visual effects
- First 2 minutes of the video must be a testimonial of both student and parent, highlighting their learnings from the selected MAGGI videos available in Youtube through this link: <http://bit.ly/3wz8t15>
- The remaining four minutes must be allotted for the student to show the actual cooking. Submission of video in the division level will be based on the date set in coordination with the DepEd Education Program Supervisor assigned as NWCP focal person in the Division.

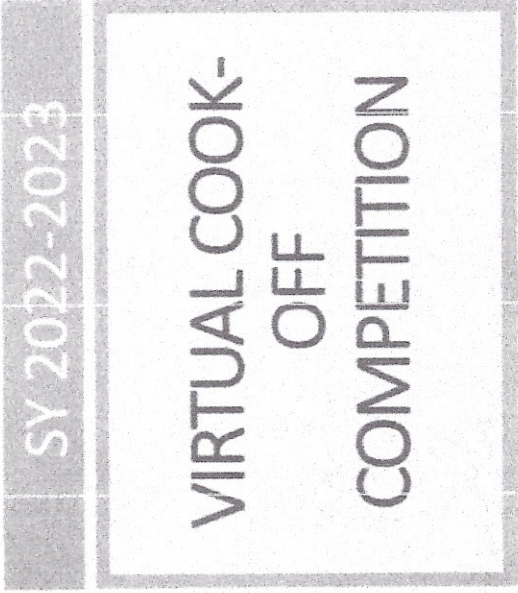
SY 2022-2023

**VIRTUAL COOK-  
OFF  
COMPETITION**

5. There will be one school team winner per division to represent the division to the regional level competition. The winning entry in the division level will automatically qualify in the regional level competition.
6. There will be one regional winner who will represent the region in the National Level competition.
7. The National level competition will be a virtual cook off via zoom platform. The Greatfil Team Wellness Ambassadors will be physically present in the contestant's school/location to help facilitate the contest. The preparation should not exceed the maximum of 6 minutes. The first 2 minutes must be a testimony of both student and parent, highlighting their learnings from the selected MAGGI videos available in Youtube through this link: <https://bit.ly/SarapSustansya>. The remaining four minutes must be allotted for the student to show the actual ingredient preparation and cooking with the guidance of the parent and teacher-coach.



8. In the National level competition, the contestants will prepare a recipe that features one (1-Pinggang Pinoy Dish. The recipe shall be submitted on the specified date set by the DepEd regional focal persons in coordination with Greatfil Team. Maximum cost of the recipe is Php. 150.00 good for one serving only. Participants will shoulder the cost of the recipe.
9. Participating Teams in the competition will be ranked based on their scores. Winners will receive the following prizes as follows:
  - i. Elementary School Category:
    1. Division Level - one winner of Ps. 2,500.00 worth of prize package
    2. Regional Level – one winner of Ps. 10,000.00 worth of prize package
  3. National Level
    - a. Champion – Ps. 15,000.00 worth of prize package plus Plaque
    - b. Second Place – Ps 10,000.00 worth of prize package plus Plaque
    - c. Third Place – Ps. 5,000.00 worth of prize package plus Plaque



i. Junior High School Category:

1. Division Level - one winner of Ps.2,500.00 worth of prize package
2. Regional Level – one winner of Ps. 10,000.00 worth of prize package
3. **National Level**
  - a. Champion – Ps. 15,000.00 worth of prize package plus Plaque
  - b. Second Place–Ps10,000.00 worth of prize package plus Plaque
  - c. Third Place – Ps. 5,000.00 worth of prize package plus Plaque

10. Entries for the Division Level competition, Regional Level competition and National Level competition must feature dishes using Nestlé products.
11. No substitution of Nestlé products shall be allowed. The Participating Team shall use at least 1 Nestlé product but they are not required to mention the specific Nestlé product used during actual food preparation.

SY 2022-2023

VIRTUAL COOK-  
OFF  
COMPETITION

**Criteria for Judging:**

1. The criteria for judging of **Division Level Video Entries** and **Regional Level Video Entries** will be as follows:

- I. Sarap Sustansya – 40%  
*(Is the dish appetizing to the taste buds? Do the ingredients complement each other? Is the dish healthy? Does it use healthier ingredients and cooking methods?)*
- II. Appearance and Palatability - 20%  
*(Does it entice the whole family especially the children to eat sarap-sustansya dish? Does it have a variety of colors? Does it look palatable?)*
- III. Food Safety - 15%  
*(Did they follow basic food safety procedures while preparing? Is the working area clean? Are tools and equipment properly used?)*
- IV. Affordability and Accessibility of Ingredients - 15%  
*(Are the ingredients selected readily available? Is the final recipe affordable? Is the number of servings good enough to serve a family of 4-5? The cost must be within P100.00 to 150.00)*
- V. Video format and organization – 10%  
*(Does the video have high-quality visuals? Clear narration and presentation? Does the video fall within the required time limit? Video format will apply only in Division and Regional competition.*

SY 2022-2023

## VIRTUAL COOK- OFF COMPETITION

### 2. Criteria for Judging in the National Level Competition

1. The criteria for judging of in the National Level competition will be as follows:

- I. Sarap Sustansya – 40%  
(Is the dish appetizing to the taste buds? Do the ingredients complement each other? Is the dish healthy? Does it use healthier ingredients and cooking methods?)
- II. Appearance and Palatability- 20%  
(Does it entice the whole family especially the children to eat sarap-sustansya dish? Does it have a variety of colors? Does it look palatable?)
- III. Food Safety - 15%  
(Did they follow basic food safety procedures while preparing? Is the working area clean? Are tools and equipment properly used?)
- IV. Affordability and Accessibility of Ingredients - 15%  
(Are the ingredients selected readily available? Is the final recipe affordable? Is the number of servings good enough to serve a family of 4-5? The cost must be within P100.00 to 150.00)
- V. Virtual Appearance and Demonstration Skills-10%  
(Proper cooking attire, set up and mastery in the preparation and cooking process)

3. A panel of judges for each level of the contest will be identified by DepEd in coordination with Greatfil Team and Nestle Philippines, Inc. .
4. NPI reserves the right to publish and/or broadcast the winners' name, photo or likeness, and video submission/entry, for advertising and publicity purposes without further compensation to them.

**Prizes To Be Won:**

1. Winners will receive the following prizes:

**Elementary School Category:**

- a. Division Level Winners – prize package worth P2,500
- b. Regional Level Winners – prize package worth P10,000
- c. National Level Winners
  - Champion - prize package worth P15,000 + plaque of recognition + recipe feature in MAGGI website
  - First Runner Up - prize package worth P10,000 + plaque of recognition + recipe feature in MAGGI website
  - Second Runner Up - prize package worth P5,000 + plaque of recognition + recipe feature in MAGGI website

SY 2022-2023

VIRTUAL COOK-  
OFF  
COMPETITION

**SY 2022-2023**

**VIRTUAL COOK-  
OFF  
COMPETITION**

**High School Category:**

- a. Division Level Winners – prize package worth P2,500
  - b. Regional Level Winners – prize package worth P10,000
  - c. National Level Winners
    - Champion - prize package worth P15,000 + plaque of recognition + recipe feature in MAGGI website
    - First Runner Up - prize package worth P10,000 + plaque of recognition + recipe feature in MAGGI website
    - Second Runner Up - prize package worth P5,000 + plaque of recognition + recipe feature in MAGGI website
2. For the prize package, the winners will select from among the items listed below. The quantity of items will depend on the value of the corresponding prize package won.
- a. Cooking Range
  - b. Refrigerator
  - c. Food Processor
  - d. Mixer
  - e. Microwave Oven
  - f. Cooking tools/ equipment

SY 2022-2023

VIRTUAL COOK-  
OFF  
COMPETITION

3. The Prize will be delivered to the winning schools' address as provided in the registration form. NPI, through its implementing agency, will shoulder the delivery costs of the Prize. It will be delivered to the school on a date scheduled and agreed upon with the implementing agency, or within 60 days from the end of promo period.
4. By receiving the Prize, the Participant attests that they have read and understood the full Activity mechanics and agree to abide by the terms and conditions of the same.
5. NPI/GTI shall have the absolute right to change the mechanics to ensure the successful and orderly implementation of the Program upon prior notice to participants.

# NWCPC Inter-school competition

## 2. Virtual cook-off competition

**CATEGORIES:**

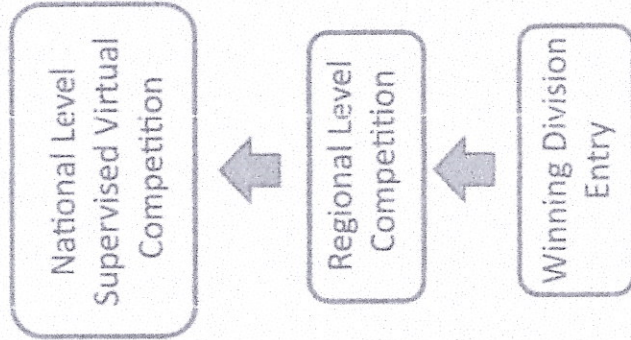
- o Grade School
- o Junior High School

**TEAM:**

- Student, Parent & Coach Teacher

**ENTRY:**

- 6 minute video
- One entry per school
- Budget: Ps. 150.00



### ❖ Criteria for Judging:

- 1. Division Level Video Entries and Regional Level Video Entries :**
  - 1. Sarap Sustansya 40%
  - 2. Appearance and Palatability 20%
  - 3. Food Safety 15%
  - 4. Affordability and Accessibility of Ingredients 15%
  - 5. Video format and organization 10%
  - TOTAL 100%
- 2. National Level competition:**
  - 1. Sarap Sustansya 40%
  - 2. Appearance and Palatability 20%
  - 3. Food Safety 15%
  - 4. Affordability and Accessibility of Ingredients 15%
  - 5. Virtual Appearance and Demonstration Skills 10%
  - TOTAL 100%

### ❖ Winners and Prize Packages ( Same Prizes for GS and HS)

- **Division Level – One winner = Ps. 2,500**
- **Regional Level - One winner =Ps. 10,000**
- **National Level Winners :**
  - **Champion - P15,000 + plaque of recognition + recipe feature in MAGGI website**
  - **Second Place- P10,000 + plaque of recognition + recipe feature in MAGGI website**
  - **Third Place - P5,000 + plaque of recognition + recipe feature in MAGGI website**

**SY 2022-2023**

**VIRTUAL  
DANCERCISE  
CONTEST**

**DESCRIPTION**

The Nestlé Wellness Campus Virtual Dancercise Contest aims to encourage students and teachers to engage in a fun and enjoyable dancercise using the SY 2022-2023 NWCP dancercise music.

**DURATION**

**October 1, 2022 to January 31, 2023**

**QUALIFICATION**

The contest is open only to teachers and students at public elementary schools and junior high schools in the seven participating regions, namely:

- a. National Capital Region
- b. Region IVA – Calabarzon
- c. Region V – Bicol
- d. Region VI – Western Visayas
- e. Region VII – Central Visayas
- f. Region X – Northern Mindanao
- g. Region XI – Davao Region

SY 2022-2023

## VIRTUAL DANCERCISE CONTEST

### MECHANICS

1. All participating schools may get copies of the dancercise music from their respective Division Supervisor in-charge of the Program.
2. Interested schools shall fill out the registration form, signed by the official school representative, and waiver.
3. A school team will be composed of a total of 25 members (15 students and 10 teachers). Only the official SY 2022-2023 NWCP dancercise music will be used. Duration of performance must be the same with the duration of the NWCP dancercise music.
4. The competition will be composed of two categories as follows:
  - a. Elementary Category
  - b. Junior High School Category
5. The competition will have three levels:
  - i. Division level competition
  - ii. Regional level competition
  - iii. National level competition

**SY 2022-2023**

**VIRTUAL  
DANCERCISE  
CONTEST**

6. Participating schools shall submit a video of their dance performance. The contest will have two continuing parts. For the first part, performers must dance using the original Wellness choreography. The second part, using the same Wellness music, the performers will dance showing their own interpretation/steps. Pyramid building, stunts, throwing and other dangerous movements are strictly prohibited and will be subject for disqualification. Choreographies that are presented/considered as lewd, sexually explicit, and/ or deemed inappropriate for students by the contest facilitators are also not allowed. Entrance and exit are optional but should be within the duration of the dancercise music. Any kind of Props is not allowed.

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**VIRTUAL  
DANCERCISE  
CONTEST**

7. Video entries submitted must conform with the following requirements:

- a. Video must be taken in the school premises.
- b. Video must be shot horizontally (landscape mode)
- c. Video must be continuous and should not be edited (not splicing, no stitching and no application of visual effects)
- d. Video resolution must be 1080p (high definition or higher if possible)
- e. Video should cover the totality of the dance performance (performers movements, and routines, others, etc.)
- f. Camera to be used in the entire filming of the performance must be steady (it is encouraged that a tripod be used to make the camera stable during the shoot)
- g. Video recording must be done from the beginning up to the end of the performance
- h. No other individuals can be seen in the video except the performers
- i. Video file size should be kept at or under 100mb for quicker upload and encoding time
- j. No unnecessary or extraneous noises, comments and effects must be heard from the video except from the audio that is necessary for the performance.
- k. None compliance with the video and audio requirements will be subject to disqualification.



8. Criteria for judging :

a. Choreography & impact	25%
b. Creativity and interpretation	25%
c. Showmanship (Execution and Expression)	25%
d. Synchronization of Movements/Mastery	15%
e. Attire	<u>10%</u>
TOTAL	100%

9. There will be one winner in the division level. Winning entry in the division level will move up to the regional level of the competition and winning entry in the regional level competition will represent the region in the National level competition.

10. A panel of judges will be selected by the DepEd focal persons in coordination with Greatfil Team and Nestlé Philippines, Inc.

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VIRTUAL  
DANCERCISE  
CONTEST

11. Prizes to be won:

a. Elementary Category:

- i. Division level competition- one winner Ps. 5,000.00 worth of prize package
- ii. Regional level competition – one winner Ps.10,000 worth of prize package
- i. National Champion
  - a. Champion - 15,000.00 prize package + plaque
  - b. First Runner up - 10,000.00 prize package + plaque
  - c. Second runner up - 5,000.00 prize package + plaque

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VIRTUAL  
DANCERCISE  
CONTEST

- a. Junior High School Category:
- i. Division level competition- one winner Ps. 5,000.00 worth of prize package
  - ii. Regional level competition – one winner Ps.10,000 worth of prize package
  - iii. National Champion
    - a. Champion - 15,000.00 prize package + plaque
    - b. First Runner up - 10,000.00 prize package + plaque
    - c. Second runner up - 5,000.00 prize package + plaque
12. The decision of the judges is final and not subject to any protests or appeal.
13. NPI/GTI shall have the absolute right to change the mechanics to ensure the successful and orderly implementation of the Program upon prior notice to participants.

# NWCP Inter-school competition

## 3. Virtual dance exercise contest

### CATEGORIES:

1. Grade School
2. Junior High School

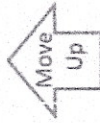
### MECHANICS:

- One team composed of 15 students and 10 teachers
- One entry per school
- Only NWCP Music
- Two continuing parts- original choreography, using the same music: render own dance interpretation
- Duration : NWCP music duration(2x)
- Must be taken in school premises
- Only performers must be seen in the video
- No pyramid building, throwing and stunts and other dangerous movement are strictly prohibited
- No props allowed

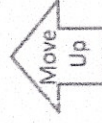
### ❖ WINNERS AND PRIZE PACKAGES (Both Grade School and High School)

- Division level competition- one winner Ps. 5,000
- Regional level competition – one winner Ps.10,000
- National Champion
  - a. Champion - 15,000.00 + plaque
  - b. First Runner up - 10,000.00 + plaque
  - c. Second runner up - 5,000.00 + plaque

**National Level**



**Regional Level**  
Winning Entry



**Division Level**  
Winning Entry

One – Time Submission of Entry

### ❖ Criteria for judging

- |  |             |
|--|-------------|
| a) Choreography & impact               | 25%         |
| b) Creativity and interpretation       | 25%         |
| c) Showmanship                         | 25%         |
| d) Synchronization & Movements/Mastery | 15%         |
| e) Attire                              | 10%         |
| <b>TOTAL</b>                           | <b>100%</b> |

SY 2022-2023

## HEALTHY HABITS BEST PRACTICES CONTEST

### DESCRIPTION

The Healthy Habits Best Practices Contest will give due recognition to outstanding school-initiated activities that reinforce the seven healthy habits. Since the school year marks NWCPC's 10<sup>th</sup> year celebration, the competition will give priority on taking care of the environment.

### COVERAGE

The contest is open only to public elementary schools and junior high schools in the seven participating regions, namely:

- a. National Capital Region
- b. Region IVA – Calabarzon
- c. Region V – Bicol
- d. Region VI – Western Visayas
- e. Region VII – Central Visayas
- f. Region X – Northern Mindanao
- g. Region XI – Davao Region

### DURATION

October 1, 2022 – February 28, 2023

SY 2022-2023

BEST  
IMPLEMENTING  
SCHOOL  
COMPETITION

**MECHANICS:**

1. The competition will have two categories, namely:
  - A. Elementary School Category
  - B. Junior High School Category
  
2. Participation is strongly encouraged. Interested schools must fill out a registration form to confirm their participation. There will be three (3) levels and there will be school winners per level as follows:
  - i. Division Level – *(The champion school in Elementary and the champion school in High School will represent the division to the regional level)*
    - a. Elementary School – one winner
    - b. Junior High School – one winner
  
  - ii. Regional Level *(Winners will be chosen from the division champions)*
    - a. Elementary School – one winner
    - b. Junior High School – one winner

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iii. National Level (Winners will be chosen from the regional winners)

a. Elementary School:

- National Champion
- First Runner-up
- Second Runner-up

b. Junior High School:

- National Champion
- First Runner-up
- Second Runner-up

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3. The criteria for the selection of winners in the division level, regional level and the national level will be as follows:

- |  |      |
|--|------|
| i. Relevant best practice on the effective implementation of the 7 healthy Habits<br><i>(Only one best practice for all seven (7) healthy habits)</i>  | 30%  |
| ii. Relevant best practice on Solid Waste Management <ul style="list-style-type: none"><li>• One best practice on Reducing waste 15%</li><li>• One best practice on Reusing waste. 15%</li><li>• One best practice on Recycling waste. 15%</li></ul> | 45%  |
| iii. Involvement of Stakeholders<br><i>(Active involvement of stakeholders )</i>   | 25%  |
| TOTAL  | 100% |

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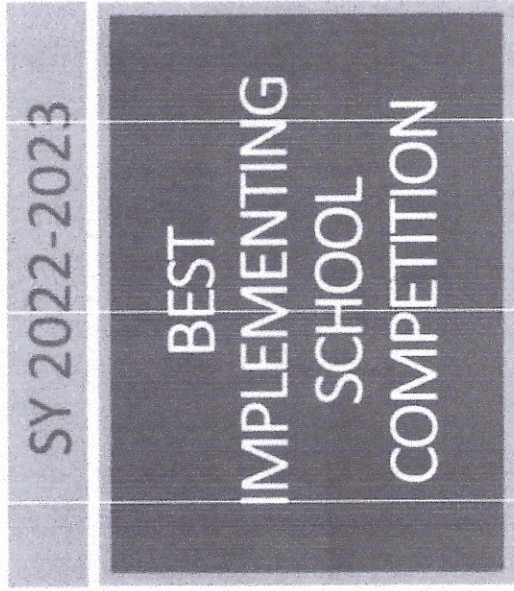
BEST  
IMPLEMENTING  
SCHOOL  
COMPETITION

4. At the division level, participating schools will submit a USB or upload via Google Drive the compilation of the school's best practices in PowerPoint presentation maximum of 50 slides with photos, videos and narrative report of their implementation to the Division Supervisor/GTI Wellness Ambassador in charge of the Program. The division supervisor and GTI will agree on the deadline of the submission of the presentation and the date of judging. See "Annex A" for the guide content of the power point presentation.
5. Based on the presentation submitted, the division supervisors in charge, together with the GTI representatives, will judge and select the division winners based on the criteria. Only the champion schools in elementary and high school will represent the division to the regional level.
6. At the regional level, all division winners will submit an enhanced PowerPoint presentation of their best practices in maximum of 50 slides with photos, videos and narrative report of the implementation of their best practices to the ESSD chief or to his/her duly assigned representative. Deadline of submission and judging of entries will be announced accordingly.

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7. Based on the presentation submitted, the judges from DepEd Regional office and GTI/ NPI will determine the regional winners based on the set criteria. The regional winners will represent the region to the national level competition.
8. On the national level, winners will be determined based on the enhanced presentation submitted via USB or Google Drive with the mode of verification via USB. The schools with the highest scores will be recognized as the "S.Y. 2022-2023 Nestlé Wellness Campus Best Implementing School of the Year."



9. Winners will receive the following prizes:

**i. Division winners:**

*Each winner in elementary school and high school will receive a prize package of their choice based on the total amount won. Prizes will be as follows:*

- A. Elementary School:  
Champion- Prize Package worth Ps.5,000 + plaque*
- B. Junior High School:  
Champion- Prize Package worth Ps.5,000 + plaque*

**ii. Regional Winners:**

*Winners in elementary and high school the region will receive a prize package of their choice worth Ps.25,000.00 each plus a plaque of recognition.*

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iii. National Winners

School winners in the national level will receive a prize package of their choice. The total cost of items will be based on the total amount won. Prizes will be as follows:

A. Elementary School

- National Champion - Ps.50,000 prize package + trophy
- First Runner-up - Ps. 30,000 prize package + trophy
- Second Runner-up - Ps. 20,000 prize package + trophy

B. Junior High School:

- National Champion - Ps.50,000 prize package + trophy
- First Runner-up - Ps. 30,000 prize package + trophy
- Second Runner-up - Ps. 20,000 prize package + trophy

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Prize Packages: The winners may select among the items listed below. The quantity of items will depend on the amount of the prize won as follows:

- a. 50" flat screen TV
- b. Sound System
- c. Laptop
- d. Projector
- e. Camera
- f. Other items that will promote nutrition, health and wellness in the regions

List of winners duly signed by FDA representative will be sent to DepEd Regional Offices by NPI/GTI representative for the issuance of a regional memorandum/bulletin.

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SCHOOL  
COMPETITION**

Awarding of prizes will be done in the campus of the winning schools or in the DepEd regional offices of the winning regions.

NPI/GTI shall have the absolute right to modify or change the mechanics (as need arises) to ensure the successful and orderly implementation of the Program upon prior notice to participants.

# NWCP Inter-school competition

## 4. Healthy habits best practice contest



### CRITERIA:

1. Relevant best practice on the effective implementation of the 7 healthy Habits ( One best practice on effective implementation of all 7 healthy habits)	30%
2. Relevant best practice on Solid Waste Management <ul style="list-style-type: none"><li>* One best practice on Reducing waste. 15%</li><li>* One best practice on Reusing waste. 15%</li><li>* One best practice on Recycling waste. 15%</li></ul>	45%
3. Involvement of Stakeholders (Active involvement of stakeholders )	25%
<b>TOTAL</b>	<b>100%</b>

## 4. Healthy habits best practice contest



### Winners and Prize Packages for Both GS and Junior HS

Division Level – One winner = Ps. 5,000.00 plus plaque

Regional Level – One winner = Ps. 25,000.00 plus plaque

National Winners:

- Champion - Ps. 50,000.00 plus trophy
- First Runner-up - Ps. 30,000.00 plus trophy
- Second Runner-up - Ps. 20,000.00 plus trophy

NWCPS SY 2022-2023

TIMELINES OF KEY ACTIVITIES











