



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. **05**, s. 2023

January 27, 2023

**TAGBILARAN CITY DIVISION ONE-HEALTH-WEEK CELEBRATION**

To: School Heads  
Division Health Personnel  
Guidance Counselors

1. Enclosed is a copy of Regional Memorandum No. 0054 s. 2023 titled "**CONDUCT OF ONE HEALTH WEEK FOR SY 2022-2023**" is re-scheduled on January 30, 2023 to February 3, 2023. The theme is "***Pinalakas na Oplan Kalusugan sa Deped, Pinatatag na Healthy Learning Institutions***".
2. All schools are encouraged are to conduct their own health activities under the Oplan Kalusugan sa Deped 6 flagships health program.
3. In line with this, refer to the annexes of the attached communication for your quick guide and references on the different activities to conduct during this period.
4. All School Health Unit personnel and Guidance Counselors are enjoined to give full support and implementation to the One-Health-Week activities of the division.
5. Expenses relative to the conduct of the said activities are chargeable against **School & Division MOOE** subject to the usual accounting and auditing rules and regulations.
6. Immediate and wide dissemination of this Memorandum to all concerned is desired.

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

JIAL/CPC/SGOD/FCT/rbt



Address: Dampas District, Tagbilaran City, Bohol  
Telephone Nos.: (038)427-1702; (038)427-2506; (038)422-8177; (038)427-6718; (038)544-2147  
Email Address: tagbilarancity.division@deped.gov.ph

**TAGBILARAN CITY DIVISION**  
**ONE HEALTH WEEK**  
**SCHEDULE OF ACTIVITIES**  
January 30, 2023 – February 4, 2023

January 30, 2023	<b>National Kick-Off of OK sa DepEd for SY 2022-2023</b> <b>Wash in Schools(WINS)</b> Toothbrushing & Handwashing Drill in Dao ES
January 31, 2023	<b>School Based Feeding Program (SBFP)</b> Feeding for Gr. 1 Beneficiaries in TCCES c/o Philippine Carabao Center & Bohol Dairy Cooperative
February 1, 2023	<b>Medical, Dental and Nursing Services</b> Vision Screening for all Grade 6 learners in Eastern Cogon ES c/o Tagbilaran Dagohoy Lions Club
February 2, 2023	<b>Adolescent Reproductive Health</b> Medical Check-up & Hemoglobin Testing for Grade 11 Learners in Manga NHS; Distribution of Sanitary Napkins to Gr.7 Learners <b>NDEP</b> Drug Awareness Campaign to Senior HS Learners; BP monitoring and Medical check-ups for school personnel
February 3-4, 2023	<b>School Mental Health Program</b> Psychosocial Interventions to all the learners who were victims of the fire along Gallares St.

**JOSEPH IRWIN A. LAGURA PhD**  
Schools Division Superintendent  
Office of the Schools Division Superintendent



Republic of the Philippines  
**Department of Education**  
REGION VII – CENTRAL VISAYAS

Office of the Regional Director

JAN 19 2023

Regional MEMORANDUM  
No. 0054, s. 2023

**CONDUCT OF ONE HEALTH WEEK FOR SY 2022-2023**

To: Schools Division Superintendents  
Assistant School Division Superintendent  
All Others Concerned

1. This Office disseminates the attached communication OUGFO No. 2022-03-1037 dated October 27, 2022 entitled, **Guidance to Regional/Division School Health and Nutrition Personnel re: Conduct of the One Health Week for SY 2022-2023**, pursuant to DepEd Order No. 28, s. 2018 titled *Policy and Guidelines on Oplan Kalusugan Sa Department of Education*.
2. In this regard, **One Health Week** was previously announced to be held last October 31, 2022 – November 4, 2022 through OUGFO Memorandum No. 2022-03-024 titled *Strengthening School Health Support for SY 2022-2023* is **rescheduled to January 30, 2022-February 3, 2023**.
3. In line with this, refer to the annexes of the attached communication for your quick guide and references on the different activities to conduct during this period. All School Health Unit personnel are enjoined to give full support and implementation to the activities.
4. For more of the concerns, please contact Education Support Services Division (ESSD) through, **DR. ROGELIO JOHN M. VILLAMOR, JR.**, Medical Officer IV.
5. For immediate dissemination and compliance to this Memorandum.

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

STJ/CAE/TTP:mmp



Address: Doña M. Gaisano St., Sudlon, Lahug, Cebu City  
Telephone Nos.: (032) 231-1433; (032) 414-7399  
Email Address: region7@deped.gov.ph

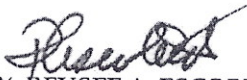



Republic of the Philippines  
**Department of Education**  
OFFICE OF THE UNDERSECRETARY  
GOVERNANCE AND FIELD OPERATIONS

---

OUGFO No. 2022-03- 1637  
MEMORANDUM  
27 October 2022

FOR: Regional Directors and BARMM Minister of Education  
Schools Division Superintendents

FROM:   
ATTY. REVSEE A. ESCOBEDO  
*Undersecretary*  
Governance and Field Operations

  
FRANCIS CESAR B. BRINGAS  
*Assistant Secretary*  
Governance and Field Operations

SUBJECT: Guidance to Regional/Division School Health and Nutrition  
Personnel re: the Conduct of the One Health Week for SY 2022-2023

---

Awaiting the issuance of the DepEd memorandum on the same subject matter, this Office, through the Bureau of Learner Support Services-School Health Division (BLSS-SHD), provides this guidance to regional/division school health and nutrition (SHN) personnel, regarding the conduct of the One Health Week for SY 2022-2023, pursuant to DepEd Order No. 28, s. 2018 titled *Policy and Guidelines on Oplan Kalusugan sa Department of Education*

#### New Schedule for the One Health Week

1. The One Health Week, previously announced to be held on October 31-November 4, 2022 through OUGFO Memorandum No. 2022-03-024 titled *Strengthening School Health Support for SY 2022-2023*, is rescheduled to January 30-February 3, 2023, the eleventh week of the second academic quarter. DepEd Order No. 34, s. 2022 titled *School Calendar and Activities for the School Year 2022-2023* provides that the [first] ten (10) weeks of every academic quarter shall be devoted by schools to actual classroom teaching, while the eleventh week of each academic quarter may be used for the conduct of co-curricular activities.
2. The change in the schedule of the One Health Week is to allow field offices and schools to focus on the ongoing transition to full face-to-face classes on November 2, 2022, consistent with DepEd Order No. 44, s. 2022 titled *Amendment to DepEd Order No. 034, s. 2022 (School Calendar and Activities for the School Year 2022-2023)*.

*OK sa DepEd Activities for the Week of October 31-November 4, 2022*

3. Schools that have already prepared to hold co-curricular health activities for the week of October 31-November 4, 2022 may proceed to hold such activities as planned.
4. While the One Health Week is moved to its new schedule, co-curricular *OK sa DepEd* activities may still be conducted on October 31-November 4, 2022, particularly those that directly support efforts in ensuring the health, safety, and wellbeing of learners as face-to-face classes resume fully. These may include promotion of nutritious meals that help boost immunity, strict implementation of tobacco control policies as a COVID-19 response strategy, promotion of hygiene and sanitation, mental health activities, among others.
5. With October 31 and November 1 having been declared as special non-working holidays, learners are to be encouraged during these days to spend quality time with their families and loved ones through health-promoting activities together (e.g., exercising together, preparing nutritious meals together, having conversations with family members during dinner). While learners may be provided with tools to encourage such activities (e.g., recipes of nutritious meals, suggested questions to talk about with their parents during family dinner), the activities shall not be made "burdensome requirements" for the learners (e.g., learners shall not be mandated to take photos of themselves doing these activities or be obliged to submit reflection papers about their family bonding).

**One Health Week for SY 2022-2023 (January 30-February 3, 2023)**

6. SHN personnel are instructed to continue to provide necessary technical assistance to schools in conducting activities for the One Health Week, showcasing the flagship and support programs of *Oplan Kalusugan sa DepEd (OK sa DepEd) (Annex A)*.
7. The One Health Week for SY 2022-2023 shall focus on how *OK sa DepEd* and its flagship programs ensure that DepEd schools are "healthy learning institutions" where the health, safety, and wellbeing of learners are protected and promoted during the pandemic and beyond.
8. The theme for the One Health Week for SY 2022-2023 is "*Pinalakas na Oplan Kalusugan sa DepEd, Pinatatag na Healthy Learning Institutions,*" adopting the theme of the National Kickoff of *OK sa DepEd* on October 11, 2022.
9. The theme introduces the six pillars of Healthy Learning Institutions (HLI) that shall be present in schools, across all flagship programs of *OK sa DepEd*.
10. The same theme shall be adopted for regional and division kickoff activities that regional/division offices may be organizing. Regional/division offices are reminded to ensure that kickoff activities are simple and inexpensive, and do not entail interruption of classes. Local kickoff activities shall focus on facilitating efforts to build and strengthen partnerships for school health.

11. The descriptions of the pillars of HLI and the suggested activities for the One Health Week based on these pillars may be found in **Annex B**. It is emphasized that the provided list of activities is recommendatory. School heads may choose from the list, as relevant to the context of their respective schools, or conceptualize other activities, as necessary.

#### Ways Forward

12. Access of learners to health services shall be ensured all school year, as appropriate.
13. Co-curricular health activities under *OK sa DepEd* similar to those conducted during the week of October 31-November 4, 2022, and during the One Health Week (January 30-February 3, 2023) may also be done on the 11th week the third and of the fourth academic quarters, as practicable.
14. Activities of *OK sa DepEd* programs shall be sustained all year round, following existing DepEd issuances for each program, and complying with the instructions on scheduling activities as laid out in:
  - a. DO 34, s. 2022, which prohibits extra-curricular activities for SY 2022-2023, and limits co-curricular activities to the eleventh week of each quarter, and
  - b. OASGFO Memorandum No. 2022-058 titled *Requests for Participation of Learners in Extra-Curricular Activities*, which allows “activities such as, but not limited to, academic and non-academic competitions, sports meets, and other contests, including the practices and training of such activities... on the condition that they will be held outside class hours, on weekends, or during school breaks, as provided in DepEd Order No. 9, s. 2005 titled *Instituting Measures to Increase Engaged Time-On-Tasks and Ensuring Compliance Therewith*.”
15. Materials from the National Kickoff that can be used by field offices for their respective kickoffs, as well as references and resources that schools can use in the conduct of the One Health Week and other co-curricular health activities, may be accessed at <https://bit.ly/2022oksadepedkickoffOWH>. The folder will be regularly updated.
16. Documentation of local kickoff and One Health Week activities shall be included in existing reporting mechanisms for *OK sa DepEd* and its flagship programs.
17. When posting online about the regional/division kickoff and the schools’ One Health Week activities, all concerned are invited to use the hashtags #OKsaDepEd, #OplanKalusuganSaDepEd, and #HealthIsKwela, and to tag/mention the Facebook Page of *OK sa DepEd* (<https://www.facebook.com/OplanKalusuganSaDepEd>).

For questions and concerns about this memorandum, please contact **Gian Erik M. Adao**, Education Program Specialist II, or **Belinda C. Beltran**, Nutritionist Dietitian III, BLSS-SHD through (02) 8-632-9935 or email at [blss.shd@deped.gov.ph](mailto:blss.shd@deped.gov.ph).

Annex A

Flagship and Support Programs of *OK sa DepEd*

Program	Description
School-Based Feeding Program (SBFP) and other Nutrition Support Programs	<p>Through the SBFP, hot meals/nutritious food products and milk are provided to selected learners from Kindergarten to Grade 6 to improve classroom attendance and encourage learners to go to school every day.</p> <p>The SBFP is implemented alongside the <b>Nutrition Support Program</b>, which is a combination of policies, standards, activities, and interventions designed to promote and maintain the nutritional well-being of learners, covering school nutrition services, school gardens, and nutrition education, supported by enabling mechanisms such as healthy food environment and sanitation, <u>partnerships and linkages</u>.</p>
National Drug Education Program (NDEP) and Comprehensive Tobacco Control	<p>NDEP is comprehensive educational program which provides for a holistic approach to the problem of drug abuse by collaborating with all sectors under a unified, scientific, research-based, and responsive procedure.</p> <p>In support of NDEP is the <b>Comprehensive Tobacco Control Program</b> (DepEd Order No. 48, s. 2016) which focuses on ensuring the implementation of relevant provisions from the global treaty Framework Convention on Tobacco Control, as well as national tobacco control laws, and issuances.</p>
Adolescent Reproductive Health Program (ARH)	<p>ARH aims to strengthen DepEd's delivery of its mandates under Republic Act 10354, or the Responsible Parenthood and Reproductive Health Act of 2012.</p>
Water, Sanitation and Hygiene (WASH) in Schools (WinS)	<p>WinS focuses on the promotion of a clean and safe school environment and correct hygiene practices among learners. It is a comprehensive, sustainable, and scalable school-based program that sets the basic requirements and standards on five key elements: water, sanitation, hygiene, deworming, and health education.</p>
Medical, Dental, and Nursing Services	<p>Medical doctors, dentists, and nurses nationwide ensure the delivery of or access to medical, dental, and nursing services of learners.</p> <ul style="list-style-type: none"> <li>• <b>Medical and nursing services</b> include health examination, treatment, and/or referral of learners; conduct of hearing screening, vision screening, and color vision testing; school-based immunization, in coordination with the DOH; weekly iron folic acid supplementation; and deworming.</li> <li>• <b>Dental services</b> include promotive, preventive, and curative services such as oral examination and oral urgent treatment (e.g., tooth extractions, filling, and oral prophylaxis, as needed), application of fluoride varnish, dental health education, tooth brushing drills, and distribution of hygiene kits (toothbrushes and toothpastes).</li> </ul> <p>Medical and dental clinics have also been established/refurbished and the medical and dental supplies have been provided in selected schools.</p>

Program	Description
School Mental Health Program	Added as a flagship program late in 2018 and first officially included in the <i>One Health Week 2019</i> , the <b>School Mental Health Program</b> focuses on mental health promotion in schools, pursuant to RA 11036 or the Mental Health Act, and its IRR: (1) raising awareness on mental health concepts and issues; (2) identification and provision of support and services for individuals at risk; and (3) facilitating access, including referral mechanisms of individuals with mental health conditions to treatment and psychosocial support.

Annex B

Pillars of Healthy Learning Institutions

Pillar	Description	Suggested Activities for the 2022 One Health Week (and every 11th week of every academic quarter, as practicable)
Healthy School Policy	<ul style="list-style-type: none"> <li>Integration into school planning documents and strategies such as the Annual Implementation Plan, School Improvement Plan, and School-Based Management</li> <li>Efforts to increase awareness and ownership among stakeholders of key school health policies and related issues</li> </ul>	<ul style="list-style-type: none"> <li>Orientation on existing DepEd Orders of the <i>OK sa DepEd</i> programs, including health and safety protocols in light of the COVID-19 pandemic</li> <li>Promotion among school personnel of existing/available platforms to learn about school health (e.g., PHEDA course, WinS MOOC)</li> </ul>
Physical School Environment	<ul style="list-style-type: none"> <li>Investments in physical resources and infrastructural improvements that would allow learners to practice healthy behaviors at school</li> <li>IEC materials to provide information on healthy habits and nudge them to practice these</li> </ul>	<ul style="list-style-type: none"> <li>Display/posting of IEC materials reinforcing key messages related to the <i>OK sa DepEd</i> programs</li> <li>Open house of canteens featuring healthy food and beverage choices</li> </ul>
Social School Environment	<ul style="list-style-type: none"> <li>Guides for teachers and other school personnel to practice healthy behaviors in the school settings</li> <li>Recommendations for clubs that will allow learners to hone health seeking and health promoting behaviors outside class</li> </ul>	<ul style="list-style-type: none"> <li>Activities for socialization among and between learners, school personnel, and other stakeholders, as practicable</li> </ul>
Links with the Community	<ul style="list-style-type: none"> <li>Onboarding and health-education workshops with parents and guardians to allow them to build trust and healthy communication practices with their children and reinforce health behaviors and habits learned in the classroom at home</li> <li>Coordination with other key players in the community for the implementation of school health policies, programs, and activities</li> </ul>	<ul style="list-style-type: none"> <li>Orientation of parents, communities, partners, and other stakeholders on how they can take</li> <li>Coordination meetings with community partners for the effective implementation of school health programs and activities</li> </ul>

Pillar	Description	Suggested Activities for the 2022 One Health Week (and every 11th week of every academic quarter, as practicable)
Health Skills and Education	<ul style="list-style-type: none"> <li>Integration of health-related competencies, topics, materials, and activities in school lessons inside and outside health as a subject</li> <li>Conduct of school-based co-curricular activities for learners on topics related to health</li> </ul>	<ul style="list-style-type: none"> <li>Activities in support of the BIDA KID Campaign</li> <li>Exhibits, seminars, and other co-curricular activities on the OK sa DepEd programs</li> <li>Re-echo of capacity building activities of OK sa DepEd programs</li> <li>Showing/viewing of video recordings of webinars and facilitating discussions around such recordings</li> <li>Conduct of age-appropriate health and hygiene drills (e.g., handwashing, toothbrushing)</li> <li>Conduct of school gardening activities to highlight important health and nutrition concepts</li> </ul>
Access to Health Care	<ul style="list-style-type: none"> <li>Provision of basic health services in the school, as available and applicable</li> <li>Development of referral networks within the school and between the school and the local government unit</li> </ul>	<ul style="list-style-type: none"> <li>Setting up/ensuring completeness of health corners (identified sections in the school where there are school health supplies accessible as needed)</li> <li>Conduct of feeding activities</li> <li>Conduct of mobile COVID-19 vaccination as part of the PinaLakas campaign</li> <li>Delivery of age-appropriate health services (e.g., volunteer doctors, dentists, and nurses may be invited to provide such services to learners)</li> </ul>

For resources that can be used for the activities above, please visit: <https://bit.ly/oksaDepEdresources>. Note that the folder will be regularly updated.