



Republic of the Philippines  
**Department of Education**  
Region XI  
**SCHOOLS DIVISION OF DIGOS CITY**  
Digos City



DIVISION MEMORANDUM  
No. 045 s. 2019

January 21, 2020

CONDUCT OF VARIOUS ACTIVITIES FOR OPLAN KALUSUGAN SA DEPARTMENT OF  
EDUCATION (OK SA DepED)

To: CID AND SGOD Chiefs  
Public Schools Districts Supervisors  
Elementary, Secondary and Senior High School Administrators  
Health and Nutrition Unit Personnel  
All Others Concerned

1. Pursuant to Department of Education (DepED) Order No. 28, s 2018 titled "Policy and Guidelines on Oplan Kalusugan sa Department of Education (OK sa DepED), " all public schools nationwide are encourage to observe the OK sa DepED One Health Week on January 20-24, 2020 focusing on Health and Nutrition Education.
2. The One Health Week shall roll out a set of health activities featuring, but not limited to the six major DepED school health programs:
  - a. School-Based Feeding Program (SBFP);
  - b. National Drug Education Program (NDEP);
  - c. Adolescent Reproductive Health (ARH) Program;
  - d. Water, Sanitation and Hygiene (WASH) in School (WinS) Program,
  - e. Medical, Nursing and Dental Services, and
  - f. School mental Health Program
3. Attached is the guide for the conduct of One Health week;
4. During the One Health Week, all Schools Division Offices, elementary and secondary schools are enjoined to undertake the following suggested activities, among others:
  - a. Orientation of parents, communities, partners, and other stakeholders;
  - b. Exhibits/fora on health and nutrition education, maintaining healthy lifestyle, good grooming and personal hygiene, NDEP, ARH, school mental health, and comprehensive tobacco control;
  - c. Film showing on health and nutrition-related issues;
  - d. Physical activities/exercises to promote healthy lifestyle; and
  - e. Posting/distribution of IEC materials such as leaflets, posters, advisories, etc,
5. All schools are reminded of existing policies governing partnerships, including the prohibition on institutional endorsements of products and services per DepED Order No. 39, s 2009, guidelines on engaging with companies that manufactures carbonated beverages per DepED Order No. 13, s 2017, prohibition on unnecessary, interaction with the tobacco industry and its front NGOs per DepeD Order No. 48, s. 1986, and prohibition on partnership with milk companies Executive Order No. 51 s. 1986
6. School Health and Nutrition Unit of the Schools Division Office will lead on the conduct of One Health Week in all Schools.

Encls: memo

References: HNS

To be indicated in the Perpetual Index under the following subjects:

Governance Health Memo

JAA CONDUCT OF VARIOUS ACTIVITIES FOR OPLAN KALUSUGAN SA DEPARTMENT OF EDUCATION (OK sa DepED)  
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Region XI  
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Digos City




7. For reporting purposes, the schools shall ensure the documentation of the activities conducted during the One Health week, following the data requirements of the OK sa DepED Form A and B attached to DO 28 s. 2018.
8. Attached are the forms to be filled up and to be submitted on or before January 31, 2020.
9. Immediate and wide Dissemination of this Memorandum is desired.

FOR AND IN THE ABSENCE OF:

**CRISTY C. EPE, CESE**  
Schools Division Superintendent

  
MELANIE P. ESTACIO, Ph.D.  
OFFICER-IN-CHARGE  
OFFICE OF THE ASSISTANT SCHOOLS DIVISION SUPERINTENDENT

DepEd Schools Division of Digos City  
RECORDS SECTION

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References: HNS

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Republic of the Philippines  
DEPARTMENT OF EDUCATION  
REGION XI  
Davao City



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**URGENT**

MEMORANDUM

To : Schools Division Superintendents

Subject: CONDUCT OF VARIOUS ACTIVITIES FOR  
OPLAN KALUSUGAN SA DEPARTMENT  
OF EDUCATION (OK Sa DepEd)

Date : January 20, 2020

Pursuant to Department of Education (DepEd) Order No. 28, s. 2018 titled "Policy and Guidelines on Oplan Kalusugan sa Department of Education (OK sa DepEd)," all public schools nationwide are encouraged to observe the **OK sa DepEd One Health Week** on **January 20 – 24, 2020** focusing on **Health and Nutrition Education**.

The One Health Week shall roll out a set of health activities featuring, but not limited to, the six major DepEd school health programs:

- a. School-Based Feeding Program (SBFP);
- b. National Drug Education Program (NDEP);
- c. Adolescent Reproductive Health (ARH) Program;
- d. Water, Sanitation and Hygiene (WASH) in Schools (WinS) Program;
- e. Medical, Nursing and Dental Services; and
- f. School Mental Health Program.

During the One Health Week, all Schools Division Offices, elementary and secondary schools are enjoined to undertake the following suggested activities, among others:

- a. Orientation of parents, communities, partners, and other stakeholders;
- b. Exhibits/fora on health and nutrition education, maintaining healthy lifestyle, good grooming and personal hygiene, NDEP, ARH, school mental health, and comprehensive tobacco control;
- c. Film showing on health and nutrition-related issues;
- d. Physical activities/exercises to promote healthy lifestyle; and
- e. Posting/Distribution of IEC materials such as leaflets, posters, advisories, etc.

*Empowerment Adaptability Goal-oriented Leadership Excellence*

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Republic of the Philippines  
 Department of Education  
 Region XI  
**SCHOOLS DIVISION OF DIGOS CITY**  
**HEALTH AND NUTRITION**  
**DIVISION ACTION PLAN ON VARIOUS PROGRAMS ON OPLAN KALUSUGAN IMPLEMENTATION**  
 January 20 - 24, 2019



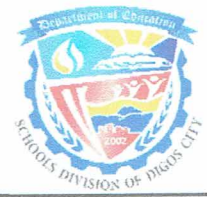
ACTIVITIES	PERSONS/ OFFICE RESPONSIBLE	TIMELINE	RESOURCE REQUIREMENT	SUCCESS INDICATOR
Day 1: Health and Nutrition Unit Meeting re: Activities for Oplan Kalusugan sa DepED Various Programs Implementation for January 2020	OK sa DepED Focal Person	January 20, 2020	None	Meeting with Health Personnel successfully conducted
Day 2: 1. Dissemination of Division Memorandum to the school 2. Conduct a short information dissemination to the School Heads re Conduct of Various Activities on Oplan Kalusugan sa DepED	Health and Nutrition Unit Personnel	January 21, 2020	None	Information dissemination has been conducted
Day 3: Monitoring of Division Health Personnel to assigned schools	Health and Nutrition Unit Personnel	JULY 22, 2020	TEV	Monitoring to schools has been done
Day 4: "PAKIGHINABI" with Regional Office Personnel re OK sa DepED Programs and Projects	Health and Nutrition Unit Personnel	July 23, 2020	None	Pakighinabi has been done
Day 5: Monitoring of Division Health Personnel to assigned schools	Health and Nutrition Unit Personnel	July 24, 2020	TEV	Monitoring to remaining schools has been done

Prepared by:

Noted:

**HAZEL MARIE L. ESCABILLAS, RN**  
 Nurse II / OK sa DepED Focal

**JASMINE R. SARAK, DMD**  
 Dentist(II) / Dentist-In-Charge- OIC



**OPLAN KALUSUGAN SA DepEd (OK sa DepED)**  
**SCHEDULE OF VARIOUS ACTIVITIES (SCHOOL LEVEL)**

<b>ACTIVITIES</b>	<b>DATE OF ACTIVITY</b>
<b>Day 1 (PM)</b> WASH Program (ex. Group Toothbrushing Drill, Handwashing Activity and Orientation)	January 20, 2020
<b>Day 2</b> Lecture on National Drug Education Program (NDEP)	January 21, 2020
<b>Day 3</b> School Based Feeding Program (SBFP) (ex. Giving of vitamins to SBFP recipients ( <i>elementary recipients</i> ), height and weight taking, Nutrition Education, etc.)	January 22, 2020
<b>Day 4</b> Lecture on Adolescent Reproductive Health	January 23, 2020
<b>Day 5</b> Lecture on School Mental Health Program	January 24, 2020











**E. SIGNIFICANT EVENTS OF SBFP, NDEP, ARH, WINS, AND OTHER HEALTH AND NUTRITION PROGRAMS / EXPERIENCES / GOOD PRACTICES**

(Use separate sheets, if needed)

What happened?	Who were involved?	When?	Outcome: What is/are its important contribution to the Ok sa DepEd Program of the school?

**F. LESSONS LEARNED**

**G. SUGGESTIONS TO STRENGTHEN OK sa DepEd Program (include support needed from Central, Region, and Division Office that can increase the impact of OK sa DepEd Program in your school.)**

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**ACTION PLAN**

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

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

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

KRA	ACTIVITIES	TARGETS	PERSON RESPONSIBLE	TIMELINE	RESOURCE REQUIREMENTS	SUCCESS INDICATOR
STAFF DEVELOPMENT						
MANAGEMENT SUPPORT						
ADVOCACY						
SERVICE DELIVERY						
MONITORING AND EVALUATION						

Prepared by: \_\_\_\_\_

Note: \_\_\_\_\_

District nurse / Principal/School Head

