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REHIYON V

SANGAY NG MGA PAARALAN NG LUNGSOD NAGA

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JAN 24 2023
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January 23, 2023

DIVISION MEMORANDUM
No. 31, s. 2023

ONE HEALTH WEEK FOR S/Y 2022-2023

To: Assistant Schools Division Superintendent
Chief Education Supervisors
CID and SGOD Personnel
OSDS Unit Heads
Public School Heads
All Others Concerned

1. Pursuant to DepEd Order No. 28, s. 2018, Policy and Guidelines on *Oplan Kalusugan* sa DepEd (OKD) and OUGFO No. 2022-03-1037 Memorandum dated October 27, 2022, re: Guidance to Regional/Division School Health and Nutrition Personnel on the Conduct of the One Health Week for S/Y 2022-2023, this Office announces the conduct of the above-mentioned activity from January 30 -February 3, 2023 with the Theme “*Pinalakas na Oplan Kalusugan sa DepEd, Pinatatag na Healthy Learning Institution*”.

2. The School Health and Nutrition Personnel are instructed to continue to provide necessary technical assistance to schools showcasing the flagship and support programs of OK sa DepEd ensuring that schools are “Healthy Learning Institutions” where learners are protected during the pandemic and beyond with suggested strategies for programs and activities related to health under the on-going transition to full face -to-face learning modality.

3. A Division Kick-off Activity will be organized by the Division School Health Section on January 30, 2023 at a SDO grounds. Matrix of for the Division celebration is enclosed. At the school level, the following shall guide the implementers:

- The school heads may choose from the list of activities provided in Annex A, that are relevant to the context of their respective schools or may conceptualize other activities as necessary.
- IEC materials relative to the activity can be accessed at <https://bit.ly/2022oksadepedkickoffOWH>
<https://bit.ly/oksadeped2022kickoff>.

DO 31, s. 2019 DM Rev. 01

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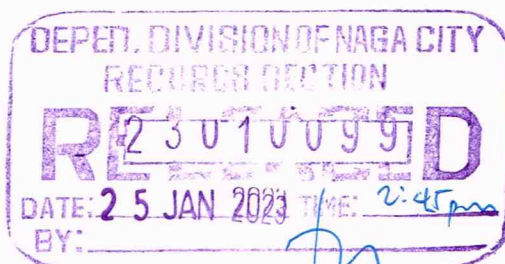
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- When posting online about the Division and School Celebration of the One Health Week activities, all concerned are encouraged to use the hashtags #OksaDepEd, #OplanKalusuganSaDepEd, and #HealthIskwela and tag or mention the facebook page Ok sa DepEd.
 - Schools shall prepare accomplishments of OKD following OKD Form B for the OKD Conference to be conducted towards the end of the One Health Week.
4. Expenses relative to the conduct of the One Health Week activities may be charged against the Division/School MOOE or other local funds subject to existing auditing and accounting rules and regulations. The Time-on-task Policy shall be strictly observed. Precautionary and Safety measures set by IATF for Covid19 prevention shall be applied.
5. For queries, please coordinate with the assigned School Health & Nutrition personnel per school or email depednagamedicalsection@gmail.com
6. Immediate dissemination of this Memorandum is desired.


MARIANO B. DE GUZMAN CESO VI
Schools Division Superintendent *jk*



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Division One Health Week Activity Matrix

Activity	Date	Venue	Participants
Division OKD One Health Week Kick Off	January 30	SDO	SDO Personnel, Medical Team
Dental Day	February 1, 8am to 12nn	DMIACS	DMIACS OKD team, Beneficiaries from DMIACs, San Rafael ES, Balatas ES, and San Isidro ES ,Medical Team, PDA Dentists
OKD Conference	February 1	Avenue Hotel	Feb 1
Day 1 OKD Programs Updates and Orientation of New Projects	Day 1 8-12 p.m.OKD Updates	Avenue Hotel	Clinic Teachers and SBHWS, Medical Team
	1:30 p.m ISNM and GPP Updates		ISNM/ GPP Coordinators, Medical Team, Resource Speakers.
Day 2 OKD District Implementation Review Workshop	Day 2 8-12 p.m. North and West District 1:30 p.m. South and East District	Avenue Hotel	2 Focals Per School North and West District Focals (morning) South and East District Focals (afternoon)
Medical Services	Starts Jan 30	SDO (Laboratory Check-Up)	SDO Personnel

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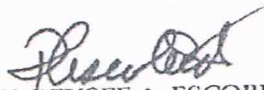
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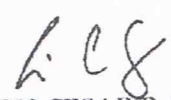
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OUGFO No. 2022-03-1037
 MEMORANDUM
 27 October 2022

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

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

JLP-ED DIVISION OFFICE (SOS)
 OFFICE OF THE SCS
 RECEIVED
 DATE: JAN 20 2023
 BY: [Signature] 11:40
 NAGA CITY REGION V


 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)*.

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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:
- 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
 - 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 GEMAdao@deped.gov.ph.



January 17, 2023

To: **Schools Division Superintendents**

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For information, guidance and dissemination.

GILBERT T. SADSAD
Regional Director

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 Nutrition Support Program, 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, partnerships and linkages.</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 Comprehensive Tobacco Control Program (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)	ARH aims to strengthen DepEd's delivery of its mandates under Republic Act 10354, or the Responsible Parenthood and Reproductive Health Act of 2012.
Water, Sanitation and Hygiene (WASH) in Schools (WinS)	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.
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"> • Medical and nursing services 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. • Dental services 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). <p>Medical and dental clinics have also been established/refurbished and the medical and dental supplies have been provided in selected schools.</p>

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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 School Mental Health Program 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.

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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"> Integration into school planning documents and strategies such as the Annual Implementation Plan, School Improvement Plan, and School-Based Management Efforts to increase awareness and ownership among stakeholders of key school health policies and related issuances 	<ul style="list-style-type: none"> 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 Promotion among school personnel of existing/available platforms to learn about school health (e.g., PHEDA course, WinSMOOC)
Physical School Environment	<ul style="list-style-type: none"> Investments in physical resources and infrastructural improvements that would allow learners to practice healthy behaviors at school IEC materials to provide information on healthy habits and nudge them to practice these 	<ul style="list-style-type: none"> Display/posting of IEC materials reinforcing key messages related to the <i>OK sa DepEd</i> programs Open house of canteens featuring healthy food and beverage choices
Social School Environment	<ul style="list-style-type: none"> Guides for teachers and other school personnel to practice healthy behaviors in the school settings Recommendations for clubs that will allow learners to hone health seeking and health promoting behaviors outside class 	<ul style="list-style-type: none"> Activities for socialization among and between learners, school personnel, and other stakeholders, as practicable
Links with the Community	<ul style="list-style-type: none"> 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 Coordination with other key players in the community for the implementation of school health policies, programs, and activities 	<ul style="list-style-type: none"> Orientation of parents, communities, partners, and other stakeholders on how they can take Coordination meetings with community partners for the effective implementation of school health programs and activities

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

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

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