



Republic of the Philippines
Department of Education
Region XII
Schools Division Office of Tacurong City

September 01, 2026

DIVISION MEMORANDUM

SGOD-2026- 149

**CONDUCT OF OPLAN KALUSUGAN SADEPED ONE HEALTH WEEK
CELEBRATION 2026**

To: Assistant Schools Division Superintendent
Division Chiefs
Public Schools District Supervisors
School Heads of Public Elementary and Secondary Schools
School Health and Nutrition Personnel
School Health Coordinators
All Others Concerned

1. The Schools Division Office of Tacurong City, through the School Health and Nutrition Section, shall conduct the **Oplan Kalusugan sa DepEd One Health Week Celebration 2026** with the theme: ***“Empowering Young Lives through Health, Wellness and Education”***.
2. The celebration aims to strengthen the promotion of comprehensive health and well-being among learners by providing relevant health services, information, education, and activities that support healthy and empowered young people.
3. The celebration shall be conducted on the following dates and venues:

Date	Program/Activity	Venue
September 3, 2026	Medical, Dental and Nursing Services	AnakMin Building, Tacurong Pilot Elementary School
September 4, 2026	National Drug Education Program and Adolescent Reproductive Health Program	San Emmanuel National High School
September 09, 2026	School Mental Health Program	Virginia F. Griño National High School
September 10, 2026	School-Based Feeding Program and WASH in School Program	SDO Conference Hall

The schedule and activities are based on the approved activity matrix.

4. The major activities for the celebration shall include lectures and discussions on **Proper Oral Hygiene and Dental Care, the Importance of Immunization, Adolescent Reproductive Health, the National Drug Education Program, Mental Health, and Nutrition, Sanitation, and Hygiene**, as well as the corresponding health services and learner-centered activities.
5. In line with the theme, the celebration shall provide opportunities for learners to develop greater awareness, knowledge, and positive practices concerning their physical, mental, social, and overall well-being.



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6. All concerned school heads and personnel are hereby enjoined to extend their full support and cooperation to ensure the successful implementation of the activities. Concerned participants are requested to observe the prescribed schedule, venue, and activity arrangements.
7. The designated facilitators, speakers, and program coordinators shall ensure the orderly conduct of their respective activities and the proper documentation of the celebration.
8. For information, dissemination, and appropriate action.

CARLOS G. SUSARNO PHD, CESO VI
Asst. Schools Division Superintendent
Officer-in-Charge

Office of the Schools Division Superintendent

JYA/SGOD-SHS/ CONDUCT OF OPLAN KALUSUGAN SA DEPED ONE HEALTH WEEK CELEBRATION 2026
/SEPTEMBER 01, 2026



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Enclosure to the DM SGOD No. 149, 2026

PROGRAM TECHNICAL WORKING COMMITTEE

Name	Position/Designation
Carlos G. Susarno, PHD, CESO VI	Asst. Schools Division Superintendent Officer-in-Charge Office of the Schools Division Superintendent
Ayesha P. Piñol	Public Schools District Superintendent Officer-in-Charge Office of the Asst. Schools Division Superintendent
Mayflor B. Romualdo	SGOD Chief
Ivan James B. Pano, MD	Medical Officer III
Dane Immanuel T. Luza, DMD	Dental Officer II
Jonalee Y. Arquiza, RN	Nurse-in-Charge
April Jane L. Duadua, RN	Nurse II – Facilitator
Catherine Joy Q. Maratas, RN	Nurse II – Facilitator
Jancee N. Rival, RN	Technical Assistant I
Jannah Angela D. Dumadag, RN	Technical Assistant I
Michael Jan G. Arquiza	DepEd SDO Tacurong Health Clinic PhilHealth Coordinator
Kaye Angelie G. Delgado, RM	DepEd SDO Tacurong Health Clinic PhilHealth Alternate
Mark Anthony B. Sumatra	Technical Assistant I

RESOURCE SPEAKERS/JUDGES

Name	Position/Designation
Sheena Andrea E. Muyco-Luza, DMD	PDA Vice President-SK Chapter
Ivan James B. Pano, MD	Division Medical Officer
Angelie V. Batisla-ong, RN, MAN	Clinic Instructor – NDTC College of Nursing
PMSgt. Charlemagne P. Palmares	Tacurong City PNP
Jareeza H. Kamag, RPm	PSWD Officer
Charro B. Muyco, RPm	CSWD Officer
Krishna Margaux G. Sabiniano, RN	Nurse II SHS – SK Division
Aaron A. Agner, RN	Nurse II – SK Division/ Division Mental Health Coordinator
Caesar Banusing	Acting City ENR Officer-Tacurong City
Marlow Anthony B. Buenacosa, RN	City Nutrition Action Officer/ HEPO
Myka Angelou T. Lucena, RND	City Nutritionist Dietician



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Loveley T. Baira	Sanitary Inspector V – City Health Office
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Activity Matrix

TIME	ACTIVITY	RESOURCE SPEAKER/ FACILITATOR
Day 1 September 03, 2026 MEDICAL, DENTAL AND NURSING SERVICES Venue: AnakMin Building Tacurong Pilot Elementary School		
8:00-8:15	- Opening Ceremony - Invocation - National Anthem - Regional Hymn - Tacurong City Hymn - SDOTC Hymn	Audio Visual Presentation
8:15 – 8:30	- Welcome Remarks - Inspirational Message	Mayflor D. Romualdo ES-SGOD Chief Carlos G. Susarno, Ph.D., CESO VI Asst. Schools Division Superintendent Officer-in-Charge Office of the Schools Division Superintendent
8:30 – 8:40	Statement of Purpose	Ivan James B. Pano, MD Medical Officer III
8:40 – 9:20	Bright Smiles, Better Health: The Importance of Proper Oral Hygiene and Dental Care”	Sheena Andrea E. Muyco-Luza, MD Vice President – PDA SK Chapter
9:20 – 10:00	The Importance of Immunization in Keeping Learners Healthy	Ivan James B. Pano, MD Medical Officer III
10:00 – 10:30	Awarding of Certificates	Facilitators
10:30 -12:00	Fluoride Application to 65 Kinder learners	Dame Immanuel T. Luza, DMD Dentist II
Day 2 September 04, 2026 NATIONAL DRUG EDUCATION PROGRAM AND ADOLESCENT REPRODUCTIVE HEALTH PROGRAM Venue: San Emmanuel National High School		
8:00-8:15	- Opening Ceremony - Invocation - National Anthem - Regional Hymn - Tacurong City Hymn	Audio Visual Presentation





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	SDOTC Hymn	
8:15 – 8:30	Welcome Remarks & Message	Ramelyn S. Usman, Ph.D. School Head
8:30 – 9:30	Adolescent Reproductive Health: Ready, Respectful, Responsible: Making Healthy Choices as Adolescents	Angelie V. Batisla-ong, RN, MAN Clinical Instructor: College of Nursing – Notre Dame of Tacurong College
9:30 – 10:30	National Drug Education Program: Drug Prevention for Teens	PMSgt. Charlemagne P. Palmares Tacurong City PNP
10:30 – 11:00	Open Forum/Discussion	Facilitator
11:00 – 12:00	- Awarding of Certificates - Closing Ceremony	

DAY 3

September 09, 2026

SCHOOL MENTAL HEALTH PROGRAM

Venue: VIRGINIA F. GRIÑO NATIONAL HIGH SCHOOL

8:00-8:15	- Opening Ceremony - Invocation - National Anthem - Regional Hymn - Tacurong City Hymn - SDOTC Hymn	Audio Visual Presentation
8:15 – 8:30	Welcome Remarks & Message	Ma. Teresita B. Escobia School Head
8:30 – 8:40	- Statement of Purpose - Mechanics of Poster Making Contest	Jonalee Y. Arquiza, RN Nurse II SHS
8:40 – 9:40	School Mental Health Program: Hope Starts with Me: Caring for My Mental Health	Jareeza H. Kamag, RPh Psychologist - PSWD
8:30 – 11:30	Poster Making Contest (Elementary and Secondary Level)	Facilitator
11:30 – 12:00	- Awarding of Certificates - Awarding of Winners and Prizes	Judges 1. Charro B. Muyco, RPh 2. Aaron A. Agner, RN 3. Krishna Margaux G. Sabiniano, RN

Day 4

September 10, 2026

SCHOOL-BASED FEEDING PROGRAM AND WASH IN SCHOOL PROGRAM

Venue: SDO Conference Hall

8:00-8:15	- Opening Ceremony - Invocation - National Anthem - Regional Hymn - Tacurong City Hymn - SDOTC Hymn	Audio Visual Presentation
8:15 – 8:30	- Welcome Remarks - Inspirational Message	Mayflor D. Romualdo ES-SGOD Chief



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		Carlos G. Susarno, Ph.D., CESO VI Asst. Schools Division Superintendent Officer-in-Charge Office of the Schools Division Superintendent
8:30 – 9:00	• Keynote Speaker	Caezar Banusing, EnP Acting City ENR Officer - CENRO
9:00 – 9:15	• Mechanics of Poster Making Contest	Catherine Joy Q. Maratas, RN Division SBFP Coordinator
9:15 – 11:30	Lakas sa Gatas Campaign Dance Contest	
	1. Central Cluster 2. East Cluster 3. West Cluster 4. North Cluster 5. South Cluster	Judges 1. Marlow Anthony B. Buenacosa, RN 2. Myka Angelou T. Lucena, RND 3. Lovely Baira, Sanitary Inspector V
11:30 – 12:00	• Awarding of Winners • Closing Ceremony	Ivan James B. Pano, MD Medical Officer III

**MARK ANTHONY B. SUMATRA &
JANNAH ANGELA D. DUMADAG, RN**
Podium Masters



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MECHANICS FOR THE POSTER-MAKING CONTEST

Theme: "Changing the Narrative on Suicide"

In Celebration of World Suicide Prevention Day 2026

I. Objectives

The Poster-Making Contest aims to:

1. Promote awareness and understanding of mental health and suicide prevention among learners.
2. Encourage learners to express positive and hopeful messages through visual art.
3. Help reduce stigma and misconceptions surrounding suicide and mental health concerns.
4. Empower learners to promote kindness, compassion, help-seeking, and support for individuals experiencing emotional difficulties.

II. Participants

1. In Elementary, each cluster may send **one (1) official participant** and in secondary, each school shall have one (1) official participant.
2. The artwork must be **original and created solely by the participant** during the contest period.

III. Contest Mechanics

1. The contest will be conducted on **September 09, 2026**, in celebration of World Suicide Prevention Day.
2. The official theme is **"Changing the Narrative on Suicide."**
3. Participants shall create an original poster that communicates a positive, hopeful, and supportive message about mental health and suicide prevention.
4. The poster should emphasize messages such as:
 - o Promoting hope and resilience;
 - o Encouraging people to seek help and talk to trusted individuals;
 - o Showing kindness, empathy, and support;
 - o Reducing stigma surrounding mental health;
 - o Creating safe and supportive school communities; and
 - o Encouraging everyone to take part in suicide prevention.
5. The poster must be created within the designated contest venue and time.
6. Participants shall be given **two (2) hours** to complete their artwork.
7. The poster shall be made on one (1) 1/4 illustration board or the size specified by the organizers.
8. Only the following materials may be used: pencils, colored pencils, crayons, oil pastels, watercolor, poster paint, acrylic paint, markers, and other conventional drawing materials approved by the organizers.
9. Illustration boards, pencils, and oil pastels shall be provided by the organizers. Participants may bring additional art materials of their choice, subject to the approval of the organizers.



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10. Pre-drawn materials, printed images, stencils, cut-outs, tracing, digital prints, or ready-made designs are strictly prohibited.
11. Participants may use lettering, illustrations, symbols, and other artistic elements that appropriately convey the theme.
12. The poster must be respectful, culturally sensitive, age-appropriate, and free from content that may glorify, romanticize, or provide details about suicide or self-harm.
13. Participants shall not include their name, school name, section, or any identifying mark on the front of the artwork. A contestant number will be provided by the organizers.
14. All entries must be submitted immediately after the allotted time.
15. Late submissions may be disqualified.

IV. Criteria for Judging

Criteria	Percentage
Relevance to the Theme – Clear interpretation and meaningful presentation of “Changing the Narrative on Suicide”	30%
Creativity and Originality – Uniqueness of concept, ideas, and artistic presentation	25%
Visual Impact and Composition – Effective use of space, balance, color, images, and overall design	20%
Message and Content – Clarity, positivity, and effectiveness of the mental health/suicide prevention message	20%
Neatness and Overall Presentation	5%
TOTAL	100%

V. General Guidelines

1. The decision of the Board of Judges shall be **final and irrevocable**.
2. Any form of cheating, copying, tracing, or use of pre-made/printed materials shall be grounds for disqualification.
3. Organizers reserve the right to disqualify entries that do not comply with the contest rules and theme.
4. All submitted artworks shall become part of the official documentation and advocacy materials of the activity.
5. The contest is intended to promote hope, help-seeking, compassion, and suicide prevention. Participants are encouraged to portray mental health concerns responsibly and constructively.



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VI. Awarding

The following awards shall be given:

Elementary Level

Champion

1st Runner-Up

2nd Runner-Up

2 Finalist

Secondary Level

Champion

1st Runner-Up

2nd Runner-Up

5 Finalist

Certificates shall also be given to the participants and judges in recognition of their participation and contribution to the activity.

**GUIDELINES FOR THE “LAKAS SA GATAS”
DANCE CHALLENGE COMPETITION**

I. RATIONALE

The **Lakas sa Gatas Dance Challenge Competition** aims to promote the importance of proper nutrition and milk consumption among learners through an engaging, creative, and enjoyable dance activity. It provides learners with an avenue to showcase their talents while strengthening awareness of the benefits of adequate nutrition for growth, learning, and overall well-being.

The competition shall highlight the theme:

“Talino at Gilas, Tiyak Lalabas, Panalo ang Batang may Sapat na Gatas.”

II. OBJECTIVES

The activity aims to:

1. Promote awareness of the importance of milk and proper nutrition in supporting children's growth, development, and learning;
2. Encourage learners to actively participate in health and nutrition promotion activities;
3. Provide an opportunity for learners to showcase their creativity, teamwork, and dancing skills; and
4. Strengthen advocacy for healthy eating habits through music, movement, and creative expression.



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III. COMPETITION FORMAT

1. The competition shall be conducted **face-to-face** at the designated venue.
2. There shall be **five (5) participating clusters**:
 - East Cluster
 - West Cluster
 - North Cluster
 - South Cluster
 - Central Cluster
3. Each cluster shall have **ten (10) learner-participants**
 1. Participants shall perform as a **group**, with all ten (10) members participating in the dance presentation.
 2. The official competition date is **on September 10, 2026**. The final date and venue shall be confirmed through a separate announcement/memorandum.
 3. Each participating cluster shall have only one (1) Coach/Adviser who shall supervise, guide, and assist the participants during the preparation and competition.
 4. The hiring or engagement of an outsider, professional, or private choreographer to train, coach, or choreograph the participating cluster is strictly prohibited. The choreography shall be prepared and developed by the participating learners with guidance from their designated Coach/Adviser.

IV. MUSIC

1. All participating clusters shall use the **original “Lakas sa Gatas” Jingle** as the official music for the competition.
2. The music shall not be replaced with another song.
3. No additional music or sound effects shall be incorporated.

V. CHOREOGRAPHY AND PRESENTATION

1. The choreography shall creatively interpret the **message of the “Lakas sa Gatas” Jingle**.
2. The presentation should clearly reflect the theme:

“Talino at Gilas, Tiyak Lalabas, Panalo ang Batang may Sapat na Gatas.”
3. Dance movements should be:
 - Original and creative;
 - Catchy and engaging;
 - Properly synchronized;
 - Appropriate for the age of the learners; and
 - Relevant to the advocacy on milk consumption and proper nutrition.



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4. All ten (10) participants must actively participate throughout the performance.
5. Participants may incorporate simple formations, transitions, gestures, and movements that enhance the message of the jingle.
6. Costumes and simple props may be used, provided that they are **safe, appropriate, decent, and relevant to the theme.**
7. The use of dangerous, sharp, flammable, or potentially hazardous props is strictly prohibited.

VI. PERFORMANCE TIME

1. Each cluster shall be given a maximum of **five (5) minutes** for its complete presentation, including entry and exit from the performance area.
2. Performances exceeding the prescribed time may be subject to a corresponding deduction.

VII. OFFICIAL DIVISION CHOREOGRAPHY

1. The winning cluster shall be declared the official winner of the Lakas sa Gatas Dance Challenge Competition.
2. The choreography presented by the winning cluster shall be adopted as the official choreography of the Schools Division Office of Tacurong City for the “Lakas sa Gatas” campaign and shall be used in official Division-level activities, subject to appropriate acknowledgment of the winning cluster and its Coach/Adviser.
3. By joining the competition, all participating clusters acknowledge and agree that the winning choreography may be adopted, reproduced, and used by the Schools Division Office of Tacurong City for official “Lakas sa Gatas” activities and advocacy campaigns.
4. The official choreography may be taught and performed by schools, learners, personnel, and participants during succeeding Division activities related to the “Lakas sa Gatas” advocacy.

VIII. GENERAL RULES

1. Any act of misconduct, disrespect, or behavior that may compromise the safety and integrity of the competition may result in disqualification.
2. The decision of the Board of Judges shall be **final and irrevocable.**

CRITERIA FOR JUDGING

Criteria	Percentage
1. Theme Interpretation & Message – Clear presentation of the	30%



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Criteria	Percentage
<i>Lakas sa Gatas</i> theme and advocacy for proper nutrition and milk consumption.	
2. Choreography & Creativity – Creativity, originality, and appropriateness of the dance movements.	25%
3. Synchronization & Execution – Timing, coordination, uniformity, and mastery of the dance movements.	20%
4. Energy & Stage Presence – Confidence, enthusiasm, facial expressions, and overall impact of the performance.	15%
5. Teamwork & Participation – Cooperation and active participation of all 10 members.	10%
TOTAL	100%

VI. Awarding

The following awards shall be given:

Champion

1st Runner-Up

2nd Runner-Up

2 Finalist