



DEPARTMENT OF EDUCATION

DIVISION OF CEBU PROVINCE

SUDLON, LAHUG, CEBU CITY



September 17, 2019

DIVISION MEMORANDUM

No. 564 s. 2019

**IMPLEMENTATION OF THE WELLNESS CAMPUS PROGRAM
FOR SY: 2019-2020**

To: Assistant Superintendents
Chiefs, CID/SGOD
Education Program Supervisors/Coordinators
District Supervisors/OICs
Elementary and Secondary School Heads

1. In support to the 2019 Wellness Campus Program, this Office hereby informs the field on its implementing guidelines and protocols.
2. Waivers are distributed in the different districts by the Wellness Ambassadors and shall be retrieved 100% on September 30, 2019.
3. PSDSs are enjoined to make follow-up on the retrieval of all waivers and ensure that all are returned to this Office through Mrs. Nenita G. Jaralve.
4. As agreed during the meeting of All District MAPEH Coordinators, the following Schools were identified to join in the Wellness Campus competition:

Cluster A

Elementary

Tungkil ES – Minglanilla 2
San Fernando CS- San Fernando 1
Dalaguete CS – Dalaguete I
Boljoon CS- Boljoon
Oslob CS- Oslob

Secondary

Sangat NHS- San Fernando 2
Argao NHS- Argao I
Dalaguete NHS, Dalaguete I
Boljoon NHS- Boljoon
Oslob NHS, Oslob
Alcoy NHS

Cluster B

Ronda CES
Dumanjug CES
Pinamungajan CS
Arpili ES, Balamban II
Asturias CS
Bantayan CS

Ronda NHS
Balao NHS, Barili I
Pinamungajan NHS
Jose Chona Jo NHS, Balamban I
Sta. Lucia NHS, Asturias
Madrideojos NHS

Cluster C

Liloan CS
Catmon IS
San Francisco ES, Camotes
Poro ES, Camotes
Tudela ES, Camotes

Arcelo MNHS, Liloan
Compostela Sci-Tech NHS
Paypay NHS, Daanbantayn I
Camotes NHS, San Francisco
Luciano NHS, Poro Camotes
Tudela NHS, Camotes

5. Schools in the list are enjoined to prepare for the inter-cluster validation and judging to determine cluster winners. Cluster winners will qualify in the Division Level validation and judging.

6. Attention is invited to the following schedules:

September 25, 2019	-	Conference of Wellness Campus Coordinators of the above listed Schools 8:30 A.M. – 5:00 P.M. @ the Division Off Conference Room, Sudlon, Lahug, Cebu City
October 1-2, 2019	-	Cluster A Validation and Judging
October 7-8, 2019	-	Cluster B Validation and Judging
October 9-10, 2019	-	Cluster C Validation and Judging
October 16, 2019	-	Division Level Judging


7. During the Division Level judging, top 5 winners shall be declared, however only the first in rank will represent this Division in the Regional Level Competition.

8. For details, 2019 Nestle' Wellness Campus Program Mechanics and Digital Program Portfolio are hereto attached.

9. This Memorandum serves as Authority to Travel of the identified Wellness Campus Coordinators for September 25, 2019.

10. Traveling and other incidental expenses of the participants shall be chargeable against School MOOE while food for lunch and 2 snacks shall be charged against Division funds, subject to the usual accounting and auditing rules and regulations.

11. Immediate and wide dissemination of this Memorandum is directed.


RHEA MAR A. ANGTUD, Ed. D.
Schools Division Superintendent



**SY 2019-2020 NESTLÉ WELLNESS CAMPUS
DIGITAL PROGRAM PORTFOLIO**

General Guidelines:

1. The digital program portfolio will be in a power point presentation, saved in a .PPT and .PDF format
2. The presentation should have a maximum of 100 slides
3. Files will be submitted in a USB

Outline of the Digital Program Portfolio:**Title Page****Acknowledgement****I. INTRODUCTION**

- School Background (Location, Student population, administrators and Wellness Campus school coordinators)
- Program Overview with key achievements

II. TOTAL SCHOOL POPULATION (SEE SAMPLE TABLE BELOW)

GRADE LEVEL	STUDENT POPULATION
TOTAL	

III. SCHEDULE OF PROGRAM & ACTIVITY IMPLEMENTATION (GANTT CHART)**IV. NESTLÉ WELLNESS CAMPUS PROGRAM DOCUMENTATION**

(Include a brief explanation on how each activity was implemented. 1-2 slides per activity.)

- a. Nutrition module for students
 - Include sample lesson plans
- b. PE module for students
 - Include sample lesson plans
- c. Nutrition module for adults
- d. Dancercise during PE classes
- e. Dancercise during flag raising ceremony

V. NESTLÉ WELLNESS CAMPUS SCHOOLS INITIATED PROJECTS AND RELEVANT BEST PRACTICES BASED ON THE FOLLOWING GUIDELINES:

- I. Maximum of 10 relevant initiated activities conducted inside the school that address the nutrition concerns of students and maximum of 10 relevant initiated activities conducted inside the school that will help increase the student's nutrition knowledge and reinforced application of the following healthy habits taught in the nutrition modules:
 1. Choose Nutritious and Varied Options

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2. Manage Portions
 3. Choose to Drink Water
 4. Enjoy Meals Together
 5. Play Actively

II. Each activity should have the following information explained in 1-2 slides:

1. Brief description of the activity
2. Objective/s
3. Mechanics (how did you do it?)
4. Achievement/result after the implementation
5. Executional photos and sample output

VI. CONCLUSION AND OTHER RECOMMENDATION

Example: What other activities will you recommend to measure knowledge and behavior change in students and parents?

**S.Y. 2019-2020 DEPARTMENT OF EDUCATION
NESTLÉ WELLNESS CAMPUS PROGRAM MECHANICS**

PROGRAM OBJECTIVES:

- To educate public school students ages 7-17 years old on how to live a healthy life through the Nestlé Wellness Campus program with the use of the Nestlé for Healthier Kids modules.
- To encourage students to choose nutritious food and drink options pursuant to the five (5) healthy habits as follows:
 1. Choose Nutritious and Varied Options
 2. Manage Portions
 3. Choose to Drink Water
 4. Enjoy Meals Together
 5. Play Actively
- To involve and educate parents by providing them with nutrition modules that will guide them on how to raise healthier kids.

COVERAGE:

Grades 1-10 in all public schools of the following regions:

- National Capital Region (NCR)
- Region 4-A (CALABARZON)
- Region 5 (BICOL)
- Region 7 (Central Visayas)

DURATION:

July 15, 2019 – March 31, 2020

MECHANICS:

The Program is a partnership between the Department of Education and Nestlé Philippines, Inc. (NPI) and will be implemented by Greatfil Team, Inc. (GTI), in close coordination with the DepEd Regional Offices who will appoint the Division Supervisors or other DepEd officials to ensure that the S.Y. 2019- 2020 DepEd and Nestlé Wellness Campus Program will be implemented in all schools in their respective divisions in both elementary and high school levels. Division Supervisors or those appointed by the DepEd Regional Office will also be the contact persons in their respective divisions.

The S.Y. 2019-2020 DepEd and Nestlé Wellness Campus Program implementation will give more emphasis on developing the students' and parents' healthier habits through nutrition education and physical activity for both elementary and high school students. The implementation of the Program will be in three parts as follows:

Note: NPI, through GTI, will provide copies of the program mechanics to all covered DepEd regional offices, Division Superintendents and duly appointed Division Supervisors to implement the Program in their respective divisions. GTI, together with NPI representatives, will cascade the program mechanics per region to be attended by Division Supervisors and DepEd regional representatives who will ensure that the program mechanics will be cascaded to all school principals and MAPEH school coordinators in the region.

Part 1: NUTRITION EDUCATION AND PHYSICAL ACTIVITY FOR ELEMENTARY AND HIGH SCHOOL STUDENTS AND ADULTS (Teachers and Parents) IN ALL PUBLIC SCHOOLS IN THE FOUR PARTICIPATING REGIONS.

1. NPI, through GTI, will provide nutrition and PE modules to students as well as adults when appropriate. Students' nutrition modules are encouraged to be integrated in Elementary and High School MAPEH curriculum subject to DepEd rules and regulations. Adult modules will be discussed during GPTA and other meetings. The adult modules will teach parents and teachers the importance of preparing healthy and balanced meals for their children following the five (5) healthy habits.
2. Aside from the nutrition modules, there are also worksheets with nutrition articles and activities that parents and students can read and work on together at home.
3. Parents need to sign and return a copy of these worksheets to the teachers once they have read and completed the suggested activity.
4. NPI, through GTI, will also provide copies of the following materials to Division Supervisors and MAPEH school coordinators to be used in the implementation of the program in schools:
 - a. Nutrition and PE Modules for students (teaching guides, power point presentation and worksheets)
 - b. Nutrition modules for adults

Note: All Program materials such as, but not limited to posters, streamers, registration forms, waivers, etc., will be delivered to the division offices in coordination with the Division Supervisors duly appointed to handle the Program, who will also take care of the distribution of these materials to different schools under his/her division.

Part 2: THE SY 2019-2020 NESTLÉ WELLNESS CAMPUS DANCERCISE FOR ALL PUBLIC SCHOOLS IN THE FOUR PARTICIPATING REGIONS.

1. Through GTI, NPI will also provide a soft copy of the dancercise music to each Division Supervisor in charge of the program. All schools are encouraged to get a copy of these materials from their respective supervisors.
2. The Nestlé Wellness Campus Music and Dancercise routine will be the required music and exercise activity during flag ceremonies of all schools both elementary and high school. The teachers are encouraged to also use it as warm up exercise during MAPEH classes.

Part 3: "NESTLÉ WELLNESS CAMPUS BEST IMPLEMENTING SCHOOL AND REGION CONTEST" - A competition that encourages students, teachers and parents to practice the five healthy habits.

The contest aims to get the best ideas, practices and approach to effectively educate and encourage students and parents to choose healthier food and drink in every meal occasion following the five (5) healthy habits.

This year, the *Nestlé Wellness Campus Best Implementing School and region Contest* (the “Contest”) will award schools and regions that implemented the program based on the mechanics provided and created a sustainable activity that will answer the schools’/students’ concern on nutrition and health in which the school will monitor the results.

The contest will have two categories, namely:

- A. Inter-school Category
- B. Inter-region Category

A. INTER-SCHOOL CATEGORY (Nestlé Wellness Campus Best Implementing School)

1. The inter-school category is open only to all public schools in both elementary and high school in the four (4) participating regions namely:
 - i. National Capital Region (NCR)
 - ii. Region IVA – CALABARZON
 - iii. Region V – Bicol Region
 - iv. Region VII – Central Visayas
2. Participation in contest is encouraged. Interested schools must fill up a registration form to confirm their participation.
3. To qualify in the contest the school must have:
 - i. Started the implementation of the nutrition and PE modules
 - ii. Submitted 100% of the duly signed parent’s consent and waivers on the identified dates
 - iii. Implemented the dancercise during the flag ceremony

Note: The following materials will be provided to all schools in the participating regions for the implementation of the program through their DepEd Division Supervisors.

- a. *Nutrition Modules for Students and Adults*
- b. *Nutrition Modules Teachers Guide*
- c. *Dancercise Music*
- d. *Posters or streamers*

4. The Contest will have three levels and there will be school winners per level as follows:
 - i. Division Level
 - a. Elementary category - one winner
 - b. High School category - one winner
 - ii. Regional Level (*Winners will be chosen from the division winners*)
 - a. Elementary category – two winners
 - b. High School category – two winners

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

a. Elementary Level:

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

b. High School Level:

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

5. The criteria for judging in the division level, regional level and the national level of the contest will be as follows:

i. Increase in nutrition knowledge of the students <i>(Based on 10 relevant practices inside the school that will influence increase in nutrition knowledge through the five healthy habits)</i>	30%
ii. Relevant practices that address current nutrition concern of the students inside the school. <i>(Based on the 10 relevant practices that addresses nutrition concerns of learners through the five healthy habits and based on the base line and end line of nutritional status of SW and Wasted learners)</i>	30%
iii. Involvement of Stakeholders <i>(Active involvement of internal and external stakeholders)</i>	20%
iv. Sustainability and Adoptability <i>(Source of funds and replicability of relevant practices)</i>	20%
TOTAL	100%

6. On the division level of the contest, participating schools will submit a CD or USB compilation of the school's best practices in power point presentation with photos, videos and narrative report of their implementation to the division supervisor in charge of the Nestlé Wellness Campus Program. The division supervisor and GTI will agree on the deadline of the submission of the CD or USB and the date of judging.

7. Based on the CD or USB submitted, the division supervisor in charge together with the GTI representatives will select the division winners based on the contest criteria. The division winners will represent the division to the regional level of the contest.

8. Winning schools in the division level of the contest shall submit a power point presentation in a CD or USB to their respective division supervisors for the regional level of the competition. See Annex A for the content of the power point presentation.

9. Deadline for the submission of the CD or USB for the division winners will be coordinated with the DepEd division supervisor and will be announced accordingly.
10. On the regional level of the competition, all division winners will submit a CD or USB with their best practices in a form of power point presentation with photos, videos and narrative report of the implementation of their best practices to the ESSD chief or to his/her duly assigned representative.
11. Based on the CD or USB 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 of the contest.
12. On the national level of the competition, a set of judges identified by NPI and GTI will visit and evaluate the regional winners and will judge based on the criteria to determine the national winners. The schools in the elementary and high school categories will be ranked based on their scores in the presence of FDA representative. The schools with the highest scores will be announced as the "2019-2020 Nestlé Wellness Campus Best Implementing School."
13. Winners will receive the following prizes:

i. Division winners:

The winners in elementary school and high school each will receive one unit of Sound System worth Ps. 5,000.00 plus a plaque of recognition

ii. Regional Winners:

The winners in elementary school and high school in each region will receive items of their choice worth Ps.25, 000.00 each plus a plaque of recognition

iii. National Winners:

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

A. Elementary Category:

- *National Champion - Prize Package Worth Ps. 200,000.00 + trophy*
- *First Runner-up - Prize Package Worth Ps.150,000.00 + trophy*
- *Second Runner-up - Prize Package Worth Ps. 100,000.00 + trophy*
- *Third Runner-up - Prize Package Worth Ps. 50,000.00 + trophy*

B. High School Category:

- *National Champion - Prize Package Worth Ps.200,000.00 + trophy*
 - *First Runner-up - Prize Package Worth Ps.150,000.00 + trophy*
 - *Second Runner-up - Prize Package Worth Ps.100,000.00 + trophy*
 - *Third Runner-up - Prize Package Worth Ps. 50,000.00 + trophy*
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B. INTER- REGION CATEGORY (SY 2019-2020 Nestlé Wellness Campus Best Region)

The SY 2019-2020 Nestlé Wellness Campus Best Implementing Region contest will showcase the best practices of the region in implementing the program.

1. Aside from the best implementing schools, organizer will also give an award to the best implementing region. The Inter-region competition is divided into two parts and will have the corresponding weights as follows:

A. Program Implementation	50%	
B. Overall Program Results	<u>50%</u>	
	Total	100%

A. PROGRAM IMPLEMENTATION (50%)

<i>Submission of parent consent and waiver</i>	10%
<i>Implementation of dancercise</i>	30%
<i>Implementation of modules for students</i>	30%
<i>Implementation of modules for adults</i>	15%
<i>Submission of Certificate of completion</i>	<u>15%</u>
TOTAL	100%

Note: DepEd division supervisor assigned to the program will ensure that students who will participate in the program are those in grades 1-6 and grades 7-10 and have a consent of their parents or legal guardians as evidenced by signed consent and waiver.

In order for a region to achieve the maximum score per criteria, 100% of the schools in the region based on the list validated by the division supervisor in charge of the program should be able to:

1. Submit back the parent consent waiver
2. Implement the dancercise during flag ceremonies
3. Implement the modules for students and adults
4. Submit the duly signed certificate of completion

GTI Wellness Ambassadors together with the duly assigned DepEd Division Supervisor will visit the schools in their respective divisions to evaluate the school implementation. Forty percent (40%) of the total number of schools in the region based on the data approved by the division supervisor will be evaluated through an actual visit. The remaining sixty percent (60%) will submit a certificate of full implementation duly signed by the school head or the duly authorized representative to the DepEd Division Supervisor in charge of the program.

Evaluation period will start from 1 October 2019 up to 15 December 2019.

B. PROGRAM OVERALL RESULTS (50%)

a. Score achieved from the inter-school contest

<i>i. Elementary</i>	<i>50%</i>
<i>ii. High School</i>	<u><i>50%</i></u>
Total	100%

To determine the winners in the inter-region competition, the score earned by each region will be added and averaged out to get the final percentage of the region. The region with the highest percentage will be declared as the "SY 2019-2020 Nestlé Wellness Campus Best Implementing Region" and will receive items of their choice based on the list of items below. The total amount of items will be based on the total amount won. The prizes are as follows:

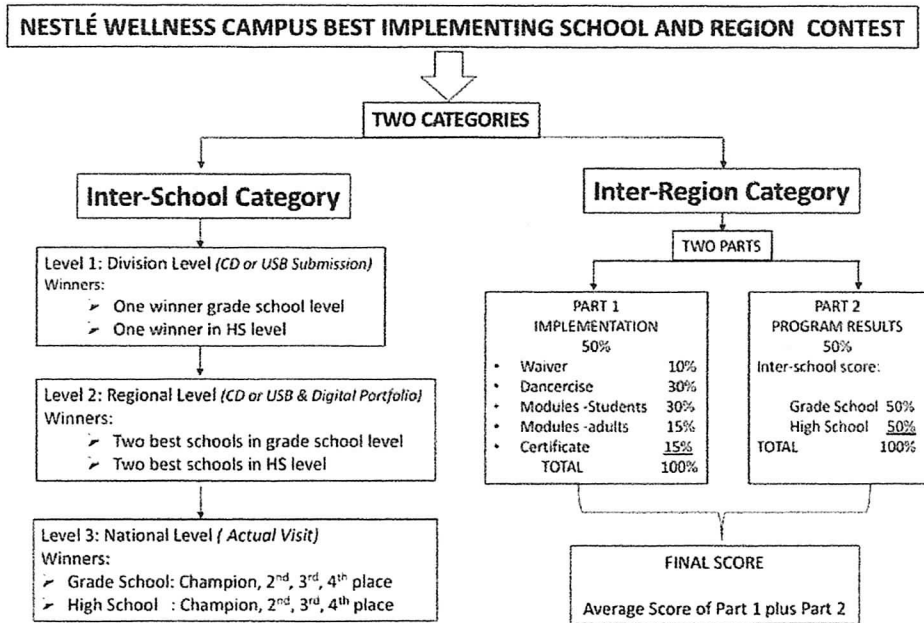
NESTLÉ WELLNESS CAMPUS BEST IMPLEMENTING REGION AWARD:

<i>National Champion</i>	<i>- Prize Package Worth Ps. 200,000.00 + trophy</i>
<i>First Runner-up</i>	<i>- Prize Package Worth Ps. 150,000.00 + trophy</i>
<i>Second Runner-up</i>	<i>- Prize Package Worth Ps. 100,000.00 + trophy</i>
<i>Third Runner-up</i>	<i>- Prize Package Worth Ps. 50,000.00 + trophy</i>

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

See the diagram below for the identification of winners per level of the contest.



Announcement of winners will be via circular that will be sent to each regional office from NPI/GTI and signed by an FDA representative.

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

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.