



Republic of the Philippines
Department of Education
CORDILLERA ADMINISTRATIVE REGION
SCHOOLS DIVISION OF BENGUET

April 5, 2021

DIVISION MEMORANDUM

No. 112 S. 2021

TO: Chief SGOD and CID
PSDSs and School heads
All School Health Personnel
All others concerned



"I AM HEALTHY CHALLENGE", A VIRTUAL SHARING OF HEALTHY HABITS AND COPING PRACTICES AMIDST THE PANDEMIC

1. The Schools Division of Benguet will be conducting a virtual sharing of health habits and coping practices amidst the pandemic tagged as, "*I am Healthy Challenge*".
2. This activity aims to provide the Secondary Learners of SDO-Benguet an avenue to share and connect with the school health and nutrition providers other than limited face-to-face home visitations and to promote sustainable healthy habits amidst the pandemic.
3. Enclosed is the **CHALLENGE MECHANICS** for the "**I AM HEALTHY CHALLENGE**", A **VIRTUAL SHARING OF HEALTHY HABITS AND COPING PRACTICES AMIDST THE PANDEMIC**.
4. Meals and snacks will be provided for the 10 awardees and advisers as well as cash prizes for the lucky participants during the awarding on April 16, 2021 at SDO-Benguet Adivay Hall to be charged against SDHCP savings.
5. For inquiries, please contact our SDO Nurse, ROLLEN GUIVAC thru SMS, 09303419298 and/or e-mail, rollen.guivac@deped.gov.ph.
6. Immediate dissemination to all concerned is desired.

GLORIA B. BUYA-AO
Schools Division Superintendent

Encl.: CHALLENGE MECHANICS for the "I AM HEALTHY CHALLENGE", A VIRTUAL SHARING OF HEALTHY HABITS AND COPING PRACTICES AMIDST THE PANDEMIC
SGOD/Health&Nutrition/MGM

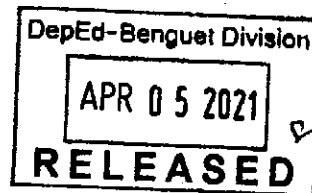


Address: Wangal, La Trinidad, Benguet
Telephone Number: (074) 422-6570
Email: benguet@deped.gov.ph
Facebook Page: DepEd Tayo Benguet





Republic of the Philippines
Department of Education
CORDILLERA ADMINISTRATIVE REGION
SCHOOLS DIVISION OF BENGUET



SGOD/Health&Nutrition/MGM

ENCLOSURE TO SDO MEMO NO. 112 S. 2021

CHALLENGE MECHANICS for the "I AM HEALTHY CHALLENGE", A VIRTUAL SHARING OF HEALTHY HABITS AND COPING PRACTICES AMIDST THE PANDEMIC

1. Participants are individual Male or Female secondary (Junior & Senior High school) learners and may come from any of the public and private schools of SDO-Benguet.
2. Cash prize and certificate awaits the lucky participant and certificate of recognition for the advisers.
3. All participants must have one adviser. Advisers may either be their teacher or legal guardian/parent.
4. An entry shall be in a form of a video with a duration of 2-5-minute video and may be composed of sole or mixed:
 - a. spoken poetry (Filipino or English);
 - b. interpretative/modern dancing; and/or
 - c. singing of original composition (Filipino or English).
5. Content of entry must be:
 - a. describing their experience during pandemic;
 - b. how it has affected them; and
 - c. how they are coping with their healthy habits in combating COVID-19 and its other effects to one's health.
6. Official entries will be the 2-5 min short video clip submitted by the participant or submitted by the adviser through posting/sharing it to SDO – Benguet School Health Section Facebook Page before April 21, 2021 captioning to post, "I AM HEALTHY CHALLENGE, A VIRTUAL SHARING OF HEALTHY HABITS AND COPING PRACTICES AMIDST THE PANDEMIC". bit.ly/SDObenguetFBschoolhealth
7. Official entries will be judged using the ff criteria:
 - a. Creativity: 40%
 - b. Content: 40%
 - c. Audience impact thru FB reactions on official entry post: 20%
8. Awards and recognition will be on April 22, 2021.
9. Winners will be separated in two categories:
 - a. Grade 7-10 (male/female)
 - i. 1st place
 - ii. 2nd place
 - iii. 3rd place
 - iv. 4th place
 - v. 5th place
 - b. Grade 11-12 (male/female)
 - i. 1st place
 - ii. 2nd place
 - iii. 3rd place
 - iv. 4th place
 - v. 5th place



Address: Wangal, La Trinidad, Benguet
Telephone Number: (074) 422-6570
Email: benguet@deped.gov.ph
Facebook Page: DepEd Tayo Benguet

