

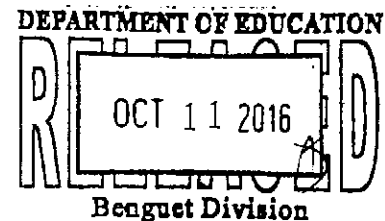


Republic of the Philippines
DEPARTMENT OF EDUCATION
Cordillera Administrative Region
SCHOOLS DIVISION OFFICE OF BENGUET
Wangal, La Trinidad, Benguet 2601
Telefax: (074) 422-6570; (074) 422-7501; 422-3790; 422-2001



UNNUMBERED MEMORANDUM

To: Schools District Supervisors/Coordinating Principals
School Heads
Districts of La Trinidad, Itogon, Sablan, Tuba and Tublay



From: ~~FEDERICO P. MARTIN, Ed.D., CESO VI~~
Schools Division Superintendent *for CW*

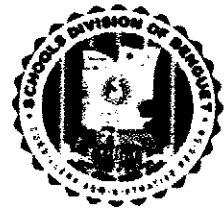
Subject: **BE HEALTHY, HATAW NA CONTEST**

1. Obesity is an increasing problem for children in the country today. The regional prevalence of overweight among children in a study conducted by the Food and Nutrition Research Institute (FNRI) of the Department of Science and Technology (DOST) shows that CAR is in the top 3 position and Benguet has the highest prevalence in the region.
2. In the effort to promote a more active lifestyle among Cordillera children, the Department of Health - CAR office in coordination with the Benguet Provincial Health Office and the DepEd Schools Division Office will be conducting a contest for children with the theme: "BE HEALTHY, HATAW NA" on **November 17, 2016** at the **Benguet Sports Complex gym**.
3. The identified districts and number of schools who are expected to respond to this HATAW challenge are as follows:
 - a. La Trinidad - 5 schools
 - b. Itogon - 3 schools
 - c. Sablan - 3 schools
 - d. Tuba - 3 schools
 - e. Tublay - 3 schools
4. This contest is for children ages 10 to 11 years. A minimum of 20 and maximum of 30 participants per school will be competing in this dance contest.
5. Each identified district must submit list of entrees on or before **November 4, 2016**.
6. Attached are the contest mechanics, parent consent form and list of recommended schools per district to facilitate the selection process.
7. All participating schools will be given Php 6,000.00 for travel and other incidental expenses. Meals, snacks and T-shirts for the participants during the event shall be handled by DOH - CAR.
8. Immediate dissemination and compliance to this memorandum are desired.



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LIST OF SCHOOLS ENCOURAGED TO PARTICIPATE IN THIS HATAW CONTEST BUT NOT LIMITED TO THE FOLLOWING:

a. La Trinidad (Select 5)

1. La Trinidad CS
2. Buyagan ES
3. Balili ES
4. Beckel ES
5. Longlong ES
6. Puguis ES
7. Alapang Camp
Dangwa ES
8. Ambiong ES
9. Bahong ES
10. Tacdian ES

b. Itogon (Select 3)

- Itogon CS
- Gumatdang ES
- Ucab ES
- Ampucao ES
- Dalicno ES
- Simpa ES
- Loacan ES
- Luneta ES
- Midas ES
- Pacalso ES
- Balatoc ES
- Manganese ES

c. Sablan (Select 3)

- Palali ES
- Sablan CS
- Michael G. Angel ES
- Ebbes ES

d. Tuba (Select 3)

1. Tuba CS
2. Taloy Sur ES
3. Camp 6 ES
4. Kiwas ES
5. Camp 3 ES
6. Camp 5 ES
7. Nangalisan ES

e. Tublay (Select 3)

1. Baayan ES - Annex
2. Luisa Becka ES
3. Sto. Nino ES
4. Basil ES
5. Mamuyod ES
6. Palew ES
7. Paoad Es
8. Pontino ES
9. Albis ES



PARENT CONSENT FORM

Event Information

Office/Agency involved	Department of Health - CAR; Provincial Health Office; Department of Education - Benguet Division	
Event	"Be Healthy, Hataw Na" dance contest	
Event Location	Benguet Sports Complex Gym, Wangal, La Trinidad, Benguet	
Date of Event	November 17, 2016	
Please return this signed form by		
Child's Name		
I understand that my child will be supervised by a chaperone during this event. I hereby release the sponsoring organization and all of its members from any liability or claims as well as any damages or injuries beyond the organizer's control which may occur during this event including travel to and from the event. Rest assured that all measures to ensure your child's/ward's safety during the event will be applied.		
<input type="radio"/> I will allow my child/ward to participate <input type="radio"/> I will NOT allow my child/ward to participate		
Parent's/Guardian's name and signature		Date:

Emergency contact information

Name	
Relationship to Child	
Contact Number/s	

Be Healthy, Hataw Na

2016 Contest

Benguet Sports Complex, LTB






CAR


-4th region w/ the highest no. of obese children (2011)
-Iaqueda, 2012

BENGUET:

highest (4.2%) in Cordillera (2011)
(Morning Philippine Times, 2011)

RECENTLY, Low & middle income countries esp. in urban areas






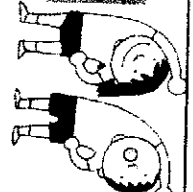
Obesity- an increasing problem for children in the country today

Obesity is shown to be inc. in CAR (see regional prevalence):

- Under 5 y/o: Calabarzon (6.6%), NCR (6.5), Central Luzon (6.2.), CAR (6.1%)
- 5-10 y/o: NCR (8.1), CAR (7.8%), Calabarzon (6.7), Central Luzon (5.6)
- 10.01-29 y/o: NCR (5.2) CAR (4.9%), Central Luzon (3.4)



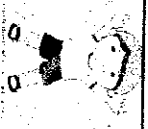
Why be all these with overwt and obesity among children in CAR



- Assoc. With the dev't of NCDs → leading causes of mortality and morbidity.
- Most overwt children also become overwt adults.

Be Healthy, Hataw Na Contest
aiming to promote HL in school children
(eat healthy, exercise in a fun way)

Objective



- General Obj: To promote the advocacy on healthy lifestyle for children to prevent lifestyle-related diseases.
- Specific Objective:
At the end of the activity, the participants should be able to:
 1. Define or explain healthy lifestyle and proper nutrition;
 2. Demonstrate healthy lifestyle and proper nutrition;
 3. Demonstrate creativity while developing camaraderie and teamwork among school children; and,
 4. Recognize and reinforce good behavior on healthy lifestyle.

Methodology

- Different schools in La Trinidad (5), Sablan (3), Tublay (3), Itogon (3) and Tuba (3). Benguet will be invited through the DepED-CAR.

Key Points:

- Number of participating performers per school: 20-30 participants= 510 Total Pax from schools
- Age Group: 10-11 y/o
- Duration of Dance Presentation during the Event: 10 min each
- Total number of Presentors: 17 schools shortlisted
Breakdown: LTB: 5 schools
Sablan, Tublay, Itogon, Tuba- 3 schools each

- Participating schools will be given 10 minutes each to perform.
- Then, the winners will be awarded with cash prizes, sash etc.

AWARD	AMOUNT
1 st Prize	17,000.00
2 nd Prize	13,000.00
3 rd Prize	10,000.00
Hatawero of the Day	3,000.00 + Sash
Hatawero of the Day	3,000.00 + Sash
	6,000.00 each

Venue	Benguet Sports Complex/ Gymnasium, La Trinidad, Benguet
Date	November 17, 2016
Category of Participants	Schools in Benguet, Healthy Lifestyle Coalition Members, DOH-CAR Office, Event Organizer/s
Total Pax	600 pax (maximum planned)
Proposed Budget	Total: 462,000.00 (meals, snacks, T-shirts, cash awards, events organizer, tokens for the 3 judges)

Criteria	Weight
Choreography (creativity/ originality)	30%
Performance and timing (showmanship, mastery, unity, timeliness)	30%
Theme/concept (adherence to the theme)	15%
Production Design (costume, set/ background designs, use of recycled materials)	15%
Music	5%
Participation (within prescribed no. of presentors: 15-20)	5%

A. Promotion/ Information Dissemination Activities

- Announcement during health meetings and conferences in the different municipalities will be done. - esp. DepEd, other agencies (Aug- October)
- Prior to the activity, t-shirts will be provided to the participants which will be worn during the contest.

