




Republic of the Philippines  
**Department of Education**  
NATIONAL CAPITAL REGION



**REGIONAL MEMORANDUM**

No. NCR- 050, s. 2023

TO : Schools Division Superintendents

FROM :  **WILFREDO E. CABRAL, CESO III**  
Regional Director, DepEd NCR

SUBJECT : **GUIDANCE TO REGIONAL/DIVISION SCHOOL HEALTH AND NUTRITION PERSONNEL RE: THE CONDUCT OF ONE HEALTH WEEK FOR SY 2022-2023**

DATE : January 17, 2023

Enclosed is a copy of the OUGFO No. 2022-03-1037 signed by Usec. Atty. Revsee A. Escobedo and Asec Francis Cesar B. Bringas, entitled "Guidance to Regional/Division School Health and Nutrition Personnel re: the Conduct of One Health Week for SY 2022-2023", dated October 27, 2022, with corrected copy. The contents of which are self-explanatory, for information, guidance, and appropriate action of all concerned.

Immediate and wide dissemination of this Memorandum desired.

For more queries and/or clarification, please contact Gian Erik M. Adao, Education Program Specialist II, or Belinda C. Beltran, Nutritionist Dietitian III at BLSS-SHD at 8632-9935 or email at blss.shd@deped.gov.ph.

ESSD/SHNU/cpg2023





Republic of the Philippines  
**Department of Education**  
OFFICE OF THE UNDERSECRETARY  
GOVERNANCE AND FIELD OPERATIONS


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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

  
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

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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)*.

**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:
  - a. 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
  - b. 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 [blss.shd@deped.gov.ph](mailto:blss.shd@deped.gov.ph).

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



Annex B

Pillars of Healthy Learning Institutions

Pillar	Description	Suggested Activities for the 2022 One Health Week <i>(and every 11th week of every academic quarter, as practicable)</i>
Healthy School Policy	<ul style="list-style-type: none"> <li>• Integration into school planning documents and strategies such as the Annual Implementation Plan, School Improvement Plan, and School-Based Management</li> <li>• Efforts to increase awareness and ownership among stakeholders of key school health policies and related issuances</li> </ul>	<ul style="list-style-type: none"> <li>• 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</li> <li>• Promotion among school personnel of existing/available platforms to learn about school health (e.g., PHEDA course, WinS MOOC)</li> </ul>
Physical School Environment	<ul style="list-style-type: none"> <li>• Investments in physical resources and infrastructural improvements that would allow learners to practice healthy behaviors at school</li> <li>• IEC materials to provide information on healthy habits and nudge them to practice these</li> </ul>	<ul style="list-style-type: none"> <li>• Display/posting of IEC materials reinforcing key messages related to the <i>OK sa DepEd</i> programs</li> <li>• Open house of canteens featuring healthy food and beverage choices</li> </ul>
Social School Environment	<ul style="list-style-type: none"> <li>• Guides for teachers and other school personnel to practice healthy behaviors in the school settings</li> <li>• Recommendations for clubs that will allow learners to hone health seeking and health promoting behaviors outside class</li> </ul>	<ul style="list-style-type: none"> <li>• Activities for socialization among and between learners, school personnel, and other stakeholders, as practicable</li> </ul>
Links with the Community	<ul style="list-style-type: none"> <li>• 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</li> <li>• Coordination with other key players in the community for the implementation of school health policies, programs, and activities</li> </ul>	<ul style="list-style-type: none"> <li>• Orientation of parents, communities, partners, and other stakeholders on how they can take</li> <li>• Coordination meetings with community partners for the effective implementation of school health programs and activities</li> </ul>

Pillar	Description	Suggested Activities for the 2022 One Health Week <i>(and every 11th week of every academic quarter, as practicable)</i>
Health Skills and Education	<ul style="list-style-type: none"> <li>• Integration of health-related competencies, topics, materials, and activities in school lessons inside and outside health as a subject</li> <li>• Conduct of school-based co-curricular activities for learners on topics related to health</li> </ul>	<ul style="list-style-type: none"> <li>• Activities in support of the BIDA KID Campaign</li> <li>• Exhibits, seminars, and other co-curricular activities on the <i>OK sa DepEd</i> programs</li> <li>• Re-echo of capacity building activities of <i>OK sa DepEd</i> programs</li> <li>• Showing/viewing of video recordings of webinars and facilitating discussions around such recordings</li> <li>• Conduct of age-appropriate health and hygiene drills (e.g., handwashing, toothbrushing)</li> <li>• Conduct of school gardening activities to highlight important health and nutrition concepts</li> </ul>
Access to Health Care	<ul style="list-style-type: none"> <li>• Provision of basic health services in the school, as available and applicable</li> <li>• Development of referral networks within the school and between the school and the local government unit</li> </ul>	<ul style="list-style-type: none"> <li>• Setting up/ensuring completeness of health corners (identified sections in the school where there are school health supplies accessible as needed)</li> <li>• Conduct of feeding activities</li> <li>• Conduct of mobile COVID-19 vaccination as part of the <i>PinasLakas</i> campaign</li> <li>• Delivery of age-appropriate health services (e.g., volunteer doctors, dentists, and nurses may be invited to provide such services to learners)</li> </ul>

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