



CITY SCHOOLS DIVISION OF ANTIPOLO

January 29, 2018

DIVISION MEMORANDUM

No. 014, 2018

ORAL HEALTH MONTH CELEBRATION CONTEST

TO : Education Program Services
Public School Supervisors
All Public Elementary and Secondary School Heads
School Health Coordinators
All Others Concerned

1. The Philippine Dental Association and the Department of Health together with the Local Government of Antipolo through City Health Office Dental Division in cooperation with Save the Children, Antipolo City Dental Chapter and the Department of Education will lead the Citywide Celebration of 14th National Dental Health Month on February 28, 2018, 10:00 AM to 5:00 PM, venue to be announced later, with the theme **"Ngipin ay Alagaan Mula sa Sinapupunan, Para sa Magandang Ngiting Katandaan"**

The celebration aims to:

1. strengthen public awareness on the importance of good oral health;
2. instill in the hearts of every Filipino the importance of maintaining good oral health in relation to their general wellness;
3. give an idea about the effect of the food taken to their oral health;
4. show off the talents of Public Elementary and secondary students with an in depth interpretation of the National Dental Health Month through their skills.

2. To ensure the success of the month-long celebration, all Public Elementary and Secondary Schools are enjoined to participate in the following activities:

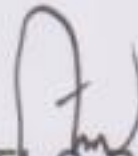
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|------------------------------|---|
| a. Elementary (Grade 4 – 6): | 1. Slogan Making Contest
2. Sabayang Pagbigkas |
| b. Secondary (Grade 7 – 10): | 1. Poster Making Contest
2. Ngi-teen Henyo |

3. Please be advised to set the per district elimination on February 09, 2018, and the winners will be the participants for the 15th-Oral Health Month Celebration Contest. All participants are requested to pre-register on or before February 13, 2018. Please text: **category, name of participant/s, name of coach, District, name of school** to 0917 150 87 25 (Dr. Myr San Jose) or 0925 337 56 46 (Dr. Joseph John Formoso) or email at depedantipoloSHN@gmail.com

It is also advised that all participants/ contestants shall bring their own provision of food for snacks and lunch. No registration fee shall be collected for the said competition.

Enclosed are the mechanics and the criteria for judging for your reference.

Widest dissemination is earnestly desired.


DR. ROMMEL C. BAUTISTA, CESO V
Schools Division Superintendent



CITY SCHOOLS DIVISION OF ANTIPOLO

Enclosure No. 1 to Division Memorandum No. 053, s. 2018

EXECUTIVE COMMITTEE

1. Dr. Rommel C. Bautista	SDS	DepEd Antipolo City
2. Dr. Gloria C. Roque	OIC-ASDS	DepEd Antipolo City
3. Lito A. Palomar	OIC-CHIEF/EPS-AP	DepEd Antipolo City
4. Anselmo C. Celeste, Jr.	EPS – MAPEH	DepEd Antipolo City
5. Dr. Joseph John C. Formoso	Dentist II, OIC	DepEd Antipolo City
6. Dr. Myr S. San Jose	Dentist II	DepEd Antipolo City

WORKING COMMITTEES

Committee on Program and Invitation

Jed David S. Dela Cruz, RN
Jean Leslie B. De Castro, RN
Maria Nina S. Mateo, RN

Committee on Physical Arrangement and Decoration

Mr. Rizalvy Pineda,
Dr. Ferdinand B. Millan,
Mr. Manuel Brudo and Mr. Eric Calbang- JSES

Committee on Registration

Elementary: Mr. Tito A. Cabacaba & Nerissa Manuguid & Ms. Cyrille Pascua- San Isidro ES
Secondary: Ms. Adelaida A. San Diego,

Committee on Awards and Certificates

Elementary: Ms. Emma A. Samocino & Ms. Sarah Marie Tabora- BN II ES
Secondary: Mr. Rodolfo M. Gonzales &
Ms. Jezrelyn Mirambel & Ms. Anna Liza Rabo – San Roque NHS

Committee on Documentation

Elementary: Mrs. Joyanni ST. Gutierrez,
Ms. Marilyn Taladro – SCES
Catherine Gregorio – ISTES
Secondary: Dr. Rowena B. Sison, Ms. Venus Llantero & Editha T. Cortez – BN2 NHS

Committee on Food and Refreshment

Dr. Flora D. Cahapay, Mr Ramsie Fernando – BNI ES
Mrs. Imelda Jarapa – Lores ES & Mrs. Ma. Liza Valdez JSES

Evaluation and Monitoring

Mrs. Isabel Gonzales
Mrs. Flordeliza Mendiola

Health and Welfare

DepEd Division of Antipolo School Health and Nutrition Unit



Republic of the Philippines
Province of Rizal
City of Antipolo



CITY HEALTH OFFICE

Date: January 29, 2018

To: DR. ROMMEL C. BAUTISTA, CESO VI
Schools Division Superintendent
DepEd Antipolo

Attention: Dr. Myr Sampinto San Jose
Dentist
DepEd Antipolo

R E C E I V E D	
Department of Education Division of Antipolo City Records Office	
Trans No.:	0886
Date:	01-29-18
Time:	
By:	

Dear Sir/Madam;

Pursuant to Presidential Proclamation No. 559, the National Dental Health week was expanded into a month-long celebration which was observed during the month of February. Led by Philippine Dental Association and Department of Health, the observance aims to strengthen public awareness on the importance of the good oral health.

Together with Philippine Dental Association and Department of Health, the Local Government of Antipolo thru City Health Office Dental Division will spearhead the citywide celebration of 14th National Dental Health Month with a theme:

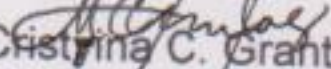
***"Ngipin ay Alagaan Mula sa Sinapupunan
Para sa Magandang Ngiti Hanggang Katandaan "***

City Health Office Dental Division in cooperation with Save the Children has prepared various activities like Poster Making Contest, Jingle Making Contest and Sabayang Pagbigkas. I encourage all Elementary and Secondary Schools to join and participate for the triumphant of the activity.

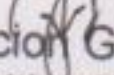
Attached herewith are the guidelines and other information for your perusal.

Thank you for your cooperation.

Sincerely yours,


Maria Cristina C. Grantos, DMD, MPA
Coordinator - CHO/Dental Division

Noted By:


Concepcion Garcia - Lat, MD
City Health officer



CITY HEALTH OFFICE

NATIONAL DENTAL HEALTH MONTH

(POSTER MAKING CONTEST, NGI-TEEN HENYO CONTEST, SLOGAN MAKING CONTEST and SABAYANG PAGBIGKAS)

Competition.....February 28, 2018

Objectives:

1. To instill in the hearts of every Filipino the significance of maintaining good oral health in relation to their general wellness.
2. To contribute an idea about the consequence of the food taken to their oral health.
3. To show off the talents of Elementary and Secondary students with an in depth interpretation of the National Dental Health Month through their skills.

CRITERIA FOR JUDGING

POSTER MAKING CONTEST

Secondary Level

Criteria	Percentage
Message Relevance to the Theme	30%
Color Harmony	30%
Originality	20%
Speed	20%
TOTAL	100%

Contest Mechanics

POSTER MAKING CONTEST

- An on-the-spot Poster Making Contest for high school / secondary level.
- Only one (1) pupil will represent his/her school.
- The contestant/pupil should use 1/4 illustration board only.
- The contestant/pupil can use cray-pas/ oil pastel, acrylic, water color and crayons as a coloring medium.



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NGI-TEEN HENYO CONTEST

Secondary Level

Mechanics and Guidelines:

1. The contest is open to bona fide students 13 – 14 years old.
2. Each school can endorse only one contestant to this quiz bee, and verify that their contestant is with good oral hygiene and have an above dental acuity.
3. The question for the competition will cover basic dental and oral health topics.
4. No cellphones, tablets or any other electronic communication devices are allowed during the competition. If a contestant found to have device in his / her possession during the contest proper, he/she is automatically disqualified from the contest.

Quiz Bee Mechanics

1. Questions for the competition will cover basic knowledge and information on oral health, dental hygiene and common dental terminologies.
2. The answers to the question will be in writing. Each question will have this sequence:
 - a. The quiz mater will state the question number and read the question body. Twice. A timer will start after the quiz master say "go". (Timer: Ten seconds for the elimination round 15 seconds for the semi-final and final round).
 - b. The contestant will write their answer on the provided answer board.
 - c. A buzzer will be rung at the end of the timer, and the quiz master will say "time is up". Each contestant should stop writing at this point. Failure to do so will invalidate his answer for that question.
 - d. Assigned proctors will read the answers of the contestants, after the quiz master announces the correct answer. The decision of the judges is final and no clarification after that will be entertained.
 - e. Answers should be written in capital letters and no abbreviations.
3. There will be three (3) components in the competition namely: Elimination Round, Semi Final Round and the Final Round.
4. The elimination round has eight (8) questions worth 2 points, semi-final has 10 questions worth 3 points, and the final round has 8 questions worth 5 points.
5. In the elimination round, only the top six (6) contestants will qualify to the semi-final round.
6. At the end of the semi-final round, only the top three (3) will move to the final round.
7. At the end of the championship round, the top two contestants will be announced. In case of a tie, tie-breaker question will be given. The first contestant to score over the other will be declared winner.

Declaration of Winner:

The contestant who garnered the highest total number of points will be declared champion. The second highest will be declared first runner up and the third will be 2nd runner up.



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SLOGAN MAKING CONTEST

Elementary Level

Criteria	Percentage
Message Relevance to the Theme	45%
Clarity and Coordination of Words	35%
Overall Impact	20%
TOTAL	100%

Contest Mechanics

SLOGAN MAKING CONTEST

- An on-the-spot slogan making contest for elementary.
- Only 1 pupil will represent his/her school.
- The contestant/pupil should use 1/4 illustration board only.
- The contestant/pupil can use cray-pas/ oil pastel, acrylic, water color and crayons as a coloring medium.

SABAYANG PAGBIGKAS

Elementary Level

Mechanics:

1. The contest is open to all public elementary schools.
2. The participants/group shall be composed of 20. Members of the group could come from Grade 4 to Grade 6.
3. Each group shall be given the opportunity to create their own piece. It should be relevant to the theme of National Dental Health Month and Oral Health key messages (attached in this mechanics).

**Theme: "Ngipin ay Alagaan Mula sa Sinapupunan
Para sa Magandang Ngiti Hanggang Katandaan "**

4. The time element of the contest shall be 3 to 4 minutes.
5. The first syllable/word uttered signals the start of the performance, and the last syllable/word determines the end of performance.
6. The decision of the board of judges is final and irrevocable.



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Criteria	Percentage
Piece <ul style="list-style-type: none"> • Relevance to the theme and Oral Health Key Messages 	40%
Interpretation	30%
Delivery (Mastery of the Piece, Pronunciation, Intonation, and Expression)	20%
Over-all performance and Impact	10%
TOTAL	100%

Oral Health Key Messages:

- Hundred thousands of bacteria are living in the mouth. These bacteria needs sugar and acid to survive. All forms of sugar are their food and their waste product is acid. That means then when we eat or drink something containing sugar or starch, the bacteria in our mouth digest the sugar to an acid. The acid dissolves the minerals from the tooth surface called "Enamel." This starts cavity or hole in the tooth.
- Tooth brushing prevents cavity or hole in the tooth because it lessens the acid produced by the bacteria when it eats sugar.
- Cavity or hole in the tooth causes pain, swelling of gums, bad breath and tooth decay.
- Cavity or hole in the tooth affects children's school attendance and performance. Tooth ache keeps children distracted, unable to chew food properly affecting proper absorption of nutrients for the body, and absenteeism.
- A decaying tooth can affect healthy teeth.
- Teeth problems may lower children's self-esteem affecting their socialization and involvement in community work.
- Proper oral health care starts in choosing healthy foods and food that help prevent cavities and avoiding sweetened or high sugary food and drinks.

Healthy Food	Food that help prevent cavities	Food to avoid
<ul style="list-style-type: none"> ✓ Carrots ✓ Banana ✓ Kamote ✓ Malunggay ✓ Squash ✓ Tomato ✓ Pechay 	<ul style="list-style-type: none"> ✓ Cheese ✓ Leafy Vegetables ✓ Fish ✓ Eggs ✓ Milk 	<ul style="list-style-type: none"> × Candies × Chocolates × Stick food: Pastries, leche plan, & cakes × Soft drinks



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- It is also important to brush teeth twice daily especially after eating breakfast and before sleeping.
- Use tooth brush with soft bristles and toothpaste with fluoride.
- Brush your teeth especially the front teeth, back of the teeth, and surface used for grinding in a circular motion. Don't forget to brush your tongue.
- It is important to visit dentist twice a year to check your teeth and clean it properly.