



MEMORANDUM

**TO: OIC- Assistant Schools Division Superintendent
OIC Chief, Curriculum Implementation Division
Chief, School Governance and Operation Division
Public School District Supervisors
School Principals
All other concerned**

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

**SUBJECT: CELEBRATION OF NATIONAL DENTAL HEALTH MONTH -
DISTRICT & DIVISION LEVEL CONTEST**

Date: January 19, 2019

To better raise the dental health consciousness among the school populace, the DepEd will celebrate the 15th National Dental Health Month through holding a series of activities this coming February. With theme

**"NGIPIN NA MALUSOG AT PROTEKTADOH, MASAYA AT MANINGNING NA NGITI
ANG HATID**

SA MUNDO"

the celebration is in consonance with Presidential Proclamation No. 559 dated February 24, 2004.

Aside from raising dental health consciousness in schools, the celebration also aims to "encourage participation of Local Government Units (LGU's), partners and stakeholders in the provision of oral health services in schools" and "strengthen oral health service delivery".

The activities focus on school children oral health awareness such as reinforcing the after recess toothbrushing drill and involving learners in a contest. To ensure the success of the dental health month celebration, all public elementary and secondary schools are enjoined to participate in the following activities:



ACTIVITIES	No. of Participants	DATE	VENUE
1. Poster Making Contest (High School)	1	Feb. 27,2019	San Jose NHS
2. Slogan Making Contest (Elementary School)	1	Feb. 27,2019	San Jose NHS
3. Quiz Bee- NgiteenHenyo (High School)	1	Feb. 27,2019	San Jose NHS
4. SabayangPagbigkas (Elementary School) Awarding of winners of all activities	20	Feb. 28,2019	Robinson's Antipolo Events Place

The District level competition will be set on February 18-22,2019 per district, the venue will be agreed upon by the district schools themselves, certificates for the winners of district level will be provided by the host school and the winners will be the participants for the Division level competition to be held on February 27 & 28,2019 respectively (certificates and plaques for the division level will be provided by our partners and stakeholders). The pre-registration of participants is on February 1,2019, please register at this link: (Please use your DepEd google account, ie; juandelacruz@deped.gov.ph)

https://docs.google.com/spreadsheets/d/1msoH2i2HgXEY1wz70vk_zDBRL-kLqcZwHorpdBETgMk/edit?usp=sharing

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 on the said competition.

It is encouraged that every school should conduct their own dental health consciousness program and activities during the month of February (Attached is the prescribed form in generating documentations and reports and copy furnished the dental unit of the Division Office).

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

Widest dissemination is earnestly desired.

UM 38, s. 2019
@hnu/jct/msj



NATIONAL DENTAL HEALTH MONTH

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

Competition..... February 27, 2019 (San Jose National High School)
 February 28, 2019 (Robinson's Events Place)

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

1. An on-the-spot Poster Making Contest for High School/Secondary level.
2. Only one Student will represent his/her school.
3. The contestant should use ¼ illustration board only.
4. The contestant can use cray-pas/oil pastel, acrylic, water color and crayons as a coloring medium.



NGI-TEEN HENYO CONTEST

Secondary Level

Mechanics and Guidelines:

1. The contest is open to bona fide students 13-14 years old only.
2. Each school can endorse only one contestant to this quiz bee and verify that their contestant is with the right age, 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 is found to have a 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 master 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/her 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 (2) 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 1st runner up and the third will be 2nd runner up.

SLOGAN MAKING CONTESTANT

Elementary Level

CRITERIA	PERCENTAGE
Message relevance to the Theme	45%
Clarity and Coordination of Words	35%
Overall Impact	20%
TOTAL	100%

Contest Mechanics

1. An on-the-spot slogan making contest for elementary level.
2. Only 1 pupil will represent his/her school.
3. The contestant should use ¼ illustration board only.
4. The contestant 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 contest piece. It should be relevant to the theme of National Dental Health Month and Oral Health Key Messages.

Theme: *"Ngipin Na Malusog At Protekta **DOH**, Masaya At Maningning Na Ngiti
Ang Hatid Sa Mundo"*

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.



CRITERIA	PERCENTAGE
Contest 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 of thousands of bacteria are living in the mouth. These bacteria need sugar to survive. All forms of sugar are their food and their waste products are acid. That means when we eat or drink something containing sugar or starch, the bacteria in our mouth digest the sugar that breaks down to become an acid. The acid dissolves the minerals from the tooth surface called "enamel". This starts as cavity or hole in the tooth.
- Tooth brushing prevents cavity or hole in the tooth because it lessens the acid produced by the bacteria.
- Cavity or hole in the tooth causes pain, swelling of the gum and bad breath.
- Tooth decay with pain affects children's school attendance and performance. Tooth ache keeps children distracted, unable to chew food properly affecting proper absorption of nutrients to the body and causes absenteeism.
- A decaying tooth can affect the other healthy teeth.
- Teeth problems may lower children's self-esteem affecting their socialization and their studies.
- Proper oral health care starts in choosing healthy foods that prevent cavities and avoidance of sweetened or high sugary drinks and beverages.

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"> X Candies X Chocolates X Sticky food: pastries, cakes, X Soft drinks



8. It is also important to brush twice daily especially after eating breakfast and before sleeping.
9. Use toothbrush with soft bristles and toothpaste with fluoride
10. Brush your teeth especially the front teeth, back of the teeth and surface used for chewing in a circular motion. Don't forget to brush your tongue.
11. It is important to visit the dentist twice a year for consultation and have your teeth professionally cleaned.



Republic of the Philippines
Department of Education
Region IV-A CALABARZON
CITY SCHOOLS DIVISION OFFICE OF ANTIPOLO



Name of School:
Activity Title:
Date of Activity:
Participants:

	Male	Female
Children		
Teaching Personnel		
Others (Partners, stakeholders)		

Executive Summary:

(A brief description of proceedings of the program. Please information such as highlights, agreements

Brief paragraph here max 1 page only)

Prepared by:

Name, Signature, Date
Designation

Approved by:

Name, Signature, Date
Designation

Attachments:

- 3 Action Photos with Captions
- Photo Copy of Program
- Photo Copy of Attendance Sheet