



Republic of the Philippines
DEPARTMENT OF EDUCATION
Region III – Central Luzon
SCHOOLS DIVISION OF SAN JOSE DEL MONTE CITY
San Ignacio St., Poblacion, City of San Jose del Monte 3023



July 29, 2019

DIVISION MEMORANDUM

No. 134, s. 2019

TO: Assistant Schools Division Superintendent
Division Chiefs
Public Elementary & Secondary School Heads
All Others Concerned

LAUNCHING OF OK (OPLAN SA KALUSUGAN) SA DEPED ONE HEALTH WEEK

1. This Office will conduct the launching of Oplan sa Kalusugan (OK) sa DepEd for SY 2019-2020 on July 29 to August 2, 2019 at select venues.
2. The (5) five-day activity aims to reintroduce, inculcate and implement the six (6) Flagship Programs of OK sa DepEd:
 - School - Based Feeding Program (SBFP)
 - Adolescent Reproductive Health (ARH)
 - National Drug Education Program (NDEP)
 - Water Sanitation and Hygiene in Schools (WINS)
 - Medical, Dental and Nursing Services
 - Mental Health
3. The SDO will spearhead the following activities in the indicated venues:
 - Day 1** – Launching of OK sa DepEd and Opening Program through Free Eye & Hearing Test and Poster-Making Contest at Tungkong Mangga Elementary School.
 - Day 2** – Proper Food Handling Orientation for School Canteen Personnel (2 per School) at San Jose del Monte National Trade School
 - Day 3** – Water Sanitation and Hygiene in Schools (WINS), Tooth Brushing Drill, Nail Cutting, Delousing of Grades 1, 2 & 3 Learners at Francisco Homes Elementary School
 - Day 4** – National Drug Education Program, Adolescent Reproductive Health Talk and presentation from Barkada Kontra Droga (BKD) members at Paradise Farms National High School
 - Day 5** – Medical, Dental, and Nursing Services at San Roque Elementary School
4. Activities are to be simultaneously done in all schools.
5. Enclosure No. 1 contains the Matrix of the Activities.
6. Immediate and wide dissemination of this Memorandum is enjoined.


GERMELINA H. PASCUAL, CESO V
Schools Division Superintendent

ACTIVITY MATRIX FOR OK SA DEPED LAUNCHING WEEK

TIME	DAY 1 – TMES July 29, 2019	DAY 2 – SJDMENTS July 30, 2019	DAY 3 - FHES July 31, 2019	DAY 4 – PFNHS August 1, 2019	DAY 5 – SAN ROQUE ES August 2, 2019
7:30 – 8:00 AM	REGISTRATION				
8:00 AM – 8:30 AM	Opening Program: National Anthem and Prayer Welcome Remarks: Esperanza Diaz- Cruz SGOD Chief Inspirational Message: Germelina H. Pascual, CESO V Schools Division Superintendent OK sa DepEd Overview Mary Ann L. Soriano, MD Medical Officer III	Opening Program: National Anthem and Prayer Welcome Remarks: Alexander D. Angeles Vocational School Administrator I SBFP: Proper Food Handling Practices (AM Session) ETHEL JOY A. QUERIDO, RN SBFP Focal Person	Opening Program: National Anthem and Prayer Welcome Remarks: Miriam A. Zamora Principal IV Incremental Approach of WINS in Schools MARY LEI JANE R. BATAN, RN WINS Focal Person Essential Health Care Program and Sanitation in Schools MELSAN R. DAZA, RN EHCP Focal Person	Opening Program: National Anthem and Prayer Welcome Remarks: Annie C. Joaquin Principal III Age-appropriate Health and Hygiene Practices RAYMUNDO G. VILLENA, RN ARH Focal Person	Opening Program: National Anthem and Prayer Welcome Remarks: Antonio Doncillo Principal II Medical, Dental and Nursing Services Proper for San Roque Personnel and Learners
8:30 AM – 9:00 AM					
9:00 AM – 10:00 AM					
10:00 AM – 10:15 AM	SNACKS				
10:15 AM – 12:00 NN	Free Eye and Hearing Check-up for TMES Personnel and Learners	SBFP: Proper Food Handling Practices (AM Session) ETHEL JOY A. QUERIDO, RN SBFP Focal Person	<ul style="list-style-type: none"> Enhancement on the Implementation of Tooth Brushing Drill in Schools Tooth Brushing Drill & Nail Cutting JENNIFER F. FUENTES, DMD Dentist II	National Drug Education Program Overview MANUEL N. PAYUMO, JR., RN NDEP Focal Person	Medical, Dental and Nursing Services Proper for San Roque Personnel and Learners
12:00 NN – 1:00 PM	LUNCH BREAK				
1:00 PM – 3:00 PM	Judging of Poster-Making District Level Winners	SBFP: Proper Food Handling Practices (PM Session) ETHEL JOY A. QUERIDO, RN SBFP Focal Person	Delousing of Grades 1, 2 & 3 Learners of FHES	Showcase of talents of Barkada Kontra Droga (BKD) members	Medical, Dental and Nursing Services Proper for San Roque Personnel and Learners
3:00 PM – 3:15 PM	SNACKS				
3:15 PM – 5:00 PM	AWARDING OF CERTIFICATES	AWARDING OF CERTIFICATES	Delousing of selected Grades 1, 2 & 3 Learners of FHES	Showcase of talents of Barkada Kontra Droga (BKD) members	CLOSING PROGRAM