



Republic of the Philippines  
**Department of Education**  
NATIONAL CAPITAL REGION  
SCHOOLS DIVISION OFFICE OF MUNTINLUPA CITY

**Office of the Schools Division  
Superintendent**

JUL 13 2022

**MEMORANDUM**

**NATIONAL NUTRITION COUNCIL (NNC) - NATIONAL CAPITAL REGION'S  
NUTRITION MONTH ACTIVITIES**

To: OIC-Assistant Schools Division Superintendent  
Chief Education Supervisor, Curriculum Implementation Division  
Chief Education Supervisor, School Governance and Operations Division  
Public Elementary and Secondary School Heads/OICs  
All Others Concerned

1. Attached is Regional Memorandum NCR-391, s. 2022, dated July 6, 2022, on the above-captioned title, the contents of which are self-explanatory, for the information and guidance of all concerned.
2. Special attention is invited to the Essay Writing Contest. All teaching and non-teaching personnel are encouraged to participate in the aforementioned activity.
3. Those who are interested to join will submit their entries in soft copy, emailed to [maripaz.lavin001@deped.gov.ph](mailto:maripaz.lavin001@deped.gov.ph) on or before July 12, 2022 until 5:00 p.m.
4. NNC contest mechanics and criteria for judging are attached herewith.
5. Immediate and wide dissemination of this Memorandum is desired.

  
**CARLEEN S. SEDILLA CESO V**  
Schools Division Superintendent

Enclosure: As stated

References: None

To be indicated in the Perpetual Index  
under the following subjects:

COMMUNICATION

NUTRITION EDUCATION EMPLOYEES

MML / DM - NNC-NCR Nutrition Month Activities  
224 / July 8, 2022



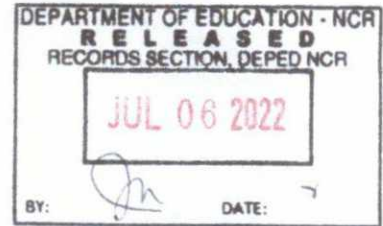
 Student Center for Life Skills Bldg., Centennial Ave, Brgy Tunasan,  
Muntinlupa City  
 (02) 805-9935, (02) 805 - 9940  
 [sdomuntinlupa@gmail.com](mailto:sdomuntinlupa@gmail.com)



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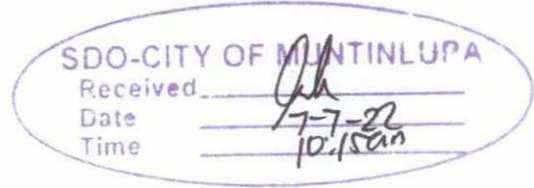


Republic of the Philippines  
**Department of Education**  
 NATIONAL CAPITAL REGION




DNCR-F-ORD-034/RO/01112019

**REGIONAL MEMORANDUM**  
 No. NCR - **391**, s. 2022



TO : Schools Division Superintendents

FROM :   
**WILFREDO E. CABRAL**  
 Regional Director, DepEd NCR and  
 Officer-In-Charge, Office of the Undersecretary  
 Human Resource and Organizational Development

SUBJECT : **NATIONAL NUTRITION COUNCIL - NATIONAL CAPITAL  
 REGION'S NUTRITION MONTH ACTIVITIES**

DATE : July 6, 2022

Attached is a letter from **National Nutrition Council - National Capital Region** dated **04 July 2022** relative to the above-mentioned activity, contents of which are self-explanatory, for information and appropriate action.

Special attention is invited to the table of regional Nutrition Month activities, schedules and actions requested from LGU.

Immediate dissemination of this **memorandum** is desired.

essd/shnu/mvcb2022



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## **ESSAY WRITING CONTEST MECHANICS**

1. The contest is open to all SDO-Muntinlupa employees (teaching or non-teaching personnel).
2. Only One (1) participant per school is allowed.
3. Entries must be submitted in soft copy, e-mailed to [maripaz.lavin001@deped.gov.ph](mailto:maripaz.lavin001@deped.gov.ph) on or before July 12, 2022, 5:00 p.m with the subject: Essay Contest\_School\_Surname of Author (ex. Essay Contest\_MBHS\_Lavin)
4. Contestants should submit an original essay on the contest theme, “Sa new normal na nutrisyon, bahagi ako ng solusyon”, explaining how they can be a part of the solution in improving nutrition resilience and help create better new normal through good nutrition.
5. The essay should meet the following :
  - a. Written in English or Filipino
  - b. Follow the format: Font size- 12, Font type- Arial, line spacing- 1.5
  - c. Must be submitted both in pdf and word format
  - d. Must have a minimum of 1,000 words and a maximum of 2,000 words
  - e. Essay must not be uploaded on any social media platform
  - f. Plagiarized entries will be disqualified
6. Criteria for judging are as follows:

Content (substance and relevance to the theme)	35%
Organization (unity and clarity of thought)	25%
Grammar and Punctuation	25%
Form and Style (neatness, originality and creativity)	<u>15%</u>
TOTAL	100%
7. 3 winners shall represent the Division at the National Nutrition Council (NNC)
8. All entries shall become the property of NNC-NCR. The contestants will allow NNC-NCR to use the essay for promotional purposes provided that the author/writer is acknowledged.





Republika ng Pilipinas  
KAGAWARAN NG KALUSUGAN  
NATIONAL NUTRITION COUNCIL  
NATIONAL CAPITAL REGION  
Rooms 201 and 202, Building No. 2  
Metro Manila Center for Health Development, Welfareville Compound  
Barangay Addition Hills, Mandaluyong City



04 July 2022

**DR. WILFREDO E. CABRAL**  
Regional Director, Director IV  
Department of Education – NCR  
Misamis St., Bago Bantay, Quezon City

**Dear Director Cabral:**

Greetings from the National Nutrition Council at the National Capital Region!

As part of this year's Nutrition Month (NM) Celebration this July, our regional office will be conducting various activities in line with the theme, ***"New normal na nutrisyon, sama-samang gawan ng solusyon!"***. We are pleased to share with you the schedule of the regional NM activities along with the actions requested from your good office:

Activity	Schedule	Participants	Actions Requested from LGU
<b>Regional Nutrition Month Digital Launch</b>  <b><i>"Fast Talk with NPC Mila Federizo"</i></b>  <i>(via National Nutrition Council - NCR FB page)</i>	July 1	General Public	View, like and share Fb post
<b>Online Information Sharing Session (ISS): <i>Creating a Better New Normal through Good Nutrition</i></b>  <i>(via Zoom and FB livestream)</i>	July 11	Members of: <ul style="list-style-type: none"><li>• local nutrition committees in NCR</li><li>• Regional nutrition committee and regional nutrition management group</li><li>• Regional SUN networks</li></ul>	Attend via zoom or FB livestream, like and share video post  <i>* registration link will be posted on the NNC-NCR FB Page</i>

***"New normal na nutrisyon, sama-samang gawan ng solusyon!"***

Telefax Nos : (63-2) 8533-2713 • 8531-1800 8843-5834 | Mobile No. 0923-971657 | Email: [ncr@nnc.gov.ph](mailto:ncr@nnc.gov.ph)  
Website : [www.nnc.gov.ph/regional-offices/tuzon/national-capital-region](http://www.nnc.gov.ph/regional-offices/tuzon/national-capital-region) Facebook page: [www.facebook.com/nnc.ncr](https://www.facebook.com/nnc.ncr)





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Activity	Schedule	Participants	Actions Requested from LGU
<b>Regional Webby Awards</b>	July 18	16 NCR LGUs except Makati City	N/A
<b>Essay Writing Contest</b>  <i>Deadline of submission of entries: July 15</i>	July 21	Employees of member agencies/ organizations of Regional Nutrition Committee of NCR regardless of employment status	Like and share FB post re: contest; enjoin employees to participate in the contest
<b>Simultaneous Promotional Event on the NM Theme</b>	July 22	Thirty (30) mothers of under-five children who are beneficiaries of the Pantawid Pamilyang Pilipino Program (4Ps)	Allow RNMG member to attend the event (LGU to be identified)
<b>Vlog Contest for BNCs</b>  <i>Deadline of submission of entries: July 15</i>	July 25	Barangay Nutrition Committees (BNC) in NCR	View entries once posted on the FB page
<b>Culminating Activity</b> <i>Blended mode (online and face-to-face)</i>	July 29	Winners and judges of regional NM contests	Concerned RNMG members to attend; view, like and share FB post
<b>Digital Campaign</b> <ul style="list-style-type: none"> <li>• Countdown videos</li> <li>• Video Greetings</li> <li>• Nutrition Facts Series</li> <li>• Sharing of LGU posts</li> <li>• Posting of infographics featuring nutrition PPAs of sectoral partners</li> <li>• "Mars! Pars! Anong latest?" Promotional Video</li> </ul>	June 28 - July 31	General Public	View, like and share FB post; enjoin netizens to participate in the contest

**"New normal na nutrisyon, sama-samang gawan ng solusyon!"**





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We hope that all member agencies of the Regional Nutrition Committee will join the Essay Writing Contest. Hence, we would like to request for your assistance in getting participants for said contest.

Attached is the contest mechanics for information and reference. Should you need additional information on this matter, please feel free to contact Nutrition Officer II Ms. Thesa Rivas at 0922-991-9444 or through telefax numbers 8531-1800 or 8533-2713.

Please accept our sincerest thanks in anticipation of your usual full support and cooperation toward a successful Nutrition Month celebration.

Best regards and please stay safe and well!

Very truly yours,

**MILAGROS ELISA V. FEDERIZO, RND, MPH**  
*Regional Nutrition Program Coordinator*

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**"New normal na nutrisyon, sama-samang gawan ng solusyon!"**

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Website : [www.nnc.gov.ph/regional-offices/luzon/national-capital-region](http://www.nnc.gov.ph/regional-offices/luzon/national-capital-region) Facebook page [www.facebook.com/nnc.ncr](https://www.facebook.com/nnc.ncr)

