



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

Office of the Schools Division
Superintendent

OCT 18 2022

MEMORANDUM

MENTAL HEALTH MONTH CELEBRATION

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
Administrative Officer V
All Others Concerned

1. Attached is an invitation letter from the City Health Office, City Government of Muntinlupa, dated October 5, 2022, on the above-captioned title, the contents of which are self-explanatory, for the information and guidance of all concerned.
2. Please refer to the enclosure of this Memorandum for the guidelines and mechanics.
3. For the information of all concerned.

For:

CARLEEN S. SEDILLA CESO V
Schools Division Superintendent

By:

NERISSA ROXAS LOMEDA PhD
Chief Education Supervisor, SGOD
OIC-Assistant Schools Division Superintendent

Encl.: As stated

References: As stated

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

HEALTH EDUCATION

PROGRAMS

CAMPAIGN

MRS / MENTAL HEALTH MONTH CELEBRATION
351 / October 18, 2022



Student Center for Life Skills Bldg., Centennial Ave, Brgy Tunasan,
Muntinlupa City
(02) 805-9935, (02) 805 - 9940
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Republic of the Philippines
CITY GOVERNMENT OF MUNTINLUPA
POBLACION HEALTH CENTER
CITY HEALTH OFFICE
Muntinlupa Community – Based Mental Health Program
MENTAL HEALTH & WELLNESS CLINIC



October 3, 2022

CARLEEN S. SEDILLA – C.E.S.O. V

School Division Superintendent

City of Muntinlupa

Subject: MENTAL HEALTH WEEK/MONTH CELEBRATION.

Dear Maam Sedilla,

Greetings!

Mental Health Matters.

Month of October is National Mental Health Month and October 10-14 is the National Mental Health Week, with this year's theme, "Mental Health and Wellbeing for All: Promoting Mental Health in Physical and Virtual Spaces."

In line with the aforementioned celebration, the City Health Department through its Community-Based Mental Health and Wellness Program, is proposing series of program and activities aimed at promoting mental health both on physical and virtual space. These are:

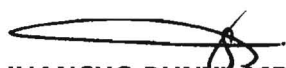
1. Poster Com Slogan Making Competition.
2. 20 second Promo/Infomercial Making Competition.
3. 3 minute Movie Making Competition.
4. Mural Painting Competition.
5. Essay Writing Competition.

These competitions will be participated by both Junior and Senior High School Students.

Your participation will definitely ensure the success of this year's celebration. The details and the mechanics of competition will follow. Hoping for your favorable response and approval.

Respectfully yours,


NICANOR L. ECHAVEZ, MD, FRPA
Mental Health Program Coordinator


Noted By: **JUANCHO BUNY, MD, MPH**
O.I.C.- City Health Department

3114

1003051

ON THE SPOT POSTER MAKING CONTEST

Participants: Grade 8 Students, 2 participants per school

Venue: Museo ng Muntinlupa Lobby

Contest Date: November 8, 2022; 8:00 am to 12:00 noon

Theme: "Mental Health and Well- being for All: Promoting Mental Health in Physical and Virtual Spaces"

Rules and Guidelines:

1. Entry should be drawn in the provided 1/4 illustration board (in portrait). The contestant must bring only the following materials: craypas, pencils, erasers, markers, black/blue pen, cotton or tissue. Entry should be drawn in portrait
2. The student- contestants shall be given 2 hours to do their artwork.
3. Student- contestants are advised to do all their personal needs prior to the commencement of contest.
4. Student- contestants are not allowed to communicate with his/her teacher/instructor during the contest.
5. A bell will ring to remind the contestants of the remaining 15 minutes to finish their entries.
6. The decision of the Board of Judges shall be final and cannot be changed.
7. Winners will receive prizes and giveaways.

Criteria for Judging

Originality, style and creativity	40%
Interpretation and relevance to the theme	40%
Presentation and neatness	<u>20%</u>
	100%

ESSAY WRITING CONTEST

Participants: Grade 6 Learners; one entry per Elementary School

Deadline of Submission: October 28, 2022

Announcement of Winners (Culminating Activity): November 8, 2022

Theme: "Mental Health and Well- being for All: Promoting Mental Health in Physical and Virtual Spaces"

Rules and Guidelines:

1. The essay should be in Filipino language with 400 to 500 words long. The entry should be original work of the contestant.
2. Entry must be typewritten (Legal size 8.5" x14").
3. All entries should be submitted on or before October 28, 2022 to email address maricel.subida@deped.gov.ph. In the email body, please indicate the following:
Current photo of the contestant
Full name of participant (first name, middle initial, last name):
Age:
Section:
School:
Address:
Contact Information:
4. Winning entry will be announced during the culminating activity on November 8, 2022 at the Museo ng Muntinlupa.
5. Winners will receive prizes and giveaways.

Criteria for Judging

Content	35%
Organization	35%
Style	20%
Mechanics	<u>10%</u>
	100%

SCHOOL- BASED MURAL PAINTING CONTEST

Participants: Junior High School students, one entry per school (maximum 5 students)

Deadline of Submission: October 28, 2022

Validation of Mural Artwork: November 4, 2022

Announcement of Winners (Culminating Activity): November 8, 2022

Theme: "Mental Health and Well- being for All: Promoting Mental Health in Physical and Virtual Spaces"

Rules and Guidelines:

1. Mural should be in front of the school for maximum visibility. As much as possible, near the school's main gate is most preferred.
2. Mural should have minimum height of 10 ft and width of 12 ft.
3. Mural can be made of flat wall/ quick dry enamel paint (provided by the City Health Office).
4. Schools should submit their proof, documentation and description of their mural artwork.
5. Winning entry will be announced during the culminating activity on November 8, 2022 at the Museo ng Muntinlupa.
6. Winners will receive prizes and giveaways.

Criteria for Judging

Originality, style and creativity	40%
Interpretation and relevance to the theme	40%
Presentation and neatness	<u>20%</u>
	100%

MENTAL HEALTH INFOMERCIAL CONTEST

Participants: Senior High School students; 1 entry per school (maximum 5 students)

Deadline of Submission: October 28, 2022

Announcement of Winners (Culminating Activity): November 8, 2022

Theme: "Mental Health and Well- being for All: Promoting Mental Health in Physical and Virtual Spaces"

1. Video must be 2-3 minutes only. It should focus on the theme and promote school- life and work- life balance.
2. Each video must be an original composition.
3. Dialogues are limited to Filipino and English language.
4. The final output should be on MP4 format. All entries should be submitted on or before October 28, 2022 to email address maricel.subida@deped.gov.ph. In the email body, please indicate the following:
Current photo of the contestants
Full name of participants (first name, middle initial, last name):
Age:
Section:
School:
Address:
Contact Information:
5. Winning entry will be announced during the culminating activity on November 8, 2022 at the Museo ng Muntinlupa.
6. Winners will receive prizes and giveaways.

Criteria for Judging

Message/Storytelling/Relevance	50%
Composition/Creativity/Originality	40%
Overall Impact	<u>10%</u>
	100%