Republic of the Philippines
Department of Education
REGION IV-A
SCHOOLS DIVISION OF QUEZON PROVINCE

DepEd Quezon
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DIVISION ADVISORY NO. 401, s. 2025
December 18, 2025

In compliance with DepEd Order (DO) No. 8, s. 2013,
this advisory is issued not for endorsement as per DO 28, s. 2001,
but only for the information of DepEd officials,
personnel/staff, and the concerned public.
(Visit www.deped.gov.ph.)

TEACHER-STUDENT DUET CHALLENGE: "PLEASE BE CAREFUL WITH MY HEART"

In line with the theme "A Rights-Respecting, Rights-Filled School: My Second Home," the I AM SAM (Shaker and Mover) Foundation, in partnership with BPW Global Manila, invites all public K–12 schools, including Alternative Learning System Centers, to participate in the teacher–student duet challenge featuring the iconic Filipino song "Please Be Careful With My Heart," using the official educational lyrics (student-teacher version) on January 24, 2026.

Participation of learners and teachers from public and private schools will be purely voluntary and will not hamper instructional time in compliance with the provision of DepEd Order No. 12, s. 2025 titled "Multi-Year Implementing Guidelines on the School Calendar and Activities for the School Year 2025-2026," and DepEd Order No. 9, s. 2005 titled "Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith" and the policy on off-campus activities stated in DepEd Order No. 66, s. 2017.

This is also subject to the no-collection policy as stated in Section 3 of Republic Act No. 5546 also known as An Act Prohibiting the Sale of Tickets and/or the Collection of Contribution for Whatever Project or Purpose from Students and Teachers of Public and Private Schools, Colleges and Universities (Ganzon Law).

For more details on the conduct of the said activity, please see the attached letter.

cid-ims/jsa/ 12/18/2025
DEPEDQUEZON-TM-SDS-04-011-003

Advisory No. **229**, s. 2025
November 18, 2025
In compliance with DepEd Order (DO) No. 8, s. 2013
this advisory is issued not for endorsement per DO 28, s. 2001,
but only for the information of DepEd officials,
personnel/staff, as well as the concerned public.
(Visit www.deped.gov.ph)

PLEASE BE CAREFUL WITH MY HEART
TEACHER – STUDENT DUET CHALLENGE

The I AM S.A.M. (Shaker and Mover) Foundation, in partnership with BPW Global Manila, will launch the Please Be Careful with My Heart (PBCWMH) Teacher–Student Challenge on January 24, 2026. This event coincides with the International Day of Education and supports the United Nations Sustainable Development Goal 4: Quality Education.

This initiative reimagines the iconic Filipino song as a scientific, rights-based, and values-driven dialogue between teacher and learner. Through this approach, a duet becomes a living performance of empathy, trust, and responsibility, modeling how care can be expressed safely and respectfully within the school setting.

The program is a nationwide educational advocacy promoting the theme, A Rights-Respecting, Rights-Filled School: My Second Home, under the following pillars:

- Pillar 1: Duet Challenge – Schools submit a teacher-student duet using the official education lyrics, showcasing a rights-respecting relationship.

- Pillar 2: PBCWMH as Practice – Schools commit to embodying the values of the song daily, fostering classrooms that mirror the safety and care of a second home.

The challenge is open to all public K-12 schools, including Alternative Learning System Centers nationwide. Interested participants may submit their performance of the approved Teacher-Student lyrics, along with required forms, on or before November 26, 2025, through https://forms.gle/pspXug8mEDfo8uja8.

Participation of public and private schools shall be purely voluntary and will not hamper instructional time in compliance with the provisions of DepEd Order (DO) No. 012, s. 2025, titled Multi-Year Implementing Guidelines on the School Calendar and Activities and DO 9, s. 2005, titled Instituting Measures to Increase Engaged Time- on-Task and Ensuring Compliance Therewith and the policy on off-campus activities stated in DO 66, s. 2017.

This is also subject to the no-collection policy as stated in Section 3 of Republic Act No. 5546 also known as An Act Prohibiting the Sale of Tickets and/or the Collection of Contributions for Whatever Project or Purpose from Students and Teachers of Public and Private Schools, Colleges and Universities (Ganzon Law), issued in DO 19, s. 2008, and reiterated in DepEd Memorandum No. 041, s. 2024.

For more information, please contact:

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ANNEX A — Official Educational Lyrics (Student– Teacher Version)

PLEASE BE CAREFUL WITH MY HEART *by Jose Mari Chan*

Student:

God has made me loved and precious, so be careful with my heart. I believe you when you tell me
that I'll have a brighter life.
You light my way in the dark

Now I'm living with hope and love.
And 'til life is through,
I'm still inspired by you.
I put my trust in you, as you promise to help me grow. From the very start, please be careful with my heart.

Teacher:

I love you and you know I do.
I'll be always here for you.
Promise, I will help you grow.
I will treasure and value you.
God has planned your life for a purpose,
through the hardships that had you broken. You've been burned and you've been hurt before, And I know just how you feel.

Trust that I will care for you.
I'll be gentle with your heart, and protect you through and through. I will fight beside you in troubles,
I won't let your world fall apart.
From the very start, I'll be careful with your heart.

Chorus (Together):

Student: You light my way —
Teacher: I'll be your guide —
in the dark.
Now I'm living with hope and love — Teacher: You've learned from the past.
And 'til life is through,

I'm still inspired by you.
I put my trust in you (also to you),
as you promise to help me grow.
So from the very start, please be careful with my heart. From the very start (from the very start),
Please be careful with (I'll be careful with)
your (my) heart.

PLEASE BE CAREFUL WITH MY HEART

Teacher-Student Duet Challenge

NATIONAL SHOWCASE: February 28, 2026

Chair: Jose Mari Chan

/IAMSAMFoundation

CONCEPT PAPER

Please Be Careful With My Heart (PBCWMH): Two Pillars for Rights-Respecting Schools

I. Title: Please Be Careful With My Heart (PBCWMH)

Pillar I: Teacher–Student Duet Challenge and
Pillar II: Schools as Second Homes

II. Background and Rationale

February offers a special opportunity to renew self-worth, kindness, and the caring relationships that sustain every learning community, where learning flourishes as teachers care gently and students respond with trust and openness to guidance.

This spirit comes alive in the Teacher–Student version of *"Please Be Careful With My Heart,"* which affirms that every learner is loved, precious, and created for a purpose, and that every teacher holds a quiet but powerful responsibility to nurture and protect the hearts entrusted to them. These are the foundations of a rights-respecting, rights-filled school where children feel safe, valued, and supported to thrive.

Anchored on the theme **"A Rights-Respecting, Rights-Filled School: My Second Home,"** PBCWMH celebrates the Filipino ideal of **Schools as Second Homes and Teachers as Second Parents.** Through music and shared performance, the initiative invites schools to cultivate learning spaces where trust, love, and respect are lived each day.

Why It Matters — The Science Behind It

Neuroscience reveals that learning thrives in a safe and connected environment. When children feel valued and seen by a trusted adult, the brain's prefrontal regions activate for attention and memory; when they feel fear or shame, stress hormones block those same pathways.

The teacher–learner relationship is thus not sentiment; it is science. It is evidence-based nation-building through neuroscience, safety, and love. Making schools second homes is how we grow healthy brains and responsible citizens.

Evidence from global and Philippine studies supports this foundation:

1. **Bullying depresses achievement.** In PISA 2018 and 2022, Filipino students reported some of the world's highest bullying exposure—about 65% in 2018 and roughly one-third in 2022 said they were bullied several times a month. Students who experience bullying score markedly lower and disengage academically.
2. **Violence and trauma impair learning.** The National Baseline Study on Violence Against Children (NBS-VAC) found that nearly 80% of Filipino children endure at least one form of violence, with direct links to anxiety, absenteeism, and poor academic performance.
3. **Online harm is widespread.** Cyber-violence affects around 44% of Filipino children aged 13–17 and is associated with anxiety, lost concentration, and missed school days.
4. **Self-worth predicts performance.** Longitudinal meta-analyses show that students' self-concepts and self-beliefs predict later achievement, confirming that confidence and belonging accelerate mastery.
5. **Teacher relationships matter.** International research demonstrates that warm, structured, and caring teacher–student relationships significantly boost motivation, learning outcomes, and socio-emotional health.
6. **Supportive teachers buffer harm.** In environments with high peer victimization, caring teachers mitigate the negative effects of bullying, sustain engagement, and help learners remain hopeful about their future.

PBCWMH translates this evidence into a simple, culturally resonant program where teachers publicly model care, students feel seen and valued, and schools strengthen the climate that supports both **learning today and futures tomorrow.**

III. Objectives

The PBCWMH initiative aims to:

1. **Affirm the heart of teaching** by honoring the caring, protective role of teachers in learners' lives.
2. **Strengthen learners' sense of self-worth and safety** through positive, rights-respecting messages.
3. **Encourage schools to live their role as "second homes"** where kindness, respect, and protection are practiced daily.
4. **Provide a simple, unifying national activity** that highlights caring teacher–student relationships and safe, nurturing school environments.
5. **Support efforts to reduce bullying, violence, and emotional harm** in schools through a values- and science-based approach.

IV. Theory of Change

If schools publicly model **student worth** and **caring adult protection** through a shared creative act that is safe, joyful, and rights-respecting, then:

- learners experience cues of belonging and safety,

- teachers receive recognition and "scripts" for gentle, consistent care, and
- communities see and normalize respectful, trust-based interactions.

Therefore, bullying and related harms are countered by a stronger classroom climate, improving engagement and readiness to learn. When this is followed by school-wide practice (Pillar 2), the message of self-worth and protection moves from a single event into the everyday "culture" of the school.

V. Program Design: Two Pillars

Pillar 1 – Teacher–Student Duet Challenge

Pillar 1 focuses on the performance of the Teacher–Student version of *"Please Be Careful With My Heart."*

- A **Teacher–Student pair** from each participating public K–12 school performs the official Teacher–Student version of the song.
- The duet presents the song as a **rights-respecting dialogue**: the child as loved, precious, and worthy of care; the teacher as a gentle, trustworthy protector and guide.
- School, division, and regional screenings lead to a **National Showcase on 28 February 2026**, where selected duets are featured and honored.
- The contest ensures basic fairness and inclusion: entries must be recorded and rendered by the school community, not professionally outsourced.
- This pillar highlights the **life-shaping bond** between teacher and learner and reminds the nation that every child's heart is sacred.

Pillar 2 – Schools as Second Homes Showcase Contest

(PBCWMH as School-Wide Practice)

Pillar 2 turns PBCWMH into a school-wide practice, not just a one-time performance.

Over a defined period, schools are invited to **imbibe and embed** PBCWMH in their daily routines, systems, and school culture—treating it as part of the **"DNA" of the school** as a Second Home and teachers as Second Parents. This will also be run as a showcase contest, with recognition for schools that demonstrate sustained, concrete practice.

Participating schools will document actions, steps, and initiatives such as:

- daily greetings and language that convey care, respect, and self-worth;
- visible reminders—posters, bulletin boards, classroom visuals—that carry key PBCWMH messages;
- homeroom or guidance activities on anti-bullying, non-violence, and self-worth;
- regular sharing of short videos or testimonies from teachers, students, and parents about how PBCWMH is helping their school feel more like a Second Home and their teachers more like Second Parents.

Schools will later submit a simple documentation package (e.g., selected photos, short video clips or links, and a brief narrative reflection) showing how they have integrated PBCWMH into daily practice and how learners are experiencing change.

Experience has shown that even strong education initiatives can sometimes remain one-time activities unless they are intentionally imbibed and embedded into the very "DNA" of school life. Pillar 2 is our joint and collective response: a practical, school-owned way to weave PBCWMH into daily routines and relationships, and to deepen efforts against bullying, violence in schools, and low self-worth, so that learners can feel safer, learn better, and build stronger futures.VI. National Participation Targets (Pillar 1)

To guide planning and resourcing for Pillar 1:

- **Minimum eligible entries:**
  - Luzon: **≥ 180** entries across NCR, CAR, Regions I–V, IV-A, IV-B
  - Visayas: **≥ 75** entries across Regions VI–VIII
  - Mindanao: **≥ 120** entries across Regions IX–XIII, Caraga, BARMM
  - **Total: ≥ 375** eligible entries nationwide
- **Eligibility rate:** At least **85%** of submitted entries cleared as eligible (complete consent packs, policy compliance, correct materials)

VII. Governance and Roles

National Board of Judges ("Big Board Judges")

- Chaired by **Jose Mari Chan**, with Co-Chair and distinguished leaders from public service, business, diplomacy, and the social sector.
- Adjudicates the **18 regional winners** and names the **3 Island Winners** (Luzon, Visayas, Mindanao), plus an optional **National Laureate**.

Island Leads (Luzon, Visayas, Mindanao)

- Women leaders serve as Island Leads with small teams, responsible for:
  - forming island/region panels,
  - overseeing screening and deliberations,
  - ensuring compliance with guidelines and safeguarding standards,
  - submitting the 18-entry national slate to the Secretariat.

Department of Education (DepEd)

- Issues the Secretary's directive and advisory to regional and division offices.
- Designates regional and division focal persons.
- Cascades the program to schools, facilitates participation, and supports regional judging and safeguarding.

I AM S.A.M. Foundation – National Secretariat

- Prepares official materials (Concept Paper, Call for Entries, forms, micro-modules, media kit).
- Manages platforms for submissions and data collation.

- Oversees safeguarding and data privacy in coordination with DepEd.
- Handles national communications, the National Showcase, and overall coordination.

VIII. Safeguarding and Data Privacy (High-Level)

The initiative is grounded in:

- **DepEd Child Protection Policy** (DepEd Order No. 40, s. 2012),
- the **Data Privacy Act of 2012 (RA 10173)** and its IRR, and
- **DepEd Order No. 125, s. 2021** on data governance and management.

Key principles:

- Learners' **dignity and safety** are paramount.
- Public-facing materials use **first names/initials only** for learners; surnames are not used in public outputs.
- Standard **Parent/Guardian Consent**, **School Head Attestation & Authenticity**, and **Teacher Consent** forms are required and kept on file (recommended retention: 36 months).
- Access to submitted videos and forms is restricted to authorized personnel for judging, documentation, and reporting purposes only.

Operational details are further described in the **Call for Entries and Guidelines, Annex B: Data Privacy & Safeguarding Policy Extracts.**

IX. Workstreams and Key Deliverables

A. Materials & Operations

- Concept Paper
- Call for Entries & Guidelines
- Online entry/Google Form (file uploads + consent checks)
- Judging tools: unified rubric, scoresheets, COI forms, regional Top 3 sheets, national slate cover sheet
- Teacher micro-modules (short 10–15 minute learning pieces)
- National Showcase compilation (curated videos and segments)

B. Communications

- DepEd advisory memo and regional cascade templates
- Island/Regional briefing decks
- Media kit: press notes, suggested captions, social media tiles

C. Safeguarding & Quality Assurance

- Consent pack verification
- Policy screening of materials (lyrics, minus-one, runtime, visuals)
- COI logging, tie-break protocol, and documentation of decisions

X. Monitoring, Evaluation and Learning (MEL)

I AM S.A.M. Secretariat

- Maintains a weekly dashboard (island → national) with:
  - schools reached, entries received, eligibility pass rate;
  - status of Top 3 per region and winners' confirmation;
  - key communications outputs and risk log.
- Tracks **quality indicators**, such as:
  - % of entries using official materials and Teacher–Student lyrics,
  - % of submissions with complete consent packs,
  - % of videos meeting runtime and technical specifications.

DepEd

- Gathers brief **feedback snapshots** from teachers and students.
- Tracks uptake and use of PBCWMH **teacher micro-modules** in classrooms.
- Prepares a **final report (March 2026)** summarizing participation by region, winners, assets delivered, safeguarding compliance, and lessons learned.

XI. High-Level Schedule – Pillar 1 (Asia/Manila)

- **DepEd Advisory Issuance:** 26 November 2025
- **School Orientation & Song Practice (Whole School):** December 2025 – February 2026
- **Deadline for Entry Submissions:** 12 January 2026, 5:00 PM
- **Regional Shortlisting (Top 3 per Region):** 12–26 January 2026
- **Validation and National Slate Submission (18 entries):** 5 February 2026
- **National Board of Judges Individual Review:** 5–12 February 2026
- **National Validation & Announcement Day:** 13 February 2026
- **National Showcase & Awards (Pillar 1 Culmination): 28 February 2026**

For Every Filipino Child –
that every school may be a second home,
and every teacher, a second parent.

ANNEX B — DATA PRIVACY & SAFEGUARDING POLICY EXTRACTS

Republic Act No. 10173 – Data Privacy Act of 2012

Section 2: Protects the fundamental right to privacy while ensuring free flow of information for innovation and growth.
Section 11: Personal information must be processed fairly, lawfully, and securely for legitimate purposes.

DepEd Order No. 40, s. 2012 – Child Protection Policy

Ensures that schools are safe, inclusive spaces, free from abuse, exploitation, and discrimination.

DepEd Order No. 125, s. 2021 – Data Privacy Manual for Schools

Mandates secure data handling, parental consent for minors, and restricted access to sensitive information.

Safeguarding Summary:

- No student surnames in public materials.
- All consent documents must be kept for 36 months.
- Authorized personnel only may access stored files.

Footer Note:

Reference copy for all school focal persons. Include as attachment in data compliance folder.

PLEASE BE CAREFUL WITH MY HEART

Teacher–Learner Duet Challenge

Unified Judging Rubric (Regional & National Levels)

Total: 100 Points

Criteria	Weight	Exemplary (5 pts)	Proficient (4 pts)	Developing (3 pts)	Emerging (2 pts)	Needs Support (1 pt)
1. Implementation & Creativity	**30**	Performance is heartfelt, artistic, and cohesive; movements, tone, and expression deeply convey the message of care and hope.	Clear, expressive performance; good coordination between music, lyrics, and gestures.	Understandable, with moderate creativity and expression.	Basic delivery; limited emotional connection or planning.	Lacks coherence or expressive effort; unclear interpretation.
2. Duet Quality & Harmony	**25**	Teacher and student perform in true harmony; balanced vocals, synchronized timing, and authentic relationship on stage.	Strong collaboration; mostly balanced singing and timing.	Moderate harmony; moments of imbalance or hesitation.	Uneven performance; limited connection between partners.	Off-sync or disconnected; no evident teamwork.
3. Transformative Impact on Learners	**20**	Child demonstrates confidence, joy, and growth; performance visibly uplifts and empowers.	Child shows engagement and positive learning behavior.	Child participates with modest confidence; effort visible.	Minimal transformation; limited evidence of engagement.	No observable learning or empowerment effect.
4. Child Safety & Compliance	**10**	Fully compliant with DepEd Order 40 s.2012; safe, age-appropriate staging, attire, and gestures; dignity upheld at all times.	Generally compliant; minor lapses easily corrected.	Some safety concerns or oversight (e.g., attire/gestures).	Significant non-compliance risk to child dignity.	Violates basic child protection principles.
5. Accessibility &	**10**	Includes captions, clear diction,	Clear communication;	Understandable but	Minor exclusion or	No accessibility

Criteria	Weight	Exemplary (5 pts)	Proficient (4 pts)	Developing (3 pts)	Emerging (2 pts)	Needs Support (1 pt)
Inclusion		diverse representation; accessible to all audiences.	some inclusive features.	limited inclusive effort.	unclear audio/visual support.	measures; exclusive or unclear.
6. Inspiration & Replicability	**5**	Inspires replication in other schools; simple yet powerful model of safe, loving teaching.	Inspirational; replicable with some guidance.	Has potential but needs clearer messaging.	Limited transferability; unclear educational message.	Not replicable; lacks safe or educational modeling.

Framework Alignment

- **SDG 4 (Quality Education):** Safe, inclusive, and transformative learning for all.
- **World Economic Forum Education 4.0:** Creativity, collaboration, emotional intelligence, empathy, and communication.
- **DepEd MATATAG:** Nurturing, compassionate, and resilient educators.
- **I AM S.A.M. Protocol:** Self-worth, safety, women's and children's rights, education, empowerment, and shared humanity.
- **BPW International:** Empowers women and girls through education, entrepreneurship, equality, and peace leadership.

Judges' Note

The song *Please Be Careful With My Heart* embodies the teacher–learner bond that uplifts every Filipino child's self-worth. Judges are invited to look beyond technical performance and recognize how **care, trust, and transformation** are expressed through voice, presence, and sincerity.

The Board of Judges' decision is final and unappealable.
This applies at both the Regional and National levels.
It does not preclude the Secretariat from disqualifying entries for violations of eligibility rules or **DepEd Order No. 40 (Child Protection).**

PLEASE BE CAREFUL WITH MY HEART

Teacher–Learner Duet Challenge

Unified Judging Rubric (Regional & National Levels)

Total: 100 Points

🏆 How Judges Should Score the PBCWMH Unified Rubric

1. Scoring Structure

Each criterion (6 total) has:

- **Weight** = the maximum percentage contribution to total score (e.g., 30 for Implementation & Creativity).
- **Performance Level** = 5 to 1 scale (Exemplary → Needs Support).

Judges assign **one rating per criterion (1–5 points)** and the system automatically multiplies by its **weight factor** to compute the weighted score.

Formula per criterion:

Weighted Score = (Rating ÷ 5) × Weight

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2. Example of Calculation

Criteria	Weight	Judge's Rating	Computation	Weighted Score
Implementation & Creativity	30	4 (Proficient)	(4 ÷ 5) × 30	**24.0**
Duet Quality & Harmony	25	5 (Exemplary)	(5 ÷ 5) × 25	**25.0**
Transformative Impact	20	4 (Proficient)	(4 ÷ 5) × 20	**16.0**
Child Safety & Compliance	10	5 (Exemplary)	(5 ÷ 5) × 10	**10.0**
Accessibility & Inclusion	10	3 (Developing)	(3 ÷ 5) × 10	**6.0**
Inspiration & Replicability	5	4 (Proficient)	(4 ÷ 5) × 5	**4.0**

TOTAL = 85 / 100 points

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3. Interpreting Scores

Range	Performance Band	Descriptor
90–100	Outstanding	Deeply moving, creative, safe, inclusive, transformative
80–89	Very Good	Strong execution, visible care and harmony
70–79	Good	Meets basic expectations with minor gaps
60–69	Fair	Some promise, but limited engagement or clarity
Below 60	Needs Support	Does not yet convey the song's intent or safety principles

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4. Judging Protocol

- Each performance is rated **independently** by 3–5 judges supervised by the Island Leads on the regional level and the Board of Judges on the national level.
- Judges must **write one sentence justification** per criterion (e.g., "Clear emotional connection and synchronized timing").
- Scores are **averaged across judges** to yield the final total per performance.
- The **highest average** wins, but the Secretariat confirms compliance (e.g., DepEd Order 40, inclusion features).
- **The Board of Judges' decision is final and unappealable.**
  This applies at both Regional and National levels.
  It does not preclude the Secretariat from disqualifying entries for violations of eligibility rules or **DepEd Order No. 40 (Child Protection).**

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5. Simplified Judge's Scoring Sheet

Criteria	Weight	Rating (1–5)	Weighted Score	Comments
Implementation & Creativity	30			
Duet Quality & Harmony	25			
Transformative Impact	20			
Child Safety & Compliance	10			
Accessibility & Inclusion	10			
Inspiration & Replicability	5			
TOTAL	**100**		**(Max 100)**	

PLEASE BE CAREFUL WITH MY HEART

Teacher-Student Duet Challenge

NATIONAL SHOWCASE: February 28, 2026

Chair: Jose Mari Chan

/IAMSAMFoundation

GUIDELINES & TIMELINE / CALL FOR ENTRIES:

Theme: A Rights-Respecting, Rights-Filled School: My Second Home

Pillar 1: "Please Be Careful With My Heart" (PBCWMH)
Teacher–Student Duet Challenge
3 Island Winners Showcase: February 28, 2026

Pillar 2: The National Showcase: "Schools as Second Homes, Teachers as Second Parents" through PBCWMH

I. Program Title and Theme

Title:
Please Be Careful With My Heart – Teacher–Student Duet Challenge

Theme:
"A Rights-Respecting, Rights-Filled School: My Second Home"

The Challenge celebrates **Schools as Second Homes and Teachers as Second Parents** by highlighting the gentle, caring bond between teacher and learner through the Teacher–Student version of *"Please Be Careful With My Heart."*

Official Program Page (Required for Updates):
All schools are requested to **LIKE and FOLLOW** the official **"I AM S.A.M. Foundation"** Facebook page for official announcements, downloadable materials, reminders, and updates on the **Please Be Careful With My Heart (PBCWMH)** program.

II. Introduction and Rationale

February offers a special opportunity to renew self-worth, kindness, and the caring relationships that sustain every learning community. Learning flourishes when teachers care gently and consistently for their students, and when students respond with trust and openness to guidance.

This spirit comes alive in the Teacher–Student version of *"Please Be Careful With My Heart,"* which affirms that every learner is loved, precious, and created for a purpose, and that every teacher holds a quiet but powerful responsibility to nurture and protect the hearts entrusted to them. These are the foundations of a rights-respecting, rights-filled school where children feel safe, valued, and supported to thrive.

Anchored on the theme **"A Rights-Respecting, Rights-Filled School: My Second Home,"** the **Please Be Careful With My Heart Teacher–Student Duet Challenge** celebrates the Filipino ideal of **Schools as Second Homes and Teachers as Second Parents.** Through music and performance, the program invites schools to cultivate learning spaces where trust, love, and respect are lived each day.

This **Call for Entries for Pillar 1** invites schools to join a national movement that affirms the heart of teaching and the preciousness of every learner.

III. Implementation Timeline (Asia/Manila) – Pillar 1

Activity	Date	Description
DepEd Advisory Issuance	**26 November 2025**	Official circular to all 18 regions and SDOs
School Orientation &	**Dec 2025 –**	Public schools prepare their duet entries and

Activity	Date	Description
Song Practice (Whole School)	**February 2026**	introduce the song to the whole school.
Entries Close	**12 January 2026, 5:00 PM**	Public schools upload entries to the designated Google Form link
Regional Shortlisting (Top 3 per Region)	**12–26 January 2026**	Regional judging and selection of top entries
Validation & National Slate Submission	**5 February 2026**	18 regional winners validated and submitted to the National Secretariat
National Board ("Big Board") Individual Review	**5–12 February 2026**	National judges evaluate the 18 entries
National Validation & Announcement Day	**13 February 2026**	Scores confirmed; 3 Island Winners (Luzon, Visayas, Mindanao) announced via DepEd advisory, DepEd & I AM S.A.M. channels, and press release
National Showcase & Awards	**28 February 2026**	Culminating event featuring the winning Teacher–Student duets

IV. Guidelines for Participation

A. Eligibility and Coverage

1. **Who may join**
   - Open to all **public K–12 schools** nationwide.
2. **Number of entries**
   - Each school may submit **one (1) official entry** only.
3. **Composition of entry**
   - Each entry is a **Teacher–Student pair** from the same school.
   - The teacher must be currently assigned to that school; the student must be officially enrolled there.

B. Mechanics of Participation

1. **Song and Version**
   - Use only the official **Teacher–Student version** of *"Please Be Careful With My Heart"* (lyrics and minus-one provided in **Annex A** and through DepEd/I AM S.A.M. channels).
2. **Performance Video**
   - **Length:** up to **3 minutes and 30 seconds (3:30)**
   - **Orientation:** Landscape (horizontal)
   - **Setting:** Any safe, appropriate school space (classroom, library, stage, multipurpose hall, etc.)
   - **Attire:** School-appropriate clothing; costumes are optional.
   - **Tone & behavior:** The atmosphere must model **kindness, respect, and child-safe interaction**. No scenes of harm, humiliation, or ridicule.

3. **Performance Focus**
    - Gentle, sincere delivery of the song.
    - Clear interaction between teacher and student (eye contact, supportive gestures).
    - Simple staging; no need for expensive production. Content and relationship matter more than props.

V. Entry Components and Submission Checklist

Each participating public school must upload **all** of the following to the official Google Form:

Google Form link:
https://forms.gle/pspXug8mEDfo8uja8

1. Duet Video (Required)

- **Content:** Teacher–Student duet using the official educational lyrics (Annex A – Teacher–Student Version of *"Please Be Careful With My Heart"*).
- **Maximum length:** 3 minutes and 30 seconds (3:30).
- **Quality:** Clear audio and video (basic phone recording is acceptable).
- **Safety:** No romantic, suggestive, or unsafe content. Interaction must be kind, child-safe, and respectful at all times.
- **Performance focus:**
    - Gentle, sincere delivery of the song.
    - Clear, warm interaction between teacher and student.
    - Simple staging; content and values are more important than production.
- **Production:**
    - The video **must not be professionally produced or sub-contracted** to an external production house or paid service.
    - It should be **recorded and put together by the school community itself** (teachers, staff, learners, and/or parents) using available school or personal equipment.

File naming format (very important):

REGION_[Code]_SCHOOL_[Name]_TEACHER_[Last]_LEARNER_[Initial].mp4

Example:
REGION_IV-A_SCHOOL_MuntinlupaES_TEACHER_Santos_LEARNER_J.mp4

2. Required Forms (to be uploaded to the same link)

All three (3) forms below must be accomplished, signed, and uploaded with the video:

1. **Annex E – School Head Attestation & Authenticity Form**

- Confirms that the entry is official, authentic, **recorded/produced by the school (not professionally outsourced)**, and compliant with DepEd policies.

2. **Annex F – Parental/Guardian Consent Form**
   - Grants permission for the learner's participation, recording, and use of the video and related materials.
3. **Annex G – Adult Participant (Teacher) Consent Form**
   - Documents the teacher's consent to participate and to the use of the video and related materials.

A complete entry consists of:

- one (1) duet video file (recorded/produced by the school), **and**
- Annex E, Annex F, and Annex G uploaded with the video.

Incomplete or professionally outsourced submissions may be marked **ineligible**.

VI. Submission Procedures

Before the deadline, each school must ensure that it has:

- Confirmed its official Teacher–Student pair and rehearsed using the official materials;
- Recorded the video according to the guidelines in Sections IV–V;
- Named the file following the required format in Section V; and
- Uploaded the video file and Annexes E, F, and G through the Google Form link provided in Section V.

Late, incomplete, or professionally outsourced submissions may be marked **ineligible**.

VII. Judging Criteria and Selection Process

A. Judging Criteria (100 points total)

1. **Message and Values – 40 pts**
   - Conveys care, respect, and student self-worth.
   - Reflects the theme *"A Rights-Respecting, Rights-Filled School: My Second Home."*
2. **Performance and Musicality – 30 pts**
   - Clear, expressive singing.
   - Good timing with the music.
3. **Connection and Interaction – 20 pts**
   - Natural, warm interaction between teacher and student.
   - Visible trust and comfort.
4. **Technical Quality – 10 pts**
   - Video and audio are clear and watchable (basic phone quality is acceptable).

(Details in **Annex C – Unified Judging Rubric** and **Annex D – How Judges Should Score the PBCWMH Unified Rubric**.)

B. Selection Levels

1. School Level
- The school selects one official Teacher–Student duet as its entry.

2. Island / Regional Level
- All entries are received by the I AM S.A.M. Secretariat and endorsed to the Island Leads for Luzon, Visayas, and Mindanao, who oversee the regional judging process and determine the 18 regional winners (one per region).

3. National Level
- The National Board of Judges ("Big Board Judges") reviews the 18 regional winners and names:
  - 3 Island Winners – Luzon, Visayas, Mindanao; and
  - an optional National Laureate.

4. National Showcase
- Featured Teacher–Student duets are honored and presented at the National Showcase on 26 February 2026.

VIII. Data Privacy & Safeguarding – School Requirements

To protect learners and comply with **DepEd Order No. 40, s. 2012** (Child Protection Policy), **RA 10173** (Data Privacy Act of 2012), and **DepEd Order No. 125, s. 2021**, schools are reminded that:

1. **Names and Identifiers**
   - Use **first names or initials only** for students in public-facing materials.
   - Do not display surnames, home addresses, or contact information in the video.
2. **Consent and Approvals**
   - Secure and keep on file:
     - **School Head Attestation & Authenticity** (Annex E);
     - **Parent/Guardian Consent** for the student performer (Annex F);
     - **Adult Participant (Teacher) Consent** (Annex G).
3. **Safe Filming Practices**
   - Ensure the venue is safe and supervised.
   - No depiction of unsafe acts, physical aggression, or degrading behavior.
4. **Use of Materials**
   - Entries may be used in DepEd and I AM S.A.M. materials (Showcase, compilations, learning modules, and social media) in line with the consent forms and Data Privacy provisions.

For more detailed language and extracts, schools may refer to **Annex B – Data Privacy & Safeguarding Policy Extracts.**

IX. Overview of Part II – Schools as Second Homes Contest

(Pillar 2: PBCWMH as Daily Practice)

Part II of the PBCWMH program will also be a contest in the sense that school will receive a Role Model Citation. Over and above the recognition, schools, its head and all its stakeholders must focus of the life-changing and uplifting benefits this brings to the school community and country.

While Pillar 1 focuses on the duet performance, **Pillar 2 invites schools to imbibe and embed PBCWMH as a living practice in their daily life** as a Second Home, with teachers as Second Parents.

Over a set period, schools will be encouraged to:

- adopt simple, caring routines (daily greetings, affirmations, and reminders) that reflect the message of PBCWMH;
- place visible reminders around the campus (posters, bulletin boards, corner displays) that highlight kindness, anti-bullying, non-violence, and learner self-worth;
- organize class, homeroom, or guidance activities where teachers and students talk about what it means for the school to be a Second Home and for teachers to be Second Parents; and
- gather short videos or written reflections where teachers, students, and parents describe the impact of PBCWMH on their school climate.

Schools will later be invited to submit a simple documentation package (e.g., selected photos, short video clips or links, and a brief narrative report) as their entry to the Pillar 2 contest. Detailed mechanics, templates, and timelines for additional program components will be issued through DepEd channels and posted on the official **"I AM S.A.M. Foundation"** Facebook page.

Experience has shown that even strong education initiatives can sometimes remain one-time activities unless they are intentionally imbibed and embedded into the very "DNA" of school life. Pillar 2 is our joint and collective response: a practical, school-owned way to weave PBCWMH into daily routines and relationships, and to deepen efforts against bullying, violence in schools, and low self-worth, so that learners can feel safer, learn better, and build stronger futures.

X. Contacts

For questions on the **Teacher–Student Duet Challenge (Pillar 1)** and future details on the **Schools as Second Homes Contest (Pillar 2)**, schools may coordinate with:

- their **Division or Regional Office PBCWMH focal person**; and/or

- the **I AM S.A.M. Foundation Secretariat** through contact details provided in the DepEd advisory.

Soft copies of this Call for Entries, annexes, and official updates on the **PBCWMH** program will be made available through DepEd channels and on the official **"I AM S.A.M. Foundation"** Facebook page. All schools are requested to **LIKE and FOLLOW** the official page to stay updated.

XI. Annexes

For easy reference, the following annexes are attached:

A. For Reference (read-only materials)

- **Annex A:** *Please Be Careful With My Heart* – Official Educational Lyrics (Teacher–Student Version)
- **Annex B:** Data Privacy & Safeguarding Policy Extracts
- **Annex C:** Unified Judging Rubric (Regional & National Levels)
- **Annex D:** How Judges Should Score the PBCWMH Unified Rubric

B. Required Forms (must be accomplished and uploaded with the video)

- **Annex E:** School Head Attestation & Authenticity Form
- **Annex F:** Parental/Guardian Consent Form
- **Annex G:** Adult Participant (Teacher) Consent Form

PLEASE BE CAREFUL WITH MY HEART

Teacher-Student Duet Challenge

NATIONAL SHOWCASE: February 28, 2026

Chair: Jose Mari Chan

/IAMSAMFoundation

ANNEX E — SCHOOL HEAD ATTESTATION & AUTHENTICITY

School: _____ **Division:** _____ **Region:** _____
Teacher (Name & Position): _____
Learner (First name/initial only • Grade/Section): _____

A. Data Privacy & Child Protection Compliance (attestation)☐ We comply with **RA 10173 (Data Privacy Act)**, **DepEd DO 40 s.2012 (Child Protection)**, and **DO 125 s.2021** on secure handling and confidentiality.
☐ **Parent/Guardian Consent (Annex D)** and **Teacher Consent (Annex E)** are properly executed and **kept on file** by the school.

☐ No learner surnames or sensitive personal data appear in public outputs; only **authorized personnel** access stored files.
☐ This entry may be **stored and featured for education and advocacy** under the **"Schools as Second Homes"** campaign (e.g., IDE, National Children's Month, International Day of the Girl, World Teachers' Day) and may form part of the program's **historical archive**.

B. Educational Lyrics & Age-Appropriate Framing (attestation) ☐ We used the **Official Teacher–Student Educational Lyrics** (Annex A) and kept a strictly **age-appropriate, non-romanticized** teacher–learner framing throughout.

C. Authenticity & School-Based Production☐ The video was **conceptualized, rehearsed, and recorded by the teacher, learners, and school community** using school/personal equipment.
☐ **No professional production team** or external creative agency was engaged.

D. Entry Specifications (confirm)
☐ Final runtime **≤ 3:30**; clear audio/visual; filmed in a **safe school setting**.

☐ File is named as:
REGION_[CODE]_SCHOOL_[Name]_TEACHER_[Last]_LEARNER_[Initial].mp4

E. Pillar II: Schools as Second Homes, Teachers as Second Parents

PLEASE BE CAREFUL WITH MY HEART

Teacher-Student Duet Challenge

NATIONAL SHOWCASE: February 28, 2026

Chair: Jose Mari Chan

/IAMSAMFoundation

ANNEX F — PARENTAL / GUARDIAN CONSENT FORM

PLEASE BE CAREFUL WITH MY HEART Teacher–Student Duet Challenge 2025–2026

PARENTAL / GUARDIAN CONSENT FORM

I, _____, parent/guardian of _____, a student of _____ (School Name), grant permission for my child to participate in the *Please Be Careful With My Heart Teacher–Student Duet Challenge* organized by the Department of Education, the I AM S.A.M. Foundation, and BPW Manila Global Women.

I understand that:

- Participation is voluntary and for educational advocacy only.
- The video entry will be used for public awareness and not for commercial purposes.
- No student surname will appear publicly.
- The school and organizing bodies will handle all data in compliance with the **Data Privacy Act of 2012 (RA 10173)** and **DepEd Order No. 40 s. 2012 (Child Protection Policy).**

Parent/Guardian Name: _____

Signature: _____
Date: _____
Contact Number: _____

Footer Note:

Please return the signed copy to the school focal person for inclusion in the submission package.

PLEASE BE CAREFUL WITH MY HEART

Teacher-Student Duet Challenge

NATIONAL SHOWCASE: February 28, 2026

Chair: Jose Mari Chan

/IAMSAMFoundation

ANNEX G — Adult Participant Consent (Teacher)

Filename: Annex G – Teacher or Adult Participant Consent.docx

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ADULT PARTICIPANT CONSENT FORM (TEACHER)

I, _____, voluntarily participate as the teacher-performer in the *Please Be Careful With My Heart Teacher–Student Duet Challenge.*

I understand that:

- The duet promotes care, respect, and safety between teachers and learners.
- The recording will be used for educational advocacy, not for profit.
- All data will be handled in compliance with **RA 10173** and **DepEd Order 125 s. 2021.**

I affirm that my participation upholds the DepEd Code of Ethics for Professional Teachers and the I AM S.A.M. Protocol on Self-Worth and Abuse Prevention.

Teacher's Signature: _____

Date: _____

Footer Note:

Keep one copy on file at school; attach one copy to your digital entry.

☐ Our school **commits to playing, teaching, and singing** *"Please Be Careful With My Heart (Educational Version)"* as a **brief daily ritual** in homerooms/assemblies— together with focused and supplementary activities—to cultivate a safe, inclusive **second-home** culture.

Signatures

Teacher: _____ **Date:** _____

School Head: _____ **Date:** _____
Email/Mobile: _____