



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

05 November, 2020

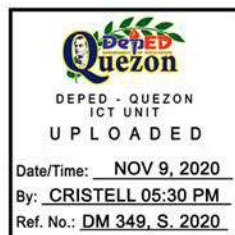
**DIVISION MEMORANDUM**  
DM No. 349, s. 2020

**OPLAN KALUSUGAN SA DEPED HEALTH CELEBRATION FOR  
THE MONTH OF NOVEMBER 2020**

**To: OIC - Assistant Schools Division Superintendents, CID and SGOD-Chiefs, Section/Unit Heads, Public Schools District Supervisors, Elementary and Secondary School Heads, District and School Health Coordinators, School Health Personnel and All Others Concerned**

1. This month of November, DepEd Quezon shall conduct a Monthly Health Celebration to foster awareness among school populace, especially this time of pandemic. Amid the COVID-19 health situation, the SGOD-School Health Section shall continuously provide knowledge, skills and positive attitude in the delivery of information and health services to our learners, teaching and non-teaching personnel in the schools and workplace.
2. All School Health Personnel shall take the lead in disseminating information in coordination with their Public Schools District Supervisors and School Heads by sending relevant Information Education Communication (IEC) Materials to School Health Coordinators through online platforms.
3. Attached hereto is the scheduled activities for the month of November and guidelines for the Drug Abuse Prevention and Control (DAPC) activities for your reference.
4. Immediate dissemination of this Memorandum is highly desired.

**ELIAS A. ALICAYA, JR, EdD**  
Assistant Schools Division Superintendent  
Officer-in-Charge  
Office of the Schools Division Superintendent



shsmtma/11/05/2020

DEPEDQUEZON-TM-SDS-04-009-003



*"Creating Possibilities, Inspiring Innovations"*

Address: Sitio Fori, Brgy. Talipan, Pagbilao, Quezon  
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**Schedule of Activities for the Month of October 2020**

Week	Activity for the Week	Person Responsible
Week 1	NDEP Webinar series of CO every 4pm  Video-demonstration on Alternative Medicine: Common Therapeutic Points	Team Leaders per Congressional District  Genesis Olarte
Week 2	Let's Talk: Diabetes and its Prevention	Princess Leni May Rejano Vivien Sayat
Week 3	Data Collection and Updating on Barkada Kontra Droga in all Secondary Schools	May Ann Candelaria
Week 4	Video Documentary Interview with BKD Awardees  Tiktok contest focusing Drug Abuse Prevention and Control	

Accomplishment report on this activities shall be included in the Individual Weekly Accomplishment Report (IWAR ) as to the number of participating pupils, teaching and non-teaching personnel together with its Newsletter report and other MOVs for submission to respective Congressional Team Leaders for consolidation.

**Guidelines on Drug Abuse Prevention and Control Month 2020: TIKTOK CHALLENGE**

**Theme: Drug Abuse Prevention and Control Amidst Pandemic**

1. Open to all learners of DepEd Quezon- Elementary, Junior High School and Senior High School in Solo, Duo or Group. No limit of entry per district.
2. Tiktok video running time should not be more than 60 seconds.
3. Any Tiktok video content is allowed but it must be relevant to the theme.
4. The Tiktok video entry that has the most number of SHARES and REACTIONS will be the winner.
5. Submission of entry will be until November 19, 2020, 11:59 pm. Please coordinate with your respective district nurses for the submission of your official entry.
6. Duration of Tiktok Challenge is from November 20, 2020 to November 29, 2020, 8:00 pm.
7. Your Tiktok video will be posted at NATIONAL DRUG EDUCATION PROGRAM-DEPED QUEZON page.

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8. For more information, you can contact Nurse Genesis E. Olarte (NDEP Focal Person) at CP 09615666155.
9. Announcement of winners will be posted on the page on November 30, 2020.
10. Winners will receive the following:

	Most Number of Reactions	Most Number of Shares
1 <sup>st</sup> Place	Cash Prize: P1000.00 and Certificate	Cash Prize: P1000.00 and Certificate
2 <sup>nd</sup> Place	Cash Prize: P750.00 and Certificate	Cash Prize: P750.00 and Certificate
3 <sup>rd</sup> Place	Cash Prize: P500.00 and Certificate	Cash Prize: P500.00 and Certificate

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Data Collection on BKD

## Updating Data on Barkada Kontra Droga

This form is intended to collect an updated information on the implementation of Barkada Kontra Droga in secondary schools of DepEd Quezon.

Rest assured that information will be treated with confidentiality.

\* Required

1. Email Address \*

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2. District \*

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3. Name of School \*

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4. School ID \*

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5. Name of NDEP (National Drug Education Program) Coordinator \*

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6. Contact Number \*

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7. Name of BKD (Barkada Kontra Droga) Coordinator \*

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## 8. Contact Number \*

Updating Data on  
Barkada Kontra  
Droga

This form is intended to collect an updated information on the implementation of Barkada Kontra Droga in secondary schools of DepEd Quezon.

Rest assured that information will be treated with confidentiality.

## 9. Do you have an existing BKD Group in your school? \*

*Mark only one oval.*

Yes

No

## 10. What year was BKD implemented in your school? (Write N/A if not applicable) \*

## 11. Do you have an existing NDEP/BKD Bulletin in you school? \*

*Mark only one oval.*

Yes

No

## 12. Do you have an existing BKD/NDEP Office or Kiosk? \*

*Mark only one oval.*

Yes

No

13. How many members does your BKD Group has? \*

Mark only one oval.

- below 20
- 20-29
- 30-39
- 40-49
- 50 and above
- N/A

14. What is your school's best practice in BKD implementation? (Write N/A if not applicable) \*

\_\_\_\_\_

15. Who are your active partners/stakeholders in drug abuse prevention and control programs? \*

Check all that apply.

- Philippine National Police (PNP)
- Rural Health Unit (RHU)
- Sangguniang Kabataan (SK)
- Local Government Unit (LGU)
- Parents Teachers Association (PTA)
- Private Sectors

Other:  \_\_\_\_\_

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