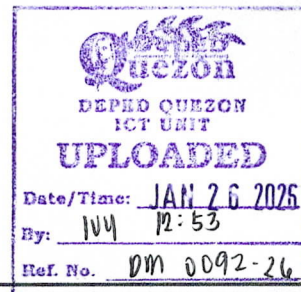




Republic of the Philippines
Department of Education
REGION IV-A - CALABARZON
SCHOOLS DIVISION OF QUEZON PROVINCE



22 January 2026

DIVISION MEMORANDUM

DM No. 0092, s. 2026

HEART MONTH CELEBRATION: BUILDING A CULTURE OF HEART HEALTH

To: Assistant Schools Division Superintendents
Division Chiefs
Section/ Unit Heads
Public Schools District Supervisors
Elementary and Secondary School Heads
School Health Personnel
SDO Personnel
All Others Concerned

1. Heart disease continues to be a significant public health concern in the Philippines, contributing to morbidity and mortality across all age groups. Promoting cardiovascular health awareness, prevention, and early detection is vital to improve the well-being of learners, personnel, and the community.
2. The **Heart Month Celebration** is anchored on **Presidential Proclamation No. 1096, s. 1973**, which declares **February of every year as Philippine Heart Month** to emphasize national awareness of heart disease and mobilize public health education and preventive actions.
3. The activity is also consistent with the **Department of Education's mandate to integrate health education and promotion in schools and learning environments**, as reflected in DepEd's inclusion of monthly health observances in its school calendar and program of activities, which serve to **support** the holistic development of learners' physical well-being alongside academic **growth**.
4. Through this celebration, this Office, **through** the SGOD School Health Section, reinforces its commitment to preventive health care, promotes a health-conscious workplace, school, and community, and supports government efforts to improve quality of life through heart health education. The following are the advocacy awareness to be conducted every Monday for the month of February 2026 at the Library Hub, SDO Talipan Pagbilao Quezon after each flag raising ceremony:

DEPEDQUEZON-TM-SDS-04-009-003



Address: Sitio Fori, Brgy. Talipan, Pagbilao, Quezon

Contact No.s: (042) 784-0366 | (042) 784-0164 |

(042) 784-0391 | (042) 784-0321

E-mail Address: quezon@deped.gov.ph

Website: <https://quezon.deped.gov.ph>



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Date	Topic to be Discuss	Resource Speaker
1. February 2	PHA PUSO MUNA Fit Heart Minute H2O@8 Photobooth	*Ma. Teresita M. Abella, RN *Dennis Fernando M. De Villa, RN *Paullyn Daim Train
2. February 9	Hands Only CPR Heart Attack VS. Stroke	*Rodante Dela Rosa, RN *Christine Rose Deocales, RN
3. February 16	Know your numbers Know your diet	*Aim V. Santander, RN *Alfrem Geneblazo, RN *Daimler Ace S. Alutang, RND
4. February 23	Zumba Deluxe Yogan 101	*Ma. Michelle Querubin, RN *Lavinia R. Cueto, RN

- All SDO personnel are encouraged to join and support this activity. On the first Friday of February, everyone is encouraged to wear red in support of **National Wear Red Day**, which symbolizes the heart and blood in the body and serves as a visual reminder to focus on cardiovascular health. For documentation, please use the hashtag **#DontMissABeatTakeCareOfIt**. Kindly share your photos and show your support on the **OK sa DepEd Quezon** Facebook page.
- In line with this, District Nurses are directed to initiate the conduct of the Heart Month Celebration in their respective areas of assignment and submit the feedback report through the provided link <https://tinyurl.com/2026HeartMonth> on or before **March 3, 2026**.
- Travel expenses of the Resource Speakers from the School Health Section at the Library Hub shall be charged against the Division/School MOOE, subject to existing accounting and auditing rules and regulations.
- For questions and concerns, please contact **Ma. Teresita M. Abella, RN**, I Heart U Project Focal Person and Officer-in-Charge of the School Health Section.
- Immediate and widest dissemination of this Memorandum is desired.


ROMMEL C. BAUTISTA, CESO V
Schools Division Superintendent

SHSMTMA/01/23/2026

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