



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

**DEPED - QUEZON**  
 ICT UNIT  
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 By: Enedra S. S. M.  
 Ref. no. DM 012, s. 2022

28 January 2022

**OFFICE MEMORANDUM**  
 OM No. 012, s. 2022

**2022 DIVISION HEALTHY HEART MONTH CELEBRATION**

**To** : OIC-Assistant Schools Division Superintendents  
 Division Chiefs  
 Section/Unit Heads  
 Division Office Personnel  
 School Health Personnel  
 All Others Concerned

This February, pursuant to Proclamation No. 1096 known as the **Philippine Heart Month Celebration**, the SGOD-School Health Section through the **I Heart U Project**, shall conduct a set of health and wellness activities, which includes the conduct of profiling, updating of individual health card, monitoring of the health status of SDO personnel, and other initiatives.

The said activities for the celebration are as follows:

Date	Activities	Person Involved
February 1-16, 2022	<ul style="list-style-type: none"> <li>• Profiling and updating of the Individual Health Card</li> <li>• Conduct of glucose, cholesterol, uric acid and blood testing</li> <li>• Blood pressure monitoring</li> <li>• Body Mass Index monitoring</li> <li>• IEC materials distribution (leaflets)</li> </ul>	SDO Personnel  (Please see attached schedule of screening per Section.)
February 14, 2022	<ul style="list-style-type: none"> <li>• Search for Mr. and Ms. Happy Heart 2022</li> </ul>	Open to all couples (in a relationship)
February 18, 2022	<ul style="list-style-type: none"> <li>• All personnel are requested to follow the dress code, dubbed as "Wear your Status"               <ul style="list-style-type: none"> <li>○ <b>Red-</b> In love/ in a relationship ("Pumapag-ibig")</li> <li>○ <b>Pink-</b> Flirting ("kay kras")</li> <li>○ <b>Yellow-</b> Happy single ("isa ngunit masaya")</li> <li>○ <b>Blue-</b> Hoping ("umaasa pa rin")</li> <li>○ <b>Black-</b> Broken-hearted ("sawi")</li> </ul> </li> </ul>	SDO Personnel

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*"Creating Possibilities, Inspiring Innovations"*

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	<ul style="list-style-type: none"><li>o <b>Gray-</b> Flimsy-hearted ("marupok")</li><li>o <b>Purple-</b> Moving on ("sa pag-ibig")</li><li>o <b>White-</b> No Boyfriend Since Birth/ No Girlfriend Since Birth (NBSB/NGSB) ("magkakar'o'n pa ba?")</li><li>o <b>Orange-</b> Searching ("hinahanap ang sarili")</li><li>o <b>Maroon-</b> "Walang label" ("na pag-ibig")</li><li>o <b>Green-</b> Bitter ("sa pag-ibig")</li></ul>	
February 22, 2022	<ul style="list-style-type: none"><li>• Capacity Building on OKD Program: Healthy Heart Month Advocacy Campaign (Please Be Careful With Your Heart; Choose Healthy Lifestyle Kapuso)</li><li>• Zoom link will be forwarded to the SDO Messenger group chat, at 8:00 a.m.</li></ul>	SDO Personnel Health Personnel
February 1-28, 2022	<ul style="list-style-type: none"><li>• Post It! [Your thoughts, and inspire others this Heart Month]<ul style="list-style-type: none"><li>o Love quotes</li><li>o Hugot lines</li><li>o Inspirational quotes</li><li>o Motivational quotes</li></ul></li></ul>	SDO Personnel

These activities shall strictly observe the minimum health and safety standards as required by the IATF and the Division Safety and Health Protocols in the workplace.

For further inquiries, please see Ma. Teresita M. Abella, Nurse-in-Charge/ I Heart U Project Focal Person, at the School Health Section, Talipan Pagbilao, Quezon.

Immediate dissemination of this Memorandum is desired.

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

shsmtma01/28/2022

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Enclosure to OM No. 012, s. 2022

**Schedule of Health Profiling/ Updating**

Date	Section/Unit	Number of Personnel
February 1, 2022	OSDS	4
	OASDS	6
	ICT	3
	Planning	5
	COA	3
February 2, 2022	Administrative Section	13
February 3, 2022	Personnel Section	19
February 4, 2022	GSS	16
February 7, 2022	Cashier	5
	Records	9
	Supply	12
February 8, 2022	Budget	5
	Legal	4
	Accounting	15
February 9, 2022	Accounting	15
	EFS	4
February 10, 2022	Accounting	15
	YFS	4
February 11, 2022	CID	17
February 14, 2022	LRM	7
February 15, 2022	SGOD	12
February 16, 2022	Health	4
	ALS	11

**Search for Mr. and Ms. Happy Heart Month 2022**

**Criteria:**

- The Search is open to all SDO personnel, male and female in a relationship (couples).
- Entry shall be submitted to the School Health Section, together with their happiest and sweetest picture (size 5R) on or before February 11, 2022, 11:30 a.m.
- Judging will be conducted by the selected Judges. Results are final and irrevocable.

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- A token of appreciation will be given to the winning couple, sponsored by the School Health Section.
- The winning couple shall be recognized as the "2022 Mr. & Ms. Happy Heart Month".

**Post It!**

**Mechanics:**

- All SDO personnel are encouraged to share their thoughts and feelings as we celebrate the Heart Month this February.
- The hugot lines, inspirational and motivational quotes shall be posted on the designated freedom wall at the School Health Section.
- As part of mental health advocacy, the best entry/ies will be chosen.

-Nothing follows.-

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