



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

27 July 2021

OFFICE MEMORANDUM
OM No. 043, s. 2021

**PROJECT LinK: TIMBANG MO, SURIIN KO... HEALTHY LIFESTYLE ISUSULONG TUNGO SA
MALUSOG NA KAWANI NG DEPED QUEZON**

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


In reference to Division Memorandum No. 457, s. 2021 entitled **2021 Nutrition Month Celebration** with this year's theme *Malnutrisyon Patuloy na Labanan, First 1000 Days Tutukan!*, this Office shall conduct a relevant activity to monitor the nutritional status of personnel in the workplace on July 29, 2021 at 8:30 a.m. to 3:00 p.m. at the School Health Section.

The activity calls for continued efforts to increase awareness on the importance of proper nutrition and address malnutrition in the country, especially in times of COVID-19 pandemic.

It also aims to gain the Body Mass Index (BMI) of every Division Personnel to promote awareness and planning to maintain normal Nutritional Status.

Division Office personnel are advised to proceed at the School Health Section for height and weight measurement by Section following strict adherence on safety and health protocols.

Immediate dissemination of this Memorandum is desired.


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

shsmtma07/27/2021

DEPEDQUEZON-TM-SDS-04-010-004



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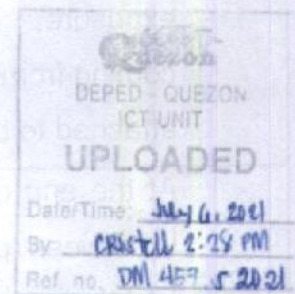
Republic of the Philippines
Department of Education
Region IV-A
SCHOOLS DIVISION OF QUEZON PROVINCE

5 July 2021

DIVISION MEMORANDUM
DM No. 457, s. 2021

2021 NUTRITION MONTH CELEBRATION

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



1. This month of July, DepEd Quezon will celebrate the **2021 Nutrition Month** with this year's theme: *"Malnutrisyon Patuloy na Labanan, First 1000 Days Tutukan!"* The activity calls for continued efforts to increase awareness on the importance of proper nutrition and address malnutrition in the country, especially in times of COVID-19 pandemic.
2. The 2021 Nutrition Month Celebration shall emphasize the importance of good nutrition during the first 1000 days of the child's life as the strategic intervention to prevent stunting and obesity.
3. The Department of Education (DepEd) encourages all learners, officials, and other stakeholders, including parents, to actively participate in this celebration.
4. Attached hereto is the DepEd Memorandum No. 035, s. 2021 and the Regional Memorandum No. 292, s. 2021 entitled **2021 Nutrition Month Celebration** for reference.
5. Suggested activities, key messages, references and resources related to the celebration may be accessed through:
 - a. bit.ly/2021nutrimonth
 - b. bit.ly/NUTRITIONMONTH2021
6. The documentation (written report with pictures) on the highlights of the celebration at the district and school levels shall be incorporated in the consolidated **OK sa DepEd progress and**

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accomplishment reports for submission by the Division health and nutrition personnel to the Regional Office.

7. Immediate dissemination of and strict compliance to this Memorandum is highly desired.

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

shsmtma/07/05/2021

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Republic of the Philippines
Department of Education

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Quezon

SDS OFFICE

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Date/Time: 07 JUL 2021
By: [Signature]
30 JUN 2021

DepEd MEMORANDUM
No. **035**, s. 2021

2021 NUTRITION MONTH CELEBRATION

- To: Undersecretaries
Assistant Secretaries
Minister, Basic, Higher, and Technical Education, BARMM
Bureau and Service Directors
Regional Directors
Schools Division Superintendents
Public and Private Elementary and Secondary School Heads
All Others Concerned

Quezon

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Date/Time: July 1, 2021
By: CRISTINA 8:45 AM

1. The Department of Education (DepEd) enjoins all learners, teaching and nonteaching personnel, officials, and other stakeholders, including parents to participate in the **2021 Nutrition Month Celebration** this July. This celebration is led by the National Nutrition Council (NNC), the country's highest policy making body and coordinating agency on nutrition.
2. The theme of the campaign for this year, *Malnutrisyon patuloy na labanan*, First 1000 days *tutukan!*, calls for continued efforts to address malnutrition in the country which is expected to worsen as a result of the pandemic and limited resources for nutrition. It emphasizes the importance of good nutrition during the first 1000 days of the child's life as the strategic intervention to prevent stunting and obesity.
3. The celebration aims to
 - a. raise awareness on the importance of the first 1000 days as a **golden window of opportunity** for a comprehensive package of nutrition and related interventions, to achieve significant reduction in under and overnutrition while contributing to optimal child development; and
 - b. advocate for interventions and services in the first 1000 days as mandated by Republic Act No. 11148 or the *Kalusugan at Nutrisyon ng Mag-Nanay* Act of 2018.
4. All DepEd offices and schools are enjoined to participate in meaningful undertakings, which will highlight the importance of good nutrition in addressing stunting and obesity through focusing on the First 1000 days among children while improving resistance against diseases in times of pandemic. DepEd offices may also conceptualize creative activities for learners and their families utilizing online and other platforms. It is reiterated that such activities after July 10, 2021 are no longer part of the school calendar per DepEd Order No. 012, s. 2021 titled, **Amendment to DepEd Order No. 030, s. 2020 (Amendment to DepEd Order No. 007, s. 2020, School Calendar and Activities for SY 2020-2021)**.

5. At the national level, the Bureau of Learner Support Services-School Health Division (BLSS-SHD) and the Public Affairs Service (PAS) are tasked to launch online activities in DepEd social media platforms in support of the campaign.
6. Key messages, references, and resources related to the celebration may be accessed at the National Nutrition Council's official website www.nnc.gov.ph. Resources that will be developed by the BLSS-SHD and PAS may be accessed at <https://bit.ly/2021nutrimonth>.
7. The report and pictorials on the highlights of the celebration of the Nutrition Month at the regional and division levels shall be incorporated in the consolidated *OK sa DepEd* progress and accomplishment reports for submission by the regional health and nutrition personnel to the BLSS-SHD. The same can be sent to NNC regional offices.
8. While July is designated as Nutrition Month, actions to achieve the objectives of the celebration are expected to be sustained throughout the year.
9. For more information, please contact the **Bureau of Learner Support Services-School Health Division**, 3rd Floor, Mabini Building, DepEd Central Office, DepEd Complex, Meralco Avenue, Pasig City through email at blss.shd@deped.gov.ph or at telephone number (02) 8632-9935.
10. Immediate dissemination of this Memorandum is desired.


LEONOR MAGTOLIS BRIONES
Secretary

References:

DepEd Memorandum No. 082, s. 2019
DepEd Order No.: (030, s. 2020)

To be indicated in the Perpetual Index
under the following subjects

CELEBRATIONS AND FESTIVALS
EMPLOYEES
LEARNERS
PROGRAMS
SCHOOLS
TEACHERS

