



Republic of the Philippines  
**Department of Education**  
SOCCSKSARGEN REGION

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September 19, 2022

REGION MEMORANDUM  
ESSD No. 134, s 2022

**CONDUCT OF ONE HEALTH WEEK SY 2022-2023**

To: Schools Division Superintendents

1. The highlight of OK sa DepEd is the One Health Week providing health and nutrition services to learners and personnel. OK sa DepEd shall be conducted every second week of July to emphasize the importance of health and nutrition services in achieving the learners' full educational potential and supporting the personnel's productivity.
2. Pursuant to OUGFO No. 2022-03-024 entitled Strengthening School Health Support for SY 2022-2023, this is in view of the upcoming resumption of face to face and the "new normal" set up, Annex A provides the Overview of Ok sa DepEd Activities.
3. Likewise, with reference to OUGFO No. 2022-03-0158 entitled National Kick Off of Oplan Kalusugan Sa DepEd (Ok sa DepEd) and Launch of Healthy Learning Institutions (HLI), all Division Medical Officer and Nurse in charge are directed to submit consolidated best practices of the **Ok sa DepEd** Flagship Program, issues and concerns encountered, recommendations and findings during the monitoring and inspection of health and safety preparations for the opening of classes on or before September 23, 2022.
4. The regional office and the SDOs shall prepare a set of health activities featuring, but not limited to, the five major DepEd school health programs which the schools can use as guide/reference in planning their OK sa DepEd activities for their learners.
5. The schools shall finalize the daily health and nutrition activities to be conducted during the week-long celebration. These shall be incorporated in the school's Action Plan for OK sa DepEd. Following are some suggested activities:
  - 5.1 School level orientation of parents, communities, partners, and other stakeholders on different school health and nutrition programs including important policies and guidelines;



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- 5.2 Conduct of school health service activities such as medical and dental examination and treatment, referral, deworming, vision and auditory screening, height- and weight-taking and nutritional assessment;
  - 5.3 Conduct of other school-based and age-appropriate services such as immunization, counseling, and other screening services in collaboration with partners;
  - 5.4 Launching of age-appropriate health and hygiene practices such as individual and group daily handwashing and tooth brushing activities, food hygiene, personal hygiene, and menstrual hygiene management;
  - 5.5 Rapid classroom inspection, conduct of daily cleaning and the needed repair or maintenance;
  - 5.6 Kick-off activity of the School-Based Feeding Program and Gulayan sa Paaralair,
  - 5.7 Exhibits/ forums on the National Drug Education Program, Adolescent Reproductive Health Education, Mental Health, and Tobacco Control; and
  - 5.8 Open house of canteens featuring healthy food and beverage choices.
6. The health services and interventions started during the One Health Week shall be continued by the schools within the school year in coordination with the SDO Health Personnel and their partners. The Gantt Chart or timeline of the said activities shall be reflected in the Action Plan for OK sa DepEd.
7. Health and nutrition related activities related to the five major school health and nutrition, and other supporting programs may include:
- 7.1 Health and nutrition services – school-based feeding, treatment of common illness, screening and assessments, establishing referral to public or private health facilities and services, training of teachers and other DepEd staff on first aid and basic services provision
  - 7.2 Curriculum Integration/Co-curricular activities – developing lesson plans integrating school health and nutrition concepts, campaigns and school fairs based on national and global celebrations such as nutrition month, oral health month, support child-led activities
  - 7.3 Structural/Facilities Development or Improvement – construction or maintenance of WASH facilities, canteens or food preparation areas, and access for children with disabilities
  - 7.4 Advocacy activities – Health- and nutrition-related observances and celebrations, especially those included in DepEd’s school calendar, shall be incorporated in the timeline of activities.
8. At the Division level, the focal person for OK sa DepEd shall lead the creation of a deployment plan for health personnel to strategize the efficient delivery of health



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and nutrition services to the schools in the Division, subject to the approval of the Chief of the School Governance and Operations Division (SGOD) and the Schools Division Superintendent (SDS).

9. Funds for the Conduct of One Health Week and Ok sa DepEd Activities will be downloaded to each Division, subject to the usual accounting and auditing rules and regulations.

10. For further details, all concerned may contact Dr. Kay Kashmyra C. Buenaflore thru (083) 228-1667.

11. For immediate dissemination and compliance.

  
**CARLITO D. ROCAFORT**  
Director IV

Enclosure: None

Reference: OUGFO No. 2022-03-024; OUGFO No. 2022-03-0158

Allotment: OSEC-12-22-4636

To be indicated in the Perpetual Index under the following Subjects:

ACTIVITIES      HEALTH      SCHOOL HEALTH

KKCB/RM/ESSD-SHS/CONDUCT OF ONE HEALTH WEEK SY 2022-2023/116/SEPTEMBER 19, 2022

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