





DEPARTMENT OF EDUCATION  
Region X  
DIVISION OF MISAMIS ORIENTAL  
Cagayan de Oro City



**DIVISION ADVISORY**

TO : All PS District Supervisors  
All Secondary School Administrators

FROM :  **CHERRY MAE L. LIMBACO, Ph.D., CESO V**  
Schools Division Superintendent 

DATE: June 29, 2015

RE : **“WELLNESS CAMPUS NATIONAL DANCE CONTEST”**

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1. Per Regional Advisory dated June 17, 2015, an advocacy to Fitness and Wellness Program, the Wellness Campus of Nestle Philippines, Inc. in partnership with GREATFIL Team Inc. and this Office shall hold the WELLNESS CAMPUS NATIONAL DANCE CONTEST for Secondary Public School Students Only on selected regions (NCR, Regions 3, 4-A, 5, 7, & 10).
2. The objective of this project is to create awareness on wellness and the balance physical fitness and good nutrition among high school students following the dictum “sound mind in a sound body” through this national undertaking.
3. For better understanding on the mechanics of this activity, attached is the Contest Guidelines for information and guidance.
4. Interested parties shall coordinate with this Office through **JOHNNY D. REDONDO**, EPS on Arts, Physical Education and Health.
5. Immediate dissemination of this Advisory is desired.

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## **ANNEX "A"**

### **2015 Wellness Campus Program Mechanics**

#### **Program Background:**

After the successful implementation of the 2014 Wellness Campus Program in four (4) regions namely; National Capital Region, Region III-Central Luzon, Region IVA-CALABARZON, Region V- Bicol, participated in by about 2.4 million students in 2,201 public high schools, the 2015 Wellness Campus will add and reach out to two (2) more regions in Visayas and Mindanao.

This year, the 2015 Wellness Campus Program (the "Program") will be held in seven (7) key regions namely: NCR, Region 4A-CALABARZON, Region 5-BICOL REGION, Region 3-CENTRAL LUZON, Region 1-ILOCOS REGION, Region 7-CENTRAL VISAYAS, and Region 10- NORTHERN MINDANAO. The Program this year will reach unprecedented heights and will be much bigger with 3,884 public high schools covering more than 3.5 million student-participants. With such large number of participants and its positive impact to the community as a whole, the Program aims to continue to develop the wellness lifestyle mindset among high school students through habit formation. The 2015 Wellness Campus implementation will be in two parts, namely:

#### **A. 2015 WELLNESS CAMPUS DANCERCISE AND NUTRITION EDUCATION FOR ALL COVERED SCHOOLS.**

1. The 2015 Nestle Wellness Campus (Program) is a JOINT PROJECT of the Department of Education and Nestle Philippines, Inc. (NPI), through GreatFil Team, Inc., and will be implemented in seven (7) key regions namely; NCR, Region 4A-CALABARZON, Region 5-BICOL REGION, Region 3-CENTRAL LUZON, Region 1-ILOCOS REGION, Region 7-CENTRAL VISAYAS, and Region 10- NORTHERN MINDANAO.
2. The Program will run from 01 July 2015 until 30 November 2015 and will be implemented in all public high schools under the Department of Education in the above-mentioned regions based on the total number of schools listed.
3. All participating students must fill up a Waiver and Parental Consent form, and Nutrition & Lifestyle Questionnaire which must be submitted to their respective school divisions. The form may also be downloaded from the Nestle Wellness website at [www.choosewellness.com](http://www.choosewellness.com). After accomplishing the form, the student must e-mail a photocopy or scanned copy to Greatfil Team, Inc. at

[greatfilteam@yahoo.com](mailto:greatfilteam@yahoo.com) or [greatfilteam.inc@gmail.com](mailto:greatfilteam.inc@gmail.com) on or before 15 July 2015.

4. The Program will be implemented by the DepEd and NPI, through GTI, in close coordination with the DepEd's MAPEH Division Supervisors who will ensure that the Program will be implemented in all the schools in their respective divisions. The MAPEH Division Supervisors will be the contact persons in their respective divisions.
5. All participating schools may download the new Wellness Music and Wellness Dancercise video at [www.choosewellness.com](http://www.choosewellness.com) website, or they can get copies of the video from their respective MAPEH Division Supervisors.
6. The Wellness Music and Dancercise will be the required music and exercise activity during the flag raising ceremonies of the covered schools. It is also encouraged that the music and dancercise will be used also as warm up exercise during PE classes.
7. The Program Organizer, GTI, will provide copies of the program mechanics to all covered DepEd regional offices, Division Superintendents and MAPEH Division Supervisors in said regions. The MAPEH Division Supervisors will be in-charge of cascading the program mechanics to all the school principals and MAPEH School Coordinators in their respective divisions.
8. GTI will cascade the program mechanics per region together with a representative from NPI who will also cascade the Nutrition modules to all MAPEH Division Supervisors. All MAPEH Division Supervisors are encouraged to participate in the cascade to have a clear understanding of the Program and to effectively cascade the nutrition training modules to all MAPEH School Coordinators. It is encouraged that MAPEH School Coordinators should monitor the implementation of the five (5) nutrition modules on a monthly basis in the PE classes.
9. NPI, through GTI, will provide copies of the nutrition video to both MAPEH Division Supervisors and MAPEH School Coordinators. It is highly encouraged that this will be integrated in the MAPEH curriculum, subject to DepEd rules and regulations.
10. All collateral materials such as posters, streamers, registration forms etc. will be delivered to the school division offices in coordination with the MAPEH Division Supervisors who will also take care of the distribution of all the materials to the different schools in their respective divisions.
11. Prior to the launch and at the end of the program NPI will conduct an evaluation and interview about the program in selected schools in all (7) regions. The

regional coordinator will be the one to select the schools based on NPI requirements.

## **B. 2015 WELLNESS CAMPUS NATIONAL DANCE CONTEST**

12. The 2015 Wellness Campus is also about encouraging the school to deliver its potential in terms of best performance and program execution and to provide a venue for the students to showcase and express their talents and gain self-confidence in the process through exposure. The covered schools who may want to participate in the contest shall strictly comply with the following mechanics.

11.1 The 2015 Wellness Campus Dancercise Competition is a contest open only to the interested schools in the high school divisions in the seven (7) pre-selected regions. All interested schools must fill up the contest registration form and submit to their respective MAPEH Division Supervisors who will also submit the form to Greatfil Team, Inc. representative not later than 30 July 2015.

11.2 To qualify for the contest, the school must have implemented the Wellness Campus Dancercise during the flag raising ceremonies, and the five (5) nutrition modules in their PE classes. The MAPEH Division Supervisors together with the GTI representative will validate the implementation before the school can be considered officially qualified to join the contest.

11.3 The contest will have a three levels of competition, namely:

- A. Division Level
- B. Regional Level
- C. National Level

A. **DIVISION LEVEL** – The MAPEH division supervisor will select the division winner based on how the program was being implemented in the school and based on the performance of the best fifty (50) students who will dance their own interpretation of the Wellness Dancercise using a remix Wellness Song during the division showdown that will be conducted by the respective Mapeh Division Supervisor. The criteria will be as follows:

- i. School should executed the program to all grade levels (7-10).

- a. Integrated the (5) nutrition modules in MAPEH Class
- b. Used the Wellness Song and Dance steps as warm up exercise during flag raising ceremony and PE class

ii. Division showdown

Synchronization of movements	25%
Creativity (Props, Formation, Costumes)	25%
Choreography	25%
Showmanship & Audience Impact	25%
<b>TOTAL</b>	<b>100%</b>

There will be one (1) winner per school division. The best school in the division will receive a cash prize of **Twenty Thousand Pesos (Ps. 20,000.00)** as support to the school's nutrition feeding program. A team from NPI and/or Greatfil Team, Inc. will visit the winning school in each division to witness their actual performance, check on the nutrition module implementation and award the prize.

The Mapeh division supervisor may create its own criteria for the Division Showdown to ensure success of the program in her/his division.

The winner in each division will represent the division to the 2015 Wellness Campus Regional Showdown.

- B. **REGIONAL LEVEL** - The regional level of competition will not only be a forum to showcase skills and talent, but a venue for fellowship, camaraderie and opportunity to meet new friends. The regional wellness showdown is a gathering of the champion schools from each division. A school/division team must be composed of a maximum of 50 students no more no less. During the Wellness Showdown, the team must perform their own dance interpretation using the new version of the Wellness Song provided. Time allotment for the performance per team is a maximum of five (5) minutes including entrance and exit. The timer will start on the first movement of the dancer/dancers. Corresponding points will be deducted if a team will exceed the

time allotted. During the Wellness showdown the team may wear their own costume preferably dominantly yellow with an accent of white, blue and other colors the schools may deem appropriate. Schools may use appropriate props. All performers must avoid the use of Nestle logo or logos and brand names of Nestle products or any product or brand for that matter.

The criteria for judging will be as follows:

Synchronization of movements	25%
Creativity (Props, Formation, Costumes)	25%
Choreography	25%
Showmanship & Audience Impact	25%
<b>TOTAL</b>	<b>100%</b>

The venues and dates (subject to change upon notice) for the regional showdown will be as follows:

<u>Region</u>	<u>Venue</u>	<u>Date</u>
NCR	Cuneta Astrodome, Pasay City	15 Sept. 2015
Region III	Malolos Bulacan	18 Sept. 2015
Region I	Dagupan City	21 Sept. 2015
Region IVA	Laguna	25 Sept. 2015
Region V	Naga City	30 Sept. 2015
Region VII	Cebu City	5 Oct. 2015
Region X	Cagayan de Oro City	9 Oct. 2015

The top three (3) winners per region will receive the following cash prizes in support of the schools' Health and Wellness Program.

- Champion - Ps. 50,000.00 plus trophy
- 2<sup>nd</sup> Place - Ps. 25,000.00 plus trophy
- 3<sup>rd</sup> Place - Ps. 15,000.00 plus trophy

Only the champion school will represent the region to the national level competition.

C. **NATIONAL LEVEL** - the national level of the competition will be about the regional teamwork and selection of the best dance interpretation via on-line voting. To determine the National winners, the champion school per region must submit a maximum of 3 minute music video to Greatfil Team/Nestle Philippines following the guidelines below:

- a. The team that performed during the regional showdown must be seen in the music video.
- b. Using the new version of the Wellness Song, the school musical video should also emphasize the theme breakfast and the rendition should not be limited to dance only.
- c. The school team will be allowed to use other uniforms or costumes including the uniforms they used during the regional showdown.

All videos must be submitted to GTI/NPI by mail or courier on or before 30 October 2015. Videos submitted by the National qualifiers will be uploaded by NPI in the Nestle Wellness website at [www.choosewellness.com.ph](http://www.choosewellness.com.ph) on the same date. NPI will inform all the National qualifiers on the date and time when the official voting will commence and the official cut-off date and time of the official voting. Voting period will be for a 2-week period only. A separate mechanics for the on-line voting will be given separately to all the national qualifiers.

A group of judges composed of representatives from the FDA, NPI, and/or GTI will determine the national winners based on the on-line votes. Whoever will get the highest votes on-line shall be declared the winner.

The top three national winners will receive the following cash prizes as support to the schools' Health and Wellness program and the regions' nutrition program.

**Winning Schools:**

- |                   |  |
|-------------------|--|
| National Champion | - P200,000.00 plus trophy and will be featured on TV |
| Second Place      | - P150,000.00 plus trophy                            |
| Third Place       | - P100,000.00 plus trophy                            |

**Winning Regions:**

- |                   |               |
|-------------------|---------------|
| National Champion | - P 50,000.00 |
| Second Place      | - P 30,000.00 |
| Third Place       | - P 20,000.00 |

The following representatives from the top three National winners are highly encouraged to attend the awarding ceremonies:

1. Regional Director
2. Division Superintendent
3. MAPEH Division Supervisor
4. School Principal
5. MAPEH School Coordinator

Awarding venue, date and time will be announced at the proper time to the national winners. All expenses of the national winners in going to the awarding venue and expenses in going back will be shouldered by Nestle Philippines, Inc.

- 11.4 To ensure the safety of our student participants, pyramid building, any form of throwing and stunts or moves that are risky are strictly prohibited at all levels of the competition. The use of Nestle logo and its bands in any materials, costumes and props, or any brand or logo, is also prohibited. Any violation to this guideline will be subject to disqualification from the contest.
13. The decision of judges will be final and are not subject to any protest and appeal.
13. GreatFil Team, Inc. has the absolute right to change the mechanics to ensure the successful and orderly implementation of the Program.