

REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF EDUCATION
CORDILLERA ADMINISTRATIVE REGION
DIVISION OF BAGUIO CITY

DOED DIVISION OF BAGUIO CITY
JUL 18 2017
RELEASED
mhj

DIVISION MEMORANDUM

No. 180 s. 2017

TO : Public Secondary School Heads (Junior High School)

FROM: FEDERICO P. MARTIN, Ed.D. CESO IV
Schools Division Superintendent

Subject: Nutrition Month's On The Spot Poster Making Contest

Date: July 17, 2017

1. The Department of Health-CAR will be hosting a poster making contest in celebration of the National Nutrition Month which aims to raise awareness on making the right choices of food and to promote healthy diets to contribute to the reduction of overweight, obesity and non-communicable diseases.
2. In line with this, one (1) contestant is invited to represent each school (Junior High School) for the Nutrition Month on the Spot Making Contest on **July 28, 2017, from 1:00 pm – 5:00 pm at the DOH-CAR Regional Training Center**. The poster should be based on this year's theme, "*Healthy Diet, Gawing Habit for Life*".
3. Snacks and materials to be used in the contest will be provided by DOH-CAR.
4. Prizes and certificates will be given to the winners.
5. Please submit name of contestants on or before July 25, 2017 to Ms. Ruthanna S. Uy, HEPO II at DOH-CAR Health Promotion Section or email at hepodohcar@gmail.com.
6. Your participation is enjoined.



REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF HEALTH
Cordillera Administrative Regional Office



BGHMC Compound, Baguio City 2600
Tel/Fax Nos: (074) 4426096 to 98 website: www.caro.doh.gov.ph

July 13, 2017

FEDERICO P. MARTIN, Ed. D., CESO IV
School Division Superintendent
Department of Education – Baguio City Division
82 Military Cut-Off Road, Baguio City

Dear Dr. Martin,

Greetings!

The Department of Health-CAR will be hosting a poster making contest in celebration of the National Nutrition Month. The celebration aims to raise awareness on making the right choices of food and to promote healthy diets to contribute to the reduction of overweight, obesity and non-communicable diseases.

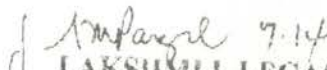
In line with this, may we invite one contestant (Junior High School) to represent each school for the Nutrition Month on the Spot Poster Making Contest on July 28, 2017, from 1:00PM to 5:00PM at DOH-CAR Regional Training Center. The poster should be based on this year's theme, "Healthy Diet, Gawing Habit for Life!"

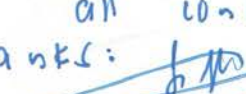
Snacks and materials to be used in the contest will be provided by DOH-CAR. Prizes and certificates will be given to the winners.

Please submit name of contestants on or before July 25, 2017 to Ms. Ruthanna S. Uy, HEPO II at DOH-CAR Health Promotion Section or email at hepodohcar@gmail.com.

We look forward to your continuous support.

Truly Yours,


LAKSHMI I. LEGASPI, MD, RN, MAN
Director IV

To: Health and Nutrition
Unit Head/In-charge
For: Information, guidance,
and dissemination to
all concerned
Thanks: 

ALL FOR HEALTH
TOWARDS
HEALTH FOR ALL



The round metal gong of the Cordillera known locally as "ganga" is a symbol of the upland people's culture that has been passed on from generations to another.
The profile of a person blowing a "tinggyub" represents a community being called for an important matter or action.
The lines that shape the mountains, the rice terraces, clouds and rivers symbolize the connectivity and flow of human interaction in a geographic area such as the Cordillera.
All the symbols combined represent unity and harmony of its people with culture and environment in booting the gong for self determination.