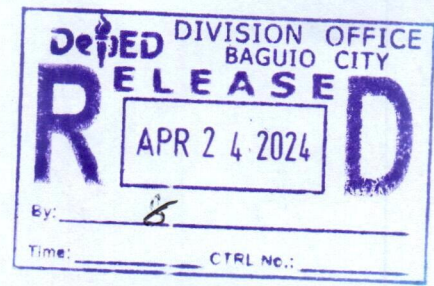




Republic of the Philippines
Department of Education
Cordillera Administrative Region
SCHOOLS DIVISION OF BAGUIO CITY



ADVISORY NO. 023-2024

April 24, 2024

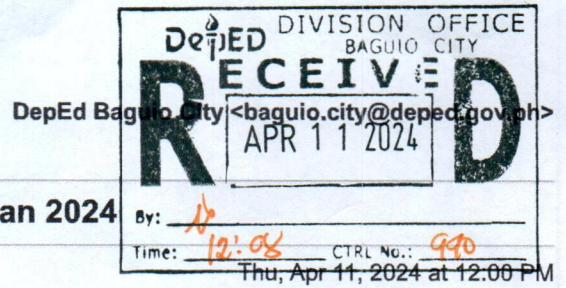
In compliance with DepEd Order No. 8, s. 2013
this advisory is issued not for endorsement per DO 28, s. 2001
but only for the information of DepEd Officials, personnel, staff, as well as the
concerned public. (visit www.deped.gov.ph)

COPE CARAVAN 2024

The COPE UP will be holding COPE Caravan, which features a series of events forwarding the organization's advocacies as well as providing students with healthier ways to cope with the stress of life. Going by the title "Embracing Diversity, Fostering A Community: A Bridge to Mental Health Inclusivity". One of the events will be an **Infographic-making Competition** which aims to provide an avenue for senior high school students to unleash their creativity while writing and researching a relevant topic in line with the organization's advocacy of mental health awareness.

Enclosed are the details of the events for your reference and information. Participation and expenses on the said activity is personal and voluntary, and shall be subjected to the "no-disruption-of classes" policy stipulated in DepEd Order No. 9, s. 2005, titled "Instituting Measures to Increase Engaged Time-On-Task and Ensuring Compliance Therewith".

For more queries, contact directly Mr. Joshua Klyde R. Ebedo, Communications Subcommittee, COPE Caravan 2024.



Request for a DepEd Division Advisory for COPE Caravan 2024

COPE Caravan <cope.caravan@gmail.com>
To: baguio.city@deped.gov.ph

April 11, 2024

Greetings from COPE UP!

COPE UP is a non-profit, non-partisan, and non-sectarian mental health organization based at the University of the Philippines Diliman. As the premier mental health organization in the university, COPE UP's advocacies include raising mental health awareness, destigmatizing mental illnesses, and providing a sound environment for individuals experiencing mental health disorders, problems, and other mental health-related challenges.

This semester, COPE UP will be holding COPE Caravan, which features a series of events forwarding the organization's advocacies as well as providing students with healthier ways to cope with the stresses of life. Going by the title Embracing Diversity, Fostering A Community: A Bridge to Mental Health Inclusivity, the month-long celebration aims to highlight the importance of bridging the gap in access to mental health services, especially with the Filipino communities through a series of events ranging from competitions, advocacy booths, roundtable discussion, and other exciting and informative activities.

One of the events will be an infographic-making competition, which aims to provide an avenue for senior high school students to unleash their creativity while writing and researching a relevant topic in line with the organization's advocacy of mental health awareness. Not only will the students have the opportunity to apply their talents and skills within contemporary social contexts, but they will also have the chance to win cash prizes, along with other tentative incentives.

In line with this, COPE UP humbly requests your office to grant an issuance of a DepEd Division Advisory for immediate information dissemination to the schools within your division. Attached to this email are the following:

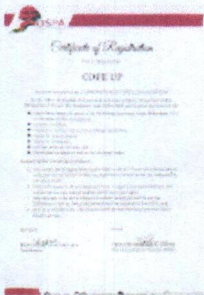
- Certificate of Recognition
• COPE Caravan 2024 Primer
• Cover Letter

Thank you very much and we look forward to your favorable response regarding this matter!

Best regards,

Joshua Klyde R. Ebedo
Communications Subcommittee
COPE Caravan 2024

3 attachments



[COPE UP] Certificate of Registration_1.jpg
337K

COPE Caravan 2024 Primer.pdf
1599K

Cover Letter (Baguio City Division).pdf
246K

Certificate of Registration

This certifies that the

COPE UP

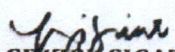
has been accredited as a UNIVERSITY REGISTERED ORGANIZATION by the Office of Student Projects and Activities (OSPA), University of the Philippines Diliman, for Academic Year 2022-2023 and is given permission to:

- use/attach/annex the name of the University (University of the Philippines, U.P.) to the name of the organization;
- conduct activities;
- request to use any University or College facility/ies;
- apply for project grants;
- apply for tambayan;
- partner with any UP unit; and
- participate in activities led by the University units.

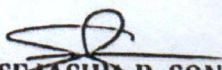
Subject to the following conditions:


1. this certificate of registration is valid only for the AY/Semester indicated above and until the end of the student org registration period for the 1st Semester for AY 2023-2024;
2. that entitlement to all privileges accorded to registered organizations is still subject to the rules and guidelines set for such privileges;
3. that changes in the list of officers, members, faculty adviser/s and the Constitution and By-laws shall immediately be reported to the OSPA; and
4. that all activities of the organization must be approved and endorsed by its faculty adviser.

Certified:



PROF. CRIZEL SICAT-DE LAZA
Coordinator

Noted:


PROF. LOUISE JASID R. SONIDO
Vice Chancellor for Student Affairs



EMBRACING
DIVERSITY,
FOSTERING A
COMMUNITY
A Bridge to Mental Health Inclusivity
COPE Caravan 2024



About the Organization

COPE UP is a non-profit, non-sectarian, university-wide recognized organization that advocated raising mental health awareness, destigmatizing mental health illnesses, and providing a sound environment for individuals experiencing mental health disorders, problems, and other mental-health related challenges inside and outside the University of the Philippines.

About COPE Caravan

Started in 2022, COPE Caravan is a month-long event composed of different programs in line with the organization's advocacy of promoting mental health awareness within the university, as well as providing students with techniques that can help them in coping with stressful situations.

Last 2023, COPE Caravan went by the overall theme Places, Spaces, and their Relationship with Mental Health, highlighting the importance of spaces and people's perception of them with respect to mental health. Beyond the influence of the physical environment, COPE Caravan 2023 also touched on how the social environment can affect people's mental health through the events that will be spearheaded this year.

This 2024, COPE Caravan will go with the overall theme **Embracing Diversity, Fostering A Community: A Bridge to Mental Health Inclusivity** highlighting the importance to bridge the gap in mental health services and access. In the Philippines, there is a significant disparity in mental health care between urban and rural areas. This theme focuses on making mental health services more accessible and equitable for all, regardless of location or socio-economic status. Furthermore, this theme highlights how mental health is deeply connected to community support and social bonds as it encourages the building of supportive communities where individuals feel safe and understood. It also emphasizes the role of families, friends, and neighbors in promoting mental well-being and helping those in distress.

List of Events

This year's COPE Caravan will be comprised of five (5) events, which are as follows:

Competitive Event (Infographic Making Competition)

There will be an **online infographic-making competition** for high school students that will allow them to unleash their creativity while writing and researching a relevant topic in line with the organization's advocacy of mental health awareness.

Advocacy Booths

This will be **interactive face to face advocacy booths** that emphasize the importance of the overall theme in promoting mental health, and highlight the strengths of the community to celebrate the ways in which we can empower each other. This will also serve as a fundraising initiative for a chosen beneficiary, i.e., an organization whose main objectives are in line with COPE UP's advocacy of mental health awareness.

Online Special Releases

These are a series of online publication materials such as **CUCU-wento Ka: Your Story in CUCU Comics** aimed towards increasing the general public's awareness about how community support can influence their mental health. Furthermore, this will include the official video release of **Himig COPE UP**.

Community Integration and Outreach

For this event, members of the organization will **go and integrate to a community** within UP Diliman to get to know the residents and their problems in the community, as well as to teach them essential information about mental health and how their lived environment can influence this.

Culminating Event

To cap off this year's COPE Caravan, a **roundtable discussion** with different related topics related to the overall theme will be conducted, inviting experts and representatives of different sectors. Moreover, the awarding of winners for the competitive events will also happen in this event.

Our Organization in Numbers

8k+

followers on COPE UP's official Facebook Page

800+

followers of COPE UP's official Twitter and Instagram accounts

7

years as a duly recognized university-wide organization in UP Diliman

* Infographic Making Competition (Mechanics)

1. This year, COPE Caravan 2024 will be holding an infographic-making competition for high school students that will allow them to unleash their creativity while writing and researching for a relevant topic in line with the organization's advocacy of mental health awareness.
2. The competition will be open to all Senior High School students (Grades 11 and 12) in the Philippines. Each school will only be allowed to send one (1) entry for the competition. There will be no registration fee for this event.
3. Participants may work **individually or as a group with a maximum of 3 members**.
4. Participating schools must fill out the pre-registration form which can be accessed through this link: <https://bit.ly/COPECaravan2024PreRegForm>. The pre-registration form will also be posted on the organization's official Facebook page. **Only those who have pre-registered will be given access to the submission form.**
5. Participants are expected to create an infographic that tackles anything related to **mental health**. For reference, participants may refer to this link (<https://bit.ly/COPECaravanInfogSamples>) to see what kinds of topics are applicable to the infographic.

* Infographic Making Competition (Mechanics)

6. The infographic must be of size A3 (**297 mm x 420 mm**) and written in either **English or Filipino only**.
7. All references must be properly cited using the **APA format (8th edition)**. The reference list must be present at the bottom portion of the infographic.
8. All types of graphic materials (photos, icons, etc.) must also be properly cited and should not infringe on any existing intellectual property laws.
9. The name of the school, as well as the name/s of the participants must appear at the **bottom right portion** of the infographic.
10. Aside from the infographic, the participants are also expected to submit a **PDF document** containing a short paragraph that will serve as the caption for posting. The paragraph **must be written in either English or Filipino and should not exceed 200 words**.

* Infographic Making Competition (Mechanics)

11. File names for all submissions must follow this format:

- Infographic:
COPECaravan_SchoolName_Infographic
- PDF file for the Caption:
COPECaravan_SchoolName_Caption

If the school's name is too long for the file name, the school acronym will do. **Entries that will not follow the file name format will automatically be disqualified.**

12. Entries must be submitted until **May 8, 2024, at 11:59 PM** using the submission link that will be provided to the school's email addresses.
13. All infographic entries will be posted on the organization's official page by **May 9, 2024**, to signify the start of the liking period. All entries will be given **exactly 5 days** to garner as many likes as possible. Once the five-day period is over, all additional likes will not be counted.

Infographic Making Competition (Criteria)

CONTENT (65%)

- Accuracy of Information (25%)
- Relevance of Topic to Mental Health (20%)
- Clarity and Organization of Information (10%)
- Reliability and Accuracy of Sources (10%)

VISUAL APPEAL (30%)

- Use of Design Principles (15%)
- Organization of Visual Elements (10%)
- Overall Appeal (5%)

AUDIENCE ENGAGEMENT (5%)

- To be determined by the number of likes on Facebook

Infographic Making Competition (Prizes)



STANDING

PRIZE

1st Place

Php 1,500

2nd Place

Php 1,000

3rd Place

Php 800

Have a question on your mind?

For questions and concerns, you may reach out to us through the following:



<https://www.facebook.com/COPE.UPDiliman>



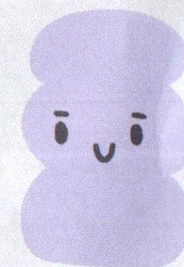
https://twitter.com/COPE_UP



<https://www.instagram.com/cope.updiliman/>



copeup.externals@gmail.com
cope.caravan@gmail.com





EXECUTIVE COMMITTEE A.Y. 2023-2024

John Marco Bajana
President

Hans Matthew Antiojo
Executive Vice President

**Emanuelle Julia Marie
Avendaño**
Executive Secretary

COPE CARAVAN 2024 ADHOC TEAM

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John Nicolas Donado
Marla Macaranas
Overall Heads





Genlyn Adona
Julian Fernando Runio III
Programs Subcommittee
Heads

Aurea Xyreece Baltazar
Creatives and Promotions
Subcommittee Head

Ariel Benjamin Olaes
Communications
Subcommittee Head

Justine Ravert Tan
Technical and Logistics
Subcommittee Head

contact us

-  cope.caravan@gmail.com
-  facebook.com/COPE.UPDiliman
-  [@COPE_UP](https://twitter.com/@COPE_UP)
-  [@cope.updiliman](https://www.instagram.com/@cope.updiliman)

April 11, 2024

HON. SORAYA T. FACULO PhD, CESO VI

Assistant Schools Division Superintendent – Baguio City Division
OIC – Office of Schools Division Superintendent
Baguio City

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In line with this, COPE UP humbly requests your office to grant an issuance of a **DepEd Division Advisory** for immediate information dissemination to the schools within your division. The organization is very eager with its advocacy for mental health awareness and with your participation, COPE UP will be able to reach out to more students outside the university.



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April 11, 2024

HON. GORAYA T. FACULO, PhD, CESO VI

Schools Division Superintendent – Baguio City Division
Baguio City

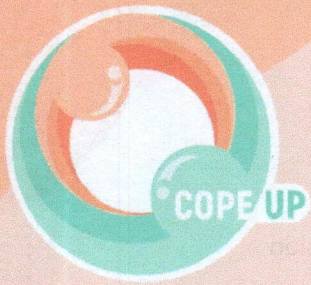
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For a mentally healthy Philippines,

Hans Matthew Antiojo

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COPE Caravan 2024

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