



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

ADVISORY NO. **002.2026**

Please Be Careful with My Heart Teacher – Student Duet Challenge

January 19, 2026

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)

Anent to **Regional Advisory No. 229, s. 2025**, the **I AM S.A.M. (Shaker and Mover) Foundation**, in partnership with **BPW Global Manila**, will launch the **Please Be Careful with My Heart (PBCWMH) Teacher-Student Challenge** with the theme:

“A Rights-Respecting, Rights-Filled School: My Second Home.”

The deadline for submission of entries is **January 30, 2026**.

The program is a **nationwide educational advocacy** anchored on the following pillars:

- **Pillar 1: Duet Challenge** – Participating schools shall submit a teacher-student duet using the official education lyrics, showcasing a rights-respecting teacher-learner relationship.
- **Pillar 2: PBCWMH as Practice** – Schools commit to embodying the values of the song in daily practice, fostering classrooms that reflect the safety, care, and nurturing environment of a second home.

The challenge is **open to all public K-12 schools**, including **Alternative Learning System (ALS) Centers nationwide**. Interested participants may submit their performance of the **approved Teacher-Student lyrics**, together with the required forms, through the registration link below:

Registration Link: <https://forms.gle/ZPuEPzWuYSXTrA2r6>

Important Dates:

- Deadline of Entries: **January 30, 2026**
- Regional Evaluation: **February 2–6, 2026**
- National Slate (18 Regional Winners): **February 13, 2026**
- Island Winners (Luzon, Visayas, Mindanao): **February 13, 2026**
- National Showcase and Awards: **February 28, 2026**

Island Winners shall receive the following cash prizes:

- **1st Place:** Php 10,000.00
- **2nd Place:** Php 7,000.00
- **3rd Place:** Php 5,000.00

Enclosed are the detailed guidelines for reference and information. Participation in this activity is **personal and voluntary**, and any expenses incurred shall be borne by the participants. All activities must adhere to the **“No Disruption of Classes” policy** stipulated in **DepEd Order No. 9, s. 2005**, entitled *“Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith.”*

For further inquiries, you may contact **Ms. Rayla Allertsen**, Co-Founder and President of the **I AM S.A.M. Foundation**, at **0917-842-0281** or via email at rayla@allertsen.net.



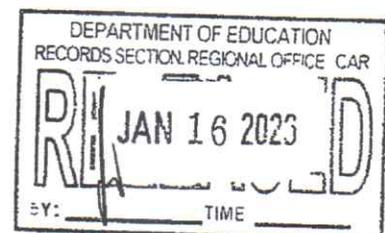
Republic of the Philippines
Department of Education
CORDILLERA ADMINISTRATIVE REGION

Office of the Regional Director

1st INDORSEMENT
January 9, 2026

Respectfully referred to **SCHOOLS DIVISION SUPERINTENDENTS**, all Schools Division Offices, the herein Advisory No. 229, s.2025 for the “**Please Be Careful With My Heart - Teacher Student Duet Challenge**” with the theme “*A Rights – Respecting, Rights-Filled School: My Second Home.*” The duration of this activity will be from January to February 2026 for appropriate action.


ESTELA P. LEON-CARIÑO, CESO III
Director IV/Regional Director 



08 January 2025

To: **Regional Director**
Asst. Regional Director
Schools Division Superintendent
Asst. Schools Division Superintendent
School Heads
Teachers



Subject: **INVITATION AND UPDATED SCHEDULE**
Please Be Careful With My Heart – Teacher–Student Duet Challenge

Greetings of love and peace.

The I AM S.A.M. Foundation is committed to nurturing self-worth as a means to help alleviate poverty and strengthen communities. Through the I AM S.A.M. PROTOCOL and in alignment with the United Nations Sustainable Development Goals, the Foundation continues to engage in nation-building initiatives that promote compassion, dignity, and shared responsibility.

The month of February presents a meaningful opportunity to renew self-worth, kindness, and the caring relationships that sustain every learning community. Learning truly flourishes when teachers extend gentle and consistent care to their students, and when students respond with trust and openness to guidance.

In this spirit, we respectfully invite your teachers and students to participate in the **"Please Be Careful With My Heart – Teacher–Student Duet Challenge"** with the theme *"A Rights-Respecting, Rights-Filled School: My Second Home."* This Challenge celebrates schools as second homes and teachers as second parents by highlighting the gentle and caring bond between teacher and learner through the Teacher–Student rendition of "Please Be Careful With My Heart" by Mr. Jose Mari Chan.

As posted on the official Department of Education website under **"November 18, 2025 Advisory No. 229, s. 2025 – Please Be Careful With My Heart Teacher–Student Duet Challenge"**, adjustments have been made to the schedule to provide teachers and students with ample time to prepare and deliver their performances at their best.

Please take note of the updated timeline:

- **Deadline of Entries: January 30, 2026**
- **Regional Evaluation: February 02–06, 2026**
- **National Slate (18 Regional Winners): February 10, 2026**
- **Island Winners (Luzon, Visayas, Mindanao): February 13, 2026**
- **National Showcase and Awards: February 28, 2026**

Island Winners will receive the following cash prizes:

- **1st Place – Php 10,000.00**
- **2nd Place – Php 7,000.00**
- **3rd Place – Php 5,000.00**

In addition, **winning schools** will receive **books** from **Big Bad Wolf** to further enrich their reading hubs or school libraries.

We look forward to your active participation in this meaningful initiative. **For more details, please refer to the registration link and attached annexes.**

Registration link: <https://forms.gle/ZPuEPzWuYSXTrA2r6>

Should you have any questions or clarifications, please do not hesitate to contact us through the details below. **Kindly acknowledge receipt of this email.**

Thank you very much.

Respectfully yours,



Ms. RAYLA ALLERTSEN

Co-Founder and President

I AM S.A.M. Foundation

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Advisory No. 229, s. 2025

November 18, 2025

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**PLEASE BE CAREFUL WITH MY HEART
TEACHER – STUDENT DUET CHALLENGE**

The I AM S.A.M. (Shaker and Mover) Foundation, in partnership with BFW Global Manila, will launch the Please Be Careful with My Heart (PBCWMH) Teacher–Student Challenge on January 24, 2026. This event coincides with the International Day of Education and supports the United Nations Sustainable Development Goal 4: Quality Education.

This initiative reimagines the iconic Filipino song as a scientific, rights-based, and values-driven dialogue between teacher and learner. Through this approach, a duet becomes a living performance of empathy, trust, and responsibility, modeling how care can be expressed safely and respectfully within the school setting.

The program is a nationwide educational advocacy promoting the theme, A Rights-Respecting, Rights-Filled School: My Second Home, under the following pillars:

- **Pillar 1: Duet Challenge** – Schools submit a teacher–student duet using the official education lyrics, showcasing a rights-respecting relationship.
- **Pillar 2: PBCWMH as Practice** – Schools commit to embodying the values of the song daily, fostering classrooms that mirror the safety and care of a second home.

The challenge is open to all public K-12 schools, including Alternative Learning System Centers nationwide. Interested participants may submit their performance of the approved Teacher-Student lyrics, along with required forms, on or before November 26, 2025, through <https://forms.gle/pspXug8mEDfo8uja8>.

Participation of public and private schools shall be purely voluntary and will not hamper instructional time in compliance with the provisions of DepEd Order (DO) No. 012, s. 2025, titled Multi-Year Implementing Guidelines on the School Calendar and Activities and DO 9, s. 2005, titled Instituting Measures to Increase Engaged Time- on-Task and Ensuring Compliance Therewith and the policy on off-campus activities stated in DO 66, s. 2017.

This is also subject to the no-collection policy as stated in Section 3 of Republic Act No. 5546 also known as An Act Prohibiting the Sale of Tickets and/or the Collection of Contributions for Whatever Project or Purpose from Students and Teachers of Public and Private Schools, Colleges and Universities (Ganzon Law), issued in DO 19, s. 2008, and reiterated in DepEd Memorandum No. 041, s. 2024.

For more information, please contact:

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