



July 3, 2019

REGIONAL ADVISORY
No. 083, s. 2019



**PARTICIPATION TO THE HEALTHY LIFE STYLE CAMPAIGN CUM VIDEO NUTRI-JINGLE CONTEST,
NUTRITION QUIZ BEE AND POSTER MAKING CONTEST**

TO: SCHOOLS DIVISION SUPERINTENDENTS
This Region

1. The National Nutrition Council Caraga will conduct the Healthy Lifestyle Campaign focusing on the Nutrition Month theme, "Kumain nang wasto at maging aktibo... push natin 'to'" on July 18, 2019 at 9:00 am at Almont Inland Resort, Butuan City.
2. During the campaign, there will be contests such as Video- Nutri Jingle, Nutrition Quiz Bee and Poster-Making. The deadline for the submission of entries will be on or before July 12, 2019.
3. The traveling expenses of the contestants and adviser(s) /coach(es) shall be charged to local funds subject to the usual accounting and auditing rules and regulations.
4. For more details refer to the attached contest guidelines.
5. Immediate dissemination of this advisory is desired.

Francis Cesar B. Bringas
FRANCIS CESAR B. BRINGAS, CESO V
OIC – Regional Director *fr*

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July 02, 2019

DIRECTOR FRANCIS CESAR B. BRINGAS, CESO V
Department of Education CARAGA XIII
Butuan City

Dear Director Bringas:

Masustansiyang araw!

Each year, the National Nutrition Council – Caraga conducts Healthy Lifestyle Campaign. For this year, the focus of the campaign is anchored to the 2019 Nutrition Month theme which is **“Kumain nang wasto at maging aktibo...push natin ‘to’**. During the campaign, contests such as Video Nutri-Jingle, Nutrition Quiz Bee and Poster-Making shall be conducted which will be on July 18, 2019 – 9 AM at Almont Inland Resort, Butuan City.

In this regard, we would like to share with you the guidelines of the aforementioned contests. We humbly request that your office will disseminate the guidelines and issue appropriate memorandum for the guidance of all school divisions within the region. Furthermore, may we request that funds for the travel expenses of the contestants and adviser(s)/coach(es) be appropriated by each school division. The meals and materials to be used on July 18, 2019 shall be shouldered by NNC.

For concerns and queries which require our immediate attention, we are most willing to respond the earliest time possible. Please contact us through: NO I Raphael P. Ochavo – 0907 365 5155 or through the contact details below.

Thank you very much for your perpetual support.

Very truly yours,

JOSE R. LLACUNA, JR., MD, MPH, CESO III
Director IV, DOH – CARAGA
OIC – Regional Nutrition Program Coordinator
National Nutrition Council – CARAGA

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Kumain nang Wasto at Maging Aktibo... Push Natin 'to!

**HEALTHY LIFESTYLE CAMPAIGN
JULY 18, 2019 | ALMONT INLAND RESORT
BUTUAN CITY**

CONTEST GUIDELINES

"Kumain nang wasto at maging aktibo...push natin 'to"
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"Kumain nang wasto at maging aktibo...push natin 'to'"
Nutrition Month 2019 Theme

I. RATIONALE

As mandated by Presidential Decree No. 491 – the Nutrition Act of the Philippines – the National Nutrition Council (NNC) coordinates the nationwide celebration of Nutrition Month every July in order to increase awareness of the Filipinos on pressing nutrition concerns. The NNC Technical Committee selected this year's official Nutrition Month theme which is **"Kumain nang wasto at maging aktibo...push natin 'to'"**. The 2019 Nutrition Month theme is a call to action for Filipinos to practice healthy diet and engage in regular physical activity and reduce sedentary behaviors which go hand in hand. The annual campaign every July will serve as an avenue to help individuals make informed food choices and be guided on how to integrate physical activity in daily life; jump-start or reinforce nutrition advocacies and policies; and mobilize stakeholders to provide an enabling environment for healthy diet and physical activity.

National government agencies, local government units, NGOs and communities are encouraged to participate in the campaign. As part of the National Nutrition Council – Caraga Nutrition Advocacy among students and teachers, a Video Nutri-Jingle, Nutrition Quiz Bee and Poster Making contest will be conducted in coordination with the Department of Education Caraga and Local Government Units through their Local Nutrition Committee during the Healthy Lifestyle and Healthy Diet Campaign. The focus of the said contests is on the current year's nutrition month theme.

II. HEALTHY LIFESTYLE AND HEALTHY DIET CAMPAIGN

Each year, the National Nutrition Council – Caraga conducts Healthy Lifestyle Campaign. For this year, the focus of the campaign is anchored to the 2019 Nutrition Month theme. During the campaign, contests such as Video Nutri-Jingle, Nutrition Quiz Bee and Poster-Making, shall also be conducted on July 18, 2019 at Butuan City.





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VIDEO NUTRI-JINGLE CONTEST

A. GUIDELINES

1. The contest is open to all Junior & Senior High School students of Caraga Region.
2. Each school shall compose/produce an original Video Nutri-jingle that focuses on the 2019 Nutrition Month theme, which is – ***“Kumain nang wasto at maging aktibo...push natin ‘to”***
3. The Video Nutri-Jingle must be original, should not have won nor have been used in any contest or programs. The lyrics can be in Filipino, English or Cebuano.
4. The Video Nutri-Jingle can be less but should not be more than three minutes.
5. *Hiring of professional musicians and choreographers is prohibited.* However, contestants may hire professional videographers in producing the Video Nutri-Jingle provided that intellectual rights of the latter will not be violated and that particular arrangements shall be made between the contestants and the hired professionals.
6. All entries shall become the property of NNC-Caraga, which will have the right to reproduce, exhibit, or publish for promotional purposes, indicating or acknowledging the school/s.
7. Confirmation of contestants is through accomplishing the format below and the submission of lyrics and video presentation (soft copy) **on or before July 12, 2019 – 5 PM at National Nutrition Council Caraga Regional Office.** Contestants must also submit a Sworn Statement that the production of the entry did not hire *professional musicians and choreographers*:

School's Complete Name: _____
School Address: _____
Adviser/Coach Complete Name: _____
Name of students: _____
Video Jingle Duration: _____

8. Presentation Date: **July 18, 2019** during the **Healthy Lifestyle Forum** to be held in **Butuan City** and out of all the entries, **only the top 3 video entries will be presented.**
9. Only the assigned number of the school shall be used for the posting in the Facebook Page of NNC Caraga.
10. All the Video of Nutri-Jingle entries will be compiled in a CD which will be used in the nutrition advocacy in the region.
11. The judges of the contest will be composed of representatives of the Regional Nutrition Committee Member agencies and selected NGOs.
12. The decision of the Board of Judges is final and irrevocable.





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B. CRITERIA FOR JUDGING

1. Lyrics – 35%

(Use of Language, Interpretation and Development of the Theme Creativity)

Is the song supporting the theme?

Is the treatment of the theme original? Is there an effective use of language?

Is the song well introduced and a theme well developed?

2. Melody & Harmony – 30%

Is the melody compatible with the lyrics?

Is the construction with proper mood and tempo?

Does it capture the mood and tempo?

Is it original? Does it contain a catchy hook and have an easy sing along style?

3. Choreography and Performance – 15%

The sequence of steps and movements is imparting the message of the jingle?

Is the presentation of the song through its action effective?

Is it enhancing the understanding of the song?

4. Costume and props – 10%

Appropriate and compatible to the theme?

Enhances the jingle and its choreography?

5. Facebook Likes – 10%

All Video Nutri-Jingle entries shall be uploaded in the National Nutrition Council Caraga Region Facebook Page (<https://www.facebook.com/nnc13>). The jingle with the most number of likes and share (from the Page likers) shall be the winner for the special award. All likers (voters) shall do the following before their votes will be considered:

- a. Liked the National Nutrition Council Caraga Region Facebook Page.*
- b. Shared the National Nutrition Council Caraga Region Facebook page and tagging 3 friends to like the page.*
- c. Liked and shared the jingle.*
- d. Liking (Voting) shall commence upon uploading on July 13, 2019 and shall end on July 16, 2019 – 11:59 PM.*

TOTAL – 100%

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C. PRIZES*

1st Prize : Php 10, 000 Cash + Certificate

2nd Prize : Php 7, 000 Cash + Certificate

3rd Prize : Php 5, 000 Cash + Certificate

**Prizes are still to be approved by the RNC Chairperson.*

***The winning Video Nutri-Jingle entries will receive a Certificate of Recognition and cash prize during the Healthy Lifestyle Forum on July 18, 2019, the time and venue will be announced later.*

***All the likers of the winning entry will be raffled; 5 selected likers will receive NNC giveaways.*

****All students and coaches/advisers will receive Certificate of Recognition for their active participation which will be given after the contest.*





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NUTRITION QUIZ BEE

A. GUIDELINES

1. The Nutrition Quiz Bee is open to all Elementary Schools in Caraga Region.
2. Each school division shall send one (1) learner from Grade Level 3, male or female, who is a bonafide learner of the division he or she is representing.
3. Confirmation of the contestant is through submission of 1 photocopy of participant's school identification card (I.D.), certification from the school division that the contestant is a bonafide learner of their schools and the following information with attached parent's consent **on or before July 12, 2019** at National Nutrition Council Caraga Regional Office:

School's Complete Name: _____
School Address: _____
Name of the Contestants: _____
Grade Level: _____
Adviser/Coach Complete Name: _____

4. The Nutrition Quiz Bee is anchored and hosted by a quiz master who will be asking questions in the whole duration of the competition.
5. The Nutrition Quiz Bee shall have three (3) panel members who will give the rationale, clarification, and further explanation of the questions when needed. The panel shall be composed of RND's from the regional offices of DOH, NNC, DepEd or NDAP and representatives from the Caraga Regional Nutrition Committee Member agencies.

B. QUIZ BEE PROPER

1. The contestants should be at the venue of the competition fifteen (15) minutes before the scheduled time. Immediate disqualification will be implemented to contestants who failed to show up ten (10) minutes after the supposed start of the nutrition quiz bee contest.
2. Each contestant shall be assigned a number that would signify their sequence. Name of the schools will not be used during the nutrition quiz bee.
3. The quiz bee is composed of three (3) rounds: easy, moderate, and difficult. Each round will be composed of 10 questions. Each question shall be given a predetermined number of points corresponding to its round.
4. The easy round is composed of "True or False" questions. Each correct answer will get one (1) point. The moderate round, which is composed of multiple-choice questions, will be given two (2) points per correct answer. Only the letter of the selected answer will be written in the board. The final level which is the difficult round will get three (3) points per correct answer. In this round, the contestants shall give clear and specific answer to the question being asked.

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5. All questions will be in English and will be read twice. The contestants will be given ten (10) seconds to answer each question.
6. Each contestant shall be given a white board, black marker and eraser. These items shall be used by the participants in answering the questions.
7. The contestants should not immediately write the answers on their boards while the quizmaster is still reading the question. All pens should be raised until the quizmaster will say "Go!" at the same time the start of the countdown timer.
8. When the time is up, a whistle is blown by the time-keeper and all contestants must stop writing and immediately raise their boards. Failure to comply will be a ground for disqualification for the particular question.
9. The Quizmaster shall read and verify the contestant's answer.
10. The scoring system is cumulative. Hence, scores gained by each group from the easy, moderate, and difficult rounds shall be added up to determine the winning groups. Only three (3) contestants shall be declared winners. The contestant with the highest points based on the garnered points shall be declared First, Second, and Third Placers, respectively.
11. In case of a tie, the judges shall pick a question from the pool of questions and the quizmaster then shall ask the question to the finalists in order to determine the winner.
12. In case of dissenting opinion on answers, the unanimous answer of the judges will be final. Misbehavior of the contestants during the contest is a sufficient condition for disqualification. No questions shall be entertained during the contest proper

C. PRIZES*

1st Prize : Php 7, 000 Cash + Certificate

2nd Prize : Php 4, 500 Cash + Certificate

3rd Prize : Php 3, 000 Cash + Certificate

9 Consolation Prizes at Php 1, 500.00 each

**Prizes are still to be approved by the RNC Chairperson.*

All students and coaches/advisers will receive Certificate of Recognition for their active participation which will be given after the contest.

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POSTER-MAKING CONTEST

A. GUIDELINES

1. The poster-making contest is open to all Junior High School in Caraga Region. Each school division shall send one (1) student from junior high school, male or female, who are bonafide student of the division they are representing.
2. The theme of the contest is: *"Kumain nang wasto at maging aktibo...push natin 'to"*
3. Confirmation of the contestant is through submission of 1 photocopy of participant's school identification card (I.D.), certification from the school division that their representative is a bonafide student of the school and the following information with attached parent's consent **on or before July 5, 2018** at National Nutrition Council Caraga Regional Office:

School's Complete Name: _____
School Address: _____
Name of the Contestants: _____
Grade Level: _____
Adviser/Coach Complete Name: _____

4. The poster-making contest shall have three (3) judges, composed of visual arts experts and representatives of the Caraga Regional Nutrition Committee Member agencies.

B. POSTER-MAKING CONTEST PROPER

1. The contestants should be at the venue of the competition fifteen (15) minutes before the scheduled time. Immediate disqualification will be implemented to those contestants who failed to show up ten (10) minutes after the supposed start of the poster-making contest.
2. Only the materials provided by the NNC Caraga during the contest day will be used such as: Styrofoam (20" x 25"), pencils, acrylic paint (red, yellow, blue), brush (4pcs), containers and tissue paper.
3. All artworks must be done on the spot and must be completed within the allotted time of two (2) hours only.
4. All entries shall be pre-numbered. No other identifying marks will be allowed to appear in the artworks.
5. Posters must be in consonance with the nutrition month theme. Likewise, the theme must be indicated on the poster.
6. A short-written description of the poster will also be required for submission during the activity. An official sheet shall be provided for the description.

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7. All entries shall become the property of NNC-Caraga, which will have the right to reproduce, exhibit, or publish for promotional purposes, indicating or acknowledging the contestant's name and school/s.
8. Misbehavior of the contestant during the contest is a sufficient condition for disqualification.
9. The artwork with the highest average ratings will be proclaimed winners. However, the rating should not be less than 80 percent. Only three (3) contestants shall be declared winners. The contestant with the highest points based on the garnered points shall be declared First, Second, and Third Placers, respectively.
10. The decision of the Board of Judges is considered final and irrevocable.

C. CRITERIA FOR JUDGING

Criteria for judging will be as follows:

1. **Relevance to the theme** - 40 %
2. **Creativity and Presentation** - 40%
3. **Originality** - 20%

TOTAL - 100%

D. PRIZES*

1st Prize : Php 9, 000 Cash + Certificate

2nd Prize : Php 7, 000 Cash + Certificate

3rd Prize : Php 4, 000 Cash + Certificate

9 Consolation Prizes at Php 2, 000.00 each

**Prizes are still to be approved by the RNC Chairperson.*

All students and coaches/advisers will receive Certificate of Recognition for their active participation which will be given after the contest.





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CONTACT

The National Nutrition Council – Caraga is happy to answer your queries.

For concerns and other Nutrition Month 2019-related matters, please contact:

NATIONAL NUTRITION COUNCIL – CARAGA

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Please like, follow and share the NNC Caraga social media page on Facebook: @nnc13.

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