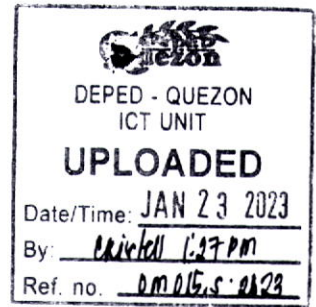




Republic of the Philippines
Department of Education
 Region IV-A
 SCHOOLS DIVISION OF QUEZON PROVINCE



20 January 2023

OFFICE MEMORANDUM
OM No. 015, s. 2023

2023 DIVISION HEALTHY HEART MONTH CELEBRATION

To : Assistant Schools Division Superintendents
 Division Chiefs
 Section/Unit Heads
 Division Office Personnel
 School Health Personnel
 All Others Concerned

Relative to the Philippine Heart Month Celebration pursuant to Proclamation No. 1096, the SGOD-School Health Section through the **I Heart U Project**, shall conduct a set of health and wellness activities, which includes the conduct of profiling for newly hired personnel, updating of individual health card, monitoring of the health status of SDO personnel, and other initiatives.

The said activities for the celebration are as follows:

Date and Venue	Activities	Person Involved
January 23- February 10, 2023 (Clinic)	Preliminaries: <ul style="list-style-type: none"> • Profiling and updating of the Individual Health Card • BP screening and monitoring • Height and weight measurement- BMI monitoring • GCU screening and monitoring • Dental profiling/examination • Health talks 	<ul style="list-style-type: none"> • Dr. Marie Antoinette A. Tesalona- MO • Ma. Teresita M. Abella- I Heart U Focal Person • School Health Personnel - Nurses and Dentist-on Duty • SDO employees per section
February 13-17, 2023 TBA exact date (Training Center)	<ul style="list-style-type: none"> • Bloodletting Activity: Dugoyanihan sa DepEd Quezon 	<ul style="list-style-type: none"> • Dr. Marie Antoinette A. Tesalona- MO • Ma. Michelle DL Querubin – Focal Person • Health Personnel Coordinators

DEPEDQUEZON-TM-SDS-04-010-005



“Creating Possibilities, Inspiring Innovations”

Address: Sitio Fori, Brgy. Talipan, Pagbilao, Quezon
Trunkline #: (042) 784-0366, (042) 784-0164, (042) 784-0391, (042) 784-0321
Email Address: quezon@deped.gov.ph
Website: www.depedquezon.com.ph



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		<ul style="list-style-type: none">• Volunteer Blood Donors
February 14, 2023	<ul style="list-style-type: none">• Spread Tender Loving Care ... On Valentine's Day	<ul style="list-style-type: none">• SDO personnel
February 20-24, 2023	<ul style="list-style-type: none">• Usapang Puso sa Puso with the Experts!<ul style="list-style-type: none">○ Healthy lifestyle check○ Diet and Nutrition○ Stress Management in the Workplace○ TA on how to use properly the BP apparatus○ Monitoring of identified hypertensive, diabetic personnel	<ul style="list-style-type: none">• Dr. Marie Antoinette A. Tesalona• Invited Resource Speakers/ Partners/Stakeholder• I Heart U Focal and TWG
February 27-28, 2023	<ul style="list-style-type: none">• Focus Group Discussion of I Heart U Technical Working Group	<ul style="list-style-type: none">• Dr. Marie Antoinette A. Tesalona• I Heart U Focal and TWG

These activities shall strictly observe the minimum health and safety standards as required by the IATF and the Division Safety and Health Protocols in the workplace.

For further inquiries, please see Ma. Teresita M. Abella, Nurse-in-Charge/ I Heart U Project Focal Person, at the School Health Section, Talipan Pagbilao, Quezon.

Immediate dissemination of this Memorandum is desired.

ELIAS A. ALICAYA JR., EdD
Assistant Schools Division Superintendent
Officer-in-Charge
Office of the Schools Division Superintendent

shsmtma01/20/2023

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