

Arellano-Bani, Dagupan City (075) 523-5467 • 09198390773 • 09279311290 mpmhadagupan@gmail.com

August 17, 2022

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DR. LORNA G. BUGAYONG CESO V Schools Division Superintendent DepEd Alaminos City Division Alaminos City, Pangasinan

Dear Ma'am:

Warm Greetings!

In the observance of the World Mental Health Day celebration of National Mental Health Week, the Philippine Mental Health Association, Pangasinan Chapter will conduct the province wide Poster Making Contest for the students and Essay Writing Contest for the teachers with this year's theme, "Make Mental Health & Well-Being for All a Global Priority". The weeklong celebration will be held on the third week of October, 2022. Announcements of winners for the Poster-Making & Essay Writing Contest will be on October 21, 2022 (Friday) @ PMHA office, Arellano-bani, Dagupan City

In this regard, we would like to request for your support by encouraging the students and teachers to participate and represent your Division for the said competitions. We would also want to inform you that aside from the participants that will represent your Division, the High Schools with Lusog Isip Ng Kabataan (LINK) Club will also send participants to represent their respective schools.

As your reference, we have attached herewith the Contest Rules and Guidelines. Furthermore, kindly accomplish the enclosed forms and return it to PMHA on or before September 30, 2022 (Friday) for confirmation of your participation. As much as we believe in this endeavor, rest assured that these activities would develop and enhance the student's & teacher's skills and abilities.

Your favorable action regarding this request is highly valued. Thank you and God Bless

Respectfully yours,

MR. MICHAEL C. ROMERO Chapter Executive Manager

DATARIO

Republic of the Philippines Department of Education REGION I SCHOOLS DIVISION OF ALAMINOS CITY

2022 -08-

Office of the Schools Division Superintendent

August 19, 2022

DIVISION MEMORANDUM DM-2022-322

TO : Assistant Schools Division Superintendent CID Chief

SGOD Chief

Heads of Public Elementary and Secondary Schools

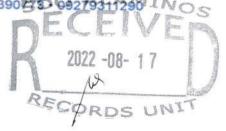
Noted by:



PANGASINAN CHAPTER

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PROVINCE WIDE POSTER MAKING CONTEST



OBJECTIVES:

1. To enhance the artistic potential, creativity and mental ability of the students on how they visualized the theme.

2. To actively advocate and "Make Mental Health & Well-Being for All a Global Priority".

Deadline of Submission: September 30, 2022 (Friday) Announcement of Winners: October 21, 2022, (Friday)

PMHA Office, Arellano-bani, Dagupan City

EXPECTED PARTICIPANTS: All public and private secondary students (Junior High School and Senior High School) from the different Schools Division of Pangasinan and secondary schools with LINK Club

MECHANICS:

- 1. Each division may send a maximum of two (2) participant to represent their division. Each secondary school with LINK club may also send a participant. Participating school should be a member of the association.
- 2. The Province Wide Annual Poster Making Contest should carry the theme "Make Mental Health & Well-Being for All a Global Priority".
- 3. Any of the following may be used: crayons, craypass, pastel color, watercolor, pentel pen, pencil or charcoal and illustration board measuring 18 x 24 inches. Materials to be used will be provided by each participating division or participant.
- 4. All entries should be submitted on or before the deadline of submission.
- 5. Criteria for judging:

Relevance to the theme 30%
Originality 15%
Creativity 15%
Workmanship 20%
Visual Impact 20%
TOTAL 100 %

- Name, School and City/Province of the contestant must be written at the BACK OF EACH ENTRY so as not to disclose identity during the judging.
- 7. The decision of the judges is final.

DIVISION MEMORANDUM DM-2022-322

TO : Assistant Schools Division Superintendent





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♠ pmhadagupan@gmail.com

PROVINCE WIDE POSTER MAKING CONTEST (Secondary Level) October 21, 2022 | PMHA Office ACCEPTANCE FORM

***	Please accomplish this form and return it to PMHA on or before September 30, 2022 for confirmation. Thank you!				
	TheSchool (if LINK Club) /Division				
	Gladly accepts the invitation to join the PMHA Province Wide Poster Making Contest.				
	Regretfully declines the invitation to join the PMHA Province Wide Poster Making Contest.				
	Principal				
Note:	e: If yes, please fill-up the attached Province Wide Poster Making Contest Entry Form and return it to PMHA together with the acceptance form.				
	PROVINCE WIDE POSTER MAKING CONTEST (Secondary Level) ENTRY FORM				
	School Name of Participant Age Year School				
1. 2.					



Noted by:

DM-2022-322

SGOD Chief

 Assistant Schools Division Superintendent CID Chief

PROVINCE WIDE ESSAY WRITING CONTEST

OBJECTIVES:

- 1. To enhance the artistic potential, creativity and mental ability of the teachers on how they formulate the theme.
- 2. To actively advocate and "Make Mental Health & Well-Being for All a Global Priority".

Deadline of Submission: September 30, 2022 (Friday)

Announcement of Winners: October 21, 2022, (Friday)

PMHA Office, Arellano-bani, Dagupan City

pmhadagupan@gmail.com

EXPECTED PARTICIPANTS: All public and private secondary pupils/students from the different Schools Division of Pangasinan and secondary schools with LINK Club.

MECHANICS:

- 1. The essay writing contest is open to all teaching personnel (Elementary & Secondary).
- 2. Each division shall have 2 participants.
- 3. Work must follow specifications inside:

Paper Size

A4

Font Size

12

Font Style

Arial

Alignment

Justified

Margin

1 inch all sides (Normal)

Spacing

Double Space

- 4. Essay must be in English. Maximum word count is Two Thousand (2,000), minimum count is 750.
- 5. The name, designation of the participant and division being represented shall be attached to the entry in a separate sheet of paper and must not appear in any part of the work.
- 6. Entries shall be judged on the following criteria:

Substance and content

30%

Relevance to the theme

Command of English

25%

Originality

25% 20%

100%

7. The finished works shall be submitted on or Before September 30, 2022 (Friday) to PMHA, Pangasinan Dagupan Chapter.



Philippine Mental Hearth Association

pmhadagupan@gmail.com

PROVINCE WIDE ESSAY WRITING CONTEST October 21, 2022 | PMHA Office **ACCEPTANCE FORM**

***	Please accomplish this form and return it to PMHA on or before September 30, 2022 for confirmation. Thank you!				
	The School (if LINK Club) /Division				
	Gladly accepts the invitation to just Essay Writing Contest.	oin the PMHA Province	e Wide		
	Regretfully declines the invitation to join the PMHA Province Wide Essay Writing Contest.				
Note:	If yes, please fill-up the attached		Principal		
	Essay Writing Contest Entry Form and return it to PMHA together with the acceptance form.				
PROVINCE WIDE ESSAY WRITING CONTEST ENTRY FORM					
	Name of Participant	School Age	School		
1					

