



Philippine Mental Health Association

PANGASINAN CHAPTER

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

August 17, 2022

SDO ALAMINOS
RECEIVED
2022-08-17
RECORDS UNIT

SDO ALAMINOS
RELEASED
2022-08-23
RECORDS UNIT

2021 –2022 CHAPTER BOARD
OF MANAGEMENT

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Adviser:
Mrs. Dolores A. Teng

Mr. Michael C. Romero
Executive Manager

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** and 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 week-long 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

Noted by:

MRS. ERLY G. DATARIO



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

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



Philippine Mental Health Association

PANGASINAN CHAPTER

Arellano-Bani, Dagupan City (075) 523-5467 • 0919839073 • 09279311290
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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 % |
6. 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.

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Noted by: *[Handwritten signature]*

**DIVISION MEMORANDUM
DM-2022-322**

TO : Assistant Schools Division Superintendent
CID Chief



Philippine Mental Health Association

PANGASINAN CHAPTER

Arellano-Bani, Dagupan City (075) 523-5467 • 09198390773 • 09279311290
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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!

The _____
School (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: 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

| | Name of Participant | Age | Year | School |
|----|---------------------|-----|------|--------|
| 1. | | | | |
| 2. | | | | |

Noted by:

DM-2022-322

TO : Assistant Schools Division Superintendent
CID Chief
SGOD Chief
Public Elementary and Secondary Schools



Philippine Mental Health Association

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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

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 | 25% |
| Originality | 25% |
| Command of English | 20% |
| TOTAL | 100 % |
7. The finished works shall be submitted on or Before September 30, 2022 (Friday) to PMHA, Pangasinan Dagupan Chapter.

Handwritten signature and initials

Noted by:

**DIVISION MEMORANDUM
DM-2022-322**

TO : Assistant Schools Division Superintendent
CID Chief



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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 join the PMHA Province Wide Essay Writing Contest.

Regretfully declines the invitation to join the PMHA Province Wide Essay Writing Contest.

Principal

Note: If yes, please fill-up the attached Province Wide 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 | Age | School |
|----|---------------------|-----|--------|
| 1. | | | |
| 2. | | | |

[Handwritten signature]

Noted by: _____

**DIVISION MEMORANDUM
DM-2022-322**

TO : Assistant Schools Division Superintendent
CID Chief