



Republic of the Philippines
Department of Education

Region I
SCHOOLS DIVISION OFFICE OF ALAMINOS CITY



Office of the Schools Division Superintendent

DIVISION MEMORANDUM

DM-2023-449


TO : Assistant Schools Division Superintendent
Chief Education Supervisors, CID and SGOD
School Heads of Secondary Schools
Designated Guidance Counselors
School Mental Health Coordinators

SUBJECT : **POSTER MAKING CONTEST AND ESSAY WRITING CONTEST IN
CELEBRATION OF NATIONAL MENTAL HEALTH WEEK**

FROM : Schools Division Superintendent

DATE : September 19, 2023

1. In celebration of the National Mental Health Week, the Philippine Mental Health Association-Pangasinan Chapter will hold a province-wide poster-making competition and an essay-writing competition with the theme "Mental Health Is A Universal Human Right."
2. All secondary schools are encouraged to take part in these province-wide events to represent SDO Alaminos City. Additionally, this will help promote the Division's initiative to advocate mental health of children in schools.
3. For your reference, attached are the contest rules and regulations.
4. For information, guidance and compliance.


VIVIAN LUZ S. PAGATPATAN, CESO VI
Assistant Schools Division Superintendent
Officer-In-Charge
Schools Division Superintendent *N*

With hundred reasons to serve!



Philippine Mental Health Association

PANGASINAN CHAPTER

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

September 13, 2023

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DR. VIVIAN LUZ S. PANGATPATAN, CESO VI
Schools Division Superintendent
DepEd Alaminos City Division
Alaminos City, Pangasinan

Dear Ma'am:

Greetings of Peace and well-being!

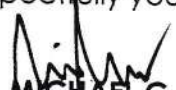
In the observance of the **World Mental Health Day** and celebration of **National Mental Health Week**, the Philippine Mental Health Association, Pangasinan Chapter will conduct the province wide **Poster Making Contest** and **Essay Writing Contest** for students with this year's theme, "**Mental Health Is A Universal Human Right**". The week-long celebration will be held on the third week of October, 2023. Awarding & announcements of winners for the Poster-Making & Essay Writing Contest will be on October 19, 2023 (Thursday) @ DepEd Division 1 Pangasinan, Lingayen, Pangasinan.

In this regard, we would like to request for your support by encouraging the students 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 Secondary 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 29, 2023 (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 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
PMHA Chairman



Philippine Mental Health Association

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 with the theme: **“Mental Health Is A Universal Human Right”**

Deadline of Submission: September 29, 2023 (Friday)

Awarding & Announcement of Winners: October 19, 2023 (Thursday)

DepEd Division 1 Pangasinan, Lingayen, Pangasinan

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 (1 Junior High School & 1 Senior High School student) . 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 “Mental Health Is A Universal Human Right”
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.



**PROVINCE WIDE
ESSAY WRITING CONTEST**

OBJECTIVES:

1. To enhance the artistic potential, creativity and mental ability of the students on how they formulate the theme.
2. To actively advocate with the theme: **"Mental Health Is A Universal Human Right"**

Deadline of Submission: September 29, 2023 (Friday)

Awarding & Announcement of Winners: October 19, 2023, (Thursday)
DepEd Division 1 Pangasinan, Lingayen, Pangasinan

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 (1 Junior High School & 1 Senior High School student). 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 Essay Writing Contest should carry the theme "Mental Health Is A Universal Human Right"
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, school 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	<u>20%</u>
TOTAL	100 %

The finished works shall be submitted on or Before September 29, 2023 (Friday) to PMHA, Pangasinan Dagupan Chapter