



Division Advisory No. 43 s. 2022
September 30, 2022

In compliance with DepEd Order (DO) No. 8, s. 2013
this advisory is issued not for endorsement per DO 28, s. 2001,
but only for the information of DepEd officials,
personnel/staff, as well as the concerned public.
(Visit www.depedcdo.net)

SONG WRITING COMPEITION AND SELF-CARE ROUTINE VLOG CONTEST

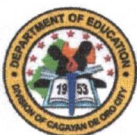
The City Social Welfare and Development- Psychosocial Division will conduct Song Writing Competition and Self-Care Routine Vlog contest in celebration of the World Mental Health Day on October 10, 2022. The theme of this year's celebration is "Make Mental Health & Well-being for All A Global Priority.

The aim of this year's celebration is to advocate that the need to call for help is a big step in ending mental health stigma.

Participation in this activity shall be on a voluntary basis. As such, participants themselves shall shoulder any registration fees and travel/incidental expenses. Further, their participation shall be subject to the non-disruption-of-classes policy stipulated in DepEd Order No. 9, s. 2005 titled "Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance therewith", Section 3 of Republic Act No. 5546 (Policy on Contributions), and DepEd Order No. 66, s. 2017 (Policy on Off-Campus Activities).

Attached is a copy of the invitation for the specific details.

JHE / letter if invitation from cswd
September 30, 2022

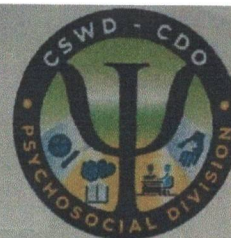


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Republic of the Philippines
City of Cagayan de Oro
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CITY SOCIAL WELFARE AND DEVELOPMENT DEPARTMENT



September 12, 2022

FOR : **CHERY MAE L. LIMBACO REYES**
Schools Division Superintendent

FROM : **The Undersigned**

RE : **World Mental Health Day 2022**

Greetings of peace!

The City Social Welfare and Development – Psychosocial Division will be celebrating the annual World Mental Health Day on October 10, 2022 with the theme “Make Mental Health & Well-being for All A Global Priority”. The aim for this year’s celebration is to advocate that the need to call for help is a big step in ending mental health stigma.

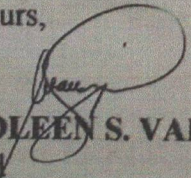
In line with the celebration, we would like to humbly seek assistance of your good office to invite all the public junior high schools to participate in our Song Writing Competition and Self-Care Routine Vlog Contest that fosters hope and resilience. These contests will be an avenue to inspire students to seek out for help whenever they experience a mental health crisis and to inspire them to be a mental health ally to their fellow students. The mechanics and criteria for judging is attached in this letter for your reference.

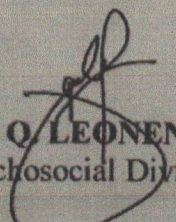
During the culminating day on October 10, 2022 from 1pm – 5pm, we would like to request for the Teen Center Operators and three (3) representatives to serve as mental health advocates of their respective school. We would also like to invite five (5) students to share their success stories as they overcome their mental health crisis as part of the program. Because we believe that highlighting stories of hope from their fellow students will ignite a light of hope to students who are struggling with their mental health that **HELP IS AVAILABLE**.

Should there be any concerns, you may reach us through 0948-560-2819.

We are hoping for a positive response and kind assistance on this program.

Sincerely yours,


ANGEL COLEEN S. VALLESPIN, Rpm.
Project Head


JAYMEE O. LEONEN – PAGASPA, RPsy.
Head, Psychosocial Division – CSWD

SONG WRITING COMPETITION

Guidelines

- The contest is open to all public junior high school students only.
- The content of the song should adhere to this year's theme, "Make Mental Health & Well-being for All A Global Priority".
- Song can be written in English, Filipino, or Cebuano.
- The allowed time for the song is 3mins. minimum and 4mins. maximum.
- Only one (1) entry per participant is allowed in this competition, it may be individual or group (max of 5 members).
- Entries must be posted using the participants personal facebook account starting October 1-7, 2022 with a caption and use the hashtags: **#KantaSaPaglaum #WorldMentalHealthDayCDO2022 #CSWDCDOPsychosocial**
- Any form of facebook reaction to the video is acceptable and total number of reactions will have a bearing on the total score. Counting of reactions is until October 7, 2022 only.
- Submit a copy of your official entry at cswdpsychosocial@gmail.com on or before October 1, 2022. In submitting a copy in our email, use the email subject: **SongWriting_facebook name of participant**(where the video is posted).
- Input the following details in the email:
 - Name of Participant/s
 - Age
 - Complete Address
 - Name of School & Grade Level
 - Contact number
 - Lyrics of Song (for verification purposes)
- **Note: NO HASHTAG, NO EMAIL SUBMITTED, NO ENTRY.**
- Announcing of winners will be on October 10, 2022 during the culminating day.
- Judges will choose three (3) winners from all the entries and will win the following cash prizes:
 - Champion: Php. 5,000.00
 - 2nd Place: Php. 4,000.00
 - 3rd Place: Php. 3,000.00

Criteria for Judging

<u>Adherence to Theme/Content</u> Sticks to the content	- 35%
<u>Creativity and Originality</u> Output is innovative and rightfully owned	- 25%
<u>Lyrical Quality</u> Readily understandable, cohesive, original, and fresh lyrics.	- 20%
<u>Audience Impact</u> Based on the number of likes generated via Facebook page or shares	- 10%

SELF-CARE ROUTINE VLOG CONTEST

Guidelines

- The contest is open to all public junior high school students only.
- The content of the vlog should adhere to this year's theme, "Make Mental Health & Well-being for All A Global Priority".
- Only one(1) entry per participants is allowed in this competition.
- Speaking in English, Filipino, or Cebuano language is allowed.
- The allowed time for the vlog is 4mins. minimum and 5mins. maximum.
- Entries must be posted using the participants personal facebook account starting October 1-7, 2022 with a caption and use the hashtags: **#SelfCareVlog #WorldMentalHealthDayCDO2022 #CSWDCDOPsychosocial**
- Any form of facebook reaction to the video is acceptable and total number of reactions will have a bearing on the total score. Counting of reactions is until October 7, 2022 only.
- Submit a copy of your official entry at cswdpsychosocial@gmail.com on or before October 1, 2022. In submitting a copy in our email, use the email subject: **SelfCareVlog_facebook name of participant.**
- Input the following details in the email:
 - Name of Participant/s
 - Age
 - Complete Address
 - Name of School & Grade Level
 - Contact number
- **Note: NO HASHTAG, NO EMAIL SUBMITTED, NO ENTRY.**
- Announcing of winners will be on October 10, 2022 during the culminating day.
- Judges will choose three (3) winners from all the entries and will win the following cash prizes:
 - Champion: Php. 5,000.00
 - 2nd Place: Php. 4,000.00
 - 3rd Place: Php. 3,000.00

Criteria for Judging

Content/Message of the Vlog – 35%

Relatedness to the Theme – 25%

Audience Impact – 20%

Based on the number of likes
generated via Facebook page or shares

Visual Appeal – 10%