



Republic of the Philippines
Department of Education
Region VII – Central Visayas
Schools Division of CEBU PROVINCE

**Office of the Schools Division
Superintendent**



July 23, 2023

DIVISION MEMORANDUM
No. 289, s. 2023

WELLNESS CAMPUS PROGRAM IMPLEMENTATION FOR SY 2023-2024

To: Assistant Schools Division Superintendents
Chiefs, CID and SGOD
Public Schools District Supervisors/OICs
Elementary and Secondary School Heads

1. Attached is Regional Memorandum No. 0500, s. 2023, titled, "Wellness Campus Program Implementation for SY 2023-2024.
2. Details of the General Mechanics and Criteria for judging are attached hereto.
3. Immediate and wide dissemination of this Memorandum is directed.


SENEN PRISCOLO P. PAULIN, CESO V
Schools Division Superintendent


SPPP/VAY/LMD/FCL/CID/MPF/NGJ



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Republic of the Philippines
Department of Education
REGION VII – CENTRAL VISAYAS

Office of the Regional Director

JUL 19 2023

REGIONAL MEMORANDUM

No. 0500, s. 2023

WELLNESS CAMPUS PROGRAM IMPLEMENTATION FOR SY 2023-2024

To: Schools Division/City Superintendents
Officers-in-Charge of Regular/Interim Divisions
All Others Concerned

1. The Department of Education Region VII in partnership with Nestle Philippines, Inc. (NPI) through its implementing arm, the Greatfil Team Inc. (GTI) conducted the face-to-face regional launching to 20 Schools Division Office (SDO) for the SY 2023-2024 edition of the Wellness Campus Program last July 13, 2023 at One Central Hotel, Cebu City.
2. The Wellness Campus Program implementation has its emphasis on developing healthy habits of learners through nutrition education, physical activity, good personal hygiene and solid waste management. This program has been sustainably implemented in the DepEd Region VII for almost 11 years now with the collaboration and full support from the Schools Division Offices with capable teachers and learners garnering national awards with its inter-school and inter-region competitions.
3. In line with this, this Office highly requests for the active implementation of the Wellness Campus Program which has additional learner-parent-teacher participation for the activity on the search for the Best Implementing Schools/Division/Region with modified contest mechanics to fit the current DepEd Basic Education Learning Response and Continuity Plan (BELRCP). **Program launching per SDO shall be conducted face-to-face or online within the periods of July 2023 – August 2023 before start of classes.** Designated Division/District/School Focal Persons and School Heads are enjoined to facilitate and give full support in the conduct of the launching and the full implementation of the program thereafter. Expenses relative to the this shall be **charged to Local/MOOE Funds** subject to the usual auditing and accounting rules and regulations.



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4. Furthermore, detailed mechanics of the modified contest category and program timeline, please refer to attachments of this Memorandum. It is also requested that all activities shall be done after class hours so as **not to disrupt classes**.

5. For more of your queries, please contact this Office through the Education Support Services Division (ESSD) through ESSD Chief Tomas T. Pastor and Dr. Melissa M. Paradela at trunk line number 0945 762 3193 local 721 and the Greatfil Team Inc. ambassador Ms. Eliza Joann B. Rivera with cell number 0956 551 3631.



SALUSTIANO T. JIMENEZ EdD, JD, CESO V

Director IV
Regional Director



**S.Y. 2023-2024 DEPARTMENT OF EDUCATION
NESTLÉ WELLNESS CAMPUS PROGRAM**

GENERAL MECHANICS

PROGRAM OBJECTIVES:

- To promote good nutrition and active lifestyle amongst public school students ages 7-17 years old.
- To reinforce the importance of seven (7) healthy habits, as follows:
 1. Choose Nutritious and Varied Options
 2. Manage Portions
 3. Choose to Drink Water and Milk
 4. Enjoy Meals Together
 5. Play Actively
 6. Care for the Planet
 7. Keep Good Hygiene
- To support the wellness of public school teachers and parents through the Nestlé Wellness Campus Facebook Communities.

COVERAGE:

Grades 1-10 in all public schools of the following regions:

- National Capital Region (NCR)
- Region 4-A (CALABARZON)
- Region 5 (Bicol)
- Region 6 (Western Visayas)
- Region 7 (Central Visayas)
- Region 10 (Northern Mindanao)
- Region 11 (Davao Region)

DURATION:

July 1, 2023 – April , 2024

MECHANICS:

The DepEd and Nestlé Wellness Campus Program (the “Program”) is a partnership between the Department of Education (DepEd) and Nestlé Philippines, Inc. (NPI) and will be implemented by Greatfil Team, Inc. (GTI).

The Program will be implemented through the participating DepEd Regional Offices who will appoint the Division Supervisors or other DepEd officials to ensure that the Program will be implemented in all schools in their respective divisions in both elementary and high school levels. Division Supervisors or those appointed by the DepEd Regional Office in coordination with the Division Office will also be the contact persons in their respective divisions.

The S.Y. 2023-2024 Program implementation will give more emphasis on developing the students and parents' healthier habits through nutrition education, physical activity, and solid waste management. The Nestlé Wellness Campus Facebook Communities and Barangay Nestlé microsite will be utilized for inter-school competitions, as repository of modules, music, and videos, as well as for sharing parents and teachers' wellness ideas and practices. Events such as webinars, cooking demos and Nestlé-sponsored activities will also be conducted in these digital platforms.

The implementation of the Program will be in three (3) parts, as follows:

Part 1: NUTRITION EDUCATION FOR ELEMENTARY AND JUNIOR HIGH SCHOOL STUDENTS AND ADULTS (Teachers and Parents) IN ALL PUBLIC SCHOOLS IN THE SEVEN (7) PARTICIPATING REGIONS.

1. NPI, through GTI, will provide nutrition, physical education, and solid waste management modules. The students' modules are encouraged to be integrated in the Elementary and High School MAPEH curriculum subject to DepEd rules and regulations.
2. Adult modules will be distributed to parents for them to read and work at home. The adult modules will teach parents the importance of good nutrition, preparation of healthy and balanced meals, and proper waste management.
3. Student modules are aligned with DepEd's MELCs and have been designed primarily for adult-assisted learning at home (Grades 1 to 3) or self-directed learning by the student (Grades 4 to 10).
4. Worksheets and activities are also given which the students and/or parents can read and work together at home or in the classrooms whenever possible.
5. To ensure smooth program implementation, NPI, through GTI, will provide soft copies of the following materials to both division supervisors and MAPEH school coordinators:
 1. Lesson guides
 2. PowerPoint presentation for student and adult modules
 3. Student worksheets
 4. Dancercise video
 5. Contest Mechanics
6. For faster distribution, they may also get a copy of the materials at Barangay Nestlé (<https://www.barangaynestle.com.ph/nestle-skwelahan>). Registration on the website is required to download the materials.
7. The use of these materials is flexible. Teachers are encouraged to adapt these materials in whatever learning delivery mode is most appropriate for them.

Part 2: NESTLÉ WELLNESS CAMPUS DANCERCISE

1. NPI, through GTI, will provide a soft copy of the official Nestlé Wellness Campus dancercise music and choreography video to each Division Supervisor in charge of the Program. Schools may also get a copy directly at the Barangay Nestlé microsite.

2. Teachers are encouraged to use the dance as warm up exercise after the flag raising ceremony and during PE classes.

Part 3: SY 2023-2024 NESTLÉ WELLNESS CAMPUS CONTESTS AND RECOGNITION

The school year marks the 11th year of the Nestlé Wellness Campus program. NPI, through GTI, will make the program more fun and exciting through different competitions, applying what the students, teachers and parents learned from the seven healthy habits. Due recognition will be given to the schools, students, teachers, focal persons, and Division Offices who will excel in competitions while delivering points that will help their respective regions to win. The Nestlé Wellness Campus Best Implementing Region will be awarded to DepEd regions that will implement the Program effectively.

The competition will have four (4) categories, namely:

- A. Inter-school Category
- B. Inter-division Category
- C. Inter-region Category
- D. Special category: Outstanding DepEd Focal Person of the Year

A. INTER-SCHOOL CATEGORY

1. The inter-school category is open only to all public schools in both elementary and high school in the seven (7) participating regions namely:
 - i. National Capital Region (NCR)
 - ii. Region 4-A – CALABARZON
 - iii. Region 5 – Bicol Region
 - iv. Region 6 – Western Visayas
 - v. Region 7 – Central Visayas
 - vi. Region 10 – Northern Mindanao
 - vii. Region 11 – Davao Region
2. Schools are strongly encouraged to participate in all categories. Interested schools must submit the registration form and duly signed consent form (whenever applicable) to confirm their participation. The inter-school competitions are as follows:
 - i. Nestlé Wellness Campus Hataw: School Sayaw Showdown
 - ii. Nestlé Wellness Campus Superstars: Search for the Next Wellness Superstars
 - iii. Sarap Sustansya Cook Off Competition
 - iv. Nestlé Wellness Campus Best Implementing School
3. Kindly refer to the attached sheets for the mechanics for each competition category.

4. Only one (1) entry per school will be allowed in each category. Integrated schools will be allowed to submit two entries: one (1) entry for elementary and one (1) for junior high school.

B. INTER-DIVISION CATEGORY

The SY 2023-2024 is the first year for the Program to organize the inter-division competition to recognize the Schools Division Offices that will excel in program implementation.

The **Nestlé Wellness Campus Best Schools Division of the Year Award** will be determined based on the program implementation and performance in the inter-school competitions.

Below are the criteria in the selection of winners:

1. Program Implementation	30%
a. Student and Parent Module.	50%
b. Dancercise implementation	20%
c. Percentage of Implementation	30%
2. Rank of Schools in the National Competition	70%
Corresponding Weight of Events:	
NWC Hataw	– 25%
NWC Superstars	– 25%
Sarap Sustansya Cook Off	– 20%
NWC Best Implementing School	– 30%
TOTAL	100%

The top three divisions in the national competition will receive prize package based on the amount won as follows:

“Nestlé Wellness Campus Best Schools Division of the Year Award”	
National Champion	- Prize package worth Ps. 100,000.00 plus plaque
First Runner-up	- Prize package worth Ps. 75,000.00 plus plaque
Second Runner-up	- Prize package worth Ps. 50,000.00 plus plaque

Correspondingly, the assigned Division focal person will be declared as the **Outstanding Nestlé Wellness Campus Division Focal Person of the Year** and additional prize package will be given to the Schools Division Office as follows:

Most Outstanding DepEd Division Focal Person-	50,000.00 plus certificate & plaque
First Runner-up	- 30,000.00 plus certificate & plaque
Second Runner-up	- 20,000.00 plus certificate & plaques

A. INTER-REGION CATEGORY (SY 2023-2024 Nestlé Wellness Campus Best Implementing Region)

The SY 2023-2024 Nestlé Wellness Campus Best Region of the Year will recognize the DepEd regions that excelled in program implementation.

1. Aside from the best implementing schools and division offices, the Program will also award the best implementing region. The Inter-region competition is divided into two parts and will have the corresponding weights as follows:

Part 1: Program Implementation	50%
Part 2: Overall Score Gained by Schools, Divisions, Supervisors representing the Region in the National Level Competition	<u>50%</u>
Total	100%

Part 1: (50%) PROGRAM IMPLEMENTATION Criteria for Judging

Implementation of modules for students	30%
Implementation of modules for adults	25%
Implementation of Dancercise	25%
Submission of Certificate of completion	<u>20%</u>
TOTAL	100%

Note: Assigned DepEd Division Supervisors will ensure that those who will participate in the Program are legitimately enrolled grades 1-6 and grades 7-10 students.

In order for a region to achieve the maximum score per criteria, 100% of the schools in the region based on the list validated by the division supervisor in charge of the Program should be able to:

1. Implement the modules for students and parents.
2. Implement the dancercise, whenever possible
3. Submit the duly signed certificates of completion.

Wellness Ambassadors from GTI, together with the duly assigned DepEd Division Supervisors will monitor the schools in their respective divisions to validate the school implementation, via actual visit or online, whichever is possible.

Validation period will be announced separately.

Part 2: (50%) OVERALL SCORE EARNED BY SCHOOLS REPRESENTING THE REGION IN THE NATIONAL LEVEL COMPETITION

The overall score achieved by the schools in elementary and high school representing the region in the national level competition will be determined based on the ranking of the Schools, Divisions, and Supervisor in the following activities with their corresponding weight as follows:

1. NWC Hataw	20%
2. NWC Superstars	20%
3. Sarap Sustansya Cook Off	10%
4. NWC Best Implementing Schools	30%
5. NWC Best Schools Division of the Year	15%
6. NWC Outstanding DepEd Supervisor	5%
TOTAL	100%

To determine the inter-region winners, the computation will be based on the average scores garnered by the schools representing the region in the National Level competition. Average scores from Part 1 and Part 2 will be calculated. The region with the highest score will be declared as the **"SY 2023-2024 Nestlé Wellness Campus Best Region of the Year"** and will receive items of their choice based on the list of items below. The total amount of items will be based on the total amount won. The prizes are as follows:

National Champion - Prize Package Worth Ps. 200,000.00 + trophy
First Runner-up - Prize Package Worth Ps. 150,000.00 + trophy
Second Runner-up - Prize Package Worth Ps. 100,000.00 + trophy

For the prize package, winners may select from among the items listed below. The quantity of items will depend on the amount of prize won:

- a. 50" flat screen TV
- b. Sound System
- c. Laptop
- d. Projector
- e. Camera
- f. Fitness equipment
- g. Items that will promote nutrition, health and wellness in the region

Awarding of prizes will be done in the schools or in the DepEd regional offices, whichever is possible.

NPI/GTI shall have the absolute right to change the mechanics to ensure the successful and orderly implementation of the Program upon prior notice to the participants.

**S.Y. 2023-2024 NESTLÉ WELLNESS CAMPUS PROGRAM
BEST IMPLEMENTING SCHOOL COMPETITION**

DESCRIPTION

The Nestlé Wellness Campus Best Implementing School Competition aims to encourage and reinforce the seven healthy habits by recognizing outstanding and impactful school-initiated activities.

COVERAGE

The contest is open only to public elementary schools and junior high schools in the seven participating regions, namely:

- a. National Capital Region
- b. Region IVA – CALABARZON
- c. Region V – Bicol
- d. Region VI – Western Visayas
- e. Region VII – Central Visayas
- f. Region X – Northern Mindanao
- g. Region XI – Davao Region

DURATION

September 1, 2023 – February 29, 2024

MECHANICS:

1. The competition will have two categories, namely:
 - A. Elementary School Category
 - B. Junior High School Category
2. Interested schools must fill out a registration form to confirm their participation. There will be three (3) levels with the following winners per level, as follows:
 - i. Division Level (*Winners from Elementary and High School will represent the division to the regional level*)
 - a. Elementary School – one winner
 - b. Junior High School – one winner
 - ii. Regional Level (*Winners will be chosen from the division champions*)
 - a. Elementary School – one winner
 - b. Junior High School – one winner
 - iii. National Level (*Winners will be chosen from the regional winners*)
 - a. Elementary School:
 - National Champion
 - First Runner-up
 - Second Runner-up
 - b. Junior High School:

- National Champion
- First Runner-up
- Second Runner-up

3. The criteria for the selection of winners in the division level, regional level and the national level will be as follows:

i. Relevant best practice on the effective implementation of the 7 healthy Habits <i>(One practice per habit, total of 7 best practices)</i>	30%
ii. One (1) Best practice adult module implementation	30%
iii. One (1) relevant best practice on dancercise implementation	20%
iv. Involvement of Stakeholders <i>Active involvement of stakeholders</i>	20%
TOTAL	100%

4. At the division level, participating schools will submit a portfolio of the school’s best practices to GTI Wellness Ambassador via USB or Google Drive. The portfolio must be a PowerPoint Presentation with a maximum of 50 slides including photos, videos and a narrative report of their implementation. GTI and the DepEd Division Supervisor will agree on the deadline of the submission of the presentation and the date of judging. *See “Annex A” for the guide content of the power point presentation.*
5. Based on the presentation submitted, the division supervisors in charge, together with the GTI representatives, will judge and select the division winners based on the criteria.
6. The winning division entries will automatically qualify in the regional level competition.
7. At the national level, all regional winners will submit an enhanced PowerPoint presentation of their best practices to the GTI Wellness Ambassador. The presentation must only have a maximum of 50 slides including updated photos, videos and a narrative update of their implementation. Deadline of submission and judging of entries will be announced accordingly.
8. Based on the presentation submitted, the judges from GTI and NPI will determine the national winners using the set criteria. The schools with the highest scores will be recognized as the **“S.Y. 2023-2024 Nestlé Wellness Campus Best Implementing School of the Year.”**

9. Winners will receive the following prizes:

i. Division winners:

Each winner in elementary school and high school will receive a prize package of their choice based on the total amount won. Prizes will be as follows:

A. Elementary School:

Champion- Prize Package worth Ps.5,000 + plaque

B . Junior High School:

Champion- Prize Package worth Ps.5,000 + plaque

ii. Regional Winners:

Winners in elementary and high school the region will receive a prize package of their choice worth Ps.50,000.00 each plus a plaque of recognition

iii. National Winners

School winners in the national level will receive a prize package of their choice. The total cost of items will be based on the total amount won. Prizes will be as follows:

A. Elementary School:

- *National Champion - Prize Package Worth Ps.150,000 + trophy*
- *First Runner-up - Prize Package Worth Ps. 100,000 + trophy*
- *Second Runner-up - Prize Package Worth Ps. 50,000 + trophy*

B. Junior High School:

- National Champion - Prize Package Worth Ps.150,000 + trophy*
- First Runner-up - Prize Package Worth Ps.100,000 + trophy*
- Second Runner-up - Prize Package Worth Ps.50,000 + trophy*

Prize Packages: The winners may select among the items listed below. The quantity of items will depend on the amount of the prize won as follows:

- a. 50" flat screen TV
- b. Sound System
- c. Laptop
- d. Projector
- e. Camera
- f. Other items that will promote nutrition, health and wellness

Awarding of prizes will be done in schools or in the DepEd regional offices.

NPI/GTI shall have the absolute right to modify or change the mechanics (as the need arises) to ensure the successful and orderly implementation of the Program upon prior notice to participants.

POWER POINT PRESENTATION GUIDE

SY 2023-2024 NESTLÉ WELLNESS CAMPUS
DIGITAL PROGRAM PORTFOLIO

General Guidelines:

- 1. The digital program portfolio must be submitted as a PowerPoint presentation, saved in .PPT and .PDF format
- 2. The presentation shall have a minimum of 45 slides and a maximum of 50 slides only.
- 3. Total number of minutes for all video linkages should not exceed the allotted time of 20 minutes.
- 4. Files will be submitted via CD, USB or Google Drive.
- 5. Failure to comply with the general guidelines is grounds for disqualification from the competition. NPI/GTI reserves the right to disqualify any entry not conforming to the guidelines of the competition at any time.

Outline of the Digital Program Portfolio:

Title Page

Acknowledgement

I. INTRODUCTION

- School Background (Location, Student population, administrators and Wellness Campus school coordinators and their contact numbers and email addresses)
- Program Overview with key achievements

II. TOTAL SCHOOL POPULATION (see sample table below)

GRADE LEVEL	STUDENT POPULATION
TOTAL	

III. SCHEDULE OF PROGRAM & ACTIVITY IMPLEMENTATION / GANTT CHART

IV. NESTLÉ WELLNESS CAMPUS PROGRAM DOCUMENTATION

- (Include a brief explanation on how each activity was implemented)
- a. Implementation of NWC student modules - Include sample lesson plans
 - b. Implementation of NWC adult modules
 - c. Dancercise implementation

V. BEST PRACTICES

(Showcase your school's best practices – include a brief description, objectives, mechanics, results and impact)

- a. One best practice per healthy habit
- b. One best practice of the implementation of adult modules
- c. One best practice for the implementation of dance/cercise
- d. Involvement of Stakeholders
 - a) How were you able to gather the support of your school's stakeholders such as the LGU, community, alumni, etc.?
 - b) What is their level of involvement?

VI. CONCLUSION AND OTHER RECOMMENDATIONS

Examples: What is the overall impact of the Nestlé Wellness Campus Program in your school/ community?

How will you sustain and/or scale up your school's best practices?

**SY 2023-2024 NESTLÉ WELLNESS CAMPUS
SARAP-SUSTANSYA COOK OFF COMPETITION**

DESCRIPTION

The Sarap Sustansya Cook Off is an inter-school competition that advocates the goodness of homemade cooking and the consumption of delicious and nutritious food.

DURATION

September 1, 2023 to March 2024

QUALIFICATION

The contest is open only to public elementary schools and junior high schools in the seven participating regions, namely:

- a. National Capital Region
- b. Region IVA – CALABARZON
- c. Region V – Bicol
- d. Region VI – Western Visayas
- e. Region VII – Central Visayas
- f. Region X – Northern Mindanao
- g. Region XI – Davao Region

A school team must be composed of one (1) student, one (1) parent or guardian of the student, and one (1) teacher-coach from the school. Only the student shall prepare and cook the recipes, with the presence and guidance of the parent and teacher-coach.

MECHANICS:

1. The Activity will have two categories:
 - i. Elementary School Category
 - ii. Junior High School Category
2. The Activity will have three levels:
 - i. Division Level competition
 - ii. Regional Level competition
 - iii. National Level competition
3. Interested public schools must submit a registration form, signed by the official school representative, and waiver, signed by the parent or legal guardian. Only one team should represent the school.
4. Integrated schools may submit one entry each for elementary and junior high school, provided that the teachers representing the teams must come from the elementary and high school department, respectively.
5. Deadline on the submission of entries will be set in coordination with the DepEd Division Focal Person.

6. In the division-level of the competition, qualified entries must have the following requirements:

- One (1) video featuring Pinggang Pinoy Dish (with dessert).
- Maximum cost of Pinggang Pinoy recipes is Ps.400.00 and good for four (4) persons only.
- Participants will shoulder the cost of their recipes.
- Video must not exceed the maximum of 7 minutes in .mp4 format
 - The first minute of the video must be a testimonial of both student and parent, highlighting the modules and learnings from the selected MAGGI videos available in YouTube through this link: <https://bit.ly/SarapSustansya>.
 - The next two (2) minutes must show the harvest of ingredients from the school's own Gulayan sa Paaralan that will be used as part of the Pinggang Pinoy dish.
 - The remaining four (4) minutes is allotted for the student to show the actual cooking and plating.
- Submission of video entries will be based on a deadline set in coordination with the DepEd Division Focal Person.

7. The criteria for judging are as follows:

- i. Sarap Sustansya – 40%
(Is the dish appetizing to the taste buds? Do the ingredients complement each other? Is the dish healthy? Does it use healthier ingredients and cooking methods?)
 - ii. Appearance and Palatability- 20%
(Does it entice the whole family especially the children to eat sarap-sustansya dish? Does it have a variety of colors? Does it look palatable?)
 - iii. Food Safety - 15%
(Did they follow basic food safety procedures while preparing? Is the working area clean? Are tools and equipment properly used?)
 - iv. Affordability and Accessibility of Ingredients - 15%
(Are the ingredients selected readily available? Is the final recipe within the budget? Is the number of servings good enough to serve a family of four?)
 - v. Video format and organization – 10%
(Does the video have high-quality visuals? Clear narration and presentation? Does the video fall within the required time limit? Video format will apply only in Division and Regional competition.
8. There will be one winner each in the elementary and junior high school level to represent the division in the regional level competition. The winning division entries will automatically qualify in the regional level competition.
9. There will be one winner each in the elementary and junior high school that will represent the region in the National level competition.

10. All winning regional entries will be uploaded in the MAGGI website, where an online voting by the public shall be done. GTI will announce the voting period through the Division Focal Person.
11. Interested voters should sign up at the MAGGI website before they can cast their vote. Only adults ages 18 and above are eligible to register.
12. In the National level competition, determination of winners shall be done based on the following criteria:

i. Online votes	30%
ii. On-site judging	70%

 - Sarap Sustansya – 40%
(Is the dish appetizing to the taste buds? Do the ingredients complement each other? Is the dish healthy? Does it use healthier ingredients and cooking methods?)
 - Appearance and Palatability- 15%
(Does it entice the whole family especially the children to eat sarap-sustansya dish? Does it have a variety of colors? Does it look palatable?)
 - Food Safety - 15%
(Did they follow basic food safety procedures while preparing? Is the working area clean? Are tools and equipment properly used?)
 - Affordability and Accessibility of Ingredients - 15%
(Are the ingredients sourced from the Gulayan sa Paaralan? Is the final recipe within the budget? Is the number of servings good enough to serve a family of four?)
 - Appearance and Demonstration Skills-15%
(Proper cooking attire, set up and mastery in the preparation and cooking process)
13. There will be a live cooking demonstration during the National level competition. Contestants shall cook their Pinggang Pinoy Dish in front of the panel of judges. Maximum cost is four hundred pesos (Ps.400.00), to be shouldered by the participants. Part of the ingredients used in the preparation should likewise come from the Gulayan sa Paaralan.
14. Each contestant will be given one (1) hour to prepare their recipes. The first thirty (30 minutes) will be allotted for food preparation, including the harvest of ingredients from the Gulayan sa Paaralan. The next 30 minutes will be as follows:
 - i. First two (2) minutes must be a testimony of both student and parent, highlighting their learnings from the Sarap Sustansya videos in YouTube.
 - ii. The remaining twenty-eight (28) minutes is allotted for the student's actual cooking and plating, with the presence and guidance of his/her parent and teacher-coach.
15. Participating teams will be ranked based on their scores. Winners will receive the following prizes as follows:
 - i. Elementary School Category:
 1. Division Level – one winner of Ps. 3,000.00 worth of prize package

2. Regional Level – one winner of Ps. 15,000.00 worth of prize package
3. National Level
 - a. Champion – Ps. 25,000.00 worth of prize package plus Plaque
 - b. Second Place – Ps 20,000.00 worth of prize package plus Plaque
 - c. Third Place – Ps. 15,000.00 worth of prize package plus Plaque

ii. Junior High School Category:

1. Division Level - one winner of Ps.3,000.00 worth of prize package
2. Regional Level – one winner of Ps. 15,000.00 worth of prize package
3. National Level
 - a. Champion – Ps. 25,000.00 worth of prize package plus Plaque
 - b. Second Place – Ps 20,000.00 worth of prize package plus Plaque
 - c. Third Place – Ps. 15,000.00 worth of prize package plus Plaque

16. Entries for the all levels of the competition must feature dishes using Nestlé-MAGGI products.
17. No substitution of Nestlé-MAGGI products shall be allowed. Teams shall use at least 1 Nestlé product, but they are not required to mention the specific Nestlé product used during actual food preparation.
18. A panel of judges for each level of the contest will be identified by DepEd in coordination with GTI and Nestlé Philippines, Inc. (NPI).
19. NPI reserves the right to publish and/or broadcast the winners' name, photo or likeness, and video submission/entry, for advertising and publicity purposes without monetary compensation.

Prizes to be Won:

1. For the prize package, the winners may select from among the items listed below. The quantity of items will depend on the value of the corresponding prize package won.
 - a. Cooking Range
 - b. Refrigerator
 - c. Food Processor
 - d. Mixer
 - e. Microwave Oven
 - f. Cooking tools/ equipment
2. The Prize will be delivered to the winning schools' address as provided in the registration form. NPI, through GTI, will shoulder the delivery costs of the Prize. It will be delivered to the school on a date scheduled and agreed upon with the implementing agency, or within 60 days from the end of the competition.
3. By receiving the Prize, the Participant attests that they have read and understood the full Activity mechanics and agree to abide by the terms and conditions of the same.
4. NPI/GTI shall have the absolute right to change the mechanics to ensure the successful and orderly implementation of the Program upon prior notice to participants.

NESTLÉ WELLNESS CAMPUS SUPERSTARS
"The Search for the Next Wellness Superstar"

OBJECTIVES

Nestlé Wellness Campus Superstars is a new competition where teachers can actively engage and showcase their talents to a wider online audience. It aims to celebrate and recognize the talents of teachers who are key partners in the promotion of the seven healthy habits.

DURATION

September 1, 2023 to February 29, 2024

QUALIFICATION

The contest is open only to all teachers in all public elementary schools and junior high schools in the seven participating regions, namely:

- a. National Capital Region
- b. Region IVA – Calabarzon
- c. Region V – Bicol
- d. Region VI – Western Visayas
- e. Region VII – Central Visayas
- f. Region X – Northern Mindanao
- g. Region XI – Davao Region

MECHANICS

1. To participate, interested teachers must submit a registration form duly signed and approved by the school head or authorized school representative.
2. Only one (1) team consisting of one (1) to three (3) teachers may represent the school.
3. Video entries submitted must conform with the following requirements:
 - a. Total duration must be at least 2 minutes and shall not exceed 3 minutes.
 - b. Video must be taken within the school premises.
 - c. Video must be shot horizontally (landscape mode).
 - d. Video resolution must be clear and captured in HD or 720P.
 - e. Video should cover the totality of the performance. Recording must be done from the beginning up to the end of the performance; no cuts are allowed.
 - f. Performance should adhere with the highest degree of ethical principle of a professional teacher. i.e., entries that are presented/considered as unsafe/ dangerous, lewd, sexually explicit, and/ or deemed inappropriate are not allowed.
 - g. Any form of talent (e.g., singing, dancing, acting, playing musical instruments) is permitted as long as they adhere to contest guidelines.
 - h. Costumes and props are allowed and highly recommended.
 - i. Camera may move around, zoom in and zoom out.
 - j. No other individuals are allowed in the video except for the performers
 - k. Video file size should be kept at or under 500MB.

- l. No unnecessary or extraneous noises, comments and effects must be heard from the video except from the audio that is necessary for the performance.
 - m. Non-compliance with the video and audio requirements will be subject to disqualification.
4. GTI will screen all video entries to ensure compliance. Teams may submit their entry for screening via Google Drive.
5. GTI will upload all qualified entries at the same time in the Nestlé Wellness Campus Parents' Community Group (<https://bit.ly/nwhfacebookgroup>). Online voting shall be done only in this Facebook Group.
6. Apart from the video, each contestant must also provide the following details, which will be included as caption in the Facebook Group post.
 - Name of the Team
 - Region
 - Division
 - School Name
 - #unique hashtag
7. Reactions to the video entry (e.g., like, heart, care, wow) shall be counted and equal to one (1) vote. Comments are not counted. GTI will announce the voting period in coordination with the Division Focal Person.
8. Contestants and their supporters are strongly encouraged to invite members into the Facebook Group to gain reactions for their entries. Only adults ages 18 and above are eligible to join the Facebook Group.
9. Online voting results will be tallied. The top twenty (20) videos with the highest number of reactions will be selected.
10. From the Top 20, another voting period will be set to determine the national winners (Top 5). They will be judged using the following criteria:

i. Total number of reactions on Facebook	50%
ii. Performance	50%
a. Originality/Uniqueness	20%
b. Overall Performance	30%
c. Entertainment value	20%
d. Impact	10%
e. Creativity	20%
Total	100%
11. A panel of judges will be selected by Nestlé Philippines, Inc. (NPI), in coordination with GTI and the Department of Education.
12. Prizes to be won:

a. Champion	100,000.00
b. First runner up	75,000.00
c. Second runner up	50,000.00

- d. *Third runner up* 30,000.00
- e. *Fourth runner up* 20,000.00

- 13. The decision of the judges is final and not subject to any protests or appeal.
- 14. NPI/GTI shall have the absolute right to change the mechanics to ensure the successful and orderly implementation of the Program upon prior notice to participants.
- 15. NPI reserves the right to publish and/or broadcast the winners' name, photo or likeness, and video submission/entry, for advertising and publicity purposes without monetary compensation.

NESTLÉ WELLNESS CAMPUS HATAW School Sayaw Showdown

OBJECTIVES

Nestlé Wellness Campus Hataw aims to showcase the student's skills and talent in modern dance using the SY 2023-2024 dancercise music. The competition also aims to encourage and promote teamwork and camaraderie among the students, teachers, and parents.

DURATION

September 1, 2023 to February 29, 2024

QUALIFICATION

The contest is open only to students in all public elementary schools and junior high schools in the seven participating regions, namely:

- National Capital Region
- Region IVA – CALABARZON
- Region V – Bicol
- Region VI – Western Visayas
- Region VII – Central Visayas
- Region X – Northern Mindanao
- Region XI – Davao Region

MECHANICS

1. All participating schools may get a copy of the dancercise music ("Tara! Sama-Sama sa Wellness") directly at the Barangay Nestlé microsite (<https://www.barangaynestle.com.ph/nestle-skwelahan>). Website registration is needed to download the music.
2. Only the official SY 2023-2024 dancercise music will be used in the competition.
3. To join, interested public schools must submit a registration form, signed by the official school representative, and waiver, signed by the parent or legal guardian. Only one team should represent the school.
4. A team will be composed of a total of ten (10) students. There shall only be one teacher coach. The school is allowed to submit one (1) video entry only.
5. The competition will be composed of two categories:
 - a. Elementary Category
 - b. Junior High School Category
6. Participating schools shall submit a video of their dance performance. The duration of the video must confer with the duration of the official dance music. The performers shall dance using their own choreography and style. Pyramid building, stunts, throwing and other dangerous

movements are strictly prohibited and will be subject for disqualification. Movements that are presented/considered as lewd, sexually explicit, and/ or deemed inappropriate are also not allowed. Entrance and exit are optional but should be within the duration of the dancercise music. Attire and props are highly encouraged.

7. Video entries submitted must comply with the following requirements:
 - a. Video must be taken within the school premises.
 - b. Dance video must be shot horizontally (landscape mode).
 - c. Video resolution must be clear and must be captured in HD or 720P.
 - d. Video should cover the totality of the dance performance (performers' movements, and routines, others, etc.)
 - e. Camera can move around, zoom in and zoom out. No cuts are allowed.
 - f. Video recording must be done from the beginning up to the end of the performance.
 - g. No other individuals are allowed in the video except the performers.
 - h. No unnecessary or extraneous noises, comments and effects must be heard from the video except from the audio that is necessary for the performance.
 - i. Non-compliance with the video and audio requirements will be subject to disqualification.
8. GTI will screen all dance video entries to ensure compliance. Teams may submit their entry for screening via Google Drive.
9. Qualifying teams will then be asked to upload their official video entry in their own YouTube account, choose "unlisted" under visibility and send the link to GTI. The link will be used to upload the video in the Barangay Nestlé website.
10. Apart from the video, qualifying teams are encouraged to have a cover photo image for the video which will be used as thumbnail. Image size should be 1280 x 720 or 16:9 ratio with file size of maximum 2MB.
11. Online voting by the general public shall be done on Barangay Nestlé. GTI will announce the voting period through the Division Focal Person.
12. Interested voters should sign up at Barangay Nestlé before they can cast their vote. Only adults ages 18 and above are eligible to register.
13. Online voting results will be tallied. Twenty (20) videos each with the most votes from elementary and junior high schools will be selected.
14. Another voting period will be set for the Top 20. The national winners (top 5) will be determined based on the following criteria:

i. Total number of online votes at the end of voting period	50%
ii. Performance	50%
a. Interpretation	30%
b. Originality	20%
c. Choreography	30%
d. Impact	15%

e. <i>Costume</i>	5%	
Total		100%

15. Prizes to be won:

- Elementary Category:
 - i. National Awards

a. Champion	75,000.00
b. First runner up	50,000.00
c. Second runner up	30,000.00
d. Third runner up	20,000.00
e. Fourth runner up	15,000.00
- Junior High School Category:
 - i. National Awards

a. <i>Champion</i>	<i>75,000.00</i>
b. <i>First runner up</i>	<i>50,000.00</i>
c. <i>Second runner up</i>	<i>30,000.00</i>
d. <i>Third runner up</i>	<i>20,000.00</i>
e. <i>Fourth runner up</i>	<i>15,000.00</i>

16. The decision of the judges is final and not subject to any protests or appeal.
17. NPI/GTI shall have the absolute right to change the mechanics to ensure the successful and orderly implementation of the Program upon prior notice to participants.
18. NPI reserves the right to publish and/or broadcast the winners' name, photo or likeness, and video submission/entry, for advertising and publicity purposes without monetary compensation.