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Republic of the Philippines
Department of Education
REGION III
BATAAN HIGH SCHOOL FOR THE ARTS

SCHOOL MEMORANDUM

No. 134, s. 2026

**CONDUCT OF NUTRITION MONTH CELEBRATION WITH THE THEME
"Nutrisyon at Kalikasan, Ating Pangalagaan!"**

To: Deputy Directors
Chief Administrative Officers
Chief Education Program Specialist
Teaching and Non-Teaching Personnel
Arts Scholars
Parents
All Others Concerned

1. Pursuant to the annual celebration of Nutrition Month, this Office, through the Student Affairs Division – Health and Nutrition Unit, announces the Nutrition Month Celebration from July 6 to 31 with the theme "Nutrisyon at Kalikasan, Ating Pangalagaan!". The celebration aims to promote healthy eating habits, environmental stewardship, and sustainable food practices among learners and personnel.
2. The celebration shall feature the following activities: (1) Nutrition Month Kick-off Program; (2) Nutrition Assessment of Learners, Teaching and Non-Teaching Personnel; (3) Nutrition Education Sessions, (4) Functional Division Healthy Sandwich Making Contest, (5) BHSA Community Nutri-Forum for Non-Teaching Personnel; and (6) Awarding and Closing Ceremony.
3. All teaching and non-teaching personnel are enjoined to actively participate in the scheduled Nutrition Month activities. In support of the Nutrition Month Kick-Off on July 6, all personnel are requested to wear any green shirt or attire to signify unity and commitment to promoting health, nutrition, and environmental sustainability.
4. The Program Matrix, Contest Guidelines, and other activity details are attached as integral parts of this Memorandum.
5. For other concerns and inquiries, contact Ms. **Louisa Dawn A. de Guzman**, **Nutritionist – Dietitian I**, via louisadawn.deguzman@deped.gov.ph
6. For information and guidance.

Encl: As Stated
Reference: None

To be indicated in the Perpetual Index
Under the following subjects:
ACTIVITY
HEALTH
NUTRITION MONTH CELEBRATION

SA10/SAOS/July 2, 2026

MIA ARIANA P. TANCIONGCO, PhD
Director III
School Director



"Bayan ng Bayani, Bayani ng Sining"

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NUTRITION MONTH PROGRAM MATRIX
"Nutrisyon at Kalikasan, Ating Pangalagaan!"

Date	Time	Activity	Facilitator	Venue
July 6, 2026 (Monday)	7:15 AM – 7:30 AM	NUTRITION MONTH KICK-OFF CEREMONY WITH TEACHERS AND STUDENTS	Health And Nutrition Unit Lead: SSLA Hosts: Ma'am Lorrie Mey Lib-On and Sir Reiniel Esconde	BHSA GROUNDS
		ANNOUNCEMENT OF EVENTS		
	8:00 AM – 9:00 AM	NUTRITION MONTH KICK OFF CEREMONY WITH NON-TEACHING PERSONNEL	Lead: Health And Nutrition Unit	BHSA LOBBY
		OPENING MESSAGE	Mia Ariana p. Tanciongco , PhD – School Director	
		OPENING REMARKS	Ma'am Alma R. Garcia – Chief Administrative Officer Student Affairs Division	
		ZUMBA DANCE	Ma'am Marisol Cunanan -AO III	
		ANNOUNCEMENT OF EVENTS/ ACTIVITIES	Health And Nutrition Unit	
July 6 – 10, 2026 (Monday to Friday)	9:00 AM - 11:30 AM	LHAS - NUTRITION ASSESSMENT GRADE 7 TO GRADE 12	Health And Nutrition Unit	BHSA SCHOOL CLINIC
	1:00 PM - 3:00 PM	NUTRITION ASSESMENT FOR BHSA TEACHING AND NON-TEACHING PERSONNEL		BHSA CONFERENCE
July 14, 2026 (Tuesday)	9:45 AM - 10:45 AM	NUTRI -ED (NUTRITION MONTH THEME) GRADE 12	Health And Nutrition Unit	ACAD BLDG (PEH ROOM)



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	12:45 1:45PM	GRADE 7		
July 16, 2026 (Thursday)	12:45 NN- 1:45 PM	NUTRI -ED (NUTRITION MONTH THEME) GRADE 9	Health And Nutrition Unit	ACAD BLDG (PEH ROOM)
July 15, 2026 (Friday)	09:00 AM - 12:00 NN	Functional Division's "It's Giving... Masarap Sandwich Showdown"	STUDENT AFFAIRS DIVISION	BHSA CONGREGATION
July 23, 2026 (Thursday)	10:45 AM - 11:45AM 12:45 TO 1: 45PM	NUTRI -ED (NUTRITION MONTH THEME) GRADE 8 GRADE 10	Health And Nutrition Unit	ACAD BLDG (PEH ROOM)
July 24, 2026 (Friday)	1:00 PM - 4:30 PM	BHSA COMMUNITY NUTRI-FORUM TOPICS: 1. Sustainable Healthy Eating In The Workplace 2. Climate Change, Nutrition, And Food Security	Health And Nutrition Unit	BHSA CONFERENCE
July 31, 2026 (Friday)	9:00 AM - 11:00 AM	ANNOUNCEMENT & AWARDING OF WINNERS AND CERTIFICATE CLOSING OF CEREMONY CLOSING REMARKS	Health And Nutrition Unit Alma R. Garcia , Chief Administrative Officer Student Affairs Division	BHSA CONGREGATION



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HEALTHY SANDWICH MAKING CONTEST
JULY 17, 2026

Sustansya sa Bawat Kagat: Healthy Sandwich Making Contest

Participants: Academic Division, Finance Division, Admin Division, and Office of the School Director.

Theme Dish Requirement:

- The sandwich must reflect the theme **“Nutrisyon at Kalikasan, Ating Pangalagaan!”**
- Must include **at least one vegetable** and **one protein source** (e.g., cheese, tofu, meat)
- Should be **nutritious and suitable as baon (school snack)**
- Use of **locally available ingredients** is encouraged
- Must be **easy to prepare and eat**
- Use of **eco-friendly packaging** (e.g., paper wrap, reusable container) is encouraged

Judging Criteria:

Criteria	Description	Points
1. Creativity & Appearance	Presentation and plating	25
2. Practicality/Baon Friendly	Easy to prepare, eat, and suitable as school snack	15
3. Taste & Flavor	Overall taste and balance of ingredients	30
4. Nutritional Value	Use of healthy, nutritious and balanced ingredients	20
5. Cleanliness & Food Safety	Proper hygiene and preparation	10
TOTAL		100



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**FUNCTIONAL DIVISIONS' HEALTHY SANDWICH MAKING CONTEST
PROGRAM MATRIX**

Date and Time: July 15, 1:00 PM – 4:00 PM

Location: Congregation Hall

Time	Activity	Facilitator
1:00 PM – 1:15PM	Registration of Participants and Guests,	Registration Committee
	Opening Prayer Makabayan song	Margioleh Alonzo, PDO III and Jenevei Acar, PDO II
	Welcome Remarks	Alma Garcia, CAO – Student Affairs Division
1:15 PM – 1:30 PM	Presentation of Contest Mechanics, Criteria, and Contestants	Louisa Dawn de Guzman, RND, France Joy Bonagua, DMD, Timi T. Labandillo, RN
1:30 PM – 2:30 PM	CONTEST PROPER	Functional Division Participants
2:30 PM – 2:45 PM	Presentation and Plating of Entries	Functional Division Participants
2:45 PM – 3:00 PM	Judging and Evaluation of Sandwich Entries	Board of Judges
3:00 PM – 3:15PM	Message from the Judges / Sharing of Insights	Board of Judges
3:15 PM – 3:30 PM	Announcement of Winners	HEALTH AND NUTRITION UNIT
3:30 PM TO 4:00PM	Awarding of Certificates / Closing Photo Opportunity	STUDENT AFFAIRS DIVISION



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PROGRAM MATRIX FOR BHSA COMMUNITY NUTRI-FORUM

NUTRITION MONTH 2026 SUB THEME: **"Nutrisyon at Kalikasan, Ating Pangalagaan!"**

July 24, 2026

Time: 1:00 PM – 4:30 PM

Time	Activity	Details / Topic	Personnel Assigned
1:00 PM – 1:15 PM	Opening Program	Prayer, Makabayan Song, Welcome Remarks, Nutrition Month Introduction Introduction of speakers	France Joy Bonagua, DMD Deputy Director Atty. Bryan Santos Chief Administrative Officer - Alma Garcia Louisa Dawn de Guzman, RND
1:15 PM – 2:00 PM	Topic 1	Sustainable Healthy Eating in the Workplace	SPEAKER 1 (TBA)
2:00 PM – 2:15 PM	Health Break	Snacks / Refreshments	All Participants
2:15 PM – 2:30 PM	Open Forum / Q&A for Topic 1	Questions and answers	Speaker 1 / Participants
2:30 PM – 3:30 PM	Topic 2	Climate Change, Nutrition, and Food Security	Speaker 2 (TBA)
3:30 PM – 4:00 PM	Open Forum / Q&A for Topic 2	Questions and answers	Speaker 2 / Participants
4:00 PM – 4:30 PM	Closing Program	Closing Remarks Awarding of Certificates Photo Opportunities	Supervising Administrative Officer – Perlie Ann Samonte Student Affairs Division



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Annex A: LIST OF PARTICIPANTS

	NAME	DESIGNATION
1	ACAR, JENEVIE	PDO II
2	ADELINO, NIEVA, A	AO V - CASHIER
3	ALONZO, MARGIOLEH, A	PDO III
4	ARELLANO, PATRISSE SHAYNE, A	ADAS 2 - ADMIN
5	AREVALO, OLIVER, A	SAO - ADMIN
6	BANTUGAN, LYDA, B	SAO - FINANCE
7	BANTUGAN, MIKE JAYVEE, B	ADAS 2 - FINANCE
8	BANTUGAN, RONALD, B	CEPS - ACAD
9	BARROMETRO, JOSHUA, B	ADAS 2 - ACAD
10	BASILIO, ROSIE, B	SEPS
11	BENLIRO, MARILOU, B	AO II - ADMIN
12	BONAGUA, FRANCE JOY, B	DENTIST I
13	CANDINOZA, MARLON	DD - ADMIN/FINANCE
14	CLAVEL, RENNOR, C	INF. SYSTEM ANALYST II
15	CUNANAN, MARISOL, C	AO III - CASHIER
16	DE GUZMAN, LOUISA DAWN, D	NUTRITIONIST
17	DELA CRUZ, BERNADETTE, D	CAO - FINANCE
18	DELA CRUZ, JOMAR, D	AO IV - ADMIN
19	DELA FUENTE, MA. GLENDA, D	EPS II
20	FELICILDA, EMMANUEL, F	AO II - BUDGET
21	FERIA, ELEANOR, F	AO IV - FINANCE
22	GAVIOLA, ARMIDA V.	LIBRARIAN II
23	GAOR, MARK JENO, G	ACCOUNTANT III
24	GARCIA, ALMA, G	CAO - STUDENT AFFAIRS



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25	GERALDEZ, MAYETH, G	AO II - FINANCE
26	GUEVARRA, MARILYN, G	AO I - CASHIER
27	HERNANDEZ, CESIAH FAITH, H	AO IV - BUDGET
28	HULIPAS, ALVIN, H	CAO - ADMIN
29	KAWIT HARON	PLANNING OFFICER II
30	LABANDILO, TIMI, L	NURSE I
31	MACALINAO, KAREN, M	AO V - BUDGET
32	MANGALINDAN, CHRISTIAN, M	ADAS II - STUDENT AFFAIRS
33	OLIVERA, JERELINE, O	DORM MANAGER II
34	PEDROCILLO, HANNAH GRACE, P	PLANNING OFFICER I
35	QUIROZ, SAMUEL, Q	SVEPS - ACAD
36	RODRIGUEZ, CHRISTIAN, R	AO I - GEN. SERVICES
37	SALONGA, MELBOURNE, S	INF. TECH OFFICER I
38	SANTOS BRYAN M.	DD - SA/ACAD
39	SAMONTE, PERLIE ANN, S	SAO - STUDENT AFFAIRS
40	SARTIGA, JOYCE ANN, S	DORM MANAGER I
41	TANCIONGCO, MIA ARIANA, T	DIRECTOR III
42	VELASCO, ROMINA, V	AO V - ADMIN
43	VICENTE, AVEGAIL, V	AO V - GEN. SERVICES
44	VILLANUEVA, IMELDA, V	AO IV - STUDENT AFFAIRS
45	SPEAKER 1	TBA
46	SPEAKER 2	TBA



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TECHNICAL WORKING GROUP

NUTRITION MONTH 2026 SUB THEME: "Nutrisyon at Kalikasan, Ating Pangalagaan!"

July 6 – 31, 2026

	NAME	DESIGNATION
1	LABANDILLO, TIMI T.	PROGRAM FACILITATOR
2	BONAGUA, FRANCE JOY, B	PROGRAM FACILITATOR
3	DE GUZMAN, LOUISA DAWN, D	PROGRAM FACILITATOR
4	ALONZO, MARGIOLEH, A	PROGRAM FACILITATOR
5	ACAR, JENEVIE	REGISTRATION / ATTENDANCE
6	GAVIOLA, ARMIDA V.	REGISTRATION AND ATTENDANCE
7	MANGALINDAN, CHRISTIAN, M	DOCUMENTATION
10	SALONGA, MELBOURNE, S	SOUND TECH/ AUDIO VISUAL
11	SARTIGA, JOYCE ANN, S	FOOD AND DRINKS