

**Republic of the Philippines**  
**Department of Education**  
**REGION X - NORTHERN MINDANAO**  
**SCHOOLS DIVISION OF EL SALVADOR CITY**

**Office of the Schools Division Superintendent**

**September 18, 2024**

DIVISION MEMORANDUM  
 No. 307, s. 2024

**JUDGES TO THE 2024-2025 NESTLÉ WELLNESS  
 CAMPUS PROGRAM COMPETITION**

To: Assistant Schools Division Superintendent  
 Chief Education Supervisors  
 Education Program Supervisors  
 Division Office Personnel  
 Public Elementary & Secondary School Heads  
 All Others Concerned  
 This Division

1. Regarding the implementation of the National Wellness Campus Program in the Division of El Salvador City, this Office identifies the panel of judges who will evaluate the entries in the different competitions which will be done through an online/offline platform on October 11, 2024.

2. Below is the List of the Panel of Judges:

Competition	Name of Judges
Hataw Sayaw Dance Competition – Elementary Level	Anabelle M. Mamaclay Jurica Ethel L. Estrada Kevin B. Asequia
Hataw Sayaw Dance Competition – Secondary Level	Lina C. Bejiga Melanie M. Ligutom Maricris P. Quismundo
NWCP Best Implementing School Competition – Elementary Level	Marie Jade A. Cacayan Analyn G. Fabria Sherrie R. Dungog
NWCP Best Implementing School Competition – Secondary Level	Lorna H. Estrosas Genevieve E. Lusterio Margie R. Valmoria
NWC Sarap Sustansya Cook-Off Competition – Secondary Level	Roque R. Sabasaje Cecille Z. Khobuntin Bob T. Paquinol

3. Enclosed are the necessary materials and information to ensure a smooth judging process.

4. The Greatfil Team Incorporated staff, wellness ambassadors, and the division NWCP coordinator will conduct a random school visit to ensure proper program implementation and provide technical assistance.






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5. Moreover, this Office adheres to the Equal Opportunity Principle (EOP) in observing all policies and protocols of the said activity. Hence, all actions shall be based solely on guidelines set with no discrimination on the account of age, gender, identity, sexual orientation, civil status, disability, religion, ethnicity, or political affiliation.

6. This Office directs the immediate and wide dissemination of this Memorandum.

  
**RANDOLPH B. TORTOLA**  
Schools Division Superintendent  
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To be indicated in the Perpetual Index  
Under the following subjects:

MAPEH                  WELLNESS

CID/NAA



**SY 2024-2025 NESTLÉ WELLNESS CAMPUS  
HATAW SAYAW YEAR 2 DANCE COMPETITION**

**OBJECTIVES**

Nestlé Wellness Campus Dance competition aims to showcase the student's skills and talent in modern dance using the official NWCP dancercise music. The competition also aims to encourage teamwork and camaraderie among the students, teachers, and parents.

**DURATION**

August 1, 2024 to February 29, 2025

**QUALIFICATION**

The contest is open only to students in all public elementary schools and junior high schools in the eight (8) participating regions, namely:

- National Capital Region
- Region IVA – CALABARZON
- Region V – Bicol
- Region VI – Western Visayas
- Region VII – Central Visayas
- Region VIII – Eastern 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 from the GTI Wellness Ambassadors in the region.
2. Only the official NWCP SY 2024-2025 dancercise music will be used in the competition.
3. To join, interested public schools must submit a registration form, signed by the school head, and waiver for the student participants duly signed by the parent or legal guardian. Only one team should represent the school.
4. A team will be composed of a total of fifty (50) students. There shall only be one teacher coach. Only the student performers must be seen in the video. A school is allowed to submit one (1) video entry per category.
5. The competitions 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 dancercise music. The performers shall dance using their own interpretation, steps, choreography and style.
7. The following are strictly prohibited and subject for disqualification:
  - a) Pyramid building, stunt, and throwing
  - b) Movements that are presented/considered as lewd, sexually explicit, and/ or deemed inappropriate.
  - c) Other dangerous movements
  - d) Human props
  - e) Video editing and cuts
  - f) Use of other music
8. Entrance and exit are optional but should be within the duration of the dancercise music. Attire and props are highly encouraged.
9. 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 of the 50 performers (performers' movements, routines, choreography, and others)
  - e. The camera should be steady from the beginning up to end of the performance. Video editing and cuts are not 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.
  - i. Video submissions should have synchronized audio overlay (NWC dancercise music) to ensure clear sound quality
  - j. Non-compliance with the video and audio requirements will merit deduction.
10. The winning video entries at the division level (one in Elementary and one in Junior High School) will move up to the regional competition.
11. The following judging criteria will be used to determine the winners in the division and regional level competition:
 

a. Technique and execution	30%
(Precision, control, and mastery of dance movements)	
b. Musicality and Timing	20%
(Interpretation and synchronization of movement with the music)	
c. Choreography and Creativity	25%
(Formations, expressions, artistic expression)	
d. Props and Costume	15%
(Visual appeal of costumes and props)	
e. Video Quality	10%
(Clarity, stability, sound quality)	
Total	100%

**NWCP BEST IMPLEMENTING SCHOOL  
Power Point Presentation Guidelines**

**Title Slide:**

- Title: "School Entry for the NWCP Best Implementing School"
- Subtitle: "Empowering Healthier Communities"
- School Name
- Date

**Introduction:**

- Brief overview of the NWCP program in school
- Importance of implementing NWC in the school context

**School Data:**

- Number of teachers
- Number of students
- Number of parents
- Photos showing the school environment

**Launching of NWCP in school:**

- Photos from the launch event
- Description of how the launch was organized
- Feedback or testimonials from participants

**School Implementation:**

- Photos showing classroom activities on the implementation of NWCP modules
- Two Wellness initiatives to promote healthier actions, related to the topics in the modules

**Adult/Parent module engagement:**

- Photos of adults/parents participating in modules implementation
- Parents sharing learnings to other parents and communities

**Dancercise Implementation:**

- Photos of dancercise sessions or implementation
- Impact on physical health and community engagement

**Engagement of LGUs and Stakeholders:**

- Photos or descriptions of collaborative efforts
- Testimonies from involved parties

**Monitoring and evaluation:**

- Methods used for monitoring and evaluating the wellness initiatives
- Results or insights gathered

**Conclusion:**

- Summary of key achievements and learnings
- Call to action or next steps

**NWCP Best Implementing School  
5- Minute Edited Video Guidelines**

**Introduction:**

- Example: "Empowering Healthier Communities: The NWCP Journey"

**Story of success:**

- Interview/testimony of selected school staff, students, and community members with evidence highlighting growth and positive changes as a result of program initiatives
- Footage/s of key milestones and achievements including but not limited to before-and-after scenarios showcasing improvements in knowledge, attitudes, or practices.

**Community Engagement:**

- Actual engagement by the parents, LGUs, and other stakeholders
- Footage/s of collaborative activities

**Conclusion:**

- Summary of the school's journey and impact
- Inspirational message or reflection

**Credits:**

- List of contributors and supporters
- Music credits

**Reminders:**

- Video resolution must be captured in HD or at least 720P
- Audio must be clear and audible, with no extraneous noise
- Aspect ratio is 16:9 or horizontal
- Recommended video format is .mp4

**SY 2024-2025 NESTLÉ WELLES 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**

July 1, 2024 to March 30, 2025

**QUALIFICATION**

The contest is open only to **public junior high schools** in the eight (8) 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 VIII – Eastern Visayas
- g. Region X – Northern Mindanao
- h. Region XI – Davao Region

A school team must be composed of three (3) students and one (1) teacher-coach from the school. Only the students shall prepare and cook the recipes, with the presence and guidance of the teacher-coach.

**MECHANICS:**

1. The Activity will have three levels:
  - i. Division Level competition
  - ii. Regional Level competition
  - iii. National Level competition
2. Interested public schools must submit a registration form, which should be signed by the official school representative or school head, along with a waiver signed by the parent or legal guardian. Each school should be represented by only one team.
3. Deadline on the submission of entries will be set in coordination with the DepEd Division Focal Person.
4. This year, the division and regional levels of the competition, will be about bringing out the most favorite home recipes.
5. In the division and regional levels of the competition, qualified entries must meet the following requirements:
  - One (1) video featuring a dish that represents Sarap Sustansya.
  - Maximum cost of the dish is Ps.500.00 including desert and good for four (4) persons only.
  - Participants will shoulder the cost of their recipes.

- The video must not exceed a maximum of 7 minutes in .mp4 format. A qualified video entry must include the following:
  - A one-minute testimonial from students, highlighting the modules and learnings from the selected MAGGI videos available on YouTube through this link: <https://bit.ly/SarapSustansya>.
  - A one-minute segment showcasing the harvest of ingredients from the school's Gulayan sa Paaralan and Gulayan sa Tahanan, which will be used in the team's recipe.
  - The remaining five minutes should feature the students' actual cooking and plating, along with their narrative explaining why their dish is both delicious and balanced.
- During the actual cooking, wearing of chef uniform is not allowed. Students shall wear aprons. Only the students shall be visible in the video.
- Submission of video entries will be based on a deadline set in coordination with the DepEd Division Focal Person.
- Winners of the division competition will have two opportunities to advance:
  - A. National Face-to-Face Cook-Off Showdown
  - B. People's Choice Competition
- In the National Face-to-Face Cook-Off Showdown, winning video entries from the division level will automatically qualify for the regional competition. Regional winners will then represent their regions in the national face-to-face showdown, where contestants will simultaneously cook their recipe and demonstrate their cooking skills in front of a panel of judges.
- In the People's Choice Competition, all division-winning videos will be uploaded simultaneously in the MAGGI YouTube page for online voting. The voting period will be announced, and the video with the most likes will be declared the winner.

6. The criteria for judging video entries in both division and regional competition are as follows:

- i. Sarap Sustansya – 40%  
(Is the dish tasty and balanced? Do the ingredients complement each other? Does it use healthier ingredients and cooking methods?)
- ii. Appearance and Palatability- 20%  
(Does it entice the whole family especially the children to eat tasty and balanced meals? 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. Accessibility of Ingredients - 15%

(Are the selected ingredients can be easily accessed? Is the final recipe within budget? Is it sufficient to serve a family of four? Are any of the ingredients harvested from the Gulayan sa Paaralan and Gulayan sa Tahanan? Is the final recipe within the budget? Is the serving good enough to serve a family of four?)

v. Video format and organization – 10%

(Does the video have high-quality visuals? Does it have clear narration and presentation? Does the video fall within the required time limit?)

\*Video format will apply only in the Division and Regional competition.

7. In the National-level competition, determination of winners shall be done based on the following criteria:

- Sarap Sustansya – 40%

(Is the dish tasty and balanced? Do the ingredients complement each other? Does it use healthier ingredients and cooking methods? Is there a balance of flavor?)

- Execution- 30%

(Did the participants demonstrate proficiency during preparation and cooking? Did the teams successfully accomplish the recipe? Did the dish come together? Was the dish prepared on time?)

- Appearance - 10%

(Does it entice the whole family especially the children to eat sarap-sustansya dish? Does it look appetizing and tastefully pleasing to the eyes? Does it have a variety of colors? Does it look palatable?)

- Cleanliness and Food Safety - 10%

(Was the area set up properly? Did the participants wear the prescribed attire? Did they follow basic food safety procedures while preparing? Is the working area clean after the live cooking? Are tools and equipment properly used?)

- Affordability and Accessibility of Ingredients - 10%

(Is the recipe affordable? Are ingredients used in the dish readily available? Is the final recipe within the budget? Is the number of servings good enough to serve a family of four?)

8. The theme for the National Cook-Off showdown will be announced on a prior date. Teams must submit a written recipe in English, which includes the ingredients and its specifications, as well as method of preparation of the dishes.

9. The date for recipe submission will be coordinated with the regional representatives accordingly. Ingredients and all the needed cooking utensils and equipment will be coordinated by Greatfil Team, Inc. (GTI) to ensure will be made available on the actual competition day. Ingredients will be sourced out by GreatFil Team, Inc. and will be made available during the actual competition date.