



Republic of the Philippines  
DEPARTMENT OF EDUCATION  
Region V  
**DIVISION OF CAMARINES SUR**  
Freedom Sports Complex, San Jose, Pili, Camarines Sur



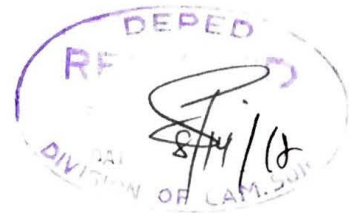
Division Memorandum No. 249 s. 2018

To: **Public Schools District Supervisors - Secondary**  
**Public Secondary School Heads**  
**Public School Clinic Teachers - Secondary**  
**All Others Concerned**

From: *Cecille Bernadette P. Rivera*  
**CECILLE BERNADETTE P. RIVERA, CESO V**  
Schools Division Superintendent *MR*

Date: August 6, 2018

Subject: **FORMATION OF SCHOOL HEALTH CLUB, S/Y 2018-2019**



1. All public secondary school clinic teachers and division nurses are hereby instructed to form a School Health Club (SHC) teachers to promote good health practices and behavior change in the school and the surrounding communities. The club shall work in conjunction with the health prefect which shall be composed of students from different grade levels.
2. It is important to have representation of the school management, teachers and students in the SHC; it should hence comprise of:

President	Auditor
Vice President	Business Managers (2)
Assistant Vice President	Sargent at Arms (2)
Secretary	Public Relations Officer (PRO)
Assistant Secretary	Assistant PRO
Treasurer	Representatives per grade level (6)
Assistant Treasurer	Advisers (1-2)
3. The main aim forming and strengthening School Health Clubs is to promote and maintain behavioral change towards good hygiene and proper use and maintenance of hygiene and sanitation facilities in schools.
4. The roles and responsibilities of the SHC are as follows:
  - a. Assist clinic teacher and division nurse in rendering first aid management when needed;
  - b. Assist nutrition committee in organizing nutrition activities/programs during nutrition month celebration and other scheduled school health program implementation such as WinS Program, NDEP, deworming, sports activities, immunization, and Project MEDS;
  - c. Promotes health and wellness through health education;
  - d. Leads 7-minute zumba/exercise activity after flag raising ceremony;
  - e. Promote healthy eating habits by ensuring that school canteens serve green category foods and beverages;
  - f. Makes posters, write songs or poetry about healthy habits such as hand washing, water treatment, water conservation, and other disease prevention behaviors;
  - g. Have a monthly training: Recommended topics include hand washing, importance of trash disposal, prevention and control of water and sanitation-related diseases;
  - h. Generate funds through fund-raising activities such as school art shows, art contests, and the like;
  - i. Hold monthly meetings and record all activities conducted; and Evaluate program implementation outcomes and submit yearly accomplishment reports.
5. The division nurses shall train the School Health Club officers on basic first aid skills, management of common ailments in schools, hygiene education, and other health-related issues.
6. Immediate dissemination of this Memorandum is desired.