



Republic of the Philippines  
**Department of Education**  
REGION I  
SCHOOLS DIVISION II OF PANGASINAN  
CANARVACANAN, BINALONAN

**DIVISION MEMORANDUM**

September 19, 2023

No. 461 s. 2023

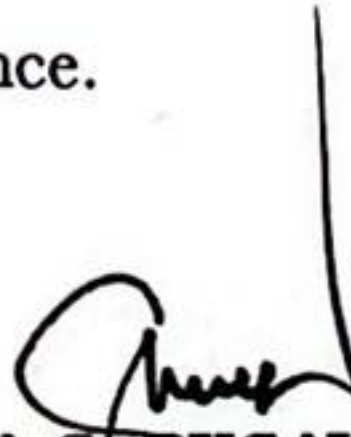
**TO: Assistant Schools Division Superintendents  
Chief Education Supervisors  
Public Schools District Supervisors  
Elementary and Secondary School Heads  
Secondary and Elementary Teachers, Registered Guidance Counselors  
Secondary and Elementary Designated Guidance Counsilors  
Lusog Isip Ng Kabataan (LINK CLUB) Advisers and Students  
Public and Private Elementary and Secondary Schools**

In the observance of the **World Mental Health Day (October)** and celebration of **National Mental Health Week**, the **Philippine Mental Health Association, Pangasinan Chapter** will conduct the province wide **Poster Making Contest** and **Essay Writing Contest** for students with this year's theme: **"Mental Health is A Universal Human Right"**. Last day of confirmation of entry will be on September 29, 2023.

As one of the Flagship Programs of OPLAN KALUSUGAN SA DEPED, the MENTAL HEALTH PROGRAM, we are inviting you to participate in the said activities of the Philippine Mental Health Association.

Attached is the **letter, contest rules and guidelines** of Philippine Mental Health, Pangasinan Chapter for your reference. For inquiries contact PMHA Office: (075) 523-5467; 0919 839 0773 and 0927 931 1290 or FB Page - Philippine Mental Health Association, Pangasinan Chapter.

For your information, guidance and compliance.

  
**LORNA G. BUGAYONG, Ph.D. CESO V**  
Schools Division Superintendent



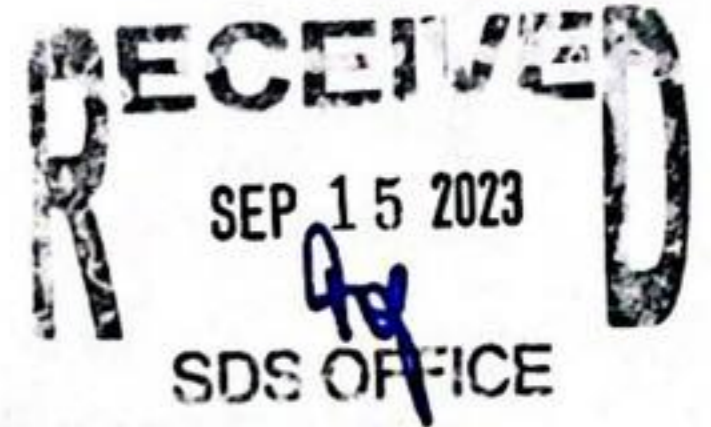
Address: Canarvacanan, Binalonan, Pangasinan  
Telephone No.: (075) 637 6227

# Philippine Mental Health Association

PANGASINAN CHAPTER

Arellano-Bani, Dagupan City (075) 523-5467 • 09198390773 • 09279311290  
pmhadagupan@gmail.com

September 15, 2023



2023-2024 CHAPTER BOARD  
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Executive Manager

DR. LORNA G. BUGAYONG CESO V  
Schools Division Superintendent  
DepEd Pangasinan II Division  
Binalonan, Pangasinan

Dear Ma'am:

Greetings of Peace and well-being!




In the observance of the **World Mental Health Day** and celebration of **National Mental Health Week**, the Philippine Mental Health Association, Pangasinan Chapter will conduct the province wide **Poster Making Contest** and **Essay Writing Contest** for students with this year's theme, "**Mental Health Is A Universal Human Right**". The week-long celebration will be held on the third week of October, 2023. Awarding & announcements of winners for the Poster-Making & Essay Writing Contest will be on October 19, 2023 (Thursday) @ DepEd Division 1 Pangasinan, Lingayen, Pangasinan.

In this regard, we would like to request for your support by encouraging the students to participate and represent your Division for the said competitions. We would also want to inform you that aside from the participants that will represent your Division, the Secondary Schools with Lusog Isip Ng Kabataan (LINK) Club will also send participants to represent their respective schools.

As your reference, we have attached herewith the Contest Rules and Guidelines. Furthermore, kindly accomplish the enclosed forms and return it to PMHA on or before September 29, 2023 (Friday) for confirmation of your participation. As much as we believe in this endeavor, rest assured that these activities would develop and enhance the student's skills and abilities.

Your favorable action regarding this request is highly valued. Thank you and God Bless

Respectfully yours,

  
MR. MICHAEL C. ROMERO  
Chapter Executive Manager

Noted by:

  
MRS. ERLY G. DATARIO  
PMHA Chairman

### PROVINCE WIDE ESSAY WRITING CONTEST

#### OBJECTIVES:

1. To enhance the artistic potential, creativity and mental ability of the students on how they formulate the theme.
2. To actively advocate with the theme: **"Mental Health Is A Universal Human Right"**

Deadline of Submission: September 29, 2023 (Friday)

Awarding & Announcement of Winners: October 19, 2023, (Thursday)

DepEd Division 1 Pangasinan, Lingayen, Pangasinan

**EXPECTED PARTICIPANTS:** All public and private secondary students (Junior High School and Senior High School) from the different Schools Division of Pangasinan and secondary schools with LINK Club

#### MECHANICS:

1. Each division may send a maximum of two (2) participant to represent their division (1 Junior High School & 1 Senior High School student). Each secondary school with LINK club may also send a participant. Participating school should be a member of the association.
2. The Province Wide Annual Essay Writing Contest should carry the theme "Mental Health Is A Universal Human Right"
3. Work must follow specifications inside:

Paper Size	:	A4
Font Size	:	12
Font Style	:	Arial
Alignment	:	Justified
Margin	:	1 inch all sides (Normal)
Spacing	:	Double Space
4. Essay must be in English. Maximum word count is Two Thousand (2,000), minimum count is 750.
5. The name, school of the participant and division being represented shall be attached to the entry in a separate sheet of paper and must not appear in any part of the work.
6. Entries shall be judged on the following criteria:

Substance and content	30%
Relevance to the theme	25%
Originality	25%
Command of English	20%
TOTAL	100 %

The finished works shall be submitted on or Before September 29, 2023 (Friday) to PMHA, Pangasinan Dagupan Chapter.

### PROVINCE WIDE POSTER MAKING CONTEST

#### OBJECTIVES:

1. To enhance the artistic potential, creativity and mental ability of the students on how they visualized the theme.
2. To actively advocate with the theme: **"Mental Health Is A Universal Human Right"**

Deadline of Submission: September 29, 2023 (Friday)

Awarding & Announcement of Winners: October 19, 2023 (Thursday)

DepEd Division 1 Pangasinan, Lingayen, Pangasinan

#### EXPECTED PARTICIPANTS:

All public and private secondary students (Junior High School and Senior High School) from the different Schools Division of Pangasinan and secondary schools with LINK Club

#### MECHANICS:

1. Each division may send a maximum of two (2) participant to represent their division (1 Junior High School & 1 Senior High School student) . Each secondary school with LINK club may also send a participant. Participating school should be a member of the association.
2. The Province Wide Annual Poster Making Contest should carry the theme "Mental Health Is A Universal Human Right"
3. Any of the following may be used: crayons, craypass, pastel color, watercolor, pentel pen, pencil or charcoal and illustration board measuring 18 x 24 inches. Materials to be used will be provided by each participating division or participant.
4. All entries should be submitted on or before the deadline of submission.
5. Criteria for judging:

Relevance to the theme	30%
Originality	15%
Creativity	15%
Workmanship	20%
Visual Impact	20%
<b>TOTAL</b>	<b>100 %</b>
6. Name, School and City/Province of the contestant must be written at the **BACK OF EACH ENTRY** so as not to disclose identity during the judging.
7. The decision of the judges is final.

# Philippine Mental Health Association

## PANGASINAN CHAPTER

Arellano-Bani, Dagupan City (075) 523-5467 • 09198390773 • 09279311290  
pmhadagupan@gmail.com

### PROVINCE WIDE ESSAY WRITING CONTEST

October 19, 2023 | DepEd Division Office I Pangasinan

### ACCEPTANCE FORM

\*\*\* Please accomplish this form and return it to PMHA on or before September 29, 2023 for confirmation.  
Thank you!

The \_\_\_\_\_  
School (if LINK Club) /Division

Gladly accepts the invitation to join the PMHA Province Wide Essay Writing Contest.

Regretfully declines the invitation to join the PMHA Province Wide Essay Writing Contest.

\_\_\_\_\_  
Principal

Note: If yes, please fill-up the attached Province Wide Essay Writing Contest Entry Form and return it to PMHA together with the acceptance form.

### PROVINCE WIDE ESSAY WRITING CONTEST ENTRY FORM

	Name of Participant	Age	School
1.			
2.			