

Republika ng Pilipinas  
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MINISTRI NG EDUKASYON, KULTURA AT ISPORTS  
(MINISTRY OF EDUCATION, CULTURE AND SPORTS)  
Manila

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MEMO M E M O R A N D U M  
No. 73, s. 1985

CHILDREN'S HEIGHT AND WEIGHT CHARTS

To: Bureau Directors  
Regional Directors  
Schools Superintendents  
Presidents, State Colleges and Universities  
Heads of Private Schools, Colleges and Universities

1. Periodic height and weight taking is a way of monitoring changes in the physical growth and development of children. It is desirable that the first height and weight taking, charting and data interpretation at the beginning of the school year be demonstrated and explained by the teacher to her pupils and their parents who will take over the responsibility of doing these tasks periodically thereafter.
2. The pupils should be taught to interpret the charts as well as update them with little or no help from the teacher, specially with older pupils. Participation in reading and accomplishing the charts is in itself an effective learning experience which develops children's mathematics, language and reading skills. If pupils can interpret their own height and weight charts, they will be inspired to take positive steps to attain normal weight through proper nutrition. Height and weight charts can, thus, integrate health and science with mathematics and communication.
3. Recording by pupils reduces the workload of the teacher whose basic professional task is actual teaching and managing the learning experiences of pupils to develop knowledge, attitudes, and practices promotive of improved health, nutrition and environmental living. Thus, the teacher's involvement in the matter of height-weight taking is limited to her use of the height-weight data as one of the bases for making a decision or choice on instructional objectives, content, strategy, and evaluation in the different learning areas where health and nutrition can be most feasibly integrated.
4. The task of periodic height-weight taking is encouraged in schools that have weighing scales.
5. It is desired that the contents of this Memorandum be brought to the attention of all concerned.

(SGD.) JAIME C. LAYA  
Minister

Reference: None  
Allotment: ~~1-2-3-4~~ (D.O. 1476)  
To be indicated in the Perpetual Index  
under the following subjects:  
HEALTH EDUCATION  
PROGRAM, SCHOOL  
PUPILS





