



*Tanggapan ng Kalihim*  
*Office of the Secretary*

DepED MEMORANDUM  
No. **176** s. 2006

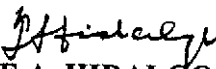
**MAY 09 2006**

**NATIONAL SCHOOLS HEALTH MAINTENANCE DRIVE**  
**May – July 2006**

To: Bureau Directors  
Regional Directors  
School Division/ City Superintendents  
Heads, Public Elementary Schools

1. In consonance with the Schools First Initiative, the Department of Education will embark on a National Schools Health Maintenance Drive for the elementary level with the theme ***“Better Health Care for Improved Learning”*** to underscore the need to promote good health and nutrition among children, in order for them to fully participate in education and gain its maximum benefits. One major activity will be the UNIVERSAL MEDICAL/DENTAL CHECK-UP (UMDC) of pre-schoolers in DepED supervised pre-schools and Grades I – III pupils in public elementary schools to be undertaken by school health and nutrition personnel and volunteer private/public health professionals affiliated with medical associations and organizations nationwide.
2. The 3 month-long drive aims to:
  - a. Establish data on the health and nutritional status of school children to serve as bases for the planning of the school feeding and provision of appropriate health interventions;
  - b. Mobilize other health service providers to ensure the examination of pre-schoolers and Grades I – III pupils in public elementary schools nationwide;
  - c. Enlist local medical practitioners and community support as partners for the UMDC of pupils.
  - d. Empower the school heads and teachers to develop the schools as health promoting schools;
  - e. Advocate the need for parental participation in establishing good health among young children in schools; and
3. In May, all school health and nutrition personnel shall be mobilized to start health check-up/vision screening of Grade I entrants as an add-on activity to the school readiness assessment among the pupils during the 2<sup>nd</sup> week of May, 2006, pursuant to DepED Order #13, s. 2006 (School Readiness Assessment for all Grade One Entrants, SY 2006-2007). Close coordination with the district supervisors/ school heads is necessary so that schedules of both health check-up/vision screening and readiness assessment are harmonized. School health personnel shall, likewise, get involved in the “Brigada Eskwela” particularly in the upkeep of the school clinic, toilets, handwashing facilities and clean-up of the school environment.

4. The UMDC of pre-schoolers (in DepED-supervised pre-schools) and Grades I-III pupils shall be undertaken from the 2<sup>nd</sup> week of May to July 31, 2006.
5. In preparation for the three (3) month-long health maintenance drive, the Health and Nutrition Center is instructed to map out strategies to ensure the institutionalization of a grand alliance between and among public and private health care providers for UMDC. An orientation of school health personnel shall be conducted to ensure that the planned activities to achieve program goals are effectively executed. Inclosed is the document on UMDC to serve as reference on the event.
7. The Schools Division Superintendents are hereby enjoined to provide administrative support including travel allowances of school health personnel and appropriate funding for supplies to enable them to attain targets for the UMDC. The schools medical officers, in close coordination with the school heads, take the lead in the coordination of activities in the division.
8. Accomplishment reports on UMDC shall be collated and analyzed at local levels so as to identify children at-risk and appropriate health interventions be instituted immediately through health services provided by school health personnel and/or referral to local health agencies. Copies of such reports and planned interventions shall be sent to the Office of the Secretary for evaluation of actual school health situation.
9. Immediate dissemination of and compliance with the Memorandum is desired.

  
FE A. HIDALGO  
Undersecretary  
Officer-In-Charge

**Encl.:** As Stated

Reference: DepED Order: No. 13, s. 2006

Allotment: 1—(D.O. 50-97)

To be indicated in the Perpetual Index under the following subjects:

HEALTH EDUCATION  
PROGRAMS

PUPILS  
TEACHERS

**THE UNIVERSAL MEDICAL AND DENTAL CHECK-UP FOR PRE-SCHOOLERS AND GRADE 1 TO GRADE 3 PUPILS (UMDC):**

**A Guide to Organizing and Implementing UMDC in your Division**

**A. What will you do?**

- Give a medical and dental examination to pre-schoolers in DepED-supervised pre-schools and Grades 1 to 3 public school children nationwide.

**B. How do you organize the effort?**

- Under the supervision of the Regional Directors/ Schools Division Superintendent, the head of the regional/division health and nutrition unit/section must lead the organization effort.

Step 1: Hold a meeting with all health personnel in your division to discuss a plan of action for UMDC and issue a division memorandum

- The plan of action should include:
  - a. Who will be in charge of which districts/schools
  - b. Who are your target potential partners in your division
  - c. How will you solicit the participation of your target potential partners
  - d. From where the expenses for the preparations and implementation of UMDC (i.e. health cards, campaign materials, gloves, mouth mirrors, etc.) will come from
  - e. What supplies need to be procured and by whom and when
  - f. Advocacy strategies
  - g. Timetable

Step 2: Have a meeting/meetings with potential partners and countersign a Memorandum of Agreement/Letter of Understanding with them to ensure their commitment in order to make UMDC feasible

- The meeting should include:
  - a. An introduction of UMDC for potential partners
  - b. Signing of Memorandum of Agreement/Letter of Understanding
  - c. Formulation of an action plan of action in consultation with partners

- Step 3:** After your plan of action finalized, begin coordinating with the school heads of your division.
- Some points to keep in mind:
    - a. Even before Step 1, all school heads and your superintendent should be informed that UMDC will begin its planning stages in your division. (Note: This should be done by you, through a DepEd Memorandum. The Central Office will issue a DepEd Memorandum on this regard.)
    - b. Furnish the superintendent and school heads of your division with the final plan of action for UMDC in your division. The timetable will be very important!
- Step 4:** Market UMDC in cooperation with your superintendent, school heads, and partners in your division.
- Some marketing strategy suggestions:
    - a. Posters which include your timetable
    - b. Press release/s in your local newspapers
    - c. Letter of notification to parents of school children
    - d. Classroom announcement that UMDC will be taking place in a particular school at a particular time and day
    - e. Classroom lecture/s on the importance of health maintenance in schools and a background into UMDC
- Step 5:** Execute plan of action and monitor your performance.
- Please be sensitive to the following:
    - a. Ensure that students from pre-school, Grade 1 to Grade 3 who are present on the day/s of the health examinations are given a check-up.
    - b. Make sure that health cards are properly filled out and filed.
    - c. All health (medical and dental) examiners (DepEd health personnel and partners alike) should take a personal record of patterns and trends where future interventions may be necessary.
    - d. See to it that all health exams conducted by nurses only are referred to DepEd doctors after the completion of UMDC.
    - e. Monitor your performance by recording how many students you will be able to examine and place this against the total number of students from pre-school, Grade 1 to Grade 3 per school that you handled.

Step 6: Evaluate UMDC's implementation in your area.

- Hold a meeting/meetings with all who participated in giving health exams in your division. In the meeting/s, you should:
  - a. Gather the data from each health examiner to calculate the success rate of UMDC in your area (total number of students from pre-school, Grade 1 to Grade 3 given complete/partial health exams divided by the total student population in pre-school, Grade 1 to Grade 3 in your division and per district separately).
  - b. Find out the major areas of possible intervention upon which future projects/programs/policies can be based.
  - c. Discover what can be done to improve UMDC for the following years in quality and quantity and expanding its coverage to eventually include all year levels.
- Submit aggregated data, general observations/findings, and all comments/suggestions to DepED Regional and Central Offices. These data will be used to craft policies and guidelines to institutionalize UMDC and to ensure that appropriate interventions be instituted at the right time.

***C. Who can help?***

- Conduct PTCA meetings to inform them of UMDC results and plan for their coming onboard in providing health interventions.
- Present UMDC findings to the LGU to make them aware of school health problems and seek support to an ordinance, school board funds, etc.

- Non-governmental health professionals
- Non-DepEd governmental health personnel
- Local school board
- Parents
- Business Sector
- LGU
- Church-based groups
- Youth Organizations

***D. What resources will be needed?***

- Donation or sponsorship of supplies needed for the health examinations
- Non-DepEd health professionals with the skills and civic-mindedness to volunteer their services in schools
- All DepEd health personnel to organize and implement UMDC
- Leadership and support of superintendents and school heads nationwide
- Lots of love and commitment for children