DEPED PROMOTES CONSISTENCY WELLNESS

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People are visual interpreters; we judge everything according to what our eyes perceive. Everything that may look pleasant and beautiful for us, most of the time we adopt it and include it in our daily life. The way we look is the most important thing that we always have in our mind nowadays. We strive to look better so we can be accepted in our society. Because of that we do whatever it takes just to fit in our society’s standard even if we risk our health or life.

When we ask people about their basis of being healthy, most of the time they will answer that being skinny is healthy, which is not. According to the definition healthy is the state of showing physical, mental, or emotional well-being not just being able to look good in the eyes of other people. Whenever we notice something unpleasant in our body like getting fat or having dark skin or anything that may let us feel uncomfortable we are impatient to have remediation to it also others may want to look good immediately so they will seek solution that will provide fast result. They will start taking different product in the market that will promise better result like dietary pills and surgeries that may cause side effect to their body without considering their health. They will not stop using the products or the surgeries until they get the better result and will again start to look good. But then everything that we put in our body has an effect to us and worse if those solution will be the cause of our health problems which are again need to be treated so we will one more time use solution to the problem and the cycle will continue until we reach the end of the cycle which is death.
It is really a big issue in our society now, it is fine if we want to fit-in and be accepted in our society but we should take into consideration the things that we do in our body as well as in our health. That is why the Department of Education is providing different activities to strengthen the awareness of students and school officials to give focus on their health and to provide consistency in the health program that they are promoting just like DO 43, s. 2011- Strengthening the School Health and Nutrition Programs For the Achievement of the Education for All (EFA) and Millenium Development Goals (MDGs), which states the following:

1. The Department of Education (DepEd) through the Health and Nutrition Center (HNC) is strengthening the School Health and Nutrition Programs (SHNP) into its key programs and aligning all its activities into one seamless whole. This is envisioned to make this Department better able to determine the effectiveness and relevance of its programs, and to make these more responsive to the DepEd’s mission of enhancing the student’s motivation and capacity for learning, improving learning outcomes, reducing absenteeism, and ensuring that school-age children are able to stay in school as enunciated in the Education For All (EFA) and Millenium Development Goals (MDGs).

2. The SHNP, a key component of the Department’s thrust, is designed to maintain and improve the health of school children by preventing diseases, promoting health-related knowledge, attitudes, skills, and practices. Aligning the SHNP with the DepEd’s programs will keep it in step with its targets, and pave the way for a more systematic and holistic approach in the implementation, monitoring, and evaluation of its multifarious undertakings.

3. For the purpose, the active participation of other government organizations (GOs), local government units (LGUs), non-government organizations (NGOs), professional associations, other private-sector groups, and concerned individuals shall be intensified by enlisting their involvement in the preventive health care, poverty alleviation, hunger
mitigation, public health awareness campaign, and all other programs aimed at promoting the health and nutritional status of school children and school personnel.

4. All regional directors (RDs), schools division/city superintendents (SDSs), and school officials shall take the lead in ensuring that school health and nutrition programs/projects are integrated in the regional/division annual and medium-term plans and School Improvement Plans (SIPs) with administrative and financial support, in line with the School-Based Management (SBM) principles. All school health and nutrition personnel shall be mobilized to scale up the implementation of these programs. The guidelines and matrix of activities are contained in the enclosure.

Also the DO 13, s 2017- Policy and Guidelines on Healthy Food and Beverage Choices in Schools and in DepEd Offices which states the following:

1. For the information and guidance of all concerned, the Department of Education (DepEd) issues the enclosed Policy and Guidelines on Healthy Food and Beverage Choices in Schools and in DepEd Offices for the promotion and development of healthy eating habits among the youth and DepEd employees by making available healthy, nutritious and affordable menu choices, and for setting food standards.

2. The Policy and Guidelines aim to:
   
a. Make available healthier food and beverage choices among the learners and DepEd personnel and their stakeholders;

   b. Introduce a system of categorizing locally available foods and drinks in accordance with geographical, cultural, and religious orientations;

   c. Provide guidance in evaluating and categorizing foods and drinks; and provide guidance in the selling and marketing of foods for school feeding.
3. DepEd Order No.8, s. 2007 entitled Revised Implementing Guidelines on the Operation and Management of School Canteens in Public Elementary and Secondary Schools Policy Statements Nos. 4.4, 4.5 and 4.6 are modified accordingly by this issuance.

There are many other DepEd policy and guidelines regarding the strengthening the awareness of students and other school officials and also to promote the consistency of the different program concerning health and nutrition.

There are many natural ways to make ourselves look good and feel good we should always remember that the key for being healthy is proper diet and exercise. Just like what Greg Anderson a famous basketball player says

“Wellness is not a 'medical fix' but a way of living - a lifestyle sensitive and responsive to all the dimensions of body, mind, and spirit, an approach to life we each design to achieve our highest potential for well-being now and forever.”

References:

DepEd Order 43, s. 2011- Strengthening the School Health and Nutrition Programs For the Achievement of the Education for All (EFA) and Millenium Development Goals (MDGs)

DepEd Order 13, s 2017- Policy and Guidelines on Healthy Food and Beverage Choices in Schools and in DepEd Offices

DepEd Order No.8, s. 2007 -Revised Implementing Guidelines on the Operation and Management of School Canteens in Public Elementary and Secondary Schools Policy Statements Nos. 4.4, 4.5 and 4.6