



Republic of the Philippines  
**Department of Education**  
 Region VI- Western Visayas  
**DIVISION OF SAGAY CITY**

MAR 7 2025

**DIVISION MEMORANDUM**

No. 178, s. 2025

**HEALTH ASSESSMENT FOR WOMEN'S MONTH CELEBRATION**

To: Asst. Schools Division Superintendent  
 Chief Education Supervisors – CID and SGOD  
 Public Schools District Supervisors  
 Public Elementary and Secondary School Heads  
 All Others Concerned

1. The School Health and Nutrition Unit will conduct **Medical and Dental Health Assessments** for all female DepEd-Sagay employees in celebration of **Women's Month**, following the schedule outlined in Annex A.
2. This activity aims to:
  - a. identify prevalent diseases and conditions for women (e.g., gynecological conditions breast and cervical cancers, PCOS, diabetes, hypertension, heart disease) before they become more serious.
  - b. evaluate the individual's general health, including vital signs (blood pressure, heart rate, temperature), weight, and other indicators like blood tests.
  - c. evaluate patients' oral hygiene habits and provide guidance on proper brushing, flossing, and other preventive dental practices.
  - d. provide guidance on preventing common diseases through food, exercise, and lifestyle modifications. Inform patients on the value of routine dental examinations, good oral hygiene, and ways to avoid gum disease, tooth decay, and other oral health problems.
  - e. identify ailments that might need medicine, therapy, or other measures to stop the spread of the illness. Determine whether any extractions, cleanings, or fillings are required right away, and create treatment plans for continued care.
  - f. promote informed decision-making and a team-based approach to care to empower patients to actively manage their health. Encourage patients to take charge of their oral hygiene and schedule routine dental checkups.
3. Additionally, the School Health and Nutrition Unit will continue to conduct a **HEALTH and DENTAL ASSESSMENT** to all students at the following schools according to the timetable shown in ANNEX B. Prior to the activity, advisers are instructed to prepare the individual school health exam card of the learners (must be answered and signed by the parent or guardian). Schedule cancellations or modifications may occur with advance notice.
4. Health examination card and Form should be printed out using A4 Bond paper. You can access this link for the forms. <https://shorturl.at/WSw6q>



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5. The **Data Privacy Act and related policies of the DOH and DepEd** shall be followed in the handling and sharing of data.
6. It is understood that DepEd Sagay City Division commits to integrate the principles of gender equality, equity and sensitivity, non-discrimination, and human rights, in the provision of governance of basic education. This is in line with the DepEd's mandate to ensure access to quality basic education and equal opportunities for all.
7. Immediate and wide dissemination of this Memorandum is desired.

  
**DANNIE CLARK M. UGUIL, CESE**

Asst. Schools Division Superintendent

OIC-Office of the Schools Division Superintendent



Enclosure : As stated  
Reference :  
Allotment : N/A  
No. of Pages : 4

To be indicate in the **Perpetual Index** under the following subjects:

**WOMEN'S MONTH MEDICAL AND DENTAL HEALTH ASSESMENT SCHOOL HEALTH UNIT**

FN: rfb/SGOD



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ANNEX A

HEALTH ASSESSMENT SCHEDULE FOR WOMEN’S MONTH CELEBRATION

NAME OF CLINIC	DATE
SCHOOL HEALTH AND NUTRITION UNIT-  CLINIC  (Sagay City Division Office)	MARCH 10, 2025- MONDAY
	MARCH 24, 2025- MONDAY
	MARCH 27, 2025- THURSDAY
BATO CENTRAL ELEMENTARY SCHOOL-  CLINIC	MARCH 13, 2025-THURSDAY
	MARCH 28, 2025-FRIDAY

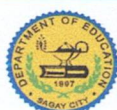


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ANNEX B

List of Schools and Schedule for Health Assessment

SCHOOL	DATE
VITO ELEMENTARY SCHOOL	MARCH 11, 2025- TUESDAY
SAGAY CITY FARM SCHOOL	MARCH 12, 2025- WEDNESDAY
MANARA ELEMENTARY SCHOOL	MARCH 14, 2025- FRIDAY
BUENAVENTURA MAHILUM ELEM. SCHOOL	MARCH 25, 2025-THURSDAY
SEWAHON NATIONAL HIGHSCHOOL	MARCH 26, 2025-WEDNESDAY



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