

DEPARTMENT OF EDUCATION  
Region X- Northern Mindanao

**DIVISION OF MALAYBALAY CITY**

Corner Don Carlos and Guingona Sts., City of Malaybalay  
Telefax # 088-813-2894 or 221-4597, E-mail add: [dpdmlyblycity@yahoo.com](mailto:dpdmlyblycity@yahoo.com)  
Website: <http://depedmalaybalay.page4.me>



June 7, 2013

**DIVISION MEMORANDUM**

No. 146 s. 2013


105  
Deped-MALAYBALAY CITY DIVISION  
**RELEASED**

Date: 06-10-13 Time: 10:00 am  
By: Edilberto L. Oplearia

**DISSEMINATION OF REGIONAL MEMORANDUM NO. 75, S. 2013**  
(2013 Healthy You Nutri-Trivia Quiz Tilt)

To: Education Program Supervisors Designate/ Division Coordinators  
Public Schools District Supervisors  
Public Elementary and Secondary School Heads  
Private Elementary and Secondary School Heads  
All Others Concerned

1. For the information and guidance of all concerned, enclosed is a copy of Regional Memorandum No. 75, s. 2013 dated June 4, 2013 entitled **2013 Healthy You Nutri-Trivia Quiz Tilt** which is self-explanatory.
2. A letter from Julius B. Menor, Executive Director, dated May 30, 2013, Quiz Mechanics, 2013 Healthy You Nutri-Trivia Quiz Tilt Logo, and Pre-Registration Form are also attached.
3. Immediate dissemination of this Memorandum is desired.

  
**EDILBERTO L. OPLEARIA**  
Schools Division Superintendent

Reference:

Regional Memorandum: (No. 75, s. 2013)



Republic of the Philippines  
Department of Education  
**REGION X - NORTHERN MINDANAO**  
Gregorio A. Pelaez, Sr. Memorial Sports Center  
Velez Street, Cagayan de Oro City  
Telephone no. 722651/Tax No. 8561932 Email: depedx\_scd@yahoo.com



**REGIONAL MEMORANDUM**

No. 75, s.2013

**TO :** Schools Division Superintendents/Officer-In-Charge  
*This Region*

**FROM :** DR. ALLAN G. FARNAZO, CESO V  
*[Signature]*  
Schools Division Superintendent  
Officer-In-Charge, Office of the Regional Director

**SUBJECT :** 2013 HEALTHY YOU NUTRI-TRIVIA QUIZ TILT

**DATE :** June 4, 2013

---

The Healthy You, Interschools Club Phils. and Tulong Dukha Foundation, Inc. joins DepED in the observance of Nutrition month (July 2013). All public and private elementary and secondary schools are invited to the **2013 Healthy You Nutri-Trivia Quiz Tilt**, per attached letter of Julius B. Menor, Executive Director, dated 30 May 2013.

Please be informed that this Office interposes no objection to the participation of the schools in this activity, provided however that no classes should be disrupted.

Further, since this activity has no DepED endorsement, hence, registration fees cannot be charged to MOOE or any school funds, thus participation is purely voluntary.

For information and guidance.



and

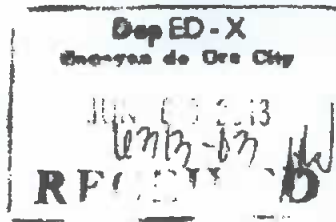


in cooperation with



May 30, 2013

Honorable Dr. Allan Fornazo CESO V  
 Regional Director  
 Department of Education (Dep-Ed)  
 Region X - Northern Mindanao  
 Don Gregorio Pelaez Sports Complex,  
 Velez St., Cagayan de Oro City



Dear Director Fornazo,

In support of the celebration of 2013 NUTRITION MONTH usually held in the month of July, may we invite all public and private elementary and secondary schools in your region to join by sending their school representatives to 2013 HEALTHY YOU NUTRI-TRIVIA QUIZ TILT on July 22, 2013 (Monday) at Seda Centrio Hotel with a theme:

**GUTOM AT MALNUTRISYON, SAMA-SAMA NATING WAKASAN**

The objectives of this NUTRI-TRIVIA QUIZ TILT is in line with the DepEd Memo No. 67 S.2013 as signed by DepEd Secretary Bro. Armin A. Luistro FSC. As such, here are the goals to achieve for the nutrition competition:

- a. to highlight the meaning and importance of good nutrition
- b. to promote good health among studentry by providing a nutrition trivia reviewer handbook to all pupils and students
- c. to provide the school participant a narrative report with pictorials on the highlight of the Healthy You Nutri Trivia Quiz Tilt

Likewise, may we ask your office to send a REGIONAL SUPERVISOR/REPRESENTATIVE to act as one of the judges in this one-of-a-kind Nutri Quiz with HONORARIUM.

Attached herewith is the NUTRI-TRIVIA QUIZ TILT MECHANICS for school perusal.

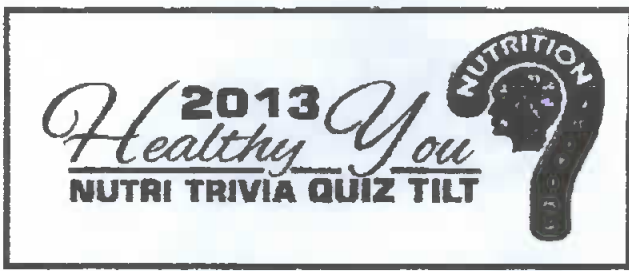
May we appeal that a REGISTRATION FEE of (P5,000) five thousand pesos inclusive of 20 copies of Healthy You: A Handbook on Nutri Trivia for the Young Ones, 2 school representatives (elementary grade V & VI and highschool 3rd & 4th year students), 1 mentor-coach, simple snacks, Certificate of Recognition, medals, cash prize and school plaque for the champion to be charged to MOOE or available school funds / local funds subject to usual auditing and accounting procedures.

For interested schools, please get in touch with Nutri Trivia Hotlines (02) 411-9311, (02) 416-9311 or textline 09158880071. Ask for Jun or Julius.

Anticipating your positive reply to this request.

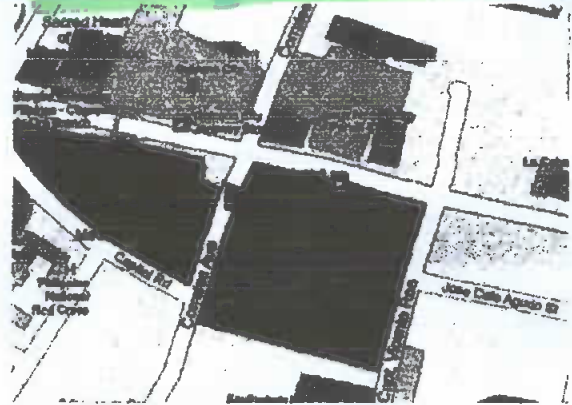
Very truly yours,

  
 Julius E. Menor  
 Executive Director



**QUIZ MECHANICS**

1. Interested public and private elementary and secondary schools may join the 2013 Healthy You Nutri Trivia Quiz Tilt to be held on **July 22, 2013 (Monday)** at **Seda Centrio Hotel, Cagayan de Oro.**



**NUTRI QUIZ VENUE:  
SEDA CENTRIO  
HOTEL**

- 2. As a culminating nutri activity, the school will be provided a **NUTRITION REVIEWER** entitled as **Healthy You: A Handbook on Nutrition Trivia for the Young Ones (20 copies)** which will be utilized by the participating schools as their **OFFICIAL REFERENCE** for this Quiz Tilt. Some of the questions will be taken in this handbook but not all.
- 3. The school will have a free hand to choose their representatives to join this nutri-trivia quiz tilt. There must be at least **(2) two pupils** in the *elementary level* and **(2) two students** in the *secondary level* to participate in this event. Event time for elementary is **8:00 AM - 12:00 PM**, for secondary is **1:00 PM - 3:00 PM** only.
- 4. The **QUIZ TILT** is a written competition where a Quiz Master will read aloud the Questions to be flashed at the powerpoint thru LCD projector. All participants per school is considered a **"Team effort"** to answer the question. They will join in **EASY, DIFFICULT** and **HARD ROUNDS**. The highest score will be proclaimed as **CHAMPION**. In case of a tie, **tie breaker round** is applied.

5. Prizes for the Healthy You Nutri-Trivia Quiz Tilt:

<b>A. <u>ELEMENTARY SCHOOL CHAMPION</u></b>	- will receive a team cash prize of <b>P7,500</b> , a sash of <b>AKO'Y BATANG MALUSOG AWARDEE</b> , a medal & school plaque, <b>Winner Certificate</b> , <b>Mentor of the Year Certificate</b> .
<b>B. <u>SECONDARY SCHOOL CHAMPION</u></b>	- will receive a team cash prize of <b>P7,500</b> , a sash of <b>HEALTHY YOU AWARDEE</b> , a medal & school plaque, <b>Winner Certificate</b> and <b>Mentor of the Year Certificate</b> .
<b>C. <u>TOP TEN WINNERS</u> (1st runner up to 10th runner up)</b>	- will receive a <b>WINNER CERTIFICATE</b> to recognize their ranking in this <b>QUIZ</b> .

6. All participants plus **(1) one mentor only per school** will be treated with a snack to be provided by **SEDA CENTRIO HOTEL**.

7. A **PRE REGISTRATION** of **(P5 000)** five thousand pesos per level is required inclusive of **20 copies** of Healthy You...



invite you to participate in . . .

**2013**  
**HEALTHY YOU ? QUIZ TILT**



**NUTRITION THEME**

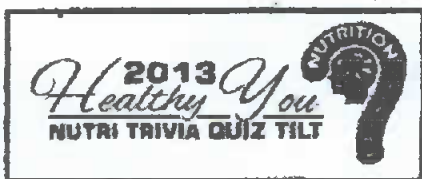
**"GUTOM AT MALNUTRISYON, SAMA-SAMA NATING WAKASAN"**

**JULY 22, 2013 (MONDAY)**

\*\*\*

**8:00 AM - 12:00 PM - ELEMENTARY**

**1:00 PM - 3:00 PM - SECONDARY**



# PRE-REGISTRATION FORM

**YES**, please include our school to join the 2013 Healthy You Nutri Quiz Tilt to be held at Seda Centrio Hotel on July 22, 2013 with a theme: **GLUTOM AT MALNUTRISYON, SAMA-SAMA NATING WAKASAN**

## DEADLINE OF PRE-REGISTRATION?

**JUNE 19, 2013 (WEDNESDAY)**

The earlier registration is the more days for review. Don't wait for the deadline. **REGISTER NOW!**

## HOW TO SEND REGISTRATION FEE OF P5,000?

**A. THRU BANK-TO-BANK.** *(Please deposit to any Philippine National Bank (PNB) )*

**ACCOUNT NAME : Interschools Clubs Phils. Ltd. Co.**  
**ACCOUNT NUMBER : 544549700016 (Regular Savings)**  
**West Ave.**

**B. PERA PADALA/ MONEYGRAM** *(Any courier Western Union, ML Lhulhier, Cebuana Lhulhier, Palawan Express Padala, etc.*

**To: MAY REYES MEXCA**  
**Healthy You/ Interschools Clubs Phils. Ltd. Co.**  
**Unit 21 LGI Terraces, 49 Agullar St. Bungad, SFDM, Q.C.**

Please text your Reference Code No. to 09158880071, to get your payment.

## WHEN TO RECEIVE THE NUTRITION REVIEWER?

As soon as the registration fee is received, the 20 copies of Healthy You Nutri Trivia Handbook will be received in a matter of 2-5 days only *(door-to-door only)*.

<b>Registered by:</b>	
_____	_____
<b>PRINT NAME &amp; SIGNATURE (PRINCIPAL)</b>	<b>SCHOOL NAME</b>
_____	_____
<b>CONTACT NOS.</b>	<b>COMPLETE ADDRESS</b>

**IMPORTANT:** NAMES OF TWO (2) PARTICIPANTS and NAMES OF ONE (1) MENTOR maybe provided only at the venue.