



Republic of the Philippines
Department of Education
Region VII, Central Visayas
DIVISION OF CITY SCHOOLS – TAGBILARAN
City of Tagbilaran



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October 15, 2019

Division Memorandum

No. 552, s. 2019

“KALINAW: MENTAL WELLNESS” PROGRAM

**TO: Heads, Public and Private Secondary Schools
All Others Concerned**

1. This Office hereby disseminates a communication from the Office of the City Mayor of Tagbilaran, Hon. John Geesnell L. Yap II, requesting the schools within this Division to participate on the launching of their advocacy entitled **“Kalinaw: Mental Wellness”** Program to be held on October 18, 2019, Friday at 1:30 PM at the New City Hall Atrium.
2. Each school is encouraged to give one student representative for the Kalinaw Project: Interschool Spoken Word Poetry Contest.
3. For complete details, enclosed is the official communication from the Office of the City Mayor as well as the guidelines and mechanics for the said contest.
4. Immediate information and dissemination of this Memorandum is highly appreciated.


NERI C. OJASTRO, Ed. D, CESE
Schools Division Superintendent 



Republic of the Philippines
CITY GOVERNMENT OF TAGBILARAN
OFFICE OF THE CITY MAYOR

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October 14, 2019

DR. NERI C. OJASTRO

Officer-in-Charge, Office of the Schools Division Superintendent
Tagbilaran City Schools Division, Barangay Dampas, Tagbilaran City, Bohol

Dear **Dr. Ojastro**:

Mental health affects everyone, according to Rogers Behavioral Health. Each of us goes through stressful times in our lives. Chances are, we know someone who is or has dealt with mental illness and recovery, or someone who is going through the process of dealing with some sort of anxiety, depression, addiction, or eating disorder. The development of good coping skills allows us to maintain mental health in the face of challenges.

Being well is more than just being free of disease, but understanding how, when, and why help is needed and how to fight stigma. Wellness involves a complete, general well-being - a balance of emotional, physical, spiritual, and mental health. One must develop and maintain skills and strategies to prevent the onset of or shorten the duration of illness, while promote recovery and well-being. Essentially, in order to maximize the potential for a person to lead a full and productive life, one must fully embrace wellness to improve the mind, body, and spirit.

It may be recalled that in August 2019, Diocese of Tagbilaran Bishop Alberto S. Uy, D.D., through a pastoral letter, appealed to the public to help solve the alarming problem of the increasing number of suicide cases reported in Bohol starting last June 2019. He manifested the profound union of the Church with the families of those who have taken their own lives and called on the community to unite and work together to express support and affection to the bereaved families, while undertake measures on suicide prevention.

Heeding to this present-day advocacy, the City Government of Tagbilaran is preparing to launch the "Kalinaw: Mental Wellness" Program on Friday, October 18, 2019 at 1:30 pm, at the New City Hall Atrium, with Tagbilaran City Mayor John Geesnell L. Yap II will leading the pledge of commitment to the cause of mental wellness, afterwhich the spoken word poetry contest on suicide prevention will follow. Please find the attached mechanics for your easy reference.

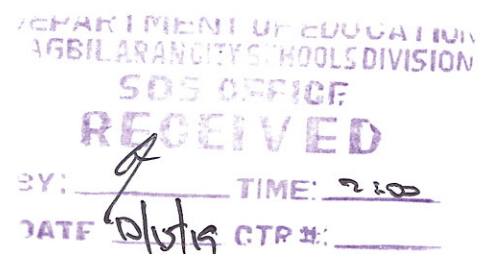
In this connection, **we would like to request your assistance in the dissemination of this activity to the schools to be able to generate massive participation.** We are counting on your full support to this undertaking that will aim to save the lives of those who need enlightenment.

Very truly yours,

JOHN GEESNELL L. YAP II
City Mayor

BY AUTHORITY OF THE CITY MAYOR:


CATHELYN ONTONG - TORREMOCHA
Officer-in-Charge, Office of the City Administrator



Mechanics for Spoken Word Poetry

GUIDELINES AND MECHANICS Kalinaw Project: Interschool Spoken Word Contest Tagbilaran City Government

Spoken word poetry is a performance art that is word-based. It is an oral art that focuses on the aesthetics of word play, intonation and voice inflection. It is a writing that is meant to be spoken or delivered with emotions to an audience

(Source: <https://www.powerpoetry.org/actions/5-tips-spoken-word>, October 7,2019).

1. The City-wide contest is open to high school and college students within the city of Tagbilaran.
2. There will be two categories: **High School** and **College Category**. Each school shall identify **one (1) representative**, with **one (1) official coach** for each artist. Only one (1) representative must be identified per high school and per college.
3. The spoken word poetry must be an **original composition**. It can be in **any of the three languages: English, Cebuano, Filipino**. A written copy of the piece shall be submitted to the Secretariat during the contest.
4. Each contestant must register online, through this Google Registration Form link: <https://forms.gle/tqVgg9RUChYPoh4s5>. A scanned copy of their ID must be uploaded for the registration form, or sent to this email: livelihoodcommunity19@gmail.com
5. Each contestant is given a minimum of two (2) minutes and maximum of four (4) minutes to recite or deliver his or her piece. Contestants must wear civilian attire, and must not use their school uniforms during their performance.
6. The piece must be about, related to, or an expansion of the theme given, which is Mental Health Awareness and Wellness.
7. The piece must be delivered from memory.
8. The piece must not show any offensive, or vulgar use of words.
9. Musical background (e.g., instrumental sounds) is allowed to complement the delivery.
10. Criteria for judging:

| Criteria | Percentage (%) |
|----------------------------------------------|----------------|
| Quality of the Content | 30% |
| Relevance of the Piece to the Theme | 30% |
| Vocal Articulation, Variation and Projection | 20% |
| Dramatic Delivery and Performance | 20% |
| TOTAL: | 100% |

11. The two (2) winners for each category shall receive a cash prize
12. All entries submitted shall be considered **joint property of Kalinaw Project and the artist** and may be used by Kalinaw Project without notice to the artist.
13. The contest pieces of the top three (3) contestants will be **posted** to the official Kalinaw Project Facebook page.