



Republic of the Philippines
Department of Education
Region VII – CENTRAL VISAYAS
SCHOOLS DIVISION OF BOHOL

**Office of the Schools Division
Superintendent**

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Division Memorandum
No. 178, Series 2021

**DIVISION POLICY ON IMPLEMENTING GUIDELINES IN THE UTILIZATION OF
DANCE EXERCISE THROUGH RELIGIOUS SONGS AS PART OF THE
DIVISION-WIDE WELLNESS PROGRAM
(Project DERS': KINABUHI AMPINGAN)**

To: **Schools Governance and Operations Division
Education Program Supervisors
Public Schools District Supervisors
Public Elementary and Secondary School Heads
All Others Concerned**

1. Bohol Schools Division Office (SDO) issues the enclosed **Division Policy On Implementing Guidelines in the Utilization of Dance Exercise Through Religious Songs as Part of the Division-wide Wellness Program (Kinabuhì Ko, Ampingan Ko)**, which aims to provide positive outlooks amidst life's challenges.
2. The rationale, scope and coverage, legal bases, guiding principles, mechanisms, and procedures are hereby provided for easy access with the necessary information needed. All teaching and non-teaching personnel in the organization are hereby encouraged to implement this program in their respective units.
3. For your guidance and compliance.


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IMPLEMENTING GUIDELINES OF PROJECT DERS (Dance Exercise Through Religious Song)

I. RATIONALE

“Every year close to 800 000 people take their own life and there are many more people who attempt suicide. Every suicide is a tragedy that affects families, communities and entire countries and has long-lasting effects on the people left behind. Suicide occurs throughout the lifespan and was the second leading cause of death among 15-29 year-olds globally in 2016. Suicide does not just occur in high-income countries, but is a global phenomenon in all regions of the world. In fact, over 79% of global suicides occurred in low- and middle-income countries in 2016. Suicide is a serious public health problem; however, suicides are preventable with timely, evidence-based and often low-cost interventions. For national responses to be effective, a comprehensive multisectoral suicide prevention strategy is needed. (<https://www.who.int/news-room/fact-sheets/detail/suicide>)”

“A World Health Organization (WHO) study revealed that mental health-related concerns and disorders in the Philippines had “drastically” increased since the beginning of the coronavirus pandemic. The WHO said Philippine mental health authorities received an average of 30-35 calls daily from March to May due to depression issues compared with 13-15 daily calls from May 2019 to February 2020. “This is markedly higher than the 400 monthly average calls from May 2019 to February 2020 or before the pandemic hit the Philippines ... the monthly average calls related to suicide also increased to 45 calls per month as of May 31, 2020,” the study said.”(<https://www.ucanews.com> by Joseph Peter Calleja, Manila, August 25, 2020 06:05 AM GMT).

In response to the mental health problem, the Department of Education (DepEd), through its Disaster Risk Reduction and Management Service (DRRMS) and in coordination with the various DepEd Central Office units and its partners, conducted a series of Mental Health and Psychosocial Support Services (MHPSS) provisions for DepEd personnel.

II. SCOPE AND COVERAGE

This policy covers the implementation of Project DERS (Dance Exercise Through Religious Song) in the entire Schools Division of Bohol. This includes all teaching and non-teaching personnel as well as the learners particularly in the public schools. Likewise, parents and stake holders are encouraged to join in this implementation. This project shall promote the value and the true meaning of life. This Dance Exercise song is universal which can be used regardless of religious affiliation.

III. DEFINITION OF TERMS

For clear understanding, the following terms used in the guidelines are defined.

1. **Dance Exercise**-involves plenty of movement that's as fast and breathless as you want it to be. That means you get to burn calories, work on flexibility and get a cardiovascular workout. (maximuscle.com)
2. **DERS** – Dance Exercise Through Religious Song



3. **DRRMS** - Disaster Risk Reduction and Management Service
4. **Mental Health** - the condition of being sound mentally and emotionally that is characterized by the absence of mental illness and by adequate adjustment especially as reflected in feeling comfortable about oneself, positive feelings about others, and the ability to meet the demands of daily life (<https://www.merriam-webster.com>)
5. **MHPSS** - Mental Health and Psychosocial Support Services
6. **Religious Song**- poetical and musical creations that shows belief in a Supreme Being
7. **Suicide** - the act or an instance of taking one's own life voluntarily and intentionally (<https://www.merriam-webster.com/dictionary/suicide>)
8. **Unit** - a single thing, person, or group that is a constituent of a whole (<https://www.merriam-webster.com>)

IV. POLICY STATEMENT

Republic Act No. 11036 “An Act Establishing a National Mental Health Policy for the Purpose of Enhancing the Delivery of Integrated Mental Health Services, Promoting and Protecting the Rights of Persons Utilizing Psychosocial Health Services, Appropriating Funds Therefor and Other Purposes Wherein Section 23, the *Integration of Mental Health into the Educational System*. – that the State shall ensure the integration of mental health into the educational system, as follows: (a) Age-appropriate content pertaining to mental health shall be integrated into the curriculum at all educational levels.

Enclosure No. 1 of DO No. 14 s. 2020, Roman No. V, DepEd Required Health Standards Framework, Paragraph A, Increase Physical and Mental Resilience, No. 14 states that the Department of Education likewise places priority on the protection and promotion of the mental health and general welfare of all learners and personnel. Interventions to increase mental resilience include discussion/facilitation of modules related to mental health within the first week of return to school, operationalization of a guidance office in every school to provide basic mental health services to learners and personnel, and the establishment of counseling services through a hotline/platform in SDOs. Likewise, a hotline/flat form for counseling services shall be established at the CO for its personnel in the CO and Ros. Moreover, interventions for DepEd offices include provision of Mental Health and Psychosocial Support (MHPSS) and debriefing sessions to personnel, and the promotion of ‘work life balance’ through proper scheduling of activities and rotation of workforce.

In this regard, the Schools Division of Bohol establishes this policy to ensure efficient and effective implementation of the Project DERS (Dance Exercise Through Religious Song) in all schools in the public sector from Kindergarten to Senior High School learners, teaching and non-teaching personnel in this organization with the cooperation of the Division Youth Focal Person.

V. GUIDELINES AND PROCEDURES

- a. To ensure the implementation of Mental Health and Psychosocial Support Services in the Department of Education to teaching, non-teaching personnel as well as the parents and learners, the Schools Division of Bohol initiated the Project DERS (Dance Exercise Through Religious



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Song) and accepted the original song and composition “**Kinabuhi Ampingan**” by, **Rev. Father Pablo Omamalin**, an anti-suicide campaign song.

- b. The Project DERS shall be implemented to all units in this division.
- c. Logo – There should be an official logo of Project DERS as part of the promotion and unique identity.
- d. The Project DERS as an exercise song shall be done every Monday after flag raising ceremony to all personnel in the department, can be integrated across all learning areas, use as energizer during seminar, training or workshop, etc.
- e. The Project DERS bearing the dance song “Kinabuhi Ampingan” may be shared freely to the learners, parents and stakeholders.
- f. This Dance Exercise song is universal which can be used regardless of religious affiliation.
- g. For sustainability of this project, a competition must be held annually in form of dance contest, song composition, slogan and singing contest to be participated by the learners, teaching, non-teaching and stakeholders.

VI. MONITORING AND EVALUATION

- a. For effective and efficient implementation of this project, the PSDS shall monitor all schools under his jurisdiction and submit report quarterly to the office of the Schools Division Superintendent thru Division GAD Focal Person.
- b. A template must be created to be used for purpose of monitoring and reporting to gather issues and concerns for possible enhancement.

VII. EFFECTIVITY OF THE POLICY

These implementing guidelines shall take effect immediately upon the approval of the Schools Division Superintendent. All teaching and non-teaching personnel in the organization shall implement this program in their respective units.

VIII. REFERENCE

- a. Republic Act No. 11036 “An Act Establishing a National Mental Health Policy for the Purpose of Enhancing the Delivery of Integrated Mental Health Services, Promoting and Protecting the Rights of Persons Utilizing Psychosocial Health Services, Appropriating Funds Therefor and Other Purposes
- b. Deped Order No. 14 s. 2020 which is Guidelines on the Required Health Standards in Basic Education Offices and Schools
- c. Division Memorandum No, 255, s. 2020, Division Policy Guidelines on the Inclusion of the Mental Health Management Protocol in the Enhanced School Improvement Plans



- d. Division Memorandum No. 567 s. 2021, Consultative Meeting with the Members of the Newly Created Technical Working Group Members of Project DERS 9Dance Exercise Through Religious Song)
- e. <https://www.who.int/news-room/fact-sheets/detail/suicide>
- f. <https://www.ucanews.com>
- g. <https://www.merriam-webster.com>

