



Republic of the Philippines
Department of Education
NEGROS ISLAND REGION

OCT 29 2026

REGIONAL MEMORANDUM

No. 1256, s. 2026

OBSERVANCE OF NATIONAL HEALTH EDUCATION WEEK 2026

To: Schools Division Superintendents
All Others Concerned

1. This Office, through the Education Support Services Division (ESSD), disseminates the enclosed communication from **Hon. Malcolm S. Garma**, Undersecretary for Governance and Operations, dated October 27, 2026 regarding the conduct of the **"Observance of National Health Education Week 2026,"** which is self-explanatory.

2. Immediate dissemination of this Memorandum is desired.


RAMIR B. UYTICO EdD, CESO III
Regional Director

Reference: As Stated

Incl: As Stated

To be indicated in the Perpetual Index
under the following subjects:

SCHOOLS

HEALTH

SJRM/ESSD-RM/ Observance of National Health Education Week 2026
/October 28, 2026



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Republika ng Pilipinas
Department of Education

OFFICE OF THE UNDERSECRETARY FOR GOVERNANCE AND OPERATIONS

ADVISORY
Observance of National Health Education Week 2026

Health Education plays a key role in sustaining healthy practices across different age groups by promoting health literacy to address and prevent chronic health issues. This second week of October is the commemoration of **“National Health Education Week”**. It aims to highlight and strengthen the vital role of health education, promote health literacy, and empower different communities with disease-prevention knowledge.

Globally, headlice infestation is a persistent and growing problem with varying prevalence rates in both developed and developing countries (Health Research and Development Network, 2024). In the Philippines, 54.7% of public schools reported to have experienced headlice infestation among their learners. Another overlooked health concern is the lack of proper sleep among learners, with 72.5% reporting to have less than 8 hours of sleep per night for grades 7-10 (Global School-based School Health Survey, 2024). Hence, raising awareness of learners on these topics are vital in addressing underlying health concerns associated with these health issues.

Pursuant to Section V.B. Co-Curricular Activities and Legislated Celebrations of **DepEd Order (DO) No. 9, s. 2026**, titled *“Guidelines on the Implementation of the Three-Term School Calendar in Basic Education”* and **OUGOPS Memorandum No. OM-OUGOPS-2026-08-02274** titled *“Learner Support Observances SY 2026-2027”*, DepEd through the Bureau of Learner Support Services - School Health Division (BLSS-SHD) strengthens and promotes the integration of Learner Support-related observances, including **“National Health Education Week”** celebrated every 2nd week of October as part of instructional block through integration in regular teaching and learning process. Additionally, observance of the National Health Education Week 2026 may be incorporated as part of the following:

- After-class activities
- End-of-term block activities
- Pep talks or similar activities during flag ceremonies
- Printed IEC materials and behavioral nudges (which can be kept throughout the school year)

For 2026, DepEd emphasizes the importance of practicing healthy habits through personal and sleep hygiene, focusing on Head Lice Prevention and Sleep Management which will contribute to the learners’ overall health and well-being, and improve their daily functioning at school and at home.

Head Lice Prevention: Itchy head? Don't let Head Lice spread! #Lice?Alis!

What are head lice? These are small insects (or parasites) that live in your scalp and feed on your blood.

Symptoms of head lice infestation may include:

- Consistent itchiness in the head and/or irritated scalp
- Small red bumps on the scalp
- Feeling something crawling or moving in your head or scalp
- Small nits (lice eggs) often seen attached in hair strands



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How do head lice spread? These insects (or parasites) spread through close contact with another person's lice-infested hair. They may also be found on infested items such as clothes, hats, and hair ties.

To prevent head lice, learners are recommended to practice the following:

1. Do not share combs, brushes, clothes or towels with others
2. Avoid or minimize hair-to-hair contact during play
3. Regularly check your hair and tell an adult if you feel any discomfort.
4. Consult your school health personnel on steps on how to stop the spread of head lice.

Proper Sleep Management: Woke up like this? Quality Sleep for Keeps!

#TurnSleepHabits2Benefits

Are you struggling to sleep well? We recommended learners to follow these simple sleep management tips to improve your sleep quality and develop healthy sleeping habits?

Cannot focus even if you had sleep?

- Feeling drowsy and forgetful are results of shorter sleeping hours. Instead, quality sleep can be achieved by getting **7-8 hours or more of uninterrupted sleep**. This allows our mind to concentrate, think clearly and process memories when we wake up.

Cannot wake up on time?

- Waking up early may be difficult for some people. Try **sleeping at the same time consistently**. Having the same wake-up time everyday including weekends helps build our "body clock" – This is your body's "sleep timer" that helps you feel sleepy and wake up at the right times
- For example, practice sleeping at 8:00 PM and waking up at 5:00 AM every day

Are you tempted to use your phone past your bedtime?

- This is because the overuse of mobile phones stimulates our brain, making it difficult to sleep & relax. **Avoid using your cellphones at least 30 minutes before bedtime.**

Eating large meals or snacks before your bedtime, is that okay?

- **Avoid eating large meals and snacks before your bedtime.** It is recommended to instead drink small amounts of water when feeling hungry to help relax your body and stay hydrated.

The Bureau of Learner Support Services (BLSS) enjoins teaching and other non-teaching personnel to utilize the National Health Education Week 2026 resources and references accessible through this link: <https://tinyurl.com/NatHealthEdWeekMaterials>

All expenses related to the reproduction and dissemination of IEC materials for National Health Education Week 2026 may be charged to Program Support Funds or local funds, subject to usual accounting and auditing rules and regulations.

For more information and clarification, please contact **Mr. Gideon John Tuliao**, Health Education and Promotions Officer II, or **Ms. Julia Andrea Aguila**, Technical Assistant II, via email (blss.shd@deped.gov.ph).

MALCOLM S. GARMA

Undersecretary for Governance and Operations



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Republika ng Pilipinas
Department of Education
OFFICE OF THE UNDERSECRETARY FOR GOVERNANCE AND OPERATIONS

MEMORANDUM

OM-OUGOPS-2026-~~18~~-02274

TO : **REGIONAL DIRECTORS
SCHOOLS DIVISION SUPERINTENDENTS
ALL SCHOOL HEADS CONCERNED
ALL OTHER CONCERNED**

FROM : **MALCOLM S. GARMA**
Undersecretary for Governance and Operations

SUBJECT : **LEARNER SUPPORT OBSERVANCES FOR SY 2026-2027**

DATE : June 18, 2026

The Department of Education, through the Bureau of Learner Support Services (BLSS), issues the following guidance to Regional Offices (ROs), Schools Division Offices (SDOs), and schools, pursuant to Section V.B. Co-Curricular Activities and Legislated Celebrations of **DepEd Order (DO) No. 9, s. 2026**, titled *Guidelines on the Implementation of the Three-Term School Calendar in Basic Education*:

1. Attached as **Annex A** is the list of recommended learner support observances for SY 2026–2027. All ROs, SDOs, and teaching and non-teaching personnel are encouraged to support the commemoration of these observances through information dissemination and conduct of related activities.
2. Consistent with DO 9, s. 2026, commemoration of learner support observances in schools during the instructional block shall primarily be through integration in regular teaching and learning process. Additionally, observances may be incorporated as part of:
 - a. After-class activities
 - b. End-of-term block activities
 - c. Pep talks or similar activities during flag ceremonies
 - d. Printed IEC materials and behavioral nudges (which can be kept throughout the school year)
3. BLSS enjoins teaching and other non-teaching personnel to utilize the compendium of resources and references accessible through this link <https://bit.ly/schoolhealth2627resources>.
4. Subsequent advisories may be issued, as necessary, to provide further details on learner-support observances (e.g. annual theme, key messages, other materials or references).
5. All expenses related to the conduct of these observances may be charged against the Learner Support Program Funds or local funds, subject to usual accounting and auditing rules and regulations.

For more information and concerns, please contact **Mr. Gideon John Tuliao**, Health and Education Promotions Officer II, or **Ms. Julia Andrea Aguila**, Technical Assistant II of BLSS-SHD through email at blss.shd@deped.gov.ph.



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ANNEX A

Recommended Learner Support Observances for SY 2026-2027

Month	Observances
June	<ul style="list-style-type: none"> National Dengue Awareness Month National No Smoking Month 5 – World Environment Day 26 – International Day Against Drug Abuse and Illicit Trafficking Week 3 – National Safe Kids Week
July	<ul style="list-style-type: none"> Nutrition Month 17 – National Cardiopulmonary Resuscitation (CPR) Day Week 4 – Diabetes Awareness Week
August	<ul style="list-style-type: none"> National Lung Month National Adolescent Immunization Month 8-12 – Linggo ng Kabataan 12 – Philippine International Youth Day Week 1 – Sight-Conservation Week
September	<ul style="list-style-type: none"> Childhood Cancer Awareness Month 10 – World Suicide Prevention Day 26 – World Environmental Health Day 28 – World Rabies Day 4th Monday – Pagkaing Pamilya Mahalaga Day Week 1 – Obesity Prevention Awareness Week
October	<ul style="list-style-type: none"> School Health Month 10 – World Mental Health Day 15 – Global Handwashing Day 2nd Thursday – World Sight Day Week 2 – National Health Education Week Week 2 – National Mental Health Week
November	<ul style="list-style-type: none"> Malaria Awareness Month National Children's Month 17 – National Students' Day 19 – World Toilet Day 25 – National Consciousness Day for the Elimination of VAWC 3rd Sunday – National Day of Remembrance for Road Crash Victims, Survivors and their Families Week 3 – Drug Abuse Prevention and Control Week
December	<ul style="list-style-type: none"> Firecrackers Injury Prevention Month 1 – World AIDS Day
February	<ul style="list-style-type: none"> Second Tuesday - Commemoration of Safer Internet Day Philippines Philippine Heart Month National Dental Health Month Week 2 - National Awareness Week for the Prevention of Child Sexual Abuse and Exploitation
March	<ul style="list-style-type: none"> Rabies Awareness Month 22 – World Water Day 24 – World Tuberculosis Day
April	<ul style="list-style-type: none"> 22 – Earth Day Week 4 – World Immunization Week
May	<ul style="list-style-type: none"> Hypertension Awareness Month 21 – AIDS Candlelight Memorial Day 28 – World Menstrual Hygiene Day 31 – World No Tobacco Day

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