



Republic of the Philippines  
**Department of Education**  
 REGION XI  
 SCHOOLS DIVISION OF PANABO CITY

Office of the Schools Division Superintendent

April 26, 2024

**DIVISION MEMORANDUM**

No. 0100, s. 2024

**IMPLEMENTATION OF PROJECT "HOT: HYDRATE ON TIME"**

To : Assistant Schools Division Superintendent  
 Chief ES, School Governance and Operation Division (SGOD)  
 Chief ES, Curriculum Implementation Division (CID)  
 Public Schools District Supervisors (PSDS)  
 Division Medical Team  
 Division Guidance Coordinator  
 Public Elementary and Secondary School Heads  
 All Registered Guidance Counselors

1. In line with the **MATATAG** Agenda of the current administration of Vice President and DepEd Secretary Sara Z. Duterte: **Take good care of learners** by promoting learner well-being, inclusive education, and a positive learning environment. The Schools Division of Panabo City through the Curriculum Implementation Division (CID) in coordination with the Guidance Program proudly introduces this initiative for the benefit of both learners and school staff alike.

2. By promoting regular hydration through the **"HOT"** project, students can enhance their ability to focus, retain information, and engage effectively in learning activities. Moreover, staying hydrated positively influences children's psychological well-being. Dehydration can lead to irritability, fatigue, and mood fluctuations, affecting students' overall mood and behavior in the classroom. By integrating hydration promotion into school initiatives, educators can contribute to supporting quality education, promoting health and nutrition, prioritizing wellness and mental health, and fostering partnerships and collaboration among stakeholders

3. The conduct of Project **"HOT"** will start this month of May 2024. Details of this activity is in the attached approved activity design. A link for school consolidated **HOT Kickoff** report shall be provided. Deadline of submission shall be on May 27, 2024.

4. For information, guidance and strict compliance.

**JINKY B. FIRMAN, CESO VI**  
 OIC, Schools Division Superintendent

**RELEASED**

As Stated  
 Doc://CID/je/jdr

APR 30 2024



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DepEd Panabo:  
**Empowering Champions in Education**  
 through Journeying, Blending and Fostering commitment in  
 providing quality education, MATATAG for all.





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**CURRICULUM IMPLEMENTATION DIVISION**

**ACTIVITY DESIGN**

<b>Title of the Activity</b>	<b>"HOT: Hydrate ON Time" Project</b> (Is a catchy and easy to remember acronym that promotes healthy hydration habits of children in school particularly during hot season)
<b>Date</b>	January 2024 - December 2025
<b>Program Implementer</b>	<b>Curriculum Implementation Division</b>
<b>TWG</b>	CID-Public Schools District Supervisors, School Heads, Registered Guidance Counselors, School Guidance Advocates, Division Mental Health Focal, Medical Team
<b>Type:</b>	Division-Led
<b>Over-all Incharge</b>	Juliet D. Raganas RGC, LPT Guidance Coordinator III/Division Guidance Counselor
<b>Budget and Source of Fund</b>	<b>Local Funds / SCHOOL MOOE / donations / sponsors / partnership</b>
<b>Rationale and Objectives</b>	<p>Welcome to the "HOT" project, where hydration meets learning and well-being. In line with the <b>MATATAG</b> Agenda of the current administration of Vice President and DepEd Secretary Sara Z. Duterte: <b>Take</b> good care of learners by promoting learner well-being, inclusive education, and a positive learning environment. The Curriculum Implementation Division (CID) through the Guidance Program proudly introduces this initiative for the benefit of both learners and school staff alike.</p> <p>Incorporating the acronym "HOT: Hydrate on Time" serves as a reminder of the critical importance of staying hydrated, particularly during hot seasons. By emphasizing the significance of timely hydration, the program addresses not only physical health but also the cognitive and psychological well-being of children in school. Proper hydration is essential for maintaining optimal cognitive function and learning abilities. Dehydration can impair concentration, memory, and overall cognitive performance, which can negatively impact academic performance. By promoting regular hydration through the "HOT" program, students can enhance their ability to focus, retain information, and engage effectively in learning activities. Moreover, staying hydrated positively influences children's psychological well-being. Dehydration can lead to irritability, fatigue, and mood fluctuations, affecting students' overall mood and behavior in the classroom. By encouraging consistent hydration, the "HOT" program helps create a supportive environment for emotional regulation and mental well-being among students.</p>



In summary, "HOT: Hydrate on Time" not only highlights the importance of hydration but also underscores its positive outcomes on learning and psychological issues among children in school by promoting a culture of regular hydration.

The school guidance program plays a pivotal role in spearheading the "HOT: Hydrate on Time" advocacy due to its unique position in promoting holistic well-being among students. School guidance counselors and advocates are the primary initiators of this project for several compelling reasons. Holistically, Guidance counselors are trained to address various aspects of students' well-being, including physical health, mental health, and academic success. Recognizing the interconnectedness between hydration, learning, and psychological well-being, they are well-equipped to advocate for the importance of regular hydration as part of a holistic approach to student support.

As for Early Intervention, Guidance Counselors are often the first point of contact for students experiencing difficulties, whether academic, emotional, or behavioral. By integrating hydration promotion into their existing programs, counselors can proactively address potential issues related to dehydration before they escalate, fostering a proactive and preventive approach to student wellness. As trusted mentors and advocates, guidance counselors provide individualized support to students based on their unique needs and circumstances. They can identify students who may be at risk of dehydration due to factors such as forgetfulness, lack of access to water, or underlying health conditions, and offer tailored strategies and interventions to promote hydration. By leading the "HOT" advocacy, guidance counselors can **collaborate** with *school administrators, healthcare professionals, Educators and community stakeholders* to create a supportive environment that prioritizes hydration. Through advocacy efforts, they can raise awareness, garner support, and implement sustainable policies and practices that promote regular hydration among students.

In summary, the school guidance program, with its focus on holistic student well-being, individualized support, and educational outreach, is ideally positioned to champion the "HOT: Hydrate on Time" initiative. By leveraging their expertise, influence, and collaborative spirit, guidance counselors and advocates can empower students to prioritize hydration, thereby enhancing their overall health, learning outcomes, and psychological resilience.

Overall, the "HOT Project" can be aligned with values that are pro-God - **MAKA DIYOS**; pro-life - **MAKA TAO** by promoting stewardship of the body, prioritizing health and well-being, fostering compassion and empathy, and cultivating community support and connection. By encouraging individuals to care for themselves and others through hydration, the project embodies principles that honor life as a sacred gift and express reverence for the Divine. The project also aligns with principles of patriotism and national development - **MAKABANSA** by fostering community engagement and social connection. By prioritizing hydration and well-being, schools contribute to building a healthier, more resilient, and prosperous nation.

	<b>Objectives:</b> <b>a.</b> optimize academic performance, and enhance cognitive function; <b>b.</b> cultivate a school environment that prioritizes the health and well-being of students, teaching staff, and the broader community through the promotion of hydration as a fundamental aspect of self-care and wellness; and <b>c.</b> foster collaboration and engagement among students, educators, parents, healthcare providers, and community stakeholders to collectively promote hydration awareness and practices within the school and beyond.		
<b>Expected Outputs</b>	Produce tangible improvements in hydration rates, academic performance, student-well-being, environmental sustainability, community engagement, and school culture, ultimately contributing to the overall health and success of students and the school community.		
<b>Schedules:</b>	<b>Dates :</b> (exclusive of travel time)	<b>Involved Units</b>	<b>Schools/Districts</b>
	<b>April 2024-December 2025 and beyond</b>  <b>Partners:</b> Once a week or as need arises for SY 2024-2025 and beyond	* Registered Guidance Counselors, * School Administrators * Guidance Advocates * PEER Advisers * PSDS <b>Partners:</b> * Division Mental Health Focal and * Medical Team	Panabo South District Panabo North District Panabo South Dist. 1 Secondary Schools Panabo Central District

**ACTIVITY MATRIX/METHODOLOGY:**

DATE	TIME	ACTIVITY	PERSONS INVOLVED	PARTICIPANTS
<b>IMPLEMENTATION</b>				
April 15-16, 2024	10:30 am - 4:00 pm	Draft Activity Design, and Memorandum Submit Activity Design and memorandum for signature	Division Guidance Coordinator	Division Guidance Coordinator, EPS-VE, Chief CID, ASDS/SDS
April 24, 2024		Memorandum Dissemination with attach approved activity design	Team leaders, RGCs, Guidance Advocates, School Heads, PSDSs	Team leaders, RGCs, Guidance Advocates, School Heads, PSDSs
April 3 <sup>rd</sup> -4 <sup>th</sup> Week, 2024		School Activity Design Preparation, Orientation to teachers, Distribution of request letters, invitation program, tarpaulin/posters	PSDS, Division Guidance Coordinator, School heads, Teachers, PTA, concerned persons	PSDS, Division Guidance Coordinator, School heads, teachers, PTA. concerned persons



April , 2024 4 <sup>th</sup> week- May 2-3, 2024		Education and Awareness Campaign  * PEER Education * Integration into Curriculum * Posters	School Heads, teachers, Guidance Advocates, learners, parents, Barangay Officials	PSDS, Division Guidance Coordinator, Medical team, School Heads, teachers, Guidance Advocates, learners, parents, Barangay Officials
May, 2024 1 <sup>st</sup> Week		School Kick Off/Launching	Division Personnel, School Heads, teachers, Guidance Advocates/RGCs, Medical Team, learners, parents, stakeholders	SDS/ASDS, Division EPS/PSDS, School Heads, teachers, Guidance Advocates/RGCs, Medical Team, learners, parents, stakeholders
All year Round		<b>Promote Sustainability through</b>  1. Encourage everyone to bring reusable bottles 2. Refill station by class 3. Installing of water stations for drinking throughout the school campus 4. Maintain regular hydration habits by drinking water every hour consistently throughout the day - <b>(ringing of school bell every hour as sign to drop everything and take water break)</b> 5. Incorporating hydration awareness and practices into the school curriculum	School heads, teachers, learners, parents	School heads, teachers, learners, parents
All year Round <b>Once a week</b>		<b>Health Week</b>  * Follow up check-up * Data Tracking and monitoring	School heads, Medical Team Rep. PSDS, Barangay Education Rep.	School heads, Medical Team Rep. PSDS, Barangay Education Rep., learners

Prepared by:

**JULIET D. RAGANAS RGC, LPT**

Guidance Coordinator III/  
Division Guidance Counselor

Noted:

**ELDEN D. ORBETA PhD.**

Education Program Supervisor, VE  
HGP/Career Guidance Focal

Checked and Reviewed:

**JANWARIO E. YAMOTA**

Chief - CID

Recommending Approval:

**BASILIO P. MANA-AY JR., CESO VI**

Asst. Schools Division Superintendent

Approved:

**DR. JINKY B. FIRMAN, CESO VI**

OIC - Schools Division Superintendent