



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

Office of the Schools Division Superintendent

August 8, 2024

**DIVISION MEMORANDUM**

No. 0152 s. 2024

**SIGHT SAVING MONTH CELEBRATION**

To : Assistant Schools Division Superintendent  
 Chief Education Supervisor Schools Governance and Operations  
 Division  
 Chief Education Supervisor Curriculum Implementation  
 Division  
 All Education Program Supervisors  
 All Public Schools District Supervisors  
 All Division Personnel  
 All School Heads and Principals of Public Elementary and  
 Secondary Schools  
 All Concerned

1. August was declared Sight Saving Month in the country through Proclamation No. 40, which was signed on July 5, 1954, by President Ramon Magsaysay. The celebration aims to emphasize the importance of protecting and taking good care of the eyes and to encourage the public to be aware of available means of restoring lost eyesight and the value of organ donation.
2. This Division is fully committed to addressing this matter because, in most cases, treating patients early enough can prevent them from becoming blind or developing visual loss.
3. In line with the Sight Saving Month, attached are some of the practices for a healthy eye for your information.
4. For dissemination.

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

**RELEASED**

**AUG 9 2024**

RECORDS SECTION - SDO PANABO CITY  
 BY  
 RECORDS SECTION - SDO PANABO CITY

Enclosed: As stated.  
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THE VISION CARE  
INSTITUTE™

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Johnson & Johnson Medical Ltd

# Top ten tips for healthy eyes.



## Visit your eye-care professional

for an eye test at least every two years, to check not only your vision but also your eye and general health.



## Blink frequently

and take regular breaks, especially when working on a computer. Also check that your screen and keyboard are positioned correctly.



## Wear your glasses or contact lenses

to help you perform better at work, rest and play.



## Drink water

at least six to eight glasses a day, to stay hydrated. Your tears and the delicate skin around your eyes are particularly susceptible to dryness.



## Wear eye protection

for DIY activities and at risk sports, and remember UV protection for eyes is as important as sunscreen for skin.



## Wash your hands regularly

to help reduce the spread of colds, runny eyes and eye infections, and always wash hands before handling contact lenses.



## Stop smoking

because smokers are twice as likely to go blind in later life. You only have one pair of eyes, look after them.



## Be aware

of your family history of eye conditions, such as glaucoma and macular degeneration, and take professional advice on how to prevent or delay onset.



## Eat a balanced diet

including colourful fruit and vegetables, and maintain a healthy weight, to help prevent high blood pressure and diseases such as diabetes, which impact on eye health.



## Take prompt action

if you experience any change with your eyes, as prompt diagnosis and treatment can help reduce long term problems. Every day, ask yourself: "Do my eyes look good, feel good and see well?"



# A SHORT GUIDE TO YOUR CHILD'S EYES



THE COLLEGE  
OF OPTOMETRISTS

## KEY EYESIGHT MILESTONES

### Babies

- Eyes are more sensitive to bolder colours
- Can see colour at around 3 months
- Are able to focus after a few months



### 6 months+

- Eyes should be fully developed
- Can judge depth and see 3D shapes
- In rare cases may need glasses



### LOOK OUT FOR:

Your baby's eyes should be able to follow you around a room after a few months. You can do a quick check - cover each eye in turn. If your baby doesn't like having one eye covered more than the other one there may be a problem



### LOOK OUT FOR:

A white reflection glimmer in the eyes (you might see this in photos) - might indicate a problem. An optometrist can check this



### 4 years+

- At 4 to 5, vision screening should happen at school. If this hasn't happened by the end of your child's first year at school, and you have concerns about their eyes, take them to your optometrist
- Treatment for a lazy eye is most successful before the age of 7
- 6 to 7 is one of the key age groups for short sight to develop



### The growth spurt

- Eyes continue to grow and develop - so monitor your child's vision on an ongoing basis
- Complaints of headaches or tired eyes after school might indicate an eye problem
- 1 in 5 UK teenagers are short-sighted; 12 to 13 is a key age for it to develop



### LOOK OUT FOR:

A squint or lazy eye often runs in families, and may not be obvious



### LOOK OUT FOR:

Short-sighted children - especially sporty ones - might benefit from contact lenses but they must be kept clean!



## A POSSIBLE EYE PROBLEM?

Look out for these warning signs in your child. They may indicate a problem...

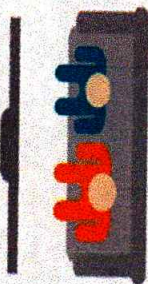


Rubbing their eyes a lot (except when tired, which is normal)

Having excessively watery eyes



Sitting very close to the TV or holding books/objects close to their face



Being clumsy and having poor hand/eye coordination



Complaining about blurred or double vision or having unexplained headaches

Squinting their eyes up or closing one eye when they read or watch TV



Avoiding reading, writing or drawing



Closing one eye when they go out in bright sunshine

### REMEMBER:

If you're worried, check it out. The earlier any problems are picked up, the better they can be treated

## ALL ABOUT EYES



Eyes are the second most complex organ in the human body (after the brain)

Your eye blinks on average 16 times every minute - over 10,000 times in a day!



Unlike your teeth, your eyes don't usually hurt if there's something wrong



## DID YOU KNOW?

Your child doesn't need to be able to talk or know their letters to have a sight test



Wearing glasses won't make your child's eyes worse



Children with learning difficulties are more likely to have problems with their vision

# X3

If you're short-sighted, your child is 3 times more likely to be too, this increases to over 7 times when both parents are short-sighted



Spending time outside can help prevent short sight



It's important to protect your child's eyes from the sun. Make sure your child's sunglasses have UV protection and carry the British Standard (BS EN ISO 12312-1:2013) or CE mark



## TOP TIPS

1. Looking after your child's eyes is as important as looking after the rest of their body
2. Children won't necessarily know (or tell you) if something is wrong with their eyes, so don't assume your child's eyesight is normal
3. If in doubt, get your child's eyes checked
4. Your optometrist is the eye expert on the high street - to find one local to you go to: [www.lookafteryoureyes.org](http://www.lookafteryoureyes.org)
5. Eye checks are free under the NHS for children under 16

## KEEP YOUR KID'S VISION IN TIPTOP SHAPE

## 6 HEALTHY HABITS

1. Have their eyes checked annually.
2. Help them remember not to touch or rub their eyes.
3. Protect their eyes with sunglasses or a hat.
4. Make healthy food choices. (Think carrots, spinach, kale, salmon, tuna and halibut!)
5. Avoid excess screen time; make sure they take breaks.
6. Remind them not to stare at the sun.

