

2019 Oplan Kalusugan kicks off in QC

**By Rex Arcadio
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IT TAKES a village to educate a child, and the Department of Education community will take all measures possible to ensure that Filipinos are given the proper information to ensure better health and nutrition.

After Makati City hosted the 2018 Oplan Kalusugan program launch, the DepEd-National Capital Region, in coordination with the host Division of City Schools-Quezon City, initiated the 2019 Oplan Kalusugan at Ismael Mathay Sr. High School in Project 8, Quezon City on Tuesday.

“Health is basically a Department of Health Concern, but the education arm is with us in DepEd so the children will be informed of made aware of,” said Natividad P. Bayubay, Officer-in-Charge/Schools Division Superintendent of Quezon City.

“With the proper health education, Filipinos don’t even have to set foot in a hospital,” she added.

Bayubay noted the need to “influence the kitchen in every home” as she explained that a massive information drive about the six pillars of the school head and nutrition program of DepEd will greatly benefit schools and society.

“We can show and prove through this program that we can do something, and these should be shared to every member of the Filipino family,” she told the audience composed of education officials, principals, teachers, students and barangay representatives and officers.

Dr. Aurea M. Lopez, Chief of the School Health and Nutrition Section of the Quezon City-Schools Division, reminded the audience that prevention is always preferable than cure.

She noted that the OK sa DepEd programs are “for the health and welfare of the youth, all families and communities in general.”

The kickoff featured a parade around the Barangay Sangandaan community, exhibits, an on-the-spot poster making contest, a short program participated in by students, school administrators and barangay officials, and an anti-drug abuse seminar sponsored by the Office of Vice Mayor Gian Sotto with the assistance from Barangay Sangandaan Captain Marivic Hefti.