

Republic of the Philippines  
**Department of Education**  
SCHOOLS DIVISION OF MARINDUQUE

Office of the Schools Division Superintendent

**MEMORANDUM**  
SGOD-2026-019

TO: Assistant Schools Division Superintendent  
Chief Education Supervisors  
Public Schools District Supervisors  
Public Elementary, Integrated, and Secondary School Heads  
All Others Concerned

FROM: **LYNN G. MENDOZA, EdD**  
OIC, Schools Division Superintendent

SUBJECT: **THE 22<sup>ND</sup> NATIONAL ORAL HEALTH MONTH CELEBRATION**

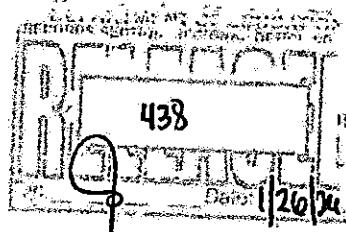
DATE: January 27, 2026

Attached is Regional Memorandum ESSD-2026-018 dated January 26, 2026 from the Office of MIMAROPA Region, Director Nicolas T. Capulong, PhD, CESO III titled "The 22<sup>nd</sup> National Oral Health Month (NOHM) Celebration", for information and guidance of all concerned.

Immediate and wide dissemination of the contents of this Memorandum is desired.

/SGOD- SHN-QRQM-National Oral Health Month/January 27, 2026

REPUBLIC OF THE PHILIPPINES  
DEPARTMENT OF EDUCATION  
MIMAROPA REGION



Office of the Regional Director

**REGIONAL MEMORANDUM**  
ESSD-2026-018

TO : **ALL SCHOOLS DIVISION SUPERINTENDENTS**  
*Mr. M. G. M.*  
FROM : **Mr. NICOLAS T. CAPULONG, PhD, CESO III**  
Director IV  
Regional Director  
SUBJECT : **THE 22<sup>nd</sup> NATIONAL ORAL HEALTH MONTH CELEBRATION**  
DATE : **January 26, 2026**

The 22<sup>nd</sup> National Oral Health Month (NOHM) with the theme "Dentista'y Kaagapay sa Ngiting Walang Humpay" shall be observed from February 2-27, 2026. The celebration aims to promote oral health awareness, instill proper oral hygiene practices among learners, and strengthen the role of schools, families, and communities in preventing oral diseases.

In relation to this, all Schools Division Offices are enjoined to actively participate in the conduct of the following recommended activities:

<b>a. First Week – Demonstrations and Interactive Activities</b>	<ul style="list-style-type: none"><li>• Demonstrations on proper toothbrushing and oral hygiene techniques</li><li>• Interactive workshops and distribution of oral hygiene kits, when available</li></ul>
<b>b. Oral Health Awareness Campaigns</b>	<ul style="list-style-type: none"><li>• School-wide oral health information drives and advocacy campaigns</li><li>• Oral health promotion activities tailored to diverse learner needs, including learners with disabilities</li></ul>
<b>c. Third Week – Delivery of Oral Health Services</b>	<ul style="list-style-type: none"><li>• Basic oral examination and consultation, subject to available resources</li><li>• Coordination with local government units, dental professionals, and partners for school-based oral health services</li></ul>



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<b>d. Fourth Week - Oral Health Education Activities</b>	<ul style="list-style-type: none"> <li>Classroom-based oral health education sessions</li> <li>Orientation sessions for parents and guardians on basic oral health practices</li> </ul>
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On February 2, 2026, declared as National Toothbrushing Day, simultaneous synchronized and age-appropriate toothbrushing activities shall reinforce correct oral hygiene practices among learners, subject to existing health and safety protocols. All Schools Division Dentists-in-Charge (DIC) shall lead the implementation of these activities, with the support of all School Dentists and other Division School Health Personnel, in close partnership with the Philippine Dental Association (PDA) Local Chapters, the Provincial Health Office (PHO), the Municipal Health Office (MHO), the school community, and other stakeholders.

A consolidated narrative report with pictures or videos on the various activities conducted shall be submitted on or before March 6, 2026 via email at [mimaropa.region@deped.gov.ph](mailto:mimaropa.region@deped.gov.ph).

For any queries, please contact Esmeraldo G. Lalo, EdD, Chief, Education Support Services Division (ESSD) at 09926960574, Maria Anna Irene M. San, MO IV at 09190978052 or Felicidesta L. Rolluqui, Dentist III at 09158724458.