



Republic of the Philippines
Department of Education
Region V – Bicol

SCHOOLS DIVISION OFFICE OF LIGAO CITY

Office of the Schools Division Superintendent



20226076

January 31, 2026

DIVISION MEMORANDUM

No. **0048** s. 2026

22nd NATIONAL ORAL HEALTH MONTH CELEBRATION

To: Asst. Schools Division Superintendent
CID and SGOD Chief Education Supervisors
Public Elementary and Secondary School Heads
School Health and Nutrition Section Personnel- Dental
All Others Concerned

1. The Department of Education, through the Bureau of Learners Support Services- School Health Division (BLSS-SHD) shall observe the 22nd National Oral Health Month (NOHM) in February 2026.
2. The annual observance of the National Dental Health Month 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, this initiative supports DepEd's commitment with the following policies;
 - a. DepEd Order (DO) No. 28, s. 2018, titled "Oplan Kalusugan sa DepEd" which institutionalizes comprehensive school health programs; and
 - b. Program of the Department of Education, which provides guidance on oral health promotion, disease prevention and delivery of basic oral health services in schools.
3. In this regard, School Health and Nutrition Section – Dental will take the lead in the month-long celebration of this event in the Division of Ligao City.
3. The promotional video may be accessed through this link:
https://drive.google.com/file/d/1OGdR9tK9sJ8g61tsib2l8a18yTUESeva/view?usp=s_haring
4. Attached are the suggested activities during National Oral Health Month.
(See enclosure)
5. For information and guidance of all concerned.

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Enclosure (Division Memo No. ___, s. 2026)

Suggested activities for 22nd National Oral Health Month:

First Week	Oral Health Awareness Campaign: Theme: Getting to Know Our Teeth • Initiate a school-wide campaign to raise awareness about dental health. • Poster-making or coloring contest (tooth friendly theme) • Dental Health Talk (tooth parts, types of teeth, why teeth matter)
Second Week	Proper Oral Hygiene Week: Theme: Clean Teeth, Healthy Smile • Toothbrushing Drill (proper technique demo+ guided practice) • Handwashing + oral hygiene integration activity • Daily supervised toothbrushing
Third Week	Nutrition & Cavity Prevention Week: Theme: Eat Right for Healthy Teeth • Talk on tooth-friendly vs cavity-causing foods • “Good food vs Bad for teeth” sorting game • Healthy snack day (fruits, vegetables, water) • Short quiz or interactive game on cavities and prevention
Fourth Week	Dental Check and Advocacy Week: Theme: Be a Tooth Defender • Set up interactive workshops that include hands-on activities. • Oral Health Pledge or “Smile Guardian” Certificate • “Best toothbrusher of the Day” recognition • Dental Health Bulletin Board Updates