

## PROJECT H2O (HYDRATE TO OXYGENATE) TOWARDS A HEALTHY LIFESTYLE

*by:*  
**Angeli N. Agustin**  
*Teacher I, Tipo Elementary School*

Water is a vital component of our existence. It has been considered a great factor in preventing us from different diseases. As the COVID-19 pandemic threatens everyone's health, the paramount benefits of water have now been realized by everyone.

In the pre-pandemic era, water issues have been discussed and the access of every child to clean water has been neglected. According to the World Health Organization (WHO), globally, at least 2 billion people use a drinking water source contaminated with feces and dirt. In the year 2010, the United Nations (UN) General Assembly explicitly acknowledged the human right to water and sanitation. Every person has the fair share to have an adequate, constant, risk-free, acceptable, physically accessible, and modest water supply for personal and domestic use.

In commitment to human safety, the Department of Education advocated a project that will help Filipino learners to have access to clean and safe water supply thru Wash in Schools Policy (WinS) as released thru DepEd Order No. 10 s. 2016. It is an integrated program that promotes personal health care and environmental sanitation through a set of standards for appropriate and correct health practices in schools.

Schools after closing in almost two years started to cater learners as we are now adopting the new normal set ups of living. As we begin face-to-face classes, the WASH in schools program has been intensified. Schools must comply with the standard of WASH programs in order to officially open in the second semester of SY 2021-2022.

In support of the WinS policy, Tipo Elementary School joins the Department of Education's advocacy and crafted Project H2O (Hydrate to Oxygenate). It is a project launched to ensure that the learners are well hydrated by drinking more water to have a healthy lifestyle. It is a worthwhile activity, enjoyable and beneficial to everyone, especially to our learners.

With this, public and private schools together with its personnel and staff serve as advocates that will ensure that all learners will have clean and safe water to use and drink while in school. The success of this project is beneficial not only to the health of the learners but also improves academic performance. If we continue to support this project, students may become strong and healthy. This may result in an increase in the school's performance.

*References:*

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<https://water.org/our-impact/where-we-work/philippines/>