



Republic of the Philippines
Department of Education
REGION III
SCHOOLS DIVISION OFFICE OF BATAAN

Advisory No. 218, s. 2026

JUL 14 2026

In compliance with DepEd Order (DO) No. 8, s. 2013,
this advisory is issued not for endorsement per DO 28, s. 2001,
but only for the information of DepEd officials,
personnel/staff, as well as the concerned public.

(Visit www.deped.gov.ph)

**NUTRITION MONTH ACTIVITIES OF THE GIRL SCOUTS OF THE
PHILIPPINES**

This Office informs all concerned of the Nutrition Month Activities of the Girl Scouts of the Philippines on July 18, July 25 and August 1, 2026, at Vista Mall, Balanga, Bataan

Attached herewith are the letter, Council Circular No. 08, Series 2026, Program of Activities, List of Facilitators, Parents' Consent and things to bring from the Girl Scouts of the Philippines, Central Luzon Region, Bataan Council, for further details and guidance.

This Advisory will serve as Travel Authority of the participants.

Immediate and wide dissemination of this Advisory is desired.

CAROLINA S. VIOLETA, EdD, CESO V

Schools Division Superintendent

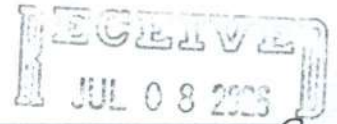
CIB/evm



GIRL SCOUTS OF THE PHILIPPINES

Central Luzon Region
Bataan Girl Scout Council

Copy - SDO - Bataan



BY: _____

July 8, 2026

Hg 2/10

COUNCIL BOARD Triennium 2024- 2027

HON. VIANCA LITA V. GOZON
Council President

MARITA L. NAVATA
Vice Pres. for Fund Dev't.

JOSEFINA D. TOLENTINO
Vice Pres. for Field

ESTRELLA S. DELA ROSA
Vice Pres. for Int'l. Participation

ARCELE F. SERVERA
Secretary

MA. LANI M. GAMIT
Asst. Secretary

JACQUELINE C. TUAZON
Treasurer

MILA D. CALMA
Asst. Treasurer

ADORACION S. FERNANDO
Auditor

LEONORY O. CANARE
Commissioner on Program

LUDVINA S. OMANIA
Commissioner on Training

ROLAND M. FRONDA, EdD, CESO V
Commissioner on Administration

CAROLINA S. VIOLETA, EdD, CESO V
Commissioner on Administration

DIVINA V. AGUSTIN
Council Executive
09175406548

CAROLINA S. VIOLETA, EdD., CESO V
Schools Division Superintendent
Kabukiran, Calaylayan, Abucay, Bataan

Madam:

Greetings!

In line with the 2026 Nutrition Month celebration with the theme, "**Nutrisyon at Kalikasan, Ating Pangalagaan!**", the **GSP – Bataan Girl Scout Council** will host a series of Nutrition Month activities in support of the nationwide campaign promoting the importance of proper nutrition and environmental stewardship in building healthier and more sustainable communities. This celebration aims to provide Girl Scouts with meaningful opportunities to develop healthy eating habits, appreciate the value of caring for the environment, and recognize the vital connection between nutrition, sustainability, and overall well-being.

To support this celebration, the **Senior and Cadet Planning Board (SCPB), Junior Journalist Guild/Radio-Television (JGG/RTV), Service Auxiliary Volunteers for Emergency and Relief (SAVER),** and the **Girl Representatives of the Bataan Girl Scout Council** have prepared a series of engaging and educational activities for Bataan Girl Scouts focusing on nutrition, environmental awareness, and healthy living. Through these activities, participants will gain practical knowledge and skills in making informed food choices, adopt sustainable practices, and promote a healthy lifestyle.

In view of the nationwide celebration of Nutrition Month this July, we respectfully request your approval to conduct the following activities. We assure you that all safety and health protocols will be strictly observed throughout the implementation of the program.

Attached - Council Circular No. 08, Series 2026, Program of Activities, List of Facilitators and Parents' Consent and Things to bring for your information and guidance.



GIRL SCOUTS OF THE PHILIPPINES

Central Luzon Region
Bataan Girl Scout Council

COUNCIL BOARD Triennium 2024- 2027

HON. VIANCA LITA V. GOZON

Council President

MARITA L. NAVATA

Vice Pres. for Fund Dev't

JOSEFINA D. TOLENTINO

Vice Pres. for Field

ESTRELLA S. DELA ROSA

Vice Pres. for Int'l. Participation

ARCELE F. SERVERA

Secretary

MA. LANIM. GAMIT

Asst. Secretary

JACQUELINE C. TUAZON

Treasurer

MILA D. CALMA

Asst. Treasurer

ADORACION S. FERNANDO

Auditor

LEONORY O. CANARE

Commissioner on Program

LUDVINA S. OMANIA

Commissioner on Training

ROLAND M. FRONDA, EdD, CESO V

Commissioner on Administration

CAROLINA S. VIOLETA, EdD, CESO V

Commissioner on Administration

DIVINA V. AGUSTIN

Council Executive

09175406548

Date	Activities	Venue
July 18, 2026 - Saturday	Nutrition Month – Junior	Vista Mall Balanga, Bataan
July 25, 2026 - Saturday	Nutrition Month – Twinkler/Star	Vista Mall Balanga, Bataan
August 1, 2026- Saturday	Nutrition Month – Senior/Cadet	Vista Mall Balanga, Bataan

We are looking forward to your kind approval of this request. Thank you very much for your continuous support and guidance.

Very truly yours,


DIVINA V. AGUSTIN
Council Executive



GIRL SCOUTS OF THE PHILIPPINES

Central Luzon Region
Bataan Girl Scout Council

PARENT'S CONSENT FORM

TO WHOM IT MAY CONCERN

This is to permit my daughter (Name) _____ to
participate in (Event) _____

_____ to be
held at _____ on _____ 20 ____.

We will not hold the Girl Scouts of the Philippines responsible for any untoward
incidents that may happen beyond their control.

Parent's Signature:: _____

Date : _____

Noted: _____

Troop Leader



GIRL SCOUTS OF THE PHILIPPINES

Bataan Girl Scout Council
Balanga, Bataan

PARENT'S CONSENT FORM

TO WHOM IT MAY CONCERN

This is to permit my daughter (Name) _____ to
participate in (Event) _____ to be held at

_____ on _____ 20 ____.

We will not hold the Girl Scouts of the Philippines responsible for any untoward
incidents
that may happen beyond their control.

Parent's Signature _____

Date: _____

Noted: _____

Troop Leader



GIRL SCOUTS OF THE PHILIPPINES

Central Luzon Region
Bataan Girl Scout Council

COUNCIL CIRCULAR No. 08

Series of 2026

In line with the 2026 Nutrition Month theme, “**Nutrisyon at Kalikasan, Ating Pangalagaan!**”, we celebrate the importance of proper nutrition and environmental responsibility in promoting healthier communities. This celebration serves as an opportunity for Girl Scouts to learn about the connection between nutritious food, sustainable practices, and overall well-being. The Senior and Cadet Planning Board (SCPB), Junior Journalist Guild/Radio-Television (JGG/RTV), Service Auxiliary Volunteers for Emergency and Relief (SAVER), and the Girl Representatives of the Bataan Girl Scout Council have prepared a set of activities for Bataan Girl Scouts focused on nutrition, environmental awareness, and healthy living. Through engaging and educational experiences, participants will explore practical ways to make informed food choices while caring for the environment..

EVENT	:	NUTRITION MONTH CELEBRATION 2026
PARTICIPANTS	:	Twinkler, Star, Junior, Senior, and Cadet Girl Scouts
DATE & TIME	:	(Junior) July 18, 2026, 10:00 AM - 5:00 PM (Twinkler and Star) July 25, 2026, 10:00 AM - 5:00 PM (Senior and Cadet) August 1, 2026, 10:00 AM - 5:00 PM
THEME	:	Nutrisyon at Kalikasan, Ating Pangalagaan!
VENUE	:	Vista Mall Bataan (<i>Roman Superhighway, Cupang Proper, Balanga</i>)

FOR TWINKLER AND STAR GIRL SCOUTS:

- A 2:8 adult-to-girl ratio will be strictly observed.
- For districts with 40 participants, only 10 troop leaders are allowed.

FOR JUNIOR GIRL SCOUTS:

Troop Leader Ratio for Junior Girl Scouts:

- A 2:8 adult-to-girl ratio will be strictly observed.
- For districts with 40 participants, only 10 troop leaders are allowed.



GIRL SCOUTS OF THE PHILIPPINES

Central Luzon Region
Bataan Girl Scout Council

ALL AGE LEVELS

PROPOSED PROGRAM OF ACTIVITIES

ACTIVITY TITLE	DESCRIPTION/MECHANICS	SUBMISSION LINK
NutriReals	Open to all registered Girl Scouts in Bataan, with one (1) entry only per municipality for Star & Twinkler and Junior and one (1) entry only per school for Senior and Cadet. Participants shall submit one (1) entry with a maximum duration of one (1) minute, using a vertical 9:16 aspect ratio with a recommended resolution of 1080 × 1920 pixels (Full HD). The video must align with the 2026 National Nutrition Month theme and promote healthy eating, food sustainability, environmental protection, home gardening, reducing food waste, or other related advocacy. Entries must be suitable for public viewing and use only original or properly licensed music, images, and videos. All qualified entries will be posted on the official GSP – Bataan Council Facebook page. Winners will be awarded per age level: Star & Twinkler and Junior (per municipality) and Senior and Cadet (per school). Submission deadlines and posting schedules will be announced separately.	https://drive.google.com/drive/folders/1nHZGfo1q7F2Ao1OX-UbmhnPdk2RIBpxd



GIRL SCOUTS OF THE PHILIPPINES

Central Luzon Region
Bataan Girl Scout Council

FOR SENIOR AND CADET GIRL SCOUTS:

- Each participating school **may send a maximum of 32 participants** (combined total for Senior and Cadet levels).

Troop Leader Ratio for Senior and Cadet Girl Scouts:

- a. The 1:8 ratio will also be observed for these levels.
- b. Schools with 32 participants may bring a maximum of 4 troop leaders.

DEADLINE OF REGISTRATION: July 10, 2026

Objectives:

- To increase awareness on the importance of good nutrition in an engaging and creative way.
- To showcase the cooking and artistic talents of Girl Scouts through healthy food preparation and design-based activities.
- To promote teamwork, leadership, and healthy competition among participants.
- To recognize and award the efforts of Girl Scouts in promoting health, hygiene, and environmental consciousness.

QUALIFICATION OF PARTICIPANTS

1. Must be a registered Twinkler, Star, Junior, Senior, or Cadet Girl Scout for the current girl scouting year.
2. Must be physically fit, alert, and mentally present.
3. Must have submitted necessary pre-event requirements and waivers.
4. The number of participants per district will follow council-declared quotas.



GIRL SCOUTS OF THE PHILIPPINES

Central Luzon Region
Bataan Girl Scout Council

STAR & TWINKLER

PROPOSED PROGRAM OF ACTIVITIES

ACTIVITY TITLE	DESCRIPTION/MECHANICS	MATERIALS NEEDED
Energizer: Move to Nourish	All participants will join a Zumba session followed by a group yell to promote fitness, enthusiasm, and camaraderie. This is a non-competitive activity.	• Comfortable attire and footwear • Water bottle
Healthy vs. Unhealthy: Plate It Right Challenge	Participants will be shown different pictures of food items. They must quickly decide whether each food belongs to the Healthy or Unhealthy category by lining up on the side that matches their answer. Scouts who choose the correct category earn a point for their team. The group with the most points at the end wins.	• Comfortable attire and footwear • Water bottle
This is not a..., This is a...: Food Swap Smarts	Participants will be given a simple shape, line, or drawing. Using their imagination, they must transform the given shape into a completely different object by adding details and creating a new picture. Once finished, each participant will present their drawing and complete the sentence: "This is not a _____, this is a _____." Scouts are encouraged to think creatively and come up with unique ideas connected with the theme.	• Art Materials
Nutrition Jingle Fest	With guidance from the adult facilitator and parents, each group will perform a jingle related to the theme "Nutrition at Kalikasan, Ating Pangalagaan." Groups will be given a maximum of one (1) minute to present their performance. Participants will be judged based on creativity, teamwork, enthusiasm, and relevance to the theme.	• Paper and Pen



GIRL SCOUTS OF THE PHILIPPINES

Central Luzon Region
Bataan Girl Scout Council

JUNIOR

PROPOSED PROGRAM OF ACTIVITIES

ACTIVITY TITLE	DESCRIPTION/MECHANICS	MATERIALS NEEDED
Energizer: Zumba & Yell	All participants will join a Zumba session followed by a group yell to promote fitness, enthusiasm, and camaraderie. This is a non-competitive activity.	Comfortable attire and footwear Water bottle
NutriFact / BINGO	Participants will answer nutrition-related clues by marking the correct answers on their Bingo cards. The activity aims to promote nutrition awareness through fun and interactive learning.	Pen/marker
NutriFiesta: Healthy Food Bazaar	Each municipality shall showcase one healthy food item or local delicacy and decorate their assigned booth according to the theme using recyclable or reusable materials. One representative shall briefly present the nutritional value of the featured food.	• Foldable / mini table (per municipality/school) • Healthy food or delicacy (fruit salad, lumpiang sariwa, suman etc.) • Cardboard/cartolina for signage • Plastic bottles, cans, or cartons for display pieces • Fabric table cover • Glue, tape, scissors, and markers • Potted plants or natural materials (leaves, bamboo, twigs) • Label cards and writing materials • Serving utensils and food containers
Nutrition Jingle Fest	Each municipality will perform a	• Cardboard/cartolina • Recycled



GIRL SCOUTS OF THE PHILIPPINES

Central Luzon Region
Bataan Girl Scout Council

	nutrition-themed jingle related to the event theme. Performances must not exceed three (3) minutes. Props and costumes shall be created on-site using recyclable or reusable materials.	paper/newspapers/magazines • Used cartons or boxes • Glue, tape, and scissors • Markers, crayons, or paint (any coloring materials) • Costume-making materials (recyclable/reusable)
--	--	---



GIRL SCOUTS OF THE PHILIPPINES

Central Luzon Region
Bataan Girl Scout Council

SENIOR & CADET

PROPOSED PROGRAM OF ACTIVITIES

ACTIVITY TITLE	DESCRIPTION/MECHANICS	MATERIALS NEEDED
Energizer: Yell	All participants will perform a short, high-energy group yell to showcase team spirit and enthusiasm. This is a non-competitive activity.	• Comfortable attire and footwear • Water bottle
Design a mask: Mask Up for Wellness	Participants will create and design a mask using recyclable materials. The mask design must be creative, visually appealing, and connected to the given theme. The base of the mask must be crafted out of cardboard and secured using a string.	• Cardboard • String or elastic band • Recycled art materials • Painting materials
BINGO: Eat Smart BINGO	Participants will be given a bingo card containing different characteristics or descriptions. They must find people in the crowd who match each characteristic and have them sign the corresponding box on the card. The first three participants to complete their bingo card correctly will receive a reward.	• Custom BINGO Card • Pen/Marker
NutriSpeech Choir	Participants will create and perform a short speech choir piece within 5 minutes, including preparation time. The piece must be aligned with the theme.	• Comfortable attire and footwear • Props that must be related to the theme • Copy of the script

**NUTRIFIESTA HEALTHY FOOD BAZAAR GUIDELINES**

1. Each municipality/school shall showcase one (1) healthy food item or local delicacy.
2. Booth decorations must align with the theme, "Nutrisyon at Kalikasan, Ating Pangalagaan!"
3. Decorations shall be made primarily from recyclable or reusable materials.
4. One (1) representative shall present the featured food and explain its nutritional value in not more than three (3) minutes.
5. After the judging, participants may share their food with fellow Girl Scouts.

Healthiness / Food Choice	25%
Creativity and Presentation	25%
Relevance to the theme	25%
Cleanliness	25%

NUTRITION JINGLE FEST GUIDELINES

1. Each municipality/school shall present one (1) nutrition-themed jingle related to the event theme.
2. The performance must not exceed three (3) minutes.
3. Props and costumes shall be created on-site using recyclable or reusable materials.
4. All participants must perform within their designated area.
5. The jingle may be sung live or accompanied by instrumental music.

Relevance to the Theme	30%
Creativity and Originality	25%
Performance and Presentation	25%
Props and Costume	20%

NUTRISPEECH CHOIR GUIDELINES

1. Each school shall present a short speech choir piece related to the event theme, "Nutrisyon at Kalikasan, Ating Pangalagaan!"
2. The performance must not exceed five (5) minutes, which already includes the preparation time.
3. Participants shall wear the appropriate event attire, and any props used must be directly related to the theme.
4. The piece must showcase vocal harmony, choreography, and dramatic expression while delivering their piece about aligned with the event theme.S
5. The original script must be given before the activity start and the decision of the judges is final and irrevocable.



GIRL SCOUTS OF THE PHILIPPINES

Central Luzon Region
Bataan Girl Scout Council

Vocal Delivery & Harmony	25%
Choreography & Stage Presence	25%
Creativity and Mastery	25%
Relevance to the theme	15%
Props	10%

SCHEDULE OF ACTIVITIES STAR & TWINKLER AND JUNIOR

TIME	ACTIVITY	ATTIRE
10:00-10:30 AM	Registration	GSP Logo Shirt, GSP/School Jogging Pants, Scarf, Sash, Rubber Shoes
10:30-11:00 AM	Energizer / Zumba	
11:00 AM -12:00 PM	STAR & TWINKLER: Healthy vs. Unhealthy: Plate It Right Challenge JUNIOR: NutriFact: BINGO	
12:00-1:00 PM	Lunch	
1:00-1:30 PM	Roll Call / Yell	
1:30-2:00 PM	STAR & TWINKLER: This is not a..., This is a...: <i>Food Swap Smarts</i> JUNIOR: Healthy Food Bazaar Preparation	GSP Logo Shirt, GSP/School Jogging Pants, Scarf, Sash, Rubber Shoes
2:00-3:30 PM	STAR & TWINKLER: NutriJingle JUNIOR: Healthy Food Bazaar	



3:30-4:30 PM	STAR & TWINKLER: Awarding JUNIOR: NutriJingle	
4:30-5:00 PM	Closing Ceremony / Awarding	

**SCHEDULE OF ACTIVITIES
SENIOR & CADET**

TIME	ACTIVITY	ATTIRE
10:00-10:30 AM	Registration	GSP Logo Shirt, GSP/School Jogging Pants, Scarf, Sash, Rubber Shoes
10:30-11:00 AM	Energizer / Zumba	
11:00 AM -12:00 PM	Eat Smart BINGO	
12:00-1:00 PM	Lunch	
1:00-1:30 PM	Roll Call / Yell	
1:30-2:00 PM	Design a Mask: Mask Up for Wellness	GSP Logo Shirt, GSP/School Jogging Pants, Scarf, Sash, Rubber Shoes
2:00-3:30 PM	NutriSculpt: Go, Grow, Glow	
3:30-4:30 PM	NutriSpeech Choir	
4:30-5:00 PM	Closing Ceremony / Awarding	



GIRL SCOUTS OF THE PHILIPPINES

Central Luzon Region
Bataan Girl Scout Council

JUNIOR (July 18, 2026)

ACTIVITY	ADULT FACILITATOR	GIRL LEADER
Energizer / Zumba	Marylyn B. Francisco (1Bataan Village COBNHS)	Angel De Guzman (BNHS SHS) Kylle Banzon (COBNHS SHS)
NutriFact / BINGO	Erlin B. Carag (Lamiao NHS) Roma S. Dumandan (Samal District)	Danica Alibar (MNHS Cabcaben) Kathrine Fernandez (BPSU BC)
Healthy Food Bazaar	Leonory O. Canare Amelyn R. Zulueta (Lamiao NHS)	Micaella Jaraba (BPSU Main) Athena Nisay (BCNHS)
Nutrition Jingle Fest	Arcele F. Servera (Hermosa NHS) Ludivina S. Omania (MNHS SHS Sitio Mabuhay)	Chezka May Ramos (BCNSHS)

STAR & TWINKLER (July 25, 2026)

ACTIVITY	ADULT FACILITATOR	GIRL LEADER
Energizer / Zumba	Marylyn B. Francisco	Ley Buenaventura (MNHS)
Plate It Right	Erlin B. Carag	Samantha Santillano (West Philippine Institute)
Food Swap Smarts	Marise M. Barlis (Limay NHS SHS)	Princess Miel Hannah Soriano
Nutrition Jingle Fest	Arcele F. Servera	Ynna Portuguez (Morong NHS) Francine Rivera

SENIOR & CADET (August 1, 2026)

ACTIVITY	ADULT FACILITATOR	GIRL LEADER
Energizer / Zumba	Marylyn B. Francisco (1Bataan Village COBNHS) Maan Mae A. Loria (Hermosa NHS)	Krishna Salo (Hermosa NHS)
Design a Mask	Ruth Ann M. Verdera (MNHS Cabcaben)	Aliyah Labrador (BPSU Main) Francine Rivera



GIRL SCOUTS OF THE PHILIPPINES

Central Luzon Region
Bataan Girl Scout Council

Eat Smart BINGO	Erlin B. Carag Roma S. Dumandan	Micaella Jaraba
NutriSpeech Choir	Arcele F. Servera	Rihanna Sotto (BPSU Main) Khleo Agas (BPSU Main)