



Republic of the Philippines  
**Department of Education**  
REGION X – NORTHERN MINDANAO  
**SCHOOLS DIVISION OF OZAMIZ CITY**

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Divisional Advisory No. 041 s. 2023  
April 14, 2023

Complying with DepEd Order No. 8, s. 2013  
this Office issues this Advisory not for endorsement per DO 28, s. 2001,  
but for the information of DepEd officials,  
personnel/staff, and the concerned public.  
(Visit [ozamiz.depedozamiz.gov.ph](http://ozamiz.depedozamiz.gov.ph))

**INFOGRAPHIC-MAKING COMPETITION**

In reference to Regional Advisory No. 64, s. 2023, re: Infographic-Making Competition, this Office informs all secondary school heads that COPE UP, a non-profit, non-partisan, and non-sectarian mental health organization based at the University of the Philippines Diliman, is inviting interested high school students to its COPE Caravan, which features its Infographic-Making Competition.

The event aims to provide an avenue for high school students to unleash their creativity while writing and researching a relevant topic in line with the organization's advocacy of mental health awareness.

Participation in this activity shall be voluntary. As such, the participants themselves shall shoulder any registration fees and travel/incidental expenses. Further, their participation shall be subject to the no-disruption-of classes policy stipulated in DepEd Order No.9, s. 2005 titled Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance therewith, Section 3, of Republic Act No. 5546 ( Policy on Contributions), DepEd Order No. 66, s. 2017 ( Policy on Off-Campus Activities), and the DOH-prescribed health and safety standards.

Attached is a copy of the communication for the specific details.

This Office directs the immediate and wide dissemination of this Advisory.

Encl.: As Stated

To be indicated in the Perpetual Index  
under the following subjects: *MG*

**INVITATIONS      MENTAL HEALTH      COMPETITIONS**  
SGOD/mjd

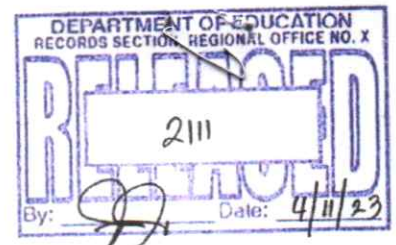


Address: IBJT Compound, Carangan, Ozamiz City  
Telephone No: (088) 545-09-88  
Telefax: (088) 545-09-90  
Email Address: [deped1miz@gmail.com](mailto:deped1miz@gmail.com)

Our **LEARNERS**: *The Diamonds of the Fortress.*  
**ASENSO OZAMIZ!**



Republic of the Philippines  
**Department of Education**  
REGION X – NORTHERN MINDANAO



Regional Advisory No. G4, s. 2023

April 11, 2023

Complying with DepEd Order No. 8, s. 2013,  
this Office issues this Advisory, not for endorsement per DO 28, s. 2001,  
but for the information of DepEd officials,  
personnel/staff, and the concerned public.  
(Visit [deped10.com](http://deped10.com))

### INFOGRAPHIC-MAKING COMPETITION

The COPE UP, a non-profit, non-partisan, and non-sectarian mental health organization based at the University of the Philippines Diliman, is inviting interested parties to its COPE Caravan, which features its Infographic-Making Competition.

The event aims to provide an avenue for high school students to unleash their creativity while writing and researching a relevant topic in line with the organization's advocacy of mental health awareness.

Participation in this activity shall be voluntary. As such, the participants themselves shall shoulder any registration fees and travel/incidental expenses. Further, their participation shall be subject to the *no-disruption-of-classes policy* stipulated in DepEd Order No. 9, s. 2005 titled *Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance therewith*, Section 3 of Republic Act No. 5546 (Policy on Contributions), DepEd Order No. 66, s. 2017 (Policy on Off-Campus Activities), and the DOH-prescribed health and safety standards.

Attached is a copy of the communication for the specific details.

This Office directs the immediate and wide dissemination of this Advisory.

ATCH.: As stated

To be indicated in the Perpetual Index  
under the following subjects:

INVITATIONS      MENTAL HEALTH      COMPETITION

ORD-PAU/moon



DepEd Regional Office X, Zone 1, Upper Balulang, Cagayan de Oro City  
(088) 856-3932 | (088) 881-3137 | (088) 881-3031  
Department of Education Region 10  
[region10@deped.gov.ph](mailto:region10@deped.gov.ph)  
<http://deped10.com>





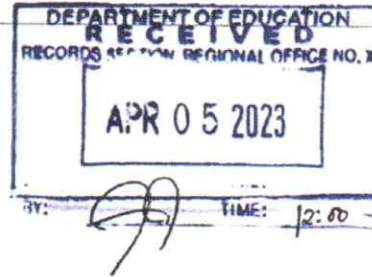


Department of Education Region 10 &lt;region10@deped.gov.ph&gt;

## Request for a DepEd Regional Advisory for COPE Caravan 2023

1 message

COPE Caravan <cope.caravan@gmail.com>  
To: region10@deped.gov.ph



Wed, Apr 5, 2023 at 8:56 AM

23-94819

April 5, 2023

Greetings from COPE UP!

COPE UP is a non-profit, non-partisan, and non-sectarian mental health organization based at the University of the Philippines Diliman. As the premier mental health organization in the university, COPE UP's advocacies include raising mental health awareness, destigmatizing mental illnesses, and providing a sound environment for individuals experiencing mental health disorders, problems, and other mental health-related challenges. Since 2017, the organization has conducted educational discussions and has promoted creative contents that are in line with its advocacies towards building a mentally healthy country.

This semester, COPE UP will be holding **COPE Caravan**, which features a series of events forwarding the organization's advocacies as well as providing students with healthier ways to cope with the stresses of life. Going by the title **Sanctuary: Places, Spaces, and their Relationship with Mental Health**, the month-long celebration aims to highlight the influence of spaces and people's perception of them on their mental health through a series of events ranging from competitions, webinars, and other exciting and informative activities.

One of the events will be an **infographic-making competition**, which aims to provide an avenue for high school students to unleash their creativity while writing and researching a relevant topic in line with the organization's advocacy of mental health awareness. Not only will the students have the opportunity to apply their talents and skills in contemporary social contexts, but also, your students will have the chance to win cash prizes, among other tentative incentives.

In line with this, COPE UP humbly requests your office to grant an issuance of a **DepEd Regional Advisory** for immediate information dissemination to the schools within your region. Attached to this email are the following:

- certificate of recognition
- COPE Caravan 2023 Primer
- Cover Letter

Thank you very much and we look forward to your favorable response regarding this matter!


Best regards,

John Marco Bajana  
Overall Head  
COPE Caravan 2023

3 attachments



**[COPE UP] Certificate of Registration\_1.jpg**  
337K

 **Cover Letter (Region X).pdf**  
374K

 **COPE Caravan 2023 Primer.pdf**  
4847K



# Certificate of Registration

This certifies that the

## COPE UP


has been accredited as a UNIVERSITY REGISTERED ORGANIZATION  
by the Office of Student Projects and Activities (OSPA), University of the  
Philippines Diliman, for Academic Year 2022-2023 and is given permission to:

- use/attach/annex the name of the University (University of the Philippines, U.P.) to the name of the organization;
- conduct activities;
- request to use any University or College facility/ies;
- apply for project grants;
- apply for tambayan;
- partner with any UP unit; and
- participate in activities led by the University units.

Subject to the following conditions:

1. this certificate of registration is valid only for the AY/Semester indicated above and until the end of the student org registration period for the 1st Semester for AY 2023-2024;
2. that entitlement to all privileges accorded to registered organizations is still subject to the rules and guidelines set for such privileges;
3. that changes in the list of officers, members, faculty adviser/s and the Constitution and By-laws shall immediately be reported to the OSPA; and
4. that all activities of the organization must be approved and endorsed by its faculty adviser.

Certified:

  
PROF. CRIZEL SICAT-DE LAZA  
Coordinator

Noted:

  
PROF. LOUISE JASID R. SONIDO  
Vice Chancellor for Student Affairs





COPE UP Executive Committee  
A.Y. 2022-2023

**Edrian Divinaflor**  
Overall Project Head

**John Marco Bajana**  
Executive Vice President

**Margret Juan**  
Executive Secretary

COPE Caravan 2023  
AdHoc Team

**John Marco Bajana**  
**Marvin De Guzman**  
**Louise Gabriel Jimenez**  
Overall Heads

**Joriz Mico Medina**  
**Lebron Andre Liam Palanca**  
Programs Subcommittee Heads

**Allianz Jelena Maturino**  
Creatives and Promotions  
Subcommittee Head

**John Clarence Pamplina**  
Communications Subcommittee Head

**Josh Andrew Martiia**  
Technical and Logistics  
Subcommittee head

## CONTACT US

-  cope.caravan@gmail.com
-  facebook.com/COPE.UPDiliman
-  @COPE\_UP
-  @cope.updiliman

April 5, 2023

**DR. ARTURO D. BAYOCOT**

Regional Director

Department of Education - Region X (Northern Mindanao)  
Masterson Avenue, Zone 1, Upper Bulalang Cagayan de Oro City

Greetings from COPE UP!

COPE UP is a non-profit, non-partisan, and non-sectarian mental health organization based at the University of the Philippines Diliman. It is also the premier mental health organization in the university. Its advocacies include raising mental health awareness, destigmatizing mental illnesses, and providing a sound environment for individuals experiencing mental health disorders, problems, and other mental health-related challenges. Since 2017, the organization has conducted educational discussions and has promoted creative contents that are in line with its advocacies towards building a mentally healthy country.

For this semester, COPE UP will be holding **COPE Caravan**, the organization's socio-civic project, which features a series of events forwarding the organization's advocacies as well as providing students with healthier ways to cope with the stresses of life. This year, COPE Caravan will go by the title **Sanctuary: Places, Spaces and their Relationship with Mental Health**. This will be a month-long celebration that aims to highlight the influence of spaces and people's perception of them on their mental health and will showcase a variety of projects and events ranging from competitions, webinars, and other exciting and informative activities that are open for senior high school students as well as college-level students.

The competitive event, which is an **infographic-making competition**, aims to provide an avenue for high school students to unleash their creativity while writing and researching a relevant topic in line with the organization's advocacy of mental health awareness. With this in mind, COPE UP would love to have your students participate in the organization's competitive event. Not only will your students have the opportunity to apply their talents and skills in contemporary social contexts, but also, your students



will have the chance to win cash prizes, among other tentative incentives.

In line with this, COPE UP humbly requests your office to grant an issuance of a **DepEd Regional Advisory** for immediate information dissemination to the schools within your region. The organization is very eager with its advocacy for mental health awareness and with your participation, COPE UP will be able to reach out to more students outside the university.

Should you have any questions or concerns, feel free to contact us at [cope.caravan@gmail.com](mailto:cope.caravan@gmail.com) or through the undersigned. We are looking forward to your favorable response.

**COPE UP Executive Committee  
A.Y. 2022-2023**

**Edrian Divinaflor**  
Overall Project Head

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**John Clarence Pamplina**  
Communications Subcommittee Head

**Josh Andrew Martiia**  
Technical and Logistics  
Subcommittee head

For a mentally healthy Philippines,

  
**John Marco Bajana**  
Overall Head  
COPE Caravan 2023

  
**Louise Gabriel Jimenez**  
Overall Head  
COPE Caravan 2023

**CONTACT US**

-  [cope.caravan@gmail.com](mailto:cope.caravan@gmail.com)
-  [facebook.com/COPE.UPDiliman](https://www.facebook.com/COPE.UPDiliman)
-  [@COPE\\_UP](https://twitter.com/COPE_UP)
-  [@cope.updiliman](https://www.instagram.com/cope.updiliman)



A black and white photograph of a tree-lined street. The street is paved and has a white line down the center. On the right side, there is a grassy area with a few people walking. On the left side, there is a building and more trees. The sky is visible through the branches of the trees.

# Sanctuary

Places, Spaces, and their Relationship  
with Mental Health

COPE Caravan 2023





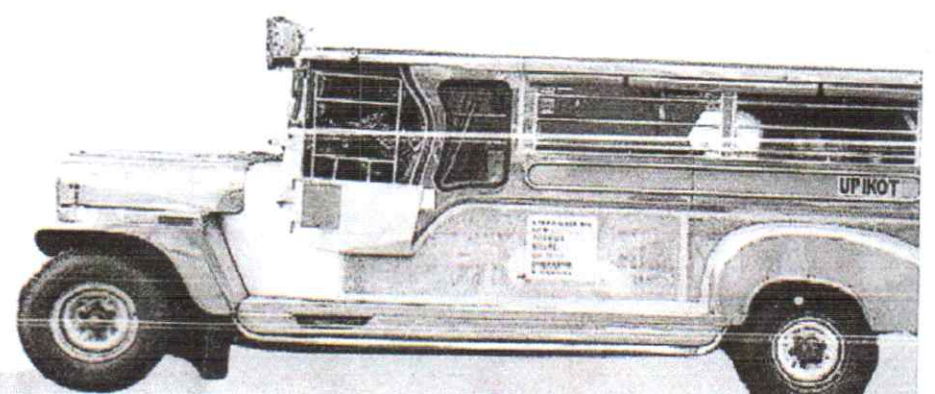
## *About the organization*

COPE UP is a non-profit, non-sectarian, university-wide recognized organization that advocated raising mental health awareness, destigmatizing mental health illnesses, and providing a sound environment for individuals experiencing mental health disorders, problems, and other mental-health related challenges inside and outside the university.

## *About COPE Caravan*

Started in 2022, COPE Caravan is a month-long event composed of different programs in line with the organization's advocacy of promoting mental health awareness within the university, as well as providing students with techniques that can help them in coping with stressful situations.

This 2023, COPE Caravan will go by the overall theme Places, Spaces, and their Relationship with Mental Health, highlighting the importance of spaces and people's perception of them with respect to mental health. Beyond the influence of the physical environment, COPE Caravan 2023 will also touch on how the social environment can affect people's mental health through the events that will be spearheaded this year.





# List of Events

This year's COPE Caravan will be comprised of four (4) events, which are as follows:

## Competitive Event (Infographic-Making Competition)

This will be an infographic-making competition for high school students that will allow them to unleash their creativity while writing and researching a relevant topic in line with the organization's advocacy of mental health awareness.

## Workshop

A basic Psychological First Aid (PFA) first aid will be conducted to better equip students, both within and outside COPE UP, in handling mentally stressful situations as well as to help their peers who might need initial psychosocial support. This workshop will be conducted face-to-face.

## Donation Drive

This will be a fundraising initiative for a chosen beneficiary, i.e., an organization whose main objectives are in line with COPE UP's advocacy of mental health awareness.

## Culminating Event

To cap off this year's COPE Caravan, a roundtable discussion on this year's theme will be conducted, inviting experts and representatives of different sectors. Alongside this, the winners of the competitive event will also be announced, as well as the book launching of the children's story book that the organization has crafted to raise mental health awareness to children. This event will be conducted under a hybrid setup.

MENTAL  
HEALTH

COPE UP  
MIND







# Our Organization in Numbers

**8K+** followers on COPE UP's official Facebook accounts

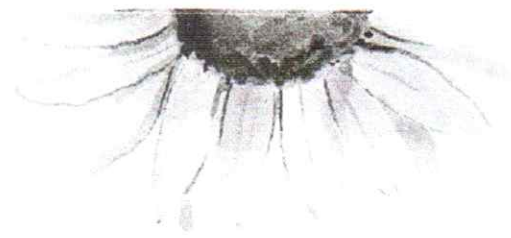
**800+** followers on COPE UP's official Twitter and Instagram accounts

**6** years as a duly recognized university-wide organization in UP Diliman

ASSIGNMENT UNIT 9 CH BY

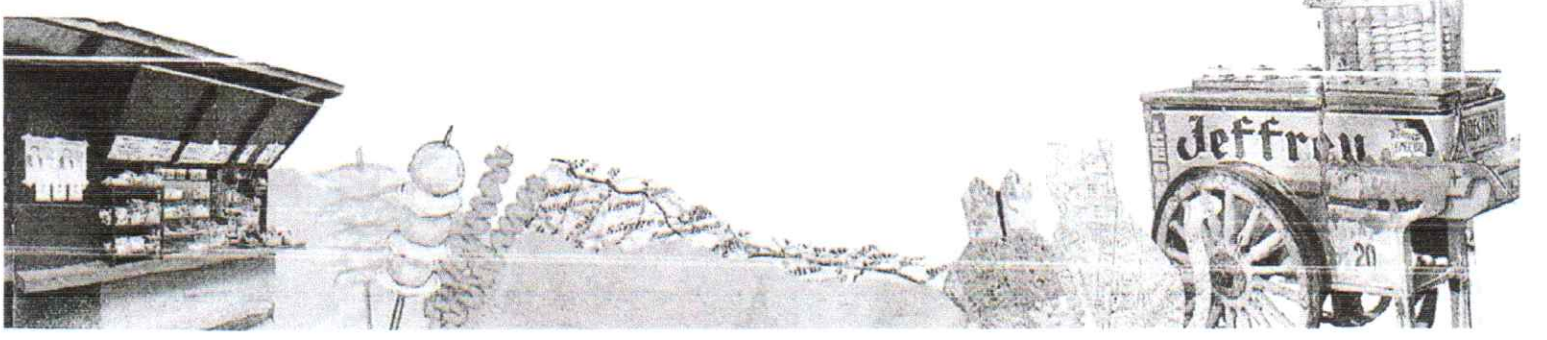






# Infographic Making Competition

1. This year, COPE Caravan 2023 will be holding an infographic-making competition for high school students that will allow them to unleash their creativity while writing and researching for a relevant topic in line with the organization's advocacy of mental health awareness.
2. The competition will be open to all **Senior High School students (Grades 11 and 12) in the Philippines**. Each school will only be allowed to send **one (1) entry** for the competition.
3. Participants may work individually or as a group with a **maximum of 3 members**.
4. Participating schools must fill out the pre-registration form which can be accessed through this link: [https://bit.ly/COPECaravan2023\\_PreRegForm](https://bit.ly/COPECaravan2023_PreRegForm). The pre-registration form will also be posted on the organization's official Facebook page. **Only those who have pre-registered will be given access to the submission form.**

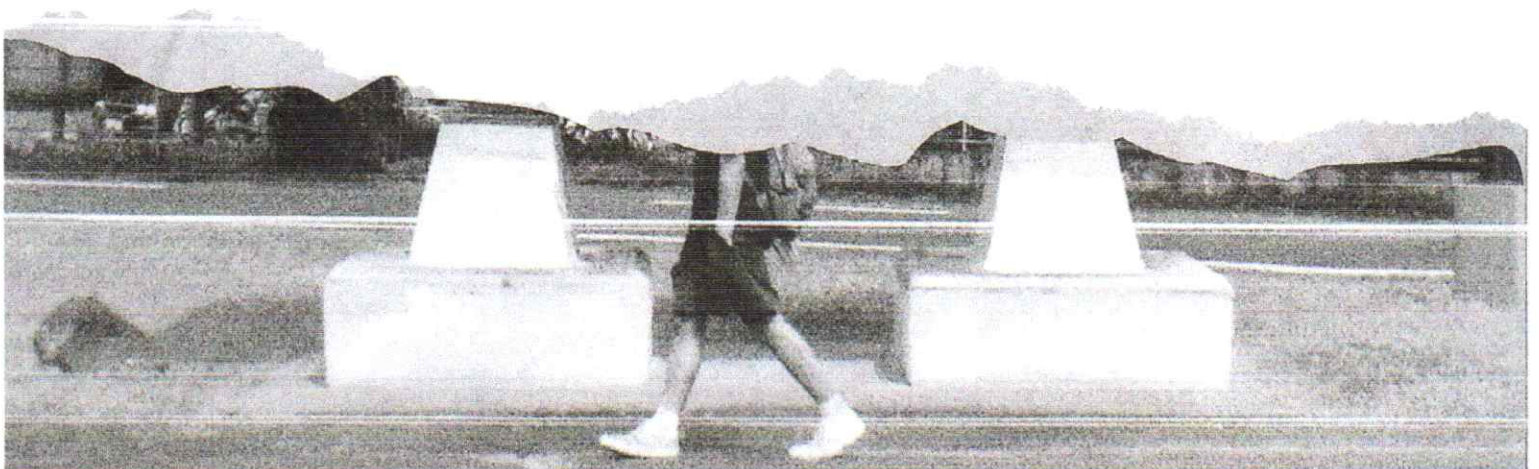




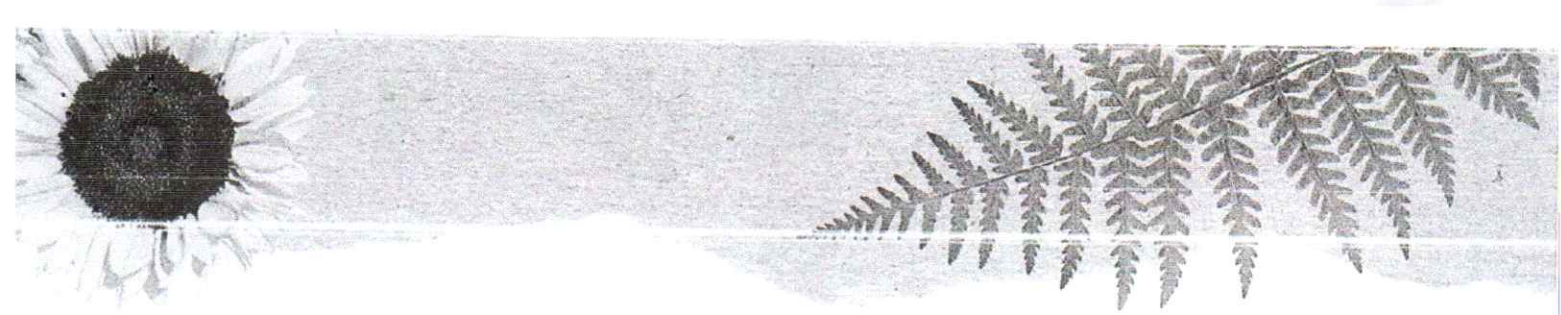


## Infographic Making Competition

5. Participants are expected to create an infographic that tackles anything related to **mental health**. For reference, the participants may refer to this link ([https://bit.ly/COPECaravan\\_InfogSamples](https://bit.ly/COPECaravan_InfogSamples)) as a reference on what kinds of topics are applicable to the infographic.
6. The infographic must be of size **A3 (297 mm x 420 mm)** and written in either **English or Filipino only**.
7. All references must be properly cited using the **APA format (8th edition)**. The reference list must be present at the bottom portion of the infographic.
8. All types of graphic materials (photos, icons, etc.) must also be properly cited and should not infringe on any existing intellectual property laws.
9. The name of the school, as well as the name/s of the participants must appear at the bottom right portion of the infographic.



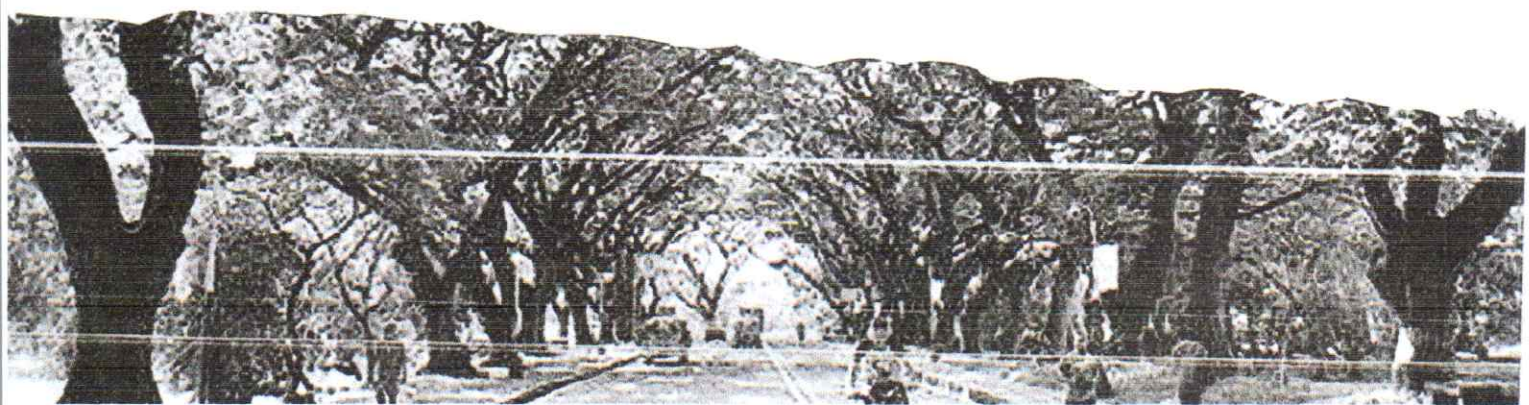




# Infographic Making Competition

## CRITERIA

<b>Content (65%)</b>	
Accuracy of Information	25%
Relevance of Topic to Mental Health	20%
Clarity and Organization of Information	10%
Reliability and Accuracy of Sources	10%
<b>Visual Appeal (30%)</b>	
Use of Design Principles	15%
Organization of Visual Elements	10%
Overall Appeal	5%
<b>Audience Engagement (5%) - to be determined by the number of likes on Facebook</b>	







For questions and concerns,  
you may reach out to us  
through the following:



copeup.externals@gmail.com  
cope.caravan@gmail.com



<https://www.facebook.com/COPE.UPDiliman>



<https://www.instagram.com/cope.updiliman/>



<https://twitter.com/COPE UP>

