



Republic of the Philippines
Department of Education
REGION VII – CENTRAL VISAYAS
SCHOOLS DIVISION OF NEGROS ORIENTAL

**Office of the Schools Division
Superintendent**

20 APR 2023

DIVISION MEMORANDUM
No. 281 s. 2023

COPE CARAVAN 2023

To: Assistant Schools Division Superintendents
Chief, CID and SGOD
Education Program Supervisors
Public Schools District Supervisors/DICs/Dist. Caretakers
Public Elementary and Secondary School Heads
All Others Concerned

1. Attached is a communication from Mr. John Clarence “Renzo” S. Pamplina, Communications Subcommittee Head of COPE Caravan 2023 dated April 10, 2023 disseminating the Primer of this COPE Caravan.
2. For details, please refer to the attached communication.
3. For the information and guidance of all concerned.


NERI C. OJASTRO EdD, CESE
Schools Division Superintendent

4/20/23

SPP/MKP-JMA-NLR/SGOD/RBP
4/19/2023



Address: Kagawasan Avenue, Capitol Area, Daro, Dumaguete City
Telephone Nos.: (035)225-2838 / 225-0667 / 422-7644
Email Address: negros.oriental@deped.gov.ph



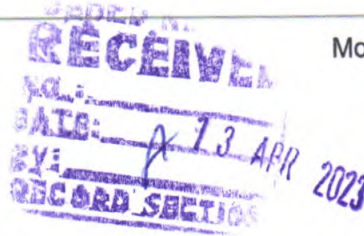
DepEd Negros Oriental <negros.oriental@deped.gov.ph>

Request for a DepEd Division Advisory for COPE Caravan 2023

1 message

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

Mon, Apr 10, 2023 at 9:49 AM



April 10, 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 Division Advisory** for immediate information dissemination to the schools within your division. Attached to this email are the following:

- Certificate of Recognition
- COPE Caravan 2023 Primer
- Cover Letter

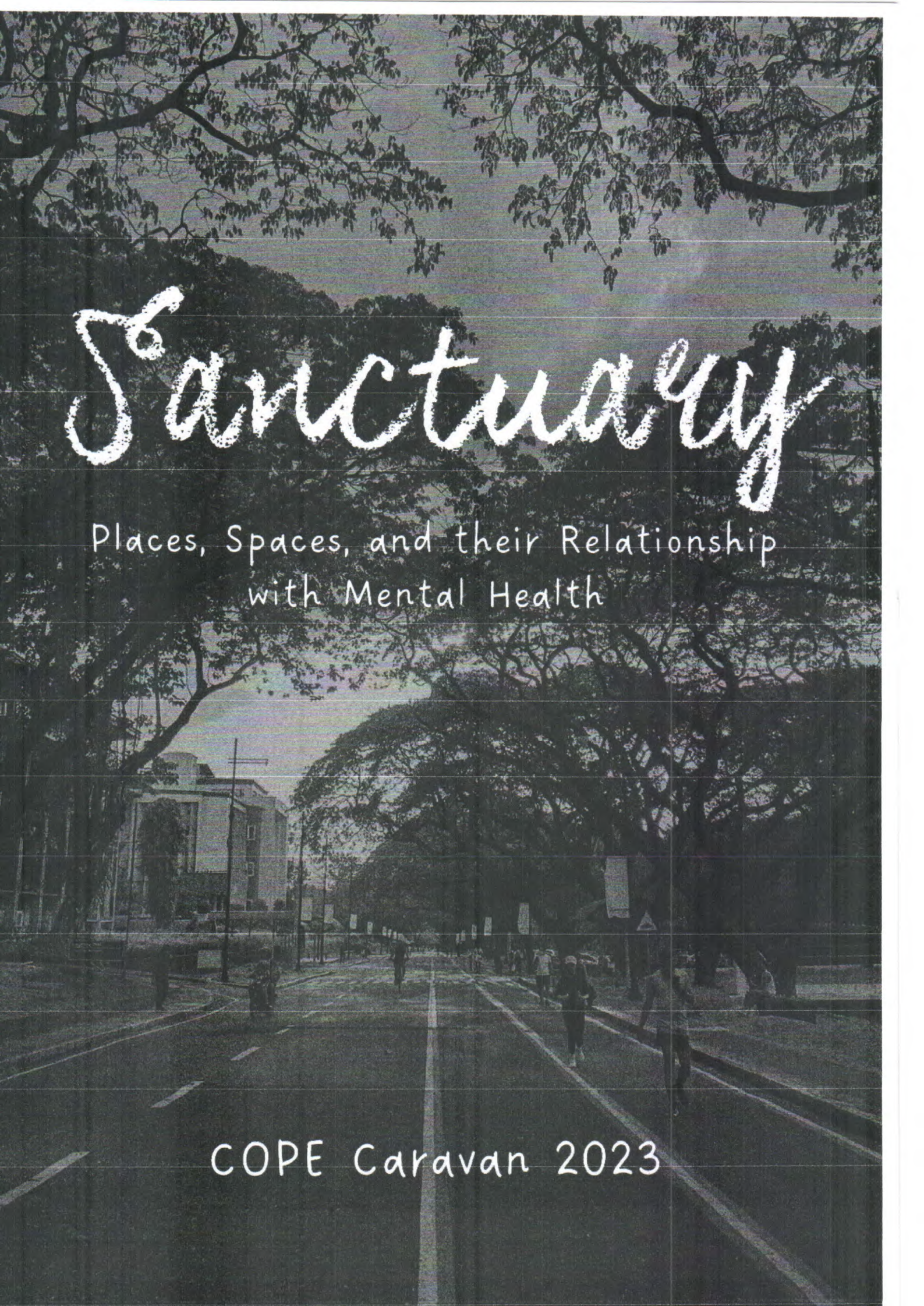
Thank you very much and we look forward to your favorable response regarding this matter!

Best regards,

John Clarence "Renzo" S. Pamplina
Communications Subcommittee Head
COPE Caravan 2023

3 attachments

[COPE UP] Certificate of Registration.jpg
337K



Sanctuary

Places, Spaces, and their Relationship
with Mental Health

COPE Caravan 2023



 **[COPE UP] Cover Letter (Negros Oriental Division Endorsement).pdf**
371K

 **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 JASHID R. SONIDO
Vice Chancellor for Student Affairs



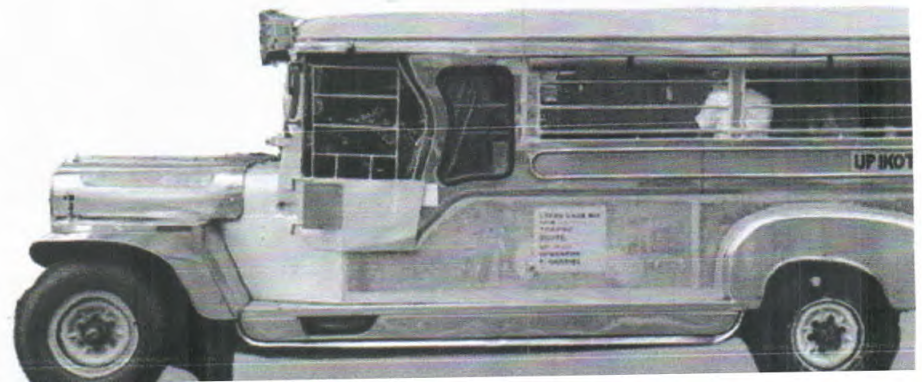
About the organization


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

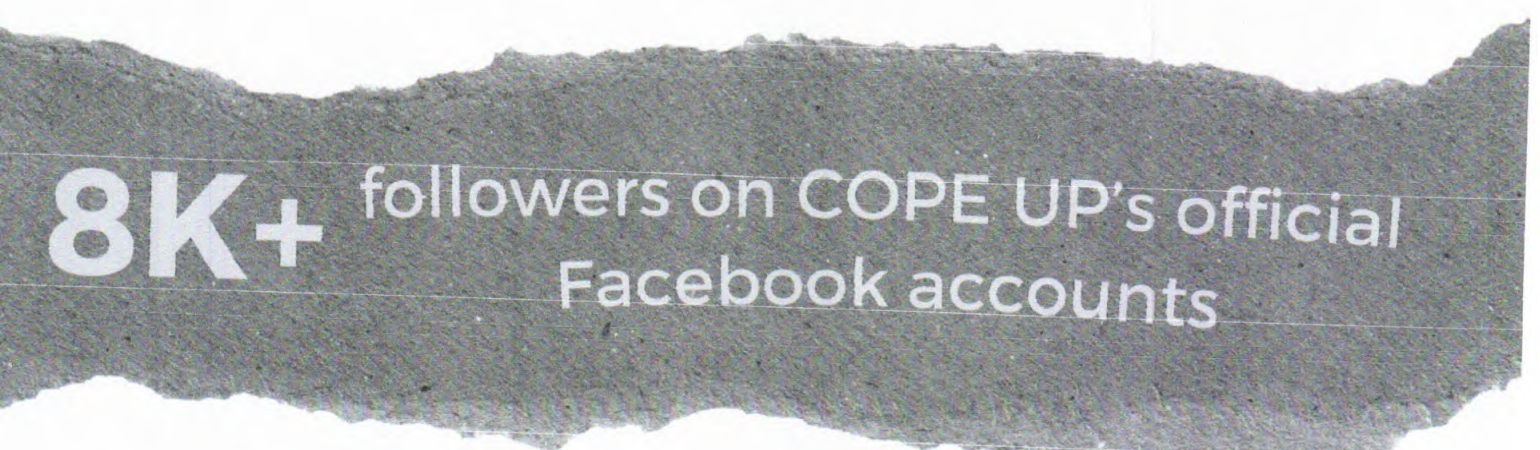
Started in 2022, COPE Caravan is a month-long event composed of different programs in line with the organization's advocacy of promoting mental health awareness within the university, as well as providing students with techniques that can help them in coping with stressful situations.

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.





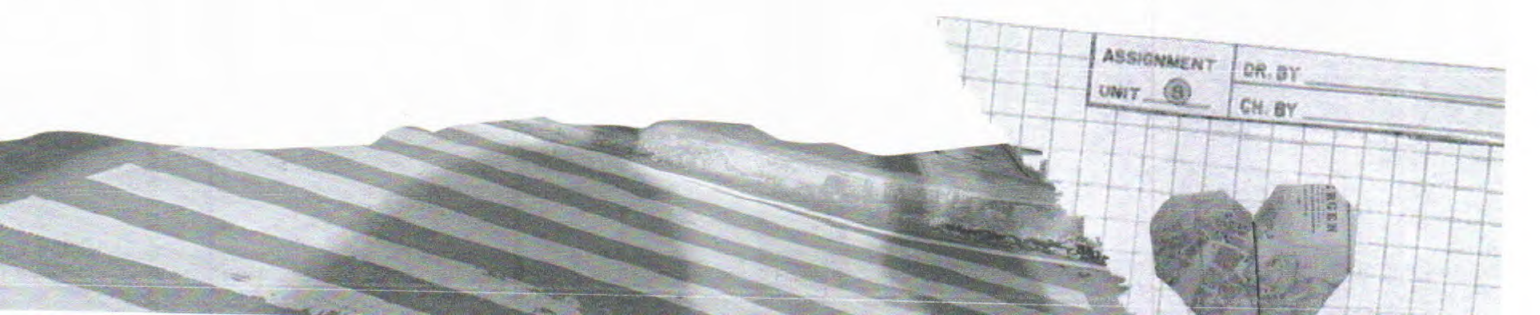
Our Organization in Numbers




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

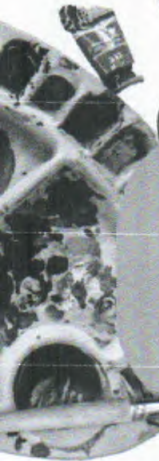


ASSIGNMENT	DR. BY
UNIT	CH. BY



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.

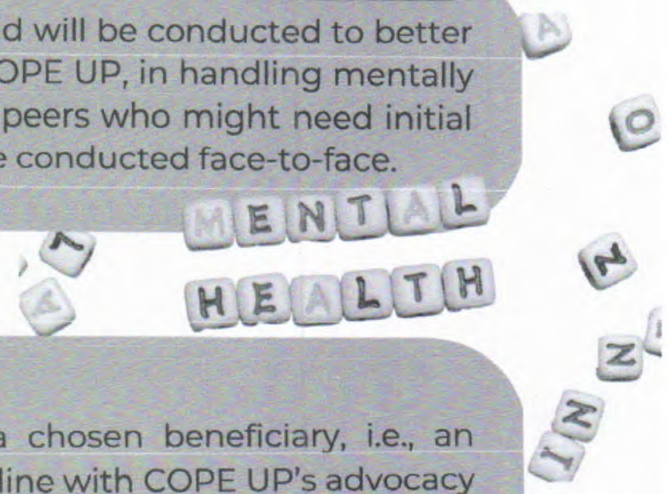


Donation Drive

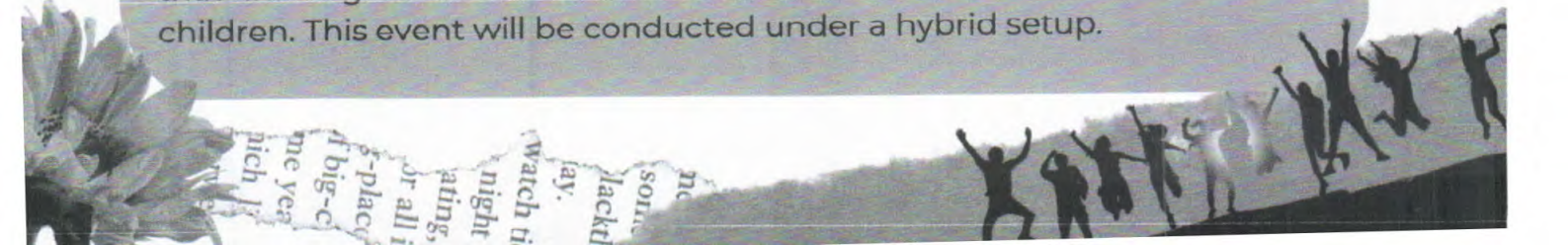
This will be a fundraising initiative for a chosen beneficiary, i.e., an organization whose main objectives are in line with COPE UP's advocacy of mental health awareness.

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



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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. 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) as a reference on what kinds of topics are applicable to the infographic.

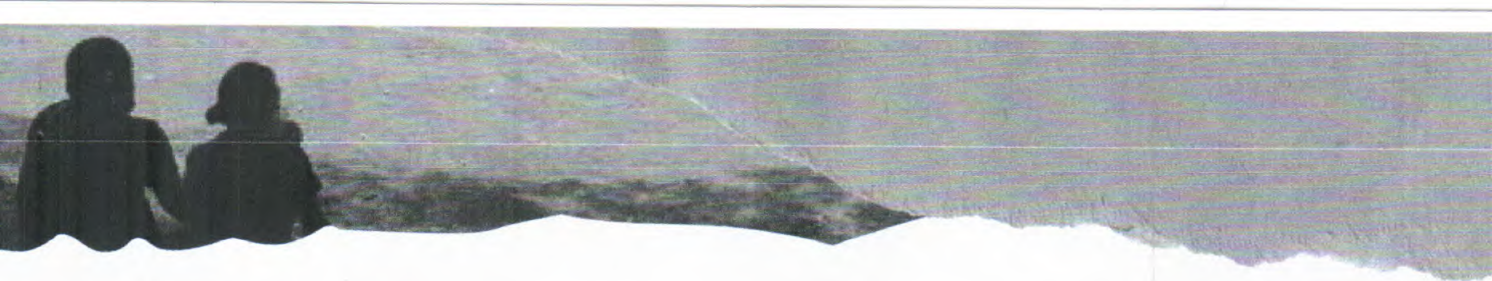
6. The infographic must be of size **A3 (297 mm x 420 mm)** and written in either **English or Filipino only**.

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

10. Aside from the infographic, the participants are also expected to submit a **PDF document** containing a short paragraph that will serve as the caption for posting. The paragraph **must not exceed 200 words**.

11. File names for all submissions must follow this format:

- Infographic: COPECaravan_SchoolName_Infographic
- PDF file for the Caption: COPECaravan_SchoolName_Caption

If the school's name is too long for the file name, the school acronym will do. **Entries that will not follow the file name format will automatically be disqualified.**

12. Entries must be submitted until **May 10, 2023, at 11:59 PM** using the submission link that will be provided to the school's email addresses.

13. All infographic entries will be posted on the organization's official page by **May 12, 2023**, to signify the start of the liking period. All entries will be given **exactly 5 days** to garner as many likes as possible. Once the five-day period is over, all additional likes will not be counted.





Infographic Making Competition

CRITERIA

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





Infographic Making Competition

PRIZES

Standing	Prize
1st Place	PHP 1500
2nd Place	PHP 1000
3rd Place	PHP 800





*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





**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 Martija
Technical and Logistics
Subcommittee head

CONTACT US

 cope.caravan@gmail.com
 facebook.com/COPE.UPDiliman
 @COPE_UP
 @cope.updiliman

April 10, 2023

HON. SENEN P. PAULIN

Schools Division Superintendent
Department of Education - Division of Negros Oriental
Dumaguete City, Negros Oriental

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



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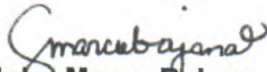
- ☑ cope.caravan@gmail.com
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- 📺 @cope.updiliman


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 or through the undersigned. We are looking forward to your favorable response.

For a mentally healthy Philippines,


John Marco Bajana
Overall Head
COPE Caravan 2023


Louise Gabriel Jimenez
Overall Head
COPE Caravan 2023