

02 FEB 2026

DIVISION MEMORANDUM
No. 070, s. 2026

**PROMOTING ORAL HEALTH AWARENESS AND MONTH-LONG
CELEBRATION OF THE 22ND NATIONAL ORAL HEALTH
MONTH**



To: OIC-Assistant Schools Division Superintendent
OIC-CID Chief Education Supervisor
OIC-SGOD Chief Education Supervisor
Education Program Supervisors
School Heads/OICs (All Public and Private Schools)
All Others Concerned

1. Attached is Regional Memorandum No. 47, s. 2026 (Promoting Oral Health Awareness and Month-Long Celebration of the 22nd National Oral Health Month), with the theme “Tara Na! Cleaning at Fluoride, San ka pa? #PhilhealthOralHealthBenefit”, for the information and guidance of all concerned.
2. As part of the celebration, February 2, 2026, shall be observed as National Toothbrushing Day where schools are encouraged to hold synchronized, age-appropriate toothbrushing activities to help learners practice good oral hygiene, following current health and safety guidelines.
3. For any questions or clarifications, please contact Dr. Marife R. Grossman, Dentist II at sgod.medical@deped.gov.ph.
4. For immediate dissemination.



Digitally signed by
Mendoza Homer
Napenas
Date: 2026.02.02
13:14:40 +08:00

HOMER N. MENDOZA

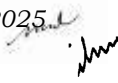
Assistant Schools Division Superintendent
Officer-In-Charge 
Office of the Schools Division Superintendent 

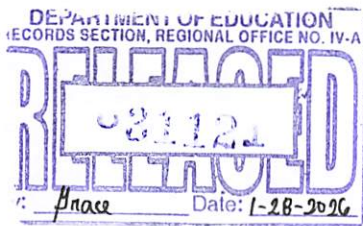
Encl.: *As Stated*

Reference: *As Stated*

To be indicated in the Perpetual Index
under the following subject:
CELEBRATIONS AND FESTIVALS

sgod/mrg/1/30/2025

A handwritten signature in black ink, appearing to be "J. W. Smith", written over the typed reference code.



Department of Education
REGION IV-A CALABARZON



21 January 2026

Regional Memorandum
No. 47 s. 2026

PROMOTING ORAL HEALTH AWARENESS AND MONTH-LONG CELEBRATION OF THE 22nd NATIONAL ORAL HEALTH MONTH

To: **Schools Division Superintendents**

1. Cognizant of Presidential Proclamation No. 559, s. 2004¹ designating February as National Oral Health Month, the Department of Education Region IV-A CALABARZON, through the Education Support Services Division- School Health Section, encourages the field to join together in **Promoting Oral Health Awareness and Month-long Celebration of the 22nd National Oral Health Month** with this year's theme: "Tara Na! Cleaning at Fluoride, Sa'n ka pa? #PhilHealthOralHealthBenefit" commencing on February 2 until February 27, 2026, at all SDOs of Region IV-A.
2. This aims to:
 - a. highlight how important preventive dental care is for people of all ages and encourage everyone to visit their dentists;
 - b. emphasize the key role dentists play in promoting proper oral hygiene and preventive care through professional cleaning, fluoride varnish application, and routine check-ups;
 - c. guide patients of all ages, especially learners, to adopt lifelong oral health practices and facilitate early detection of dental problems;
 - d. support efforts to make oral health services more accessible and effective, thereby reinforcing the foundation of oral care that begins at home and within the family; and
 - e. supports the #Ngiting 7020 campaign, which encourages Filipinos to make oral health a priority and aim to reach age 70 with at least 20 healthy, natural, and functional teeth through regular preventive care and dental visits.

¹ Proclamation No. 559, February 24, 2004: Declaring the month of February of every year as National Dental Health Month whereas, its major objective is to arouse dental health consciousness among people and it is imperative that the week-long celebration should be extended to one (1) month to make it more significant to reach out more people especially in the countryside and make them more conscious about the value of good oral/ dental health.





Address: Gate 2, Karangalan Village, Cainta, Rizal
Telephone No.: 02-8682-2114
Email Address: region4a@deped.gov.ph
Website: depedcalabarzon.ph



Certificate No. PHP QMS
22 93 0085

3. The Schools Division Offices, public and private schools, are expected to take an active part in the month-long celebration. They should support and promote activities such as oral health education and other efforts that will help strengthen oral health advocacy among learners and the school community.
4. As part of the celebration, February 2, 2026, shall be observed as National Toothbrushing Day. Schools are encouraged to hold synchronized, age-appropriate toothbrushing activities to help learners practice good oral hygiene, following current health and safety guidelines.
5. Dental personnel and other school health personnel in the SDOs shall take the lead in planning activities for the month-long celebration. The suggested activities can be found in Annex A for reference.
6. Furthermore, all Dentists-in-Charge shall submit narrative reports along with photo documentation of the activities to be uploaded via the link: <https://tinyurl.com/22ndNOHM-RIV-A-CALABARZON>.
7. For concerns and inquiries, contact Eduarda M. Zapanta, Chief Education Supervisor of the Education Support Services Division or Dr. Ma. Teresita G. Carpio, Dentist III at (02) 8682-2114 loc 430 or via email at essd.calabarzon@deped.gov.ph.
8. Immediate dissemination of and strict compliance with this Memorandum is desired.


ATTY. ALBERTO T. ESCOBARTE, CESO II
Regional Director 

Annex A to Promoting Oral Health Awareness and Month-long Celebration of the 22nd National Oral Health Month

Suggested Activities for the Month-long Celebration of the 22nd National Oral Health Month (February 2- 27, 2026)	
1. First Week	<p>Demonstrations and Interactive Activities</p> <ol style="list-style-type: none"> 1. Demonstration on proper toothbrushing and oral hygiene technique 2. Interactive workshops and distribution of oral hygiene kits, if available <p><i>*It is suggested to collaborate and establish partnerships with professional organizations like PDA, local dental clubs, and other external stakeholders to facilitate the implementation of advocacy activities</i></p>
2. Second Week	<p>Oral Health Awareness Campaigns</p> <ol style="list-style-type: none"> 1. School-wide oral health information drives and advocacy campaigns 2. Oral health promotion activities tailored to diverse learner needs, including learners with disabilities
3. Third Week	<p>Delivery of Oral Health Services</p> <ol style="list-style-type: none"> 1. Basic oral examination and consultation subject to available resources 2. Coordination with local government units, dental professionals, and partners for school-based oral health services
4. Fourth Week	<p>Oral Health Education Activities</p> <ol style="list-style-type: none"> 1. Classroom-based oral health education sessions 2. Orientation sessions for parents and guardians on basic oral health practices