



Republic of the Philippines  
**Department of Education**

Region II – Cagayan Valley  
Schools Division of Nueva Vizcaya

January 20, 2026

DIVISION MEMORANDUM  
No. 25 s. 2026

**CONDUCT OF NATIONAL TOOTHBRUSHING DAY AS KICK-OFF OF THE ORAL  
HEALTH MONTH IN THE DIVISION**

To: Assistant Schools Division Superintendent  
School Governance and Operations Division Chief  
Curriculum Implementation Division Chief  
Education Program Supervisors  
Public Schools District Supervisors/District In-Charge  
Public and Private Elementary and Secondary School Heads  
Secondary School Nurses/District Nurses  
All others concerned

1. In observance of **Oral Health Month** and in partnership with the **Philippine Dental Association (PDA)**, this office through SGOD-SHNU announces the conduct of the **Simultaneous National Toothbrushing Day** on **February 2, 2026** at **exactly 7:00am**.
2. This initiative aims to promote the importance of oral hygiene and instill proper dental habits among learners to ensure their overall health and well-being. The activity will be a simultaneous event conducted nationwide to emphasize a global commitment to oral health.
3. All Public Elementary and Secondary Schools in the division are **required** to participate.
4. To ensure a smooth and synchronized conduct of the activity, all schools shall adhere to the following:
  - a. **Assembly:** Learners and staff should be gathered in a designated open area (e.g., school grounds or classrooms) by 6:45 AM.
  - b. **Materials:** Learners are encouraged to bring their own toothbrush and toothpaste.
  - c. **Execution:** At exactly **7:00 AM**, the simultaneous toothbrushing drill will commence.
  - d. **Integration:** School health teacher are encouraged to give a brief 5-minute talk on proper toothbrushing techniques prior to the drill.
5. The **School Health and Nutrition Unit (Medical Officer, Dentists, Dental Aides)** will spearhead the activity at **Bambang North Central School** as the host site for the nationwide simultaneous toothbrushing drill. **School Nurses** shall report to their **respective Districts** to ensure the proper flow of the program.



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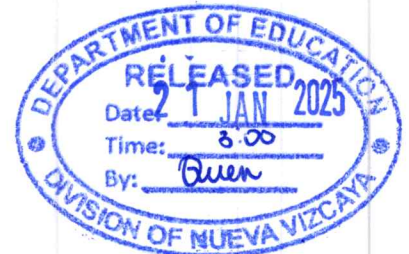
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6. As part of the documentation and monitoring process, schools must submit their reports containing the following:

- a. **Action Photos:** Clear photos of the students and staff during the actual toothbrushing activity.
- b. **Data Points:** The report must clearly state the **Name of the School** and the **Total Number of Participants** (Learners and Staff).
- c. Reports must be sent via email to **aaronpaul.bernas@deped.gov.ph** on or before **February 13, 2026**.

7. For dissemination and strict implementation.

  
**ORLANDO E. MANUEL PhD, CESO V**  
Schools Division Superintendent  
01-2026-35





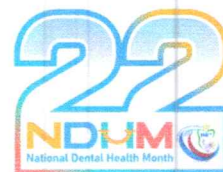


# PHILIPPINE DENTAL ASSOCIATION INC.

## NATIONAL DENTAL HEALTH MONTH

AYALA AVENUE corner KAMAGONG STREET, SAN ANTONIO VILLAGE, MAKATI CITY,  
METRO MANILA, PHILIPPINES 1203

22ndhm@gmail.com



### MEMORANDUM NO. 2025-09

**TO :** PRESIDENTS DENTAL CHAPTERS, AFFILIATE SOCIETY, AND INTEGRATED ORGANIZATION  
**FROM :** PDA PUBLIC HEALTH AND NATIONAL TOOTHBRUSHING DAY COMMITTEE  
**DATE :** NOVEMBER 30, 2025  
**SUBJECT :** NATIONAL TOOTHBRUSHING DAY 2026 and PDA-BSBF COMMUNITY PROGRAM

### GUIDELINES FOR PDA NATIONAL TOOTHBRUSHING DAY 2026 AND BSBF-PDA COMMUNITY PROGRAM

#### UPLIFTING FILIPINO SMILES THROUGH PREVENTIVE CARE

**Oral health is a cornerstone of overall wellness.** A healthy mouth allows children to eat, speak, and learn with confidence. As dental professionals, we are uniquely positioned to shape lifelong habits and protect our communities from preventable oral diseases.

This February, in celebration of the *22nd National Dental Health Month*, the Philippine Dental Association, Inc. (PDA), in partnership with Colgate, will roll out two (2) nationwide public-health initiatives:

1. **BSBF-PDA Community Program: "Protecting Filipino Smiles"**
2. **PDA National Toothbrushing Day**

**All PDA chapters are encouraged to participate in one or both programs.**

Please be guided of the following **key dates and timeline** of the activities

| Activity   | Deadline   |
|--|--|
| 1. Submit <b>intent to participate</b> via Google Form | On or before <b>December 15, 2025</b>                        |
| 2. Submit <b>beneficiary list</b> for BSBF Activity    | On or before <b>December 20, 2025</b>                        |
| 3. Kit delivery window                                 | <b>2<sup>nd</sup> to 4<sup>th</sup> week</b> of January 2026 |
| 4. Program implementation                              | <b>February 2026</b> (NDHM)                                  |
| 5. Narrative report submission                         | <b>Within two weeks after each activity</b>                  |

Provided below are the details and guidelines for sign-up, implementation requirements, safeguarding and consent, kit delivery, and reporting requirements, and roles and responsibilities.

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### A. PARTICIPATION AND SIGN-UP

Provided below is the google form link to be filled out by each participating Chapter, Affiliate Society, and Integrated Organization to **collect chapter details and delivery instructions**.

<https://forms.gle/2YwR5WwVLpceGBwU9>

Please complete the form by **December 15, 2025**

### B. PROGRAM IMPLEMENTATION REQUIREMENTS

#### 1. BSBF-PDA Community Program — “Protecting Filipino Smiles”

- **Eligible Sites:**
  - One public elementary school (Kinder to Grade 1) OR
  - One daycare center (children aged 3–5)
- **Kit Contents (per approved site):**
  - 300 Colgate toothpaste sachets
  - 300 toothbrushes
  - 4 Duraphat fluoride varnish tubes
  - PDA Oral Health flyers
- **Implementation Requirements:**
  - a. Mandatory parental/guardian consent
  - b. Brief oral health education for children and parents/guardians
  - c. Supervised group toothbrushing with demo
  - d. Fluoride varnish application by licensed dental professionals (with consent)
  - e. Infection control and proper waste disposal

#### 2. PDA National Toothbrushing Day

**DATE: FEB. 2, 2026, TIME: 8 AM, ZOOM link will be provided by NTD Committee**

- **Kit Allocation:** 100 kits per participating chapter
- **Recommended Activities:**
  - Simultaneous tooth brushing
  - Parent/guardian engagement
  - Pledge wall or commitment activity to promote home brushing

### C. SAFEGUARDING AND CONSENT

- Use the PDA’s standardized consent form
- Confirm allergies/medical history beforehand
- Only qualified dental personnel may apply fluoride varnish
- Photo consent is required; do not include names in photos

### D. LOGISTICS AND DELIVERY

- Specify drop-off points and contact persons in the google form
- Confirm availability during delivery window
- For gated sites, include gate schedules and point person’s name







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### E. REPORTING REQUIREMENTS

Submit a narrative report to **Dr. Sheryl Lantican** thru [publichealth.madasigon@gmail.com](mailto:publichealth.madasigon@gmail.com) within two weeks after your activity. Include the following details:

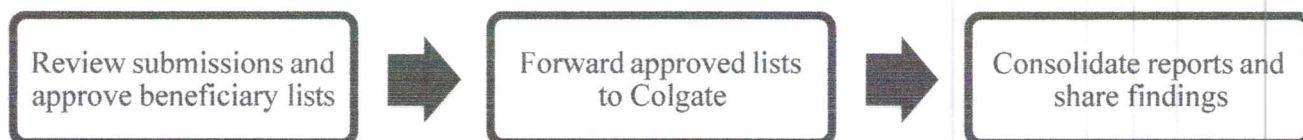
- Program title, chapter, site, date
- Summary of activities and timing
- Number of children and parents/ guardians reached
- Number of children who received fluoride varnish (with consent)
- Materials distributed
- Photos (with signed consent) with file names
- Challenges and recommendations

### F. ROLES AND RESPONSIBILITIES

#### 1. PDA Chapters:



#### 2. PDA Public Health Committee:



#### 3. Colgate (Mr. Diomar Escat):





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Let us continue to champion oral health with compassion, precision, and unity. Together, we can protect Filipino smiles and empower the next generation with the tools for lifelong wellness.

Warm regards,

**DR. SHERYL ANNE ROSE E. LANTICAN**

Chairman, PDA Public Health Committee

**DR. ROWENA C. HERNANDEZ**

Chairman National Toothbrushing Day 2026

**DR. XANDRO RAYMOND D. DAEL**

Chairman, National Dental Health Month 2025

Noted by:

**DR. LUCILO JUNN' G. NIÑAL JR.**

President

Philippine Dental Association, Inc.

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