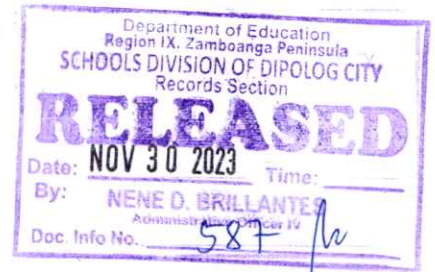




Republic of the Philippines  
**Department of Education**  
 REGION IX – ZAMBOANGA PENINSULA  
 SCHOOLS DIVISION OF DIPOLOG CITY



November 29, 2023

**DIVISION MEMORANDUM**

No. 587, s, 2023

**OKY PHILIPPINES PERIOD TRACKER IN SCHOOLS AS SUPPORT TO  
 COMPREHENSIVE SEXUALITY EDUCATION**

To: **Zamboanga Del Norte National High School - Turno  
 School Health and Nutrition Personnel**  
*All Others Concerned*

1. Pursuant to the Department of Education Memorandum OUOPS No. 2023-03-8658, the Office of the Undersecretary for Operations (OUOPS), through the Bureau of Learner Support Services - School Health Division (BLSS-SHD) supports the implementation of the **OKY Philippines Period Tracker application in Schools**.
2. The main goal of the *OKY Period Tracker* application is to help and empower Filipino adolescents to confidently manage menstrual period with evidence-based insights and to equip them with accurate information on Menstrual Health Hygiene Management and Adolescent Sexual Reproductive Health.
3. This is a safe application that offers a platform not only for young adolescent girls but also to adolescent boys. It enables access to information about the menstrual cycle, sexual reproductive health and rights, mental health and relationships among other informative topics in an engaging, creative and positive manner.
4. In line with this, the UNICEF through Plan International will be conducting a pilot roll-out of the downloading of the application in **ZNNHS Turno Covered Court on December 1, 2023 (Friday)** to grades 7-10 learners.
5. Please refer to table below for the schedule per grade level to be accommodated in the ZNNHS - Turno Covered Court. *Advisers must accompany the learners and all learners must bring their smartphones (if they have any) during the said activity.*

Time	Grade Level
8: 00 am	All Grade 7 learners with advisers
9:00 am	All Grade 8 learners with advisers
10:00 am	All Grade 9 learners with advisers
11:00 am	All Grade 10 learners with advisers





Republic of the Philippines  
**Department of Education**  
REGION IX – ZAMBOANGA PENINSULA  
SCHOOLS DIVISION OF DIPOLOG CITY

---

6. For questions and clarifications, kindly contact **Sheila S. Quimpo**, Nurse II at **0950-800-7228**.
7. Immediate dissemination of this Memorandum is highly desired.

for:   
**MA. LIZA R. TABILON, EdD, CESO V**  
Schools Division Superintendent

