



Republic of the Philippines
Department of Education
 REGION I
 SCHOOLS DIVISION OF VIGAN CITY

ADVISORY NO. 30, s. 2026

In compliance with DepEd Order (DO) No. 8, s. 2013
 The advisory is issued not for endorsement per DO 28, s. 2001,
 but only for the information of DepEd officials,
 personnel/staff, as well as the concerned public.

PLEASE BE CAREFUL WITH MY HEAR TEACHER-STUDENT DUET CHALLENGE

This is in reference to the Regional Advisory No. 15, s. 2026 on the conduct of Please be Careful with My Heart (PBCWMH) Teacher-Student Challenge.

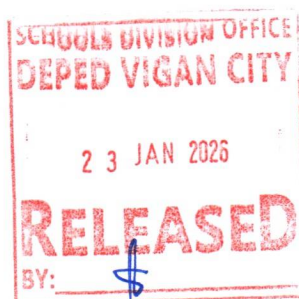
The challenge reimagines the iconic Filipino song as a scientific, rights-based, ad values driven dialogue between teacher and learner.

This activity is open to all public K-12 schools, including Alternative Learning Center, nationwide and registration link can be accessed through <https://forms.gle/ZPuEPzWuYSXTrA2r6>. **Attendance of the participants shall be VOLUNTARY** subject to DepEd Order 9, s. 2005 titled Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance therewith, policy on off-campus activities and no-collection policy.

For any concerns, please contact Ms. Rayla Allertsenn, Co-Founder of I AM S.A.M. Foundation at 0917-842-0281.

Enclosed is the Regional Advisory No. 15, s. 2026 and letter from I AM S.A.M. Foundation reference. Attention is invited to the schedule of activities.

SGOD/SDF/ADV_PBCWMH
 January 20, 2026





Republic of the Philippines
Department of Education
REGION I



Advisory No. 15, s. 2026
January 19, 2026

201-1355 E 121

In compliance with DepEd Order (D.O) No. 8, s. 2013
but only for the information of DepEd Officials,
personnel/staff, as well as the concerned public.
(Visit www.deped.gov.ph)

PLEASE BE CAREFUL WITH MY HEART TEACHER-STUDENT DUET CHALLENGE

The IAM S.A.M (Shaker and Mover) Foundation, in partnership with BPW Global Manila, announces the updated schedule of their activity Please be Careful with My Heart (PBCWMH) Teacher-Student Challenge with the theme "A Rights-Respecting, Rights-Filled School: My Second Home."

Please refer the updated schedule below:

Activity	Date
Deadline of Entries	January 30, 2026
Regional Evaluation	February 2-6, 2026
National Slate (18 Regional Winners)	February 10, 2026
Island Winners (Luzon, Visayas, Mindanao)	February 13, 2026
National Showcase and Awards	February 28, 2026

This initiative reimagines the iconic Filipino song as a scientific, rights-based, and values driven dialogue between teacher and learner. Through this approach, a duet becomes living performance of empathy, trust and responsibility, modeling how care can be expressed safely and respectfully within the school setting.

The challenge is open to all public K-12 schools, including Alternative Learning System Centers, nationwide. For more details, please refer to the registration link and attached annexes <https://forms.gle/ZPuEPzWuYSXTrA2r6>.

Participation of public and private schools shall be purely **VOLUNTARY** and will not hamper instructional time in compliance with the provisions of DepEd Order (DO) No. 012, s. 2025, titled Multi-Year Implementing Guidelines on the School Calendar and Activities and DO 9, s. 2005, titled Instituting Measures to Increase Engaged Time- on-Task and Ensuring Compliance Therewith and the policy on off-campus activities stated in DO 66, s. 2017.

This is also subject to the **no-collection policy** as stated in Section 3 of Republic Act No. 5546 also known as An Act Prohibiting the Sale of Tickets and/or the Collection of Contributions for whatever Project or Purpose from Students and Teachers of Public and Private Schools, Colleges and Universities (Ganzon Law), issued in DO 19, s. 2008, and reiterated in DepEd Memorandum No. 041, s. 2024.

For more information, please contact:

MS. RAYLA ALLERTSEN

Co-Founder and President, I AM S.A.M. Foundation
Mobile Phone Number: 0917-842-0281
Email Address: rayla@allertsen.net

Handwritten signature



ESSD/den/dsp/ADV_2026PkeaseBeCarefulWithMyHeart
January 19, 2026



Flores St., Catbangan, City of San Fernando, La Union
Telephone Nos.: (072) 607-8137/682-2324
DepEd Region I region1@deped.gov.ph
www.depedregion1.com

Doc. Ref. Code	RO-CLMD-F045	Rev	00
Effectivity	11.18.2024	Page	1 of 1



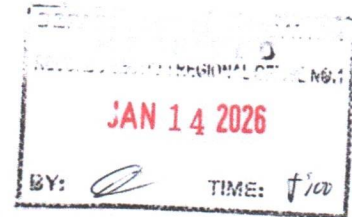
Outlook

Re: Invitation and Updated Schedule: Please Be Careful With My Heart — Teacher-Student National Duet Challenge

From: EPED I ILOCOS REGION <region1@depd.gov.ph>
Date: Wed 1/14/2026 2:34 PM
To: External Partnerships Service <external.partnerships@depd.gov.ph>

Madam:

Received, thank you.



We would appreciate if you would take time to fill out our Client Satisfaction Measurement (CSM) Online Form at bit.ly/DepEdROI-CSM. Thank you so much.

Confidentiality and disclaimer notice: This message is for the designated recipient only and may contain confidential and/or privileged information. If you have received it in error, please delete it and advise the sender immediately. You should not copy or use it for any other purpose, nor disclose its contents to any other person.

From: External Partnerships Service <external.partnerships@depd.gov.ph>
Sent: Wednesday, January 14, 2026 12:58 PM
To: DEPED NATIONAL CAPITAL REGION <ncr@depd.gov.ph>; DEPED CORDILLERA ADMINISTRATIVE REGION <car@depd.gov.ph>; DEPED REGION XIII CARAGA <caraga@depd.gov.ph>; DEPED XII SOCCSKSARGEN <region12@depd.gov.ph>; DEPED XI DAVAO REGION <region11@depd.gov.ph>; DEPED X NORTHERN MINDANAO <region10@depd.gov.ph>; DEPED IX ZAMBOANGA PENINSULA <region9@depd.gov.ph>; REGION VIII EASTERN VISAYAS <region8@depd.gov.ph>; DepEd Region VII Central Visayas <region7@depd.gov.ph>; DepEd VI Western Visayas <region6@depd.gov.ph>; DEPED V BICOL REGION <region5@depd.gov.ph>; MIMAROPA REGION <mimaropa.region@depd.gov.ph>; DEPED REGION IV-A CALABARZON <region4a@depd.gov.ph>; DEPED III CENTRAL LUZON <region3@depd.gov.ph>; DEPED II CAGAYAN VALLEY <region2@depd.gov.ph>; DEPED I ILOCOS REGION <region1@depd.gov.ph>
Cc: iamsamfoundation@gmail.com <iamsamfoundation@gmail.com>; ronnl.landrito@gmail.com <ronnl.landrito@gmail.com>; rayla@allertsen.net <rayla@allertsen.net>; Rolly Soriano <rolly.soriano@depd.gov.ph>; John Paul Tagala <johnpaul.tagala@depd.gov.ph>
Subject: Fwd: Invitation and Updated Schedule: Please Be Careful With My Heart — Teacher-Student National Duet Challenge

Good day,

This is to send the Updated Schedule for the Please Be Careful With My Heart – Teacher-Student Duet Challenge organized by the I AM S.A.M. Foundation.

Updated Timeline
Deadline of Entries: January 30, 2026
Regional Evaluation: February 02–06, 2026
National Slate (18 Regional Winners): February 10, 2026
Island Winners (Luzon, Visayas, Mindanao): February 13, 2026
National Showcase and Awards: February 28, 2026

*Note: 2nd Communication
1st communication - invited to CSM
on Jan. 8, 2026 with
barcode R00 257417*



1/14/2026

Cash Prizes for Island Winners

1st Place: Php 10,000.00

2nd Place: Php 7,000.00

3rd Place: Php 5,000.00

In addition, winning schools shall receive books from Big Bad Wolf to further enrich their reading hubs or school libraries.

Attached to this letter are the necessary annexes containing further details and supporting documents relative to the program.

Best Regards,

**DEPARTMENT OF EDUCATION CENTRAL OFFICE
EXTERNAL PARTNERSHIPS SERVICE**

Rm 118 Mabini Bldg. DepED Complex Meralco Ave., Pasig City

Temporary Address: 16th Floor, Techzone Building, Malugay / Gil Puyat Street Brgy. San Antonio, Makati City

Your feedback matters to us!

We would like to request you to participate in answering the EPS Client Satisfaction Survey.

Please click the following link to access the survey: https://bit.ly/EPS_ClientSatisfactionSurvey or you may scan the QR code below.



----- Forwarded message -----

From: **I AM S.A.M. Foundation** <iamsamfoundation@gmail.com>

Date: Wed, Jan 14, 2026 at 12:35 PM

Subject: Invitation and Updated Schedule: Please Be Careful With My Heart — Teacher-Student National Duet Challenge

To: <external.partnerships@deped.gov.ph>

Cc: <rayla@allertsen.net>, <ronn.landrito@gmail.com>

Good day.

We respectfully write to inform your good office of the Invitation and Updated Schedule for the Please Be Careful With My Heart – Teacher–Student Duet Challenge organized by the I AM S.A.M. Foundation.

As posted on the official Department of Education website under November 18, 2025 Advisory No. 229, s. 2025 – Please Be Careful With My Heart Teacher–Student Duet Challenge, adjustments have been made to the program timeline to provide teachers and students with ample time to prepare and deliver their performances at their best.

In this regard, we kindly request your assistance in disseminating the updated schedule reflected below. Please be informed that the updated invitation and schedule have already been sent to all Regional Offices (ROs) and Schools Division Offices (SDOs) nationwide for their awareness and appropriate guidance.

Updated Timeline

Deadline of Entries: January 30, 2026

Regional Evaluation: February 02–06, 2026

National Slate (18 Regional Winners): February 10, 2026

Island Winners (Luzon, Visayas, Mindanao): February 13, 2026

National Showcase and Awards: February 28, 2026

Cash Prizes for Island Winners

1st Place: Php 10,000.00

2nd Place: Php 7,000.00

3rd Place: Php 5,000.00

In addition, winning schools shall receive books from Big Bad Wolf to further enrich their reading hubs or school libraries.

Attached to this letter are the necessary annexes containing further details and supporting documents relative to the program.

Thank you very much for your continued support and partnership in initiatives that promote creativity, collaboration, and values formation among teachers and learners nationwide.

Respectfully yours,

Ms. Rayla Allertsen
Co-Founder and President
I am SAM Foundation



PLEASE BE CAREFUL WITH MY HEART

Teacher-Student Duet Challenge

NATIONAL SHOWCASE: February 28, 2026

Chair: Jose Mari Chan

f /IAMSAMFoundation

CONFIRMED FINAL SCHEDULE

- ✦ **Deadline of Entries:** January 30, 2026
- ✦ **Regional Evaluation:** February 02-06, 2026
- ✦ **National Slate (18 Regional Winners):** February 10, 2026
- ✦ **Island Winners (Luzon, Visayas, Mindanao):** February 13, 2026
- 🏆 **National Showcase & Awards:** February 28, 2026

We understand that completing the annex forms and preparing the video file may take some time. In the meantime, we kindly ask you to fill out the Pre-Registration Form to secure your slot in the contest. Exciting prizes await!



f /IAMSAMFoundation

This communication may contain confidential or privileged information, and is intended solely for the individual or entity to whom it is originally addressed. Any disclosure, copying, dissemination, or any action taken in reliance to it by others, other than the intended recipient, is strictly prohibited. The opinions, conclusions, and statements expressed in this message are those of the sender and may not necessarily reflect the views of the Department of Education.