



Republic of the Philippines  
Department of Education  
National Capital Region

## SCHOOLS DIVISION OFFICE CITY OF MUNTINLUPA

February 24, 2017

DepEd - MUNTINLUPA

RELEASED Am


DATE 3/2/17

### DIVISION MEMORANDUM

To: OIC – Assistant Schools Division Superintendent  
Chief Education Supervisor, School Governance and Operations Division  
Chief Education Supervisor, Curriculum Implementation Division  
Public Secondary School Principals / OIC's

#### **DISTRIBUTION OF IRON WITH FOLIC ACID TABLETS FOR GRADE 7 AND GRADE 9 FEMALE ADOLESCENTS**

1. Adolescence is a time of intense physical, psychological and cognitive development. The iron needs are high in adolescent girls because of the increased requirement for blood volume associated with adolescent growth spurt and the onset of menstruation.
2. To further prevent Iron Deficiency Anemia (IDA) among adolescents, the Department of Education School Health and Nutrition Program provided Iron with Folic Acid supplement to all female Grade 7 and Grade 9 students of the National Capital Region.
3. Ferrous Sulfate ( $FeSO_4$ ) will likewise be taken once a week for three months, thus all Female Grade 7 and Grade 9 students will receive 12 tablets each.
4. It is vital the school nurses ensure the conduct of the distribution, will enlist all beneficiaries, monitor, and report adverse reactions (if any).
5. All secondary schools are required to submit a narrative report on or before March 10, 2017, c/o Mrs. Ma. Teresa S. Indap, Division Nurse-In-Charge.
6. Please be guided accordingly.

  
MAURO C. DE GULAN, Ed. D.  
Schools Division Superintendent

