September 6, 2019

MEMORANDUM TO:

OIC-Office of the Assistant Schools Division Superintendent
Chief Education Supervisors, CID and SGOD
Elementary and Secondary School Principals
Officers-in-Charge
Public Schools

DOST-NCR REGIONAL SCIENCE AND TECHNOLOGY WEEK (RSTW)

Attached is Regional Letter No. 237, s. 2019 dated September 2, 2019 re: DOST-NCR Regional Science and Technology Week (RSTW) on October 1-3, 2019 at Rizal High School Gymnasium, content of which is self-explanatory, for information and appropriate action.

Immediate and wide dissemination of this Memorandum is desired.

JOEL T. TORRECAMPO
Assistant Schools Division Superintendent
Officer-In-Charge
Office of the Schools Division Superintendent

Maka-Diyos, Makatao, Makakalikasan at Makabansa
To: Schools Division Superintendents
SDO-Marikina City, Mandaluyong City, Pasig City
and San Juan City

Dear Sirs/Mesdames,

This has reference to the attached letter from Jose B. Patalinjug III, Regional Director, Department of Science and Technology National Capital Region (DOST-NCR), Bicutan, Taguig City, inviting the participation of PAMAMARISAN Cluster (Pasig City, Mandaluyong City, Marikina City and San Juan City) to the DOST-NCR Regional Science and Technology Week (RSTW) on October 1-3, 2019 at Rizal High School Gymnasium, Dr. Sixto Avenue, Pasig City, contents of which are self-explanatory, for information and appropriate action.

Very truly yours,

WILFREDO E. CABRAL
Director III
Officer-in-Charge
Office of the Regional Director

Regional Letter No. 237 s. 2019
CLMD/mgp
August 28, 2019

DR. WILFREDO E. CABRAL  
Regional Director  
Department of Education-NCR  
Misamis St., Bago Bantay, Quezon City

Dear Dr. Cabral,

This has reference to the celebration of the DOST-NCR Regional Science and Technology Week (RSTW) in PAMAMARISAN Cluster (Pasig, Mandaluyong, Marikina, San Juan) on October 1-3, 2019 at Rizal High School Gymnasium, Dr. Sixto Antonio Avenue, Pasig City.

We have attached herewith the detailed guideline per activity for the 2019 RSTW as attachment to the Memorandum issued to the PAMAMARISAN School Division Offices. We have also identified the number of students per division who will join the activities as discussed during the meeting last August 22, 2019.

Our staff, Ms. Oscar Sevilla Jr., Cluster Director of DOST NCR PAMAMARISAN, will be coordinating with your office regarding this matter. Should you need further clarifications, you may contact him at tel. nos. 837-2071 local 2017-2018.

Thank you.

Very truly yours,

JOSE B. PATALINJUG III  
Regional Director

"Spearheading Technological Innovations in the Metropolis™"
Guidelines:

- For October 1,
  - Four (4) batches of high school students (HS) and two (2) batches of elementary students (ES) will be assisted for the guided tour.
  - The tour will start at 01:00PM.
  - For HS, each batch shall be composed of 150 students and shall be assisted by two (2) DOST-NCR staff. For ES, each batch shall have 60 students and shall be assisted by one (1) DOST-NCR staff.
  - There will be a separate tour for 60 HS to SEI Explorer Bus and Rescue Emergency and Disaster (RED) Facility.
  - There will be a total of 780 students and 78 teachers for the tour in Day 1.

- For October 2-3,
  - Eight (8) batches of high school students (HS) and four (4) batches of elementary students (ES) per day (AM and PM sessions) will be assisted for the guided tour.
  - The morning session will start at 06:00AM while the afternoon session will start at 01:00PM.
  - Each batch shall be composed of 150 HS and shall be assisted by two (2) DOST-NCR staff. For ES, each batch shall have 60 students and shall be assisted by one (1) DOST-NCR staff.
  - There will be a separate tour for 60 ES (morning) and 60 HS (afternoon) students to SEI Explorer Bus and Rescue Emergency and Disaster (RED) Facility.
  - Day 2 and Day 3 will have a total of 1,560 students and 156 teachers each.

- The participants will be given 30 to 60 minutes to view and/or interact with the exhibits.
- The participants are requested to arrive 15 minutes before their scheduled tour. Participants are encouraged to bring their own snacks and refreshments for the activity.
- See attached sample registration form for the list of students per batch. Kindly fill up the form below per division on or before September 13, Friday.
# ANNEX A. Guided Tour

**Activity:** Guided Tour

**Activity Description:** This activity will be a guided tour. This includes visit to Interactive DOST Agencies Exhibit, Science Centrum, Planetarium, Solar Observation, Astronomical Games, Science Education Institute (SEI) Explorer Bus, Knowledge Channel (KC) Film Showing, Philippine Science High School (PSHS) Exhibits and Rizal High School Museum.

**Duration:** October 1-3, 2019; October 1 (1-5PM) / October 2-3 (8-5PM)

**Venue:**
- RHS Gymnasium (DOST Agencies Exhibit, PSHS Exhibits)
- RHS Gymnasium Parking (SEI Explorer Bus)
- MAE SHS Bldg. (Science Centrum, Planetarium, Astronomical Games)
- Oval (Solar Observation)
- Alumni Bldg. (RHS Museum, KC Science Film Showing)

## Participants:

<table>
<thead>
<tr>
<th></th>
<th>Pasig</th>
<th>Mandaluyong</th>
<th>Marikina</th>
<th>San Juan</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 1</strong></td>
<td>ES: 70</td>
<td>HS: 400 + 30 (E-RED)*</td>
<td></td>
<td>ES: 50</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>HS: 200 + 30 (E-RED)*</td>
</tr>
<tr>
<td><strong>Day 2</strong></td>
<td>AM</td>
<td>ES: 120 + 60 (E-RED)*</td>
<td>HS: 600</td>
<td></td>
</tr>
<tr>
<td></td>
<td>PM</td>
<td>ES: 120</td>
<td>HS: 600 + 60 (E-RED)</td>
<td></td>
</tr>
</tbody>
</table>

*E-RED (SEI Explorer Bus-RED Tour); For E-RED's participants, ES: Grades 5-6 / HS: Grades 7-10 students

**Note that every 10 students will be accompanied by 1 teacher**
2019 REGIONAL SCIENCE AND TECHNOLOGY WEEK (RSTW)
DOST-NCR PAMAMARISAN

GUIDED TOUR

REGISTRATION FORM

Date:  □ October 1  □ October 2  □ October 3
Session:  □ AM (08:00AM-12:00NN)  □ PM (01:00PM-05:00PM)

Batch No.: ___________  ES/HS/E-RED Tour: ___________

<table>
<thead>
<tr>
<th>School Division</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Name of the School</td>
<td></td>
</tr>
<tr>
<td>Address</td>
<td></td>
</tr>
<tr>
<td>Focal Person/ Adviser</td>
<td>Name:</td>
</tr>
<tr>
<td></td>
<td>Contact Details:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>No.</th>
<th>Name of the Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>(First Name, Middle Initial, Family Name)</td>
<td>Grade Level</td>
</tr>
<tr>
<td>1.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td></td>
</tr>
<tr>
<td>9.</td>
<td></td>
</tr>
<tr>
<td>10.</td>
<td></td>
</tr>
</tbody>
</table>

Endorsed by:  
(Name of SDO)

Please send registration form to:

Ms. Camile Estimado  
Head, 2019 DOST-NCR Guided Tour  
DOST- NCR Building, General Santos Ave. Bicutan Taguig  
Telefax: (02) 837-2071 loc 2017  
Mobile No.: 09165351916  
Email: camilestimado.dostncr@gmail.com
2019 REGIONAL SCIENCE AND TECHNOLOGY WEEK (RSTW)
DOST-NCR PAMAMARISAN

ANNEX B. Water Rocket Launching Competition

Activity: Water Rocket Launching Competition

Activity Description: This activity will be facilitated by Philippine Foundation for Science and Technology (PFST). It aims to promote keen interest on Space Science and Physics of students thru creating, assembling and flying their own rockets.

Duration: October 1, 2019, Tuesday (8AM-5PM)

Venue: Badminton Court, MAE Bldg SHS (Workshop) / Open Field (Launching)

Participants:

<table>
<thead>
<tr>
<th>Division</th>
<th>No. of teams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pasig</td>
<td>8</td>
</tr>
<tr>
<td>Mandaluyong</td>
<td>7</td>
</tr>
<tr>
<td>Marikina</td>
<td>7</td>
</tr>
<tr>
<td>San Juan</td>
<td>3</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>25</strong></td>
</tr>
</tbody>
</table>

Guidelines:

- Target participants are Senior High School students from PAMAMARISAN. A total of 25 teams comprising of two (2) students per team and one (1) coach.
- Materials will be provided by DOST-NCR and PFST
- AM Activity: Water Rocket Workshop and Assembly of Water Rocket Contest Mechanics Briefing and Test Launch; PM Activity: Launching or Contest Proper
- Registration form will be provided to Division Office (please see attached). Deadline of submission will be on September 13, 2019.
- All participants will be given certificates of participation. Top three winners will receive cash prize, medal and certificate of recognition.

Contest Mechanics:

- Please see attached file
GENERAL CONTEST MECHANICS:

1. Each team must have 4 rockets assembled;
   1.1. 1 Practice / 1 alternate rocket;
   1.2. 2 rockets for competition;

2. Sequence of rocket launching will be determined by asking each team to get a number. The team getting number 1 will be the first to launch, number 2 will be the second team to launch and so forth. This sequence will be followed for the practice launch and the 2 contest events.

3. Each team will be given 1 practice launch. After the practice launch, teams will be given 10 minutes to make adjustments on their rockets. Then, all rockets for the first contest (accuracy or distance) will be lined up at the Secretariat’s table.

4. A water station will be set-up near the launch area. A team member will have to fill/re-fill water to his/her rocket with close supervision from the Water Station Officer/s.

5. The maximum air pressure to be applied in the rocket will be 50 PSI (4 bars). The Pump & Launch Officer will assist the teams in applying air to the rocket.

6. Team members will be given a free hand to adjust the angle of the launcher, to apply air pressure and when to ‘trigger’ the rocket after the Pump & Launch Control Officer gives the ‘go signal’. The Pump & Launch Control Officer will wait for the signal of the Safety Lookout Officers to raise the green flag signaling that the field is clear for the rocket launch.

7. Each team will be given 2 launches (1st round and 2nd round).

8. The score will be determined based on the initial impact of the rocket at the ground/field. Measuring / Recovery Officers will be stationed at the field to determine the initial impact point and measure the distance of the initial impact to the center of the target.
2019 REGIONAL SCIENCE AND TECHNOLOGY WEEK (RSTW)
DOST-NCR PAMAMARISAN
WATER ROCKET LAUNCHING COMPETITION
October 1, 2019
Badminton Court, MAE Bldg SHS (Workshop) / Open Field (Launching)

REGISTRATION FORM

<table>
<thead>
<tr>
<th>School Division</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name of Adviser / Coach</td>
</tr>
<tr>
<td>Adviser’s Contact Details</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>No.</th>
<th>Name of the Participants</th>
<th>Grade Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>(First Name, Middle Initial, Family Name)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. |
2. |

Endorsed by:

(Your Name) (Name of SDO)

Please send registration form to:

Ms. Camile Estimado
Head, 2019 DOST-NCR Guided Tour
DOST- NCR Building,
General Santos Ave. Bicutan Taguig
Telefax: (02) 837-2071 loc 2017
Mobile No.: 09165351916
Email: camilestimado.dostncr@gmail.com
2019 REGIONAL SCIENCE AND TECHNOLOGY WEEK (RSTW)
DOST-NCR PAMAMARISAN

ANNEX C. Sining Siyensya

Activity: Sining Siyensya: Poster Making Contest for Grades 5-6 Students
Duration: October 1, 2019, Tuesday (8AM-12NN)
Venue: TBA
Participants:

<table>
<thead>
<tr>
<th>Division</th>
<th>No. of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pasig</td>
<td>6</td>
</tr>
<tr>
<td>Mandaluyong</td>
<td>6</td>
</tr>
<tr>
<td>Marikina</td>
<td>6</td>
</tr>
<tr>
<td>San Juan</td>
<td>6</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>24</strong></td>
</tr>
</tbody>
</table>

Guidelines:

- Target participants are Grades 5-6 students from PAMAMARISAN.
- Registration forms will be provided to Division Office (please see attached). Deadline of submission will be on September 13, 2019.
- All participants will be given certificates of participation. Top three winners will receive cash prize, medal and certificate of recognition.

Contest Mechanics:

- Participants shall create a poster that is built on the theme “Science for the People”
- Art materials such as ½ Illustration Board, oil pastels and pencils shall be provided to each participant.
- Participants shall be given two (2) hours to complete their posters inside the designated venue.
- Use of other art materials is NOT ALLOWED
GENERAL CONTEST MECHANICS: DOST-NCR ScienceQueST

1. The contest is open to all junior high school students (Grade 8-10) from identified schools in Pasig, Mandaluyong, Marikina and San Juan City (PAMAMARISAN) cities. The Schools Division Office of the mentioned cities will be submitting the list of schools, students, and coaches to DOST-NCR that will represent their respective cities.

2. Only 5 teams per city for Pasig, Mandaluyong and Marikina, and San Juan National High School can join the contest. A total of 15 teams will undergo the elimination round.

3. Each participating school should only have one (1) team composed of (1) coach and a maximum of 3 students (1 student per grade level).

4. The questions for each round shall be from the following categories:
   - General Sciences (Biology, Chemistry, and Physics)
   - Earth Science
   - S and T News
   - Famous Filipino Scientists and Innovators
   - DOST-generated technologies and programs

5. The quiz will have three levels for Elimination Round. The top 5 schools with the highest cumulative score shall proceed to the championship round.

6. All scores will be reset to zero at the start of the championship round. The team with the highest cumulative score for the championship round shall be declared the Overall Winner. The next two highest scoring teams will be declared second and third placers, respectively.

7. Substitution during the contest shall not be allowed.

8. Calculators/smart phones shall not be allowed.

9. All answers, except for numerical, shall be in capital letters. For multiple choice questions, the teams shall write only the letter of their answer.

10. All appeals will be addressed and resolved by the panel of judges after each question. The game shall be temporarily suspended until the question/issue has been resolved. The decision of the Board of Judges shall be deemed FINAL.
2019 REGIONAL SCIENCE AND TECHNOLOGY WEEK (RSTW)
DOST-NCR PAMAMARISAN

DOST-NCR ACADEME FORA
Date: October 1-2, 2019

REGISTRATION FORM

Date:  
- October 1, (1PM-5PM): Breaking the HIV Stigma
- October 2, (9AM-12NN): Career Pathing: A Day with the Scientist
- October 2, (1PM-5PM): S&T Roles to Circular Economy

<table>
<thead>
<tr>
<th>School Division</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name of Participants (First Name, Middle Initial, Family Name)</th>
<th>School</th>
<th>Contact Number</th>
<th>Grade Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Endorsed by:

(Name of SDO)

Please send registration form to:

Ms. Bianca Canlas
Head, 2019 DOST-NCR Academe Fora Committee
DOST- NCR Building,
General Santos Ave. Bicutan Taguig
Telefax: (02) 837-2071 loc 2017
Mobile No.: 09565469842
Email: biancaclaudettecanlas@gmail.com
# 2019 Regional Science and Technology Week (RSTW)
## DOST-NCR Pamamarisan
### Sinig Siyensya
October 1, 2019 (8AM-12NN)

## Registration Form

<table>
<thead>
<tr>
<th>No.</th>
<th>Name of the Participants (First Name, Middle Initial, Family Name)</th>
<th>Grade Level</th>
<th>Name of School</th>
<th>Name of Teacher/Coach</th>
<th>Mobile Number (Teacher/Coach)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Endorsed by:
(Name of SDO)

Please send registration form to:

Ms. Aileen Fay M. Villegas  
Head, 2019 DOST-NCR Sinig Siyensya Poster Making Contest  
DOST- NCR Building,  
General Santos Ave, Bicutan Taguig  
Telefax: (02) 837-2071 loc 2017  
Mobile No.: 09275120936  
Email: afmvillegas@gmail.com
ANNEX D. Junior Highschool S&T Quiz Contest

Activity: DOST-NCR ScienceQueST

Activity Description: This is the fourth quiz contest organized by DOST-NCR. The competition will cover various topics on General Sciences (Biology, Chemistry and Physics), Earth Science, S&T News, famous Filipino Scientist and Innovators and DOST-generated technologies and programs.

Duration: October 2, 2019, Wednesday (8AM-5PM)

Venue: 3rd Floor, Conference Room, Alumni Bldg.

Participants:

<table>
<thead>
<tr>
<th>Division</th>
<th>No. of teams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pasig</td>
<td>5</td>
</tr>
<tr>
<td>Mandaluyong</td>
<td>5</td>
</tr>
<tr>
<td>Marikina</td>
<td>5</td>
</tr>
<tr>
<td>San Juan</td>
<td>1</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>16</strong></td>
</tr>
</tbody>
</table>

Guidelines:

- Target participants are Junior High School students from PAMAMARISAN. A total of 16 teams comprising of three (3) students per team and one (1) coach. Each team should have a representative from Grades 8, 9 and 10, respectively.
- Registration forms will be provided to Division Office (please see attached). Deadline of submission will be on September 13, 2019.
- All participants will be given certificates of participation. Top three winners will receive cash prize, medal and certificate of recognition.

Contest Mechanics:

- Please see attached file
# 2019 REGIONAL SCIENCE AND TECHNOLOGY WEEK (RSTW)  
**DOST-NCR PAMAMARISAN**  

**DOST-NCR SCIENCEQUEST**  
October 2, 2019 (8AM-3PM)  
3RD Floor, Alumni Bldg.

## REGISTRATION FORM

<table>
<thead>
<tr>
<th>School Division</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name of Adviser / Coach</td>
</tr>
<tr>
<td>Adviser's Contact Details</td>
</tr>
</tbody>
</table>

### Name of Participants  
*(First Name, Middle Initial, Family Name)*

<table>
<thead>
<tr>
<th>Name of Participants</th>
<th>School</th>
<th>Contact Number</th>
<th>Sex</th>
<th>Grade Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
<td></td>
<td>Grade 8</td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
<td></td>
<td>Grade 9</td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
<td></td>
<td>Grade 10</td>
</tr>
</tbody>
</table>

Endorsed by:  

_(Name of SDO)_

Please send registration form to:  

Ms. Blaise D. Mansueto  
Head, 2019 DOST-NCR S&T Quiz Committee  
DOST- NCR Building,  
General Santos Ave. Bicutan Taguig  
Telefax: (02) 837-2071 loc 2018  
Mobile No.: 09179849629  
Email: ncrblaise@gmail.com
Activity: Seminar Series for Academe
Duration: October 1-2, 2019
Participants:

<table>
<thead>
<tr>
<th>FORUM</th>
<th>Date</th>
<th>Venue</th>
<th>Pasig</th>
<th>Manda</th>
<th>Marikina</th>
<th>San Juan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Topic 1: “Breaking the HIV Stigma”</td>
<td>October 1, 1PM-5PM</td>
<td>RHS Gymnasium Center Stage</td>
<td>30</td>
<td>20</td>
<td>30</td>
<td>20</td>
</tr>
<tr>
<td>Topic 2: “Career Pathing: A Day with the Scientist”</td>
<td>October 2, 9AM-11:30AM</td>
<td>RHS Gymnasium Center Stage</td>
<td>30</td>
<td>30</td>
<td>30</td>
<td>10</td>
</tr>
<tr>
<td>Topic 3: “S&amp;T’s Roles for a Circular Economy”</td>
<td>October 2, 1PM-5:00PM</td>
<td>RHS Gymnasium Center Stage</td>
<td>All Research Advisors per Division</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Guidelines:

- Registration form shall be provided to Division Office (please see attached). **Deadline of submission will be on September 13, 2019.**
- All participants shall be given certificates of participation.