



Republic of the Philippines
Department of Education
Schools Division of Calbayog City
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DIVISION MEMORANDUM

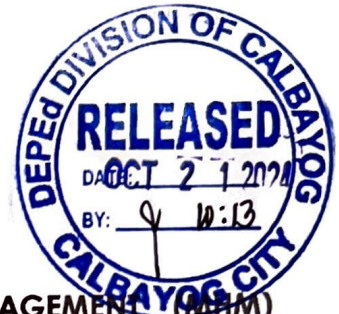
No. 562 s. 2024

To : Assistant Schools Division Superintendent
CID/SGOD Chiefs
EPSs & PSDSs
Secondary/Elem School Heads (Public & Private)
Guidance/EsP Coordinators/Teachers
All Other Concerned

FROM : 
MARGARITO A. CADAYONA, JR. PhD, CESO VI
OIC - Schools Division Superintendent 

SUBJECT: **INTEGRATION OF MENSTRUAL HYGIENE MANAGEMENT (MHM) TOPICS/MESSAGE IN CLASS LESSONS/WHLP, WASH-IN-SCHOOL (WinS) AND COMPREHENSIVE SEXUALITY EDUCATION (CSE) IN ELEM, JHS and SHS FOR SY 2024-2025 AND ONWARDS**

DATE : **October 25, 2024**



1. In reference to DepEd Order 10, s. 2016 and Regional Memorandum 650, s. 2021 regarding the implementation of Menstrual Hygiene Management (MHM) and Comprehensive Sexuality Education (CSE); this division advises all schools for the **"INTEGRATION OF MENSTRUAL HYGIENE MANAGEMENT (MHM) TOPICS/MESSAGE IN CLASS LESSONS/WHLP, WASH-IN-SCHOOL (WinS) AND COMPREHENSIVE SEXUALITY EDUCATION (CSE) IN ELEM, JHS and SHS FOR SY 2024-2025 AND ONWARDS.**

2. The complete package of resource materials (which include posters, reading materials, activities, etc.) can be downloaded at: <https://tinyurl.com/CSE-MHM-MERONAKO>. An ACR or complete implementation report shall be submitted to the division on/before April 30, 2025.



3. This aims the following:

- a. Support DepEd's efforts in promoting the reproductive health of learners;
- b. Make school more learner-friendly by integrating process/message of MHM in class lesson/WHLP, WinS, and CSE; hereby promoting the rights and dignity of women.

4. All school heads shall ensure implementation of the abovementioned DepEd Program in their respective schools. While the PSDS & EPS CSE-MHM Coordinator shall conduct monitoring on the implementation of the program.



5. The MHM activities herewith shall be implemented to grade levels (in Elem, JHS and SHS) wherein female learners already experiencing menstrual cycles.
6. Expenses relative to the implementation of the program can be charged against School MOOE and other support funds subject to the existing accounting and auditing rules and regulations.
7. Immediate dissemination and strict compliance with this Memorandum are desired.



MAKING REUSABLE PADS

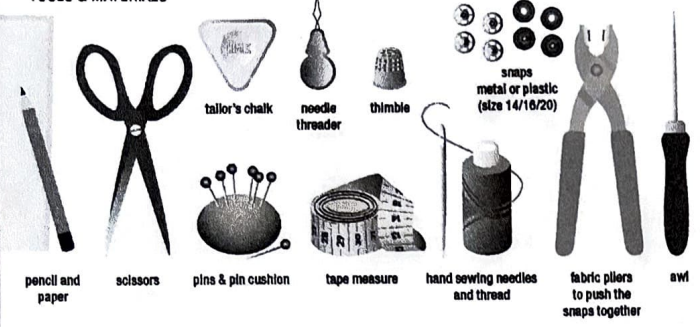
LEARNING GUIDE



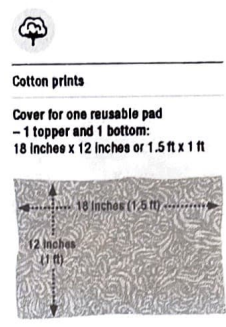
2 TO 2.5 HOURS:
ESTIMATED TIME
TO FINISH 1 PAD

1 COLLECT MATERIALS & FABRICS

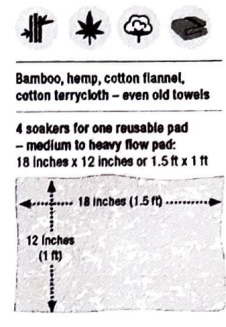
TOOLS & MATERIALS



COVERS: SOFT FABRIC



SOAKERS: ABSORBENT FABRIC



GUIDELINE NUMBER OF SOAKERS
3 LAYERS light to medium flow pads
4 LAYERS medium to heavy flow pads
5 LAYERS heavy flow pads

2 PATTERN UP

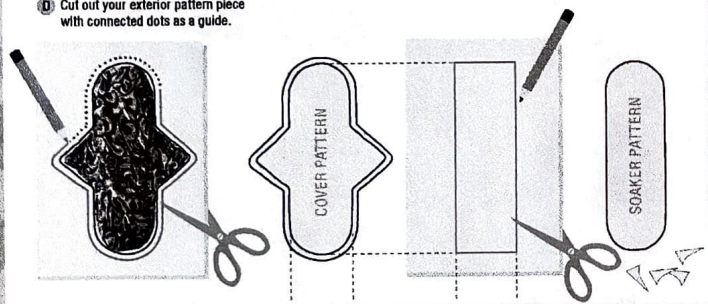
You can skip STEP 2 by looking online for free cloth pad pattern pieces.

COVERS: EXTERIOR PIECE

- Stick your favorite pad onto a piece of paper.
- Trace the outline of the pad onto the paper.
- Dot 1 cm around the entire perimeter of the pad outline. Connect the dots.
- Cut out your exterior pattern piece with connected dots as a guide.

SOAKERS: INTERIOR PIECE

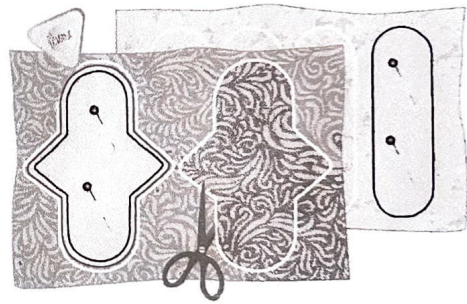
- Measure the length and width of your pad.
- Draw a rectangle of those measurements.
- Cut out your interior pattern piece and trim the corners to shape the soaker.



3 CUT OUT

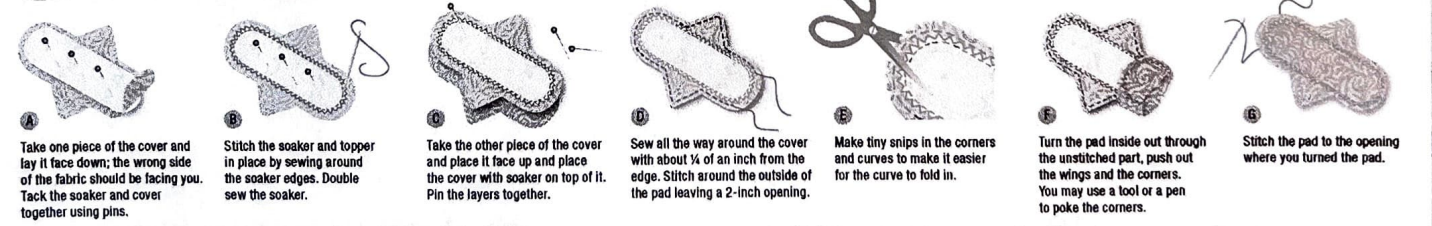
1 TOPPER, 1 BOTTOM, 4 SOAKERS

- Stick your pattern to the fabric.
- Trace the outline of the pattern.
- Cut out.



YOU WILL NEED FOR ONE PAD:
2 COVER PIECES: 1 topper, 1 bottom
ABOUT 4 SOAKERS See guidelines above

4 STITCH IT



A Take one piece of the cover and lay it face down; the wrong side of the fabric should be facing you. Tack the soaker and cover together using pins.

B Stitch the soaker and topper in place by sewing around the soaker edges. Double sew the soaker.

C Take the other piece of the cover and place it face up and place the cover with soaker on top of it. Pin the layers together.

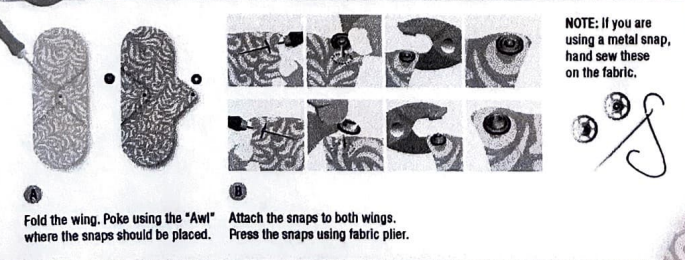
D Sew all the way around the cover with about 1/4 of an inch from the edge. Stitch around the outside of the pad leaving a 2-inch opening.

E Make tiny snips in the corners and curves to make it easier for the curve to fold in.

F Turn the pad inside out through the unstitched part, push out the wings and the corners. You may use a tool or a pen to poke the corners.

G Stitch the pad to the opening where you turned the pad.

5 PUT SNAPS



A Fold the wing. Poke using the "Awl" where the snaps should be placed.

B Attach the snaps to both wings. Press the snaps using fabric plier.

NOTE: If you are using a metal snap, hand sew these on the fabric.

6 FINAL PRODUCT

