

DEPARTMENT OF EDUCATION

**RECEIVED**

RECORDS SECTION REGIONAL OFFICE NO. VIII

Advisory No. 244, s. 2025

December 19, 2025

DATE: 1-15-24

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

(Visit [www.deped.gov.ph](http://www.deped.gov.ph))

DO 28 (all) 2001 TIME: 2:30 PM

SIGNATURE: sw

### CHANGE IN ADVISORY NO. 229, s. 2025

(Please be Careful with My Heart Teacher-Student Duet Challenge)

The I AM S.A.M. Foundation announces a change in Advisory No. 229, s. 2025.

The Program reschedules the deadline for submission of entries on January 12, 2026, and its launch on February 28, 2026.

All other provisions of the said Advisory remain in effect.

For more information, please contact:

Rayla Allertsen  
Co-Founder and President  
I AM S.A.M. Foundation-National Secretariat  
Mobile Number: 0917-842-0281  
Email Address: [rayla@allersen.net](mailto:rayla@allersen.net)  
Website: [www.iamsamfoundation.com](http://www.iamsamfoundation.com)



08 January 2025

To: **Regional Director**  
**Asst. Regional Director**  
**Schools Division Superintendent**  
**Asst. Schools Division Superintendent**  
**School Heads**  
**Teachers**

Subject: **INVITATION AND UPDATED SCHEDULE**  
**Please Be Careful With My Heart – Teacher–Student Duet Challenge**

Greetings of love and peace.

The I AM S.A.M. Foundation is committed to nurturing self-worth as a means to help alleviate poverty and strengthen communities. Through the I AM S.A.M. PROTOCOL and in alignment with the United Nations Sustainable Development Goals, the Foundation continues to engage in nation-building initiatives that promote compassion, dignity, and shared responsibility.

The month of February presents a meaningful opportunity to renew self-worth, kindness, and the caring relationships that sustain every learning community. Learning truly flourishes when teachers extend gentle and consistent care to their students, and when students respond with trust and openness to guidance.

In this spirit, we respectfully invite your teachers and students to participate in the "**Please Be Careful With My Heart – Teacher–Student Duet Challenge**" with the theme "*A Rights-Respecting, Rights-Filled School: My Second Home.*" This Challenge celebrates schools as second homes and teachers as second parents by highlighting the gentle and caring bond between teacher and learner through the Teacher–Student rendition of "Please Be Careful With My Heart" by Mr. Jose Mari Chan.

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 schedule to provide teachers and students with ample time to prepare and deliver their performances at their best.

Please take note of the 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**

**Island Winners** will receive the following cash prizes:

- **1st Place – Php 10,000.00**
- **2nd Place – Php 7,000.00**
- **3rd Place – Php 5,000.00**

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

We look forward to your active participation in this meaningful initiative. **For more details, please refer to the registration link and attached annexes.**

Registration link: <https://forms.gle/ZPuEPzWuYSXTrA2r6>

Should you have any questions or clarifications, please do not hesitate to contact us through the details below. **Kindly acknowledge receipt of this email.**

Thank you very much.

Respectfully yours,



**Ms. RAYLA ALLERTSEN**  
Co-Founder and President  
I AM S.A.M. Foundation  
Mobile: **+63 917 842 0281**  
Email: [rayla@allertsen.net](mailto:rayla@allertsen.net) ([rayla@allertsen.net](mailto:rayla@allertsen.net))  
Website: [www.iamsamfoundation.com](http://www.iamsamfoundation.com) (<http://www.iamsamfoundation.com>)

Advisory No. **229**, s. 2025  
November 18, 2025  
In compliance with DepEd Order (DO) No. 8, s. 2013  
this 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.  
(Visit [www.deped.gov.ph](http://www.deped.gov.ph))

**PLEASE BE CAREFUL WITH MY HEART  
TEACHER – STUDENT DUET CHALLENGE**

The I AM S.A.M. (Shaker and Mover) Foundation, in partnership with BPW Global Manila, will launch the Please Be Careful with My Heart (PBCWMH) Teacher-Student Challenge on January 24, 2026. This event coincides with the International Day of Education and supports the United Nations Sustainable Development Goal 4: Quality Education.

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 a living performance of empathy, trust, and responsibility, modeling how care can be expressed safely and respectfully within the school setting.

The program is a nationwide educational advocacy promoting the theme, **A Rights-Respecting, Rights-Filled School: My Second Home**, under the following pillars:

- Pillar 1: Duet Challenge – Schools submit a teacher-student duet using the official education lyrics, showcasing a rights-respecting relationship.
- Pillar 2: PBCWMH as Practice – Schools commit to embodying the values of the song daily, fostering classrooms that mirror the safety and care of a second home.

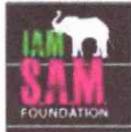
The challenge is open to all public K-12 schools, including Alternative Learning System Centers nationwide. Interested participants may submit their performance of the approved Teacher-Student lyrics, along with required forms, on or before November 26, 2025, through <https://forms.gle/pspXug8mEDfo8uja8>.

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](mailto:rayla@allertsen.net)  
Website: [www.iamsamfoundation.com](http://www.iamsamfoundation.com)



[f/IAMSAMFoundation](https://www.facebook.com/IAMSAMFoundation)

## PLEASE BE CAREFUL WITH MY HEART

Teacher-Student Duet Challenge

NATIONAL SHOWCASE: February 28, 2026

Chair: Jose Mari Chan

## CONCEPT PAPER

### *Please Be Careful With My Heart (PBCWMH): Two Pillars for Rights-Respecting Schools*

#### I. Title: Please Be Careful With My Heart (PBCWMH)

**Pillar I: Teacher-Student Duet Challenge and**

**Pillar II: Schools as Second Homes**

#### II. Background and Rationale

February offers a special opportunity to renew self-worth, kindness, and the caring relationships that sustain every learning community, where learning flourishes as teachers care gently and students respond with trust and openness to guidance.

This spirit comes alive in the Teacher-Student version of "Please Be Careful With My Heart," which affirms that every learner is loved, precious, and created for a purpose, and that every teacher holds a quiet but powerful responsibility to nurture and protect the hearts entrusted to them. These are the foundations of a rights-respecting, rights-filled school where children feel safe, valued, and supported to thrive.

Anchored on the theme "**A Rights-Respecting, Rights-Filled School: My Second Home,**" PBCWMH celebrates the Filipino ideal of **Schools as Second Homes and Teachers as Second Parents.** Through music and shared performance, the initiative invites schools to cultivate learning spaces where trust, love, and respect are lived each day.

#### Why It Matters — The Science Behind It

Neuroscience reveals that learning thrives in a safe and connected environment. When children feel valued and seen by a trusted adult, the brain's prefrontal regions activate for attention and memory; when they feel fear or shame, stress hormones block those same pathways.

The teacher-learner relationship is thus not sentiment; it is science. It is evidence-based nation-building through neuroscience, safety, and love. Making schools second homes is how we grow healthy brains and responsible citizens.