

Poster Contest: Help your heart

Attention, student artists: Help raise awareness about heart health!



Illustrate one of these messages that can help kids keep their hearts healthy

- Eat fruit and veggies instead of salty snacks
- Eat fruit to satisfy your sweet tooth
- Drink water instead of sugary beverages
- Don't smoke
- Exercise 60 minutes a day

About the contest

Contest winners will receive prizes. Selected posters will be displayed in schools, in the community, and in Healthy NewsWorks communications. Judging will be based on the heart health theme, creativity, artistic quality, and neatness. Winners will be notified through their teachers.

Contest rules

- All students in the school may enter.
- Each student may submit only one entry.
- The student's name, age, school, homeroom teacher, and poster title must appear on the back of the poster.
- The poster must be on 8½-by-11-inch white paper.
- Students may use pencil, colored pencils, markers, or crayons.
- Any words must be accurate, correctly spelled, clearly written, and large enough to read.
- Students must create the poster themselves. It must be original and hand-drawn.
- Students should NOT illustrate any brand names or other trademarked products.
- Parents/Guardians of semifinalists will be required to fill out the Healthy NewsWorks Consent and Release for a Minor Form in order for student work to be exhibited.
- Posters will not be returned. They become the property of Healthy NewsWorks.

Deadline: Contest entries are due by **Friday, December 1, 2017**, to your homeroom teacher or a teacher designated by your school.

A project of Healthy NewsWorks



Questions?

Visit www.HealthyNewsWorks.org

Or send an email to Editor@HealthyNewsWorks.org