



# My Reason to Write HOW I SEE A HEALTHY ME

## PROJECT GUIDELINES, HOW TO ENTER AND SELECTION CRITERIA

### PROJECT GUIDELINES

- Open to students in grades 2-8, with judging in two grade categories: elementary school and middle school.
- Essays or lyrics/poems should focus on the supplied theme topics. All entries must be written by the students. Essays should be no more than 450 or 750 words, depending on the grade level, and lyrics/poems should be 100-150 words. Lyrics should include two verses and a chorus, and poems should have 12-20 lines.
- Entries that are overly graphic or violent in nature will not be eligible.

### ESSAY ENTRIES

#### ELEMENTARY SCHOOL

200-450 words

First, Second and Third Place Awards

#### MIDDLE SCHOOL

300-750 Words

First, Second and Third Place Awards

### HOW TO ENTER

Beginning February 15, 2018, students may submit their entries at [sosprojectprevent.com](http://sosprojectprevent.com)

Entries must be received by 5 p.m. on Monday, April 16, 2018.

### LYRICS OR POEM ENTRIES

#### ELEMENTARY SCHOOL

100-150 words

Lyrics should have two verses and a chorus

Poems should have 12-20 lines

First, Second and Third Place Awards

#### MIDDLE SCHOOL

100-150 words

Lyrics should have two verses and a chorus

Poems should have 12-20 lines

First, Second and Third Place Awards

### SELECTION CRITERIA

A third party will judge all essays, and the winners will be announced on Friday, May 4, 2018, at 5 p.m.

Judging will be based on the following criteria:

- ✓ Creativity
- ✓ Effectiveness/accuracy of message
- ✓ Ethics/good taste
- ✓ Quality of writing



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