

GET HEALTHY!

Rhode Island

Postcard Contest



American Heart Association.

Sponsored by
IT'S WHAT WE LIVE FORSM



In collaboration with
RHODE ISLAND FOUNDATION **RIHSC**
Rhode Island Healthy Schools Coalition

THE AMERICAN HEART ASSOCIATION and our partner organizations are working to ensure that the places where children live, learn and play make it easy and enjoyable for them to eat healthy foods, be active and embrace a heart-healthy lifestyle. As we educate lawmakers about important policy initiatives to address these issues, we want to take the extra step to get students involved and give them a voice as we strive to build a healthier Rhode Island.

EAT HEALTHY

Eating healthy foods is one of the most important ways to keep your heart working at its best. Choose foods and beverages that help keep your heart — and the rest of your body — in top shape. Healthy options include water, fruits and vegetables, whole grains, and lean meats. Try to limit salt, added sugars, and saturated and trans fats that harm your heart.



GET ACTIVE

Kids should get at least 60 minutes per day of moderate-to-vigorous physical activity. Kids who are active have better bone health, physical fitness, brain function, attention, academic performance, and self-esteem. Run, walk, and play every day — and have fun!



BE MINDFUL

Don't forget to limit screen time! Go outside and enjoy nature, listen to music, draw, do yoga, or just enjoy quiet time. Be sure to get plenty of sleep.

Kids in Grades K–5...HOW DO YOU GET HEALTHY?

Design a postcard and show us — and remember to be creative! You should 1) **draw** a picture on the front and 2) **write** a few words on the back that highlight how you like to get healthy and why it matters. In addition to being entered to win great prizes, your postcard will help educate lawmakers about the importance of supporting policies that promote a healthier generation in Rhode Island.

RULES:

- Official Contest Rules can be viewed at: <https://easternstates.heart.org/rhodeislandpostcardcontest>
- Teachers will receive a kit that includes postcards for entries. Contact **Jamie Oriol** at Jamie.Oriol@heart.org to request **contest materials**. Please specify number of students.
- All entries will be judged for creativity, effort, and strength of message.
- All entries become the property of the American Heart Association.
- All entries must have entry form with signed parent/guardian waiver.

SUBMISSION:

Entries can be mailed or delivered to:
American Heart Association – Get Healthy Contest
One State Street, Suite 200
Providence, RI 02908

DEADLINE: Entries must be received by **April 30, 2020**.

PRIZES:

Each submission will go through a review process. Prizes will be awarded in two age categories — Grades K–2 and Grades 3–5.

- **1st Place:** \$100 Dick's Sporting Goods Gift Card and four (4) passes to Roger Williams Park Zoo.
- **2nd Place:** \$50 Dick's Sporting Goods Gift Card and four (4) passes to Roger Williams Park Zoo.
- **3rd Place:** Four (4) passes to Roger Williams Park Zoo.
- **Winning entries** will be featured on the American Heart Association's local social media pages.
- **NEW THIS YEAR:** Award ceremony at your school!



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Entry Form

Student's Name _____

Address _____

City/State/Zip _____

Age _____ Grade Level _____

School _____

Teacher's Name _____

Parent/Guardian Waiver

I, the parent or guardian of _____ understand my child is submitting an entry into the Get Healthy Rhode Island Contest run by the American Heart Association. Entries / postcards will become the property of the American Heart Association and may be used in events, media, social media, and reproduced in other ways. All judging decisions are solely those of the American Heart Association. The American Heart Association will not be held liable for any issues with submissions.

Parent/Guardian's Name _____

Signature _____

Parent/Guardian's Telephone _____

Parent/Guardian's Email _____



The American Heart Association is a leading force for a world of longer, healthier lives.
Blue Cross & Blue Shield of Rhode Island is an independent licensee of the Blue Cross Blue Shield Association.
The Rhode Island Foundation is the largest and most comprehensive funder of nonprofit organizations in Rhode Island.
RI Healthy Schools Coalition is committed to making all RI schools healthy places for children to learn, grow and thrive.
THIS CONTEST IS RUN BY THE AMERICAN HEART ASSOCIATION and governed by Official Rules found at <https://easternstates.heart.org/rhodeislandpostcardcontest>