# RHODE ISLAND PE & Me Contest

American Heart Association | American Stroke Association

life is why™

*Sponsored by*

Blue Cross Blue Shield of Rhode Island

*In collaboration with*

RHODE ISLAND FOUNDATION

**Who:** Teachers of Grades K-5 in Rhode Island.

**What:** Calling all entries for the PE & Me Contest!

**Rules:**

- Students in grades K–5 can design a postcard that highlights **physical education**! Kids should 1) **draw** a picture on the front that shows what they love about PE and 2) **write** a few words on the back about why PE is important to them.
- Teachers will receive a kit that includes blank postcards. Please contact **Nicole Beauregard** to request materials.
- All entries will be judged for creativity, effort, and strength of message.
- All entries become the property of the American Heart Association.
- Individual entries only.

**Where:** Submissions should be mailed or delivered to:
**American Heart Association**
One State Street, Suite 200
Providence, RI 02908
Attn: Nicole Beauregard

**When:** **Deadline for entries is April 27, 2018.**
Winners will be announced by **May 11, 2018**. Award ceremony to be held **May 23, 2018** at the RI State House at **3:30 p.m.**

**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.
- **Postcard Display** and delivery at the RI State House to help educate the community and lawmakers.
- **Winning Postcards** to be featured on the American Heart Association's local Facebook page.

## Why?

The benefits of physical education ring clear as a school bell. With PE, we can keep kids' hearts healthy and their minds in gear to do their best at school. The fact is, active kids do better! PE has positive impacts on their physical, mental, and emotional health. Yet competing priorities are making effective PE programs increasingly less common. Schools (and PE teachers) need support for physical education programs, facilities, and equipment so kids can be active. We know it can be difficult for schools to balance funding constraints, but together we can work with lawmakers to ensure our kids get a well-rounded education. Every student should have access to effective PE in school to help build a foundation for a healthy lifestyle. As we educate lawmakers and ask them to prioritize and invest in PE, we're taking an extra step to get students involved and give them a **voice** at the State House!

## How?

Getting started is easy! Contact **Nicole Beauregard** at **(401) 228-2328** or **SNEHeart@heart.org** to request a kit that includes blank postcards for entries. Please specify the number of students. The attached entry form contains all the information kids need — just copy and distribute to your students. Use the contest as a group activity or encourage individuals to get involved.

## Connect with us!

**#HealthyKidsRI**

sneheart | BCBSRI | rhodeislandfoundation

@sneheart | @BCBSRI | @RIFoundation

**www.heart.org/sne**
**www.HealthyKidsRI.org**

The American Heart Association is the nation's oldest and largest voluntary organization devoted to fighting cardiovascular diseases and stroke.
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.

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## THE BENEFITS OF PHYSICAL EDUCATION RING CLEAR AS A SCHOOL BELL!

Effective physical education (PE) offers kids the best chance for activity in their school day and teaches them the skills needed to sustain an active and healthy lifestyle. PE has positive impacts on their physical, mental, and emotional health. PE programs improve judgement, reduce stress, and increase self-esteem. But the benefits don't end there. The fact is, active kids learn better. When kids are active, they focus and think more clearly, and perform and behave better in class. Every student should have access to effective PE in school.

## KIDS IN GRADES K-5, WHY IS PE IMPORTANT TO YOU?

Design a postcard and show us — and remember to be creative! You should 1) **draw** a picture on the front that shows what you love about PE and 2) **write** a few words on the back about why PE is important to you. In addition to being entered to win great prizes, your postcard will help educate lawmakers about the benefits of PE!

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## Entry Instructions

All postcards must be mailed or delivered with the entry form and parental waiver to:

**American Heart Association**
One State Street, Suite 200
Providence, RI 02908
Attn: Nicole Beauregard

**Deadline for entries is April 27, 2018.**
Winners will be announced by **May 11, 2018.**
Award ceremony to be held **May 23, 2018** at the RI State House at **3:30 p.m.**

## More Info:

Nicole Beauregard, American Heart Association
**(401) 228-2328, SNEHeart@heart.org**

## Entry Form

Name _____

Address _____

City/State/Zip _____

Age _____ Grade Level _____

School _____

Parent/Guardian's Telephone _____

Parent/Guardian's Email _____

Teacher's Name _____

## Parental Waiver

I, the parent or guardian of _____ understand my child is submitting an entry into the PE & ME 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.

Printed Name _____

Signature _____

**Connect with us! #HealthyKidsRI** sneheart @sneheart **www.heart.org/sne www.HealthyKidsRI.org**
BCBSRI @BCBSRI rhodeislandfoundation @RIFoundation

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