RHODE ISLAND PE & Me Contest

American Heart Association.

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 **Andrea Turteltaub** 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: Andrea Turteltaub

When: **Deadline for entries is April 26, 2019.** Winners will be announced by **May 10, 2019**. Award ceremony to be held **May 22, 2019** 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 learn 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 decisionmakers 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 decisionmakers 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 **Andrea Turteltaub** 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

THIS CONTEST IS RUN BY THE AMERICAN HEART ASSOCIATION AND GOVERNED BY THE OFFICIAL RULES AS STATED ON THE THIRD PAGE OF THIS DOCUMENT and found at **https://southernnewengland.heart.org/ri-pe-contest** ~ 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.

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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 decisionmakers about the benefits of PE!

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 decisionmakers.
- **Winning Postcards** to be featured on the American Heart Association's local Facebook page.

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: Andrea Turteltaub

Deadline for entries is April 26, 2019.
Winners will be announced by **May 10, 2019.**
Award ceremony to be held **May 22, 2019** at the RI State House at **3:30 p.m.**

More Info:

Andrea Turteltaub, 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 _____

THIS CONTEST IS RUN BY THE AMERICAN HEART ASSOCIATION and governed by Official Rules found at **https://southernnewengland.heart.org/ri-pe-contest**

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

BCBSRI @BCBSRI rhodeislandfoundation @RIFoundation

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2019 OFFICIAL RULES

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NO PURCHASE NECESSARY TO ENTER OR WIN. OPEN ONLY TO LEGAL RESIDENTS OF RHODE ISLAND, IN GRADES KINDERGARTEN THROUGH FIFTH, WITH PARENTAL PERMISSION. PRIZE WILL BE AWARDED IN THE NAME OF ENTRANT'S PARENT OR LEGAL GUARDIAN.

1. **Promotion Period:** The P.E. and Me! postcard contest (the "Promotion") begins December 5, 2018 at 12:00 a.m. Eastern Time ("ET") and ends April 26, 2019 at 11:59 p.m. ET (the "Promotion Period").

2. **Eligibility:** Open to legal residents of the State of Rhode Island, who are students in grades Kindergarten through 5th as of date of entry. Those less than 18 years of age may participate only with parental/guardian approval and such approval may be revoked by the parent/guardian at any time. Employees of the American Heart Association (the "Sponsor"), and their immediate family members and/or those living in the same household are not eligible to participate or win.

3. **How To Enter:** During the Promotion Period, you may enter by sending a postcard that highlights what you love about physical education and includes a few words on the back about why PE is important to you to American Heart Association, One State Street, Suite 200, Providence, RI 02908 Attn: Andrea Turteltaub along with a completed entry form and Parental Consent Waiver, signed by a parent or guardian. **SUCH WAIVER MAY BE REVOKED BY A PARENT OR GUARDIAN AT ANY TIME PRIOR TO THE DETERMINATION OF A WINNER**. Limit one entry per person. In the event of a dispute as to the identity of an Entrant, the Entrant will be deemed the name appearing on the entry. The entry must: 1) be complete to be eligible; 2) be the property of the Entrant. Sponsor has the sole discretion to determine whether a Submission qualifies. Any entry not in compliance with the above and which does not meet the requirements of these Official Rules will be disqualified. By entering, you understand and agree that your Submission may (in Sponsor's sole discretion) be used in any manner Sponsor deems appropriate.

4. **Entry Requirements:** Postcards will be judged based on creativity and strength of message. The winning postcard will best demonstrate the benefits of physical education (the "Judging Criteria"). Decisions of judges will be made on May 1, 2019 and the winner will be promptly notified by email or direct message and publicly announced on May 10, 2019. The decision of the judges will be final and binding in all respects. Judges will be independent of Sponsor. Odds of winning will depend on the number of qualifying entries. By entering, your parent or legal guardian agrees to waive any rights you may have to the entry submitted. The entry must not contain obscene, profane, lewd, defamatory or inappropriate content, or be disparaging to Sponsor, as determined in Sponsor's sole discretion. Entries must be in keeping with Sponsor's image and may not be offensive, as determined by Sponsor in its sole discretion, nor can it defame or invade publicity rights or privacy rights of any person, living or deceased, or otherwise infringe upon any person's personal or proprietary rights. Entrants may not copy or otherwise plagiarize from any source. All entries must be the sole, original work of the Entrants. Any entry or portion thereof that is, in the Sponsor's sole discretion, obscene, profane, lewd, defamatory, inappropriate, disparaging, offensive or contains proprietary right of any person living or deceased (including but not limited to rights of privacy or publicity or portrayal in a false light) or entity, or is otherwise objectionable, will not be considered and may disqualify the Entrant. Entries should not contain any third party materials, or otherwise violate or infringe (or possibly infringe) any copyright, trademark, logo, mark that identifies a brand. Sponsor may blur or black out the infringing material, in their sole discretion. Entries become the property of the Sponsor and will not be acknowledged or returned. Entrants and winner acknowledge and agree that their entries become the property of the Sponsor, which thereby has the right to edit, adapt, modify, reproduce, promote and otherwise use entries in any way it sees fit.

5. **Prizes and Approximate Retail Values ("ARVs"):** There will be three winners of the Promotion: a First, Second and Third Prize. First Prize shall be a $100 gift card to Dick's Sporting Goods; Second Prize shall be a $50 gift card to Dick's Sporting Goods; and Third Prize shall be a $25 gift card to Dick's Sporting Goods. The estimated fair market value of the Prizes is that of their respective gift card value, but the actual value may be more or less. Prizes are awarded "as is" without any warranty or guaranty of any kind. Limit one (1) Prize per person. No substitution or transfer of prize permitted except at the sole discretion of the Sponsor who reserves the right to substitute a prize of equal or greater value in the event the prize is unavailable.

6. **Publicity:** By entering, each entrant hereby grants to the AHA a perpetual, worldwide, royalty-free right and license to publicize, broadcast, display and/or otherwise use the entrant's first name, image, likeness, voice, biographical and personal background information, and statements, and, without limitation, any notes, photograph, film, or video or audio tape that may be taken of the Entrant or that are embodied in the materials submitted to the AHA (collectively, "Licensed Rights"), in any media now known or hereafter devised throughout the world in perpetuity for advertising, promotion and publicity purposes, without additional review, compensation, permission or approval. Any Licensed Rights granted may be revoked only by written notice by an entrant's parent or guardian.

7. **General Rules:** Prize winners will be notified via email and will be provided directions. The winners then must accept the prize within three (3) days then follow the directions to claim the prize, including providing proof of a parent or guardian's consent to accept the prize, or the prize will be forfeited and Sponsor will have no further obligation to such winner and an alternate winner may be selected. In the event the winner forfeits the prize, an alternative winner will be selected based on the same criteria herein. Return of prize/prize notification as undeliverable or failure to reply may result in disqualification and alternate prize winner will be selected. Prizes are nontransferable and no cash substitutions are allowed except by the Sponsor, who reserves the right to award a prize of equal or greater value. Winners and all Entrants and their parents or guardians, as a condition of entry, agree to release and hold harmless Sponsor its officers, directors, shareholders, members, employees, agents, assigns, and all others associated with the development and execution of the Promotion (collectively the "Released Parties") from and against any and all liability, claims or actions of any kind whatsoever for injuries, damages, or losses to persons or property which may be sustained in connection with submitting an Entry or otherwise participating in any aspect of the Promotion, the receipt, ownership or use of prize awarded or any typographical or other error in these Official Rules or the announcement or offering of the prizes. Winners assume all liability for any injury or damage caused, or claimed to be caused by participation in the Promotion or use or redemption of the prizes. Acceptance of prize constitutes permission to use winners' names, likenesses, entries for promotional purposes (including any possible public relations opportunities) without further compensation except where prohibited by law. By entering, Entrant accepts and agrees to be bound by these Official Rules. Sponsor reserves the right at its sole discretion to disqualify any individual that tampers or attempts to tamper with the entry process or the operation of the Promotion; violates the Official Rules; acts in an unsportsmanlike or disruptive manner; or acts with intent to annoy, abuse, threaten or harass any other person. Sponsor reserves the right to cancel, terminate or modify the Promotion if it cannot be completed as planned for any reason. Void where prohibited by law and subject to all federal, state and local laws. As a condition of entering the Promotion, Entrant (or parent/legal guardian if entrant is a minor in his/her state of residence) agrees that: 1) under no circumstance will entrant be permitted to obtain awards for, and Entrant hereby waives all rights to claim, punitive, incidental, consequential or any other damages, other than for out-of-pocket expenses; 2) all causes of action arising out of or connected with the Promotion, or prizes awarded, shall be resolved individually, without resort to any form of class action; and 3) any and all claims, judgments, and award shall be limited to actual out-of-pocket costs incurred, but in no event will Entrant be entitled to receive attorneys' fees or other legal costs.

8. **WINNERS LIST:** For the names of the winners, available after May 10, 2019, send a stamped, self-addressed envelope by June 30, 2019, to: American Heart Association, One State Street, Suite 200, Providence, RI 02908.

9. **Sponsor/Administrator:** The Sponsor of the Promotion is The American Heart Association, 7272 Greenville Avenue, Dallas, TX 75231-4596.

10. **Privacy:** Personal information collected in connection with the Promotion will be used in accordance with Sponsor's privacy policy, available at http://www.heart.org/HEARTORG/General/Privacy-Policy_UCM_300371_Article.jsp#.WpBI8oPwaUk.

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