

Ponte Vedra High School PTO and Guidance
PSA Video and Poster Contest 2019“TAKING ACTION” FOR WELLNESS
PLEASE READ ALL RULES VERY CAREFULLY!

Description: This contest challenges high school students to create an original Public Service Announcement (PSA), or poster using the peer-to-peer power of video or imagery to speak to friends and others about the mental, physical and emotional wellness issues impacting their lives, for instance, eating for success, bully proofing, importance of positive friendships , stress/time management, positive coping strategies, where to go for help, exercise to feel great etc.. Videos and Imagery can share information, offer resources and/or spread **positive** messages about the importance of mental wellness and taking care of your mental health. **Be creative!**

To Enter: 1. Create your video or poster! MUST follow ALL of the rules listed below. 2. Complete your video and/or poster and release form and e-mail to : pto4pvhs@gmail.com by the deadline below with the subject line “Taking Action PSA”. Posters can be dropped to the front office.

Eligibility: This contest is open to all 9th- 12th grade students registered at Ponte Vedra High School. Students can enter the contest individually or as a group. However, students may participate in ONE entry only. If a student in any way participates in more than one PSA video or poster, all of those entries will be disqualified.

Entry Rules: • All submissions must be the original work of the individual/team submitting the video and/or poster. • All submissions must be in English • All video submissions must be under 60 seconds in length. • All submissions and release form must be e-mailed to the PTO at the above email address by deadline. Poster entries can be dropped at the front office by deadline • **All submissions must focus on topics related to mental, physical and emotional health and wellness – i.e., eating for success, bully proofing, importance of positive friendships , stress/time management, positive coping strategies, and where to go for help, Exercise to feel great etc. and may include links to get help** • Submissions must use “open source” materials and MAY NOT include ANY copyrighted music, audio/video clips, characters, logos, or other protected material. You can download a royalty free music track for your PSA from the [Soundzabound Music Library](#). Original art and music, performed by students, may be used.

Evaluation and Prizes: All submissions will be reviewed by a chosen panel for accuracy of information presented, appropriateness of video and/or poster, and technical merit of the video production. Cash prizes awarded for 1st, 2nd, and 3rd place videos and/or posters. Selected Videos and/or posters will be featured during at PVHS and on various social media outlets.

PSA Prizes: Three winners will be chosen from all eligible videos received. 1st Place: \$250, 2nd Place: \$150, 3rd Place: \$100

Poster Prizes: Three winners will be chosen from all eligible posters received. 1st Place: \$100, 2nd Place: \$75, 3rd Place: \$50

DEADLINE : Thursday, October 31st, 2019 at 11:59 pm