



# Guam Department of Education Social and Emotional Wellness COVID-19 Poster Contest Announcement

## **Our Theme: “Healthy Body Healthy Mind”**

Eating healthy and exercise are the fundamentals for a **healthy body**. While it is important to maintain good physical health, research has shown that a **healthy mind** is just as important on how we feel and how well we function mentally, emotionally and physically. Draw how nutrition, relaxation, maintaining an active lifestyle, and/or having a social and emotional connection with others around you (e.g. family, teachers, other school staff and friends) helps to maintain a balanced **Healthy Body** and **Healthy Mind** during this COVID-19 pandemic.



- **Date: Starting on June 08, 2021**
- **Last day to submit all Entries is on Friday, July 09, 2021, at 2:00 p.m. Please refer to the registration form.**
- **Contest Rules and Agreement are indicated on the Registration Form.**

Each participant will be given a Certificate of Participation.



## Winning Prizes



### 1<sup>st</sup> Place Prize: *Gift Certificates*

[Place Photo Here](#)  
\$20.00 value California Mart Gift Certificate  
\$20.00 value Pay-Less Gift Certificate  
\$20.00 value Cost-U-Less Gift Certificate

**2<sup>nd</sup> Place Prize: *Booklet and Gift Certificate***

**\$20.00 value Burger King Booklet  
\$10.00 value California Mart Gift Certificate**

### **3<sup>rd</sup> Place Prize: *Gift Cards and Gift Certificates***

**\$15.00 value Wendy's Gift Card  
\$10.00 value Onedera Store Gift Certificate**

\*The top 3 overall winners from each school level (Elementary, Middle and High) will receive the same prize.

The top 3 overall winners from each school level will also have their posters posted on the GDOE website and Facebook page.

