

HEALTHY HERO COMPETITION!



THE QUEST IS ON!

Design the ultimate Healthy Hero who powers up with a daily dose of 2 fruits and 5 veggies. Are you ready for an epic adventure? Let's get started!

1 CREATE YOUR CHARACTER

Bring your Healthy Hero to life in 200 words or less! Share their name, their epic story, and how fruits and veggies supercharge their day. Make sure your hero:

- ★ Supercharges their brainpower with 2 fruits and 5 veggies daily.
- ★ Stays energised and adventure-ready with healthy snacks.
- ★ Shows how fruits and veggies power up their strength.



2 CRAFT YOUR JOURNAL ENTRY

Show us how your hero's healthy eating habits power their daily quests. Write a journal entry from their point of view or design a one-page visual journal. Need some inspiration?

Written Diary: Share a day in your hero's life, supercharged by healthy eating.

Picture Journal: Draw your hero in action, energised by fruits and veggies.

Scrapbook Journal: Create a lively page with images and notes about your hero's healthy habits.

Map Journal: Draw a map of your hero's favourite spots and healthy activities.

Collage Journal: Assemble a collage of your hero's health-packed adventures.

3 DRAW YOUR HERO

For an extra creative touch, draw your Healthy Hero!

4 SUBMIT YOUR HERO'S EPIC JOURNEY

Email your entry as a PDF competitions@thelitcentre.org.au - full details on the back of this flyer.

Teachers and parents can assist with submissions. Include your name, age, and contact details so we can cheer for your Healthy Hero.

Best of luck, adventurers!

PRIZES

GRAND PRIZES (ONE PER AGE GROUP)

We're looking for the most creative and inspiring Healthy Heroes! Show off your stellar storytelling, character design, and healthy eating habits for a chance to win:

\$200 voucher for our book shop!

Star feature on our website, social media, and newsletter

Exclusive Healthy Heroes Award Certificate
Healthway Adventure Pack



ENTRY DETAILS

The competition is now open and closes on Monday 14 October 2024. It is open to all Western Australian primary school-aged children. To enter email a PDF of your submission and this completed form to competitions@thelitcentre.org.au

Your Name _____

Your Age _____

Name of your Healthy Hero _____

Name of your School _____

Parent or Caregiver Consent:

I grant Healthway and The Literature Centre permission to use the submitted work for promotional purposes including print, online, and social media. I understand that consent can be withdrawn at any time by contacting The Literature Centre in writing.

Parent or caregiver Signature _____

Scan the QR code to access additional activities that can be completed at home or in the classroom.



TERMS & CONDITIONS

Eligibility and Entry:

1. This competition is open to Western Australian primary-school aged children only.
2. Each child can submit one entry.
3. Entries must be original works created by the child.
4. Employees of The Literature Centre, Healthway, and their families cannot enter.

Judging and Prizes:

1. Age Group Categories: Early Primary (Grades K-2), Middle Primary (Grades 3-4), Upper Primary (Grades 5-6).
2. A panel from The Literature Centre and Healthway will judge the entries. Their decision is final.
3. Winners will be notified by email or phone. If we can't contact the winner or they don't claim the prize within 3 days, a new winner will be chosen.
4. One prize will be awarded per age group. Prizes cannot be exchanged for cash.

General Conditions:

1. Winners agree to have their entries published on The Literature Centre's website, newsletter, and social media.
2. Winning entries might be used in future materials by The Literature Centre and Healthway.
3. Personal data will be protected according to Australian laws and will not be shared without permission. By entering, you agree to these terms and conditions.

