

Mental Health Month 2023

Five Ways to Wellbeing

School's Creative Project

Hosted by the South Western Sydney Local Health District

The Five Ways to Wellbeing School's Creative Project is a competition that helps to celebrate October's Mental Health Month with school-aged children in South Western Sydney. Winning artworks will be displayed online to promote Mental Health Month and raise awareness of the Five Ways to Wellbeing.

The Five Ways to Wellbeing

The Five Ways to Wellbeing are simple actions that people can take in their everyday life to improve their wellbeing, and their ability to cope with the ups and downs of life.

The Five Ways are: Connect, Be Active, Take Notice, Keep Learning, and Give.



Creative Project

Students are asked to create an artwork which highlights one or more of the Five Ways to Wellbeing. Entries can be in any 2D art style, e.g., painting, collage, drawing, photography, no larger than A4 (210 x 297 mm) in size. The aim of the creative project is to help students identify strategies that support their wellbeing.

- 1. Connect**
Connecting with others helps us feel like we belong and are cared about.
- 2. Be Active**
Moving our body and being active can help us feel happier and healthier.
- 3. Take Notice**
Taking notice of our thoughts and what is around us, helps us to focus, feel calm, and to relax.
- 4. Keep Learning**
Learning new things, challenging our mind, and reaching goals, can give a sense of achievement and pride.
- 5. Give**
Giving, and thinking of others, helps us feel good by making others feel good.

Who Can Enter?

The competition is open to all students from South Western Sydney and will be judged in the following age categories:

- 5-6 years old
- 7-9 years old
- 10-12 years old
- 13-15 years old
- 16-18 years old

Prizes

Individual winners from each category will win a \$50 gift card.

School's with more than 50 entries will go in the draw to win one of three \$250 art packs.

How To Enter

Entries can be submitted online, by post, or dropped off locally from 10 August 2023. Entries close Monday, 16 October 2023, Week 2 of Term 4.

Entries by Post:

School's Creative Project
Health Promotion Service
Suite 3, 1 Bolger St
Campbelltown NSW 2560

Enter Online:

Simply follow the link
to complete the online
entry form.



[ENTER HERE](#)

(form.jotform.com/231358052016851)

Post or Drop-Off Checklist:

- Pack A4 artwork flat and unfolded. Consider submitting between card stock.
- If posting a group of artworks, stack so artworks do not face each other.
- Use form provided in Appendix or label artwork with:
 - Name
 - Age Category
 - School Name
 - Class
 - Contact E-mail

Online Checklist:

Photos or scans of artwork need to be clear, high-resolution files.

Entries by Drop-Off:

- Health Promotion Service:
Suite 3, 1 Bolger St, Campbelltown
- Wollondilly Community Health Centre:
15 Harper Close, Tahmoor
- Bankstown Community Health Centre:
36-38 Raymond Street, Bankstown

Artwork Collection

Artworks can be collected from drop-off sites from 4 December 2023 until 8 March 2024, 8.30am – 4.30pm. After this date they will become property of SWSLHD.

For Further Information

For further information please contact the Mental Wellbeing Team of the SWSLHD Health Promotion Service at SWSLHD-Wellbeing@Health.nsw.gov.au.

To find out more about the Five Ways to Wellbeing, visit South Western Sydney Local Health District Health Promotion Service site: [Growing Healthy Kids](#) or visit [Five Ways to Wellbeing Australia](#).

Conditions Of Entry

- 1) Entries close **Monday 16 October 2023**. Week 2 of Term 4.
- 2) The competition is open to all students and schools from South Western Sydney schools. These include the Local Governments areas of: Camden, Campbelltown, Canterbury-Bankstown, Fairfield, Liverpool, Wingecarribee, and Wollondilly.
- 3) Artworks must be the student's own individual work, 2D, and no greater than A4 (210 x 297 mm).
- 4) Online submitted artworks must be uploaded as a clear image.
- 5) Entries with photos cannot include people.
- 6) Entries must include one or more of the Five Ways to Wellbeing.
- 7) By entering this competition, you agree to have your entry displayed and or reproduced for promotional purposes in any medium, including print and web, and for the artist's name to be published if they are a winner.
- 8) All personal information collected will be used solely for the purposes of the School's Creative Project and will remain private and confidential.
- 9) The judging panel will include representatives from across the South Western Sydney Local Health District and DoE Arts Unit. Artworks will be judged on recognisable the Five Ways theme, quality of artwork, and adherence to guidelines. Judging decisions will be final.
- 10) Winners will be notified via email late November. Prizes will be delivered to schools in December.

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Entry Form

Artist's Name	
Age Category	<input type="checkbox"/> 5-6 years old <input type="checkbox"/> 13-15 years old <input type="checkbox"/> 7-9 years old <input type="checkbox"/> 16-18 years old <input type="checkbox"/> 10-12 years old
School Name	
Contact Name (if different from Artist's)	
Contact E-mail	
Select which of the Five Ways your artwork demonstrates.	Select all that apply: <input type="checkbox"/> Connect <input type="checkbox"/> Be Active <input type="checkbox"/> Take Notice <input type="checkbox"/> Keep Learning <input type="checkbox"/> Give
Artist Statement: <i>Describe the techniques used to create the artwork or how the artwork expresses the Five Ways.</i>	
Did you know about The Five Ways to Wellbeing before entering this competition?	<input type="checkbox"/> Yes <input type="checkbox"/> No
How do you think you will use The Five Ways?	
By entering this competition, you agree to have the artwork entered displayed and or reproduced for promotional purposes in any medium, including print and web, and for the artists name to be published if they are a winner. <input type="checkbox"/> Yes, I agree.	

This information will be used to contact the winners and for evaluation purposes only.