

# Schools' Creative Writing Competition



When you hear the words **mental health**, what comes to mind?

Often when the subject of mental health appears in the news it is more negative than helpful. This writing competition would like you to think about both sides of the story—not just the difficulties people with mental health issues may experience, but the feelings and capacities that contribute to a sense of wellbeing, energy and the ability to cope with challenges in life.

Maybe you, a family member or a friend has had to deal with something really difficult—loss or grief or loneliness. But something has helped to keep hope and joy alive.

Creative writing is a great way to explore this subject. You will have your own ideas, but here are a few questions to prompt you:

What are some of the things you do that **increase your feelings of mental health and wellbeing**?

Have you had any experiences that **strengthened you** or helped you keep a **balanced outlook** on life?

What do you think **good mental health** really means?

What are some of the **best ways** to improve mental health?

**Where can you find help** if you need it?

You can write a play, a poem or story...the style is up to you. However your creative piece should be about what *you* feel, think of, or have experienced about mental health issues. If you want to write about a mental health problem or mental illness, that's OK but we encourage you to take the opportunity provided to promote positive mental health and wellbeing.



## Prizes

**Upper Primary (Years 5 – 6)**

**Prize \$100.00**

**Lower Secondary (Years 7, 8 & 9)**

**Prize \$125.00**

**Upper Secondary (Years 10, 11, & 12)**

**prize \$150.00**



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## CONDITIONS OF ENTRY

### Prizes

Upper Primary (Years 5 – 6)  
Prize \$100.00

Lower Secondary (Years 7, 8 & 9)  
Prize \$125.00

Upper Secondary (Years 10, 11, & 12)  
Prize \$150.00

**1. Victorian Schools:** Open to all students enrolled in Years 5 – 12 from schools around Victoria.

**2. Prizes:** Prizes will be judged and awarded at three levels:

- Upper Primary (Years 5 – 6) prize \$100.00
- Lower Secondary (Years 7, 8 & 9) prize \$125.00
- Upper Secondary (Years 10, 11, & 12) prize \$150.00

**3. Closes:** Competition closes by 5.00pm, Friday 7th August 2015. Entries received after this date WILL NOT be considered.

**4. Conditions:** Please ensure that your written piece complies with the following conditions OR if you submit your piece in a special format (i.e. colour poster, handwritten booklet, CD etc) that it is accompanied by a separate sheet reproducing the text of same and which complies with the following conditions:

- Typed and double-spaced on white A4 paper
- Margins: 2.54 cm on all sides (generally Microsoft Word default setting)
- Title font: 14pt "Times New Roman"
- Text font: 12pt "Times New Roman"
- Maximum No. Words: 1,000

**5. Entry Form:** All entries MUST have the entry form attached. Teachers or relevant staff member should check entry forms for completion and return, together with the creative writing piece, via email (as an attachment) or post (details on entry form).

**6. Judging:** Entries will be judged by Board of the Mental Health Foundation of Australia (Victoria) (the Foundation).

**7. Judges decisions:** Judges' decisions will be final and no correspondence will be entered into.

**8. Award Presentation:** Prizes will be presented to the winning writers at the Victorian Launch of Mental Health Week in Melbourne, on Monday 5<sup>th</sup> October 2015 (the first day of Term 4). All competition entrants, their teachers and classmates are encouraged to attend. Further details will follow.





**Mental Health  
Foundation Australia  
(Victoria)**