**RHODE ISLAND PE & Me Contest**

**Who:** Teachers of Grades K-5 in Rhode Island.  
**What:** Calling all entries for the PE & Me Contest!  
**Rules:**  
- Students in grades K-5 can design a postcard that highlights physical education! Kids should 1) **draw** a picture on the front that shows what they love about PE and 2) **write** a few words on the back about why PE is important to them.  
- Teachers will receive a kit that includes blank postcards. Please **contact Nicole Beauregard** to request materials.  
- All entries will be judged for creativity, effort, and strength of message.  
- All entries become the property of the American Heart Association.  
- Individual entries only.  

**Where:** Submissions should be mailed or delivered to:  
American Heart Association  
One State Street, Suite 200  
Providence, RI 02908  
Attn: Nicole Beauregard  

**When:** Deadline for entries is April 27, 2018.  
Winners will be announced by May 11, 2018. Award ceremony to be held May 23, 2018 at the RI State House at 3:30 p.m.  

**Prizes:** Each submission will go through a review process. Prizes will be awarded in two age categories — Grades K-2 and Grades 3-5.  
- **1st Place:** $100 Dick’s Sporting Goods Gift Card and four (4) passes to Roger Williams Park Zoo.  
- **2nd Place:** $50 Dick’s Sporting Goods Gift Card and four (4) passes to Roger Williams Park Zoo.  
- **3rd Place:** Four (4) passes to Roger Williams Park Zoo.  
- **Postcard Display** and delivery at the RI State House to help educate the community and lawmakers.  
- **Winning Postcards** to be featured on the American Heart Association’s local Facebook page.  

The benefits of physical education ring clear as a school bell. With PE, we can keep kids’ hearts healthy and their minds in gear to do their best at school. The fact is, active kids do better! PE has positive impacts on their physical, mental, and emotional health. Yet competing priorities are making effective PE programs increasingly less common. Schools (and PE teachers) need support for physical education programs, facilities, and equipment so kids can be active. We know it can be difficult for schools to balance funding constraints, but together we can work with lawmakers to ensure our kids get a well-rounded education. Every student should have access to effective PE in school to help build a foundation for a healthy lifestyle. As we educate lawmakers and ask them to prioritize and invest in PE, we’re taking an extra step to get students involved and give them a **voice** at the State House!  

**Getting started is easy!** Contact **Nicole Beauregard** at (401) 228-2328 or SNEHeart@heart.org to request a kit that includes blank postcards for entries. Please specify the number of students. The attached entry form contains all the information kids need — just copy and distribute to your students. Use the contest as a group activity or encourage individuals to get involved.  

**Connect with us!**  
#HealthyKidsRI  

[Social media icons for American Heart Association, Blue Cross Blue Shield of Rhode Island, and Rhode Island Foundation]
THE BENEFITS OF PHYSICAL EDUCATION RING CLEAR AS A SCHOOL BELL!
Effective physical education (PE) offers kids the best chance for activity in their school day and teaches them the skills needed to sustain an active and healthy lifestyle. PE has positive impacts on their physical, mental, and emotional health. PE programs improve judgement, reduce stress, and increase self-esteem. But the benefits don’t end there. The fact is, active kids learn better. When kids are active, they focus and think more clearly, and perform and behave better in class. Every student should have access to effective PE in school.

More Info:
Nicole Beauregard, American Heart Association
(401) 228-2328, SNEHeart@heart.org

KIDS IN GRADES K-5, WHY IS PE IMPORTANT TO YOU?
Design a postcard and show us — and remember to be creative! You should 1) draw a picture on the front that shows what you love about PE and 2) write a few words on the back about why PE is important to you. In addition to being entered to win great prizes, your postcard will help educate lawmakers about the benefits of PE!

Prizes: Each submission will go through a review process. Prizes will be awarded in two age categories — Grades K-2 and Grades 3-5.

- 1st Place: $100 Dick’s Sporting Goods Gift Card and four (4) passes to Roger Williams Park Zoo.
- 2nd Place: $50 Dick’s Sporting Goods Gift Card and four (4) passes to Roger Williams Park Zoo.
- 3rd Place: Four (4) passes to Roger Williams Park Zoo.
- Postcard Display and delivery at the RI State House to help educate the community and lawmakers.
- Winning Postcards to be featured on the American Heart Association’s local Facebook page.

Entry Instructions
All postcards must be mailed or delivered with the entry form and parental waiver to:

American Heart Association
One State Street, Suite 200
Providence, RI 02908
Attn: Nicole Beauregard

Deadline for entries is April 27, 2018.
Winners will be announced by May 11, 2018.
Award ceremony to be held May 23, 2018
at the RI State House at 3:30 p.m.

Entry Form
Name ________________________________
Address ______________________________
City/State/Zip __________________________
Age __________________ Grade Level __________
School ________________________________
Parent/Guardian’s Telephone __________________________
Parent/Guardian’s Email __________________________
Teacher’s Name ___________________________

Parental Waiver
I, the parent or guardian of __________________________, understand my child is submitting an entry into the PE & ME Contest run by the American Heart Association. Entries / postcards will become the property of the American Heart Association and may be used in events, media, social media, and reproduced in other ways. All judging decisions are solely those of the American Heart Association. The American Heart Association will not be held liable for any issues with submissions.

Printed Name ____________________________
Signature ________________________________

Connect with us! #HealthyKidsRI sneheart @sneheart www.heart.org/sne www.HealthyKidsRI.org

The American Heart Association is the nation’s oldest and largest voluntary organization devoted to fighting cardiovascular diseases and stroke.
Blue Cross & Blue Shield of Rhode Island is an independent licensee of the Blue Cross Blue Shield Association.
The Rhode Island Foundation is the largest and most comprehensive funder of nonprofit organizations in Rhode Island.
NO PURCHASE NECESSARY TO ENTER OR WIN.
OPEN ONLY TO RHODE ISLAND STUDENTS IN GRADES K-5.

1. Promotion Period: The PE & Me Contest (the “Promotion”) begins December 7, 2018 at 12:00 a.m. Eastern Time (‘ET”) and ends April 27, 2018 at 11:59 p.m. ET (the “Promotion Period”).

2. Eligibility: Open to Rhode Island students in Grades K-5 as of date of entry. Students may participate only with parental/guardian approval. Employees of the American Heart Association (the “Sponsor”), and their immediate family members and/or those living in the same household are not eligible to participate or win.

3. How To Enter: During the Promotion Period, you may enter by mail or by delivering the entry to The American Heart Association, One State Street, Suite 200, Providence, RI 02908. Limit one entry per person. In the event of a dispute as to the identity of an Entrant, the Entrant will be deemed the name appearing on the entry. The entry must: 1) be complete to be eligible; 2) be the property of the Entrant. Sponsor has the sole discretion to determine whether a Submission qualifies. Any entry not in compliance with the above and which does not meet the requirements of these Official Rules will be disqualified. By entering, you understand and agree that your Submission may be used in any manner Sponsor deems appropriate.

4. Entry Requirements: By entering, you agree to waive any rights you may have to the entry submitted. The entry must not contain obscene, profane, lewd, defamatory or inappropriate content, or be disparaging to Sponsor, as determined in Sponsor’s sole discretion. Entries must be in keeping with Sponsor’s image and may not be offensive, as determined by Sponsor in its sole discretion, nor can it defame or invade public rights or property rights of any person, living or deceased, or otherwise infringe upon any person’s personal or proprietary rights. Entrants may not copy or otherwise plagiarize from any source. All entries must be the sole, original work of the Entrants. Any entry or portion thereof that is, in the Sponsor's sole discretion, obscene, profane, lewd, defamatory, inappropriate, disparaging, offensive or contains proprietary right of any person living or deceased (including but not limited to rights of privacy or publicity or portrayal or inferential) or entity, or is otherwise objectionable, will not be considered and may be disqualified. Entries should not contain any third party materials, or otherwise violate or infringe (or possibly infringe) any copyright, trademark, logo, mark that identifies a brand. Sponsor may blur or black out the infringing material, in their sole discretion. Entries become the property of the Sponsor and will not be acknowledged or returned. Entrants and winner acknowledge and agree that their entries become the property of the Sponsor, which thereby has the right to edit, adapt, modify, reproduce, promote and otherwise use entries in any way it sees fit.

5. Prizes and Approximate Retail Values (‘ARVs”): Prizes for first, second and third place will be awarded in two age categories – Grades K-2 and Grades 3-5. First place prizes: $100 gift card to Dick’s Sporting Goods and four (4) passes to Roger Williams Park Zoo (ARV $50). Second place prize: $50 gift card to Dick’s Sporting Goods and four (4) passes to Roger Williams Park Zoo (ARV $50). Third place prize: Four (4) passes to Roger Williams Park Zoo (ARV $50). Prizes are awarded “as is” without any warranty or guaranty of any kind. Limit one (1) Prize per person. No substitution or transfer of prize permitted except at the sole discretion of the Sponsor who reserves the right to substitute a prize of equal or greater value in the event the prize is unavailable.

6. General Rules: Prize winners will be notified via email and will be provided directions. Potential winners then must follow the directions to claim the prize and complete registration within a time period specified by Sponsor or prize will be forfeited and Sponsor will have no further obligation to such winner and an alternate winner will be selected. Return of prize/prize notification as undeliverable or failure to reply may result in disqualification and alternate prize winner will be selected. Prizes are nontransferable and no cash substitutions are allowed except by the Sponsor, who reserves the right to award a prize of equal or greater value. Prizes will be delivered within 2-6 weeks after winner confirmation. Winners and all Entrants, as a condition of entry, agree to release and hold harmless Sponsor its officers, directors, shareholders, members, employees, agents, assigns, and all others associated with the development and execution of the Promotion (collectively the “Released Parties”) from and against any and all liability, claims or actions of any kind whatsoever for injuries, damages, or losses to persons or property which may be sustained in connection with submitting an Entry or otherwise participating in any aspect of the Promotion, the receipt, ownership or use of prize awarded or any typographical or other error in these Official Rules or the announcement or offering of the prizes. Winners assume all liability for any injury or damage caused, or claimed to be caused by participation in the Promotion or use or redemption of the prizes. Acceptance of prize constitutes permission to use winners’ names, likenesses, entries for promotional purposes (including any possible public relations opportunities) without further compensation except where prohibited by law. By entering, Entrant accepts and agrees to be bound by these Official Rules. Sponsor reserves the right at its sole discretion to disqualify any individual that tampers or attempts to tamper with the entry process or the operation of the Promotion; violates the Official Rules; acts in an unSportsmanlike or disruptive manner; or acts with intent to annoy, abuse, threaten or harass any other person. Sponsor reserves the right to cancel, terminate or modify the Promotion if it cannot be completed as planned for any reason. Void where prohibited by law and subject to all federal, state and local laws. As a condition of entering the Promotion, Entrant (or parent/legal guardian if Entrant is a minor in his/her state of residence) agrees that: 1) under no circumstance will Entrant be permitted to obtain awards for, and Entrant hereby waives all rights to claim, punitive, incidental, consequential or any other damages, other than for out-of-pocket expenses; 2) all causes of action arising out of or connected with the Promotion, or prizes awarded, shall be resolved individually, without resort to any form of class action; and 3) any and all claims, judgments, and award shall be limited to actual out-of-pocket costs incurred, but in no event will Entrant be entitled to receive attorneys’ fees or other legal costs.

7. WINNERS LIST: For the names of the winners, available after May 11, 2018, send a stamped, self-addressed envelope by June 30, 2018, to: The American Heart Association, One State Street, Suite 200, Providence, RI 02908.

8. Sponsor/Administrator: The Sponsor of the Promotion is The American Heart Association, 7272 Greenville Avenue, Dallas, TX 75231-4596.