



Wake Up and Learn Poster Contest What Keeps You Up at Night?

Open to Grades 7-12

Submission deadline:
Monday February 26, 2024

There are many things that can keep us from getting enough good quality sleep. Think about something that makes it hard for you to fall asleep, stay asleep or get enough sleep.

Wake Up and Learn (WUAL) invites students in grades 7 to 12 to share something that gets in the way of your healthy sleep and a strategy you use to overcome that barrier.

DIRECTIONS:

1. **Identify something that keeps you from getting healthy sleep.** Examples: social media, busy thinking or worrying about things you need to do, uncomfortable pillow, etc.
2. **Research strategies or ways to overcome your barrier to create ideas for your poster.** Example: Before opening TikTok, I set a 10-minute timer to make sure I don't get sucked in for hours. The following organizations may have helpful information: Wake Up and Learn, National Sleep Foundation, Sleep Foundation, American Academy of Sleep Medicine.
3. **Use graphics/images and text to create a poster that shows your barrier to healthy sleep and your strategy for overcoming that barrier.** The submission should be the size of a standard piece of paper (8.5 x 11") and can include text, graphics, or both. Graphics/images can be hand drawn (extra points for creativity!) or found on the internet (public domain images only).
4. **Grading:**
 - Content: Details capture important information about the theme and increase the audience's understanding (12 points).
 - Graphic/Text Relevance: All graphics and text support the theme very well and help in adding substance to enhance bulletin board (8 points).
 - Creativity and Attractiveness: The poster is exceptionally attractive and creative in terms of design, layout, and neatness, and is eye-catching (8 points).
 - Layout: Text and graphics are clear and organized (2 points).
5. **Submission:**
 - The Wake Up and Learn team will scale and reformat for a larger production.
 - Submissions may be used for WSD social media and e-newsletters, WUAL educational materials, including the website, program handouts, posters, flyers, etc.
 - Your entry form (page 2) should include the following information:
 1. First and last name, school, grade, age, and WSD email address
 2. Research references (website name/link is fine)
 - **Turn your submission WITH ENTRY FORM into the Main Office at school by Monday, February 26**

Winners: Winners will be chosen by WUAL using the above grading and announced by the Main Office on March 15th. Winners can be from multiple schools participating in this activity. You will be ranked among all participants. All winners will receive a \$25 gift card and WUAL swag.

Wake Up and Learn Poster Contest Entry Form

What Keeps You Up at Night?

Drop off with your submission at Main Office at School by Monday, February 26

Subject: WUAL POSTER CONTEST

Please identify what keeps you up at night: _____

Submitted By:

First and Last Name: _____

WSD Student Email: _____

Grade: _____

List Research References (website name or links):