



## LODDON HEALTHY MINDS NETWORK

Promoting and advocating for improved wellbeing and access to appropriate services for people in the Loddon Shire affected by mental health issues.

<http://loddonhealthyminds.com.au>

# Loddon Healthy Minds Network – 2024 Art Competition

The Loddon Healthy Minds Network is seeking entries in the 2024 Art Competition.

The art themes challenge entrants to explore the different ways we can raise awareness of mental health issues, to maintain good mental health and wellbeing or to help to reduce the stigma associated with mental health.

### Eligibility:

Entries open to residents of Loddon Shire Council or students who attend school in the Loddon region.

Sections	Grades/Years	Themes
Upper secondary	Years 9-12	<ol style="list-style-type: none"> <li>1. <b>Creating My Calm</b></li> <li>2. <b>It's Okay to Take a Break</b></li> </ol>
Middle school	Grade 5 – Year 8	<ol style="list-style-type: none"> <li>1. <b>Your Feelings Are Valid</b></li> <li>2. <b>Be Thoughtful About What You Share Online</b></li> </ol>
Junior	Grades 3 - 4	A4 Colouring poster provided: <b>Stay Positive</b>
Junior	Grades Prep - 2	A4 Colouring poster provided: <b>Your Feelings Matter</b>

### Artwork Section: Upper secondary Yrs. 9-12 and middle school Grades 5 to Yr 8

- Two themes to choose from
- All work is to be completed within the last 12 months and solely by the artist
- Size of artwork is to be 1 metre square maximum and A4 minimum (needs to be transportable)
- Any medium can be used

### Artwork Section: Junior Grades Prep – 2 & Grades 3 - 4

- **Grades Prep -2:** Entries limited to the A4 colouring poster provided.
- **Grade 3 & 4:** Entries limited to the A4 colouring poster provided



## Literary section themes will be the same as the Upper secondary themes

- Literary entries to be in essay form
- 500-1000 words related to the themes noted above
- Mental health focus – with all people de-identified
- Preference for typed entries

**Entry Forms:** Will be emailed to the schools or can be downloaded from the Loddon Healthy Minds Network website.

**Artwork Collection:** Signed entry forms must be ready for collection from the school at the same time the artworks are collected on **Monday 5 August 2023**.

**Please note: In order for entries to be included in the competition, the entry forms must be signed by the parent/guardian. Teachers can sign the entry form if the parent/guardian has given them verbal consent to do so.**

**Notifications:** Schools will be notified of the official launch, judging results, prizes and display venues following close of registrations.

**Enquiries:** If your school interested in participating in this year's art competition, please contact Loddon Shire Council Community Wellbeing Admin Officer by phoning 5494 1230 or e-mail [healthyminds@loddon.vic.gov.au](mailto:healthyminds@loddon.vic.gov.au)

*All entries will be handled with complete care, but Loddon Shire Council holds no responsibility for loss or damage to entries into the competition.*

