



GROWING HEALTHY SCHOOLS MONTH

Initiative of the Office of the State Superintendent of Education

1st Annual Brain Break Contest

Submission Deadline: Friday Oct 14, 2015

Sponsored By: OSSE

Who Can Participate: All K-12 DC public, private and charter schools are eligible to participate in the contest, however, only one entry per class is allowed. All students in the video must have the appropriate media release forms on file.

Rationale: It is the national recommendation for students to be active for at least 60 minutes per day. One way to achieve this goal during the school day is through classroom-based physical activity breaks. A brain break is a classroom physical activity intervention designed to:

- Help students stay focused
- Stimulate the brain
- Incorporate physical movement
- Ease the transition between activities

How to Participate: Complete the [google application form \(http://bit.ly/1MPheKQ\)](http://bit.ly/1MPheKQ) and submit a video of a classroom physical activity break that is between 30 seconds and 5 minutes in length.

Awards: Submissions will be scored on the following:

- Student involvement and enthusiasm
- Creativity and originality
- Overall quality of the video

Three awards will be presented as follows:

- One (1) First Place: \$75 for your school & a yearlong GoNoodle subscription for the winning class
- One (1) Second Place: \$50 for your school & a yearlong GoNoodle subscription for the winning class
- One (1) Third Place: A yearlong GoNoodle subscription for the winning class

Guidelines: All entries must follow the guidelines outlined below.

- All entries must be between 30 seconds and 5 minutes in length.
- All entries must be submitted electronically.
- No copyrighted materials (music, images, etc.) may be used for this contest unless you own the copyright or have a license to use the material for this contest. Written permission must be obtained and provided upon request for all copyrighted materials.
- All students featured in the video must have appropriate media release forms on file.

The [application \(http://bit.ly/1MPheKQ\)](http://bit.ly/1MPheKQ) for the Brain Break Contest is available, apply today!

