



VIOLENCE AWARENESS & RANDOM ACTS OF KINDNESS PROGRAM

INSTRUCTIONS for COLOURING & POSTER CONTEST ENTRY FORMS

The following is the criteria for the Colouring and Poster Contests, as well as the instructions for the submission of winning entries. The contests are open to participating schools in Hastings and Prince Edward Counties and the **maximum number of contest winners is 3 per school**.

The Activity Fun Sheet for Jr and Sr Kindergarten has been included for download as well.

More information will follow in the Kindness Kits which will be forwarded to schools in early Feb/25.

Please complete the Contest Entry Submission Form and submit winning entries by email, anytime up until February 21/25, as part of **29th Annual Violence Awareness & Random Acts of Kindness Week March 3 - 9, 2025**.

***Please follow this link for download of contest forms and information: <https://contest.varak.ca/>

- [Activity Fun Sheet](#) - Jr & Sr Kindergarten
- [Colouring Contest Entry Forms](#) - Grades 1, 2 & 3 **** (choose 1 winner only from this category)**
- [Jr. Poster Contest Entry Form](#) - Grades 4, 5 & 6 **** (choose 1 winner only from this category)**
- [Sr. Poster Contest Entry Form](#) - Grades 7 & 8 **** (choose 1 winner only from this category)**

[Contest Entry Submission Form](#) – to be completed and emailed along with winning entries

Individual schools are encouraged to adopt a Kindness program of their own and may want to recognize more than one winner per contest category as part of their own Kindness activities.

INSTRUCTIONS

All schools are encouraged to start the colouring and poster contest portion of the Kindness Program as soon as possible and can submit winning entries by email any time up until February 21st.

***Please submit winning contest entries along with the Contest Entry Submission Form by email to Chris Macdonald, VARAK Cochair: varak96@gmail.com, by Feb 21st.*

The winning entries will be displayed at the Quinte Mall during Violence Awareness & Random Acts of Kindness Week March 3 – 9, 2025.

Area elementary schools are invited to hold their own Random Acts of Kindness Day (or week) prior to or during the week of March 3 – 9, 2025.

Achievement Awards for the colouring and poster contest winners will be forwarded to individual schools, at a later date. Winners are also eligible for other prize draws.

We would ask the teachers to present the achievement award letter provided in the kindness kits to the contest winners at some point prior to our week.

If you have any questions please don't hesitate to call **Chris Macdonald (h) 613-966-8531**
email: macfyke@cogeco.ca or Pam Smith (h) 613-962-2371 email: pam.smith455@gmail.com