



St. Clair County Community Mental Health

Providing Opportunities for Health, Wellness, & Connection



Middle School Poetry Contest

ANNUAL MIDDLE SCHOOL POETRY CONTEST

OPEN TO ALL MIDDLE SCHOOL STUDENTS IN ST. CLAIR COUNTY!

- 2024 THEME -

Building Brighter Tomorrows: Health, Wellness, and Connection

Prizes

Grand Prize	\$250
1 st Place	\$100
2 nd Place	\$75
3 rd Place	\$50
Honorable Mention Certificates	

For more information

Visit: ww.scccmh.org/events/creative-arts-contest/

Email: amayhew@scccmh.org

Call: 810.966.3386



Deadline: Friday, January 31, 2025



St. Clair County Community Mental Health

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~ 2024 Theme ~

**Building Brighter Tomorrows:
Health, Wellness, and Connection**

Middle School Writing Contest

CONTEST ENTRY FORM

Complete and submit this form with your entry by 5:00 p.m. on Friday, January 31, 2025.

Please be sure to complete the form fully and legibly

Title of Poem

Student Name

Grade (2024/25 School Year)

Student's Home Address (include city & zip code)

Parent/Guardian Name

Parent/Guardian Email Address

Parent/Guardian Phone Number

School

Teacher's Name (if applicable)

Teacher's School Email Address

Teacher's School Phone Number

I hereby certify that this entry is my own original work and is not copied, adapted, or plagiarized from any other source. By entering this contest, I give St. Clair County Community Mental Health permission to use my entry for educational and promotional purposes with no additional expectation of compensation.

Student Signature

Parent/Guardian Signature (if student is under 18)

**For more information: Visit—www.scccmh.org/events/creative-arts-contest/
or contact Aubree Mayhew at 810.966.3386 or amayhew@scccmh.org**



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Middle School Writing Contest QUICK REFERENCE GUIDE

What is the goal of the annual creative arts contest? To encourage youth to use their voice to educate their peers and the community about the value of connecting mind and body for mental wellness and to reduce stigma associated with mental health conditions, intellectual/developmental disabilities, and/or substance use disorders.

What is this year's theme? The 2025 Theme is:

Building Brighter Tomorrows: Health, Wellness, and Connection

Consider the Eight Dimensions of Wellness when writing. There are eight important parts of being healthy and happy (wellness) and they all work together. Together, these eight dimensions can help you live the life you want.

1. Emotional Wellness ~ is feeling good about yourself and getting along with others.
2. Environmental Wellness ~ is being in places that make you feel good and help you stay healthy.
3. Financial Wellness ~ is about feeling content with your money now and in the future.
4. Intellectual Wellness ~ is about using your brain to learn new things and be creative.
5. Occupational Wellness ~ is about being happy and proud of the work you do.
6. Physical Wellness ~ is about eating healthy foods, being active, and getting enough sleep.
7. Social Wellness ~ is about having friends, feeling like you belong, and having people to help you.
8. Spiritual Wellness ~ is about finding meaning in your life and feeling like you have a purpose.

What are the writing categories for the contest? New for 2025: Poetry.

Who judges the writing contest? A panel of judges including SCCCMH staff, individuals who use SCCCMH services, and community members.

When will prizes be awarded? Prizes will be awarded in May. Winners will be notified by mail.

Are students eligible to participate if they have won in the past? Yes.

How is the writing used? To promote mental health awareness throughout St. Clair County. The winners are featured in the 2024 St. Clair County Community Mental Health Awards booklet and used throughout the year, when appropriate.

Who do I contact with questions? You can visit our Creative Arts Contest information online at www.scccmh.org/events/creative-arts-contest/ or contact Aubree Mayhew at 810.966.3386 or amayhew@scccmh.org.



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Writing Contest Rules

1. All entries must be the original, individual work of a student in grades 6, 7, or 8.
2. The student must live in or attend school in St. Clair County, Michigan.
3. Entries should support the contest theme: Building Brighter Tomorrows: Health, Wellness, and Connection.
4. ***NEW*** Entries will be judged in one category: Poetry.
5. There is no length requirement for Poetry entries.
6. All entries must meet the following requirements:
 - Typed on plain white paper
 - Double-spaced
 - 12 point font using Arial or Times New Roman
7. Each entry must be accompanied by a completed STUDENT ENTRY FORM. Entries received without the Student Entry Form will be disqualified.
8. Student name must not appear on any pages of the entry, ensure the Student Entry Form is securely attached to the writing entry.
9. **Writing entries must be received by 5:00 p.m. on Friday, January 30, 2025.**
Mail or deliver entries to:
St. Clair County Community Mental Health
Attention: Creative Arts Contest
3111 Electric Avenue
Port Huron, MI 48060
Email entries to:
amayhew@scccmh.org, with the subject of: Middle School Writing Contest Entry. A confirmation email will be sent to verify receipt.
10. By entering this contest, all entries become the property of St. Clair County Community Mental Health and all winning students give SCCCMH permission to print the entry in any future publications without expectation of compensation.
11. For more information, visit www.scccmh.org/events/creative-arts-contest/ or contact Aubree Mayhew at 810.966.3386 or amayhew@scccmh.org.

prizes

Grand Prize	\$250
First Place	\$100
Second Place	\$ 75
Third Place	\$ 50

