



## Celebrate Safety and Wellness!

**Enter the Safety and Wellness Poster Contest sponsored by the National Safety Council, Greater Omaha Chapter.**

### POSTER CONTEST ENTRY FORM

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

School: \_\_\_\_\_ Teacher: \_\_\_\_\_

School's Phone # : \_\_\_\_\_ Parent's Phone #: \_\_\_\_\_

Parent's Name(s): \_\_\_\_\_

### POSTER CONTEST GUIDELINES

1. Children 9 to 11 years old may select their topic from the following aspects of safety or wellness.

**Safety:** sports safety (bicycling, playground, skating, sledding, baseball, football, skateboard, swimming, boating), weather safety (tornadoes, winter, floods), personal safety (eyes, hearing), poison prevention, home safety, electrical safety, carbon monoxide safety, window safety, travel safety, fireworks safety, sun safety, back to school safety, fire safety, halloween safety, food safety, holiday safety, toy safety, safety belt usage.

**Wellness:** proper nutrition and eating, exercise, sleep, stress reduction, cleanliness, preventive medicine, preventive dentistry, preventing smoking, don't use drugs, drinking/driving, proper care of a cold or flu, flu prevention, proper hygiene, hand washing, weight control.

2. Creativity is encouraged. Any medium (crayon, marker, paint, or ink) may be used. Poster size should be 11 x 17. A horizontal layout is best.

3. The above official entry form **must** be completed in full and **attached to poster**.

**4. Entries must be returned to the National Safety Council, Greater Omaha Chapter, 11620 M Circle, Omaha, NE 68137 by September 20, 2010 for judging.**

5. A panel of safety experts will select winners based on originality, creativity and neatness. All winners will receive a pizza party for their homeroom class.

6. Winners will be on display at the Community Safety and Wellness Festival in the registration area. Community Safety and Wellness Festival takes place 11 a.m. to 4 p.m., Sunday, October 3 at Embassy Suites, LaVista Conference Center (I-80, Exit 442, by Cabela's). For more information: <http://www.safenebraska.org/safe-living/safetywellnessfestival.php>

7. Winners agree to have their photo / video taken, and parents must give the Council permission to use their image.

**Safety and Wellness Rock!**  
**Lesson Plan**

This year's theme is "Safety and Wellness Rock!" The idea is to promote safety and wellness in all aspects of life. You can have fun while being safe and taking proper care of yourself.

**Objective:** Have youth recognize the greatest dangers to themselves, and how to avoid getting injured or worse.

The greatest causes of injury and death for youth are:

**Death**

1. Motor Vehicle
2. Suicide
3. Homicide
4. Drowning

**Injury**

- Falls
- Struck by / Against
- Cut / Pierce
- Motor Vehicle

The best way to avoid being injured or killed is to use the following methods:

1. Always use safety gear! Professional athletes and others always "gear up". They recognize that it's not matter of "if" an injury will occur, it's a matter of "when". Good gear, whether it be helmets, seat belts, gloves or knee pads can make the difference between a cool wipeout and a wipeout followed by a trip to a hospital ... or worse!
2. Recognize the danger. Riding in a car IS dangerous. Always buckle up, even in the back seat. Don't ride ON cars, or in the back of a pickup truck.
3. Pool safety is important. Always swim with a buddy.
4. Be careful when using tools – follow the manufacturer's directions for safe use.
5. Report to an adult somebody who has said they are suicidal. Seek help for yourself if you feel that suicide is your only option. Most times people who attempt suicide don't really want to die, they are asking for help. No matter how bad one feels, suicide really is not the answer.