

“MAY IS BETTER HEARING & SPEECH MONTH” GRADE 4 POSTER CONTEST

“May is Better Hearing and Speech Month” and to promote awareness of this month, the Canadian Hard of Hearing Association - Newfoundland & Labrador (CHHA-NL) and the Newfoundland & Labrador Association of Speech Language Pathologists and Audiologists (NLASLPA) are sponsoring the Annual Poster Contest ***Protect Your Hearing / Protect Your Voice*** for Grade 4 Students in Newfoundland & Labrador schools. Please distribute this outline to all Grade 4 Teachers across the Province.

RULES

Posters must be drawn on the entry forms attached.
Please use the correct entry form for the contest you are entering.
(Protect Your Hearing / Protect Your Voice)
Students can draw a poster for either contest or both.

DEADLINE

All entries must be received by ***Wednesday, May 31, 2017***

SEND ENTRIES TO:

Protect Your Hearing / Protect Your Voice Poster Contest
Canadian Hard of Hearing Association - Newfoundland & Labrador
1081 Topsail Road
Mount Pearl, NL
A1N 5G1

PRIZES

Three cash prizes will be awarded in each category. First place will receive \$50.00. Second place will receive \$30.00, and the third place will receive \$20.00. Posters will become the property of CHHA - NL and NLASLPA to be used for promotional purposes.

ENTRY FORM

Teacher: _____ School: _____
Address: _____
Postal Code: _____ Telephone: _____

**CANADIAN HARD OF HEARING ASSOCIATION
NEWFOUNDLAND & LABRADOR (CHHA - NL)
GRADE 4 POSTER CONTEST**

PROTECT YOUR HEARING



Student Name: _____ Age: _____
School Name: _____
School Address: _____ School Telephone: _____

**NEWFOUNDLAND & LABRADOR ASSOCIATION OF SPEECH
LANGUAGE PATHOLOGISTS & AUDIOLOGISTS (NLASLPA)
GRADE 4 POSTER CONTEST**

PROTECT YOUR VOICE



Student Name: _____ Age: _____
School Name: _____
School Address: _____ School Telephone: _____

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GUIDELINES FOR MAKING POSTERS

The following points may give you some ideas for posters (can be pictures, words, or both), but remember that it must fit on the form(s) provided.

<p><i>PROTECT YOUR HEARING</i></p> <p><u>DO YOU DO ANY OF THESE?</u></p> <p>USE AN IPOD/ MP3 PLAYER GO TO CONCERTS PLAY MUSICAL INSTRUMENTS USE LOUD TOYS ATTEND NOISY EVENTS</p> <p>If so, you may be hurting your hearing. You may need to visit an Ear, Nose, & Throat Specialist or an Audiologist.</p> <p>You can keep your hearing healthy by doing the following:</p> <p><u>HEALTHY HEARING HABITS</u></p> <p>Turn down the volume Wear hearing protection Do not play in noisy areas Avoid really noisy activities</p>	<p><i>PROTECT YOUR VOICE</i></p> <p><u>DO YOU DO ANY OF THESE?</u></p> <p>SHOUT A LOT MAKE FUNNY NOISES/SOUNDS WITH YOUR VOICE SPEAK IN A LOUD VOICE TALK OVER NOISE COUGH/CLEAR YOUR THROAT A LOT TALK A LOT</p> <p>If so, you may be hurting your voice. You may need to visit an Ear, Nose, & Throat Specialist or a Speech Language Pathologist.</p> <p>You can keep your voice healthy by doing the following:</p> <p><u>HEALTHY VOICE HABITS</u></p> <p>Drink lots of water Try not to talk when you have a cold Do not shout to be heard Use a whistle or microphone Turn down the music or TV when talking Avoid talking in really noisy places</p>
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