



Greetings!

It's my joy & pleasure to serve as your Health & Temperance Director. Please, join me in the movement to action through various outlets for the brilliant minds of today.

Oratorical Speeches --skill or eloquence in public speaking: The evangelist moved thousands to repentance with his **oratory**. ... the art of public speaking, especially in a formal and eloquent manner. The oration must be memorized. Sources recommended are the Bible, inspirational and other credible authors/sources. Properly credit your sources. Include a personal experience or current news story can enhance your presentation.

- Primary (8-10 yrs) five (5) minutes minimum, eight (8) minutes max.
- Junior (11–13 yrs.) five (5) minutes minimum, maximum eight (8) minutes
- Youth (14-18 yrs) ten (10) minutes minimum, maximum 12 minutes

Media Presentations -- In this category, a presentation on a topic of health and wellness that will include the use of technology. Production should display a variety of elements that would include, but not be limited to: graphics, music, interaction.

❖ Juniors (11 – 13 yrs.) Youth (14 – 18 yrs.)

Posters -- The Poster presentation must be the original work of the entrant. Choose one of the suggested topics: abuse of alcohol, drugs, and tobacco; benefits of physical exercise, discouraging violent behavior, green living, NEWSTART, or a topic relevant to health and wellness.

❖ Primary (8-10 years) Junior (11–13 years) Youth (14–18 years)

Jingles -- Entrants are expected to speak, sing, or act before an audience, in an articulate manner on a chosen topic of healthful living in the form of a jingle--a short tune, slogan, or vocal line, set to an engaging melody to advertise or market a topic or product.

Duration of jingle:

- 30 seconds minimum, 1 minute max for youth (14 – 18 yrs.)
- 20 seconds minimum, 45 seconds max for juniors (11 – 13 yrs.)
- 20 seconds minimum, 45 seconds max for primary (8 – 10 yrs.)

Each church is asked to pay the entry fee for all of their participants. This fee is to help offset the expenses related to providing services in the Health & Temperance Competition.

- ❖ The entrance fee of \$5.00 per entry for participation in both the Jingle and Poster Competition.
- ❖ There will be an entrance fee of \$10.00 per entry for participation in both the Media and Oratorical Speech Competition.

Please, feel free to contact me for more information or if you have any questions and/or concerns.

Contact Information

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Working by The Master's Plan,

Kanika Gonel, Youth Health & Temperance Director

Health & Temperance Jingle Contest Guidelines (For Federation, & Congress Level)

Please READ these guidelines carefully. Entrants are expected to speak, sing, or act out before an audience, in an articulate manner on a chosen topic of healthful living in the form of a jingle--a short tune, slogan, or vocal line, set to an engaging melody to advertise or market a topic or product.

1. The jingle must be original, memorized, and the presenters own work. If it is discovered that the jingle is not their own work, the entrant/winner will be automatically disqualified and their prize revoked.

The jingle may cover any one of the suggested topics: abuse of alcohol, recreational drugs, addictive behaviors, green living; benefits of healthful living (e.g., NEWSTART), discouraging violent behavior. The topic should portray the benefits of a healthful and temperate lifestyle.

2. Visual aids or music may be used to enhance the jingle.
3. A printed copy of the jingle must be submitted upon check-in to the H & T Coordinator. Have name and age printed on the card.
4. Duration of jingle:
 - 30 seconds minimum, 1 minute max for youth (14 yrs. – 18 yrs.)
 - 20 seconds minimum, 45 seconds max for juniors (11 – 13 yrs.)
 - 20 seconds minimum, 45 seconds max for primary (8 – 10 yrs.)
5. Practice your jingle in front of an “audience”.
Accept constructive criticism and make necessary corrections. Make every attempt to be natural when presenting. When done correctly, the words/tune will be catchy and stick in the head of the listener days after its presented.
6. Contestants will be judged on the following areas: content, organization, presentation, time; originality and use of visual aids.

Please Note: Only first place winners on the federation level will go on to compete at youth congress.

Contestants 12 – 18 yrs. MUST be delegates, displaying proper I.D. at time of event. NO exceptions. Individuals 11 yrs. and younger, do not have to be delegates.

In the event that there is only one contestant competing in this category, they will not be declared 1st place winner. They will be remunerated based on their overall presentation and judge’s score.

Health & Temperance Oration Guidelines (Federation & Congress Level)

1. Entrant must be the main source of the oration; however, outside sources may be used for specific information (e.g., websites, health professionals, etc.). If it is discovered that the oration is someone else's work, the entrant/winner will be automatically disqualified and their prize revoked.
The oration must be memorized. Points will be deducted if any prompting comes from the coordinator.
2. You may select from any of the following topics: benefits of physical exercise, living stress-free, sexual purity (abstinence/virginity), NEWSTART, green living, addictive behaviors, or any other relevant health or wellness topic.
3. Sources recommended are the Bible, inspirational and other credible authors/sources. Properly credit your sources. Including a personal experience, or current news story can enhance your presentation. Please note that overuse of a source(s), may result in point reduction.
Visual aids are encouraged. Live demonstrations may also be used to emphasize a point.
4. Upon check-in, please present a type-written, double-spaced, hard copy of the oration to the H & T Coordinator. Include your name and age. Points may be deducted if the copy is submitted late, and five (5) will be deducted if it is not submitted.
It must be turned in before your speech is delivered.
5. Speech length duration should be:
 - Primary (8-10 yrs) five (5) minutes minimum, eight (8) minutes max.
 - Junior (11-13 yrs.) five (5) minutes minimum, maximum eight (8) minutes
 - Youth (14-18 yrs) ten (10) minutes minimum, maximum 12 minutes

Please Note: Only first place winners on the federation level go on to compete at youth congress.

Contestants 12 – 18 yrs. MUST be delegates, displaying proper I.D. at time of event. NO exceptions. Individuals 11 yrs. and younger, do not have to be delegates.

In the event that there is only one contestant competing in this category, they will be remunerated based on their overall presentation and judge's score.

Health & Temperance Poster Guidelines (Federation & Congress Level)

1. The Poster presentation must be the original work of the entrant. Choose one of the suggested topics: abuse of alcohol, drugs, and tobacco; benefits of physical exercise, discouraging violent behavior, green living, NEWSTART, or a topic relevant to health and wellness.
2. Sources should include the Bible, inspirational authors or other credible health experts. Credit your sources in writing, affixed to the poster.
3. Artwork must be on a clean sheet of poster board, or display-type board, and set up on an easel on day of event.
4. You may use up to two (2) posters for your presentation.
5. Your work will be judged on the following:
 - Creative use of colors and graphics
 - Neatness (no smudges, food stains, etc.)
 - Simple and tasteful display, not overcrowded or busy looking
 - Clarity of topic
6. Age category: Primary (8-10 yrs); Junior (11–13 yrs); Youth (14–18 yrs.)

Please Note: ONLY first place winners on the federation level go on to compete at youth congress.

Contestants 12 – 18 yrs. MUST be delegates, displaying proper I.D. at time of event. NO exceptions. Individuals 11 yrs. and younger do not have to be delegates.

In the event that there is only one contestant competing in this category, they will be remunerated based on their overall presentation and judge's score.

Multi-Media Guidelines (Federation and Congress Level)

In this category, a presentation on a topic of health and wellness will include the use of technology. Production should display a variety of elements that would include, but not be limited to: graphics, music, interaction. It should be engaging, well researched and clear in its message. You want your audience to be positively impacted and score high with the judges. 😊 **Only juniors (11 – 13 yrs) and youth (14 – 18 yrs) may compete in this category.**

A project of this magnitude should also seek to foster peer to peer evangelism— young peoples lives being drawn to Christ as a result of learning the benefits of a healthy lifestyle and how Christ desires that we prosper and be in good health!

Multi-media includes Power Point, video/audio, still images (photo), or animation. The format can be an interview, music video, documentary/drama, film short, talk show, etc. Videos can be uploaded to YouTube, however, there is no guarantee that the place of venue will have a reliable internet connection.

- Topic Ideas:
 1. How safe is our food supply?
 2. Dieting extremes
 3. How much exercise do we need?
 4. Benefits of rest
 5. Handling stress in a over stressed society
 6. Organic vs. non-organic, which is better?
 7. Bullying
 8. Addictive behaviors
 9. Healthy Relationships
 10. The road to a healthy gut
 11. Knowing the three important numbers – BMI, LDL, HDL?

- Entrant must provide own laptop. A projector and microphone will be provided.

- Power Point presentation time limit should be a minimum of 5 minutes, 8 minutes max; video presentation 10 minutes, 15 minutes max.

Please Note: Only first place winners on the federation level will go on to compete at youth congress.

Contestants 12 – 18 yrs. MUST be delegates, displaying proper I.D. at time of event. NO exceptions. Individuals 11 yrs. and younger, do not have to be delegates.

In the event that there is only one contestant competing in this category, they will be remunerated based on their overall presentation and judge's score.