

# ***SOUTHAMPTON HEALTHY SCHOOLS MASCOT COMPETITION!***

## ***GUIDANCE FOR ADULTS***

Dear All,

In 2021, the Department for Education funded Southampton City Council to deliver the Holiday, Activity, and Food programme. Over a year later, the programme is thriving with over 50 HAF sites across the city all offering face-to-face provision during the school holidays. In conjunction with Southampton's Healthy Schools Coordinator, we are aiming to tackle the existing challenges young people face in making healthy choices in the city.

One of our goals is to encourage and educate young people to live healthier lifestyles by making positive choices. To help champion a healthier city, we want to create a mascot. This mascot will become a role model, who will actively engage within the schools through workshops and assemblies. It will also create links between all the healthy choices available in the city.

We feel for the perfect relatable mascot, the designs need to come from the young people who will benefit from a safer, healthier, and more active city. With higher engagement comes higher rewards.

The competition is open to all children aged 4 to 16 years in Southampton.

Entries can either be completed by hand or electronically and must be original, as long as it can be entered by post or received by email. Please ensure all relevant details are completed and clear. Any inappropriate entries will be discarded and withdrawn from the competition.

Entries can either be submitted by email or post to [haf@southampton.gov.uk](mailto:haf@southampton.gov.uk) or Inclusion Services, North Block, Civic Centre, SO14 7LY respectively.

When will I hear back about my submission?

The closing date is **Friday 25th November 2022**, and you will be informed if you are the winner!

We look forward to your entry!

**TEAM HAF  
INCLUSION SERVICES  
SOUTHAMPTON CITY COUNCIL**



**A YEAR OF DISCOVERY**

@hafsouthampton   

[www.southampton.gov.uk/haf](http://www.southampton.gov.uk/haf)

<b>Name:</b>	<b>Age:</b>
<b>School:</b>	

**Southampton Primary pupils, we need your help...**

Our city is being taken over by unhealthy choices! To free our city from these unwanted invaders we need you to create a mascot of healthy choices. With your help, the chosen mascot will represent all the good choices we make in Southampton and make us a better community. To achieve this mission, using the box below and your wild imagination, create the ultimate healthy role model to tackle these invaders. Your mascot could represent at least one of the following tools.

- Being physically active
- Positive nutrition choices
- Positive mental wellbeing
- Positive hygiene choices
- Being safe
- Positive lifestyle choices

The winner announced will receive a prize for themselves, and their school and host the first assembly at their school with the mascot.

**Our Southampton pupils. Help Us! You are our only HOPE**

**Mascot Name:**

**Insert drawing here... (and reason for choice of mascot)**